

# JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

## NEWSLETTER

[www.jigsaw-bsg.org.uk](http://www.jigsaw-bsg.org.uk)

Issue No 196 Tuesday 28<sup>th</sup> February 2017



**Hi everyone.**



**“Snow? Keep smiling“**

At approximately 10-45am this morning many of you would have been looking through your windows watching the snowflakes the size of dinner plates swirling past and thinking “I am not going to Jigsaw in this weather”.

Spare a thought for me, Lynn, Mike, Gwyneth and Sandra who were attempting to unload our cars and get into the hall. Over that short distance from the car park to the hall we all looked like ‘Nanook of the North’ and commented “I don’t think we will have many attending today”

The big man upstairs must have thought ‘I have had my fun with these five’ so I suppose I ought to make the weather more acceptable for the members to be able to attend. Thankfully he did and we had good turnout.

Whilst Wendy & Lynn were busy collecting the money for those going on the Olympus trip on Monday 6 March (details and times on page 2), Sandra was on the door collecting the admissions and also selling names for the Football card. We didn’t manage to complete the whole card at today’s meeting so this will be carried over.

The Quizzes once again proved challenging, there were two pictures of women and we had no idea who they were even when I read out the answers! One lady member suggested “one of them is Poldark’s wife” and being the pedantic quiz master that I am told her that does not get a point.

The General Knowledge questions were quite difficult as well. I don’t want to worry you guys but Joan (who compiles these for Jigsaw) has left us with plenty for the remainder of this year.

Alicia took the exercise session today and this was really well attended. She is off on holiday at the next ‘Drop In’ so Jonathan (one of the other Neuro physios) will be standing in for her for the session on 28<sup>th</sup> March.

Thank you to all those that donated books of 2<sup>nd</sup> class stamps – this is much appreciated and do help with postage costs.

As usual ‘thank you’ to all the volunteers and helpers including Ann and Christine in the Kitchen who Lynn happened to snap while passing.

**Those on the trip to the Olympus  
– see you at 11.30/11.45am on Monday 6 March.  
If you are not able to attend on the day please ring  
Me (Graham) on 07894 810901**



## Olympus Fish & Chip Restaurant – Outing

Monday 6<sup>th</sup> March 2017

Price £7.50 per person



You make your own way there and back.

**Those on this trip meet at the Olympus at 11.30/11.45am – Orders will be taken at 12 Noon.**

(there is a good choice of food – you don't have to have fish & chips – they have steamed fish, steak puddings, pies, jacket potatoes, moussaka, salads etc). Plenty of choice.

Allow a couple of hours for a leisurely lunch (It takes some time to serve 60 people!) so **arrange for Taxi's/cars to pick you up at around 2.30pm.**

**(If you are unable to go on the trip at the last minute please contact Graham on 07894 810901)**

## MEETING – Tuesday 14 March 2017 – Chetham's School of Music

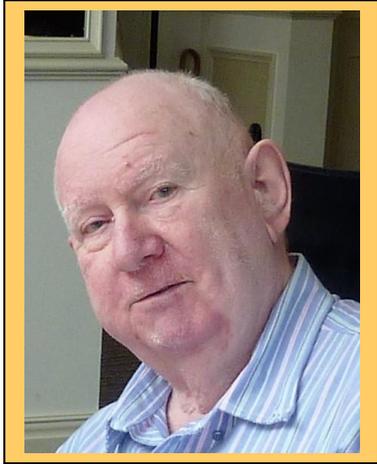
Last year the students from Chetham's School of Music in Manchester came along to entertain us for the afternoon with a selection of songs and music from the Musicals, entitled – 'Broadway to Baronial'. This was a brilliant success and those Jigsaw members who attended, together with the Chetham's students, found it an emotional and very enjoyable experience. As I said at the time, we heard the voices of angels perform for us. It was a really wonderful performance by all the very talented students (both young women and young men) - an excellent afternoon.

Chetham's agreed to come along once again to Jigsaw, this time with a new group of sixth-form students and a new programme. This time the singers will present '**A Night at the 19<sup>th</sup> Century Opera**'. Performing a variety of well-known opera choruses and arias from favourites such as ***Cavalleria Rusticana, The Mikado, Carmen and Ruddigore etc.*** Directed by the renowned international mezzo soprano Margaret McDonald, this concert promises to offer music to please one and all!

Why not join us for a great afternoon and a very special performance.

We all know stroke survivors can be a bit emotional when hearing beautiful voices/music, so don't forget some tissues!

**SAD NEWS – Frank Harrison died 25 February 2017 aged 78yrs**



Frank died suddenly at home following another stroke just before his 79th birthday.

Frank and Anita have been members of Jigsaw for many years and loved coming to the meetings and have been on many of the trips over the years. They have been an integral part of the group for a long time. Frank often came along to meetings on his own whenever Anita was busy with other things.

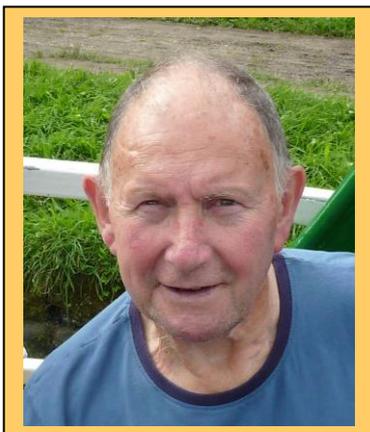
They have made many friends at Jigsaw over the years and there has been lots of banter, fun and great humour during these years. Frank was also very witty.

Frank had a background in Music and enjoyed the Jigsaw musical events very much. The Quizzes also went down well.

Both Frank and Anita thoroughly enjoyed the trips out and were always quick to put their names down for the Canal Trips every year. We do hope that Anita will still continue to be part of Jigsaw when she feels able.

Our sincere condolences to Anita and all the family. Frank will be much missed by his friends at Jigsaw.

**SAD NEWS – Ian Nuttall died 9 February 2017 aged 78yrs**



Ian and his Daughter, Vickie joined Jigsaw some time ago and both of them enjoyed coming along to the meetings. Occasionally, Vickie dropped Ian off and collected him later so he became used to coming along to Jigsaw on his own and he became more confident. Ian was a real gentleman, had a really lovely nature and always had a smile on his face.

Ian and Vickie came on several of the trips and outings including, the Canal Trip, Holiday Inn etc which they really enjoyed and they liked the meetings when we had entertainment and music.

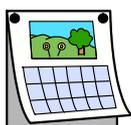
Our sincere condolences to Ian's family and friends at this sad time.

## STROKE ASSOCIATION & SPEAKEASY COMMUNICATION CAFES - 2017

The Stroke Association is continuing to offer a fortnightly drop in session for stroke survivors and their carers who have experienced communication difficulties following their stroke. The session will allow you to learn and practice new communication skills as well as meeting new people who have been through similar experiences.



**Time 10am – 12Noon**



**Dates – All Wednesdays**



**Venue**

**Wednesday 8<sup>th</sup> & 22<sup>nd</sup> March**

**Third Floor Bolton College  
Deane Road Campus  
Dean Road, Bolton BL3 5BG**



**For further details about this group or to arrange to come along please contact Kathryn George or Pamela Bann on 01204 895940**

## ACCESSIBLE HOLIDAY INFORMATION

The 'Information Table' at Jigsaw now has the 2017 **Revitalise Accessible Holiday** Brochure on it – the nearest one being 'Sandpipers' situated on the Marine Lake in Southport. (This also provides respite care). Revitalise may be able to help with funding via the Revitalise Support Fund (Subject to eligibility) – if you want more information or to book please contact them on **0303 303 0145**.

**Website:** [revitalise.org.uk](http://revitalise.org.uk) **email:** [bookings@revitalise.org.uk](mailto:bookings@revitalise.org.uk)

'**Safehands' Holidays** – are situated in Blackpool and Llandudno and provide holidays for people with disabilities. They have 2 hotels - Esplanade Hotel, Llandudno and The New Mayfair Hotel, Blackpool. If you want more information or a brochure please contact them direct on **0333 999 8888**

**Website:** [safehandsholidays.co.uk](http://safehandsholidays.co.uk) **email:** [sales@safehandsholidays.co.uk](mailto:sales@safehandsholidays.co.uk)

If you want to go further afield or stay in the UK – there is a specialised **Accessible Holiday Travel Counsellor**, based in Bromley Cross who may be able to help. Whether it's hotels, cruises, apartments/villas, city breaks, tailor made solutions etc. We are awaiting leaflets about this service but if you want to know more please contact **Julie Tebay on 01204 894380**

**Website:** [travelcounsellors.co.uk/Julie.tebay](http://travelcounsellors.co.uk/Julie.tebay) **email:** [Julie.tebay@travelcounsellors.com](mailto:Julie.tebay@travelcounsellors.com)

**Jigsaw is not able to recommend particular hotels or providers – we just bring you information about what is available. Please note that these specialised providers can be more costly than normal holidays so be aware.**

**Remember just because you have a disability it should not stop you enjoying life. You just have to do things differently and plan a bit more.**

### **CANAL TRIPS 2017 – ‘The Rose of Parbold’ Canal Barge**



**The dates are:**

**Wednesday 17<sup>th</sup> May**

**Tuesday 20<sup>th</sup> June**

**Friday 21<sup>st</sup> July**

**Monday 14<sup>th</sup> August**

**Fully disabled accessible Canal Barge with disabled toilet on-board.**

**The list will go up at the meeting on Tue 28 March.**

**Full details in the next Newsletter.**

### **Can you help collect used stamps for the Church.**

Collect any old stamps and bring them to the meetings. We can then pass them on to the Church'

If possible can you try to have as much as much of the envelope around the stamp as possible.

### **WHEELCHAIR ACCESSIBLE TAXI PHONE NUMBERS**

Here are a few numbers for your reference – all are roomy 'Black Cab' style Taxis:-

**Nigel's Taxi 07737 472847**

**Stephen Jackson 07757 608034**

**Wal 07866 740031**

**Street Cars (Ajaz & Wajid) 07766 207454 (Ajaz) 07916 802833 (Wajid)**

**Bowcock Private Hire (Andy) 07860 801830 (Peugeot E7 Wheelchair Taxi)**

**Ricksway Private Hire (Rick) 07958 788816 (Peugeot E7 Wheelchair Taxi)**

**Ken's Cabs 07800 546876/0770 418 7735**

**We are always on the lookout for Wheelchair Accessible Taxis – so if you have used one that is not on the list above please let us know and we can spread the word! (If you know of any with a tail-lift do let us know – We are aware that most of these are on contract for school runs during the day but can be available outside these hours).**

## NOTICES:

### Dates for your Diary for Forthcoming Meetings in 2017 (1pm – 3pm)

Formal Meeting	Tue 14 <sup>th</sup> March Chetham's School of Music Concert
'Drop In'	Tue 28 <sup>th</sup> March Quizzes, Chill & Chat + Exercises with Alicia
Formal Meeting	Tue 11 <sup>th</sup> April Joan's Music Quiz
'Drop In'	Tue 25 <sup>th</sup> April Quizzes, Chill & Chat + Exercises with Alicia

Remember – All meetings are the 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month – sometimes there may be 3 weeks between dates – so please check the Newsletters or the Website to confirm dates.

### INFORMATION (for Stroke Survivors & Carers)

The Information Table is always being updated, as is the Book Library (more choice) now located in the Coffee Lounge + Audio Books. **Pop along and have a look there's always something new! e.g. Wiltshire Farm Foods/Oakhouse Foods, Physios, Counselling, holidays etc**

### 'See It – Say It' Communication Aid

We have a supply of the above leaflet. This is useful for anyone with aphasia or communication problems and uses pictures to help with communication. Normally retailing at £10 – Jigsaw has them available for members at £4.00. So if you wish to have one, please see Lynn at the next meeting.

### Strange General Knowledge

The world's oldest piece of chewing gum is over 9,000 years old!

Guinness Book of Records holds the record for being the book most often stolen from Public Libraries.

A hardboiled egg will spin, but a soft-boiled egg will not.

A Swedish woman lost her wedding ring, and found it 16 years later- growing on a carrot in her garden.

Sea otters hold hands when they sleep so that they do not drift apart.

## BIRTHDAY GREETINGS

For March 2017

Glynis Hardman  
Linda Fothergill  
Sam Morrow  
Andrea Hayes  
Graham Bridge

Remember if we do not have your birthday details then we can't give you a mention

## TRANSPORT

For members using the Taxi or transport arrangements we provide.

Please don't forget, if you require transport, please ensure you ring Lynn on 01204 387704 on the Wednesday before the meeting date, to confirm your seat.

The cost for the transport will be **£7** (Return)

**Pay Graham on arrival at the meeting**

In the event we need to use an alternative taxi the cost will be the same as above

**HUMOUR SECTION** Always remember this: You do not stop laughing because you grow old. You grow old when you stop laughing.

After attending church one Sunday, a man says to the priest "Father, your sermon today reminded me of the peace and mercy of God" The priest is very flattered and asks the man to explain further.  
The man replies "Your sermon passed all understanding and it endured forever"

A man makes a call to directory enquiries and asks for a number. The operator starts to give it him when she hears the man making heavy breathing sounds.  
"Sorry" says the man "I am in a call box and do not have a pen. I am steaming up the widows to write the number"

My Mother is such a snob. She went on a cruise and declined an invitation to dine at the Captain's table.  
She didn't want to be seen eating with the crew.

How many Jehova's Witnessess does it take to change a light bulb. Three.  
One to change the bulb and two to knock on your door to ask if you have seen the light.

Caller: "I would like the number for the arigold flower shop in Wigan, please"  
Operator: "I am sorry I do not have a listing for that name, is the spelling correct?"  
Caller: "It used to be called the Marigold flower shop but the M fell off"

I am absolutely exhausted. I didn't sleep at all last night. I tried counting sheep but by the time I got to 27,734 it was time to get up.

The Children of Isreal followed Moses and wandered through the Desert for 40 years. Even then men would not ask for directions.

"Good afternoon, this is the Incontinence Hot Line, can you hold please"

A woman talking to a friend "I love to shop after a bad relationship, somehow, buying a new outfit makes me feel better. It just does. If I see a great outfit I will break up with someone on purpose"

Woman rings emergency service. "Fire Brigade! There is a big Hell's Angel trying to get into my bedroom" The operator says "You need the police" The woman scrams back "No, I want the fire brigade, the guy needs a longer ladder"

My wife and I are not religious but we do follow the ten commandments. She obeys one, three, four and nine.  
I obey the other six.

Advertisements:  
'Wanted – person to wash dishes and two waitresses'

'Widows made to your specification'

'Rings by post -State size or enclose tape tied round your finger'

Veni, Vidi, Visa.  
I came, I saw, I did a bit of shopping.

## POETS CORNER

### Diet Time

Seeing myself in the mirror I thought,  
A diet wouldn't do me any harm,  
Losing a few kilos should be helpful,  
Overweight could cause some alarm.

First I tried a weight watcher's diet,  
Consisting of points I must count,  
Many foods allowed, even chocolate,  
Though trying, I over-did the amount.

Another said drink lots of water,  
Which helps to flush toxins away,  
I soon gave up doing that diet,  
For I sat on the loo half the day!

Then I read about eating low carb,  
High protein, no bread, allowed cream,  
Well I liked the sound of this one,  
The food list to me was a dream.

But after a few weeks on low carb,  
Things didn't work out the right way,  
Was the opposite of the water diet,  
For it clogged up the works every day.

Maybe a high carb one would be better,  
Though no sugar or sweets like before,  
Bread and cream were back on the menu,  
But my sweet tooth took over once more.

I'm finished with all fad diets,  
Found a balanced one holds the key,  
For a bar of chocolate in both hands,  
Is a well balanced diet for me!

Ellen Bailey (Internet)

**EDITOR:** Graham Bridge. If you wish to contact me on any of the topics in the Newsletter then please call me on **01204 387704 or Mobile: 07894 810901**