

# JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

## NEWSLETTER

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

Issue No 197 Tuesday 14<sup>th</sup> March 2017



### Hi Everyone



"The Chethams Students"

What a treat we had today. The Chetham's Students and their musical director Margaret McDonald, (Maggie to us), the International Mezzo Soprano gave us a performance entitled '**A Night at the 19<sup>th</sup> century Opera**' that just blew everyone away.

When they came last year, I said that we met in a Church and we heard the voices of angels singing. Well I am saying it again with bells on.

Maggie was not supposed to be singing to day but one of the Students was unable to attend due to illness.

Maggie's rendition, of an extract from Carmen, was a joy to witness and one that my right ear will never forget! (Those that attended will know what I mean).

Maggie will be back in September to entertain us. Can't wait.

The students sang opera choruses and arias, some of which were familiar from TV adverts and Maggie gave us background on each to set the scene with dates when the pieces were performed and the storyline. Performing a variety of well-known opera choruses and arias, the girls sang favourites from ***Cavalleria Rusticana, The Mikado, Carmen, The Flower Duet by Delibes, Ruddigore and many others.*** Many of us commented on how such beautiful, yet powerful voices came from such tiny frames. The duets and soloists were excellent and what a beautiful gift they have.

We also have to acknowledge Susanna, Ethan, Callum, & Henry who accompanied on the piano. The whole ensemble were just brilliant. Thanks to all for this wonderful performance.

***We have been in touch with Chetham's and they hope to come back again next year.***

At the AGM I said that we are having to slightly increase the costs for outings this year as we do not have the funding we had last year. For details see below.

**Canal Trips: see page 3**      **Southport: see page 4**



Maggie with who?

We had 2 new members Tony and his wife, Anne, who came with Michael Connolly. They picked the right day didn't they! Hope you enjoyed your visit and will come to see us again.

**JIGSAW IS 25 Yrs old this year** so we thought we would have a buffet to commemorate the event and we have chosen Tuesday 9<sup>th</sup> May (We may just have a cake!)

Many thanks to those who donated books of 2<sup>nd</sup> class stamps and of course to all our helpers who were great as usual.

## OLYMPUS FISH & CHIP RESTAURANT OUTING – Monday 6 March 2017



“Yummy”

### This was the first Jigsaw outing for 2017

A good turnout as usual.

Tasos, Ali and the team looked after us very well. There were a few glitches with the service but everyone enjoyed the visit.

It was the first time for some of you and you said you enjoyed the experience.

Below are a few photos of the lunch.



‘Full House’



‘Cheers Everybody’



‘Who owns these?’



‘First time – so friendly’



‘It’s all about having a laugh’



‘Oh Ken- Curry on Fish? Yuk’



‘Fed and Comfortable – thanks’



‘New tie Trevor?’



‘Always finish with Apple pie’

**'ROSE OF PARBOLD' - CANAL BARGE TRIPS – COST £17.50 PER PERSON**

**Fully disabled accessible with accessible toilet on board**



The dates for the Canal trips this year 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**

**The list for the trips will go up at the 'Drop In' Meeting on Tuesday 28<sup>th</sup> March.**

**NB: there are only 12 people per trip – due to size of the Barge and the crew are all volunteers with the Rose of Parbold charity, who love the canal/barge.**

We depart from Christ Church to Parbold by Bolton Community Transport Minibus, complete with tail-lift for those that need it.

Once on board the canal barge we depart from Parbold and pass through pretty countryside en-route to Crook Marina on part of the Leeds/Liverpool canal.

This is a lovely relaxing trip at a very leisurely pace.

We will be serving a buffet with tea/coffee/juice whilst on board but if anyone wishes to bring any wine or beer to have with the buffet that is fine. There is a small Galley kitchen on board. There are also two toilets, including one that is fully disabled accessible.

For those that haven't been before, the Barge is fully accessible does not have steps and is a good surface throughout. There is a short slope into the main cabin and a handrail to provide assistance.

In addition there is a small seating area outside which we use if the weather is fine. For most of the trips we have been lucky with the weather. If it is chilly the Barge has heating if required.

Those going on this trip please be at Christ Church for 9.00 am we will depart approx 9.30 am. We aim to get to Parbold by 10.30 pm. The Church will be open in case anyone wishes to use the toilet facilities prior to departure. We will return from Parbold at approx. 4 pm, arriving at Christ Church for approx 5.15 pm (dependent on traffic).

## RAMADA HOTEL, SOUTHPORT – WEDNESDAY 5<sup>th</sup> JULY 2017

**COST - £22.50 per person**



Jigsaw is back at the Ramada Hotel again for our Summer Trip. (in the Marine Suite) The Hotel overlooks the Marine Lake.

We have a 3-course lunch, then the afternoon is yours to do whatever you want – take a stroll in the gardens, take in the shops or wander down the pier either on foot or take the train for a bit of sea air.

The room and balcony is ours all day and if the weather is not too good you can stay in the hotel all afternoon. In fact, the last two years some members never went out of the hotel and stayed on the balcony all afternoon chatting!

If you can't walk too far please ensure you have a wheelchair and someone to push it or a smaller folding type of mobility scooter.

**The list for this trip will go up in April.**

More details in the next Newsletter.

## LISTENING BOOKS (AUDIO BOOKS)

Listening Books is a national Charity that provides a postal and online audiobook library service to children and adults who struggle to read or hold printed books due to an illness, disability, mental health or learning difficult and they have recently received funding to offer a number of **FREE memberships to people living in Bolton** who would find the usual membership fees (£20 - £45) per year a barrier to joining the service.

Audiobooks are a lifeline for many people who struggle to read in the usual way, providing vital access to the comfort, relaxation and joy of reading. The Listening Books library has a huge range of brilliant fiction, non-fiction and educational audiobooks including new releases and bestselling authors.

Titles are available to **download** and **stream** though the website or app, or as **MP3 CDs** sent through the post (all postage is included in the membership).

**Apply by contacting Jo Cord on 020 7407 9417** or email [jcord@listening-books.org.uk](mailto:jcord@listening-books.org.uk)  
You can also apply online by visiting <https://www.listening-books.org.uk/join-us.aspx> and ticking the box to apply for a free place.

We have now received some leaflets about the service for the 'Information Table'.



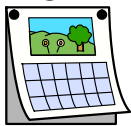
**Remember just because you have a disability it shouldn't stop you enjoying life. You just have to do things differently and plan a bit more.**

## **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**

<b>Wednesday 22<sup>nd</sup> March</b>	<b>Third Floor Bolton College, Deane Road Campus, Dean Road, Bolton BL3 5BG</b>

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



**01204 895940**

## **RESIDENTS OF LITTLE LEVER – COMMUNITY EVENT THURSDAY 30<sup>th</sup> MARCH 2017**

The Little Lever Community Events group have contacted us to say there is a **'FREE MEAL and BINGO'** for residents of Little Lever aged 60 years & over being held on Thursday 30<sup>th</sup> March.

The event is being held at Little Lever School, Church Street, Bolton BL3 1BT.

If you are a resident of Little Lever and interested in this event, want to register to attend or want to find out more please contact:

Alice More on 0772 209 5225 or email: [ecdalicemore@yahoo.com](mailto:ecdalicemore@yahoo.com)  
or contact Emma Sexton on 0777 238 9129

**Before 23<sup>rd</sup> March**

## NOTICES

### Dates for your Diary for Forthcoming Meetings in 2017

'Drop In'	Tue 28 <sup>th</sup> March Quizzes, Chill & Chat + Exercises with Alicia/John
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/John
Formal Meeting	Tue 9 <sup>th</sup> May Buffet Lunch – Celebrating 25yrs of Jigsaw

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 on the Website to confirm dates.

### TRANSPORT

For members using Taxis (organised by Jigsaw)

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 **£8** (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

### INFORMATION (for Stroke Survivors & Carers)

The Information Table is always being updated, as is the Book Library (more choice).

Books are now located in the Coffee Lounge + we also have Audio Books on the Info Table.

**Pop along and have a look there's always something new! e.g. Wiltshire Farm Foods, Carers Info, Holidays, Stroke News magazine Physios, Counselling and more.....**

### '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. So, if you wish to have one, please see Lynn at the next meeting.

### 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).**

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

This is a true story.

During lunch, with very slow service, at the Blundell Arms with friends, I needed to go to the loo (age).

As I got into the loo there was a gentleman already standing at the Urinals. I took my place next to him and as men do in these circumstances, we acknowledged each other. He said "Hi, everything alright?" I replied "Fine, but it's very slow here isn't it?" He replied "I know, I have been like this since the operation".

A couple with a small girl were selling their house. A prospective buyer was being shown around the house and the girl was following very obediently. Everything was going well and the buyer seemed to be favourably impressed when they finally arrived in the kitchen. The Buyer said "I like the units, particularly the corner ones". The little girl said "That's where the mouse comes in"

I was born in Farnworth in the 1970s. If you should want to know what Farnworth was like in the 1970s, just go there now.

Tom's mother was a clairvoyant and his father was a contortionist; as a result, he was able to foresee his own end.

I popped into a small café with a friend of mine who just happened to be the British Chess Champion. The tables had red and white check table cloths. It took him two hours to pass me the salt and pepper.

A Yorkshire farmer goes to the doctors. "Doctor" he says "I'm reet worried about my Mrs. Yesterday she got up at four, fed t'chickens and milked t'cows. Then she ploughed three fields and came in and med me my breakfast. After that, she spent two hours bringing in two tons of potatoes. Then she mended part ert fence int bottom field. She come in, led on't bed and said she were too tired tert do owt else. I was wondering if you have a tonic I could give her"

Scientists carried out a survey on 1000 women. One heel was taken from each pair of the women's shoes. The women were asked to walk about for an hour. The Scientists said that the results were staggering.

How do you make homemade tear gas?  
Eat a tin of beans and a raw onion.

Q, Where are the Seychelles?  
A On the Sey Shore.

I would always choose the lift over the escalator. I was once on the 'up' escalator and tripped. I was falling down the stairs for over an hour!

Did you know that you can get milk from a Gerbil?  
The difficult part is getting the bucket under it.

How would you disperse a Scottish Mob?  
Walk up to them with collection boxes.

I was once asked "If you could sleep with anyone living or dead, who would it be?"  
I said "Anyone living"

## POEMS

### Look for the Rainbow

Hurriedly trudging up the street,  
Shaking off white flakes of sleet.  
As I struggled with bags, all in a muddle,  
A car whizzed by, straight through a puddle.

There was I stood in a lake,  
As the 'Motorboat' in its wake,  
Cheekily sounded two loud hoots,  
As water squelched inside my boots.

'By goodness there's some ignorant folk'  
An angered passer-by did quote.  
As the human walking snowman spoke,  
Large flakes fell from his head and coat.

It's turned to rain, the snows gone by,  
I will soon be inside and dry.  
And then later feel less cold and raw,  
Here at last, take the handle, open the door  
.....and bathe in the warming welcome of  
our blessed JIGSAW!

Marie Gradwell  
Stroke Survivor &  
Jigsaw Committee Member

**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**