

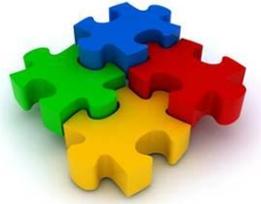
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 198 Tuesday 28th March 2017



Hi everyone.



'Mytham Road School
Reunion Group'
NO, I AM NOT WEARING A HAT

It was all happening today. Three Fire Officers, Pam and Kathryn from the Stroke Association, John from Neuro Physio and four members from the Little Lever Secondary Modern School Reunion Group all came to see us today.

First things first. The fire officers came as a result of us asking them to come and look at our Fire Evacuation policy and to look at how we would get you guys out in safely in the event of fire. We discussed several scenarios depending on where the fire could start in the building. It was a very satisfactory visit and we now know enough to produce the appropriate policy documentation.

Pam and Kathryn came to set up in the back room and start taking blood pressure readings. A couple of our Gentlemen members blood pressure readings shot up, when one of our lady members started to disrobe in order to have her arms free for when she was to have her readings taken. I know several of you had your blood pressure readings taken so 'thank you' to the ladies for doing this for us.

Alicia was not able to attend today so John stood in for her and came along to do the exercise sessions. It was his first time with us and I believe everything went very well.

Quite a few of you had left for home when the four people (see picture) came into the room and announced that they were from the Little Lever Secondary Modern School Reunion and that they had a cheque for us! Totally unexpected Jackie, Ian & Co presented us with a cheque for £120. Many thanks to them for this kind donation.

The football card was eventually won (it carried across three meetings) by May Heighway, so well done May. I hope Jack got his share.

I mentioned that **Jigsaw is 25yrs old this year** and we will be having a modest celebration to commemorate the event. **See page 5**

At the next Meeting (Tuesday 11th April) we will be having Joan's Music Quiz. I am hopeless at it. Like many of you I know the song/music but have not got a clue who sung it or wrote it, but I enjoy it.

We had a few helpers missing today but I'll bet none of you noticed, as whoever is "on duty" always pull the stops out on the day. Thanks Guys.

Thank you to those who gave donations and stamps, always appreciated.

PS: IN THE PHOTO I AM NOT WEARING A HAT. LYNN TOOK THE PICTURE!!!

'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 17th May

Tuesday 20th June

Friday 21st July

Monday 14th August

The list went up today and we had a good response. There are a few places left for the trip in August. If you want to go on this or be put on the 'wait list' for any of the trips, in case of cancellation, please contact Lynn on 01204 387704 asap.

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 and 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).

SOUTHPORT 'RAMADA HOTEL' OUTING – WEDNESDAY 5TH JULY 2017
COST £22.50 PER PERSON



We are returning once more to the 4 Star Ramada Plaza Hotel (pictured) at Southport for the Jigsaw Summer Trip. Jigsaw has booked the Marine Suite overlooking the lake on the promenade, there is also a balcony adjacent which we can use all afternoon. Access to the Marine Suite is via Reception on the 1st floor with access via a lift or stairs from the ground floor.

Arriving in Southport approx 11.30 am for lunch at 12.15pm. After lunch the afternoon is yours to do as you wish, walk along the pier (weather permitting), take in the shops and gardens or just chill on a bench somewhere.

If the weather is bad we have the room all afternoon and can use this, the balcony or the lounge area to sit, chat and relax.

If you want to go independently by your own transport you can and it frees up the coach for those who need it more.

Those using their own transport should advise Lynn as soon as possible. **If travelling independently there is an underground car park for the Ramada, accessible via the car park entrance to the Floral Hall, with a lift direct to the 1st floor (Hotel Reception).** We are assured that car parking will be free for the duration of the afternoon for our group. You will need to get the ticket validated at reception prior to departure.

Members are advised to take their own small scooters where possible and wheelchair users take their own wheelchair. (Wheelchair users also need to ensure they have a carer or someone to push their wheelchair.)

Those going on this trip should be at Christ Church for 9.45am, we will be departing for Southport at approx 10am/10.15am. We have some flexibility on return time (approx 6.30pm), which will be dependent on if the weather is good or not and we will have more information nearer the date.

The list for this will be available from Tue 11 April.

STEP OUT FOR STROKE – Fundraising event – Saturday 20th May 2017
Queens Park, Queens Park Road, Heywood OL10 4XB



JIGSAW now has a 'Team' of 17 members who will be participating in the sponsored walk for 'Step Out for Stroke' – this is an opportunity for you to help raise funds for JIGSAW. (the picture is the Jigsaw team from a couple of years ago)
We will be providing a Mini bus from Christ Church to Heywood

Members of the JIGSAW Team can do as little or as much as they want. There is a good flat circuit of ½ a mile and you can do part of this distance, the full distance or as many times around as you feel you are able to do. There is no pressure!

Wheelchair users can come along and be involved, just make sure you have someone to push the wheelchair. This walk can be a personal challenge or achievement, or you can just come along to support the team and watch.

We would like members to help by asking family, friends, neighbours, etc to sponsor the **TEAM** and everyone can help to raise funds. Sponsorship forms will be available at the next meeting and more details about the event will be in the next Newsletter as we obtain the information.

Jigsaw will make a donation to The Stroke Association from money that we raise at this event.

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 **email:** 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 **email:** 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 **email:** 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.

NEXT MEETING - Joan's Music Quiz – Tuesday 11th April 2017



Joan's back, once again, to put us through our paces to test your musical knowledge!
She will play pieces of music and we have to guess the answers to a variety of questions. These range from titles, type of music, lyrics, composers, colours etc..... (don't worry these are not done as an individual - it will be per table so lots of discussion/ conferring.)
It will be a bit of FUN too.

Jigsaw is 25 years old – Buffet Tue 9 May 2017 - Time to chill & chat

We thought it only right to celebrate Jigsaw being around for 25years, so we are putting on a simple buffet (sandwiches and fruit) and have invited people who have had a connection with Jigsaw and I am glad to say many have accepted. We have had confirmation that the lady who started it all, Suzanne Lomax, is attending which is brilliant.
We have ordered a big celebration cake (two people to carry it!) so we should all get a slice.
We want it to be a relaxed affair so that the visitors can wander around and have a chat.

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 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 11 th April Joan's Music Quiz
'Drop In'	Tue 25 th April Quizzes, Chill & Chat + Exercises with Alicia/John
Formal Meeting	Tue 9 th May 25 yrs of Jigsaw – Celebration Lunch
'Drop In'	23 rd May Quizzes, Chill & Chat + Exercises with Alicia/John

Remember – All meetings are the 2nd & 4th 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.

Sheila & Bob Welsby – 60th Wedding Anniversary – Thursday 30th March



Sheila & Bob Welsby celebrate their 60th Wedding Anniversary on Thursday 30th March.

They will be making a donation to Jigsaw in lieu of presents from family & friends. Thank you so much for this kind gesture. It's very much appreciated.

Many congratulations and best wishes from all at Jigsaw.

BIRTHDAY GREETINGS

For April 2017

Gina Unsworth
Michael Connolly
Anita Chazen
Kenneth Parker
Kath Neary
Jean Haslam
Margaret McCreary
Barry Kilkenny
Jim Horrocks
Kenneth Lee

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 **£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

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

Two men sat on a bench discussing their wives. The first guy says "my wife is very intelligent. She went to University, has loads of hobbies and reads three books a week. She can talk for hours on any subject" The second guy sighs and says "my wife doesn't need a subject"

Woman goes to the Fortune Teller who says "Your husband will die a horrible death" "Oh my God" says the woman "Will I be acquitted?"

You always remember the first time you met your wife. I met mine in the tunnel of love. She was digging it!

What do you call a row of Bunnies jumping backwards? A receding Hare line.

Last night my wife grovelled on her hands and knees. She said "Get out from under that bed and fight like a man"

A short, fat woman goes to A&E for treatment to a cut hand. The nurse asks "Can I have your height and weight please?" The woman replies "I am five foot eight and weigh ten stone three pounds" The nurse says "I'm sorry miss but this is a hospital, not an internet dating agency"

A creative writing class is asked to write an essay containing four elements: religion, royalty, sex and mystery. The winning essay reads "My God," said the Queen "I'm pregnant. I wonder who did it?"

An insurance salesman is trying to convince a wife to take out a policy on her husband. The woman can't make her mind up. The salesman says "be honest with me, if your husband died tomorrow, what do you think you would get?" The woman thinks for a moment and replies "I would probably get a budgie"

It is better to have loved a short woman than to have never loved a tall.

How long is a minute? It depends on which side of the toilet door you are.

Jenny was not a good house keeper. However, an incident changed her ways. One evening her husband shouted to her upstairs "Sweetheart, what happened to the dust on the dining room table? I had an important telephone number written in it"

A man goes to the doctors and is given the all clear. "What about my Migraines?" asks the man. The doctor says "I wouldn't worry about them" The man replies "if you had my headaches, I wouldn't worry about them either"

Harry is having his house painted. He comes home from work and puts his hand on some wet paint. His wife says that she will ask the decorator to re do that bit. The next day she says to the decorator "Can I show you where my husband put his hand last night". The decorator says "I'm married love, perhaps a cup of tea instead?"

POETS CORNER

THE LITTLE MISSION

'Don't want to go to Sunday School Mum,
I've been to Chapel with Susan this morning.
And Susan doesn't have to go again'
But all I got was warning.

'You can't always do what Susan does'
'If she jumped in the fire would you?'
'Now go and get changed into your pink dress,
If you've to be at the Mission for Two'.

I don't mind it really and it's only for an hour
Tho' one thing I'm not keen on is sour-faced Mr Gower.
Pretty Miss Young, tho' is always nice and smiley
And in the Spring we're all off on a trip to Filey.

Soon it's Christmas celebrations
With lots of games, Spin the Bottle is good.
Each time I'd magic it in my direction,
When Jimmy Platt spun it if I could.

Then it's Father Christmas time,
Carols all sung, air heavy with pine.
Anticipation rises, a hush ensues,
Is he here yet? We await the news.

Lights are dimmed, three loud knocks on the door,
This is what we've been waiting for.
Little I knew then as I sat on Santa's knee,
That it was my Grandad holding me!

Continued.....

Contd....

But the building has now gone for good,
Tho' the railings still surround the land.
Around the modern house of wood
Where the Little Mission used to stand.

Now years later and much has gone by
And as I watched the falling snowflakes glisten
I looked up to the starry skies,
And say thanks for the memories to that
Little Mission.

Marie Gradwell
Jigsaw Committee Member
& Stroke Survivor

EDITOR: Graham Bridge. If you wish to
contact me on any of the topics in the
Newsletter then please call me on
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