

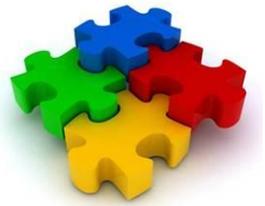
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 199 Tuesday 11th April 2017



Hi Everyone



My God! We put a few Easter Eggs up as prizes for winning the quizzes and the whole room becomes competitive. There were one or two members wandering around, as is the norm, but today they were looked upon with suspicion by other members, as they may just be looking over shoulders for answers.

When I read out the answers I was amazed at the silence. Normally there is usually some chatting going on, but today you could have heard a pin drop as none of you wanted to miss an answer! Pictures of the winners can be seen on page 5.

I know several of you were disappointed that Joan was not able to come today with her Music Quiz and she has sent her apologies for not being able to attend.

These things happen, so when we learned that Joan was not able to attend, we thought we might put up a few prizes to make things interesting and it certainly worked, as I thought today that we had a great meeting. Joan was with us in spirit as she is responsible for compiling the fiendish quizzes which were certainly challenging today.

You may have noticed me talking to a rather tall, smart 'official' looking gentleman today. He was in fact Sean Hornby, a Councillor for Little Lever, who came to look at us as a result of Don Chadbond asking him to see what Jigsaw was about. Sean has promised to see what can be done to put Jigsaw on the local map and will also look to see if possible funding is available. He has also said he would try to have a word with the new Mayor with a view to him attending our 25th Anniversary meeting. (9.5.17) As you know I have always kept my feet on the ground where Jigsaw is concerned and I am grateful to him for attending, so we will watch this space.

We had a great surprise today. Bob and Sheila Welsby celebrated their Diamond Wedding Anniversary on the 30th March and they asked for donations in lieu of presents. Sheila presented me with £305 for Jigsaw! She also turned up with pieces of cake for all you guys.

A big 'thank you' from all the members to Bob & Sheila and Congratulations.

You may have noticed Chocolate Rolls on the tables today. It is Barry Kilkenny's birthday on Good Friday and he decided to treat us all to the rolls. Happy Birthday, Barry and many thanks.

Chocolate Eggs, Chocolate Rolls and Diamond Wedding Cake? You were all spoiled today.

Lynn was taking names for our Summer trip to Southport today and the coach is now full. Anybody wishing to go under their own steam can do so as there is availability for the meal at the Hotel.

All our best wishes go to those of you not able to attend due to illness and Doctors/ Hospitals visits. Once again, a great big 'thank you' to all our brilliant helpers.

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 or the underground car park.

We arrive 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 went up today and we have had a good response. The coach is full but you can be put on the 'wait list' in case of cancellation. If you go by car there is plenty of room at the hotel for the meal – so let Lynn know if you want to go.

Menu forms will be available for the next meeting.

'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 lists for these trips are now full. However, if you want to be put on the 'Waiting list' in case of cancellations please ring Lynn on 01204 387704. (There are often cancellations due to illness, appointments etc., so if you want to go please do get in touch.)

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).

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



We thought it only right to celebrate Jigsaw being around for 25 years, 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.

(If you have any dietary requirements you need to let us know asap.)

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



JIGSAW has a 'Team' of 19 members who will be participating in the Stroke Association's sponsored walk '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 Queens Park, Heywood. This is a big event and approx. 200 people are expected to attend.

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! There is a Toilet near the entrance and also at the café. Refreshments will also be available.

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 were available at this 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.

Sponsor forms are available now – so ring Lynn if you weren't at the meeting and she will post one out to you.

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.

EASTER EGG WINNERS: Tues 11th April 2017



"General Knowledge Quiz Winners"

Barry, the birthday boy, (on the right) donates chocolate rolls and goes home with Easter egg! After being part of General Knowledge winning team.

Bob and Sheila Welsby (top of Picture) Donate Diamond Wedding Cake and they too go home with an Easter Egg! After being part of Picture Quiz winning Team.

Well Done to both teams.



"Picture Quiz Winners"

Funny Signs

Sign outside Restaurant 'Eat here or we both starve'

Church Notice Board 'Don't let worries kill you - let the church help.'

Newcastle Tramways. 'Touching cables will kill you. £200 fine.'

Fish and Chip Shop 'We are not responsible if seagull eats your fish.'

Safari Park:

'Do not climb on fences. You could fall into enclosure and get eaten which makes the animals sick'

Overhead Traffic sign. 'If you hit this sign you will not get under the bridge ahead.'

NOTICES

Dates for your Diary for Forthcoming Meetings in 2017

'Drop In'	Tue 25 th April Quizzes, Chill & Chat + Exercises with Alicia/John
Formal Meeting	Tue 9 th May Buffet Lunch – Celebrating 25yrs of Jigsaw
'Drop In'	Tue 25 th April Quizzes, Chill & Chat + Exercises with Alicia/John
Formal Meeting	Tue 13 th June Speaker -Joanne Halliwell 'Betsy The Scullery Maid'

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 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.

Police are chasing a speeding car when all of a sudden, the car leaves the road, rolls over three times, flies sideways between two trees and comes to rest the right way up.

The driver staggers out of the car and approaches the police.

One of the police asks "are you drunk?"

The driver slurs "Of course I am, what do you think I am a bloody stuntman?"

Aunt Mildred comes over for dinner. While four year old Mary's parents are in the kitchen, Aunt Mildred asks the youngster "What are we having for dinner?" Mary replies "Goat"

Aunt Mary says "That sounds very exotic, are you sure that is what we are having?"

"Oh yes" says Mary "I heard Daddy say that tonight is as good as any to have the old goat for dinner"

There are two times when a man does not understand a woman.
Before and after marriage.

You may not have noticed but you never see a man walking down the street with a woman who has a bald patch and a pot belly.

If God had meant us to have showers he would have made our armpits the other way up!

Martha was a friendly but clumsy usherette in my local cinema. The other night she tripped over, landed on her torch and showed herself up in the circle.

Inside every older person there is a younger person saying "what the hell happened?"

In the Personal Ads.
"Hi Barry Jones. Get in touch soon! Bring engagement ring, wedding ring and teething ring. I have news" Julie.

The average age of people living in Hastings has shot up; It has got to a point where all the shop windows are made from bi-focal glass

I am not saying Fred has a personal hygiene problem but the other day he put odour eaters in his shoes and within a few minutes he had vanished!

John says to his mate
"My wife is constantly denying how much she spends on clothes, so I now call her Narnia"
His mate asks
"Why Narnia?"
John replies "because she is a lying witch with a wardrobe"

Alf is so old that when he pops into his local café for a three minute egg, they ask for the money up front!

Fred goes to the doctor about his constipation.
"I haven't been in weeks" says Fred. Every time I go to the toilet I sit there for hours but nothing happens"
The doctor asks "have you taken anything?"
Fred replies "only my book"

English Oddities

The English language is quite odd.
It must've been a different sort of bod,
Who thought this mess all out.
He really didn't know what talking was all about!

After all more than one mouse is mice,
But on my block we have houses not hice!
A goose can fly with a bunch of geese,
But in Canada I have not seen a herd of meese.

One man and a male friend make men,
Then you know as well as I that pan ain't ever pen.
I put a foot down and stand on both feet,
But I wear some boots and definitely not beet!

I pull a tooth and have a gap in my teeth,
But at the fair they have booths not beeth.
This is one and two or more are these,
And I get one kiss but I don't get several kесе!

How about a brother or a group of brethren?
Where as a lovely mother won't meet methren.
Then there's pronouns he, his, and him,
But you shan't say she, shis, and shim!

As you know it's tough with words like bough,
Whooping cough, and cookie dough,
And another thing you can start to hate,
Is how people take boats straight down the strait!

And why doesn't nose sound like lose?
Why, tell me, is it goose and moose, then choose?
I still haven't got a single, solitary clue,
And they tell me I've been talking since two!

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