

# JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

## NEWSLETTER

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

Issue No 200 Tuesday 25th April 2017



Hi everyone.

200<sup>th</sup>  
Edition !

I cannot believe that I have produced 200 Newsletters since I got involved with Jigsaw, but here it is. I have really enjoyed putting the Newsletters together (with a little help from Lynn) and I know that most of you have appreciated them.

The lights went out, quite literally today, as we experienced a Power Cut. Fortunately, there was plenty of natural light in the coffee lounge for the exercise sessions which went ahead as usual and the lights came on just as everyone was leaving!

We had a visit from Pamela and Leanne from **Tesco Little Lever**. They are looking at helping in the community and called to see us to see if they could help us in any way. They were really surprised at the size of the group and more importantly at the lively atmosphere. When they learned about our **25<sup>th</sup> Anniversary (next meeting Tuesday 9<sup>th</sup> May)** they said they would love to be involved in some way. We will be in contact with Pamela and Leanne to see what, between us, we can come up with. Watch this space.

Speaking of the 25<sup>th</sup> Anniversary Bash we would like you all to be in the room for 1.00pm so we can all have the buffet at the same time. **For details see page 5**

We had four new members come to see us today, Les and Judith, as well as Lily, accompanied by her son Billy.

Hope you guys enjoyed the visit and will come again. We often tell new members to come at least three times to see if Jigsaw is right for you.

A big 'thank you' to the guy in the photo (Trevor) for coming up with a fundraising quiz. Several of you, including myself, bought quizzes, compiled by Trevor, to test our knowledge. Having looked at the quiz we certainly will be challenged that is for sure. Where does he find these questions? Having £30 for the top prize, the incentive is there to try and get one over on "The Legal Eagle" Thanks Trevor. The quiz will also be available at the next meeting if you want to buy one. Whatever you raise really will be appreciated.

Healthwatch Bolton asked for our help with a Survey about the Diabetic Eye Screening Service and a couple of members helped with that. If any other member is diabetic and wants to complete the survey please get in touch with Lynn asap they need responses by 30<sup>th</sup> April.

Our best wishes go to those who are ill, in hospital or convalescing and we hope to see you soon.

Thanks to those who donated books of 2<sup>nd</sup> class stamps. Also a huge 'thank you' to all the helpers.



Who is that with the Tesco Girls?

**'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 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 and love the canal/barge.**

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).

**Canal Trip - Wednesday 17 May**

**Lynn Bridge (Host)**

**Rhona Talbot (Host)**

**May Barlow**

**Norma Elsby**

**Ken Pearson**

**Linda Fothergill**

**Tony Coleman**

**Melvyn Yates**

**Trevor Grundy**

**Sandra Grundy**

**Margaret Rowland**

**Jack Rowland**

**SOUTHPORT 'RAMADA HOTEL' OUTING – WEDNESDAY 5<sup>TH</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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 the coach is now full, if you want to go please make sure your name is on the 'Wait List' in case of cancellations. There is plenty of room at the hotel if you are travelling independently by car so give Lynn a call as soon as possible if you want to join this trip.**

**Menu forms were available at the meeting today. If you didn't manage to attend the meeting please get in touch with Lynn to obtain a form.**

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



JIGSAW now has a 'Team' of 19 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 are available 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.

**Jigsaw Team:**

<b>Lynn Bridge</b>	<b>Wendy McLaren</b>	<b>David Eccleshare</b>	<b>Marie Gradwell</b>
<b>Maureen Hargreaves</b>	<b>Trevor Grundy</b>	<b>Mary Felton</b>	<b>Ray Walton</b>
<b>Jim Hargreaves</b>	<b>Sandra Grundy</b>	<b>Mike Hallam</b>	<b>Marjorie Walton</b>
<b>Lynn Dingley</b>	<b>Susan Cowburn</b>	<b>Don Chadbond</b>	<b>Sandra Luckman</b>
<b>Marilyn Fletcher</b>	<b>Jean Stones</b>	<b>Mary Chadbond</b>	

There are also a few extra members who will be there on the day -

Graham Bridge, Barry Kilkenny, Gwyneth Johnson and Gwen Hyams & her family

**SAD NEWS – John (Jack) Mellett died Thursday 20 April 2017 aged 78 yrs**

**(Our apologies but we do not have a clear photo of Jack to print here)**

Jack died suddenly in hospital after suffering a heart attack. Jack had been a member of Jigsaw since July 2016 and was settling into the group really well.

Jack always enjoyed coming along to the group meetings and even managed to come on a couple of the trips to the Holiday Inn during Summer last year and more recently on the Christmas Lunch at the same hotel, which he really enjoyed.

Jack made friends with all the guys who sat on the table near to the entrance to the Church hall. Jack was a really nice chap and he will be missed by all his friends at Jigsaw.

Our sincere condolences to Jack's family & friends.

**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.**

## **Jigsaw is 25 years old – Buffet Lunch: Tues 9th May 2017**

### **Time to chill & chat**

**25<sup>th</sup>  
ANNIVERSARY**

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 over the years 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 with members. This starts promptly at 1pm.

**(If you have any dietary requirements you need to let Lynn know as a matter of urgency)**

### **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:-

<b>Nigel’s Taxi</b>	<b>07737 472847</b>	
<b>Stephen Jackson</b>	<b>07757 608034</b>	
<b>Wal</b>	<b>07866 740031</b>	
<b>Street Cars (Ajaz &amp; Wajid)</b>	<b>07766 207454 (Ajaz)</b>	<b>07916 802833 (Wajid)</b>
<b>Bowcock Private Hire (Andy)</b>	<b>07860 801830</b>	<b>(Peugeot E7 Wheelchair Taxi)</b>
<b>Ricksway Private Hire (Rick)</b>	<b>07958 788816</b>	<b>(Peugeot E7 Wheelchair Taxi)</b>
<b>Ken’s Cabs</b>	<b>07800 546876/0770 418 7735</b>	

**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 9 <sup>th</sup> May
	<b>25 yrs of Jigsaw – Celebration Lunch</b>
‘Drop In’	Tue 23 <sup>rd</sup> May
	<b>Quizzes, Chill &amp; Chat + Exercises with Alicia/John</b>
Formal Meeting	Tue 13 <sup>th</sup> June
	<b>Speaker -Joanne Halliwell ‘Betsy The Scullery Maid’</b>
‘Drop In’	Tue 27 <sup>th</sup> June
	<b>Quizzes, Chill &amp; Chat + Exercises with Alicia/John</b>

**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.

### **STROKE ASSOCIATION – COMMUNICATION CAFES – Every Wednesday in May**

The Communication Cafes (for those with Aphasia or communication problems), are starting again in May and the venue is **Great Lever Health Centre, Rupert Street, Great Lever, Bolton BL3 6RN**

**Time: 10.00am – 11.30am**

**Dates: All Wednesdays – 10<sup>th</sup> May / 17<sup>th</sup> May / 24<sup>th</sup> May / 31<sup>st</sup> May**

**If you are interested or want more information contact Pam/Kathryn 01204 895940.**

### **BIRTHDAY GREETINGS**

**For May 2017**

Anne Middleton	Peter Hall
Mary Connolly	Jack Heighway
Joyce Kelly	Keith Haslam
Joe Turner	Betty Hall
Trevor Grundy	Ray Walton
Mark Hodgkinson	
Margaret Rowland	
Mae Leung	
Jacqueline Hithersay	

**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.

**People say the Daftest Things.**

I have for many years collected Daft Sayings, most have been said in my presence. Here are Some Examples.

Complaint.

"I have got 3 potatoes with my Dinner and one of them is an onion"

Busy Road

"What this road needs is an overhead subway"

Lucky escape

"We just survived by the skin of our pants"

Mechanic under car

"He is chancing his arm sticking his leg out like that"

Where is everybody?

"We all came out and left 3 behind"

Do you think he can do the work?

"No problem, it's just up his cup of street"

Circumstances have changed.

"Oh well that is a different cup of fish"

Have you changed to Metric?

"No, we are still working in feet and English"

**So beware, I will be listening!**

Remember: Life is like a roll of toilet paper: The closer it gets to the end, the faster it goes.

A guy is suffering from haemorrhoids and will not go to the Doctor. His wife says she has read that bathing the area with warm teabags may help. "Anything, I will try anything" he says. After a few days using the tea bags the condition worsens and he finds himself in front of the doctor, bent over with his trousers around his ankles. "Well Doctor what can you see?" he asks. The Doctor replies "I think you are about to meet a tall dark handsome stranger"

BBC Norfolk.

Question. "Who had a hit with What a Wonderful World.

Contestant: "I don't know"

Quiz Master: "I will give you a clue, what do you call the part between hand and elbow?"

Contestant: "Arm"

Quiz Master: "Correct, Another clue, if you are not weak you are..."

Contestant: "Strong"

Quiz Master: "Correct and now a last clue —what was lord Mountbatten's first name?"

Contestant; "Louis"

Quiz Master: "Correct so who had a hit with What a Wonderful World?"

Contestant: "Frank Sinatra"

Old age is when a woman buys a sheer negligee but doesn't know anyone who can see through it.

In a care home 90yr Elsie came downstairs and approached three old fellahs playing dominoes. "Right" she says "whoever can guess what I have in my hand can come upstairs with me." One of the three thinks "daft old bat" and says "it's an Elephant" to which Elsie grabs his hand and says "that's near enough."

The next time you have to fill out a form and have to include an Emergency Contact, do not put a family member just put "A good Doctor"

This is a great way to get fit. Take 2 two pound potato sacks, hold them out at arm's length until your arms get tired. Do this for a week and then change to 2 five pound potato sacks and do the same again for a week. Then you change to 2 ten pound potato sacks and do the same again for a week. When you feel that you are up for it, put some potatoes in the sacks.

## POETS CORNER

### On a Sliding Scale

I went to see my doctor.  
She said: 'Sit down and then  
Could you tell me how you're feeling  
On a scale of one to ten'

'One is nearly dying,  
While ten is glad to be alive'  
'Well,' I said, confused,  
'I'm probably a five'.

'That's super', she continued.  
'Now explain briefly what is wrong.'  
'I have eight minutes allotted to you  
Which really isn't long.'

'I've a stabbing pain from my lower back  
And it hurts to move my knee.'  
I looked up to see her at the computer,  
Was she listening to me?

'One means that you can't move at all,  
Ten you can do the splits.  
So on that scale, how does your knee  
perform?'

I calculated: 'Probably a six.'

'And pain relief, what have you taken?'  
I said: 'Some painkillers and rubbed-in gel.'  
'On a scale of one to ten,  
Was it effective, could you tell?'

'One is it didn't help at all  
And ten was simply great!'  
I sighed: 'I think perhaps about a four -  
It certainly wasn't an eight.'

With that, a small alarm clock rang.  
She said: 'Well I won't detain you any  
longer.  
Keep positive, and remember,  
What doesn't kill you makes you  
stronger.'

My wife asked: 'How did you get on?  
Shall I make a cup of tea?'  
I said, 'I'm not really sure what happened,  
But I think I've just taken my Maths  
GCSE!'

Mrs Anita Bass,  
Theydon Bois, Essex  
From The Daily Mail

**EDITOR:** Graham Bridge. If you wish to  
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