

# JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

## NEWSLETTER

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

Issue No 201 Tuesday 9<sup>th</sup> May 2017



### Hi Everyone



"Amazing Cake"

Where do I start to describe today's events?

One thing I do know is this Newsletter will need to be a 9 or 10 pager to get everything in!

From my point of view the committee and I were somewhat apprehensive as to how the meeting would go. How many of you guys will turn up? Will we and you guys like the cake? Will the buffet (new supplier) be on time and will it be up to standard? Will the visitors turn up, will any of them want to speak? Will the Tesco girls turn up and run the raffle? Will the photo montage work on the screen and will you enjoy it?

I can't believe how well everything turned out. We have to say thank you to Suzanne, the lady who started it all, she was visibly moved when she entered the room, as was Keith Armstrong who along with Joan, kept the group alive when Suzanne had to hand it over and didn't they speak very well about their involvement. Thank you to each of you for coming.

We had representatives from the Stroke Association Pam, Rebecca, Rebecca and Rubekka. I'll bet there is confusion in their office, can you imagine? "fancy a coffee Rebecca?" "yes please" "No I wasn't asking you two, I was asking Rebecca". Thank you for coming ladies and thank you for the 25 years certificate.

Gill Green from Forever Manchester, who have kindly supported us with grants, came along and chatted with Maisie and Anne for most of the afternoon. Thanks for coming Gill and supporting us as you do.

Then of course we have to thank the Tesco girls, Pamela and Leanne, for coming along and organising the raffle. They donated the prizes and with the help of yours truly, ran the raffle.

**Details of Prize winners on page 10.** I am thinking we should record the giggling that these two seem to burst into at the drop of a hat. We could play it at our meetings and start us off. Remember the Clown in the glass box outside the Fun House at Blackpool?

Philip, the Minister from the church, who has supported us for many years came along and made some nice comments about Jigsaw before saying Grace. This will be the last time we will see Philip as he is moving on to pastures new and we look forward to meeting his successor. Thanks Philip we will miss you.

We decided to show a montage of photos I have taken from 2008 to present day and from your reaction and comments it was very well received. As a result, I will do another one at a 'Drop In' meeting later in the year.

We had some lovely cards from members congratulating Jigsaw on their anniversary so thanks for those.

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Were we happy with the way the day turned out? You bet we were and 'thank you' to all of you, the members, the visitors and a special thankyou to all the helpers who did such a lot in preparing for the event and on the day. You guys are special.

Unfortunately, the event was tinged with sadness as we lost two members within days of each other, Anne Middleton & Don Chadbond. See page 7.

All our best wishes go to those of you who are in hospital, convalescing, or ill and stuck at home.

**Canal trip Wednesday 17<sup>th</sup> May.** The names of those going on this trip will be found on page 5  
Please ring Graham if unable to go at the last minute - **Mobile 07894 810901**

**'Step Out' Sat 20th May** – See page 6 - Ring GB if unable to go at last minute – **Mobile 07894 810901**

Below and on page 3 see photos of 25<sup>th</sup> Anniversary.



Photos continued...



'Now you can cut it, Suzanne'



'Your Committee and helpers'



'Patience, you can take the lids off soon'



'The Slide Show will start shortly'



'Can we take the lids off please?'



Philip says  
"God bless you all, Amen"

**SOUTHPORT 'RAMADA HOTEL' OUTING – WEDNESDAY 5<sup>TH</sup> JULY 2017**  
**COST £22.50 PER PERSON**



Jigsaw has booked 4 Star Ramada Plaza Hotel (pictured) at Southport for the Jigsaw Summer Trip. Once more we are in the Marine Suite overlooking the lake on the promenade, there is also a balcony adjacent which we can use all afternoon if we wish.

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 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 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 coach is full but you can be put on the 'wait list' in case of cancellation. We will put on another minibus/coach if there are enough on the 'wait list'.

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.

If you haven't yet completed a menu form please ring Lynn asap.

**'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.)**

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).**

**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**

## 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.**

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



JIGSAW's 'TEAM' of 19+ Members are participating in the Stroke Association's 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)

**Those of the TEAM who are going on the minibus please be at Christ Church for 9am-9.15am .**

(The Church hall will be open if anyone wants to use the facilities)

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! The walk can be a personal challenge or achievement.

We would like members to help by asking family, friends, neighbours, etc to sponsor the **TEAM** and everyone can help to raise funds.

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

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

### **Jigsaw's 2017 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>Sandra Luckman</b>	
<b>Marilyn Fletcher</b>	<b>Jean Stones</b>	<b>Mary Chadbond &amp; family</b>	

There are also a few extra members who will be there on the day -  
Graham Bridge, Barry Kilkenny, Gwyneth Johnson, Gwen Hyams & her family

**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.**

### **SAD NEWS – Anne Middleton died Monday 8 May 2017 aged 78yrs**



**“Anne Middleton”**

Anne had been part of Jigsaw for many years, she loved coming to the meetings and did not miss any of the trips or outings unless she was ill.

Being part of the original organising team with Joan, and Rhona in the earlier years, she came onto the committee in 2008 and was an active committee member for many years and only stepped down when her dementia prevented her from continuing.

Anne continued to come along to the group whenever she was able, enjoying everything that she could. Anne's daughter Debbie accompanied her to various events over the years. Both managed to come to our Christmas events before Anne's illness became too serious.

Having a great sense of humour and fun, she enjoyed the banter and jokes that I had with her over the years. She also loved to chat to anyone. In the past Anne had been an active fundraiser for both the Stroke Ward and Jigsaw, being involved in various sponsored walks over the years.

Anne was a lovely lady, and will be much missed by all her friends at Jigsaw.

Our sincere condolences to Debbie, Jane and all the family

### **SAD NEWS - Don Chadbond – died Saturday 6 May 2017 Aged 79 yrs**



**“Don Chadbond”**

Don sadly suffered another stroke and was in hospital. Even though Don was one of our newer members, joining Jigsaw in July 2016. He loved coming to the group and was very supportive of Jigsaw. Don and his wife Mary came along to our 2016 Southport trip and Christmas Party and both really enjoyed the events.

Don usually sat with the guys on the table near the entrance to the Church Hall and was getting to know that group well and was very chatty with them.

Don was very enthusiastic to try and help fundraise for Jigsaw and had signed up to be part of the team doing the Step out for Stroke event on Sat 20 May at Heywood.

Don's Wife, Mary and their Grandchildren, are still intending to participate in the Step Out event in memory of Don and to carry on the fundraising that Don had set in motion for Jigsaw. 'Thank you'. Don was a nice guy and will be missed.

Our sincere condolences to Mary and all the family at this difficult time

## NOTICES

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

'Drop In'	Tue 25 <sup>th</sup> May Quizzes, Chill & Chat + Exercises with Alicia/John
Formal Meeting	Tue 13 <sup>th</sup> June Speaker -Joanne Halliwell 'Betsy The Scullery Maid'
'Drop In'	Tue 27 <sup>th</sup> June Quizzes, Chill & Chat + Exercises with Alicia/John
Formal Meeting	Tue 11 <sup>th</sup> July TBA

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.

A jockey is ahead of the rest of the field when suddenly he is hit by a salmon sandwich and a pork pie. He manages to keep control only to be struck by a tin of caviar and a dozen scotch eggs. With amazing skill he manages to regain control and just edges back into the lead when he is hit by a bottle of Chardonnay and a Bakewell tart. This loses him the lead and he came in second. Furious, he immediately goes to the stewards and complains that he has been seriously hampered.

"Ladies and Gentlemen, the flight has been delayed because the Pilot did not like the sound of one of the engines. We will be on our way as soon as we find another Pilot."

A twice married wife, calls her twice married husband, who is at work and shouts "Come home quick, your kids and my kids are beating up our kids"

"Daddy my head is hurting"  
"It will keep on hurting if you do not hold the dart board a little higher"

A man comes home from a long business trip and finds his son playing with a very expensive toy. "Who bought you that?" asks Dad. "I did" says the boy "I bought it with the money I got to go hiking"  
"Hiking?" asks his dad "Who pays anyone to go Hiking?" The little boy replied "Mr Jones next Door. Every time he came to see mummy he gave me £5 and told me to take a Hike"

Little Melanie aged 5 asked her grandmother how old she was. Grandmother replied "I am so old, I do not remember anymore" To which Melanie replied "If you forget, just look inside your panties, mine says aged 5 to 6"

James aged 4 was listening to a Bible story. His Dad read "The man named lot was to take his wife and flee outside of the city but his wife looked back and was turned to salt"  
Concerned, James asked his Dad "What happened to the flea?"

Accused to the Judge "As God is my Judge, I am not guilty"  
Judge replies "He's not, I am, you are, six months"

Jeremy Corbyn and Diane Abbott are touring Africa and are introduced to a native tribe. "MOOANGA" "MOOANGA" the natives shout whilst dancing wildly.

Jeremy says to Diane as they are leaving "They seemed excited about seeing us I did not think they would know who we are"  
Jeremy was just about to put his foot into a patch of smelly animal droppings when the guide says "careful, you nearly stood in some Mooanga"

A young lady comes home after being out with her boyfriend and says to her mother "Jack has just asked me to marry him, but he also admitted he was an Athiest and does not believe there is a Hell"  
Her mother replied "You marry him anyway and we will both show him how wrong he is"

The government have developed a new weapon that kills off all the people but leaves all the houses still standing.  
It is called a Bank.

## POEMS

### A STATE OF MIND

If you think you are beaten, you are  
If you think you dare not, you won't,  
If you like to win, but don't think you can  
It's almost a cinch you won't

If you think you'll lose, you're lost  
For out in the world you'll find,  
Success begins with a fellow's will  
It's all in a state of mind

For many a game is lost  
Ere even a play is run,  
And many a coward fails  
Ere even his work is begun

Think big and your deeds will grow  
Think small and you'll fall behind  
Think that you can and you will  
It's all a state of mind

If you think you are out-classed, you are  
You've got to think high to rise  
You've got to be sure of yourself before  
You can ever win a prize

Life battles don't always go  
To the stronger or faster man  
But sooner or later, the man who wins  
Is the fellow who thinks he can

Internet

### RAFFLE PRIZE WINNERS

(prizes donated by Tesco Little Lever)

<b>Toiletries</b>	-	<b>BC Patel</b>
<b>Advocat</b>	-	<b>Beryl Ashworth</b>
<b>Wine &amp; Chocs</b>	-	<b>Anita Chazen</b>
<b>Cookies</b>	-	<b>Jean Booth</b>
<b>Red Wine</b>	-	<b>Audrey Parker</b>
<b>Prosecco</b>	-	<b>Suzanne Lomax</b>
<b>Irish Cream</b>	-	<b>Christine Unsworth</b>

**Donated by Mike Hallam**

<b>Tea set</b>	-	<b>May Barlow</b>
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**Many thanks to Tesco Little Lever  
and congratulations to all the prize  
winners**

**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**