

JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 204 Tuesday 27th June 2017



Hi everyone.



We weren't sure how many would attend today due to the wet weather but you braved the elements and we had quite a turnout. (Maybe it was the pull of 'Who won Trevor's Quiz')

You will notice the photo of Lynn and I on the red carpet waiting to board the East Lancs Railway "Red Rose Dining Experience". We wanted to say a huge 'thank you' to everyone for making this possible. Gwyneth arranged all this whilst we were away celebrating our Ruby Wedding last September, but we had to wait until now due to the train being fully booked. The food was lovely and we had a great evening out.

We were seen off by Gwyneth, Mike, Maureen and Jim. A great surprise which added to the evening. (See page 4 for our toast to you all)

We found out who were the winners of Trevor's Quiz today.

The prize winners were £30 Glynis Hardman, £20 John Taylor, £10 Jack Lowe, £5 Barry Kilkenny and a consolation prize of a packet of mints went to Marjorie and Ray Walton.

Considering Trevor is famous for setting difficult quizzes (and unusual rules) I am amazed at the scores that the winners managed to get. A big 'thank you' to Trevor for raising £105 for Jigsaw and forking out a total of £65 prize money and a packet of mints, from his own pocket. A great gesture Trevor.

I told you all about the phenomenal amount of money raised from 'The Step Out walk'. A brilliant effort and well done to all concerned.

We had two new members Ray and Laura come to see us today. We hope you guys enjoyed your visit and will come and see us again.

Our Jean is taking a break from knitting Twiddlemuffs. (See page 5)

Sue Middleton won the football card and gave £10 back to Jigsaw. Thankyou Sue.

Fire Evacuation Procedures. We gave you each a copy of the procedures today and would ask you to study them. If you did not attend today then please ensure you ask for a copy on your next visit.

Bradley Fold Garden Centre Evening Event: Bradley Fold have agreed to let us have the café area for one evening (5.00 – 8.00pm) and will provide us with Meat and Potato pie & peas, cakes plus waitress service. You have shown an interest in it so we will be confirming the details for some time in August. The Garden Centre will be open until 8-00pm. Full details will be in next Newsletter. Watch this space.

Canal trip 20th June: Report and pictures see page 4

Southport Trip Wednesday 5th July. Those of you going on this trip please be at Christ Church for 9-45am. (See Page 2)

SOUTHPORT 'RAMADA HOTEL' OUTING – WEDNESDAY 5TH JULY 2017



Those going on this trip should be at Christ Church 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.

Those travelling independently please note 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.

Independent travellers please ensure you are at the Hotel no later than 12 Noon. The lunch will be served at 12.15pm

If you are unable to attend on the day please contact Graham on 07894 810901

MEETING - TUESDAY 11TH JULY 2017 – KENNEDY CAITLIN SINGS



Kennedy has been to entertain Jigsaw several times over the past few years, with a variety of music including one occasion when she performed her tribute act as Dolly Parton in full costume, she has also been singing with friends Mitch and Mark who also came to entertain us and who were both excellent.

This time Kennedy is solo and will be performing songs from shows, a few popular songs and hopefully she will also be able to throw in a couple of 'Dolly' songs along the way, for the Country and Western fans in Jigsaw.

'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 are:

Friday 21st July

Monday 14th August

Tuesday 5th September (additional date)

We have a small 'Waiting list' and have decided to put on another trip (Tue 5th September). So if you want to go on this please ring Lynn on 01204 387704. (Also, there are often cancellations due to illness, appointments etc., so if you want to go please do get in touch.)

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. 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 - Friday 21st July

Gwyneth Johnson (Host)

Mike Hallam (Host)

Lynn Dingley

Marilyn Fletcher

Maureen Hargreaves

Jim Hargreaves

Marie Gradwell

Jean Stones

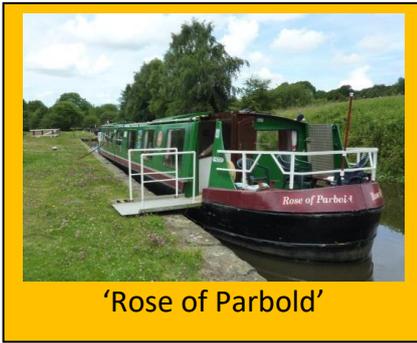
Harry Preston

Jean Preston

Beryl Ashworth

(1 place left on this trip – if you want to go contact Lynn asap)

Canal Trip Tuesday 20th June 2017.



'Rose of Parbold'

This was a hot one. I only have a report second hand but I was there when the mini bus returned. Several of the "Cruisers" had some red cheeks and foreheads and were ready to cool off.

Gwyneth and Wendy were the hosts for the day and were kept busy, one producing drinks and the other entertaining the passengers? I am told it was too hot to eat and some buffet was left.

Personally. I never find it too hot to eat! Some photos below.



"Sun? Bring it on"



"Nice and Quiet"



"All been too much"

JIGSAW Surprise gift to Lynn and I (East Lancs Railway Dining Experience)

This was a real surprise, and a much appreciated, gift from you the members. Lynn and I had nothing to do as everything was superbly organised by Gwyneth (expect nothing else). How you lot managed to keep the secret I will never know. We were collected and brought back in a Limousine driven by the Mayor's ex chauffeur no less. The meal was great and the whole experience very enjoyable. Lynn and I salute you all with a Toast. (See below)



We were pulled along by the magnificent Engine "The City of Wells"



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.

CHAMPION 'TWIDDLEMUFFER' – our Jean



Jean Booth, one of our Volunteers, has been very prolific in producing 'Twiddlemuffs' for the Dementia patients at Bolton Hospital over the past 2yrs and has just finished her latest batch. Jean will be donating 52 Twiddlemuffs to the hospital in the next week or so.

Jean wanted to thank everyone who donated wool, buttons, ribbons, trimmings etc for her to use in making the Twiddlemuffs.



'Jean'

Jean is now going to be taking a well-earned rest over the Summer and will hand over the baton to others to continue the good work.

Grateful thanks go to Jean for her brilliant efforts in making such a huge number of the Twiddlemuffs.

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:-

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 July Kennedy Caitlin Sings for us
'Drop In'	Tue 25 th July Quizzes, Chill & Chat + Exercises with John
Formal Meeting	Tue 8 th August Joan's Music Quiz

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.

BIRTHDAY GREETINGS

For July 2017

Sandra Grundy
Sandra Luckman
Clive Pyatt
Marjorie Walton
Gwen Hyams
Phyllis Livesey
Lynn Bridge
Roy Fowler
BC Patel
Jack Lowe

Remember if we do not have your birthday details then we can't give you a mention

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, Physios, Counselling, holidays etc**

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

'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

The Communication Cafes (for those with Aphasia or communication problems), are starting again on Wed 5 July and the venue is **Great Lever Health Centre, Rupert Street, Great Lever, Bolton BL3 6RN**

Time: 10.00am – 11.30am

Dates: Wednesdays in July

(Thereafter Cafes will be held every other month)

Please contact Pam/Kathryn on 01204 895940 if you want more information.

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

On the first night of his Honeymoon the Husband is wondering how to tell his new wife about his smelly feet and socks. His wife is wondering how to tell her husband about her bad breath. She speaks first and he says "Don't tell me, you have just eaten one of my socks".

I once had a fish that could do a breakdance on the carpet for 20 seconds. He only did it once.

Remember Son, a smart person always has doubts about something. Only a total idiot is 100% sure about everything.

There are two types of people. People who are good at maths, people who are good at telling jokes, and people who aren't good at either.

My wife, who has a squint, and I are getting a divorce. We do not see eye to eye and she has been seeing someone on the side

An apple a day can keep anyone away if you throw it at them hard enough.

What has eight eyes and eight legs?
Eight Pirates.

Husband says to Lawyer "I want a divorce, my wife has not spoken to me for six months"
Lawyer replies "Are you sure? Women like that are hard to find"

On the morning of her birthday, a woman told her husband, "I just dreamed that you gave me a diamond necklace. What do you think it means?" "Maybe you'll find out tonight," he said. That evening, the man came home with a small package and gave it to his wife. She ripped off the wrapping paper and found a book titled *The Meaning of Dreams*.

I am not really obese. I love my six pack so much that I want to protect it with a layer of fat.

A police officer rings the station. "I am in a house where a woman has just shot her husband for stepping on the kitchen floor after she has just mopped it"
The station officer asks "Have you arrested her?"
The officer replies "Not yet, the floor is still wet"

I wonder what our kids will tell their kids?
"It was really bad in the olden days. We did not get an 'Apple I phone' until we were six and would you believe, sometimes the Internet didn't work upstairs"

Q: Why does a man twist his wedding ring on his finger?

A: He's trying to figure out the combination.

When my wife gets a little upset, sometimes a simple "Calm down" in a soothing voice is all it takes to get her a lot more upset.

POETS CORNER

Help Yourself to Happiness

Everybody, everywhere
seeks happiness, it's true,
But finding it and keeping it
seem difficult to do.

Difficult because we think
that happiness is found
Only in the places where
wealth and fame abound.

And so we go on searching
in palaces of pleasure
Seeking recognition
and monetary treasure,

Unaware that happiness
is just a state of mind
Within the reach of everyone
who takes time to be kind.

For in making others happy
we will be happy, too.
For the happiness you give away
returns to shine on you.

[Internet](#)

LITTLE LEVER RESIDENTS – FREE LUNCH – THURSDAY 6th JULY 2017

The Little Lever Community events Group have just been in touch!

They are hosting an Afternoon Tea Style Lunch at Little Lever High School
From 11.30am – 2.00pm on Thursday 6th July 2017

If anyone is interested or wants to go please contact:

Emma on 07772 389129 or

Alice More on 07722 095225

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