

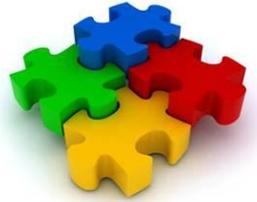
# JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

## NEWSLETTER

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

Issue No 206 Tuesday 25th July 2017



**Hi everyone.**



"Lots of Banter"

I enjoyed today. We had a good turnout today and the meeting had a nice feel to it.

As Chairman, I am always looking around to see if things are well in the room. It is important that the committee and helpers are on the ball, but quite frankly I do not need to keep an eye on them as they are always brilliant and today was no exception.

Talking of helpers, we had another helper, Elaine from Tesco. She just appeared and said "I am here to help" With no further ado, off she went to start serving teas and coffees. Thanks and hope to see you again Elaine.

The meeting was relaxed with a lot of chatter going on and it was nice to see the new members, Alan & Barbara and Janet settle in so well. I hope you enjoyed your visit and will come again.

The football card was carried over from the last meeting and was won by Norma Elsby (my Sister-in-Law) who was absent today because there is a new baby in the family. (As a new Great Grandma, we all know where the priorities lie.) Norma has asked me to donate the winnings back to Jigsaw. Thanks Norma.

I am getting good feedback about John the physio, from those of you taking the exercise sessions, which is good news. I know he likes coming and enjoys putting you through your paces.

Thank you to those of you that completed the Jigsaw Feedback Forms today. As I said these forms are important as they are needed to help us get funding. It also proves that we spend funding wisely. Those who did not attend today can complete a form at the next meeting.



**Bradley Fold garden Centre Pie and peas. Thursday 3<sup>rd</sup> August  
(See Page 2 for details)**

To all of you that are not well, in hospital or at home, best wishes from all at Jigsaw – Get well soon.

Thanks to those who donated books of 2<sup>nd</sup> class stamps. Every little helps to keep our running costs down.

**Next Meeting: Joan's Musical Quiz. (for details see page 2)**

**BRADLEY FOLD GARDEN CENTRE OUTING – THURSDAY 3<sup>RD</sup> AUGUST 2017**

**'Tea Time Treat' - Meat and Potato Pie Meal & Cake £3.00 per person.**

**5.15pm – 8.00pm**

**(Make your own way there and back)**



**"Bradley Fold Garden Centre"**

Bradley Fold Garden Centre will be opening their Restaurant especially for Jigsaw on this evening.

**The Restaurant normally closes at 4.30pm but we have a special arrangement to have a meal served at 5.30pm. So please be there for 5.15pm. The Garden Centre will be open for us until 8pm.**

The set meal is Meat & Potato Pie & Peas followed by mini-cakes from a selection normally served with their Afternoon Tea. This will be served with Tea/Coffee.

If you want extra tea/coffee this will be at your cost.

**There will be full waitress service.**

So, lots to look forward to and enjoy browsing (and of course buying!).

***If you are unable to eat the meat & potato pie and peas please let Lynn know urgently.***

**MEETING - Tuesday 8<sup>th</sup> August 2017 – Joan's Music Quiz**



Joan is with us once more to challenge us with her written Music Quiz.

Don't worry, it is not an individual quiz but is done by all those on the table – so it's a joint effort.

There will be a variety of questions on music styles, composers, singers, classics, popular tunes, dance rhythm's, songs, chorus's missing words etc. There will be lots of different music to challenge the little grey cell.

If you don't want to join in, don't worry just come along and have a bit of fun.

**'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:

**Monday 14<sup>th</sup> August**

**Tuesday 5<sup>th</sup> September (additional date)**

**There is 1 place left on the trip for Monday 14<sup>th</sup> August, 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 - Monday 14 August 2017 (1 place left)**

**Sandra Jones (Host)**  
**Sue Millington (Host)**

**Maisie Wood**

**Lillian Cole**

**Joan Lythgoe**

**Jean Booth**

**Alan Lythgoe**

**Anne Hayes**

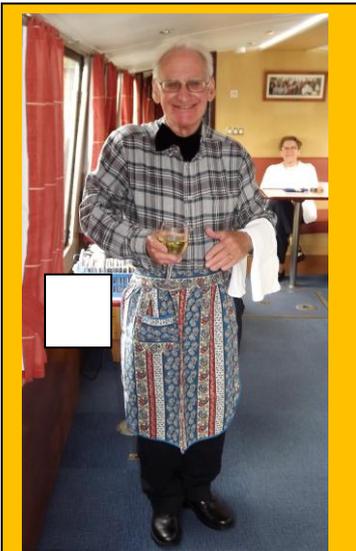
**George Holt**

**Andrea Hayes**

**Jean Holt**

**(If you are unable to go please let us know as soon as possible)**

## Canal Trip Friday 21<sup>th</sup> July 2017.



"Welcome on board"  
"Do you like the Pinny?"

Since Lynn or myself were not on this trip, this report is based on the comments from those on board

It was a wet day, but it did stop raining for some part of the trip and as is the norm for Jigsaw members it did not stop them from enjoying the day.

Mike and Gwyneth were the hosts for the day and they were ably assisted by Lee, the coach driver, who was invited on the trip at the last minute as there was a spare place.

The buffet was excellent as usual and I do believe one or two bottles of "Alcoholic Ribena" found their way on board and added to the genial atmosphere.

Some photos below taken By Jim Hargreaves.



'Biscuits are good'



"Very Nice, now where is the buffet?"



"Did I ever tell you  
how I slid down the  
bannister?"



"Lee, feeding the Birds"



"I think all went well"

**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.**

### **BOLTON NEURO VOICES – HYDROTHERAPY OPPORTUNITY**

Bolton Neuro Voices is inviting Jigsaw members to consider registering an interest in its next Hydrotherapy Course – **Wednesdays 15 November to 13 December 2017.**

This will be its 8<sup>th</sup> course since 2012 and in that time 136 people with 20 different neurological conditions (including 29 with stroke) have had the chance to see if hydrotherapy can help them. There are 7 people who have had a stroke on the current Continuation Programme which is available to those who have been on the course and are assessed as safe to continue without the constant presence of the physio.

The course is held in the Hydro Pool at Bolton One and costs £25. If you are interested and have a computer, go to our physios' website: [www. SPTherapyServices .co.uk](http://www.SPTherapyServices.co.uk), click on 'Neurological Physiotherapy' and then 'Hydrotherapy', read the page and then fill in and submit the Enquiry Form.

**If you do not have access to a computer, just ring the Co-ordinator, Marie Oxtoby, from Bolton Neuro Voices on 01204 594004 and she will take your details.**

This waiting list will close on 12 September after which everyone on the list will be contacted to see if they want to make a firm application.

### **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 8 <sup>th</sup> August Joan's Music Quiz
'Drop In'	Tue 22 <sup>nd</sup> August Quizzes, Chill & Chat + Exercises with John
Formal Meeting	Tue 12 <sup>th</sup> September Margaret McDonald (International Mezzo Soprano) Sings for us
'Drop In'	Tue 26 <sup>th</sup> September Quizzes, Chill & Chat + Exercises with John

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, Holidays, Physios, Counselling, etc**

### BIRTHDAY GREETINGS

For August 2017

Joe Baldwin  
Anna Morrow  
Paul Neary  
Pat Turner  
Mary Chadbond

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

### '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 (Additional date Wed 2 August)

(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.

A friend of mine now in his 70's has always played in a band. He has set up a new band of 'oldies. And they call themselves "Arthur Itus and the Joints"

Did you know that the people of Dubai do not like Fred Flintstone, but the people of 'Abu Dhabi do'.

Man talking to a guy in the bar. "My wife does amazing farmyard animal impressions" The guy asks "What is so amazing about that?" The man replied "She can do all the smells as well"

A couple of ladies discussing how they handle having had an argument with their husbands. The first lady says "I just stand toe to toe and give as good as I get" The second lady says "I don't usually argue back, I just get my quiet revenge. I clean the toilet with his toothbrush"

Overheard in a posh household "Darling, a button has come off my pyjamas" "Never mind dear I will buy you a new pair tomorrow" Overheard in an average household "A button has come off my pyjamas" "Not again, you are too flaming fat. If you can find the bloody button, sew it on yourself"

A man is becoming increasingly irritated by his brother in law who lives nearby and is always ringing up to borrow something. The man tells his wife that the next time he rings up he will outsmart him. Sure enough that very morning the brother rang and asked "Are you using your power saw this morning?" The man replied rather smugly "As a matter of fact, I will be using it all day" The brother in law replies "Oh, as I won't be able to do the job with the saw, I may as well play golf. Can I borrow your clubs?"

I am surprised that women have taken up boxing. Normally a woman would never put on gloves without a handbag and shoes to match.

A man trying to understand the nature of God asked him "How long is a million years to you?" God replied "A million years is like a minute" The man asked "How much is a billion pounds to you? God replied "A billion pounds is like a penny" The man asked "In that case could you give me a penny?" God replied "In a minute"

A man went into the pub and saw an Irish lad he knew sitting at a table with an empty pint glass". The man asks "Would you like another one?" The Irish lad asks rather quizzingly "And what would I be wanting with two empty pint glasses?"

What happened when someone complained that the lights were too bright in a Chinese restaurant. The manager decided to Dim Sum.

A Preacher closing his sermon tells the congregation "If I had all the beers, whisky, wine and all the alcohol in the world, I would take it and throw it in the river. Now let us sing Hymn 240 "Shall we gather at the river"

## ***To Stop And Chat***

Have you ever noticed,  
Those people on the wing?  
The ones that always pass you by,  
And never say a thing.

And even though you know them,  
They hurry past in haste,  
No quick hello or friendly smile -  
They have no time to waste.

You're only out for just a walk,  
You didn't want to stop and talk.  
Perhaps a quick hello  
Lingering for just a while.

But no, those people on the wing,  
Never want to say a thing.  
Their minds are full of this and that;  
There isn't time to stop and chat.

Except, of course, when they're not well,  
Then they stop and have to tell,  
Of all the aches and pains they've got -  
And then, of course, you get the lot.

Mrs. B was just like that,  
Never had the time to chat,  
Hurrying by at such a pace,  
The 'don't stop me' look upon her face.

Mrs. B had things to do,  
Had no time to talk to you.  
One day I called to Mrs. B:  
'Please stop for once and listen to me.'

I stopped and whispered  
with a snickers:  
'You've got your dress  
tucked in your knickers.'

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**