

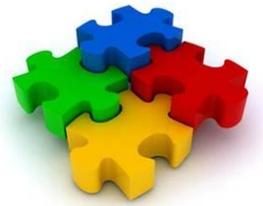
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 207 Tuesday 8th August 2017



Hi Everyone



Joan

Joan did us proud again and gave us another challenging Music Quiz which had many of us scratching our heads.

On our table, we had “Oh God, I know the singers name, who is it and that music I know it, what is the name of that Musical, too late we are on the next question”

Joan gave us a variety of questions under the headings of:

Name the Singer and the Song.

Dance Rhythms.

Musical or Films and the Performers.

Classical Section (Name the Composers First names)

Name the Performers in the songs.

What is the next line?

Some of us are not very good at it. In the last section, many of us were singing the ‘next line’ out loud and having a sing along! It was fun!! Joan finished off with a ‘sing along’ dedicated to “Little Anne Middleton” who had been a stalwart of the group for many years and sadly missed by all. Thanks Joan for a very entertaining afternoon.

I told you all of the large donation that literally dropped out of the sky and gave me goose bumps when I learned about it. As I said, it now means that Mike Hallam and I can relax a little from trying to bring in funding, as this amount will keep the Group in existence for several years to come.

This all came about because Ronnie Edge was extolling the virtues of Jigsaw to someone who obviously has connections. Thanks Ronnie for passing the word around.

Many thanks to Les & Judith Taylor for the donation of several talking books, so if you can’t concentrate to read this may be ideal for you. The CD’s will be on the Information Table each meeting if you want to borrow any. Don’t forget if you like books please visit the library in the Church’s Coffee Lounge. There is lots of choice.

We had a visit from Alison Jackson-Platt, who is on placement on the Stroke Ward at the hospital. Alison is training to be Therapy Nurse Practitioner and came along to see what we do at Jigsaw – she was impressed and enjoyed her visit. Alison made a lovely gesture by making a donation to Jigsaw. Thank you, Alison.

We had two volunteers visit today, Ismail and his son Hamza. We hope you enjoyed your afternoon and will come to help again.

See Page 2 for ‘Dates for your Diary’. Details in next Newsletter.

Thanks, as always, go to all the helpers and also to those that donated 2nd class stamps.

'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:

Monday 14th August

Tuesday 5th September (extra date)

The trips are all full but if you want to go on the 'wait 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.)

Those going on this trip please be at Christ Church for **9.00 am** we will depart at 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 14th August

Sandra Jones (Host)

Sue Millington (Host)

Linda Fothergill

Jean Booth

Anne Hayes

Andrea Hayes

Maisie Wood

Lillian Cole

Joan Lythgoe

Alan Lythgoe

George Holt

Jean Holt

NB: If you are unable to go on the day please contact Graham on 07894 810901

Dates for your diary:

(Details in future Newsletters)

Monday 2nd October

Olympus Fish & Chip Restaurant (list up at next meeting)

**Saturday 14th October
(1.30pm – 4pm)**

**Charity Concert – The Ladybridge Singers £5 per person
(Proceeds split between Jigsaw & Christ Church)**

(tickets available from 22nd August – please tell family & friends)

Thursday 30th November

Christmas Lunch – Holiday Inn, Bolton

BRADLEY FOLD GARDEN CENTRE OUTING – THURSDAY 3RD AUGUST 2017
‘Tea Time Treat’



“Bradley Fold Garden Centre”

Well, this ‘do’ turned out alright didn’t it?
This Outing was a ‘first’ for Jigsaw. This is the first time we have held a summer evening event.

Lynn and I are regulars and pop by for lunch or coffee a couple of times a week. I know several of you guys are regular visitors as well.

We had a chat with the management about hosting the event and they were brilliant. Nothing was too much trouble, they were so helpful.

They approached Edinburgh Woollen Mill and they agreed to stay open until 8-00pm and even offered a 20% discount to Jigsaw members!

Many of you took advantage of that and also did some additional shopping in the Garden Centre itself.

The layout in the Café worked very well and allowed good access for us and indeed the waiters. The Meat and Potato Pie and peas was excellent and when the cakes came out afterwards, I think it fair to say we were all amazed. Apart from being delicious the quantity allowed for three each!!

Gwyneth was dishing out napkins, how many extra were requested I do not know but most of the cakes disappeared into a few bags and rightly so.

You may be wondering why there are no photographs. Well, yours truly assumed Lynn had put the camera in the bag, and she had assumed I had put the thing in the bag and neither of us thought about it until after the meal! There was an enquiry of course and I lost.

So sorry about that, but those that attended will have their own memories of what was a very successful event,

We have been to other Garden Centres in the past (Jigsaw has previously been to Bents Garden Centre and Barton Grange at Garstang but these were lunchtime/afternoon events).

For those of you that have not been before I hope you enjoyed the garden centre, it’s not too big and the Café is very good. The staff are very nice and we find it is a pleasant place to meet friends and while away a couple of hours.

From your feedback, it would appear we did ‘alright on the night’ and you all enjoyed the occasion. A big thank you to Bradley Fold for doing us proud.

We have sent a ‘Thank you’ letter as you would expect. A great event.

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 8th 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.

SPEAKEASY ANNUAL CONFERENCE – TUE 17TH OCTOBER 2017 10am – 3pm **(for people who have Aphasia, their Carers & staff working with them)**

The Conference is held at Christchurch & Neighbourhood Centre, Great Eaves Road, Ramsbottom, Bury BLO 0PX 10am – 3pm

Topics will include: **Stroke Services in Greater Manchester / Preventing another stroke / New treatments for stroke / Update on Speakeasy projects / Driving after stroke / Research and aphasia / Personal Story**

All information will be presented in a way that is easier for people with aphasia to understand.

Many presentations will be given by people who have aphasia.

There will be also be a chance to meet other people affected by aphasia.

Cost is £10 or £15 for healthcare staff and professionals (Lunch included)
(Please book your place in advance. Cheques payable to Speakeasy)

People who have aphasia can come along on their own although carers and healthcare professionals are very welcome to come too.

Please ring or email Speakeasy if you would like more information.

Phone 01706 825802 or email office@buryspeakeasy.org.uk

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.

STROKE ASSOCIATION – COMMUNICATION CAFES

The Communication Cafes (for those with Aphasia or communication problems), are starting again on Wednesdays in September and the venue is:

Great Lever Health Centre, Rupert Street, Great Lever, Bolton BL3 6RN

Time: 10.00am – 11.30am

Dates: Wednesdays in September

If you are interested or want more information or to check dates please contact Pam/Kathryn on 01204 895940.

MEETING – TUESDAY 12th SEPTEMBER 2017

Margaret McDonald (International Mezzo Soprana sings)



"Maggie"

Many of you will know Margaret is a Tutor at Chetham's School of Music in Manchester and has been to Jigsaw twice with the students from Chetham's, over the past couple of years, when the students performed for Jigsaw. On their last visit, earlier this year, Margaret (Maggie) performed a 'solo' from Carmen, which was fantastic and agreed to come and sing for us 'solo' later in the year.

Having just returned recently from performing at a recital in France, we are really lucky she has found time to fit us into her very busy schedule.

Margaret will perform what she calls 'A Light Lunch menu' selection of songs.

These will include, Gershwin, Cole Porter, Jerome Kern, other well-known songs, and a Vera Lynn medley which we can join in with if we wish.

Accompanying Margaret on the Piano is Elin Rees. Elin is the Organist at Bury Parish Church and is a superb accompanist.

CONCERT – THE LADYBRIDGE SINGERS – SATURDAY 14TH OCTOBER 2017 - £5 each

This is a joint concert in aid of Christ Church & Jigsaw (proceeds split between Jigsaw and Christ Church). More details in the next Newsletter and tickets available at the next meeting. Please ask family & friends to support this event to help raise funds. (the concert will be held in the Church itself)

NOTICES

Dates for your Diary for Forthcoming Meetings in 2017

'Drop In'	Tue 22 nd August Quizzes, Chill & Chat + Exercises with John
Formal Meeting	Tue 12 th September Margaret McDonald Sings for us
'Drop In'	Tue 26 th September Quizzes, Chill & Chat + Exercises with John
Formal Meeting	Tue 10 th October Speaker – Eric Newton 'Life & Times of a Busker'

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.

'Card or cash?' I asked, after folding items the woman wished to purchase. As she fumbled for her purse, I noticed a remote control for a television set in her bag. 'So, do you always carry your TV remote?' I asked.

'No,' she replied, 'but my husband refused to come shopping with me, and I figured this was the most evil thing I could do to him legally.'

Two women called at my door and asked what bread I ate.

When I said white, they gave me a 30-minute lecture on the benefits of brown bread. I think they were those Hovis Witnesses.

Seven wheelchair athletes have been banned from the Paralympics after they tested positive for WD40.

I'm not saying that she's fat, but when she looks at you it seems that her head is balanced on a pile of crumpets.

Due to the current economic crisis, Greece is cancelling all production of humus and taramasalata. It's a double dip recession.

I've been charged with murder for killing a man with sandpaper. To be honest I only intended to rough him up a bit.

A mummy covered in chocolate and nuts has been discovered in Egypt. Archaeologists believe it may be Pharaoh Rocher.

A man and his wife were having some problems at home and were giving each other the silent treatment.

He handed her a piece of paper, on it was written "Wake me at 5-00am so I can catch my Plane"

He woke up at 7-00am and found a note by the side of the bed. On it was written "wake up, it is 5-00am"

A lawyer, who had a wife and 12 children, needed to move because his rental agreement was terminated by the owner. But he was having difficulty finding a new house. When he said, he had 12 children, no one would rent a home to him because they felt that the children would destroy the place. He couldn't say he had no children, because he couldn't lie. We all know lawyers cannot and do not lie. So, he sent his wife for a walk to the cemetery with 11 of their kids. He took the remaining one with him to see rental homes with the real estate agent and found one he liked. The agent asked: "How many children do you have?" He answered: "Twelve." The agent asked, "Where are the others?" The lawyer, with his best courtroom sad look answered, "They're in the cemetery with their mother."

My mate just hired an Eastern European cleaner, took her 15 hours to Hoover the house. Turns out she was a Slovak.

God's Gifts

I hope there never comes a time
When poets can't think of words that rhyme,
And even worse (without a doubt),
Run out of things to write about.

Musicians too, what happens if
They use up every chord and riff,
And notes arranged in every way
Till there are no new tunes to play?

And artists? What if they should lose
Their inspiration and their muse,
And cease to paint romantic scenes
In purples, reds and blues and greens?

And it would be an awful shock
If authors all had writer's block,
And all the stories in their head
Remained unwritten and unread.

The gift of a creative mind
Is something special to mankind
And I'm so afraid technology
Will kill this ideology.

But there, I really mustn't fret,
It isn't going to happen yet,
I'll still enjoy with all my heart
Great music, poetry, books and art.

I G Fenner
Hants
from Daily Mail

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