

JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 208 Tuesday 22 August 2017



Hi everyone.



This was an eventful afternoon.

We had a 'Fire Evacuation' to test just how easy or difficult it would be and how quickly we could empty the room in the event of a real fire.

I have to say I was amazed at how easy and quickly you guys did it.

We emptied the room in 4 minutes!! It was orderly and the Fire Marshals all carried out their duties brilliantly. It was not perfect, as we found some faults in the process but we know how to correct them.

What this exercise has proved is that we are confident that we are able to get you all out of the building should we ever have a real fire.

Our Fireman (Picture) says well done.

Sadly, we said goodbye to John (Physio) who puts you through the exercise sessions, as this was his last week with us. Unfortunately, the road works at Moses Gate prevented him from arriving on time but he still made it through to say goodbye. Our next 'exerciser' will be a guy called Ben, who John describes as 'a sound guy' so I am sure you will all make him welcome at the next 'Drop in'.

We had new members come to see us today, Sonya & Eileen accompanied by Sharon from the Community Stroke Team. We also had Eileen and Ian. We hope you enjoyed today and will come again.

A couple of visitors came along today - Rachel, a speech therapist from Bolton Hospital and Darren who is from Bolton CVS. They were very impressed by what Jigsaw is all about.

Margaret Rowland won the football card. 'Well done' Margaret.

The Quizzes proved challenging today and got the little grey cells working, which is great.

I mentioned that **The Ladybridge Singers** offered to do a free concert by bringing the whole choir (35 members) to the church to raise funds for the Church and ourselves. **(See Page 3)**

Olympus fish and Chips outing Monday 2th October (See Page 4)

Please Note: Our next meeting **Tues 12th September** is in **3 weeks** time and we will be having Margaret Macdonald singing for us **(See page 4)**

Thank you everybody for going through the Evacuation Exercise today and of course to all our helpers.

Canal trip Monday 14th August 2017



"Sue and Sandra Hosts for the day"
"We hope you enjoyed the trip"

The forecast for today said 'Heavy rain, light rain'
We set off from Christ Church in light rain and arrived at Parbold in glorious sunshine!

We had sunshine and light cloud for most of the trip.
How this always seems to happen on a Jigsaw trip is quite amazing. I can only think that our committee in the sky are looking after us.

Sandra and Sue looked after us admirably, keeping us supplied with drinks and food all day. The buffet, which was lovely, was almost demolished by us 'cruisers' much to the disappointment of the crew who normally have some left overs to enjoy.

We had some new 'cruisers' on board who really enjoyed the experience as did the regulars.
Some photos.



"Forecast said it would rain"



"Four for tea and cakes please"



"Our first time – lovely"



"Lilian her First Cruise, with Lynn"



"Me and Gwyneth – away from it all"

This was the first barge trip on which Lynn and Gwyneth were 'guests'. It was difficult for Lynn to sit and be waited on, but she was bullied by us all to relax just like Gwyneth & myself. A great day.

'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:

Tuesday 5th September

(Last canal trip of the year)

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 - Tuesday 5th September 2017

Lynn Bridge (Host)

Gwyneth Johnson (Host)

Ralph Livesey

Phyllis Livesey

Margaret McEwan

Bert McEwan

Gina Unsworth

Liz Pritchard

Leanne Henstock

Leanne's Carer

Hilary Sharples

Graham Bridge

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

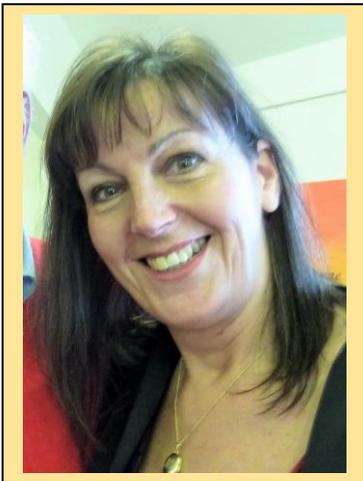
CONCERT – THE LADYBRIDGE SINGERS – SATURDAY 14TH OCTOBER 2017 - £5 each (which includes tea/coffee & biscuits) (Afternoon Concert – 1.30pm until 4.00pm) - Tickets now available from Lynn or via the Church

The Concert is in aid of Jigsaw & Christ Church with proceeds split between each. The Ladybridge singers are a 35-strong choir who will be entertaining us with a variety of songs, popular, musical, choral, sea shanties and more. *(We have previously had a small number of the choir entertain us at meetings and they have been excellent.)* This is a chance to hear the whole choir which will be brilliant!

Please ask family & friends to support this event to help raise funds.
(the concert will be held in the Church itself)

MEETING – TUESDAY 12th SEPTEMBER 2017

Margaret McDonald (renowned International Mezzo Soprana sings)



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 us. On their last visit, earlier this year, Margaret (Maggie) performed a 'solo' from Carmen, which was fantastic and she agreed to come and sing for us 'solo' later in the year.

Having performed at Glydebourne, Opera North, English National Opera, Scottish Opera to name but a few. Also teaching at Chetham's and providing vocal coaching to various professional groups, she has 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 a renowned freelance accompanist who has performed at many well-known venues across the UK including The Bridgewater Hall. Elin is also the Organist at Bury Parish Church and has played at many of the Cathedrals and Choral Societies throughout the UK including Canterbury and is due to play at Carlisle Cathedral in September and Gloucester Cathedral in 2018.

We hope to extend a really warm welcome to them both and no doubt will have a brilliant afternoon.

OLYMPUS FISH & CHIP RESTAURANT – MONDAY 2ND OCTOBER 2017 £7.50per person



Tasos and his team welcome us back once more for a 2-course Lunch (Main Course & Dessert including tea/coffee). We are limited to 66 people for this visit (Olympus' request).

You make your own way there and back.

Meeting at the Olympus at 11.30am – Orders will be taken at 12 Noon. (there is a good choice of food – you don't have to have fish & chips – they have steamed fish, steak puddings, pies, jacket potatoes, moussaka, salads, sandwiches etc). Plenty of choice.

Allow a couple of hours for a leisurely lunch (It takes some time to serve 66 people!) so arrange for Taxi's/cars to pick you up at around 2.30pm.

The list went up at the meeting today and we have had a good response. **There are a few places left.**

If you want to go on the outing or be put on the 'Wait List' in case of cancellations – please contact Lynn at the next meeting or on 01204 387704 as soon as possible.

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 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*****

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 12th September

Margaret McDonald (International Mezzo Soprano) Sings for us

'Drop In' Tue 26th September

**Quizzes, Chill & Chat
+ Exercises with Ben**

Formal Meeting Tue 10th October

**Speaker – Eric Newton
'Life & Times of a Busker'**

'Drop In' Tue 24th October

**Quizzes, Chill & Chat
+ Exercises with Ben**

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.

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**

'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 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.

BIRTHDAY GREETINGS

For September 2017

Frank Massey

Sandra Jones

Mike Hallam

Lynn Dingley

Christie Unsworth

Gwyneth Johnson

Ralph Livesey

Marilyn Fletcher

Leanne Henstock

Mary Felton

Shelley Fisher

Barbara Butler

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 more.

Frustration.

"I am running around like a Blue Headed Chicken"

Criticism.

"They are all tarred with the same feather"

Anybody seen Fred?

"Yes, he his sat in the cabin Toasting his Laurels"

Was it difficult to get in?

"It was like putting a needle through the eye of a Camel"

Will it Fit?

"No it is too bedly bant"

Can you give him the message?

"Well if he comes in I will tell him, but if he doesn't I won't bother"

Cinema

"Those bloody Dracula films are the same old theme re-vamped"

Directions

"The Hotel is on the corner of the roundabout"

Happy Hour

"You can get a free drink for nothing at that Pub"

What time is it?

"Well it is the 14th tomorrow so it must be the 13th"

So beware, I will be listening

An elderly lady, undergoing treatment for Asthma, goes to the doctor for a check up.

After the examination the doctor asks "and what about the wheeze?" to which she replies "they're fine, I only needed to go three times last night"

An elderly lady was given a computer for her birthday. Her grandson was trying to get her to use the Internet. "I am not too sure about this" she says. "It's easy Gran, pretend the Internet is a person and ask it whatever you want." She types very slowly "How is my sister Alice doing after her varicose vein operation?"

How to prevent your body sagging?

Just eat until the wrinkles fill out.

Pier Gaston the famous chef was cremated yesterday. The service lasted for 30 minutes at Gas mark 7

Quote from Twitter.

"Four collisions in a year involving US naval vessels. Who is steering these things, Stevie Wonder?"

A School teacher asked her young class to think about what they would like to do when they grow older and also tell the class in Rhyme.

Young Tom puts his hand up and says

"When I grow up to be a man, I want to travel to China and Japan"

"That was very good" said the teacher "anybody else?" Young Sadie put her hand up and says,

"When I grow up to be a Lady, I would like to meet a nice man and have a baby" "That was lovely Sadie, anybody else?"

Young Jack the lad puts his hand up and says, "When I grow up to be a man, stuff China and Japan. I want to help Sadie with her plan"

Accused to the Judge "As God is my Judge, I am not guilty"

Judge replies "He's not, I am you are, six months"

POETS CORNER

ENGLISH LANGUAGE

Have you ever wondered why foreigners have difficulty with the English Language?

Let's face it.

English is a stupid Language.

There is no egg in eggplant.

No Ham in Hamburger

And neither pine nor apple in the pineapple.

English Muffins were not invented in England

And French fries were not invented in France.

We sometimes take English for Granted but if we examine its paradoxes we find that;

Quicksand takes you down slowly

Boxing rings are square

And a Guinea Pig is neither from Guinea nor is it a Pig

If writers write, how come Fingers do not Fing

If the plural of Tooth is Teeth shouldn't the plural of Phone Booth be Phone Beeth?

If the Teacher taught

Why didn't the Preacher Praught?

If Vegetarians eat Vegetables what the heck does a Humanitarian eat?

Why do people recite at a play and yet play at a Recital. They Park on driveways and drive on Parkways.

You have to marvel at the Lunacy where a House can burn up as it burns down

And in which you fill in a form by filling it out, and a bell is only heard once it goes.

When you construct something you are Building it yet, when it is built it is still a Building

And if you dismantle something why can you not Mantle it.

English was invented by People, not computers and it reflects the creativity of the human race.

And if we are in a Race who are we racing against.

That is why

When the Stars are out they are visible

But when the Lights are out they are invisible.

And why is it that when I wind up my watch it Starts,

But when I wind up this observation it Ends.

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