

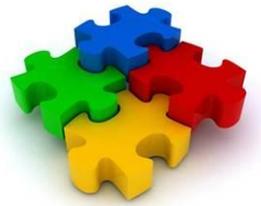
# JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

## NEWSLETTER

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

Issue No 211 Tuesday 10<sup>th</sup> October 2017



### Hi Everyone



So sorry I couldn't be with you today, a cold & chest infection prevented attendance. Lynn tells me that she was nervous when she read out the notices and gave the introduction for your speaker – so the report is from Lynn. From what she told me it would appear I missed an interesting chap.

Eric Newton came along today to talk to us about his Life and Times as a Busker and play a few tunes on his B-Flat Clarinet, which was a lovely sound.

What a varied life he has had but his interest in the Clarinet was from the age of 15 years old and something he has really enjoyed playing throughout the years, particularly Jazz music.

Eric played 'When you're Smiling', 'Isle of Capri', 'It's Wonderful' and part of Mozart's Clarinet Concerto to name but a few and even played for us during the interval and as we all left at the end of the meeting.

Eric has had lots of different jobs, too numerous to mention, as well as playing music either busking or with Jazz bands and even played The Cavern with The Beatles before they were famous. He has had to overcome some major issues in his life such as Depression, Anxiety, Alcohol, health problems, a breakdown and eventually made the decision to sort himself out, get fit and healthy and in 1982 did the London Marathon whilst playing the clarinet. Subsequently, Eric has since run 38 marathons whilst playing the clarinet, raising £60,000 for mental health charities.

Whilst in one of his states of depression he made a random phone call to Australia and spoke to a man called 'Richard (Dick) Whittington' – yes really! This was the start of a correspondence and friendship with this person and his family that has lasted 34yrs. He has spent every Winter in Australia for 33 yrs and supported himself with busking and playing in various Jazz bands.

At 77yrs young he doesn't do marathons now but still goes to the gym 4 times a week and tries to keep well. Eric's passion for the Clarinet is still there. Great talk.

We had a new Volunteer 'Sandra' visit today - we hope she liked what she saw and will return.

Don't forget **'The Ladybridge Singers' concert this Saturday 14<sup>th</sup> October (See page 3 for details)**

'The Entertainers' are back to sing for us at our meeting on Tue 14<sup>th</sup> November (See page 3 for details)

**'Crossroads' support for Carers re-named Crossroads Together (See page 3 for details)**

Many thanks to those who donated books of 2<sup>nd</sup> class stamps and thanks, as always, go to our team of volunteers and helpers on the day.

Best wishes go to those who are unwell, in hospital or convalescing. Hope to see you soon.

**OLYMPUS RESTAURANT – MONDAY 2<sup>ND</sup> OCTOBER 2017**



“We are ready, even though Ken has ordered curry sauce on his fish!”

Another great visit to the Olympus. Food good, Tasos, Ali and the team were their usual friendly selves providing us with an excellent lunch as usual.

There were lots of smiling faces which is what Jigsaw is all about. We had to wait a bit longer than usual for the food to start coming out of the kitchen (I understand it was a staffing problem) but it did not spoil the day.

As usual the camera was on the prowl. Some photos below.



“Roy with two women”



“Roy with another!”



“Smiling faces”



“Bring it on, we are ready to dine”



“Waiting patiently”



Steak and kidney pie  
Jacket Potato, gravy,  
and mushy Peas is  
great says Marie.



“More Smiling Faces”



“It is always a great do”

Graham says. “**Marie. Pies do not have pot sides!!**”

A good day.

**CONCERT – THE LADYBRIDGE SINGERS – SATURDAY 14<sup>TH</sup> OCTOBER 2017 - £5 each (which includes tea/coffee & biscuits)**

**(Afternoon Concert – 1.30pm until 4.00pm) - Tickets available on the door\*\***



**Don't forget to come and support Jigsaw and Christ Church in a fundraising event.**

**The Choir will perform a variety of songs, popular, musical, choral, sea shanties and more.**

**Please ask family & friends to support this Saturday afternoon event to help raise funds. The more people the better. (the concert will be held in the Church itself).**

**Limited Parking is available on site at the Church, across the road at the Health Centre or at the rear of the shops on Little Lever high street (a short distance away).**

**We suggest you come by Taxi to avoid any difficulties.**

**CROSSROADS TOGETHER (formerly Crossroads)**

**(Carers need support too)**

Based at Thicketford Centre, Thicketford Road, Bolton BL2 2LW, Crossroads Together supports **Carers** and people with care needs including personal care services to adults and children in their own home including complex care, live-in care, dementia care and respite care.

There are charges for the services - if you want to know more check out the website: [www.crossroadstogether.org.uk](http://www.crossroadstogether.org.uk) or phone **01204 365025**

**MEETING – TUESDAY 14<sup>TH</sup> NOVEMBER 2017**

**'The Entertainers' Sing for us**



'The Entertainers' are the fundraising arm of the Farnworth Performing Arts Society. They have been to Jigsaw many times to sing for us and they have been brilliant.

This time they will perform what they call 'Music & Memories' which will include songs from shows, songs from the 1950's/1960's/1970's and a few sing-a-longs as well.

Should be a great afternoon.

**CHRISTMAS LUNCH – HOLIDAY INN, BOLTON - THURSDAY 30<sup>TH</sup> NOVEMBER 2017**  
**(make your own way there & back) £20 per person**



The list for this went up at the last meeting and we had a good response. There are some places left so if you do want to go make sure you contact Lynn as soon as possible and obtain a Menu selection sheet.

There will be a 3-course Christmas Lunch plus entertainment for the afternoon.

If you have specific dietary requirements you need to advise.

As in previous years, you make your own way there and back and we suggest you use taxi's or car share.

Parking on site is limited and it will be much easier for you to be dropped off at the door and collected later in the afternoon. **The Holiday Inn parking is now under the management of 'Parking Eye' and you will need to ensure you register your vehicle registration number on arrival to qualify for free parking. Wheelchair users would be advised to park on the underground area of the Hotel as there is a lift to the ground floor.** Topp Way multi-storey car park is also near-by and Genting Casino NCP Car Park is opposite the Hotel.

Arrival **11.45am for lunch served at 12.15pm.** Entertainment approx. 2.00pm to 3.45pm and this year **Russell Shaun** will join us to entertain for the afternoon. Russell is a 'swing singer' with a brilliant voice. Some of you will remember Russell came to sing at our Christmas Party a couple of years ago and he was brilliant. If you want to check him out visit 'You Tube'.  
Teas / Coffees and biscuits approx. 3.45pm. **Event finishes at 4.30pm.**

We have the room for all afternoon so you can stay to relax and have a few drinks if you want. At last year's summer event, a few of us were still in the room at 5.30pm!

Last year quite a few of you left early which put a dampener on the afternoon as several of the tables were left half full and a couple of tables were left with only two people on each.

There is a lot of work goes on behind the scenes to try and provide an enjoyable afternoon for you all, so if some of you intend to leave early we would like you to tell us, so that maybe we can seat you on one table. That way the room can retain its atmosphere.



**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.**



**Christmas Party – Tuesday 12<sup>th</sup> December 2016**

**Christ Church 12.30pm - 4pm**

**£7.50 per person**

**NB: This is a ticket only event**

**List available at 'Drop In' on 24<sup>th</sup> Oct**

The Jigsaw Christmas Party will be held here at Christ Church and will include a Buffet lunch, Entertainment and Raffle.

The ticket price includes one strip of Raffle tickets with the 1<sup>st</sup> Prize being £100 with 2<sup>nd</sup> Prize of £50. (there are also other prizes). Extra Raffle Tickets will be available to purchase on the day.

We will also be having a 'ticket number' prize so **make sure you bring your numbered ticket** with you.

Kenny Stephens is due to return to Jigsaw to entertain us with his singing.

**Please note:** The Party is held from **12.30pm – 4.00pm** (this is a slightly earlier time from our meetings and it is a 4pm finish – **so arrange Taxi's for 4.15/4.30pm**). The reason being is to help ease traffic congestion in the Car Park and surrounding area!!

**Please be prompt as we start the buffet at 12.30pm**

Numbered Tickets will be issued in due course. Full programme in the next Newsletter.

**If you have any special Dietary requirements please advise Lynn as soon as possible.**



## NOTICES

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

'Drop In'                      Tue 24<sup>th</sup> October  
    **Quizzes, Chill & Chat  
    + Exercises with Ben**

Formal Meeting              Tue 14<sup>th</sup> November  
    **'The Entertainers' sing for us**

'Drop In'                      Tue 28<sup>th</sup> November  
    **Quizzes, Chill & Chat  
    + Exercises with Ben**

Christmas Party    Tue 12<sup>th</sup> December  
**(Ticket only event)**

There is a short break for Christmas & New Year and meetings start again on Tuesday 9<sup>th</sup> January 2018

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.

At a horse fair a Little Lad watched his father move from horse to horse, running his hands up and down the horse's legs and rump, and chest.

After a few minutes, Lad asked, "Dad, why are you doing that?"

His father replied, "Because when I'm buying horses, I have to make sure that they are healthy and in good shape before I buy."

Lad, looking worried, said, "Dad, I think the Milkman wants to buy Mom ....."

A woman chatting with her friend Says "My husband bought me a Mood ring the other day, it lets him monitor my emotional state". The friend says "really, how does it work?" The woman replies "When I am in a good mood it glows green and when I am in a bad mood it leaves a nasty red mark on his forehead"

They crossed a Collie and a Lhasa Apso.  
The new breed is a Collapso, a dog that folds up and fits in to your handbag.

Jaffa cakes are a National treasure  
But McVitie's are giving short measure.  
This great teatime snack  
Is now ten to a pack,  
Which has ruined some folks' guilty pleasure.

Joan Walters, Stockport

What does an Irishman get after eating Italian food?

A: Gaelic breath.

At a swimming gala a blonde enters the Breast Stroke race. She came last and complained that all the other swimmers had cheated because they had used their arms'.

They say that pet owners start to look like their pets. If that's the case I reckon the woman down the street must have a hippopotamus.

An old lady is accosted in an alley by a young man. "Give me all your money" he says. She says "I don't have any money on me" He says that she is lying and that she has money hidden somewhere in her clothing. He starts to search her and after a few minutes of squeezing every part of her she says "I have told you that I do not have any money but ooer... if you keep doing that I could always write you a cheque"

They crossed a Pointer and a Setter. The new breed is a Poinsetter, a traditional Christmas pet.

A woman went to her new doctor for a check-up. He turned out to be absolutely gorgeous!

He told her he was going to put his hand on her back and he wanted her to say "Eighty-eight."

"Eighty-eight," she purred.

"Good. Now I'm going to put my hand on your throat and I want you to again say 'Eighty-eight.'"

"Eighty...eighhhhtttt."

"Fine. Now I'm going to put my hand on your chest and I want you once more to say 'Eighty-eight.'"

"One.....two.....three..... four..... five..."

Man walks into his local bar, Just inside the door, there is a very fat girl dancing on a table, He watches for a while and as he passes he says "Fantastic legs", The girl stops dancing , smiles and says "do you really think so?" He says "Absolutely, any other table would have collapsed by now!!"

They crossed a Pekingese and a Lhasa Apso. The new breed is Peekasso, an abstract dog.

## Clumsy Sunday

Looking forward to my Dinner  
Only five minutes to go on simmer  
Onto my plate now it's done  
I think I'll put some mustard on

Cupboard door open, I reach inside  
But disturb the salt, which took a ride  
Down onto my plate, sited below  
All the contents spill out in full flow

A sodium mountain, what a mess  
Now it's beans on toast I guess  
'Never mind love, worse things happen at sea'  
That's what Mum used to say to me

Some time later I fill a bowl  
With warming bubbles to soothe aching toes  
Feet bathing now, I point the TV remote  
But my 'Butterfingers' drop it into my 'Foot Boat'!

Will have to see if it dries out  
There are other things I need to sort out  
'Never mind love, worse things happen at sea'  
Mum's words again echoed back to me

I pick up the washing powder to chore some more  
The full packet burst and spilled over the floor  
Sweeping brush out, I tend to another mishap  
Hope now that'll be the end of the 'Blips' – Perhaps!

I'll have a break, switch on my 'Remoteless' TV  
Funny few hours, they say things come in threes  
'Never mind love, worse things happen at sea'  
So maybe for now, no ferry trips for accident prone me!

Marie Gradwell – Jigsaw Committee Member

**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**