

JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

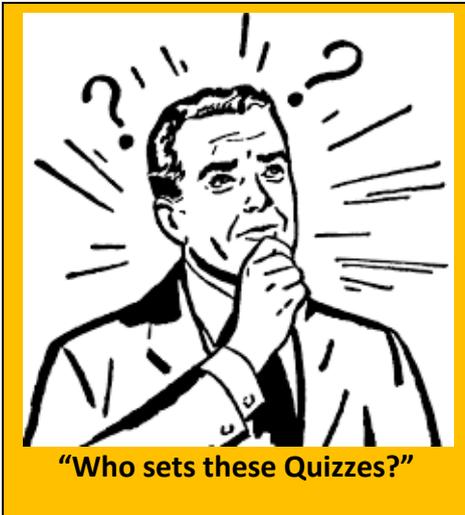
NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 214 Tuesday 28th November 2017



Hi everyone.



This was the last 'Drop In' meeting of the year and the turn out today was a surprise. We did not expect so many of you to turn up considering we are all going to meet again at the Holiday Inn in a couple of days' time.

At least it was a bright sunny day, albeit a very cold one, which was a complete change from all the horrible wet weather we have had over the weekend.

We did not make it easy for you as the quizzes turned out to be very demanding (again)

Joan (who produces the quizzes for us) has already given us all the quizzes for 2018 and having had a quick look at them it would appear that she has not dropped her standards.

It was perhaps as well, for those of you that were taking part in the exercise sessions, that I checked to see how you were going on, as Ben thought that the session was for an hour and not the half hour we normally have. I would have had to drag you out if you had done an hour!!

Glynis Hardman won the Football Card and promptly gave a £10 donation to Jigsaw – 'thank you', Glynis

There are still some places available for the Christmas Party so contact Lynn if you wish to get tickets.

The next Newsletter will include reports for the Holiday Inn and the Christmas Party. So, for those of you that have tickets, this is a reminder for you make sure you bring them to the Party. You will need them for the raffle.

To all those who are ill or in Hospital best wishes from all at Jigsaw and hope to see you soon.

Once again a massive 'thank you' to all the volunteers who do a great job.



Christmas Party – Tuesday 12th December 2016

Christ Church 12.30pm - 4pm

£7.50 per person

NB: This is a ticket only event

If you have any special Dietary requirements please advise Lynn by the end of November.

There are still a few places left – so if you want to go contact Lynn asap.

There are some great Raffle Prizes with 1st Prize of £100 Cash & 2nd Prize of £50 + many more. Extra Raffle Tickets can be purchased on the day.

There is also a ‘ticket number’ prize so **make sure you bring your ticket** with you on the day.

Please note: Please be prompt & seated for 12.30pm as the Buffet will be served immediately. Note Changed times - 12.30pm start and a 4pm finish

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

12.30pm Buffet Lunch + Comfort Break

2.00pm (approx) **Kenny Stephens**

2.45pm (approx) Comfort Break

3.00pm (approx.) **Kenny Stephens**

3.40pm Raffle Draw 4.00pm Afternoon ends

The Car Park at Christ Church will be full - there is limited parking at the Health Centre across the road from Christ Church. There is also parking in the streets local to the Church.

To avoid any parking problems we suggest you come by Taxi or car share if you can.

Please arrange for any Taxi's, Transport to collect you at 4.15pm/4.30pm – Remember it will be congested!!



Numbered Tickets will be issued in due course.

Annual General Meeting to be held on Tuesday 13th February 2018

Under the rules of our Constitution we have to give you advance notice of our forthcoming AGM in 2018 (see above).

In January 2018 we will be issuing voting forms for you to re-elect or reject members of the present committee. If you would like to nominate someone or wish to join the committee yourself, please let me know as soon as possible.

Don't forget - If any Jigsaw member wishes to come along to any Committee Meeting to see what we do please just let me know. You are more than welcome.

MEMBERS STORIES

Why not share your story about your recovery from Stroke with the group?

On the 'Information Table' at meetings we have a folder containing 'Members Stories'. (if you haven't yet seen this yet, please do have a look)

This folder not only contains stories from Stroke survivors but also Volunteers. This follows the stroke survivors various routes to recovery and what worked for some of the Jigsaw members and what didn't. The stories also explain how much of a difference Jigsaw has made to them.

The volunteers give their perspective on what being part of Jigsaw means to them and how it has helped them as individuals.

These stories help other stroke survivors, it can motivate and encourage members to improve for the future. You can give something back to help others.

If you would like to tell your story – please get in touch with Graham, Lynn or any of the Committee. If you don't want to write it yourself, we will make the notes and you can check it's ok before it goes to print.

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.

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 or phone **01204 365025**

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 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).

Meeting Dates for your Diary – 2018 (All Tuesdays)

	Formal Meeting	'Drop In'
January	9 th January	23 rd January
February	13 th February (AGM)	27 th February ***
March	13 th March	27 th March
April	10 th April	24 th April
May	8 th May	22 nd May
June	12 th June	26 th June
July	10 th July	24 th July
August	14 th August	28 th August
September	11 th September	25 th September
October	9 th October	23 rd October
November	13 th November	27 th November
December	11 th December (Christmas Party – Ticket Only)	

Events/Topics for these dates to be advised in due course

*** NB: This will not be the normal 'Drop In' meeting on this date – there is a Special performance by Students from Chetham's School of Music that day.

Dates for some of the trips/outings next year (2018)

Canal Trips on the 'Rose of Parbold' Canal Barge:-

Monday 14 May
Thursday 21 June
Monday 16 July
Wed 8 August

Summer Trip to Southport & The Ramada Hotel

This will be in June/July – date to be confirmed

The Jigsaw Committee will be meeting at the end of January to try and arrange some other trips/outings.

Details in the Newsletter next year in due course.

NOTICES:

Dates for your Diary for Forthcoming Meetings in 2017 (1pm – 3pm)

Christmas Party Tue 12th December
(Ticket only event)

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

2018

Formal Meeting Tue 9th January 2018
Welcome back - **Pasty & Peas Lunch**

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. If you wish to have one, please see Lynn at the next meeting.

JIGSAW POLICIES

You may be aware Jigsaw has various documents and policies which help guide the group. There is Jigsaw's Constitution, Equal Opportunities Policy, Health & Safety Policy and Safeguarding Adults at Risk Policy.

These Policies have been in place for some considerable time and they have now been reviewed and updated. If you want to see them, they will be in a binder on the 'Information Table' at meetings. There will also be a few spare copies if anyone wants to have a copy of them.

BIRTHDAY GREETINGS

For December 2017

Ben McCreavey
Maureen Hargreaves
Beryl Ashworth
Wendy Foy
Anne Baldwin
Melvyn Yates
Gladys Holohan
Jim Carpenter
Rhona Talbot
Ken Pearson
George Monaghan
Tom Hurst
Brian Robinson
Jean Booth
Marilyn Bowker

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.

Teacher: "Kids, what does a plump chicken give you?"
Student: "Meat!"
Teacher: "Very good! Now what does a fat pig give you?"
Student: "Bacon!"
Teacher: "Great! And what does a fat cow give you?"
Student: "Homework!"

Son: "Dad, when will I be old enough so I don't have to ask mom for her permission to go out?"
Dad: "Son, even I haven't grown old enough without her permission to go out!"

A little girl came down stairs and sat at the Breakfast table. "Daddy" she asked "where does poo come from?" Dad almost chokes on his toast but decides to answer her sensibly, "well sweetheart, when you eat and swallow your food it goes into your stomach and there it changes to give you all the good things your body needs and the waste stuff comes out and that is poo"
The little girl somewhat puzzled then asks "then where does Tigger come from?"

Q: What starts with an E, ends with an E and only has one letter in it?
A: An Envelope.

My friend told me he had the body of a Greek god. I had to explain to him that Buddha is not Greek.

A woman was taking an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace. What do you think it means?" "You'll know tonight," he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled "The Meaning of Dreams."

Two cows talking, one says "I was artificially inseminated this morning"
The other cow says "I do not believe you"
The first cow replies "It is absolutely true, no bull"

How do you tickle a rich girl?
Just say Gucci, Gucci, Gucci.

"I call my toilet "the Jim." That way it sounds better when I say I go to the Jim first thing every morning.

A mom texts, "Hi! Son, what does IDK, LY, & TTYL mean?" He texts back, "I Don't Know, Love You, & Talk To You Later." The mom texts him, "It's ok, don't worry about it. I'll ask your sister, love you too."

An Amish husband, wife and son travel to the city on vacation. They visit a shopping mall and while the mother is shopping, the father and son are standing in awe in front of an elevator (having no idea what it is). As they watch, an elderly lady walks into the strange silver doors and the doors close. The father and son watch as the numbers go up, and then back down. When the doors open, a beautiful young woman walks out. The father leans over and whispers to the son, "Son, go get your mother!"

"That couple remind me of a toilet, she is engaged and he is vacant"

POETS CORNER

MEDICATION

A row of bottles on my shelf
Caused me to analyze myself.
One yellow pill I have to pop
Goes to my heart so it won't stop.

A little white one that I take
Goes to my hands so they won't shake.
The blue ones that I use a lot
Tell me I'm happy when I'm not.

The purple pill goes to my brain
And tells me that I have no pain.
The capsules tell me not to wheeze
Or cough or choke or even sneeze.

The red ones, smallest of them all
Go to my blood so I won't fall.
The orange ones, very big and bright
Prevent my leg cramps in the night.

Such an array of brilliant pills
Helping to cure all kinds of ills.
But what I'd really like to know...
Is what tells each one where to go!

Anonymous

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on any of the topics in the Newsletter then please call
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