

# JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

## NEWSLETTER

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

Issue No 216 Tuesday 9<sup>th</sup> January 2018



**Hi Everyone**



"A Pasty welcome back"

**A Happy New Year to you all.**

We had a great attendance for our first meeting of the year and we welcomed you back with Pasty and Peas with gravy of course. We thought some of you would like seconds and many of you took us up on that!

I wanted to announce that seconds were available but there was already a queue at the hatch! We ordered 85 pasties in total and they all went.

The quizzes went down well this week. The 'TV Sitcoms' quiz was really frustrating as you all knew the answers but some of the cryptic clues were a bit too clever.

When I read out the 'Birds of a Feather' answer, there were some real groans from you guys. The picture quiz was similar. Many suggested 'The Downing Street Cat' as an answer but none of you knew it was called Larry. I did my best in giving you clues but once again no one got them all right. So a big 'thankyou' again to Joan Armstrong for producing these quizzes.

Thanks to Ken & Karen Helsby for donating biscuits – much appreciated.

Thanks also to those who donated 2<sup>nd</sup> class stamps and of course, our volunteers/helpers. We were a few volunteers short this time but we managed to cope.



"Frustrated Quizzers"

**Olympus Lunch Mon 5<sup>th</sup> March (See page 2)**

For those ill, in hospital or convalescing our best wishes and hope to see you soon.

Due to their commitments, the only date that we could get the Students from Chethams School of Music back to Jigsaw for another classical performance is Tue 27<sup>th</sup> February, which means that we will not have the 'Drop In' meeting or the exercises on that date. The exercises have been re-arranged and will now take place after the AGM on Tue 13<sup>th</sup> Feb.

**New Website.** We now have a more modern web page which can be accessed by laptop, tablets and phones.

Check us out on [www.jigsaw-bsg.org.uk](http://www.jigsaw-bsg.org.uk)

## **OUTING - OLYMPUS FISH & CHIP RESTAURANT**

**DATE: MONDAY 5<sup>TH</sup> MARCH 2018**

**PRICE: £7.50 PER PERSON**



Tasos and his team welcome us back again for a 2-course Lunch (Main Course & Dessert). 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 2.15pm-2.30pm.

**The list for this outing will be put up at the 'Drop In' on Tue 23<sup>rd</sup> Jan. If you can't attend the next meeting and want to go on this event– please contact Lynn on 01204 387704 as soon as possible.**

## **Do like doing Jigsaw puzzles ????**

If so, this might be for you – Glynis Hardman would like to sell used but good Jigsaw Puzzles at the next 'Drop In' meeting on Tuesday 23<sup>rd</sup> January with all proceeds going to Jigsaw.

We know many people enjoy doing Jigsaws and for stroke survivors they can help hand/eye co-ordination and concentration. So do have a browse at the next meeting. Glynis will have a table set up with the puzzles displayed and there will be a good mix of 500 piece and 1,000 piece puzzles to choose from those on display.

**Suggested Donations for a Puzzle                      £1.00**

## **ACCESSIBLE HOLIDAY INFORMATION**

The 'Information Table' at Jigsaw has the 2018 **Revitalise Accessible Holidays** Brochure on it – the nearest one being 'Sandpipers' situated on the Marine Lake in Southport. (This also provides respite care). Revitalise may be able to help with funding via the Revitalise Support Fund (Subject to eligibility) – if you want more information or to book please contact them on **0303 303 0145**.

**Website:** [revitalise.org.uk](http://revitalise.org.uk)      **email:** [bookings@revitalise.org.uk](mailto:bookings@revitalise.org.uk)

**'Safehands' Holidays** – are situated in Blackpool and Llandudno and provide holidays for people with disabilities. They have 2 hotels - Esplanade Hotel, Llandudno and The New Mayfair Hotel, Blackpool.

If you want more information or a brochure please contact them direct on **0333 999 8888**

**Website:** [safehandsholidays.co.uk](http://safehandsholidays.co.uk)      **email:** [sales@safehandsholidays.co.uk](mailto:sales@safehandsholidays.co.uk)

If you want to go further afield or stay in the UK – there is a specialised **Accessible Holiday Travel Counsellor**, based in Bromley Cross who may be able to help.

Whether it's hotels, cruises, apartments/villas, city breaks, tailor made solutions in the UK or abroad etc. If you want to know more please contact **Julie Tebay on 01204 894380**

**Website:** [travelcounsellors.co.uk/julie.tebay](http://travelcounsellors.co.uk/julie.tebay)

**email:** [julie.tebay@travelcounsellors.com](mailto:julie.tebay@travelcounsellors.com)

Other information is given in 'Stroke News' about hotels and self-catering options. Copies are on the Information Table at the Jigsaw meetings

**Jigsaw is not able to recommend particular hotels or providers – we just bring you information about what is available. Please note that these specialised providers can be more costly than normal holidays so be aware.**

## Annual General Meeting to be held on Tuesday 13<sup>th</sup> February 2018

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

We issued the Jigsaw Committee voting forms for you to re-elect or reject members of the present committee at the meeting today. If you were unable to attend the meeting voting forms will be available at the 'Drop In' on 23 Jan.

Wendy McLaren is standing down from the Committee at this AGM due to personal commitments, however, Wendy will still come to Jigsaw whenever she is able. Our grateful thanks to Wendy for all her brilliant contributions to Jigsaw.

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.

**NB: Following the AGM there will be Chair-based exercises with Ben**

### Meeting Dates for your Diary – 2018 (All Tuesdays )

	Formal Meeting	'Drop In'
<b>January</b>	9 <sup>th</sup> January	23 <sup>rd</sup> January
<b>February</b>	13 <sup>th</sup> February (AGM)	27 <sup>th</sup> February ***
<b>March</b>	13 <sup>th</sup> March	27 <sup>th</sup> March
<b>April</b>	10 <sup>th</sup> April	24 <sup>th</sup> April
<b>May</b>	8 <sup>th</sup> May	22 <sup>nd</sup> May
<b>June</b>	12 <sup>th</sup> June	26 <sup>th</sup> June
<b>July</b>	10 <sup>th</sup> July	24 <sup>th</sup> July
<b>August</b>	14 <sup>th</sup> August	28 <sup>th</sup> August
<b>September</b>	11 <sup>th</sup> September	25 <sup>th</sup> September
<b>October</b>	9 <sup>th</sup> October	23 <sup>rd</sup> October
<b>November</b>	13 <sup>th</sup> November	27 <sup>th</sup> November
<b>December</b>	11 <sup>th</sup> 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.**

**After the AGM on Tue 13<sup>th</sup> February we will have the chair-based exercise session for Feb - this has been re-arranged due to Chethams visit to Jigsaw on Tue 27 Feb.**

**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.**

## **Outings & Events for 2018**

### **Dates for some of the trips/outings in 2018**

**Olympus Fish and Chips restaurant.                      Monday 5<sup>th</sup> March**

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

Monday 14 May  
Thursday 21 June  
Monday 16 July  
Wednesday 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 will be in the Newsletter in due course.



**Parbold**



**Southport**

## NOTICES

### Dates for your Diary for Forthcoming Meetings in 2018

'Drop In'	Tue 23 <sup>rd</sup> January Chill & Chat, Quizzes, + Exercises with Ben
Formal Meeting	Tue 13 <sup>th</sup> February AGM + 2pm Exercises with Ben
'Drop In'	Tue 27 <sup>th</sup> February Students from Chethams School of Music entertain NB: - No Exercises today
Formal Meeting	Tue 13 <sup>th</sup> March Joan's Music Quiz

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 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.

A man in Scotland calls his son in London the day before Christmas Eve and says, "I hate to ruin your day but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough."

'Dad, what are you talking about?' the son screams. "We can't stand the sight of each other any longer" the father says.

"We're sick of each other and I'm sick of talking about this, so you call your sister in Leeds and tell her."

Frantically, the son calls his sister, who explodes on the phone.

"Like hell they're getting divorced!" she shouts, "I'll take care of this!"

She calls Scotland immediately, and screams at her father "You are NOT getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up.

The old man hangs up his phone and turns to his wife. 'Sorted! They're coming for Christmas - and they're paying their own way.'

Doctor asks a patient "Do you take part in any dangerous activities?"

Patient replies "Well I sometimes talk back to my wife"

Just had a bloke at the door asking if I wanted to buy raffle tickets for orphans. I told him with my luck I'd probably win one.

Prince Harry says he doesn't want the usual fruit cake at his wedding  
Prince Phillip says he doesn't give a toss, he's still going.

100 people from Liverpool were asked today if they thought Britain should change its currency. 98% said no, they were happy with the Giro.

A Guy bursts into the Benefits office. "I've been ringing 0800-1730 for 2 bloody days. Why don't you answer the bloody phone." Girl replies, "those are our opening times."

This morning Theresa May had talks with her Cabinet.  
This afternoon she is to talk to her Sideboard and a chest of drawers.

Women can be so strange. They actually think that when they say "That's it, I am never going to speak to you again" is a punishment.

The thing I love most about hot weather is the short skirts and lowcut tops. Although they do make me look a bit gay.

Following the tragic death of the Human Cannonball at the Kent Show, a spokesman said "We'll struggle to get another man of the same calibre."

What do you get if you cross a shark with a cow?  
God knows, but I would not like to try and milk it!

A guy dancing with a girl at a disco. She suddenly leaves him and leaves the room. She comes back in a few minutes. The guy asks "What was that all about?" She replies "I just had to break wind"

There is that moment when you are grilling a steak and your mouth waters all over from the amazing smell. Do Vegans experience that when they are mowing the lawn.

**LAUNDRY BLUES .....OR ANY OTHER COLOUR!**

Socks and Gloves may come in pairs  
Once they're in the washer, they disappear, but where?  
I'm sure there were two when they went in  
but open the door and they're single again.

Maybe there's a planet for lone socks or gloves  
or a single item heaven  
Where they fly off to during spin  
and half of the pair is never seen again

Is there a single item Gnome?  
Who takes away your socks and smalls  
To insulate his little home  
with sock and glove lined floors and walls.

There maybe a 'Lost Accessory Hell'  
Where naughty items are sent to dwell  
And made to do hard labour there  
Where sweaty socks are punished and live in fear.

I've just opened the door now my washing is done  
My colourful pair of Xmas socks is now sadly one  
But before the culprit left my washing machine  
It went and turned my clothes Bright Green!

I'm sure my wonderings will again be made  
On the mystery of the 'Lost Sock Brigade'  
For now, I'll put it down to one of life's flukes  
It might be easier if we just wore our Birthday Suits!

*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**