

JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 217 Tuesday 23rd January 2018



Hi everyone.



"Adam and Suzie"

Another relaxed afternoon with a great atmosphere. The quizzes proved a challenge for most of you with not one table getting all the answers right on either the picture quiz or general knowledge quiz. Our continued thanks to Joan for getting the quizzes together for us.

We had Suzie & Adam visit us from Henshaws, who help blind and visually impaired people. They offer support and help for those who need it. We have leaflets and contact details on the information table at meetings in case you want to get in touch.

They have a lunch club on Wednesdays and one of our members, Gladys goes along to those.

Ben put you through your paces for the exercise sessions which you all seemed to enjoy, there were balloons, arm waving and all sorts going on – well done to those who took part.

We had a new member come to visit us today – Graham (accompanied by Paula & Julie from the Community Stroke Team). We hope you enjoyed your visit and will come and see us again.



The sale of Jigsaw puzzles raised £20 today and we will hold another Jigsaw sale at the 'Drop In' on Tue 27 March. If you want to get hold of one or two – pop in to Jigsaw on that date. Thank you, Glynis for organising this.

Our best wishes go to those who are ill, in hospital or convalescing and we hope to see you again soon.

At the AGM on Tue 13 February, **(Please be prompt for 1.00pm)** we will be having Scones from Bradley Fold Garden Centre. (a little treat for everyone). Following the AGM, Ben will be back for a chair-based exercise session. (See page 2 for details)

Thanks as always to all the volunteers and helpers who do a brilliant job.

Don't forget it's 3 weeks to the next meeting – AGM on Tue 13 Feb

PS: I hope you like the new booklet form for the Newsletter.

OUTING - OLYMPUS FISH & CHIP RESTAURANT

DATE: MONDAY 5TH 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 went up today. If you want to go on this outing please contact Lynn on 01204 387704 as soon as possible.

ANNUAL GENERAL MEETING TO BE HELD ON TUESDAY 13TH FEBRUARY 2018

The Jigsaw AGM will take place on Tuesday 13th February. (the next meeting).

We issued the Jigsaw Committee voting forms for you to re-elect or reject members of the present committee at the last meeting. If you were unable to attend the last meeting, voting forms will be available prior to the start of the AGM.

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 ON TUESDAY 27TH FEBRUARY 2018 - CONCERT BY STUDENTS FROM
CHETHAM'S SCHOOL OF MUSIC
PERFORMING EXTRACTS FROM 'THE MARRIAGE OF FIGARO'**



Stunning young singers from Chetham's Sixth Form present semi-staged scenes from Mozart's opera, directed by the celebrated mezzo soprano, Margaret McDonald. They invite the audience to join them in 18th century Vienna as they tell tales of love, drama and tragedy.

Some background story given below:

Magic and Marriage

Count Almaviva has gone...well... downhill from his idealistic marriage to Rosina, now the unhappy Countess. His affairs with practically all the pretty girls in the castle has led to scandal and gossip being the Count's only companions. Whilst in pursuit of Susanna, engaged to Figaro - his man-servant - he oversteps his capability; and ends up being outwitted by Figaro, Susanna, the 'innocent' Cherubino, and eventually the Countess. In the midst of this 'folle journée', the players arrive, and announce their own drama of magic, love and despair. A welcome break for the court, who then re-embroil themselves in the mess of their entangled lives, plunging each other and themselves into gossip with nobody being exempt in this madness. Who will emerge slightly less stained than the others at the end?

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. 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.

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

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.

JIGSAW ON THE RADIO. Bolton FM



I was asked to be on Bolton FM, last week. live from Tesco, Little Lever, They were doing an outside broadcast about how people and local groups help their communities. The broadcast took place on Wednesday 17th January between 7.00pm and 10.00.pm. It took place in the entrance to the Store with shoppers wandering past wondering what was going on.

When we spoke, we were only allowed to speak in 3 minute slots as the Presenters kept going back to the studio either to play some music or the news. I understand that Bolton FM have around 30,000 listeners but I No idea as to how many heard the broadcast. A strange experience but interesting.



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).

HENSHAWS – (Bolton Society for Blind People has now merged with Henshaws)

Henshaws is a national charity supporting those living with sight loss.

They can provide specialist information and advice to help overcome everyday challenges. They offer emotional and practical support, including attending support groups. If you have a visual impairment they may be able to help.

Henshaws also offer courses/training

If you want to know more you can contact them in a variety of ways:

Website: henshaws.org.uk

Phone: 01204 337 896 (Suzie Bunn)

Address: The Sensory Centre, 335 Ainsworth Lane, Tonge Moor,
Bolton BL2 2QL

Dates for some trips during 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 **Wednesday 4th July 2018**

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

Details in the Newsletter in due course.

NOTICES:

Dates for your Diary for Forthcoming Meetings in 2018 (1pm – 3pm)

Formal Meeting Tue 13th February
AGM
+ 2pm Exercises with Ben

'Drop In' Tue 27th February
Students from Chethams School
of Music entertain
NB: - No Exercises today

Formal Meeting Tue 13th March
Joan's Music Quiz

'Drop In' Tue 27th March
Chill & Chat, Quizzes
+ 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, 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 February 2018

Jean Holt
George Holt
Fred Haslam
Marie Gradwell
Tony Coleman
Margaret McLellan
Ray Baker
Dorothy Currie
Alan Lythgoe

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.

When I die and the family are gathered around me I want my last words to be
"I have hidden a million pounds in a box and it is hidden underrrrr..... "

"Harold, don't tell me you have not been drinking from the milk carton. Your teeth are still in it!"

Aladdin was outside his house shaking his carpet. His neighbour said "Hi Aladdin, you seem to be shaking that carpet quite a lot" Aladdin replied "I am trying to get the damn thing to start"

"Betty! For God's sake get your specs changed you daft old bat. You are trying to change channels with a bar of chocolate!"

The Associate Minister unveiled the church's new campaign slogan last Sunday:
'I Upped My Pledge - Now Up Yours.'

The new English Teacher is reporting on his first day to the Headmaster. "I have just given the class a lecture on Keats and they just looked at me blanked faced" The headmaster replied "Well I doubt if any one of them know what a Keat is"

"Sir, I wish to marry your daughter" "Will you be able to support a family?" asked the prospective father in Law. "Yes sir, I have a good job with excellent career opportunities" "Good" said the father in law "there are eight of us"

"Who invented the brush that sits next to the toilet? That thing hurts!"

Teacher: "There will be an eclipse of the moon tonight. Perhaps your parents will let you stay up to watch it".
Pupil: "What channel is it on?"

What is a Cannibals favourite food?
Kate and Sydney Pie.

On the farm where I grew up, home canning was a big thing. Most folks had a garden and ate out of it all summer; the surplus was put up in jars for the winter. The common saying was: "We eat what we can, and what we can't, we can."

Is a wok something that Elmer Fudd would throw at a wabbit?

A much-married woman was giving it yet another go. As she walked up the aisle, the organist did not play the usual wedding march but, instead, launched into the old music hall classic "Here We Are Again".

POETS CORNER

A Mugging

When my guard was down
they attacked from behind
With a blow to the head -
now I wake up to find

There's a sort of red mist
in front of one eye
And my tongue's gone all rubbery
and my mouth is so dry.

There's a part of my head
that floats on its own
And a pain when I move
that just makes me groan.

My stomach and its contents
have ceased to be friends
And are now parting company
via both ends.

I ought to get up
but I'm frightened to try,
I just want to lie here
and hope that I'll die.

I can't understand
how I came to be caught
By those two nasty muggers
- red wine and port.

Internet

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

**Meetings are held
1pm – 3pm
On the 2nd & 4th Tuesday
of the month**