

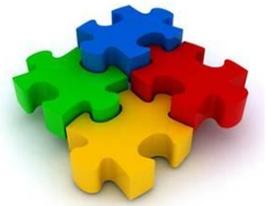
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 218 Tuesday 13th February 2018



Hi Everyone



"Annual General Meeting"

Considering the weather, we were quite amazed at the turn out today. I never know if you are keen on attending the AGM or you are coming for the delicious Bradley Fold Garden Centre Scones.

All the formalities were observed and your committee for 2018/2019 was elected. ***I advised you that Lynn and I are to stand down from the committee in one year's time.***

We have done this to allow discussions to take place in order to determine how Jigsaw is to be run in 2019. As for this year everything will continue as normal.

It can be difficult to take in what I was saying so you will find a copy of the Chairman's statement included in the last two pages of this Newsletter.

The meeting had a great atmosphere and personally I think this is what Jigsaw is all about. The banter, the chatting, the frustrations of differing opinions on the quizzes and a general comfortable feeling in the room.

We had a new member come to see us today, Renee, who came along with Kim and Brian from the Community Stroke Team. Hope you enjoyed your afternoon Renee and will come again. Brian told me that he had been to several Strokes Groups but Jigsaw was the best he had been to. He said it had a warm and friendly feeling when he entered the room. Praise indeed. Thankyou Brian.

Ben came along and conducted the Exercise Session and put those of you that took part through your paces. Thanks Ben.

The Quizzes were challenging again. I know this because I was asked many times "please give us a clue". I did enjoy the fact that one 'nameless' lady thought she had found the answer by looking at her phone and then when I read the answers it was wrong. Brilliant.

We are always adding new information to the Information Table, so do check it out. This week we added info on 'Different Strokes', a web-based support network for work age Stroke Survivors, updated leaflets from 'Speakeasy' and more up-to-date info from the Stroke Association.

The Football card was won by Glynis Hardman who gave £10 back to Jigsaw. Thanks Glynis. All our best wishes goes to those of you who are not well and we hope you get better soon.

Once again, a massive thankyou to all our helpers and to those of you who contributed books of 2nd class stamps.

OUTING - OLYMPUS FISH & CHIP RESTAURANT

DATE: MONDAY 5TH MARCH 2018

PRICE: £7.50 PER PERSON

(Still places left if you want to go)



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.

If you want to go on this event– please contact Lynn on 01204 387704 as soon as possible.

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?

NEURO PHYSIOS (Private not NHS)

(NB: these services can be expensive and costs do vary – so be aware!)

Matt Bush & Michelle Brennan are **Advanced Neuro Therapy Services** specialising in Neurological conditions such as Stroke, MS, Parkinsons CFS/ME etc. They offer a range of services and treatments at home. Contact them direct for prices – Michelle on **07895 396148** or Matt on **07564 364565**. Leaflets can be found on the Information Table at Jigsaw Meetings.

Manchester Neuro Physio (they provide Jigsaw with chair-based exercise sessions). They offer a range of physiotherapy for all types of neurological conditions including Stroke, Parkinsons etc. either at their various centres around Greater Manchester or in your home.

Tel: **0161 883 0066** - Website

www.manchesterrneurophysio.co.uk

SP Therapy Services (based in Bury) –They offer all types of physio for neurological conditions/ injury and have access to electrical stimulation equipment. They also provide Bolton Neuro Voices with Hydrotherapy services for their projects. Home visits also available. Check direct for prices.

Tel: **0161 764 3799** / Website: www.sptheryservices.co.uk

BASIC (Brain & Spinal Injury Centre) – 554 Eccles New Road, Salford M5 5AP (Nr Salford Royal Hospital)

A Charity affiliated to GM Neuroscience Centre at the Hospital (ex Hope Hospital) and considerably less expensive. BASIC offers physical & emotional support covering specially tailored programme of physio to suit individual needs and they have a Gym with adapted equipment. They also have access to Counselling and a range of complementary therapies together with lots of information and a new state-of- the-art Virtual Reality suite to assist in rehabilitation. (For Stroke, Parkinsons, MS etc... and is less expensive)

Tel: **0161 707 6441** Website: www.basiccharity.org.uk

email – enquiries@basiccharity.org.uk

(Details of the above can be found on the Information Table at Jigsaw Meetings)

JIGSAW COMMITTEE 2018/19 (Photo)



Older Residents of Little Lever

Christ Church are hosting an Annual Lunch for the over 65's of Little Lever.

Date: Saturday 3rd March 2018

Time: 1.00pm – 4.00pm

Venue: Christ Church, Mytham Road, Little Lever BL3 1JE

This event is FREE - if you are interested

Contact: Brian Young on 01204 707043

Or Janet Sproat on 01204 578336

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 5th 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

Wednesday 4 July

The Jigsaw Committee will be meeting again soon 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 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

Formal Meeting **Tue 10th April**
To be arranged

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 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. Physios, Wiltshire Farm Foods, Carers Info, Holidays, Stroke News magazine, Speakeasy, 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.

Boy complains to his father.
"You said I should put a large Potato down my swimming trunks as it would impress the Ladies – But you forgot to tell me one thing"
Father "And what was that?"
Boy "That I should put it down the front!"

Birthdays are good for you. Statistics show that the people who have the most live the longest

I don't do alcohol anymore - I get the same effect just standing up fast -

First you forget names, then you forget faces, then you forget to pull your zipper up, then you forget to pull your zipper down.

If you worry, you die. If you don't worry, you also die. So why worry?

I want to die peacefully in my sleep, like my grandfather . . . not screaming and yelling like the passengers on his bus

"I cannot believe that I forgot to go to the gym today.
That's seven years in a row now"

An elderly man is on the operating table about to be operated on by the surgeon who is his son.
"Now son don't be nervous but remember if things go wrong and I don't come through it, just remember that your mother will come and live with you and your wife.

"Waiter could you bring me some tooth picks please"
"I am sorry sir you will just have to wait a few minutes as they are all in use"

What to give a man who has everything. A woman. She can then tell him how everything works.

Lady mistakenly chopped and cooked Daffodil bulbs thinking they were onions. She became very ill and was rushed into Hospital. Her Husband asked the Surgeon how long was she expected to be in Hospital, The Surgeon "She will probably be out in Spring"

"The snails in this restaurant in are world famous"
"I know, one of them is in the process of serving me"

Dave Smith Britain's smallest man died in a freak accident. He fell into a bowl of Meusli and got pulled under by a strong currant.

EATING HABITS

Tomato sauce I'm at a loss
I simply don't know why
Hardly ever, really never
Spots a worn out tie

But wear a new one, a costly blue one
A fancy silken job
If you're like me; I guarantee
With gravy, you're a slob

Spicy mustard, chocolate custard
Everybody knows
Never spill and never will
When you're wearing your old clothes

But brand new pants don't have a chance
Hanging on your hips
Melted cheese, with shocking ease
Drips right off your lips

So let's suppose food really knows
When you're dressed up fancy
I'd still conclude that eating nude
Would be very chancy.

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

**JIGSAW (BOLTON STROKE GROUP)
AGM 2017- 2018**

CHAIRMAN'S STATEMENT.

Welcome everybody to our Annual General Meeting for the year ending January 2018. It's nice to see so many of you here and hopefully I will not be too long.

Before I begin I would ask you not to applaud during this report until I ask you to. You will understand why when that time comes.

I would like to begin with a question. What is Jigsaw?

The answer is 'You, everybody in this room makes Jigsaw what it is today'

You, The Stroke Survivors, who got out of the house where you had been staring at the four walls since you had your stroke, came to Jigsaw, many of you having been cajoled, bullied and dragged to the other side of that door for the first time.

Many of you were extremely wary, lacking confidence and frightened of what you were coming into, but come into the room you did.

You, the Carers, who wanted help in being able to cope with the demanding pressures and stress that caring for a Stroke Survivor generates. To meet and talk to other carers who were going through the same as you.

What happened on this side of the door? You were met by friendly, confident, smiling faces who welcomed you into the Jigsaw family.

Guess what? **You** are now the friendly, confident, welcoming, smiling faces on this side of the door.

You, the Helpers and Volunteers that give up your time to make Jigsaw run smoothly both in house and on the trips etc.

You, the ladies from the Church who also give up your time to make that kitchen run like a Swiss watch.

And finally **You,** the committee, who in addition to help run the meetings also give up your time to attend committee meetings to generate ideas, raise funding and organise the events both in house and out in the big wide world, where all of us are now able to be, having regained our newfound confidence and wellbeing.

The question was 'What is Jigsaw?' The answer is '**You** are Jigsaw'

Now: For what you have done for Jigsaw and what Jigsaw has done for you, I want you all to thank each other by giving yourselves a big round of applause.

Whilst we are in thanking mode I would also like to thank Christ Church for allowing us to use this splendid venue and for the support they have given us during our time here and for some time to come I hope.

The Newsletter will continue to be produced for the forthcoming year and I would welcome any suggestions from you as to its format.

Sadly we have had to say farewell to seven of our members who have passed on during the last year. So I would like us to show our respect by observing one minutes silence for: Ian Nuttall, Frank Harrison, Jack Mellett, Don Chadbond, Jack Heighway, Anne Middleton, Mary Cookson.

Thank you.

Okay, so what sort of a year have we had?

Well, I think we have had a brilliant year.

It was of course our 25th Anniversary last year and it was great to have Susanne Lomax MBE here for that. She was the lady that was involved in the creation of Jigsaw. She came along and cut a very expensive cake!

I would again, like to give special thanks to Joan Armstrong, who has produced all the frustrating picture, and general knowledge quizzes during the year. She has already produced more for 2018.

Joan will be back again this year with her Musical Quiz.

The Exercise Sessions continue to be popular (these will continue for 2018)

We have had The Entertainers Choir, always popular and The Ladybridge Singers Choir who did a fundraising concert for us and the Church.

We had Kennedy Caitlin who came and sang for us.

The fantastic girls from the Chethams School of Music came to entertain us.

They will be here at the next meeting.

We had their Musical Director, Maggie McDonald, Mezzo Soprano come to give us an outstanding Musical afternoon.

Who can forget Betsy the Scullery Maid – she was hilarious.

We had Eric Newton – ‘Life and times of a Busker’, a very interesting chap.

We have had a few Buffets during the year and Pasty and Peas last month and you are having Scones today.

What else have we done.

We went to the Olympus Fish and Chip Restaurant twice.

We had 5 canal trips

We had a ‘Meat and Potato Pie Do’ at Bradley Fold Garden Centre.

We had a day out to Southport with lunch at the Ramada Hotel.

We then finished the year off with two brilliant Christmas events.

Lunch at the Holiday inn where the food and service were first class and we were royally entertained by Russell Shaun. Excellent.

Our last event was, for me, our best Christmas party ever. Everything dropped into place.

The buffet was excellent as usual and Kenny Stephens brought the house down. Brilliant I have one outstanding memory of last year and that was --- ‘THE WHIST PIES’

As I said earlier it has been a good year and the committee is finalising the programme for the coming year and you will be advised accordingly.

As Chairman I work very closely with the Treasurer to ensure the group remains financially stable and I will hand you over to him for his Report .

Thankyou.