

# JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

## NEWSLETTER

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

Issue No 219 Tuesday 27<sup>th</sup> February 2018



**Hi. Everyone**



This is only the second time during the last 10 years that we have had to cancel a meeting but it just had to be on the day of the year that we all look forward to:

“The Students from the Chetham’s School of Music, accompanied by Maggie their Musical Director.”

I am sorry that it had to be cancelled but I took the decision to cancel to ensure your safety.

If only one of you had fallen then myself and the committee would have felt responsible.

As I type the sun is shining and it is snowing. After watching the Winter Olympics, I am trying to convince Lynn to get a couple of trays out so that we can lie down on them and go head first down the avenue. Can you imagine? It would take 20 minutes to get down on the tray and then we would need the Emergency Services to extract us from the bushes! Just a thought.

**Hopefully we will see most of you at the Olympus Fish and Chip Restaurant next Monday 5<sup>th</sup> March.**

**Remember to be there no later than 11-45am to start at 12-00 noon.**

Talking of cancellations Joan Armstrong has had to postpone her Music Quiz on the next meeting Tues 13<sup>th</sup> March due to an appointment that the Hospital cannot change. Joan will be joining us on Tuesday 8<sup>th</sup> May. We are organising a buffet instead for the next meeting **(For Details see Page 2)**. If anyone has any dietary requirement they should let Lynn know asap.

We had to cancel the meeting today for your safety but we need to spare a thought for those who could not have come today even if they wanted to. For those of you that are ill, in hospital or convalescing we send our best wishes and hope you get well soon.

If we have any budding poets amongst you, why not put pen to paper (or have a go on the computer), we are always looking for poems for the Newsletter.

See you on Tuesday 13 March.....

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

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

**PRICE: £7.50 PER**

**PERSON** (Still a few places left)



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 outing please contact Lynn on 01204 387704.**  
**You can pay Lynn on the day.**

## **MEETING – TUESDAY 13<sup>TH</sup> MARCH 2018**

### **Change to Programme**

Our apologies but Joan is unable to present her Music Quiz at this meeting due to having a Hospital Appointment. We have therefore re-arranged the Music Quiz for **Tue 8<sup>th</sup> May.**

**We will, instead, be putting on a Sandwich Buffet Lunch followed by a couple of table quizzes and it will still be a great afternoon.**

**We have ordered Whist pies!**

**(so, don't have lunch before you come to the meeting)**

**If you have special dietary requirement please let us know urgently.**

**CANAL TRIPS – ROSE OF PARBOLD (ACCESSIBLE CANAL BARGE)**  
**The list for the trips will go up at the Meeting on Tuesday 13<sup>th</sup> March.**



**Dates:**

**Monday 14th May**  
**Thursday 21st June**  
**Monday 16th July**  
**Wednesday 8th August**

**NB: there are only 12 people per trip – due to size of the Barge. The crew are all volunteers with the Rose of Parbold charity, who love the canal/barge.**

We depart from Christ Church to Parbold by Bolton Community Transport Minibus, complete with tail-lift for those that need it.

Once on board the canal barge, we depart from Parbold and pass through pretty countryside and locks en-route to Crook Marina on part of the Leeds/Liverpool canal. This is a lovely relaxing trip at a very leisurely pace.

We will be serving a buffet with tea/coffee/juice whilst on board but if anyone wishes to bring any wine or beer to have with the buffet that is fine. There is a small Galley kitchen on board. There are also two toilets, including one that is fully disabled accessible.

For those who haven't been before, the Barge is fully accessible, does not have steps and is a good surface throughout. There is a short slope into the main cabin with a handrail to provide assistance.

There is a small seating area outside which we use if the weather is fine. For most of the trips we have been lucky with the weather. If it is chilly the Barge has heating if required.

Those going on this trip please be at Christ Church for 9.00am we will depart approx 9.15am. We aim to get to Parbold by 10.30 pm. The Church will be open in case anyone wishes to use the toilet facilities prior to departure. We will return from Parbold at approx. 4 pm, arriving at Christ Church for approx 5.15 pm (dependent on traffic).

**(If you have any dietary requirements please advise as soon as possible)**

**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.**

### **New Mobility Aids Shop in Bolton**

We noticed a new mobility aids shop has opened recently in Newport Street. It is called '**Eden Mobility**' and they have a good range of products available for people with disabilities including scooters, rollators, walking sticks, and kitchen aids etc.

If you are in Bolton shopping why not stop and have a look. We don't know whether prices are comparable with Millercare or cheaper but it's worth a look.

Eden Mobility is nationwide and we have a few brochures on the Information Table if you want to have a quick look.

The Bolton shop is not far from Home Bargains before you get to the Olympus.

### **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:-

<b>Nigel's Taxi</b>	<b>07737 472847</b>	
<b>Stephen Jackson</b>	<b>07757 608034</b>	
<b>Wal</b>	<b>07866 740031</b>	
<b>Street Cars (Ajaz &amp; Wajid)</b>	<b>07766 207454 (Ajaz)</b>	<b>07916 802833 (Wajid)</b>
<b>Bowcock Private Hire (Andy)</b>	<b>07860 801830</b>	<b>(Peugeot E7 Wheelchair Taxi)</b>
<b>Ricksway Private Hire (Rick)</b>	<b>07958 788816</b>	<b>(Peugeot E7 Wheelchair Taxi)</b>
<b>Ken's Cabs</b>	<b>07800 546876/0770 418 7735</b>	

**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 TUESDAY 10<sup>th</sup> APRIL 2018**  
**THE TRAVELLIN' STRINGS ENTERTAIN**



The Travellin' Strings are a Bolton-based acoustic guitar group playing classic sing-a-long songs from the 50's, 60's and 70's.

Formed 5 years ago they have a growing reputation in the area, and are usually invited back for more shows!

The group performs to support local community fundraising events, private parties and their chosen charity, The Alzheimer's Society.

It promises to be a really enjoyable afternoon.

**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 also 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.**

## NOTICES:

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

Formal Meeting	Tue 13 <sup>th</sup> March Sandwich Buffet Lunch + Quizzes
'Drop In'	Tue 27 <sup>th</sup> March Chill & Chat, Quizzes + Exercises with Ben
Formal Meeting	Tue 10 <sup>th</sup> April The Travellin' Strings Entertain
'Drop In'	Tue 24 <sup>th</sup> April Chill & Chat, Quizzes + Exercises with Ben

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 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. Holidays, Physios, Stroke Association etc.**

## BIRTHDAY GREETINGS

For March 2018

Glynis Hardman  
Bert McEwan  
Linda Fothergill  
Andrea Hayes  
Graham Bridge  
Karen Helsby  
John Rainford

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

## '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 (+ Fire Procedures) and Safeguarding Adults at Risk Policy.

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

**HUMOUR SECTION** Always remember this: You do not stop laughing because you grow old. You grow old when you stop laughing.

A lady rings her son to say "can you call round as I am having a problem with this new Jigsaw and it is bothering me. He calls round and says "what's the problem?" She says "I am trying to do this crossword of a giant cockerel but I can't find any pieces with a straight edge" The son picks up the box and says "Mother, you are trying to make a Jigsaw out of a packet of Cornflakes"

Daddy, what is a transvestite?  
Ask Mommy, he knows.

**Customer rang Domino's Pizza shop.** "I ordered a Pizza and it came with no Toppings on it or anything, It's Just Bread.

**Domino's:** We're sorry to hear about this are you sure?

**Customer:** OOps, Sorry, I've opened the box upside down.

A fellah walks into a shop  
"I need another Jigsaw as I have just finished the one I had from you before. It said on the box 4 to 7 years, but I have done it in 8 weeks"

Overheard at my garden-club meeting: "I never knew what compost was until I met my husband."

Did you know that the people of Dubai do not like the Flintstones but the people of "Abu Dhabi Do"

Little lad comes home from school and asks his dad "Dad, where did I come from?" Dad decides that this is the time to tell him about life and tell him all about reproduction. He gives him the full chapter and verse and after about fifteen minutes he asks his son "What made you ask son?" The little lad somewhat bewildered by it all says "We had a new kid in class today and he said he came from Farnworth"

A man moved to a new area and had to change Doctor's practices. When he saw the new doctor he was looking at the man's notes and said "I have to say you look a lot better in person than you do on paper.

I don't tell everybody this, but when I was a baby my mother was accused of trying to kill me. She told the court that she had put me in the plastic bag to keep me fresh.

When I was a kid, the teacher said all the class had to be in the school play. I kept saying that I did not want to be in it. He said all you will have to do is pop your head through a window and say "Hark I heard a pistol shot" I kept telling him I didn't want to do it but I kept practising the line and when the time came in the play I popped my head through the window and shouted "Hark I heard a shostal pat, shistol pot, a postol shut, a pistol sh., Oh for God's sake I did not want to be in this bloody play anyway.!

Police are hunting the 'knitting needle nutter' who has stabbed 6 people. They believe he could be following some kind of pattern.

I wouldn't say my friend is fat, I set the printer yesterday to print his picture and it's still printing.

2 old ladies in a plane, one said to the other, if the plane goes upside down will we fall out? the other one says no, we'll still be friends.

**Customer:** I'd like a pair of stockings for my wife.  
**Storekeeper:** Sheer?  
**Customer:** No, she's at home.

## POETS CORNER

### **My Dog's Tail**

What put the wiggle in a little dog's tail  
I'd like to know!  
That gay little wiggle, that glad little waggle --  
How did it grow?

It starts in his mind and it runs out behind  
To the tip of his tail, and then  
That glad little waggle, that gay little wiggle  
Begins all over again.

The day may be sunny or dark with rain,  
The wiggle is there just the same;  
It needs just a whistle to set it a-wiggle  
Or the sound of his favourite name.

No doubt I shall never, in any way ever  
Find out how that wiggle got there,  
But I'm very sure, while tails shall endure,  
That tail will wig-wag in the air!

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 2<sup>nd</sup> & 4<sup>th</sup> Tuesday**  
**of the month**