

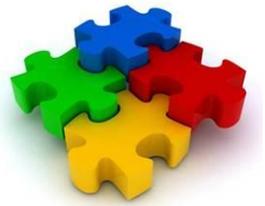
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 220 Tuesday 13th March 2018



Hi Everyone



"A GOOD TURNOUT"

This was a well-attended meeting and a lively one at that. There was a real buzz about today.

The Sandwich Buffet from Cappuccinos, complete with 'The St Marks Bakery' whist pies, was nice and fresh as usual and seemed to be enjoyed by all.

I know I go on a bit about the whist pies but as a pie enthusiast they are the best I have tasted.

As I write I am thinking maybe we should set a challenge for you guys to find a better whist pie baked in the Bolton area. What do you think?

We had three new members Susan, Vicky and Maureen accompanied by Natalie, Julie and Debbie from the Community Stroke Team come to look at us today. We hope you enjoyed your visit and will come again.

We also had two new Volunteers, Wynn and Rosemary come today and they blended in as if they had been coming for weeks. 'Thank you' for your help, we hope you liked the group and will return.



"Who left this Pie? !!!"

The picture quiz, set by Joan, turned out to be quite difficult today and I was certainly needed to offer a few clues as I wandered around the room. I would not have a clue if I did not have the answers.

Glynis will be bringing in another batch of Jigsaw Puzzles at the next meeting 27th March, (My Birthday) for you to purchase, with all proceeds coming to Jigsaw.

As is the norm, we always remember those of you that are ill, in hospital or convalescing. We send our best wishes and hope to see you soon.

Once again a big thank you, particularly today, to our helpers and volunteers who one way or another had a very busy day.

TRIP TO OLYMPUS RESTAURANT – MONDAY 5TH MARCH 2018



Once again, Tasos, Ali and the team looked after us really well. The standard of food never changes, it is always excellent, although anyone who has curry sauce poured all over the fish cannot be a full shilling. Luckily, I found out who had ordered this concoction and was able to sit somewhere else! Another good ‘Olympus’ outing with plenty of chat, we had good food together with good company as well.

Some photos of smiling faces below:



Another Good “Olympus Chippy Do” Look forward to the next one.

CANAL TRIPS – ROSE OF PARBOLD (ACCESSIBLE CANAL BARGE)

The lists for the trips went up at the Meeting today



Dates:

Monday 14th May. (Places left)

Thursday 21st June. (Places left)

Monday 16th July. (Places left)

Wednesday 8th August. (Places left)

NB: there are only 12 people per trip – due to size of the Barge.

If you want to go on these trips ring Lynn on 01204 387704.

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)

MEETING TUESDAY 10th 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.

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.

JIGSAW FUNDRAISING THIS YEAR 2018 – 'STEP OUT FOR STROKE'

We are hoping, once more, to join in The Stroke Association's 'Step Out for Stroke' event at Queens Park, Heywood – this is being held on **Saturday 19th May 2018**.

Jigsaw had a team attend last year which raised a brilliant amount for Jigsaw. If you might be interested in being part of this team, as a personal challenge or want to support us. Let Graham/Lynn know. Further details on the event as we receive the information/times etc.

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.

TRIP TO SOUTHPORT & RAMADA HOTEL - WEDNESDAY 4TH JULY 2018



More details in next Newsletter

Top Tips

We are always on the look-out for suggestions to help aid stroke recovery.

Here are a few suggestions which help hand-eye co-ordination and concentration:-

Try adult colouring books (or even children's versions if the adult ones are too difficult).

Jigsaw puzzles either complex ones (500/1,000) pieces or those for children.

Wordsearch books (start with simple ones and work up to more complicated ones). Then have a go at simple crosswords.

Noise too Loud

If you are sensitive to noise levels when out and about, don't forget to try the foam ear plugs (available from Boots Pharmacy/Other Chemists). They do cut out some peripheral noise but you can still hear one-one. (Lynn still uses these when going on theatre/cinema/concert visits to make everything a bit quieter).

Share what's helped you – it might just help others!

NOTICES

Dates for your Diary for Forthcoming Meetings in 2018

'Drop In'	Tue 27 th March Chill & Chat, Quizzes + Exercises with Ben
Formal Meeting	Tue 10 th April 'The Travellin' Strings Entertain
'Drop In'	Tue 24 th April Chill & Chat, Quizzes + Exercises with Ben
Formal Meeting	Tue 8 th May Joan's Music Quiz
'Drop In'	Tue 22 nd May 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 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.

An American tourist travelled all through Britain visiting churches and in each church he saw a gold telephone with the sign "Call God for £10,000" he visited a church in Bolton where he saw a similar gold telephone with the sign "Call God for 20p" The American said to the vicar "In every church I have visited throughout Britain they all want £10,000." The Vicar replied "You are in Lancashire now lad, this is a local call"

My wife can light up a room, just by moving away from the window.

I signed up for an exercise class and was told to wear loose-fitting clothing. If I HAD any loose-fitting clothing, I wouldn't have signed up in the first place!

William Penn the Statesman had two aunts who were well known for baking and selling pies. When he became famous his aunts decided to increase the cost of their pies. The people of the village talked of nothing else but the Pie rates of Penn's aunts.

A friend of mine bought a dog and he called it 'Stay'
"Come here Stay"
"Stay come here"
He told me it had a fit and died.

I have a pacemaker fitted, but there is a problem with it. When I break wind the garage door opens.

Real embarrassment is when your hip sets off the metal detector at the airport.

I bought one of those retro phones, the ones we used to have with a dial on it. I dialled 777 7777 and this fellah answered. I asked him if he could ring for an ambulance. He asked me "Why can't you do it yourself?" I said "I can't I've have got my finger stuck in No 7"

Whenever we took my Mother on holiday she always said the same thing when we got back home. "It's nice to get home to your own toilet"

A Sewage Farm. In what way is it a Farm?
Is there a Farm Shop?

Some drunken friends accidentally drank one of their grandfather's ashes mistaking them for instant coffee. They realised their mistake when the coffee tasted of Werther's Originals.

A driver was stuck in a traffic jam on the M25 near London. Nothing was moving. Suddenly, a man knocks on the window. The driver rolls down the window and asks, "What's going on?" "Terrorists have kidnapped all the members of Parliament, and they're asking for a £500 million ransom. Otherwise, they are going to douse them all in petrol and set them on fire. We are going from car to car, collecting donations." "How much is everyone giving, on an average?" the driver asks. The man replies, "Roughly half a gallon."

MOTHERS ARE SPECIAL

There is no love like a mother's love,
no stronger bond on earth
Like the precious bond that comes from God,
to a mother when she gives birth.

A mother's love is forever strong,
never changing for all time
And when her children need her most,
a mother's love will shine.

God bless these special mothers,
God bless them every one
For all the tears and heartache,
and for the special work they've done.

When her days on earth are over,
a mother's love lives on
Through many generations,
with God's blessings on each one.

Be thankful for our mothers,
for they love with a higher love
From the power God has given,
and the strength from up above.

Internet - anonymous

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