

JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 221 Tuesday 27th March 2018



Hi everyone.



"Birthday Boy"

I really enjoyed today, what with it being my Birthday on the day and having all of you sing 'Happy Birthday' was great so thank you very much.

Thank you goes to those of you that gave me cards which are now spread out in the Bay Window at home.

(Remember when 'Bay Windows were posh?')

I did check all the envelopes and found only cards in them and wondered if there should have been a voucher or a cheque in there but there wasn't --- story of my life.

I did get one with a lottery ticket in it. Imagine the dilemma if that is a winner!

I thought today's meeting was a good one and hope you all enjoyed the Birthday Cake, Marks and Spencer of course.

We had three new members come to look at us today-- Joyce with Laura from the Community Stroke Team, Izaak and also Suresh, who was joined by his brother. We hope you enjoyed the meeting and will come again. We always suggest new members visit 2-3 times as each meeting is slightly different and you will get a better feel for the group and what we do.

There seemed to be a lot of activity around the jigsaw table and quite a few were sold today. This is organised by Glynis and the sale raised £24.90p. Well done Glynis

Ben was late arriving today so the exercise session was a little shorter than usual but it was very well attended with nearly every chair being taken.

The Football card was not completed so will be finished at the next meeting.

We were down three helpers today. One attending a Funeral, one taking a friend to Hospital and the other on her way to Aberdeen to visit her Son. The helpers that were there to day did a great job, are we surprised? A big thankyou to you and to those who donated 2nd class stamps which is always appreciated.

We never forget those of you who are ill in hospital or at home so our best Jigsaw wishes go to you all.

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, so why not come and join us.

JIGSAW FUNDRAISING – 'STEP OUT FOR STROKE' (Sponsored Walk)
SATURDAY 19TH MAY 2018 **From 11am – approx. 2pm**
Queens Park, Queens Park Road, Heywood OL10 4XB



"Some of last year's team"

This is an opportunity for YOU to help raise funds for JIGSAW. We are looking for members to be part of the Jigsaw Team.

The walk can be a personal challenge or achievement, or you can just come along to support the team and watch. Wheelchair users can also come along and be involved, just make sure you have someone to push the wheelchair.

We will be providing a Mini-bus from Christ Church to Heywood in time for the event.

Members of the JIGSAW Team can do as little or as much as they want. There is a good flat circuit of ½ a mile and you can do part of this distance, the full distance or as many times around as you feel you are able to do. There is no pressure!

There is also plenty of seating around the Park and we will be joining other Stroke Groups from around the area – it's a great atmosphere.

We would like members to help by asking family, friends, neighbours, etc to sponsor the **TEAM** which means everyone can help to raise funds. Sponsorship forms will be available at the next meeting and more details about the event will be in the next Newsletter as we obtain the information.

Jigsaw will make a donation to The Stroke Association from money that we raise at this event.

CANAL TRIPS – ROSE OF PARBOLD (ACCESSIBLE CANAL BARGE)
(includes Mini-bus Transport & Buffet Lunch) Cost - £18.50 per person



Dates:

Monday 14th May. (Full)
Thursday 21st June. (Full)
Monday 16th July. (3 places left)
Wednesday 8th August. (2 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 (latest) 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).

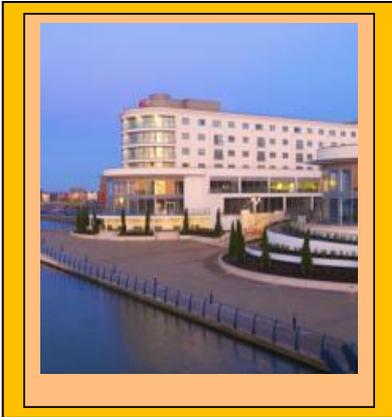
(If you have any dietary requirements please advise as soon as possible)

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

(Includes Coach & 3-Course Meal)

Cost: £25 per person

**The list went up at the meeting today – we have places left so if you want to go
You know what to do!**



We are off, once again, to the 4 Star Ramada Plaza Hotel (pictured) at Southport. We have booked the Marine Suite overlooking the lake on the promenade, and it has a balcony adjacent, which we can use all afternoon. Access to the Marine Suite is via Reception on the 1st floor with access via a lift or stairs from the ground floor.

Arriving approx 11.30 am for lunch at 12.15pm.

After lunch the afternoon is yours to do as you wish, walk along the pier, take in the shops and gardens or just chill on a bench somewhere.

If the weather is bad we have the room all afternoon and can use this or the lounge area to sit, chat and relax. Some members never left the Hotel all day last year!

There is limited space on the coach but there is no limit to numbers to attend the lunch (it's a large room). So, if you want to go independently by your own transport, you can and it frees up the coach for those who need it more.

Those using their own transport should advise Lynn as soon as possible. If travelling independently there is an underground car park for the Ramada, accessible via the car park entrance to the Floral Hall, with a lift direct to the 1st floor. We are assured that car parking will be free for the duration of the afternoon for our group. You will need to get the ticket validated at reception prior to departure.

Please note there is NO Shopmobility at Southport and there are few opportunities to hire scooters or wheelchairs. The few that are available are quite costly, so members are advised to take their own small scooters where possible. We recommend wheelchair users should take their own wheelchair. Wheelchair users also need to ensure they have a carer or someone to push their wheelchair.

Continued

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.

SOUTHPORT TRIP – WEDNESDAY 4TH JULY (Continued)



Those going on this trip should be at Christ Church for 9.45am, we will be departing for Southport at 10am. We have some flexibility on return time (approx 6.30pm), which will be dependent on if the weather is good or not and we will have more information nearer the date.

There will be a 'Wait List' in case of cancellations. Anyone who wishes to go on this trip should ring Lynn on 01204 387704 as soon as possible to reserve their seat on the coach or to advise if they wish to travel independently.

Menu Forms available in due course.

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).

NOTICES:

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

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 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

A copy of Jigsaw's Constitution, Equal Opportunities Policy, Health & Safety Policy and Safeguarding Adults at Risk Policy have been updated and are on display on the 'Information table'.

The Policies help to guide Jigsaw and incorporate new legislation. If you would like a personal copy, please ask.

BIRTHDAY GREETINGS

For April 2018

Gina Unsworth
Margart McCreavey
Barry Kilkenny
Michael Connolly
Kath Neary
Jean Haslam
Jim Horrocks
Ken Parker
Anita Chazen
Judith Taylor
Lily Whistance
Malcolm Talbot
Janet Aspinall
Eileen Daniel

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.

I was a great fan of Ken Dodd and today's jokes are all his.

Ivor Novello was a wonderful song writer, who can forget "I caught my Lilacs in the Springs again"

Lady rings the Doctor. "My Husband has a huge boil on his nose. It is the most hideous, ugly and unsightly thing and I would like you to come and do something about it. Doctor arrives and takes out a large needle and asks the wife to leave the room. There is lots of screaming and the doctor emerges and says "I think you will find that looks a lot better now. I have sewn a button on it"

"Do I believe in safe sex? Of course I do, I have a handrail around the bed"

A lady tells the Doctor "Every time I sneeze I feel very sexy" The Doctor asks "Are you taking anything for it?" She says "yes, pepper"

Did you know that Les Miserables was a Frenchman with no sense of Humour.

Tonight fellahs, when you go to bed put a handful of ice cubes down your wife's nightie and say "There's that chest freezer you always wanted.

The French are known for their sauces but we in England have our very own Frenchman famous for his Gravy. He is known as the 'The Count of Monte Bisto'

As the Country Boy said when he saw his X Ray "I don't remember eating all those bones"

We don't have bidets in our house, we do handstands in the shower.

A laugh is a noise that comes out of your face. Anywhere else and you are in trouble.

Votes for Women. Squirting a hosepipe up Emmiline Pankhurst's skirt and shouting "How's that for a suffering Jet?"

The man who invented cat's eyes got the idea when he saw a cat's eyes in his headlights. If the cat had been going the other way he would have invented the pencil sharpener.

Did you know In Germany all the Hims are Herrs

I was going to take my dog to Obedience Class but he wouldn't go.

I come from a Military family that goes back a long way. As a matter of fact my great, great grandfather had a lot to do with the relief of Ladysmith. He was so good that she invited him back for the following night.

If the Pennines are the back bone of England where does that leave London?

Have you ever got in a Jacuzzi with a lady and then the bubbles start. You don't know whether to enjoy it or apologise.

POETS CORNER

An Easter Prayer

God, give us eyes to see
the beauty of the Spring,
And to behold Your majesty
in every living thing -

And may we see in lacy leaves
and every budding flower
The Hand that rules the universe
with gentleness and power -

And may this Easter grandeur
that Spring lavishly imparts
Awaken faded flowers of faith
lying dormant in our hearts,

And give us ears to hear, dear God,
the Springtime song of birds
With messages more meaningful
than man's often empty words

Telling harried human beings
who are lost in dark despair -
'Be like us and do not worry
for God has you in His care.

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