

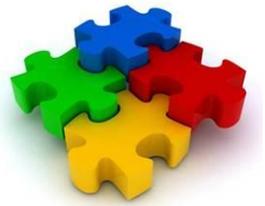
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 222 Tuesday 10th April 2018



Hi Everyone



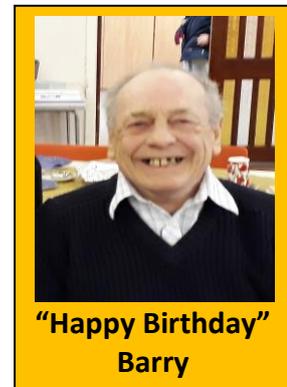
What a brilliant afternoon, a great atmosphere - The Travellin' Strings were excellent. Great songs from the 60's/70's with some good sing-a-long renditions.

There were songs by The Eagles, The Beatles, Buddy Holly, Roy Orbison, Frank Sinatra, Tom Jones to name but a few.

We had great performances by 'Elvis' of 'Make Believe', Frank Sinatra with 'That's Life' and Dean Martin with 'Little Old Wine drinker me'. There was a great song about 'A Chippy Tea'. All-in-all a great afternoon. 'Thank you'. We hope to get 'The Travellin' Strings' back to visit us again.

However, I have to say how very disappointed I am by those of you that ignore me when I am on the microphone and trying to give you information. It is the same people that also continued to talk whilst the group was performing. The rest of the members that want to listen are distracted by the talkers and quite frankly, it is not very nice. Moan Over!

We have to say "thank you" to Birthday Boy, 'Barry', who will be 70 yrs old on Saturday, for all the cakes. They were delicious.



Fiona, from The Stroke Association, popped in to see us, stayed all afternoon and helped out as well. Thanks Fiona, we hope you will pop in to see us again sometime, you'll be most welcome.

A big 'thank you' to all those who donated books of 2nd class stamps – it all helps.

As ever, a huge 'thank you' to all the helpers and volunteers who help the meetings run like clockwork.

CANAL TRIPS – ROSE OF PARBOLD (ACCESSIBLE CANAL BARGE)

The lists for the trips went up at the Meeting today



Dates:

Monday 14th May. (Full)

Thursday 21st June. (Full)

Monday 16th July. (1 Place left)

Wednesday 8th August. (1 Place Left)

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

If you want to go on these trips or be put on the 'Wait List' in case of cancellations 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. (Both operated by a foot flush pedal)

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 am. 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 Lynn as soon as possible)

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

(Includes Coach & 3-Course Meal)

Cost: £25 per person



We are, once again, off 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

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 approx. 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.

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



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 Newsletters as we obtain the information.

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

(See Over.....)

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.

'Step Out for Stroke' – JIGSAW Stroke Group TEAM

The Jigsaw Team (so far) is:

Lynn Dingley, Marie Gradwell, Lynn Bridge, Maureen Hargreaves, Jim Hargreaves, Mike Hallam, Susan Cowburn, Jean Stones, Trevor Grundy, Sandra Grundy, Ray Walton, Marjorie Walton, David Eccleshare & Mary Felton

If you think you might like to join the TEAM – contact Lynn Bridge as soon as possible 01204 387704.

CARERS – Can you help with a Global Survey????

We have been sent an email by a PhD University Student, Ms Alexandra Denham from the University of Newcastle **based in Australia** - who is involved in the study 'Caring for those who care: a global survey of the health behaviours and health-related needs of informal caregivers'. The survey will be conducted in Australia, New Zealand, USA, United Kingdom and Canada.

Alexandra has requested that we advertise this in our Newsletter. (So we are doing just that)

The aim is to help develop helpful tools and resources to support caregivers in achieving healthier lifestyles and address their unmet needs. The caregiver groups that they are interested in include (1) Alcohol & other drug issues, (2) Alzheimer's or other Dementia, (3) Cancer, (4) Mental/emotional illness, (5) Mobility/physical disability, (6) **Stroke** and (7) Surgery/wounds.

The international survey is available online from 16th March to 14th June 2018 at https://ands.newcastle.edu.au/quon/public/health_of_caregivers

If any carers are interested in participating, they can email Alexandra direct for more information and obtain copies of the ethical approval and project summary. A participant information statement and Newsletter are also available and Alexandra will send you a copy of these directly, if you wish to participate. Alexandra's email address is: alexandra.denham@newcastle.edu.au

NOTICES

Dates for your Diary for Forthcoming Meetings in 2018

'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
Formal Meeting	Tue 12 th June Luke Robin entertains
'Drop In'	Tue 26 th June 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.

A country pub is closing down and two country boys buy it. After a few weeks hardly any people come in and sales are down. One of the guys says "This is hopeless no one is coming we may as well turn it into a Brothel". The other guy says "Don't be stupid, if they are not coming in to drink alcohol they are not going to come in to have a bowl of Broth"

I think the reason they are called "relaxed fit" jeans, is that "bum the size of Lancashire" jeans would not sell very well

My wife is attached to a machine which keeps her alive. It is called a Fridge.

"Come in, but mind your hips on the ornaments, this hall can be tricky for women of your build"

My wife is losing about 5 pounds a week on her latest diet. With a bit of luck she will have disappeared completely in about 10 months.

A put down.

"People like you, are the reason that people like me are on medication"

A new bride was a bit embarrassed to be known as a honeymooner. So when she and her husband pulled up to the hotel, she asked him if there was any way that they could make it appear that they had been married a long time. He responded, "Sure. You carry the suitcases!"

Zippo Manufacturing, Audi Motors, Dofasco, and Dakota Mining are to merge and will be known as: 'ZipAudiDoDa'.

A guy goes into a pet shop and asks to buy a canary that is a good singer. The proprietor shows him one in a cage and it starts singing it's head off. The guy looks at the canary and says to the proprietor "I notice that the canary only has one leg" The proprietor replies "make your mind up, do you want a singer or a dancer?"

EVER WONDER...

Why you don't ever see the headline "Psychic Wins Lottery"?

Why doctors call what they do "practice"?

Why lemon juice is made with artificial flavour, while dishwashing liquid is made with real lemons?

Why sheep don't shrink when it rains?

Who tastes dog food when it has a "new & improved" flavour?

My Grandmother stipulated she be buried with all her favourite possessions. The cat was not very happy.

This dog, is dog, a dog, good dog, way dog, to dog, keep dog, an dog, idiot dog, busy dog, for dog, 20 dog, seconds dog!

Now read without the word dog.

The weaker sex are the stronger sex because of the weakness of the stronger sex for the weaker sex.

AN ACTOR'S REVENGE

by Richard John Scarr

He had positioned himself stage centre.
And was giving the audience his all.
When suddenly a seat went up with a "Crash!"
And a woman walked down from the stalls.

And ignoring the audience hissing.
And the thespian's renderings too.
She crossed in front of the Footlights.
And disappeared into the Loo.

And feeling decidedly slighted.
The actor waited, enraged.
And when the woman came out of the Loo,
he walked to the front of the stage.

Then adopting a theatrical posture.
And in a voice filled with venom and bite.
That carried its way clear up to the Gods
He delivered the best of the night!

He said: "Madam. Whilst there in the privy.
Could you hear my excellent King Lear?
You couldn't? Well I find that amazing.
For we heard you quite clearly out here!

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