

JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 223 Tuesday 24th April 2018



Hi everyone.



"Smiling Faces"

We had quite a full house today and a visit from Leanne Gleave from the Stroke Association. Leanne has recently joined the Stroke Association and her duties involve visiting the Stroke Groups in the North West.

I think she was suitably impressed with the group, she took lots of notes which, she says, will help her pass on her experience to other groups. (Oops! forgot to take a photo of Leanne)

We had 3 new members visit us today - Dorcas came along with Julie & Paula from the Community Stroke Team, Alex and Pat came with Rachel from the Community Stroke Team and Brian was dropped off by his daughter, Julie. We hope you enjoyed your visit and will come and see us again. We always suggest new members visit 2 or 3 times to see if the group is for them or not. Each meeting is different and visiting once does not give a true picture of the group.

The Quizzes were challenging again. I thought that the Toffees and Chocolate one was brilliant. The link between questions and answers were very clever. Well done Joan.

I told you the good news that the 'Travellin Strings' will be coming back again for the first meeting in October. We contacted them and they said they would be delighted to come back as they had enjoyed the afternoon very much.

Lynn was handing out surveys from Winchester University regarding post stroke rehabilitation. If you would like to take part in this Survey please contact Lynn.

Glynis raised £14.55 from her Jigsaw sale. Well Done Glynis – she will be back with her Jigsaws at one of the 'Drop In' meetings in the next month or so.

Best wishes to all those who are ill, in hospital or convalescing and we hope to see you soon.

Again, many thanks to our brilliant team of volunteers and helpers.

'Thank you' also to Margaret McCreavey who we met in Bradley Fold Garden Centre recently and who gave us a donation towards Stamps.

MEETING TUESDAY 8th May – Joan’s Music Quiz



Joan is with us, once again, for her Music Quiz.

Don't worry this is not an individual quiz but a table quiz you can do together.

Joan usually has a great range of music covering tempo, styles, rhythms, composers, singers, pop, classical, a whole range of different music questions – that someone on each table will hopefully know.

Why not come along, have a go and a laugh at the same time.

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. The Jigsaw team are:

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, May Leung

The walk can be a personal challenge or achievement for the team, 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. It is a small circuit and you can do as much or little as you feel able. No pressure!

There is plenty of seating around the park. It's a great atmosphere.

We will be providing a Mini-bus from Christ Church to Heywood in time for the event. Members of the Team going by bus – we will depart from Christ Church at 9.30 am

Please sponsor the Team and help raise funds for Jigsaw.

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. (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 cancellation - ring Lynn on 01204 387704.

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)

SAD NEWS – Anne Hayes Died Saturday 14th April 2018 aged 83 yrs



"Anne Hayes"

Anne had been with Jigsaw for many years and always enjoyed coming to the group. She was at most meetings, her health permitting, and often came along with her Grand-daughter, Andrea.

Anne particularly liked the meetings when we had music and various performers. She was also really good with the general knowledge quizzes and it was often her table that had the most correct answers.

Anne was a very good poet and had several poems in the Jigsaw Newsletters over the years. Also, she attended many of the outings we went on and in later years, both Anne (accompanied by Andrea) always enjoyed them.

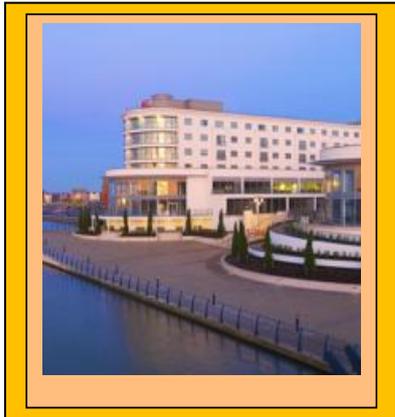
Anne will be much missed her friends at Jigsaw and especially by her friend, Maisie (also a Jigsaw member) who lives a couple of doors away. Our sincere condolences to Anne's family and friends.

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

(Includes Coach & 3-Course Meal)

Cost: £25 per person

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 now – if you weren't at the meeting today please ring Lynn.

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 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 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, Fire Procedure 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 May 2018

Mary Connolly
May Leung
Jacqueline Hithersay
Joyce Kelly
Peter Hall
Margaret Rowland
Ray Walton
Betty Hall
Trevor Grundy
Mark Hodgkinson
Sonya Constantine
Graham Lee
Rosemary Sutherland
Izaak Martin

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.

A man on his way to work asks a farmer "Is it alright if I cross your field as I want to catch the 8-40 train"
The farmer replies "Certainly, and if the bull sees you, you will probably in time to catch the 8-15"

Doctor; "Do you do much exercise?"
Patient; "Does sex count"
Doctor; "Yes"
Patient; "Then No"

An old lady is in court for stealing a tin of peaches. The Judge asks how many peaches were in the tin. "5" she replies.
"In that case you will serve 5 days in prison" says the Judge.
Her husband shouts out "she stole a tin of peas as well"

Definitions

Denial: A river in Egypt

Coincide: What you do if it rains.

Bacteria: The rear portion of the cafeteria.

Acoustic: An instrument used in Snooker

Gossip

A woman says to her friend "Peggy told me that you told her the secret that I told you not to tell her." "Well" replies her friend in a hurt tone "I told her not to tell you I told her"
"Oh Dear" says the woman "Well don't tell her I told you that she told me"

What did the Plumber say when he left his wife?
It's over Flo.

My wife is carrying our first child. He's eight, the lazy little

A jockey is ahead of the rest of the field when suddenly he is hit by a salmon sandwich and a pork pie. He manages to keep control only to be struck by a tin of caviar and a dozen scotch eggs. With amazing skill he manages to regain control and just edges back into the lead when he is hit by a bottle of Chardonnay and a Bakewell tart. This loses him the lead and he came in second. Furious, he immediately goes to the stewards and complains that he has been seriously hampered.

Taken from NHS Reports.

'The patient has no previous history of suicides.'

'On the second day the knee was better, and on the third day it disappeared.'

'Rectal examination revealed a normal size thyroid.'

'She is numb from the toes down.'

'Between you and me we ought to be able to get this lady pregnant.'

"I got told by the doctor that I was infertile and I couldn't have children. Three weeks after my girlfriend told me she was pregnant.
That doctor knows nothing.

The awkward moment in a maths lesson when the teacher and the class are discussing if the real answer is 15 or 16 and your answer is 206.

"My God, I really do have to lose weight. My clothes are beginning to get stretch marks"

POETS CORNER

AFTERNOON DELIGHTS

Cotton wool clouds in the blue on high
Like ships of the sky sailing by
After the winter dark and grey
This is the magic of a spring day.

I sit and watch the season anew
As a ray of light enhances the view
Reflections dancing on the sea
A tranquil scene, a contented me.

Fishermen work to prepare their nets
Ready for all the toil and sweat
Of hours of wet and cold at sea
To bring in a catch, fresh for tea.

Burnished colours of purple, red and gold
A beautiful fiery sunset to behold
Flowers have closed to the coming night
Among the soft hues of the twilight.

In the midst of bustle and groans
Of the dismal train journey home
The moment of wonder I recall
As I watched the world from the harbour wall.

Marie Gradwell (Jigsaw Committee Member)

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