

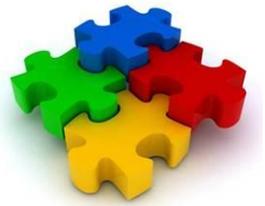
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 224 Tuesday 8th May 2018



Hi Everyone



“Joan”

We did not expect a full house today with it being the day after Bank Holiday Monday and the excellent weather we have had over the past few days.

We were down on numbers but you would not have noticed as the atmosphere was brilliant in the room today all down to Joan and her Musical Quiz.

She gave us a real teaser of a quiz. One of those that you recognised most of the music, singers, bands and composers etc but not able to recall any of the flippin names!

Infuriating, as I sang along with some of the songs but still did not get the title or the names of the singer.

Her categories for the quiz were as follows. ‘Towns/Cities/Countries’, ‘Rhythms’, ‘Singers/Bands/Tunes’, ‘Girls or Boys Names’, ‘Classical (Music and Composers’ Nationality)’, ‘What’s the next Line – sing out loud’, we finished off with a Sing along which had us all joining in. The winning score was 45 out of 50. A real fun afternoon – thanks Joan.

I told you about Trevor’s quiz which was a success last year. It costs £2 for one quiz paper £5 for three. Even though we had a small attendance and the music quiz took up most of the afternoon we raised £17. They will be available at the next ‘Drop In’. (See Page 5 for more details)

Lynn still has a few copies of a survey from a student at Winchester University, who would like your help about rehabilitation after stroke. If you think you would like to take part in this survey, please have a word with Lynn at the next meeting.

Football card. It took a few meetings to get this completed and it was finally won by Gladys who promptly gave £10 back to Jigsaw. Thankyou Gladys.

Best wishes to those ill, in hospital or convalescing. We hope to see you soon.

CANAL TRIPS – ROSE OF PARBOLD (ACCESSIBLE CANAL BARGE)



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.**

This is a lovely relaxing trip at a very leisurely pace. We serve a Buffet on board, with tea/coffee/juice/water but if you want to bring some wine, beer etc you can

Those going on the trip on Monday 14th May:-

Graham Bridge (Host)
BC Patel
Margaret McEwan
Norma Elsby

Lynn Bridge (Host)
Alan Butler
Bert McEwan
Harry Preston

Graham Lee
Barbara Butler
Ken Pearson
Jean Preston

Those going on this trip please be at Christ Church for 9.00am **we will depart 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 special 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

(Still a few Places left)



We are in the Marine Suite, which has a balcony.

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!

Access to the Marine Suite is via Reception on the 1st floor with access via a lift or stairs from the ground floor.

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 you want to go independently by your own transport, you can. If you do advise Lynn asap. There is limited space on the coach but there is no limit to numbers to attend the lunch (it's a large room).

There is an underground car park for the Ramada Hotel, 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 but please get the ticket validated at reception prior to departure.

Please note there is NO Shopmobility at Southport. Members are advised to take their own small scooters/wheelchairs where possible. Wheelchair users please make sure you have someone to push your wheelchair.



Those going on this trip should be at Christ Church for 9.45am, we will be departing for Southport at 10am. Arriving approx 11.30 am for lunch at 12.15pm. 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.

If you haven't yet completed a Menu selection form see Lynn/Sandra.

MEETING – TUESDAY 12TH JUNE 2018
LUKE ROBIN and JOHN KEARNS ENTERTAIN



Luke is a local musician who can be often be seen 'busking' in and around Bolton town centre and performing at local venues.

Luke plays Guitar, Sings, is a songwriter, plays the Cornet, Saxophone and also sings some of the 'Rat Pack' songs. There is a real mix of things from a very talented musician. He will be Singing and play a little Saxophone during his visit.

Luke's friend John Kearns will also be joining him to sing a selection of songs from Musical Theatre and also the 'Rat Pack'. There should be plenty of variety.

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



The JIGSAW Team 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 & May Leung.**

The walk can be a personal challenge or achievement, or you can just come along to support the team and watch.

We would like members to help by asking family, friends, neighbours, etc to sponsor the **TEAM** which means everyone can help to raise funds. Jigsaw will make a donation to The Stroke Association from money that we raise at this event. **Contact Lynn if you wish to sponsor the Team.**

Departing by Minibus from Christ Church at 9.45am. Those travelling independently be at Queens Park for 10.30am to register prior to 11am start. **(If any of the Team is unable to go on the day ring Graham on 07894 810901)**

There are toilets in Queens Park at the Lodge and the Café which will all be open (incl Café). 'Fingers Crossed for Dry weather!!!!'

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.

Trevor's Anniversary Quiz – 'Fundraiser'

Last Year Trevor prepared a Quiz which members could take away and do at home, then return by a due date. Trevor sold his Quiz to members and raised quite a good sum for Jigsaw. This year Trevor would like to do the same

It's an Anniversary year for Trevor – he is celebrating 50 years within Legal Departments and he is hoping that he can raise some money for Jigsaw.

The Quiz was on sale at this meeting and if you would like a copy for yourselves, family or friends, you can either catch Trevor at the next meeting, ring Lynn and she will post one to you which you can pay for at the next meeting

Trevor is also putting up the Prize Money. Full instructions are included with the Quiz. Trevor - Thank you very much.

DATA PROTECTION

There are new Data Protections rules due to be implemented at the end of May 2018. These changes will apply to personal data held by Jigsaw about individual members.

We are in the process of finding out full details and will shortly have further information on the new rules.

However, Members should be assured that all Data that is held by Jigsaw is confidential and we do not share this information with third parties.

The information we currently hold is name & address, date of birth, emergency contact in case anyone is taken ill at the group meetings or on outings together with details of medication members may be taking. (used if we have to call the emergency services). We also hold information on any dietary requirements or allergies and have a form signed by members to allow their photographs or a video to be used in Jigsaw Newsletters/on the Jigsaw Website to promote the group.

More information shortly.

NOTICES

Dates for your Diary for Forthcoming Meetings in 2018

'Drop In'	Tue 22 nd May Chill & Chat, Quizzes + Exercises with Ben
Formal Meeting	Tue 12 th June Luke Robin & John Kearns Entertain
'Drop In'	Tue 26 th June Chill & Chat, Quizzes + Exercises with Ben
Formal Meeting	Tue 10 th July Kennedy Caitlin Entertains
'Drop In'	Tue 24 th July 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. Neuro Physios, Wiltshire Farm Foods, Carers Info, Holidays, Stroke News magazine, Speakeasy 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.

Trevor's Legal Definitions.

Law.

Nickname of a girl called Laura Norder

Charity.

Girl who has Sisters, Faith and Hope.

Custody.

Normally served with Puddingy.

Now what would you do without me?
I would probably buy a hamster.

"Hey Dolly, we have an unexpected day off. Shall we pick up a couple of executives at the Midland Hotel and have an orgy?"
"We could do or I might just nip home and do my nets."

An old lady who had hearing difficulties asked the doctor if there was any chance of her becoming pregnant, The doctor said "not unless it were an act of God and should it happen it would be a miracle". Her husband asked "what did the doctor say?" She replied "I didn't catch everything but something about an act of cod and if I were to have a baby it would be a mackerel"

I asked this lady for a dance and as we were dancing and I said to the lady "How is it that as we are dancing you seem to be getting taller?"
She replied "I have a wooden leg and you keep turning me the wrong way"

Wigan has been named 'The Pie capital of Europe'
They now have Pies R Us, WH Pies, Piekea and Piestretcher'
The last one I think means they sell pasties.

An explorer comes across a dead elephant with a Pygmy stood on top of it. The explorer asked "did you kill that"
The pygmy said "yes".
"How?" asked the explorer.
"With my club" said the Pygmy
"It must be a bloody big club"
said the explorer "How big is it?"
The Pygmy replied "It is, I have about 90 members now.

Whilst driving through Horwich the other day I got a puncture but managed to get to a garage.
I asked the bloke "Do you have an Airline? He replied "Airline? Don't be daft, we've not even got a bus station"

A man walked up to the Barman and said "I've just had an attack of the Yaws"
The barman asks "what's Yaws" The man replied, "Thank you very much, I'll have a double whisky"

IMPOSSIBLE.

You can't count your hair.

You can't wash your eyes with soap.

You can't breathe when your tongue is out.

Put your tongue back in your mouth, you silly person

Old lady chatting to her friend "And we weren't having hysterectomies every two minutes either, like the girls these days. If owt went wrong down below, you kept your gob shut and turned up the wireless"

Our new dog is trying to please with his house training. He pooped four times on the paper yesterday, two of them when I was reading it!

As many of you know we recently lost one of our Jigsaw Members, our friend, Anne Hayes, who had many of her poems in the Newsletter over the years. This is one of Anne's from 2011:

A STROKE OF GOOD LUCK

"It's Not good news" – the doctor said.
As serious faced he stood by the bed.
The medics nodded as he spoke
"I'm sorry to say, you've had a stroke".
It can't be true! – It must be a joke.
That only happens to OLD Folk.
"I know" the kindly doctor said.
"But this time it's happened to you – instead.

Not the best of news. It could have been worse.
At least they sent an Ambulance not a Hearse.
Where do I go now? – I can hardly walk.
But unlike some poor folk, I'm still able to talk.
Join a club – they said, but it's not my thing.
But I can try it once – give it a fling.

So I went to JIGSAW and liked what I saw.
Met some new people and wanted to meet more.
But that is not where the story ends.
Those welcoming strangers became treasured friends.
So in retrospect, the STROKE – I Mistook, for a stroke of misfortune.
It was actually a STROKE of GOOD LUCK.

Anne Hayes 2011

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