

JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

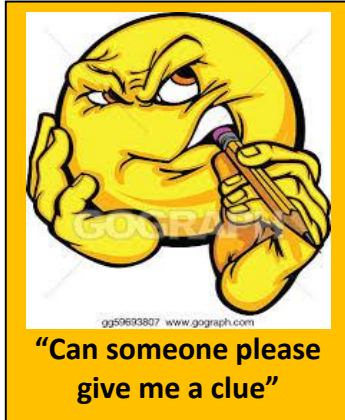
NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 225 Tuesday 22nd May 2018



Hi everyone.



I enjoyed today, I thought it was a good meeting. The quizzes threw up a few surprises and had quite a few of you wandering about to see what answers others had written down. I think this adds to the atmosphere and what I like is that with all this information swapping, still none of you got all the answers right.

Most of you will have noticed that we had Adrian from Bolton CVS circulating and chatting to a lot of you.

We have asked CVS to help us as to how we take the group forward and Adrian is the guy helping us to do it. (We will keep you informed of progress)

We had some **very good news** after the meeting.

For the last three months we have been asking the Bradley Fold Garden Centre management if they are prepared to put on a 'Pie/peas/cakes evening' again, like we had last year and which you all enjoyed.

Well the **Good News is "Yes, and apologies for not responding sooner"**

We do know it will be in August, the final date/details need to be resolved but we now know it will happen. (Watch this space)

We have had a **Canal trip** and a **Sponsored Walk** since our last meeting, both were excellent (see pictures **pages 2 and 8**). No poem this week, not enough room.

In addition to Adrian visiting us today we had two more gentlemen, Ken Heathcote and Win Myint Thein, come to see us to see if they would like to become volunteers. We hoped you both liked what you saw and will come again.

Several of you bought some of Trevor's quiz sheets fundraiser, (he has more). The closing date for this has been extended to 1st July, so you have plenty of time.

The exercise session went down very well as usual.

You will have noticed that we had information about a **Carers' Training Course** on the tables. If you are interested please ring Lynn on 01204 387704

Thank you to all our helpers and please **REMEMBER OUR NEXT MEETING IS IN THREE WEEKS ON TUESDAY 12TH JUNE. (We will have Luke to entertain us)**

ROSE OF PARBOLD – CANAL TRIP – MONDAY 14TH MAY



“Lynn and Norma”

This was the first of this year’s canal trips and what a great day it was. Great weather, great buffet (some wine was flowing) and a great group of people. There was laughter and lots of banter which created a great atmosphere.

I was supposed to be hosting the trip with Lynn but Norma (my sister in Law), Barbara and Margaret wanted to help so who am I to object. I think the day was described best when I asked Barbara what she thought of her first ‘Rose of Parbold’ trip. She just said “Brill”

Some Photos:



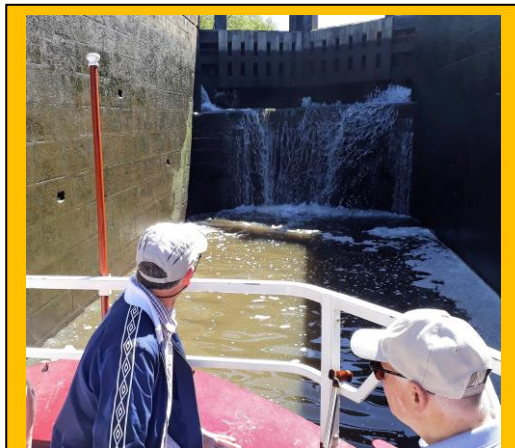
“Barbara between two thorns”



“A motley crew”



“We never stopped smiling”



**“Hey Ken. This box is leaking”
“I know Alan, you can’t get good ‘Grouters’ these days”**

CANAL TRIPS – ROSE OF PARBOLD (ACCESSIBLE CANAL BARGE)

(includes Mini-bus Transport & Buffet Lunch) Cost - £18.50 per person



Dates:

Thursday 21st June. (Full)

Monday 16th July. (Full)

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.

Those going on the Trip – Thursday 21 June

Sandra Jones (Host)

Sandra Luckman

Ray Walton

Anita Chazen

Sue Millington (Host)

Barry Kilkenny

Marjorie Walton

Joyce Crossley

Lilian Cole

Linda Fothergill

Tony Coleman

Silvia Mason

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)

FUNDRAISER – STEP OUT FOR STROKE – Saturday 19th May 2018



Sadly, 3 of the team were ill on the day and couldn't make it, but the rest of The '**JIGSAW team**' **did it!!!** (Marjorie & Ray Walton's family were there to join in as well).

The weather was excellent and the event had a great atmosphere. Queens Park, Heywood is a really lovely park to stroll around with plenty of seating and a nice café. (essential)

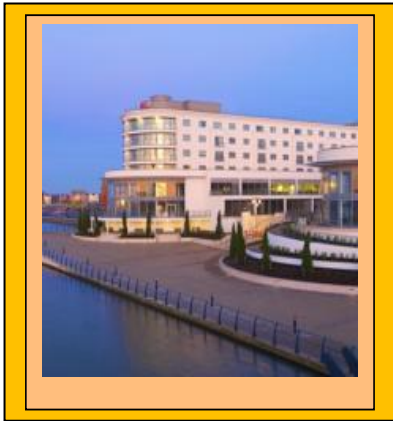
We will let you know how much has been raised for Jigsaw in the next few weeks when all the money is in.

[More Photos on the back page.....](#)

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

(Includes Coach & 3-Course Meal)

Cost: £25 per person



We are in the Ramada Hotel - Marine Suite, which also has a balcony.

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

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 please 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 is 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 please phone Lynn.

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.

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 sing and also play the 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.

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 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 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 June 2018

Jack Rowland
Jean Preston
Sheila Welsby
Jean Stones
Joyce Crossley

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.

"In elementary school, in case of fire you have to line up quietly in a single file line from smallest to tallest. Where is the logic in that?
Do tall people burn slower?"

"If your parents never had children, chances are you won't either."

As we approached the restaurant, there was a sign in the window which read "Karaoke tonight", my elderly Grandmother asked, "What sort of fish is that?"

She's only in her forties but my friend has bounced back from cancer, heart problems, even a stroke. Through it all, she and her husband have kept their sense of humour.
One day she said "You know what kills me?
Smiling, her husband said, "Apparently nothing."

Scientists have developed a new fuel to replace diesel. Apparently, the fuel is obtained by processing herbs. A spokesman said that in the future they hope to see buses running on Thyme.

A man dies and goes to Heaven. He is met by St Peter who asks "Have you done anything good in your past life?" The man says "Not that I can recall" Have you done anything brave in your past life?" asked St Peter.
The man replied that he had once walked into a pub full of Hell's Angels and invited them all to a fight. St Peter asked "and when was this?" The man replied "about 5 minutes ago"

Absolute scum, I left 2 Bolton Wanderers tickets on my car dashboard and someone has smashed the driver's window and left 2 more!

I don't know about you but I have a fear of lifts.
I have now learned how to take steps to overcome it.

If things get better with age, then I must be approaching magnificent.

A cat once ate a whole duck. Thereafter it was known as a duck-filled-fatty-puss

The England Football Team were in Brazil playing in a tournament and lost all of their games. The manager took them to a local Orphanage to take their minds off it.
"Aw, look at all those sad faces showing despair and little hope for the future" said 6 year old Jose.

This is very true. How many times have you been out with your wife / lady friend for a meal and the waiter will ask "Would you like chips with that?"
The lady invariably will say "None for me, I will just have a few of yours"
Your chips arrive and she says "I will just take one or two"
Within minutes half of your flaming chips have gone!

I asked a friend of mine if he knew what the 'Charge of the light Brigade was. He asked "Is it your electricity Bill?"

Fear is being stuck in a traffic jam after having had several cups of tea and a bran muffin!

POETS CORNER (Sorry! No Poem this week)

Step Out for Stroke – Jigsaw Team & Photos

Grateful thanks go to the Team on the day – Lynn Bridge, Lynn Dingley, Jean Stones, Susan Cowburn, Ray & Marjorie Walton (and family), Mary Felton, Mike Hallam, Maureen & Jim Hargreaves, Marie Gradwell, May Leung (even Maureen & Jim's Dog, 'Simba' received a medal). **Well Done everyone and 'Thank you'.**



"Ray Walton with family and Jigsaw Members"



"More Jigsaw members"



"and even more members with dog"



"Lots of walkers ready for the off"



"We did it and got the Medals"



"So did we and the rest of the Jigsaw team"
"WELL DONE EVERYBODY"

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**