

JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 226 Tuesday 12th June 2018



Hi Everyone



John Kearns and Luke Robin

In all the years that I have been involved with Jigsaw the voice we heard at today's meeting has to be the most memorable. For those of you that were there you will understand exactly what I am talking about. When I asked Luke if he would like to pop along and entertain us, he said "I would love to. I have a friend, he has a nice voice, would you like me to ask him along as well?" Nice voice? A remarkable voice.

Luke opened the proceedings playing the Saxophone and gave us a couple of tunes from Beauty and the Beast plus a couple from Les Miserables. He switched to the Guitar and sang songs by the Beatles, Elton John, Bob Dylan and then songs from the 'Rat Pack' ending with "What a wonderful World"

Luke does a lot of busking and playing background music in restaurants etc. He told us all after his performance that he was nervous as he had not played to a captive audience before, his audiences generally walk past and throw money into his guitar case!

Then on came John. The most unassuming and quite shy person you would like to meet. He opened his mouth and we were spellbound by a wonderful rendition of 'Fools rush in', 'Yesterday', some 'Rat Pack' numbers' and 'Street where you live'. Then out came the hankies as he sang 'I dreamed a dream', 'Hear my Prayer', 'Empty Chairs and Empty Tables' from Les Mis and then finished with a remarkable version of 'Music of the Night' from Phantom of the Opera. What a memorable afternoon.

We had a new lady, Barbara, came to see us with members of the Stroke Team' We hope you enjoyed your visit and will come again.

Trevor's Quiz 'Fundraiser' is still available and has been extended to 1st July.

Bradley Fold Pie and Peas – Thursday 23rd August (Teatime) (See Page 4)

Caring & You (see page 2)

Best wishes to those who are ill, in hospital or convalescing. We hope to see you soon and of course it goes without saying, a big thanks to our volunteers and helpers.

CANAL TRIPS – ROSE OF PARBOLD (ACCESSIBLE CANAL BARGE)



Dates:

Thursday 21st June. (1 Place left)
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.

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 Thursday 21st June (1 Place left)

Sandra Jones (Host)	Sue Millington (Host)	Lilian Cole
Sandra Luckman	Barry Kilkenny	Linda Fothergill
Ray Walton	Marjorie Walton	Tony Coleman
Anita Chazen	Graham Lee	

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)

CARING & YOU - (A Stroke Association Training programme for Carers)

Carers – check out if this programme might be of help to you.

Contains information on entitlements & support, communication difficulties, emotional/mood and behavioural changes of carers & stroke survivors, physical effects, importance of physical & emotional well-being and lots more

Dates: **All Wednesdays (5 week course) – 3 hours per session 1pm – 4pm**

20th June, 27th June, 4th July, 11th July & 18th July or

26th September, 3rd October, 10th October, 17th October & 24th October

Contact Pam/Kathryn on 01204 895940 for more information or to book on this training held at The Hub, Bold Street BL1 1LS. Information letter available.

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

(Includes Coach & 3-Course Meal)

Cost: £25 per person



Lunch is held in the Marine Suite, which also 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! After lunch the afternoon is yours to take a stroll, go to the shops, chill out on the pier or just do nothing.

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

The Coaches are now full but if you want to travel independently there is plenty of space.

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.

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. We often get cancellations at the last minute due to illness or hospital appointments.

If you are on the trip and haven't yet completed a menu form contact Lynn.

MEETING – TUESDAY 10th JULY 2018
KENNEDY CAITLIN ENTERTAINS



Kennedy is back, once again, to entertain us with a variety of music, songs from musicals, some pop songs, country songs etc. Most of you know she is a Dolly Parton tribute act and goes all over the country doing gigs as 'Dolly'.

Kennedy won't be in 'Dolly' costume on this occasion but it will still be a great afternoon.

If you are coming along please be at Jigsaw and seated no later than 1.10pm, so as not to interrupt Kennedy when she starts her performance.

OUTING – BRADLEY FOLD GARDEN CENTRE (Teatime Treat)
THURSDAY 23RD AUGUST 2018 (Set Menu)

£5.00 per person



Many of you will remember last year's visit to Bradley Fold garden Centre and we all had a great time during the evening.

Members make their own way there and back. We meet approx 5.15pm for Tea at 5.30pm in the Restaurant for Meat & Potato Pie & Peas followed by a selection of mini cakes + Tea/Coffee. (Waitress service)

The Garden Centre will stay open late (until approx. 8.00pm) for us to have a good look around – there are gifts, flowers/plants/garden accessories/pet food, clothing and accessories. Edinburgh Woollen Mill will also be staying open late especially for us during the evening.

Those with special dietary requirements should contact Lynn as soon as possible to arrange an alternative menu choice.

The list went up at the meeting today - there is space if you want to go and weren't able to attend the meeting. Contact Lynn on 01204 387704 as soon as possible to reserve your place.

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.

BOLTON HEALTHWATCH EVENTS - 'Bolton's Health & Social Care Plan'

Health & Wellbeing Market Place

3 x Local Community Events are taking place around Bolton:-

Monday – 25th June at New Bury Community Centre from 11am – 1pm

Wednesday 27th June at Little Lever Centre, Herbert Street 11am – 1pm

Friday 29th June at Horwich Community Centre from 11am – 1pm

Market place style stalls from various community groups incl: Bolton Cardiac Support Group, CAB, Senior Solutions, Asthma UK, Stroke UK, Parkinsons, Bolton Together, UCAN, Jeremiah Project, BAND, Allotment Groups, Over 50's Lads Club, Bolton Carers, CVS etc...

Your chance to share news & information, find out about local groups, meet members of the Community Asset Navigator Team, Ask questions etc...

Contact Deborah Robinson on 01204 394603 for more information

DATA PROTECTION – (GDPR)

New Data Protections rules came into force at the end of May 2018. These changes will apply to personal data held by Jigsaw about individual members.

Over the next month or so we will be issuing new Membership forms etc to ensure that information is up to date and that we comply with all aspects that apply to groups such as Jigsaw.

Please bring details with you - Emergency contact information in case you are taken ill at the group or on outings. You will also need a list of the medication you take and the conditions that you have eg Stroke, Asthma, Diabetes, Heart problems etc in case we need to call the emergency services

Members should be assured that all Data that is held by Jigsaw is confidential and we do not share this information with third parties other than in an emergency.

Information currently held is name/address/date of birth/emergency contact (for illness or in an emergency at the group meetings or on outings)/ plus details of medication members may be taking (used if we have to call the emergency services). We also hold information on dietary requirements or allergies. We have a form signed by members to allow their photographs/or video to be used in Jigsaw Newsletters/or on the Jigsaw Website to promote the group. We will also need you to confirm you wish to continue to receive the Newsletter either by post/email and we will provide a form for this in due course.

NOTICES

Dates for your Diary for Forthcoming Meetings in 2018

'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
Formal Meeting	Tue 14 th August Speaker – Michael Eastwood Egyptology
'Drop In'	Tue 28 th August 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.

Two country boys went to the coast and hired a boat to go fishing. They had a fantastic day and caught about 30 fish. One lad said to the other "mark this spot so we can come again." On the way home, he asked his friend how he had marked the spot. He replied "I put a big cross on the bottom of the boat" his friend said "you daft beggar, we may not get the same boat again"

A soldier gets a letter from his girlfriend breaking off the engagement and could she have her photograph back.

He collects about 16 photos from his friends, sends them to his girlfriend saying "I cannot remember which one you are, please take your photo and send the rest back"

Forest Gump at the Pearly Gates. St Peter says "you need to answer three questions to come in, the first one is, how many days in the week begin with T?"

Forest replies "Today and Tomorrow" St Peter says "Not the answer I expected but I suppose it's right"

Second question "How many seconds in a year?" Forest replies "Twelve, 2nd January, 2nd February right through to 2nd of December"

Again, St Peter acknowledges that it is a good answer but then asks "In the song, Waltzing Matilda, what is the name of the jolly Swagman?"

Forest replies "Andy." St Peter says "Where in God's name do you get that from?"

Forest replies "It is in the song, Andy sat, Andy watched, Andy waited as his Billy boiled" St Peter said "Come on in"

From a local newspaper.

"Child gets head stuck in banister rails. Local firemen were able to remove the child's head"

Harry walks into a pub. "Hi Harry" says one of his mates, "You put on a great show last thursday night when you were having a bit of hanky panky with your missus. You really should draw your curtains." Harry replies "Sorry to disappoint you mate, but I was away on business last Thursday night"

Locals are said to be in a state of shock after police found a stash of guns and drugs behind the Job Centre in Liverpool yesterday.

A spokesman for the city said "the people of Liverpool are shocked as they had no idea they had a Job Centre"

A young lad was burying his dead hamster in the garden. His watched him and as he finished he put his hands together and said "In the name of the Father, in the name of the Son, Into the hole he goes"

A man walks into a chemist "have you got anything for hiccups" he asks. The chemist slaps him across the face, so the man asks "what did you do that for?" The chemist says "You do not have hiccups anymore now, do you?" the man replies "No, but my wife still does"

A guy goes into a shop and asks for detergent to wash his dog. The shop keeper says you should use a dog shampoo. The guy ignores the advice and buys the detergent. A few weeks later he is in the same shop and the shop keeper asks after the dog. The guy replies "It's dead" The shop keeper says "I told you it was bad idea to use detergent" The guy replied, "it wasn't that, it was the spin cycle that did it"

In a Secondary school some of the girls are experimenting with different make ups and particularly the lipsticks. They gather in the toilets and leave lip impressions on the mirror. Every day the caretaker has to clean them off. He tells the teacher and asks that she brings the girls to the toilets to see how difficult it is to get these marks off and to stop kissing the mirror. When the girls are gathered he picks up his long-handled squeegee, dips it into the toilet bowl and proceeds to clean the mirror. The marks never appeared again.

A wife and her husband are arguing. She shouts "when we were first married you said you would die for me." He replies "and?" She shouts back "Now's the time"

An Artist and his model are kissing on the Sofa when he hears his wife coming in the front door. "Quick" he says "take your clothes off"

INSTANT POEM – JUST ADD WORDS

This poem isn't finished yet
It's just as early draft,
It's not the genuine article,
The rhyming's under par.

I haven't yet established
What I'm trying to do.
Don't ask me where it's going;
I haven't got a clue.

It's still a work in progress
And littered with mistakes,
I'm chucking paint at the canvas
To see if anything takes.

I could tackle some obscure subject
Like the life-cycle of the gnat,
Something, something, something...
And something that rhymes with that.

Or lift a line from someone else
Like a filthy rotten cheater,
Or go for something different
Like a subtle change of metre, *senorita*.

But it gets a bit complicated
With asymmetric rhymes,
And this is a bit of a rush job
So I haven't got the time.

Continued

Stick with the tried and tested
Don't go on too long,
Follow the usual formula,
Then you can't go wrong.

Set the scene, develop the theme,
Take it to an absurd extreme,
Aim for a crescendo then
Link it all back to the
beginning again.

Don't forget the punchline
Damned if I can think of one,
Rhubarb, rhubarb, rhubarb,
That's it. Finished. Done.

G Bell, Hants
From Daily Mail

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