

JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 227 Tuesday 26th June 2018



Hi everyone.



"Give us a flippin clue"

It was that hot today I did not expect to see many of you today, but you must have heard that the hall was nice and cool, as we had a reasonable turnout in the end.

As well as the normal teas and coffees, there were a lot of cold drinks being served. I had a couple myself. If you just switch off and imagine you are on your sun lounger imbibing in a nice fruity wine you can have a pleasant few minutes, that is until Lynn nudges me and says "Graham! Wake up and get on that microphone"

We had a new volunteer Linda, come to look at us today. At this point I usually say I hope you enjoyed your visit and will come again. Linda said immediately after the meeting that she loved it and will certainly be back.

Ben kept the exercise sessions a little shorter and easier as he did not want to work you too hard and get over hot.

The quizzes were challenging again so keep them coming Joan.

Southport trip. Please be at Christ Church no later than 9-45am next Wednesday 4th July. (It can take quite a time getting you all on board) See page 4 for details.

Our next meeting Tuesday 10th July we will be having Kennedy coming along to sing for us. See page 4 for details.

Henshaw's Living with Sight Loss Stroke Specific Programme

Henshaw's are running a course Living with Sight Loss course (following stroke) starting on Monday 16th July 2018 in an afternoon over 4 consecutive weeks at the Sensory Centre at Thicketford, Tong Moor. The course provides an insight into what services are available for people who are visually impaired and also what is going on in the local area. It is also an opportunity to meet other people and talk to people experiencing the same issues. Carers or family members are also welcome. For more information contact **Justine** on **07970 637 105**.

Best wishes to those who are ill or in hospital and a big 'thank you' to all our helpers.

ROSE OF PARBOLD – CANAL TRIP - Thursday 21st June 2018



**“Hosts for the Day,
Sandra and Sue”**

Another lovely bright dry day, a little breezy but a very enjoyable trip. Sandra and Sue looked after everybody very well, we seemed to be eating and drinking all day. It was eventful, as Gardeners decided to strim the grass on the lock side as we were in it. It went everywhere and those up front were covered! Good job we were not eating.

A very successful trip enjoyed by all.
Some photos below.



“Relaxed already”



“Smile from me, thumbs up from him”



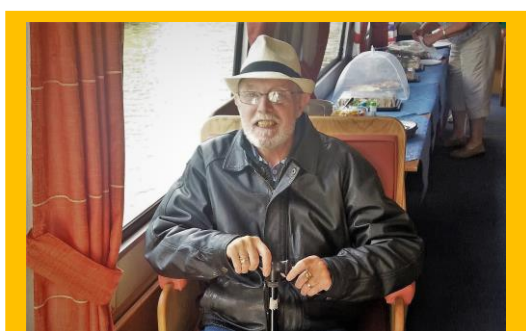
“We are happy”



“Fed and watered”



“When is this buffet being served?”



“My first trip, really enjoyed it”

CANAL TRIPS – ROSE OF PARBOLD (ACCESSIBLE CANAL BARGE)

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



Dates:

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 – Monday 16 July (Full)

Lynn Bridge (Host)

Marilyn Fletcher

Hilary Sharples

Mae Leung

Marie Gradwell (Host)

Maureen Hargreaves

Kath Maguire

Trevor Grundy

Lynn Dingley

Jim Hargreaves

Linda Fell

Sandra Grundy

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)

If you are ill or unable to go at the last minute please phone Graham on 07894 810901

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

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

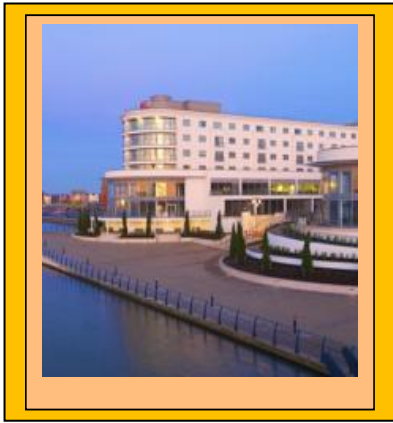
Contains information on entitlements & support, communication difficulties, emotional/mood and behavioural changes of carers & stroke survivors, physical effects, importance of your physical & emotional well-being and lots more

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

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)



Those going on this trip should be at Christ Church no later than 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 (departing Southport approx 6.15/6.30pm), which will be dependent on if the weather is good or not.

NB: Parking at Christ Church may be limited so we suggest you arrive by Taxi for your convenience.

Those going independently please be at the Ramada Hotel for 11.45am we are serving lunch at 12.15pm and would like everyone seated by then.

The 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 don't forget to get the ticket validated at reception prior to departure.

If you are ill or unable to go on the day please phone Graham on 07894 810901

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 professional 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.

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.

OUTING – BRADLEY FOLD GARDEN CENTRE (Teatime Treat)

THURSDAY 23RD AUGUST 2018 (Set Menu)

£5.00 per person



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)

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

Full details in the Newsletter of 12 June. Contact Lynn on 01204 387704 as soon as possible to reserve your place.

The Garden Centre will stay open late (until approx. 8.00pm)

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 10th July
Kennedy Caitlin Entertains

'Drop In' Tue 24th July
Chill & Chat, Quizzes
+ Exercises with Ben

Formal Meeting Tue 14th August
Speaker - Michael Eastwood
Egyptology

'Drop In' Tue 28th 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 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 July 2018

Sandra Grundy
Sandra Luckman
Marjorie Walton
Gwen Hyams
Phyllis Livesey
Lynn Bridge
Roy Fowler
BC Patel
Jack Lowe
Ken Helsby

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.

I found myself to be in a dark place yesterday. I was actually hiding in the wardrobe as my wife was in one of her moods.

A put down.
"People like you, are the reason that people like me are on medication"

Sporting Quotes

'I never comment on referees and I will not break the habit of life time for that prat'

'He has scored 11 goals this season. Exactly double the number he got last year'.

'Get your retaliation in first'

'I'd love to play for one of those Italian teams, like Barcelona'

'Playing that way is more effective against European teams like Brazil, than playing English teams like Wales'

'There he goes, down the back straight, opening his legs and showing us his class'

Have you heard of the new fantastic Chinese Diet. You can eat as much as you like but you can only use one chopstick.

Two cowboys come upon an Indian lying on his stomach with his ear to the ground. Just then the Indian looks up.

"Covered wagon," he says, "about two miles away. Have four horses, two brown, two white. Man, woman, child, household effects in wagon."

Incredible!" says the cowboy to his friend. "This Indian knows how far away they are, how many horses, what colour they are, who is in the wagon, and what is in the wagon. How does he know?!"

The Indian looks up and says, "Ran over me about a half hour ago."

Two Irish guys are doing a crossword. One says "how do you spell paint?" The other replies "what colour?"

What is the difference between ignorance and apathy?
I don't know and I don't care.

What do you call an Irishman who keeps bouncing off of walls?
Rick O' Shea!

Accused to the Judge "As God is my Judge, I am not guilty"
Judge replies "He's not, I am you are, six months"

A man is in court to hear the trial of a neighbour who is accused of killing the man's wife and mother in law. The Judge says to the neighbour "You are charged with beating your neighbour's wife to death with a Spanner"
The man shouts from the back of the court "You evil swine." The Judge looks at the man and says "I can understand your anger sir but please stay silent" The judge continues to the neighbour "you are also charged with beating your neighbour's Mother in Law to death with a spanner. Again the man shouts "You absolute lying evil swine"
The Judge says to the man "Sir I have acknowledged your understandable anger and if you have anything to say, say it now. The man still shouting says "For fifteen years I lived next door to that lying swine and every time I asked to borrow a spanner he said he didn't have one"

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

POETS CORNER

UNLUCKY MAN

by Glen Saggs

In London zoo a lion escaped
They forgot to lock his cage
It disappeared into the night
Hungry, filled with rage

Poor old Brian had lost his job
His life had hit the skids
His wife moved in with his mate
She also took his kids

He hit the bottle pretty hard
He started to get ill
His grandma died, he got the call
Turns out she had a will

She had millions in the bank
And she left it all to Brian
But on his way to cash the
cheque
He was eaten by the lion.....

THE ONE

by Vernon Waring

I held her in my arms
And kissed her tenderly
I knew our love would last
Throughout eternity

She was the sweetest girl
So lovely, fair and fun
I blessed the day we met
I knew she was the one

And then she fell asleep
This angel I adored
A smile graced her face
As she began to snore

The sound would wake a dead man
So eerie was her roar
I could only ponder
Where is the exit door?

I thought she was so special
This girl was mine for keeps
But that could only happen
If she never fell asleep

It was our final date that night
I said "farewell" with poise
I'll never forget my one true love
...Or that unbelievable noise

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**