

JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 228 Tuesday 10th July 2018



Hi Everyone



"Betty and Kennedy"



"Paula"

Well it was cooler in the room than it was outside that is for sure.

We understand that Kennedy was too loud for some of you, so sorry about that - the singers don't always appreciate the excellent acoustic parameters of the Hall.

The second half of the programme was far better, there was quite a bit of humour, Kennedy sang a little lower, her mother 'Betty' sang a few songs which went down very well and the show finished with Paula ending the afternoon with an excellent performance of a Les Miserable song 'I Dreamed a Dream'.

We heard songs from Carol King, Dolly Parton, Frankie Valli, Betty James, Elvis, The Mavericks, from the musicals, 'The Greatest Showman' and 'Funny Girl'. 'Betty' performed 'Working Man', '57 Chevrolet' and 'Stand by Your Man'. There was a good mix of songs. Thanks to Kennedy, her Mum and Paula.

Lynn and Sandra were surprised to receive Bouquets from Maisie, for their help in assisting her after her accident when getting back from Southport. A very nice surprise, I might add.



Henshaw's Living with Sight Loss Stroke Specific Programme;

Don't forget Henshaw's are running a course Living with Sight Loss (following Stroke) starting on Monday 16th July 2018 in an afternoon over 4 consecutive weeks at the Sensory Centre at Thicketford, Tong Moor. Ring **Justine** on **07970 637 105** for info.

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

Of course, I have to finish by once again thanking all of our super helpers.

CANAL TRIPS – ROSE OF PARBOLD (ACCESSIBLE CANAL BARGE)



Dates:

Monday 16th July. (Full)

Wednesday 8th August. (2 Places 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. (Maximum of 1 Wheelchair or 1 Walker on each trip)

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 16th July

Lynn Bridge (Host)

Marilyn Fletcher

Hilary Sharples

Trevor Grundy

Marie Gradwell (Host)

Maureen Hargreaves

Kath Maguire

Sandra Grundy

Lynn Dingley

Jim Hargreaves

Linda Fell

Graham Bridge

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**

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



Another beautiful day, a great drive there and back and the pleasant facilities that the Ramada Hotel offers.

The Marine Suite gives a nice atmosphere to enjoy what is always a nice lunch and a relaxing place, with the balcony overlooking the lake, to spend the afternoon. Another great day out.

Some pictures below.



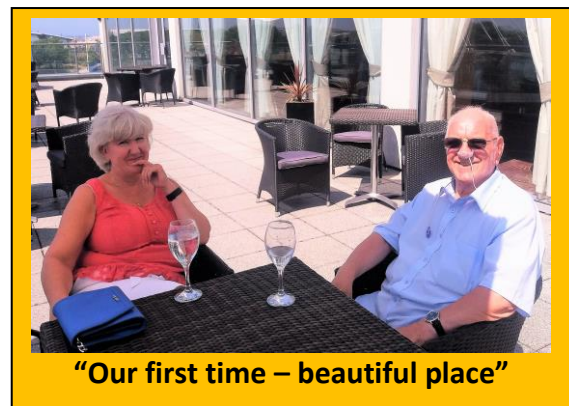
"Cheers Everybody"



**"Our first time
what a lovely day out"**



"Waiting patiently for Lunch"



"Our first time – beautiful place"



**"Carol, from Beaverbrooks, says
'It is a joy to help Jigsaw"**



**"Vicky and Leanne from Tesco who
support Jigsaw brilliantly"**

SAD NEWS – GLADYS HOLOHAN - Died Sun 8 July 2018 – Age 85yrs



Gladys loved coming to Jigsaw, both to the meetings and on the trips out and never missed either except if she was ill or had an hospital appointment.

Glady came with her friend Sheila, who came along to meetings or on trips to help Gladys, as following a stroke she had a visual impairment.

Gladys really enjoyed the trips and had a special banter with me at the meetings, she had a great sense of humour, lovely smile and liked a bit of fun, was very positive and just got on with things as best she could. Our sincere condolences to her family and friends and she will be greatly missed by all her friends at Jigsaw.

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)

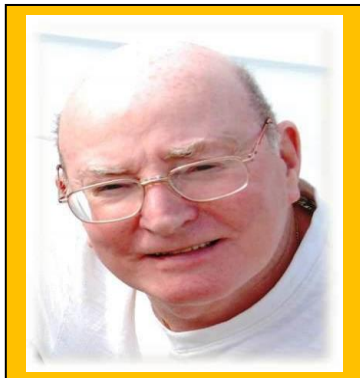
The Garden Centre will stay open late (until approx. 8.00pm) for us to have a good look around – there are gifts, flowers/plants/garden accessories/pet food, children's toys, cards, clothing and accessories. Edinburgh Woollen Mill will also be staying open late especially for us during the evening. (The Pet area will not be open)

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

There are spaces if you want to go. 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.

**MEETING TUE 14TH AUGUST 2018 – SPEAKER – MICHAEL EASTWOOD
EGYPTOLOGY**



Michael returns, once again to provide a talk on Egyptology.

Michael gives talks all over the country to various groups and schools here in the UK but he also helps act as a guide in various museums and does research in Egypt and USA.

His previous talks have been interesting and humorous.

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.

New Jigsaw Emergency Contact Forms were issued at the last 'Drop In' meeting. Can you please ensure you have a note of your medication/ condition/ dietary requirements and who to contact in the event of an emergency either whilst at the group or on outings.

If you haven't yet completed a new form please contact Lynn. Members who have joined in 2018 will not need to complete a new form unless their medication has changed.

At the next 'Drop In' we will be also be issuing another form to allow us to continue to send you the Newsletters and also to ask your permission to use your photo in the Newsletters or to advertise Jigsaw on the Website or other media to promote the group.

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.

NOTICES

Dates for your Diary for Forthcoming Meetings in 2018

'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
Formal Meeting	Tue 11 th September Margaret McDonald Sings (International Mezzo Soprano returns accompanied by Elin on the Piano)

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.

On a beautiful summer's day, two English tourists were driving through Wales.

At Llanfairpwllgwyngyllgogerychwyrndrobwyllylantysiliogogoch they stopped for lunch and one of the tourists asked the waitress: "Before we order, I wonder if you could settle an argument for us. Can you pronounce where we are, very, very, very slowly?"

The girl leaned over and said:
"Burr... gurrr... King."

An 80 yr old woman goes on a blind date with a 90yrd fellah. When she got home her daughter asked how the date had gone, Her mother said "I had to slap him three times"
The daughter asked "Did he try it on, was he getting fresh?" Her mother replied "No. I wish he had. I thought he was dead"

A man in a retirement home was 100yrs old. He told the staff that he would like to celebrate by making love. The Queen sent him a telegram and the Duke of Edinburgh sent him a diagram.

Hear about the Spanish woman who only had one tooth. She was called Juanita.

Caller to BT Directory Enquiries: "I want a knitwear company in Woven"
Operator: "Woven? Are you sure?"
Caller: "Yes, that's what it says on the label. Woven in Scotland."

Nurse: "Doctor, the man you've just treated collapsed on the front step. What should I do?"

Doctor: 'Turn him around so it looks like he was just arriving!'

O'Callaghan was getting irate and shouted upstairs to his wife, 'Hurry up or we'll be late.'
'Oh, be quiet,' replied his wife. 'Haven't I been telling you for the last hour that I'll be ready in a minute?'

A Grandfather has gone missing after eating four cans of beans, two cauliflowers and a jar of gherkins. His family have made an emotional appeal for him **not** to come home for at least a fortnight.

Old Yorkshire couple lived out on the moors in a cottage with no electricity and only candles to provide the light. The old fellah is on his deathbed and asks his wife if he can have a candle to light the room. His wife says "okay, but candles are expensive so if you feel yourself passing away, blow out the candle"

A Scotsman walking through a field, sees a man drinking water from a pool with his hand. The Scotsman shouts 'Awa ye feel hoor thatâs full Oâ coos Sharn' (Don't drink the water, it's full of cow poo.)
The man shouts back 'I'm English, Speak English, I don't understand you'.
The Scotsman shouts back 'Use both hands, you'll get more in.'

Love may well be blind, but there are occasions when it would help if it was deaf as well.

My wife can light up a room, just by moving away from the window.

POEMS

ABODE WITH ME

"It's Just an Old House", I heard someone
say

Through many years I had survived
For a long while I was so lonely
Then I waited for you to arrive

A new family was soon to dwell with me
An exciting, unsure unknown
I hoped they'd be a soulful caring clan
And make me, 'Just an Old House'... A
Home

In a short while I became a part of you
I felt your smiles and tears, big and small
A welcome sanctuary for you to shut out
this world

More than a place with some rooms and a
hall

I wished I could have answered
As I listened and shared it all
How frustrated was I when you uttered in
jest

"I might as well talk to the Wall"!

But now you have outgrown me
It's time for you to leave
Soon I'll turn from home to house again
And will be left alone to grieve

Continued ...

Contd.....

Everything you lived through, I
absorbed
My structure holds memories of gold
I'm sure at the end you knew and felt
my worth
Was more than the profit in 'House
Sold'

Only bricks and mortar some people
say
It makes me sad that they feel that way
I become family too, why can't they
see

Not just sand, cement, wood and clay

I'm aware I need some large repairs
Due to my weathered maturity
Like human beings in later years
I need a facelift, company and security!

So when you notice House 'For Sale or
Rent'

Whether I've been left neglected or
smart

Remember, I'm not just a roof over
your head
And that 'Just an Old House' Has a
Heart.

Marie Gradwell
(Jigsaw Committee Member
& Stroke Survivor)

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