

JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 229 Tuesday 24th July 2018



Hi Everyone



**"Cakes and Samosas"
"Happy Birthday BC"**

The helpers and I thought that today's meeting had a very nice feel to it. I think that the cakes and Samosas, courtesy of BC Patel (Birthday Boy) and family friend, Punita, could have had a lot to do with it.

The Samosas were delicious! BC had arranged that most of them were not spicy and the rest had a mild spicy kick. Whatever, they were flippin' good!

I mentioned that Mary, the daughter of Anne Hayes who died recently, had raised £400 through Royal Mail fundraising events (during the World Cup), for Jigsaw which was a real surprise but a much appreciated one. Mary & Lindsay called in to present us with the money. (See photo – Mary on Right)



I would like to thank Trevor for arranging and 'selling' his quiz to members and 'outsiders' and raising £80 for Jigsaw. List of prize winners (see last page)

We had two new members Anne and George come to see us today. We hope you enjoyed the afternoon and will come again.

Caroline from 'Health Watch' called in today and wandered about the tables asking for your opinions on "Housing and Care Options". She was very impressed with Jigsaw and thanks those of you that expressed your views.

Canal trip - Wed 8th August (See page 3 for details)

We were short of helpers today, so a 'big 'thankyou' to all our helpers who did a great job today.

Our best wishes go to all who are ill, in hospital or convalescing.

NOTE: it is 3 weeks to our next meeting – Tue 14th August - Speaker (Page 5)

CANAL TRIP – MONDAY 16TH JULY 2018



"Our hosts for the day"

Our hosts today were Lynn & Marie, who looked after us very well. We set off in rain but once on-board the weather cleared up and we were all able to sit outside to enjoy the warm weather and relax in the fresh air. The Buffet was good, as usual.

We had several altercations with some tree branches and the canal banks but otherwise a good day out. The next trip may require hard hats and seat belts!

A few photos below:



"Hilary and Marie – Soft Focus?"



"It is so nice to just sit an relax"



"Who is that with Trevor?"



"It's Lemonade and you are not having any!"

CANAL TRIPS – ROSE OF PARBOLD (ACCESSIBLE CANAL BARGE)



Dates:

Wednesday 8th August (Full)

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 Wednesday 8th August 2018

Gwyneth Johnson (Host)

Lynn Dingley

Susan Cowburn

Graham Bridge

Maureen Hargreaves (Host)

Rhona Talbot

Jean Stones

Beryl Ashworth

Jean Booth

Beryl Yates

Joyce Auty

Mary Downes

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.

OUTING – BRADLEY FOLD GARDEN CENTRE (Teatime Treat)

THURSDAY 23RD AUGUST 2018 (Set Menu)

£5.00 per person



THIS TRIP IS NOW FULL – IF YOU WANT TO BE PUT ON THE WAITING LIST IN CASE OF CANCELLATION CONTACT LYNN on 01204 387704

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. (The Pet area will not be open). Edinburgh Woollen Mill will also be staying open late especially for us during the evening.

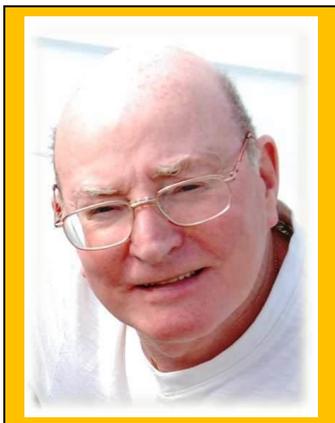
Those with special dietary requirements should contact Lynn as soon as possible to arrange an alternative menu choice.

Henshaw's 'Living with Sight Loss' - Stroke Specific Programme

Henshaw's will be running another course 'Living with Sight Loss' (following Stroke) in **Jan/Feb 2019** in an afternoon over 4 consecutive weeks at the Sensory Centre at Thicketford, 336 Ainsworth Lane, Tong Moor, BL2 2QL.

The course provides an insight into what services are available for people who are visually impaired, various aids that are available 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 and to be placed on the waiting list for the stroke specific programme in 2019 - contact **Justine or Suzie on 07970 637 105.**

**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.

This time his talk is entitled '**Together, Forever, And Never to Part**' (the tale of **an Ancient Egyptian Couple**)

His previous talks have been interesting and humorous.

Update on Search for Jigsaw – Volunteer Officers (Chairman, Treasurer & Secretary)

As many of you are aware Lynn & I announced at the last AGM (Feb 2018), that we would be standing down from our various roles in Jigsaw at the next AGM in February 2019.

We wanted to let Jigsaw members know the progress we have made so far:

- We have met with Bolton CVS and received both support & advice
- We have advertised the roles on the 'Do it' Website (national database for volunteering in the UK)
- Bolton CVS have advertised these Roles via email to their Membership of Groups within Bolton and we will continue to do so every few weeks
- We have written to several organisations requesting their assistance with helping to circulate the volunteer roles amongst their contacts (these include, Local Councillors, Healthwatch, NHS Foundation Trust, Bolton Hospital, the CCG etc) and will continue to circulate to other organisations

To date we have not received any applications – but we will be contacting Bolton News and Bolton FM shortly

Can you help????

Please ask family/friends if they know of anyone who might be willing and able to help and for them to get in touch for an informal discussion with myself.

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.

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 and again today. 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.

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.

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 'Drop In' today we also issued 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.

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

Formal Meeting Tue 14th August
Speaker – Michael Eastwood Egyptology –
'Together, Forever And Never to Part'

'Drop In' Tue 28th August
Chill & Chat, Quizzes
+ Exercises with Ben

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

'Drop In' Tue 25th September
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.

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.....**

BIRTHDAY GREETINGS

For August 2018

Joe Baldwin
Paul Neary
Mary Chadbond

Remember if we do not have your birthday
details then we can't give you a mention

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

'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.

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.

HUMOUR SECTION Always remember this: You do not stop laughing because you grow old. You grow old when you stop laughing.

A man is about to enter a meeting at work when he realizes that he forgot some important paperwork. He calls home so that his wife can retrieve them. The maid answers the phone and says that his wife is busy. He demands that the maid put his wife on the phone. The maid informs the man that his wife is in bed with the gardener. The man goes nuts, and offers the maid one million dollars to shoot them both. The maid agrees and he soon hears two gunshots. The maid returns to the phone and he asks her what happened. The maid says she shot his wife in bed and the gardener ran, so she shot him by the pool. The man says, "Pool??? Is this 385614???"

You know it is going to be a bad day when your water bed is busted. Then you realise you do not have a water bed!

In an Astronomy class the professor says "For your homework I want you to research any of the Planets in our Solar System. For one of particular interest I would suggest you look up Uranus"

Ethel and Ruth are reminiscing. Ethel said "I used to have an Afghan coat and a cheesecloth shirt. Do you still have the hot pants?" Ruth replies I certainly do, but that's the menopause for you"

A preacher goes into a bar and says "Anybody who wants to go to heaven, stand up." Everybody stands up except for a drunk in the corner. The preacher says "My son, don't you want to go to heaven when you die?" The drunk says "When I die? I thought you were taking some of us now."

A teenage lad watching his mother applying cold cream to her face asks "What do you put that stuff on for?" "To make myself look beautiful" his mother replied. Fifteen minutes later she takes a tissue and starts to take it off. The lad says "what is the matter, are you giving up?"

I took my new girlfriend to a spanky new French restaurant. She had frogs legs and chicken breasts, but a lovely personality.

My wife says that when I dance it looks like a coma victim being stood up and zapped with a cattle prod.

An elderly lady was given a computer for her birthday. Her grandson was trying to get her to use the Internet. "I am not too sure about this" she says. "It's easy Gran, pretend the Internet is a person and ask it whatever you want." She types very slowly "How is my sister Alice doing after her varicose vein operation?"

A lady rings the bank, and a woman with an Indian voice answers. The lady asks "Am I speaking to the branch in the high street?" The Indian lady replies "No madam, you have come through to the bank call centre in India" The lady says "Oh dear, you will not be able to help me, I need to talk to the branch" The Indian lady replies "There is nothing that the branch can help you with, that cannot be dealt with by me" "Very well" says the lady "can you just look on the counter, to see if I left my gloves there this morning"

A Golden Chain

Friendship is a Golden Chain,
The links are friends so dear,
And like a rare and precious jewel
It's treasured more each year...

It's clasped together firmly
With a love that's deep and true,
And it's rich with happy memories
and fond recollections, too...

Time can't destroy its beauty
For, as long as memory lives,
Years can't erase the pleasure
That the joy of friendship gives...

For friendship is a priceless gift
That can't be bought or sold,
But to have an understanding friend
Is worth far more than gold...

And the Golden Chain of Friendship
Is a strong and blessed tie
Binding kindred hearts together
As the years go passing by.

by Helen Steiner Rice

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

“TREVORS QUIZ” (Fundraiser)

List of Winners:

1st Prize	Barry Kilkenny	£20
2nd Prize	Glynis Hardman	£5
3rd Prize	Mary Connolly	Two small bottles wine
4th Prize	Jack Lowe	Two small bottles wine

(The winners of the Wine – please see Graham at the next meeting)

‘Good Companions’ Prize - Lynn Bridge/Graham Bridge (Bag of toffees)

‘Thank you’ Trevor, for giving up your time to compile this quiz and raising £80 for Jigsaw.