

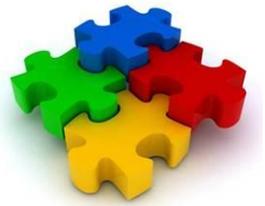
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

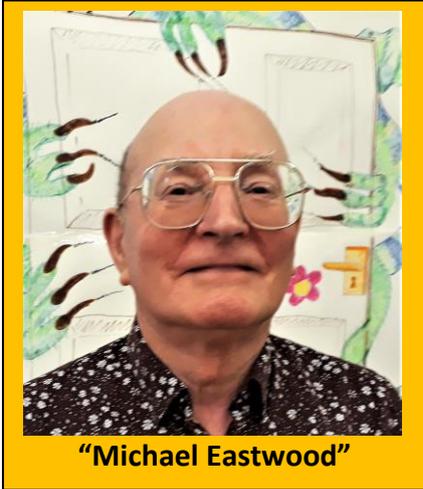
NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 230 Tuesday 14th August 2018



Hi Everyone



What is it about Egyptology that people find so fascinating? Could it be, that when you listen to an expert, like Michael, who delivers his talks with such enthusiasm about the subject you can't help but be fascinated?

His talk today was slightly different in that he told us about, and showed pictures of, a tomb that had never been disturbed and when opened everything was just as it was when the occupants were buried in it.

The occupants were KHA and MERYT who were not Pharaoh's or Royalty but a very rich and well to do husband and wife. The find was one of the most important tombs ever to be discovered.

The contents of the tomb were removed very quickly, after the opening, and transferred to Turin Museum undamaged.

Michael has been to the Museum and showed us photos of all the artifacts and described them so brilliantly. A great talk Michael, "Thank you".

We had two new members Francis with Dave come to see us and also Alison who came with a view to becoming a volunteer. Hope to see you again.

We say "thank you" to Maureen and Jim Hargreaves for bringing in bags of tomatoes and garlic from their allotment for sale with proceeds going to Jigsaw. They raised £19-05p. Jim says there are more to come.

Tesco had chosen Jigsaw as one of three charities that shoppers can vote for by popping blue discs, obtained after every shop, into the plastic containers. This starts in September. I will let you know which stores are participating.

Reminder – those going on the Bradley Fold Garden Centre Outing be at the Restaurant for 5.15pm to eat at 5.30pm. (Edinburgh Woollen Mill will be offering 20% discount to Jigsaw members on the night). See page 3

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

Once again Thanks to all the volunteers and helpers.

CANAL TRIPS – ROSE OF PARBOLD – WEDNESDAY 8th AUGUST 2018

Good trip today, we did have a few light showers but still managed to sit out and enjoy the dry sunny weather. It really was pleasant up front in the warm sunshine. Maureen and Gwyneth were our Hosts to day and did us proud.

Buffet went down a treat and everyone enjoyed the day.



**"Graham, get out of my Kitchen.
Where is Gwyneth?"**



**"I am here Maureen, having a giggle
with my friend Mary"**



"Sun, cup of tea and a biscuit - Bliss"



**"Psst – Sheila, fancy another glass
of Lemonade"**



**"Beryl - a paper towel sun
hat doesn't really work"**



**"Well Rhona, haven't we had a
lovely day"**

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.

WEDNESDAY 3RD OCTOBER 2018 - THEATRE ORGAN HERITAGE CENTRE
£5.00 per person



We are running a **small** trip to the theatre in Patricroft, Eccles. **(Maximum 12 People).**

There will be a performance by 'David Lobbon' who is one of the Blackpool Tower Organists and performs all over the country on 'Wurlitzer' Organs.

NB: this is not Church organ music but covers many decades of dance/popular music on a 3-tier Wurlitzer Organ and is a very entertaining afternoon.

Full details will be given in the next Newsletter, however, if you think you might be interested please contact Lynn as soon as possible. Because of very limited numbers it will be on a first-come, first-served basis.

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

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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.

OLYMPUS FISH & CHIP RESTAURANT – MONDAY 15TH OCTOBER 2018

Two Course Lunch (Main & Dessert) (Make your own way there and back)

Special Price £5.00 per person (in memory of the late Anne Hayes)



The list for this outing will be up at the ‘Drop In’ meeting on Tuesday 28th August.

Tasos, Ali & the team will be welcoming us back to the Olympus and providing full waitress/waiter service for us as usual. We are limited to 66 people for this visit (Olympus’ request).

You make your own way there and back.

There will be a 2-course meal (main & dessert). There is a good choice of food – you **don’t** have to have the usual fish & chips – they have steamed fish, salmon, steak puddings, pies, jacket potatoes, moussaka, salads, sandwiches, homemade desserts, ice-cream etc). So, there is plenty of choice to suit most people.

Meeting at the Olympus at 11.30am – Orders will be taken at 12 Noon.

Allow a couple of hours for a leisurely lunch (It takes some time to serve 66 people!) so arrange for Taxi’s/cars to pick you up at around 2.15pm-2.30pm.

If you are unable to attend the next meeting and want to go on this outing – please contact Lynn on 01204 387704 as soon as possible.

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.

TUESDAY 11TH SEPTEMBER 2018 – MARGARET McDONALD (International Mezzo Soprano) performs - (Accompanied on The Piano by **ELIN REES**)



Margaret McDonald is a Tutor at Chetham's School of Music in Manchester as well as being an International Mezzo Soprano. Margaret has been to Jigsaw with the students from Chetham's previously and is returning once again to perform

Accompanying Margaret on the Piano is Elin Rees. Elin is the Organist at Bury Parish Church and is a much sought-after accompanist nationally.

Last year's performance was brilliant. We do try to bring members a good mix of different singers/music to enjoy. The theme this time is:

'Round the World in 60 mins' – Passports not needed!
There will be music to suit all tastes and a few stories along the way.

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 past few weeks we have advised Members of the changes and that new forms are required for us to comply with the new arrangements.

If you haven't yet completed the New Emergency Contact Forms please see Lynn at the next meeting.

If you haven't yet completed a Form to continue to receive a copy of the Newsletter, and have your approval to use your photo in Newsletters, on the Jigsaw Website or other media to promote the group – please see Lynn at the next meeting.

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 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)
'Drop In'	Tuesday 25 th September Chill & Chat, Quizzes + Exercises with Ben
Formal Meeting	Tuesday 9 th October The Travellin' Strings Entertain

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.

I have been obsessed with 'The Hokey Kokey' for years. I have now turned myself round and that's what it's all about.

There was a commotion at the Funeral parlour today, when it was time to put the man who wrote the 'Hokey Cokey' in his coffin. They put his left leg in and that is when it all started...

With all the new technology regarding fertility recently, a 70-year-old friend of mine was able to give birth. I called round to see the baby. 'May I see the new baby?' I asked 'Not yet,' She said "You can see it when he cries" 'WHEN HE CRIES?' I asked 'Why do I have to wait until he CRIES?' 'BECAUSE I FORGOT WHERE I PUT HIM, O.K.?!!!!

A married man walked into a florists and asks to buy some flowers. "Certainly sir, what sort of flowers would you like?" The man replied "I am not sure" "Well perhaps I can help" said the florist "What exactly have you done?"

"I once went to one of those parties where everyone throws their car keys into the middle of the room. I don't know who got my moped but I've been driving this Peugeot for years."

Three mates are down the pub. Bill and Joe are arguing about the amount of control they have over their wives, while the third bloke, Fred, says nothing. After a while, Bill turns to Fred and says, "Well, what about you? What sort of control have you got?" "I'll tell you," Fred replies. "Just the other night my mis-sus came crawling to me on her hands and knees." The other two were absolutely amazed. "What happened then?", Joe asked. "She said, 'Get out from under the bed and fight like a man!!!".

In addition to the 7 Dwarfs of Walt Disney there are, apparently, the 7 Dwarfs of Menopause. Their names are Itchy; Bitchy; Sweaty; Sleepy; Bloated; Forgetful & Psycho

I'll tell you who really give kids a bad name – Posh and Becks

My Mother in Law was gazing through the window all morning. My wife said "Enough is enough, will you please let her in"

I have a stepdad that is called Stan. It's a bit weird as my real father is also called Stan. But I don't like other people whose Dads are called Stan. This is because I've got double Stan Dads."

I came out of the Doctors in a great mood the other day. He said that the medical profession wanted to name a disease after me.

"A friend of mine always wanted to be run over by a steam train. When it happened, he was chuffed to bits! "

A guy carrying a pole approaches the entrance to the Olympic Stadium. The attendant asks "are you a Pole Vaulter?" The guy says "No, I am German but how do you know my name?"

POEMS

COME RAIN OR SHINE

'Hello! Mrs Betts,' said Mrs Bay,
'Well, what do you think of this rain'
'Isn't it awful and, even worse,
It brings on each ache and each pain.'

'With the wind last night, couldn't sleep a
wink

'And the gate it kept banging, too
'And him indoors never stirring a jot
'Just snoring the whole night through.'

'I know, Mrs Bay, I was the same
'Tossing and turning, and lying awake,
'And feeling so cold – what with the snow
'So when will this dire weather break?

'Plus the boiler's broke down
'And the pipes have just burst'
'Of all of our winters
'This must be the worst!'

'Hello! Mrs Betts, nice to see you again,
'Well what do you think of this heat?
'I find it so very uncomfortable
'And just look what it does to my feet.'

'You don't need to tell me, I know Mrs Bay,
'I can't breathe – it's so humid and hot.
'I stay inside for most of the day.
'How much more of this have we got?'

Continued.....

Contd.....

'This heatwave is forecast for weeks,
Mrs Betts,
'It's the hottest for years that's a cert.'
'And him indoors doesn't feel a thing,
'Cos he's wearing a thick nylon shirt!'

'Well, Mrs Bay, I'll be going inside
'To get away from all of this sun.
'The sky is so blue it hurts my eyes
'I'll stay indoors till the summer's
done.'

'And isn't the noise from the kids
outside,
'Mrs Betts, now becoming a right
pain?'

'Roll on the winter, is what I keep
saying,
'And what we need most of all is the
rain!'

*Janet Byrne
Harrow, Middlesex
(taken from the 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