

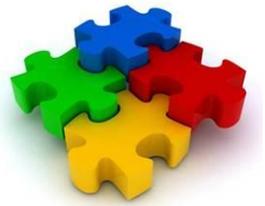
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 233 Tuesday 25th September 2018



Hi Everyone



"Carol presents me with the cheque"

We had a full house today and a surprise from Beaverbrooks the Jewellers in Bolton.

Carol, from Beaverbrooks, came to present us with a cheque for £1,000! Whilst that was a surprise for all of you, it was a surprise for me as I heard earlier that we were going to get £750.

A brilliant gesture from Beaverbrooks. Not only have they raised this money for us but Carol has been on our Summer trips to help out with

wheelchair pushing. Jigsaw says a big "Thank you" to all at Beaverbrooks.

The numbers were swelled somewhat by the new members who came to have a look at us today. As many of you will know (as many of you have gone through it) it is not easy for a Stroke Survivor to walk into the room for the first time.

Our new visitors today were Mark & Maureen with Sally; Jean with Grace; Kath with Julie and Linda & John came with Beryl. We hope you enjoyed your visit and will come again. We always suggest new members should visit two or three times so they can get a feel for the group, as each meeting is different.

The Quizzes proved challenging again and no table had all the answers but you all seemed to enjoy them.

Bert McEwan won the football card and promptly donated £10 back to Jigsaw. 'Thanks' Bert, much appreciated.

If you are in Tesco, Little Lever, Radcliffe or Farnworth do obtain a few of the 'blue' charity tokens when shopping. Jigsaw Stroke Group is one of the 3 charities that customers can vote for each time they shop. 'Every Little Helps'....

We have to say a huge 'Thank You' to Mike Hallam, who has stepped down from the Jigsaw Committee due to other personal commitments. Mike has made a brilliant contribution to Jigsaw over the years and he has said he will still pop in to see us from time-to-time. Hope to see you soon, Mike.

Best wishes to those ill, in hospital or convalescing. Finally, many thanks, as always, go to our brilliant volunteers/helpers and those who donated stamps.

WEDNESDAY 3RD OCTOBER 2018 - THEATRE ORGAN HERITAGE CENTRE
£5.00 per person (includes Coach & Admission) (Small Trip Max 12 People)



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

Those on this trip please be at Christ Church 10.45am. Departing Christ Church at 11am, returning from the Theatre at 3pm, and getting back to Christ Church approx. 4pm (traffic permitting). **The Concert itself is from 1pm – 2.45pm with a short interval mid-way.**

You can either take a sandwich for your lunch or buy a snack at the Theatre (these include Bacon Butty's, Hot Dogs, Toasted Teacakes, Crumpets, Biscuits). Tea/Coffee also available.

OLYMPUS 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)



Tasos, Ali & the team will be welcoming us back to the Olympus and providing full waitress/waiter service for us as usual.

Meeting at the Olympus at 11.45am – Orders will be taken at approx 12 Noon.

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.

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 want to go on this outing or be put on the 'Wait List' in case of cancellation– please contact Lynn on 01204 387704 as soon as possible.

CHRISTMAS LUNCH – HOLIDAY INN, BOLTON – TUESDAY 4TH DECEMBER 2018
(Make your own way there & back) £20 per person



The list for this event went up at the meeting today and we had a good response. There are limited numbers, so **if you want to go on this outing please ensure you contact Lynn as soon as possible.**

There will be a 3-course Christmas Lunch followed by coffee & mints plus entertainment for the afternoon. (Menu forms now available)

If you have specific dietary requirements you need to advise as soon as possible.

As in previous years, you **make your own way there and back** and we suggest you use taxi's or car share. Parking on site is limited and it will be much easier for you to be dropped off at the door and collected later in the afternoon.

Parking at The Holiday Inn is under the management of 'Parking Eye' and you will need to ensure you register your vehicle registration number on arrival to qualify for free parking. Wheelchair users would be advised to park on the underground area of the Hotel as there is a lift to the ground floor. Topp Way multi-storey car park is also near-by and Genting Casino NCP Car Park is opposite the Hotel.

Arrival **11.45am for lunch served at 12.15pm.** Entertainment approx. 2.00pm to 3.45pm and **Russell Shaun** will join us once again to entertain for the afternoon. (Back by popular demand). Russell is a 'swing singer' with a brilliant voice. If you want to check him out have a look on 'You Tube'.
Tea / Coffee and biscuits approx. 3.45pm. Event finishes at 4.30pm.

We have the room for all afternoon so you can stay to relax and have a few drinks if you want. At last year's event, a few of us were still in the room at 5.30pm!

There is a lot of work goes on behind the scenes to try and provide an enjoyable afternoon for you all, so if some of you intend to leave early we would like you to tell us, so that maybe we can seat you on one table. That way the room can retain its atmosphere.



MEETING – TUESDAY 9TH OCTOBER 2018
STUART ROACH – NEIL DIAMOND TRIBUTE ACT – ENTERTAINS

Stuart will be entertaining us with his tribute act to 'Neil Diamond'.

We are sure there will be plenty of familiar songs to sing-a-long to, so do come along for what promises to be a good afternoon.

JIGSAW – FEEDBACK FORMS 2018

Each year we ask members to complete a 'Feedback Form' to see if we are running the group as you wish and if any improvements can be made. If you didn't attend the last couple of meetings, can you please make sure you contact Lynn and obtain a form to complete. If we don't know something is wrong we can't change it, so make sure your opinion is known.

DATA PROTECTION

Please don't forget – if you haven't already completed a new Emergency Contact Form, you need to do this as soon as possible.

We need to keep the member records up-to-date.

CHRISTMAS SCAM

I mentioned at today's meeting that there is a Scam in operation just in time for Christmas.

If you get a card through your door from PDS (Parcel Delivery Service) which has wording to the effect 'We have tried to deliver a parcel today but there was no one in'

To retrieve your parcel please ring 0906 6611911.

DO NOT RING THIS NUMBER!!!

THERE IS NO PARCEL.

If you do ring this number it will cost you £315.

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.

STROKE ASSOCIATION CHRISTMAS CARD COMPETITION 2019

Do you have a passion for painting, a flair for photography or a delight for design? The winning design will be **professionally printed and featured in the 2019 card selection** and several designs will be shortlisted for the corporate e-card design.

To enter, please send your original artwork and some information about yourself and your design to Stroke Association by Tuesday 29th January 2019.

Enter by email or post: Christmas Card Competition 2019, Stroke Association, 1 Sterling Business Park, Salthouse Road, Brackmills, Northampton NN4 7EX
Email: cardcompetition@stroke.org.uk

WILTSHIRE FARM FOODS

Ever wondered what these frozen meals, delivered to your door are like? We are hoping to have Wiltshire Farm Foods pay a visit to Jigsaw at the 'Drop In' Meeting on **Tuesday 23rd October 2018.**

There will be a 'tasting' of some of the meals – so you can test the taste/quality and also ask any questions about their service.

The Autumn/Winter 2018 Brochure is available on the Information Table.

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 9th October
Stuart Roach Entertains
Neil Diamond Tribute Act

'Drop In' Tue 23rd October
Chill & Chat, Quizzes
+ Exercises with Ben

Formal Tue 13th November
'The Entertainers'
Entertain

'Drop In' Tue 27th November
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.....**

'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.

BIRTHDAY GREETINGS

for October 2018

Jim Allen
Jean Hurst
Bob Welsby
Viv Fowler
Sue Millington
Wendy McLaren
Les Taylor

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

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

An elderly gentleman was walking along a country path when he heard a voice "Excuse me, I am down here". He looks down and see a frog. He picks it up and the frog says "if you kiss me I will turn into a gorgeous young woman and I will be with you all your life"
The man says "great" and pops the frog into his pocket.
The frog shouts "Did you hear what I said, if you kiss me I will be a beautiful woman for the rest of your life" The old man replies " I don't need a woman at my time of life, I will get much more fun from a talking frog"

An elderly couple are driving away from a restaurant having just had lunch. The old lady suddenly remembers she has left her glasses. The husband turns the car around and then starts on her.
"You're hopeless, you are going bloody senile, if your memory gets any worse I'll have to put you in a home"
They reach the restaurant and as the old lady is about to go in through the door her husband shouts "While you are in there could you pick up my hat"

Whenever we took my Mother on holiday she always said the same thing when we got back home. "It's nice to get home to your own toilet"

A sewage farm. In what way is it a farm?
Is there a farm shop?

I supped some stuff last night!
I sent some of it to be analysed and got a letter back saying "your horse has diabetes".

Did you hear about the fellah who disappeared in a very bad cold spell last winter?
They found him on his allotment frozen to the marrow

I don't feel old - I don't feel anything until noon. Then it's time for my nap."

A man on crutches walks into the church and sprinkles holy water all over himself and then throws his crutches away"
One of the choir boys rushes to the priest and tells him what he has just seen. The priest says "Son you have just seen your first miracle, tell me where is the man now?"
The choir boy replies "Flat on his back at the side of the font.

I wondered what my Mother and Father did to occupy themselves before we had mobile phones and the Internet.
I asked my 17 Brothers and Sisters and they didn't seem to know either.

An old lady friend of mine said
"I saw whatsaname last week, oh hell, whatshisname, I can never remember anything these days -- it's this damned anorexia"

After having a date with a man, the woman said
"Thank you I have had a wonderful evening, but this wasn't it"
She gets home and her flatmate asked "How did it go?"
The woman replies
"Awful, you could never find his personality even with a sat nav"

A friend of mine died the other day, he was only 30. He got stung by a wasp -- the natural enemy of the tightrope walker.

Why are armies and particularly snipers, predominantly made up of men, when men can't even aim accurately at a Toilet rim.

A Smile

Smiling is infectious,
You catch it like the flu,
When someone smiled at me today,
I started smiling too.

I passed around the corner,
And someone saw my grin,
When he smiled I realized,
I'd passed it on to him.

I thought about that smile,
Then realized its worth,
A single smile, just like mine,
Could travel round the earth.

So, if you feel a smile begin,
Don't leave it undetected.
Let's start an epidemic quick,
And get the world infected.

Internet

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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

