

# JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

## NEWSLETTER

[www.jigsaw-bsg.org.uk](http://www.jigsaw-bsg.org.uk)

Issue No 235 Tuesday 23<sup>rd</sup> October 2018



### Hi Everyone



"Bob and Microwave"

That was a busy one. We had Bob (thanks Bob) from 'Wiltshire Farm Foods' and our helpers dishing out samples of some of the foods supplied for you to taste.

We had a couple of tables with items for sale to raise Money for Jigsaw; Items for sale were Mini (knitted) Christmas Puddings from Jean and Margaret.

Christmas Decorations from Norma.

Hand Made Christmas cards from Alison's daughter, Mary and Glynis popped up with Jigsaws for Sale.

In addition, we had a very well attended Exercise session in the coffee Lounge and all topped off with a couple of challenging quizzes.

The Microwave 'pinged' away for about two hours to ensure we got as many samples as possible out into the room. I did not intend tasting any of the samples but I 'happened' to find myself next to a sample of 'Minted Lamb' and by coincidence a Rice Pudding sample passed by and jumped into my hands. I have to say both of these were excellent.

We hope you found this tasting session to be beneficial and were able to take away a catalogue in which you will find the full range of products and how to order them.

Fundraising – The Christmas items mentioned above raised £90.62p

A big 'thank you' to all you Ladies. The Mini-Christmas Puddings (Jean & Margaret) & Christmas Cards will be on sale at the next meeting.

We had a new member today, Kathleen who came with one of the Community Stroke Team, we hope you enjoyed the afternoon and will come again.

The Football Card this week was won by Rosemary, one of the Jigsaw Volunteers, who donated her winnings back to Jigsaw. 'Many thanks' Rosemary.

Best wishes to those ill, in hospital or convalescing, we hope to see you again soon. Also thanks to those who donated 2<sup>nd</sup> class stamps.

**Don't forget it's 3 weeks to next meeting (Tuesday 13<sup>th</sup> November)**

## OLYMPUS RESTAURANT – MONDAY 15<sup>th</sup> OCTOBER 2018



**"Anne Hayes' Family"**

In the past Newsletters you will have seen that this outing was to be dedicated to the late Anne Hayes who really loved coming on the 'Olympus Do'. When Anne passed away the family raised a considerable amount of money for Jigsaw and they were delighted when we suggested that the donation be used for the Olympus outing. The family surprised us by coming along as they wanted to be part of this occasion.

We were delighted to see them of course. (See photo)

We had another excellent 'Olympus' afternoon with Ali and staff looking after us as they always do. 'Thank you' to all at the Olympus.



**"Now't left on this plate"**



**"Smiling Faces"**



**"Photo – Act Natural"**



**"Same Hairdresser?"**



**"Our first time – Lovely"**



**"Stuck away in the Corner"**



**"Empty Plates – Smiling Faces"**



**"More Smiling Faces"**

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



**If you want to go on this outing please ensure you contact Lynn as soon as possible.**

There is a 3-course Christmas Lunch followed by coffee & mints plus entertainment for the afternoon. (Make sure you have completed a menu form)

**If you have specific dietary requirements or allergies 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 13<sup>TH</sup> NOVEMBER 2018 – ‘THE ENTERTAINERS’ – ENTERTAIN**



The ‘Entertainers’ are the fundraising arm of the Farnworth Performing Arts Society. They have been to Jigsaw many times to sing for us and they have been brilliant.

This time their performance will be ‘**Magic of the Musicals**’.

Should be a great afternoon.



**Christmas Party – Tuesday 11<sup>th</sup> December 2018**  
**Christ Church 12.30pm - 4pm     £5.00 per person**


**NB: This is a ticket only event**

The list went up at the meeting today – if you want to attend this event – **ring Lynn 01204 387704**

*If you have any special Dietary requirements or Allergies please advise Lynn asap or by mid-November latest.*

**Note: Please be prompt & seated for 12.30pm** as the Buffet will be served immediately. Note extended times - 12.30pm start and a 4pm finish

**Kenny Stephens is due to return to Jigsaw to entertain us with his singing.**

12.30pm	Buffet Lunch + Comfort Break	
2.00pm (approx)	<b>Kenny Stephens</b>	
2.45pm (approx)	Comfort Break	
3.00pm (approx.)	<b>Kenny Stephens</b>	
3.40pm	Raffle Draw	
		4.00pm     Afternoon ends

The Car Park at Christ Church will be **full** - there is limited parking at the Health Centre across the road from Christ Church. There is also parking in the streets local to the Church. **To avoid parking problems, we suggest you come by Taxi or car-share if you can.**

**Please arrange for any Taxi’s, Transport to collect you at 4.15pm/4.30pm ..... Remember it will be very congested!!**

There are some great Raffle Prizes with **1<sup>st</sup> Prize of £100 Cash & 2<sup>nd</sup> Prize of £50 + many more.** Extra Raffle Tickets can be purchased on the day. There is also a ‘ticket number’ prize so, **make sure you bring your ticket** with you on the day. **Numbered Tickets will be issued in due course.**



**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.**

**CHRIST CHURCH, LITTLE LEVER – CENTENARY CELEBRATION  
SUNDAY 11<sup>TH</sup> NOVEMBER 2018      'Old Time Music Hall'**

Christ Church are holding a special celebration on Remembrance Sunday:

2.30pm      Afternoon Tea      £2.50 per person

4.00pm      Old Time Music Hall      £2.50 per person

You can attend one or both of the events.

If you want tickets please phone:      **01204 591 347 or 01204 574 177**

**CHRISTMAS SCAM**

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.**

**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	Tue 13 <sup>th</sup> November <b>'The Entertainers'</b> <b>Entertain</b>
'Drop In'	Tue 27 <sup>th</sup> November <b>Chill &amp; Chat, Quizzes</b> <b>+ Exercises with Ben</b>
Christmas Party <b>(TICKET ONLY)</b>	Tuesday 11 <sup>th</sup> December <b>Buffet &amp; Entertainment</b> <b>with Kenny Stephens</b>

Jigsaw has a short break for Christmas & New Year and re-starts again on Tuesday 8<sup>th</sup> January 2019

Remember – All meetings are the 2<sup>nd</sup> & 4<sup>th</sup> 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 November 2018

Liz Pritchard  
Cathy Hodgkinson  
Norma Elsby  
Ewan Kelly  
Susan Cowburn  
David Eccleshare  
Ronnie Edge  
May Heighway  
May Barlow  
John Hithersay  
Barbara Hartle  
Stewart 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

### '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.

**People say the Daftest Things.**

I have for many years collected Daft Sayings, Here are Some Examples.

**Complaint.**

“I have got 3 potatoes with my Dinner and one of them is an onion”

**Busy Road**

“What this road needs is an overhead subway”

**Lucky escape**

“We just survived by the skin of our pants”

**Mechanic under car**

“He is chancing his arm sticking his leg out like that”

**Where is everybody?**

“We all came out and left 3 behind”

**Do you think he can do the work?**

“No problem, it’s just up his cup of street

**Have you changed to Metric?**

“No, we are still working in feet and English”

**So beware, I will be listening!**

It starts with you sinking into his arms and finishes with your arms in the sink.

If the answer is Prosecco, who cares what the question is.

A family trying to sell their house had a couple of prospective buyers in to look around. The 4-year-old child of the house was walking round with them and when they all reached the kitchen she said, pointing to the corner “that’s where the mice come in”

A guy is suffering from haemorrhoids and will not go to the Doctor. His wife says she has read that bathing the area with warm tea-bags may help.

“Anything, I will try anything” he says. After a few days using the tea bags the condition worsens and he finds himself in front of the doctor, bent over with his trousers around his ankles. “Well Doctor what can you see?” he asks. The Doctor replies “I think you are about to meet a tall dark handsome stranger”

A canner, exceedingly canny, One morning remarked to his granny.

A canner can can, Anything that he can, But a canner can't can a can, can he?.

I met a guy in Australia playing “Dancing Queen” on a Didgeridoo, and thought, that must be Aboriginal.

A rich bloke from Barnsley goes in to a Jewellers and asks: “Can tha mek us a gold statue o’ mi dog?”

The Jeweller asks: “Dust tha want it eighteen carrot?” “No yer daft bat, ah want it chewin a bone”

A Police cadet was asked “What would you do if you had to arrest your own Mother” He replied “Send for backup”

**AAARGH!**

I awake in the night to my usual plight  
 With my leg in a vice like paralysis.  
 Once the duvet is shed, I leap out of bed  
 And engage in tormented analysis

Did I sit on the train with my legs crossed  
 again

Was that sprint for the bus my undoing?  
 Did I suffer a jolt, or is this the result  
 Of Inertia in "M & S" while queing?  
 As I ponder the cause, I rub without pause  
 For my leg is as stiff as a Poker  
 Then my wife joins the show, being anxious to  
 know –  
 In a word – why the devil I woke her?

"Cramp, cramp" I explain in a torrent of pain,  
 though I throw in a groan for good measure.  
 And my wife – credit due – then commences  
 to do

that which makes her an absolute treasure.  
 For she pummels and kneads  
 'til at last she succeeds  
 In relieving my muscular tension.

Yet on staggering back to my welcoming sack I  
 am seized by acute apprehension.

Sleep now evades me for nothing persuades  
 me I am safe from the problem recurring.  
 With anxiety rife I then turn to my wife who at  
 this point is sleepily purring.

So I tap with my toe several times in a row  
 On her rump in an effort to rouse her  
 What a pity this ruse sparks a hail of abuse  
 Which superior status allows her.

Her fury ignited, I am duly invited  
 To heed this implacable warning.  
 If I bloomin' well deign to disturb her again  
 I'll be on the settee by the morning!

(taken from the Daily Mail)

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 the Newsletter then  
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