

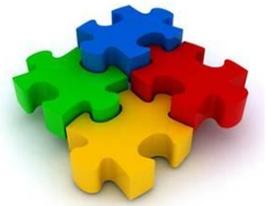
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 236 Tuesday 13th November 2018



Hi Everyone



"The Entertainers"

Another pleasant afternoon.

The Entertainers really did entertain us today by performing "Magic of the Musicals"

They are always happy to come to Jigsaw and they really do look the part. They go to all this effort to raise money for the 'Farnworth Performing Arts Society'

They sang 20, very well known, songs such as 'Candyman', 'Moonlight becomes you', 'Can you feel the love tonight' and 'Why'

There were some excellent solo performances. We also had 'On the night of a thousand stars', 'Razzle Dazzle, a selection from 'Les Miserables' and they finished with 'Blackpool Bell' and 'Goodbye'

It is not often that you get a professional choir sing 'Happy Birthday' to you but a surprised Susan Cowburn got just that. Happy Birthday Susan. (Thanks for the Chocolates)

We had a new member today, Michelle, who told us that she loved the group and will be coming again.

Last chance – if you want to go on the **Christmas Lunch** at the Holiday Inn on Tue 4 December – please ring Lynn asap (**See Page 2 for details**).

Christmas Party. (See page 3) Tickets are still available, contact Lynn if you are wanting to attend.

Annual General Meeting Notification – (See page 5)

Fundraising Update on Mini-Christmas Puddings & Cards etc (See page 4)

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

Our usual thanks go to all our volunteers and helpers.
Thanks also for donations of 2nd class stamps.

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



There are still a few places left if anyone wants to go on this outing. Ring Lynn urgently if you want to go.

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

Full details in the previous Newsletters.

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 so **we suggest car-share or use a Taxi**. 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!

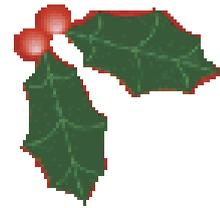
There is a lot of work goes on behind the scenes to try and provide an enjoyable afternoon for you all, so if some of you intend to leave early we would like you to tell us, so that maybe we can seat you on one table. That way the room can retain its atmosphere.



**On the day - If you can't make it
please phone Graham on
07894 810901**



Christmas Party – Tuesday 11th December 2018
Christ Church 12.30pm - 4pm £5.00 per person
NB: This is a ticket only event



**If you want to go – ring Lynn
as soon as possible on 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)	Kenny Stephens		
2.45pm (approx)	Comfort Break		
3.00pm (approx.)	Kenny Stephens		
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 1st Prize of £100 Cash & 2nd 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 were issued at this meeting. If you were unable to attend today collect them at the 'Drop In' on Tue 27th November.**



HENSHAWS (for people with Sightloss or Visual Impairment)

Some of you may remember, we had Suzie Bunn from Henshaws visit us in July and a couple of months after the visit they ran a course for people who had suffered sight loss following Stroke. Several Jigsaw members attended the course and we had really good feedback to say it was very useful.

Henshaws are running another course 'Stroke specific – living with sightloss course' in the New Year. Details as follows:

Date: Monday 21st January & Monday 28nd January 2019 – Stroke specific Sight Loss Course.

Times: 11am – 12.30pm

Venue: Henshaws, The Sensory Centre at Thicketford, 336 Ainsworth Lane, Tonge Moor, Bolton BL2 2QL

If you have sight loss or visual impairment this could provide you with more information, access to help that is out there and advice which could be useful.

If you want to know more or to book on the course – please contact:

Suzie Bunn on 0161 786 3694 or Mobile 07764 969 797

Christmas Fundraising for Jigsaw



Jean & Sue have been busy knitting some more Mini-Christmas Puddings, that can be used for holding Chocolates (eg Ferrero Rocher or others) which can be used as Table 'favours' over Christmas. 50p each or 3 for £1.

Sale of the Puddings, Christmas Cards and a Christmas Floral arrangement this week raised £31. 'Thank you'.

SAD NEWS – Margaret McCreavy died 1st November 2018

(apologies, but we do not have a good photograph of Margaret)

Margaret & her husband Ben, came along to Jigsaw in 2015, visiting as often as they were able and seemed to enjoy their visits. Unfortunately, Margaret became ill the following year and had to undergo treatment, which prevented them from attending Jigsaw. However, they still kept in touch with the group via the Newsletter, which they enjoyed receiving.

Our sincere condolences to Ben and all the family.

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.

The **Stroke Association** recently launched an online support service '**My Stroke Guide**' via their website (www.stroke.org.uk). If you have a computer/internet then give it a try, there's lots of info to assist stroke survivors. It provides trusted information about types of stroke, risk factors & secondary conditions, advice on prevention & improving your health. There are practical tools/videos to help you understand stroke and help manage its effects. It includes a section for family/friends providing info on the impact of stroke and supporting loved ones. The online community connects to thousands of others to share stories/tips and to find out how they manage recovery.

Annual General Meeting to be held on Tuesday 12th February 2019

Under the rules of our Constitution we have to give you advance notice of our forthcoming AGM in 2019 (see above).

In January 2019 we will be issuing voting forms for you to re-elect or reject members of the present committee. If you would like to nominate someone or wish to join the committee yourself, please let me know as soon as possible. There is an open invitation for any member to come along to a Committee Meeting to see what we do – contact Graham if you are interested.

Don't forget – We are still looking for a Chairperson, Treasurer & Secretary to run the group.

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**

NOTICES

Dates for your Diary for Forthcoming Meetings in 2018

'Drop In' **Tuesday 27th November**
Chill & Chat, Quizzes
+ Exercises with Ben

Christmas Party **Tuesday 11th December**
(TICKET ONLY) **Buffet & Entertainment**
with Kenny Stephens

Jigsaw has a short break for Christmas & New Year and re-starts again Tue 8th January 2019

2019

Formal Meeting **Tuesday 8th January**
'Welcome Back Lunch'
Carrs Pasty & Peas

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 got a phone call from BT saying that I had not paid my latest bill. I told them not to worry about it as I had placed it in a queue,

I was an ugly baby when I was born. My mother used to pull the pram!
She used to put lamb chops around my neck so the dog would play with me.

I checked into a Guest House a few weeks ago and the landlady asked "Do you have a good memory for faces?"
I said "pretty good, why?"
She replied "There is no mirror in that room"

A woman can spot a blonde hair in a darkened room whilst half asleep at 4-0am in the morning.
Amazing that, when they can't see a garage door with the headlights on

My grandad is 91 and still working. He restores antiques.
He stains furniture, but bless him, he doesn't realise he's doing it.

On a flight over the sea, a Pilot spoke to the passengers, saying that it may be necessary to ditch the plane into the sea. If it were necessary we would advise everyone to bend down and put their heads between their knees.
One old lady asks the Stewardess "Would it be alright to sit up as I have an arthritic back?"

We were getting ready to go out one day and my wife said "Would you believe it, we have been married for 42 years and this still fits me"
I said "I have always liked that scarf"

I was persuaded to try a Caravan Holiday. After just one night in a caravan I pierced my ears and started selling scrap.

The first words in Spanish that I ever took notice of were Chu Chu. I came out of a bar about four in the morning and suddenly felt something hard pressing into my back. A voice said "If you do not give me your wallet I will Chu Chu.

I went to get some acupuncture treatment. The lady said "What can I do for you?" I said "I keep getting Pins and Needles "

I sat next to a drunk on a plane and he asked the Stewardess for a Gin and Tonic. He asked "what do I do if I want another one?"
She said "Just press the button above your head"
A few minutes later he reached up, pressed the button and held his glass under the air nozzle"

My Grandad never forgave the Germans because during the war they bombed his allotment and shelled all his peas.

A woman went out with this guy and was very impressed so much so they spent the night together. The following day she went into Tesco and saw the guy promoting a latest soap powder. She shouted "You lying swine you told me you were in the Red Arrows"
He replied "What I actually said was, 'I was in the Ariel display team"

We used to call my Grandad Spiderman, he wasn't athletic at all but he used to struggle getting out of the bath on his own.

People keep telling me I am putting weight on.
They do not realise that I have had a lot on my plate recently.

Getting Older

I'm not impressed with getting older,
It doesn't seem like a lot of fun,
Every joint seems to be seizing up,
And my feet won't let me run,
I don't hear as well as I used to,
My sight has never been good,
I'm still too slim, not curvy,
In spite of eating lots of pud!

I know now that I'll never be rounded,
Although for many years I've tried,
To grow a bosom I could catch crumbs on.
But my wish has been denied.
I suppose that I'm still quite bendy,
In spite of advancing years,
I'm able to push my head on my knees,
Without a hint of tears!

One of my greatest pleasures,
Is a long, long soak in the tub,
Up to my chin in bubbles,
and a bestseller from the book club.

I've always been impatient,
Some things never alter,
But now I want things yesterday,
Ask him indoors John Walter!

I guess I shouldn't grumble,
Things could be so much worse,
I could explode with impatience,
...and end up in a hearse !!

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

