

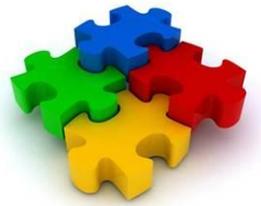
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 239 Tuesday 8th January 2019



Hi Everyone A Happy New Year to you all.



"A Pasty welcome back"

A crisp, sunny, cold day and sitting down to Carrs pasty, peas and gravy. Lovely. (Gravy is essential and I will fight anyone who does not agree).

A great first meeting of 2019, a full house (see picture) with lots of smiling faces. We also had plenty of biscuits on hand and the odd chocolate or two doing the rounds (a little treat from the Christmas excesses, I think).

Welcome back and let's hope 2019 is a great one.



"We've Been Pastied, Thinking Caps On"



"My God, what was in that Pasty?"

Following the lunch we had a couple of challenging quizzes, which had a few of you puzzling over some of the answers. As usual, our thanks to Joan, who compiles these for Jigsaw - they certainly got the little grey cells working today.

Congratulations go to Susan Cowburn, who won the Football Card and promptly donated £10 back to Jigsaw – Thanks, Susan.

Thanks also to those who donated books of 2nd class stamps, these are much appreciated and really help with postage costs.

Many thanks as usual to the Jigsaw volunteers and helpers, who did a brilliant job in getting all the drinks and pasties out in good time. A big 'thank you' particularly to the ladies in the Kitchen.

Next Meeting – 'Drop In' on Tuesday 22nd January 2019.

Christ Church – Christmas Tree Festival – Saturday 15th December 2018

Christ Church held their Christmas Tree Festival just after we had our Christmas Party (11th December) last year.

They asked all the groups using the Church Hall to take part – the theme was musical, being either Christmas Carols, Christmas Songs or Hymns.

Sandra provided the fibre-optic Christmas Tree and made or organised most of the decorations. The Jigsaw theme was 'The Snowman'.

Our thanks to Sandra for organising the Jigsaw contribution – which was great.

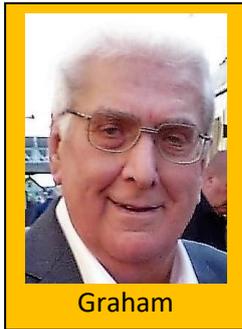


ANNUAL GENERAL MEETING TO BE HELD ON TUESDAY 12TH FEBRUARY 2019

At today's meeting (8th January 2019) we put the Committee Election Forms on the tables. You were asked to complete these by the end of the meeting in readiness for the AGM. Thank you for completing them (very quickly I might add) which allowed you all to get on with the quizzes. We need to get our priorities right.

As we had good attendance figures today we have been able to get good feedback as under the Rules of the Constitution these forms have to be completed in time for the AGM. We will issue them again at the 'Drop In' to those that were not able to attend today.

JIGSAW COMMITTEE 2018/19 (Photo)



Graham, Lynn B and Rhona are stepping down from the Committee at the AGM in February 2019. The remaining Committee members below will continue to run Jigsaw.



Three people, Jim, Linda & Mary have come forward and would like to join the Committee. They will be included on the AGM Nomination Forms in January in advance of the AGM in February.



NB: At this time the Committee have not yet agreed who will take the officer roles of Chairperson, Treasurer or Secretary but hope to confirm details at the AGM so members can vote on this on the day.

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

Henshaw's will be running another course 'Living with Sight Loss' (following Stroke) starting **21st January 2019 from 11am – 12.30pm** over 2 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 - contact **Suzie** on **07970 637 105**.

Stroke Association – 'My Stroke Guide'

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.

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.

MEETING DATES FOR YOUR DIARY – 2019 (ALL TUESDAYS)

	Formal Meeting	'Drop In'
January	8th January (Pastie & Peas lunch)	22rd January
February	12th February (AGM)	26th February
March	12th March	26th March
April	9th April	23rd April
May	14th May	28th May
June	11th June	25th June
July	9th July	23rd July
August	13th August	27th August
September	10th September	24th September
October	8th October	22nd October
November	12th November	26th November
December	10th December (Christmas Party – Ticket Only)	

Events/Topics for these dates to be advised in due course.

In view of the Committee changing shortly, there will be lots of discussions taking place with regards to how the new Committee will want to take these matters forward, this includes events and trips etc.

NOTICES

Dates for your Diary for Forthcoming Meetings in 2019

'Drop In'	Tue 22 nd January Chill & Chat, Quizzes, + Exercises with Kate
Formal Meeting	Tue 12 th February AGM Followed by Quiz
'Drop In'	Tue 26 th February Chill & Chat, Quizzes, + Exercises with Kate
Formal Meeting	Tue 12 th March To be arranged

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. Wiltshire Farm Foods, Carers Info, Holidays, Stroke News magazine Physios, Counselling 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.

A Doctor makes a House call to a man who is ill in bed. He comes out of the bed room and says to the man's wife "I do not like the look of your husband"
She replies "Neither do I but he is good with the kids"

This morning Theresa May had talks with her Cabinet. This afternoon she is to talk to her Sideboard and a chest of drawers.

Doctor asks a patient "Do you take part in any dangerous activities?"
Patient replies "Well I sometimes talk back to my wife"

100 people from Liverpool were asked today if they thought Britain should change its currency. 98% said no, they were happy with the Giro.

A pretentious business man arrived at the hotel and said to the porter "If I beckon with my finger that means come here"
The porter replied "If I shake my head, it means I am not coming"

Just had a bloke at the door asking if I wanted to buy raffle tickets for orphans. I told him with my luck I'd probably win one.

There isn't much difference between a toilet seat and an anniversary. Men usually miss them both.

A Bed is where one good turn gets all the duvet.

A Rich kid asked his dad if he would get him a Mickey Mouse Outfit for Christmas. His Dad put a bid in to buy Bolton Council.

You probably don't believe that I was once an all-round athlete. Now I am just all round.

A white horse walked into a bar. The barman said "we have a drink named after you".
The horse said "Really? In that case I'll have a double Trevor"

A woman says to the Doctor "I have this awful pain. It comes on every 20 minutes and lasts up to an hour"

There was a knock on the door and Fred found himself being asked to become a Jehovah's Witness. Fred said "I wouldn't be much use as I never saw the accident"

An Astrologer was looking at a baby in a pram and saying how beautiful the baby was. He asked the mother "Do you happen to notice what sign the baby was conceived under?"
The Mother said "Yes, Keep off the Grass"

A member of the Government on a fact-finding tour stopped in a small village and asked a guy "Do you know what the death rate is around here?"
The guy replied "Pretty average, I think. One death per person"

A friend of mine bought a horse. He called it Radish

The O'Flaherty family were small. They were all small. Even the smallest was no bigger than the rest, and what's more they never went anywhere alone unless they were together.

POEMS

The Best Medicine?

I was laid up with the Shingles
And that was on top of Flu
Feeling tired and miserable
With not a lot to do.

I had told everyone to stay away
Not wanting them to catch it.
I looked so frightful they would think
I was a creation of 'Herbert' or 'Pratchett'.

It was the day before my birthday
That the dreaded lurgi struck me down
So there was I sick and alone
My dress swapped for a dressing gown.

Every part of me was aching
Along with the itching and pain
So I picked up the TV remote
To try to occupy my mind again.

I don't think it was such a good idea
Disaster this and trauma that
This misery won't aid my condition
I'm more than sure of that.

Nothing to make me feel better there
So I pressed the button to off
I wished there was something feelgood on
I could have done with a chuckle or a laugh.

Continued....

Contd..

Maybe some wisdom in the form of
Norman
Mrs Brown or a farce with Brian Rix
So I look over to my DVD's
Hoping for a healing 'gigglefix'.

I gingerly shuffled off the settee
Turned to my own stock to get some
cheer
I'm bound to find some smiles in there
Instead of all that tragedy and fear.

At last something light-hearted to watch
That should make me less weary and
down
I could help my shingles with a smile
And turn around my frustrating frown.

No more negative titles on TV for me
Comedy is a more positive description
And now despite all, my spirits rise
They should put it on prescription!!

Marie Gradwell
Stroke Survivor and
Jigsaw Committee Member

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