

JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

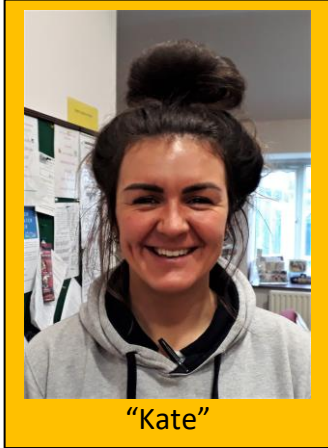
NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 240 Tuesday 22nd January 2019



Hi Everyone



"Kate"

We didn't expect a large turnout today because of the weather, but we had more members than expected.

It was a nice relaxed atmosphere.

We had a new Neuro-physio today called Kate, (see photo) who put you through your paces in the chair-based exercises. You seem to like her.

Kate said you were a great bunch and liked what she saw of the group. She enjoyed the session and is looking forward to the next visit at the end of February.

The Quizzes went down well again, however, I do seem to be giving out quite a lot of clues!!

Glynis set up her JIGSAW stall selling a variety of used/new Jigsaw Puzzles which a few of you purchased. (Good if you can't get out due to bad weather)

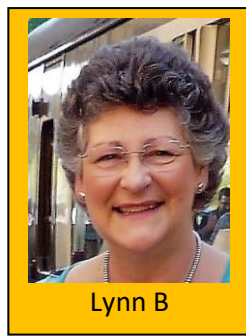
Sandra Jones, one of our Committee Members is stepping down as our First Aider, due to health issues. Sue Millington, our other First Aider, is also unable to continue due to personal commitments. Both Sandra & Sue have been First Aiders for several years. Our grateful thanks go to both for their commitment to the role and time to attend the training courses.

This means we are looking for either a member/carer/volunteer to become a First Aider at group meetings. Training will be given – there is a course (held locally in Bolton) on Tue 19 February 2019. The only stipulation is that you need to be fairly mobile to carry out both the training and some duties. If anyone is interested please ring Lynn on 01204 387704 as soon as possible.

Thanks go to all our Volunteers who were brilliant as always.

Don't forget – it's 3 weeks to the next meeting, which will be the AGM on Tue 12 February. We will endeavour to keep the formalities to a minimum. Afterwards, there will be Quizzes and time to chat.

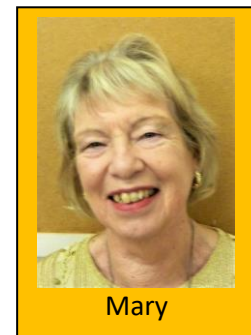
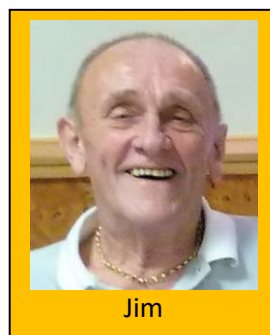
JIGSAW COMMITTEE 2018/19 (Photo)



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.



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

If you weren't at the last 2 meetings, you won't have completed a Committee Election Form in advance of the AGM. You are asked to complete one in advance of the AGM in order to re-elect members of the Jigsaw Committee. **If you require a form please contact Lynn and she will send you a copy.**

NB: Details of which Committee Members will take the Officer Roles will be announced at the AGM so members can vote on this on the day.

HENSHAWS

Henshaws have sent us details of a new service they are offering – **Counselling** for people with sight loss.

It can be difficult to come to terms with a sight loss diagnosis. It is perfectly normal to feel overwhelmed but it can help to talk to someone who can empathise and help you process the many emotions you may be feeling.

The service is confidential and will be carried out by a trained and experienced Person Centred Counsellor.

If you think this service may help you or you want to know more please contact –

Suzie Bunn at the Sensory Centre at Thicketford on 07764 969 797 or

Deborah Haydock (Bolton Community Counsellor) on 07805 113 387

TIPS FOR STROKE SURVIVORS

‘If you don’t use it you lose it!’ This is true for stroke survivors as well as anyone else.

Keep using both arms and legs if you can, (even small movements), keep doing exercises, try small movements with fingers. (Lynn eventually picked up and moved paperclips and pins around the table - this helps with manipulation of fingers).

Try word searches, crosswords, reading aloud and if you don’t have the concentration try Audio Books – Jigsaw has a small supply for members to borrow at our group meetings.

Try the Adult colouring books and if you find those too difficult try children’s ones, when you’ve a wonky hand it can be a challenge to get colour inside the lines and what an achievement when you can! They also aid concentration.

Practice writing – start at the basics Aa, Bb, Cc, Dd etc., then go on to short words such as cat, mat, sat etc.. To get started print the letters and avoid joined up writing until you can master the basics – when Lynn was recovering she felt as though she was back at primary school – but it helped tremendously and re-trained parts of the brain.

BOLTON CCG - GP HOURS OF OPENING



The Bolton Clinical Commissioning Group have asked if we can forward the following information to remind Jigsaw Members about GP Surgery hours.

GP's are offering evening appointments from Monday to Friday from 6.30pm to 9.30pm

Weekend (Saturday & Sunday) appointments are also available.

You will need to check with your own GP surgery or a GP hub near you.

Jigsaw Dates for your Diary – 2019

2nd & 4th Tuesday of the Month

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 (Betsy the Housekeeper)	23rd April
May	14th May	28th May
June	11th June	25th June
July	9th July (Nicola Mills Sings)	23rd July
August	13th August (The Travellin' Strings)	27th August
September	10th September (Spellbound)	24th September
October	8th October	22nd October
November	12th November (The Entertainers)	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.

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.

'SIGHTLINE'

We were sent some information very recently about a new service for people with sight loss. Based in Preston and offering a telephone Helpline and Telephone Befriending Service.

The **Helpline** provides confidential emotional and practical support **every evening from 6pm to 10pm. Call 0800 587 2252**

The **Befriending service** is provided by people who have experience of sight loss themselves and is for people who may benefit from a regular chat on the phone. Trained Befrienders are matched to people interests, hobbies and availability to make each catch-up a positive experience. **Phone 0800 587 2252**

The services are run by Volunteers and if you want to know more contact them on the telephone number above or email info@sightline.org.uk or visit the Website: sightline.org.uk

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 2019

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

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 February 2019

Jean Holt
George Holt
Fred Haslam
Marie Gradwell
Tony Coleman
Margaret McLellan
Ray Baker
Linda Williams
Anne Greenlees

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.

I know Saga Cruises are usually for the elderly but a recent Cruise that I was on visited Cairo for us to see Tutenkamen. We never went to see him, he came to us!

I was once asked by a guy if I would be prepared to let him take a full frontal nude shot. I asked him "why?" He said he was a Doctor and was writing a medical book.

A friend confided in me and said "My wife told me a blatant lie. She said she was out with her sister Betty last night. I know for a fact that it was a lie because I was out with her sister Betty last night"

The power of advertising. A local firm advertised in the local paper. "Night Watchman urgently needed". That same night the firm's safe was robbed"

A minor religious sect in India worships the Goddess of the Harvest, Kali. Every morning they visit Kali's temple and make an offering of a watermelon. During the offering they sing the sacred song "here's another melon Kali baby"

My Grandad was a lovely old man. He sadly died in his sleep at a Max Bygraves concert,

I saw a beautiful girl the other day, she had big brown eyes. I said "I could live in your eyes" She said "You would be very happy there, there is a sty in one of them"

We had not been married long and my wife put a cooked chicken on the table. I asked "What have you stuffed it with?" She said "I have not stuffed it with anything. It was already full"

A young reporter put a report in front of the Editor' The Headline read "Local Farmer has lost 2025 pigs " The editor thought that is a lot of pigs so rang the farmer to confirm. "Is it true you have lost 2025 pigs?" "Yeth" lisped the farmer. "That ith the thituation" The Editor thanked the Farmer, put down the phone and altered the copy to read "two sows and 25 pigs"

He is so fed up about having to worry about the effects of drinking that he has decided to stop reading.

I have a friend who is plagued with bad luck. He had a kidney transplant from a donor who was a bed wetter.

I wouldn't say he was ugly but he looked like he had been dunking for apples in a chip pan,

Why do women persist in leaving the toilet seat down?

A local Newspaper said "We wish to apologise as we incorrectly stated the guy who swore in court said "##/!?!@'" when in fact he said "##/!@?##!"

I went to a wedding and whispered to the bloke sat next to me "Strewth the bride is pig ugly" "Do you mind she is my daughter" "Sorry I did not realise you were her father". "I'm not, I'm her Mother"

The priest called on the village belle Mary O' Shaunessy who was in Hospital after falling off the stage during her dance act at the church fete. "I prayed for you last night" he said. "No need" she said "I am in the phone book"

Dreams

I've dreamed many dreams that never came true,
I've seen them vanish at dawn,
But I've realized enough of my dreams thank the
Lord,
To make me want to dream on,

I've prayed many prayers when no answer came,
Though I've waited patient and long,
But answers have come to enough of my prayers,
To make me keep praying on,

I've trusted many a friend that failed,
And left me to weep alone,
But I've found enough of my friends that are really
true,
That will make me keep trusting on.

I've sown many seeds that have fallen by the way,
For the birds to feed upon,
But I've held enough golden sheaves in my hand,
To make me keep sowing on.

I've drunk from the cup of disappointment and
pain,
I've gone many days without song,
But I've sipped enough nectar from the Roses of Life,
To make me keep living on!

Internet

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