

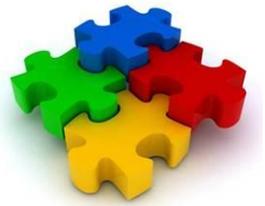
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

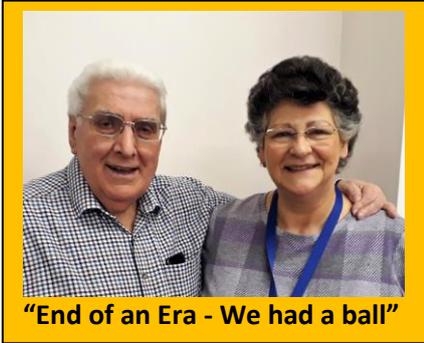
NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 241 Tuesday 12th February 2019



Hi Everyone



"End of an Era - We had a ball"

Well, end of an Era and whilst it was a very emotional day, for Lynn and I, it was extremely heart-warming.

The announcement made by Gwyneth re a collection for us as a leaving gift, was absolutely mind blowing and quite frankly it will take some time for Lynn and I to take it in.

A huge thank you to you all from both of us.

I was determined not to blubber but a few words into my speech and off I went into full blubber mode. It is hard to put into words as to how Lynn and I feel about Jigsaw but getting involved helped us get through the devastating effect that Stroke had on us at the time.

It has been such a rewarding 10 years watching Jigsaw grow and watching all of you get over each of your own Stroke difficulties together with creating the great atmosphere that Jigsaw has today.

I was glad that Pam from the Stroke Association came today and was delighted to tell you all that she was one of the reasons that Jigsaw exists today. It was Pam that, in 2008, cajoled Rhona Talbot, Lynn and I, with a couple more members, into forming a new committee. The rest as they say is history.

It was a meeting that had a great feeling and Lynn and I would like to say a massive thank you for all your goodwill messages and we will be sat amongst you at the next meeting.

Details about AGM (See page 3)

We had a new member Ralph come to visit us today with his partner Katrina and Julie from the Community Stroke Team. We hope you enjoyed your visit and will come again.

Marjorie Walton won the football card and gave £10 back to Jigsaw. Thanks Marjorie.

I gave out so many clues to the quizzes and still no one got them all right!

Once again, a big thank you to all the helpers and best wishes to those ill, in hospital or convalescing etc.

Continued on Page 3

JIGSAW COMMITTEE 2019/2020

The New Committee is as follows:-



**Gwyneth
Chairperson
&
Acting Secretary**



**Linda
Treasurer**



**Mary
Providing
Assistance
to
Secretary**



**Marie
'Meet & Greet'
New members**



**Lynn D
Committee
Member**



**Sandra
Committee
Member**



**Maureen
Committee
Member**



**Jim
Committee
Member**

AGM Continued...

The formalities went off very well, with the Minutes from the last AGM being approved. There was a Special Motion of Thanks to Lynn, Rhona & Myself which was endorsed by everyone. The Chairman's Report can be found on Page 8 and the formalities included One Minute's silence, as a mark of respect, for those members we lost through the year. The New Chairperson's Address from Gwyneth is also included on the final page.

The Treasurer's Report covered the financial situation and confirmed that the Admission will remain at £2.50 per person for the coming year. It also established that Jigsaw was in a very good financial situation for the forthcoming year but identified that there may be a need to acquire additional funding as time goes on.

The Statement of Accounts were on each table for review and these were subsequently proposed, seconded and approved by all attending the AGM. (If you weren't able to attend the AGM and wish to see a copy of the Accounts please contact me direct for a copy).

The existing Committee and new Members were duly voted on for this coming year. (See Page 2) We managed to conclude the formalities within 25 minutes which was excellent so were able to get on with the Quizzes.

Luke Robin & John Kearns – Tuesday 12th March 2019



John & Luke

Luke and John are back again this year. You may remember Luke is a local musician, who can occasionally be seen 'busking' in and around Bolton town centre. Luke performs solo and also with a group at various local venues.

Luke plays Guitar, Sings, is a songwriter, plays the Cornet, Saxophone and also sings some of the 'Rat Pack' songs. He will be Singing and playing a little Saxophone during his visit.

John Kearns, Luke's friend, will be joining him to sing a selection of songs from Musical Theatre and also the 'Rat Pack'. His rendition of 'Phantom of the Opera', last year was brilliant.

They are both talented musicians, so there should be plenty of variety for everyone to enjoy.

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.

**JIGSAW MEETING DATES FOR YOUR DIARY – 2019
(ALL ARE TUESDAYS) 2nd & 4th Tuesday of the Month**

	Formal Meeting	'Drop In'
January	8 th January (Pastie & Peas lunch)	22 rd January
February	12 th February (AGM)	26 th February
March	12 th March (Luke Robin & John Kearns)	26 th March
April	9 th April (Betsy the Housekeeper)	23 rd April
May	14 th May	28 th May
June	11 th June	25 th June
July	9 th July (Nicola Mills Sings)	23 rd July
August	13 th August (The Travellin' Strings)	27 th August
September	10 th September (Spellbound)	24 th September
October	8 th October	22 nd October
November	12 th November (The Entertainers)	26 th November
December	10 th December (Christmas Party – Ticket Only)	

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

The New Committee will be discussing how it wishes to go forward, this includes events and trips etc and details will be made available shortly.

SAD NEWS – Alan Butler died 31st January 2019



Alan came along to Jigsaw in 2017, with his Wife, Barbara. They both enjoyed coming to the group and came as often as they could. They also came on several outings/trips which they also enjoyed. Alan & Barbara were really keen sailors and had their own boat, something which Alan was unable to return to after his stroke.

However, Alan was mobile and continued to enjoy walking and they managed to go on several holidays before his health deteriorated last Autumn.

Our sincere condolences to Barbara, their family and friends at this sad time. Our thoughts are with you.

NOTICES

Dates for your Diary for Forthcoming Meetings in 2019

'Drop In'	Tue 26 th February Chill & Chat, Quizzes, + Exercises with Kate
Formal Meeting	Tue 12 th March Luke Robin & John Kearns Entertain
'Drop In'	Tue 26 th March Chill & Chat, Quizzes, + Exercises with Kate
Formal Meeting	Tue 9 th April Joanne Halliwell performs as 'Betsy the Housekeeper'

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.

Richard and Judy

Richard: "On which street did Sherlock Holmes live?"

Contestant: "er..."

Richard: "He bakes Bread"

Contestant: "er..."

Richard: "He makes cakes"

Contestant: "Would it be Kipling Street?"

What have Kermit the Frog and James the First got in common?

They both have the same middle name.

Me and my Brother thought the world of our Grandad and when he died we were heartbroken. We went to sort out all his effects and when I got there my brother had turned up with a van. As I was checking Grandad's personal stuff my brother was removing all the furniture, TV, fridge, washing machine, light fittings and even the curtains. I thought that this was a bit over the top as Grandma was still living there.

Bamber Gascoigne of University Challenge asks. What was Ghandi's first name?
Student replies "Goosey"

An Inspector visiting a Psychiatric Hospital was shown the "Assessment Room" in which was a water filled bathtub in front of which was a bucket, a jug and a spoon. The Doctor showing the inspector round explained that the first question a patient would be asked was "How would you empty the bath quickly?" The Inspector replied "I see, a normal person would obviously say you would use the bucket" The Doctor said "No, a normal person would say pull the plug out, would you like a bed near the window?"

Bloke came home early and found his wife in bed with their neighbour. He yells "What the hell do you think you are doing?" His wife said to her bed mate "There you are, I told you he was stupid"

A woman is talking to the doctor and says "I cannot sleep as I worry that should the baby fall out of his cot I will not hear him, what should I do?" doctor replies "Take the carpet up"

My Mother in Law accused me of being effeminate. Compared to her maybe I am.

Some of the pubs in Salford are the toughest in the UK. The drinkers can fight at the drop of a hat, have muscles like knotted wire, are covered in tatoos and swear like troopers. The men are just as wild.

The proud father handed the baby to the Vicar at the christening font. The Vicar asked "and what will we call this little chap?" "It's a girl" whispered the proud father "you have got hold of my thumb"

A little old lady rang BT. "I have just had a phone fitted and the man has left it with a cord that is too long" BT "Would you like us to send someone round to shorten it?" Old lady replied "There is no need for that. Do you think you could pull it in a bit at your end?"

JIGSAW (BOLTON STROKE GROUP)

AGM 2018 – 2019

CHAIRMAN'S REPORT

Welcome everybody to our Annual General Meeting for the year ending January 2019. It's nice to see so many of you here and hopefully I will not be too long.

This is a bitter-sweet moment for me as this will be the last time I stand here as your Chairman. As you know Lynn and I are stepping down from the Committee and letting someone else have a go.

Rhona Talbot is also stepping down. I think Rhona deserves a special mention as she is in fact the longest serving member on the committee, she was on the committee when Lynn and I first came to Jigsaw but unfortunately, she has lost a bit of her 'get up and go' recently due to ill health. A big 'thank you' to Rhona.

In 2005 Lynn had her Stroke and we both used humour and determination to get through what was an unknown future but whatever that future was to be, we would embrace it and get on with our lives. When Lynn felt she was able, we came through those doors in 2008. There were about 12 – 15 people sat around a few tables and for me there was little or no positive atmosphere, there certainly wasn't any humour. I did not think it was for us but Lynn must have seen something as she wanted to come again and quite frankly, she has been the driving force over the past 10 years. A very special 'thank you' to Lynn.

The group was in danger of closing, so being cajoled by Pam from the Stroke Association a new committee was formed and over the years we have had committee members come and go but each and every one of them have helped make Jigsaw what it is today.

Being involved with Jigsaw gave us both a purpose and helped Lynn to re-develop all her old organisational skills and get her back to where she is today.
(a bloody nuisance)

We, with the help of others of course, are very proud of what Jigsaw has developed into, a lively, friendly place to be, a place where stroke survivors and carers are welcomed with a smile, not just survivors and carers, but all the helpers, visitors, physios, speakers and performers who always, without exception say "what a great crowd of people, totally opposite of what we expected to see"

Who is this 'great crowd of people'? You! You are the people that make Jigsaw what it is today.

Your positive attitude, willingly able to laugh and in many instances take the mickey out of me, which I love. Why? Because when most of you came through

those doors, many of you would not say boo to a goose, but now you can, shows exactly how far you have come since coming to Jigsaw.

Who do we have to thank for that? All the helpers and Church members who give up their time twice a month, a great committee (past and present) who have worked hard behind the scenes, and all of you who have made Jigsaw into what it is today. Please give each other a fantastic round of applause.

So, before we discuss the future, I would like to reflect on the year gone by.

Sadly, we have had to say farewell to members who have passed on during the last year.

I think it only fitting that we show our respect by observing one minute's silence for:

Anne Hayes, Gladys Holohan, Betty Hall, Margaret McCreavey, Joe Baldwin, Jack Lowe and Alan Butler.

Thankyou

Okay, so what sort of a year have we had?

Well, as I always say, I think we have had a brilliant year.

We have to remember that all the events that have happened this year have had to be arranged by someone and I think our Lynn deserves a massive vote of thanks for all her hard work.

I would like to give special thanks to Joan Armstrong, who has produced all the frustrating picture, and general knowledge quizzes during the year. She has already produced more for 2019.

The Exercise Sessions continue to be popular (these will continue, with Kate, for 2019)

We did the Olympus Chippy twice.

We had 5 Canal trips.

We had a great Summer trip to The Ramada at Southport.

We went to the Theatre Organ Museum in Eccles which was mind blowing.

We have had some great entertainers.

The Travellin' Strings who really did entertain us.

Kennedy Caitlin came and sang for us again.

The Entertainers, Men in black tie and ladies in posh frocks, a great afternoon.

Luke Robin who entertained us playing a few different instruments and sang for us. He came with John Kearns who had an amazing voice, his rendition of Phantom of the Opera was just astonishing.

We had Joan baffle us all with her audio music quiz and of course Michael Eastwood who gave us a talk about Egyptology.

Looking back the year wasn't too bad was it?

We finished off 2018 with two excellent Christmas Events

A more sophisticated Bash at the Holiday Inn, a great atmosphere, great food and of course we were royally entertained by Russell Shaun. Excellent.

Then we had a real send off with an in-house party which for me was probably the best we have had. Kenny Stephens pulled out all the stops, another great buffet, including those splendid whist pies, we had four hampers (From Tesco and Bradley Fold Garden Centre) and loads of bottles so much so that that we paired them off and still finished with 16 prizes!

We had so many helpers on the day that each table had it's own server. Oh, and we had a welcome back meeting with pasty, peas and gravy.

All in all, a very successful year.

As Chairman I work very closely with the Treasurer to ensure the group remains financially stable and I will hand you over to him for his, what I think will be, a very positive Report.

Thank you

New Chairperson's address (Gwyneth Johnson)

Hello Everyone

Thank you, Graham for the way you have conducted this Annual General Meeting, which has been your final task as Acting Chairman and, of course, Treasurer.

I know we all absolutely endorse your tributes to Rhona and Lynn.

Thank you to all in this room now and all who have voted for the election of the new Committee for the next twelve months.

We have a hard act to follow and are grateful to Lynn & Graham for their offers of guidance to us as time goes on – it will definitely be needed.

However, because of Graham's ability to keep the money rolling in well and often and his keenness to ensure that the expenditure never exceeded our income, the next months we will be in a healthy position. Linda, as our new Treasurer, will continue to provide good and sound financial advice.

Wearing the Acting Secretary's hat, I shall continue to carry out as much administrative work as possible. For both of us we will, we know, have the full support of each Committee Member.

We now have to learn what to do and when so that all planned events run as smoothly as possible.

At the January Committee meeting Graham made a comment about 'the Jigsaw family'. I think that is a phrase we can all use. We are a family and we like to meet together as often as we can.

It is the Committee's intention to continue to be positive about the future for this fantastic group. We might not, in the years to come, be able to have such full years of activities but we will all strive to ensure that the Jigsaw family continues to meet and enjoy each other's company.

Remember the words which appear from time to time at the top of a Newsletter page "Just because you have a disability it should not stop you enjoying life. You just have to do things differently and plan a bit more".

On the Humour page of the Newsletter are the words "You do not stop laughing because you grow old. You grow old when you stop laughing".

The Committee's best efforts will be made to keep us all laughing and enjoying ourselves.

Thank you.