

# JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

## NEWSLETTER

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

Issue No 242 Tuesday 26<sup>th</sup> February 2019



### Hi Everyone



I have been asked by Gwyneth (and the new Committee of course) if I would continue with the Newsletters and I have agreed to do so for the next few meetings.

As ex-Chairman I would like to congratulate Gwyneth and her team for the way today's meeting was conducted. The only difference as far as I could see was that Gwyneth was on the mic instead of me. She told me after the meeting that she was delighted in the way the meeting went and you all seemed to be in fine form.

On a personal note, it felt strange for Lynn and I to have a 'lie in', arrive at 12.45pm just wander in, sit at a table, and get very frustrated with the quizzes, but you know what? It was brilliant and we will come again!

Talking about coming again we had three new members - Sue, Thomas and Jimmy came to see us today. We hope you enjoyed the afternoon and will come and see us again.

We also had a couple of 'visitors' wandering amongst us. Suzie Bunn from Henshaws (a charity for visual impairment) chatted with a few of you and passed out information. We had a lady from the NHS advise us as to when we should use Pharmacies and Doctors rather than overload the A&E dept. She gave out some goodies, a pen and folding bag.

The Exercise session was very good, how do I know that? Lynn went in and took part! As for me I was busy circulating, attempting to cheat, as the toffee/ chocolate quiz was too flaming hard.



**Message from Gwyneth** - See page 3.

**Southport trip - Tuesday 2<sup>nd</sup> July.** The list for this trip went up today. For details see page 3.

A big 'thank you', as always, to the brilliant volunteers and helpers.

## **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, playing the guitar and playing 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.

## **HENSHAWS (for those with visual impairment)**

Henshaws have recently 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**

## **FALLS SERVICE & COMMUNITY THERAPY TEAM**

If you have had any falls recently, there is a service that may be able to provide assistance with an assessment to help you stay safe.

**Contact: Falls Service & Community Therapy Team - Crompton Health Centre, 501 Crompton Way, Bolton BL1 8UP  
Co-ordinator - Anthony MacKay 01204 462555**

**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.**

**Message from Gwyneth:**

**Gift for Lynn and Graham**

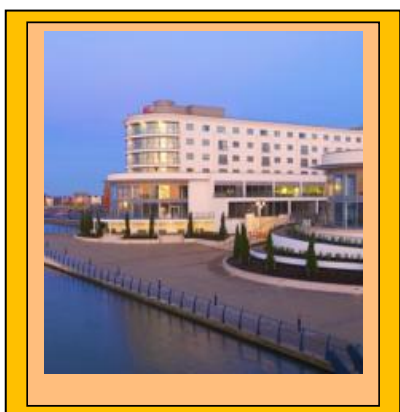
Due to unforeseen circumstances the Committee has not been able to contact all on the Jigsaw register. A letter will be sent to these people as soon as possible.

The final amount of Donations will be presented to Lynn and Graham on Tuesday 26<sup>th</sup> March, and a light buffet meal will be provided.

**TRIP TO SOUTHPORT & BLISS HOTEL (ex - RAMADA HOTEL)**

**(Includes Coach & 3-Course Meal)**

**Cost: £22 per person**



Once again, we are off to the Bliss Hotel (previously known as the Ramada Hotel) based on the promenade. We are in the Marine Suite, which also has a lovely balcony for our use.

Arriving in Southport approx 11.30 am for lunch at 12.15pm. After lunch the afternoon is yours to do as you wish, walk along the pier, take in the shops and gardens or just chill on a bench somewhere.

Departing Southport approx. 6.30pm for return to Bolton.

If the weather is bad, we have the room all afternoon and can use this or the lounge area to sit, chat and relax. Some members never left the Hotel all day last year!

There is limited space on the coach but there is no limit to numbers to attend the lunch (it's a large room). So, if you want to go independently by your own transport, you can and it frees up the coach for those who need it more. (We will provide more details about the trip in the next Newsletter.)

The list for this trip went up on the wall today and we had a good response.

**If you want to go, please contact Gwyneth as soon as possible on 01204 572225.**

## Jigsaw Dates for your Diary – 2019

2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the Month

	Formal Meeting	'Drop In'
<b>January</b>	8 <sup>th</sup> January (Pastie & Peas lunch)	22 <sup>nd</sup> January
<b>February</b>	12 <sup>th</sup> February (AGM)	26 <sup>th</sup> February
<b>March</b>	12 <sup>th</sup> March (Luke Robin/John Kearns)	26 <sup>th</sup> March (Buffet)
<b>April</b>	9 <sup>th</sup> April (Betsy - the Promotion)	23 <sup>rd</sup> April
<b>May</b>	14 <sup>th</sup> May (Colin Dockery – Mayor's Chauffeur)	28 <sup>th</sup> May
<b>June</b>	11 <sup>th</sup> June (David Tomlinson – Talk on Warburtons)	25 <sup>th</sup> June
<b>July</b>	9 <sup>th</sup> July (Nicola Mills Sings)	23 <sup>rd</sup> July
<b>August</b>	13 <sup>th</sup> August (The Travellin' Strings)	27 <sup>th</sup> August
<b>September</b>	10 <sup>th</sup> September (Spellbound – Film/talk)	24 <sup>th</sup> September
<b>October</b>	8 <sup>th</sup> October	22 <sup>nd</sup> October
<b>November</b>	12 <sup>th</sup> November (The Entertainers)	26 <sup>th</sup> November
<b>December</b>	10 <sup>th</sup> December (Christmas Party – Ticket Only)	

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

## WHEELCHAIR ACCESSIBLE TAXI PHONE NUMBERS

Here are a few numbers for your reference – all are roomy 'Black Cab' style Taxis:-

<b>Nigel's Taxi</b>	<b>07737 472847</b>	
<b>Stephen Jackson</b>	<b>07757 608034</b>	
<b>Wal</b>	<b>07866 740031</b>	
<b>Street Cars (Ajaz &amp; Wajid)</b>	<b>07766 207454 (Ajaz)</b>	<b>07916 802833 (Wajid)</b>
<b>Bowcock Private Hire (Andy)</b>	<b>07860 801830</b>	<b>(Peugeot E7 Wheelchair Taxi)</b>
<b>Ricksway Private Hire (Rick)</b>	<b>07958 788816</b>	<b>(Peugeot E7 Wheelchair Taxi)</b>
<b>Ken's Cabs</b>	<b>07800 546876/0770 418 7735</b>	

**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<sup>th</sup> March  
   **Luke Robin & John Kearns Sing**
- 'Drop In'                      Tue 26<sup>th</sup> March  
**(Light Buffet lunch)**      **Chill & Chat, Quizzes,  
   + Exercises with Kate**
- Formal Meeting      Tue 9<sup>th</sup> April  
   **Joanne Halliwell – 'Betsy the Promotion'**
- 'Drop In'                      Tue 23<sup>rd</sup> April  
   **Chill & Chat, Quizzes,  
   + Exercises with Kate**

**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 March 2019

**Glynis Hardman  
Bert McEwan  
Linda Fothergill  
Graham Bridge  
Karen Helsby  
John Rainford  
Maureen Wardle  
Mark Smethurst  
Margaret Davies  
David Aruvee  
Steve Mann**

**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 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.

I was in a club on Saturday night when this really ugly girl came up to me, squeezed my bum and said, "Give me your number sexy."

I said, "Have you got a pen?" She smiled and said, "Yes."

I said, "Well you had better get back to it, before the farmer notices your missing!"

Some Husbands come in handy around the house. Others come in unexpectedly.

One excellent way of losing weight is to stand naked in front of a mirror while eating your meal. You will have been thrown out of the restaurant before you can eat too much.

A wife and her husband are arguing. She shouts "when we were first married you said you would die for me." He replies "and?" She shouts back "Now's the time"

Harry walks into a pub. "Hi Harry" says one of his mates, "You put on a great show last thursday night when you were having a bit of hanky panky with your missus. You really should draw your curtains."

Harry replies "Sorry to disappoint you mate, but I was away on business last Thursday night"

We would all be happy to pay as we go -- if only we could finish paying for where we've been!

It was an overcast and threatening sky the day Fred buried his Mother in Law. As the family left the cemetery there was a flash of lightning and a huge clap of thunder. Fred said to his wife "Strewth, she is there already"

Two Jewish lads visiting Mexico are in a restaurant and one says "I wonder if there are any Jews in Mexico?" The waiter passes and one of the guys asks "Excuse me waiter, do you have any Mexican Jews?" The waiter says "I do not think so senor, but I will ask" the waiter comes back and says "No sir, there is no Mexican Jews, but we have Orange Jews, Grape Jews and Prune Jews"

A farmer drives about 12 miles to his Neighbours farm and knocks on the door. A young dopey looking boy opens the door. The Farmer asks "Is your father in?" The boy replies "No sir, he has gone into town with the family, what is it about?" The farmer says "well I came to see your brother Joe about getting my daughter pregnant" The boy says "Well, I know Dad charges £100 for the Bull and £50 for the Boar, but I have no idea what Joe is charged at"

### What's in a Name

Next time you introduce yourself or write your signature spare a thought for Barb Dwyer and Paige Turner. These names are taken from a survey done in Britain in 2009. Other silly names taken from the babywebsite.com include Hazel Nutt, Lee King, Terry Bull and Mary Christmas. A US survey came up with the names Anna Prentice, Carrie Oakey and Bill Board.

Retired airman Stan Still told the BBC that his name had been a blooming millstone around his neck for most of his life. His commanding officer used to shout "Stan Still, get a move on" and then roll about laughing.

A Susan Mee from Doncaster told the BBC "My name was Susan Frame. I am a Lawyer, I met and married Robert Mee, who is a Banker so now we are Sue Mee, a lawyer and Rob Mee a Banker"

## Humour in Life

A sense of humour is important  
As shock absorbers are to a car  
It helps to get over rough patches,  
That come to us near and by far.

A sense of humour is really needed,  
As a tight-rope walker needs a pole,  
It helps to keep us well balanced,  
It can cheer , make joyful the soul.

A sense of humour is necessary,  
As yeast is to the raising of bread.  
When raising our voices in laughter,  
Happiness to others will spread.

A sense of humour is important,  
The Bible in Proverbs we read,  
“A merry heart does good like medicine”,  
Which is very good medicine indeed.

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**

**CHAIRPERSON – GWYNETH JOHNSON - 01204 572225**