

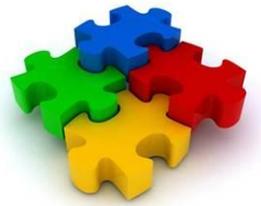
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 243 Tuesday 12th March 2019



Hi Everyone



"Luke and John"

We were hoping to have a quartet, Mathew, Mark, Luke and John entertain us today but only Luke and John turned up and they were brilliant.

Luke (the small one) said that he and John were trying something different by having a relaxed style on Keyboard (John) and Guitar (Luke), just picking songs out of their repertoire and "jamming" together.

I know you all enjoyed it and left you with a good feeling.

I don't know if you were aware that John was struggling with a cold but they battled on and gave us a right royal mix of songs, Les Miserable, Rat Pack, Modern Pop and others. "Bring Him Home", Empty Chairs and Empty Tables", "This is my Song", "Here comes the Sun", "Fools Rush In", "Riding Shotgun" (The lads were amazed when all us oldies were singing along with this one), "Close to You", "When I'm 65", "Mr Blue Sky", I'm a Believer", "It's a Wonderful World", "Fly me to the Moon" and others. A great selection.

Members joined in singing along with many of the songs. An excellent afternoon enjoyed by all and we cannot have John leave without singing "Music of the Night" from Phantom of the Opera which he duly did. Thanks lads a great afternoon.

We had a New member – Ruby accompanied by Rachel from the Community Stroke Team come along to see us today. We hoped you enjoyed your visit and will come again.

For the 2nd year, Trevor is going to help fundraise for Jigsaw with his Quiz, which he has prepared. This can be purchased and taken away to complete – more details at the 'Drop In' and in the next Newsletter.

Canal Trips (2019) Gwyneth says these will be going ahead. **See page 2**

Olympus Fish and Chip Outing. (Tues 2nd April 2019) **See page 4**

Southport Trip. (Tues 2nd July 2019) **See page 3**

Many thanks to those who donated 2nd class stamps, it's much appreciated.

Thanks as always to all the volunteers and helpers

Don't forget – there is a light buffet lunch being served at the 'Drop In' Tue 26 March.

'DROP IN' MEETING – TUESDAY 26TH MARCH 2019

Today is the presentation to Lynn & Graham after over 10 years of helping Jigsaw and now standing down for a much-deserved retirement. To mark the occasion, we are having a light buffet lunch (so don't forget you don't need to have lunch before you come to the meeting).

If there are any special dietary requirements please let Gwyneth know as soon as possible on 01204 572225.

This will be followed by the usual quizzes, chill & chat time. The chair-based exercises with Kate will start at the usual time of 2pm.

'ROSE OF PARBOLD' CANAL BARGE OUTINGS 2019 (Dates for your Diary)

This year the dates for the Canal Barge trips are:-

Wednesday 22nd May
Wednesday 19th June
Thursday 25th July
Wednesday 21st August

The list for these will be up on the wall at the 'Drop In' on Tue 26th March.

Full details of the trips will be in the next Newsletter.

DISABLED BLUE BADGE - NEWS

There have been some changes to how the Blue Badge is now administered.

One of the Jigsaw members has recently been fined for not renewing their Blue Badge. The member advised that they usually received a reminder to renew. They were fined £85 for not having a valid Blue Badge.

Please be advised that Bolton Town Hall is no longer issuing reminders when the Blue Badge falls due for renewal. It is now up to the individuals to ensure that they renew their Disabled Blue Badges in good time.

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

TUESDAY 2ND JULY 2019

(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.

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.

There is an underground car park for the Ramada Hotel, accessible via the car park entrance to the Floral Hall, with a lift direct to the 1st floor. We are assured that car parking will be free for the duration of the afternoon for our group but please get the ticket validated at reception prior to departure.

Please note there is NO Shopmobility at Southport. Members are advised to take their own small mobility scooters/wheelchairs where possible. Wheelchair users please make sure you have someone to push your wheelchair.

Those going on this trip should be at Christ Church for 9.30am, we will be departing for Southport at 10am. Arriving approx 11.30 am for lunch at 12.15pm. We have some flexibility on return time (approx 6.30pm), which will be dependent on if the weather is good or not and we will have more information nearer the date.

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

OUTING - OLYMPUS FISH & CHIP RESTAURANT

DATE: TUESDAY 2nd APRIL 2019

PRICE: £6.00 PER PERSON



Tasos and his team will welcome us back again for a 2-course Lunch (Main Course & Dessert). We are limited to 66 people for this visit (Olympus' request).

You make your own way there and back.

Meeting at the Olympus at 11.30am – Orders will be taken at 12 Noon. (there is a good choice of food – you don't have to have fish & chips – they have steamed fish, steak puddings, pies, jacket potatoes, moussaka, salads, sandwiches etc). Plenty of choice.

Allow a couple of hours for a leisurely lunch (It takes some time to serve 66 people!) so arrange for Taxi's/cars to pick you up at around 2.15pm - 2.30pm.

The list for this outing went up today (12 March).

If you want to go on this outing – please contact Gwyneth on 01204 572225 as soon as possible.

MEETING TUESDAY 9TH APRIL 2019

JOANNE HALLIWELL – PERFORMS AS 'BETSY' - THE PROMOTION



"Joanne (Betsy)"

Members may remember Joanne visited a while ago to perform for Jigsaw as 'Betsy' the Scullery Maid. This was a wonderful comedy role, full of character and humour.

Joanne performs Comedy Historical Roles for various groups, schools etc throughout the North West.

She returns this time and we can follow Betsy's journey as she is promoted!!

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.

University of Central Lancashire (UCLan) Electric Bike Research/Stroke Rehabilitation - Update

Jigsaw members may remember approx. 2 yrs ago, 2 of the Students (Paul & Amna) from the University came along to talk to members about their research and the use of Electric Bikes as part of an intervention for stroke rehabilitation. They gathered lots of information from Jigsaw and other stroke groups around the area. The University, working with an electric bike supplier, designed and built a 3-wheeler e-trike and an e-bike for this purpose.

They found various barriers (problems) but also enablers to using e-bikes/e-trikes. The results of this study can be used as a starting point in the development of interventions for stroke rehabilitation.

New Research – Can you help?

The University is now looking for stroke survivors who would like to help as part of their ongoing study. Their research aim is to assess changes in individuals who have had a stroke after loaning them a modified electric bike for 8 weeks. The study is being overseen by research staff at UCLan and supported by an electric bike supplier.

'Drop In' -Tue 26th March

Adrienne Day from UCLan will be visiting Jigsaw on Tue 26th March and be able to chat to anyone about the new study during the afternoon. There is certain eligibility criteria that need to be met and you will also need to get the approval of your GP to take part.

Adrienne will have copies of the results from the initial research and details of the new study with her so you don't have to make a decision on the day – you will be able to take details away and decide later if you wish to take part or not. There will be an opportunity to ask questions during her visit when she wanders round the room.

NOTICES

Dates for your Diary for Forthcoming Meetings in 2019

'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'
'Drop In'	Tue 23 rd April Chill & Chat, Quizzes, + Exercises with Kate
Formal	Tue 14 th May Speaker – Colin Dockery Mayor's Chauffeur

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.

The young woman was giving details of the accident to the police officer and denied that she was speeding.
"What gear were you in?" asked the policeman.
"An apricot yellow two piece with chartreuse picture hat" she said.

"Will you love me when I'm old and grey?"
"Why not, I've loved you when you were blonde, henna, brunette and blue"

A friend of mine is so tight he looks under the bed every morning to see if he has lost any sleep!

She was wearing a faint perfume.
One sniff and you fainted.

If you weigh a whale at a weigh weigh station, where do you weigh a pie?
Somewhere over the rainbow weigh up pie.

She visited the Doctor several times in a week.
"Doctor these pains are getting worse.
They are coming every 20 minutes and are lasting more than an hour"

"How did the accident happen sir?"
"My wife fell asleep in the back seat"

A friend of mine has a clapped-out wreck of a car but he says he loves it.
He parked at the side of the road the other day, a police car stopped and the copper asked if he had reported the accident.

He asked his wife how they should celebrate their 25th wedding anniversary.
She suggested "with two minutes silence"

If God is good why do his people put lightning conductors on top of steeples?

It was the Cricket Clubs annual dance and the new young cricketer while dancing with a lady member kept standing on her feet. He apologised "I am sorry but I am a little stiff from bowling" She replied "I don't care where you are from, just keep off my feet"

"Are you married Albert?"
"Oh no, I walked into a door"

Sign in a Farmers field.
"Do not attempt to cross this field unless you are able to do so in 9 seconds. The Bull can do it in 10"

The boss demanded to know why he was late.
"I have been for a haircut"
"You can't have your hair cut in office time"
Why not? It grows in office time"
"Not all of it" said the boss.
"So I didn't get it all cut off"

"Parachute for sale, never opened, only used once."

Signs. Fish and Chip shops.

"A Fish called Rhonda"
"A Salt and Battery"
"Battersea Cods Home"

Solicitors.
"Godloves Solicitors" Leeds.
"Wright Hassall Solicitors" Leamington.

Others
"Spruce Springclean"
Carpet Cleaners Cornwall.
"Bonnie Tiler"
Plumbers Gateshead.

"Facial Attraction"
Beauty Salon Pontypool

Poems

It's an On-going Saga, Bob!

I was asked by Bob to invent a Rhyme
Because he thought it was amusing
An embarrassing story I had told
That had caused me some bemusing

I couldn't get my TV Remote to work
So I placed new batteries in it
This didn't make any difference at all
Oh No! I thought I'd have to bin it

Muttering as I climbed the stairs
Went into the bedroom to the TV there
I pointed the remote control
But couldn't make it utter or stir

Again I placed NEW batteries in
No go? What could be happening?
The techno gremlins must be out today
Nothing seems to be going my way

Puzzled I descended the stairs
Tried the TV again as I cussed and
swared

Was then I realised what I'd done
How ditsy was I, it was so absurd....

....My upstairs remote was downstairs
And vice versa was the case
I don't know how I'd mixed them up
And now I've gone and missed 'The
Chase'

Continued.....

Continued ...

So Bob, don't worry, you're not alone
If your memory is sometimes 'not at
home'

Mine confuses me time and again
Like when I mislaid by landline
phone....

(Here Goes)!

.....I took a quick trip into Town
And opened my bag to pay for goods
Yes, you've guessed, ditsy rules again
There it was at the bottom lying nice
and snug

But I'll not worry nor will I fret
About my continuing Lady 'Gaga'ness
Because the tales we told that day
Gave us laughter and fun.....

.....So I'll count myself blessed!

*Marie Gradwell
Stroke Survivor &
Jigsaw CommitteeMember*

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