

JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 244 Tuesday 26th March 2019



Hi Everyone



"The Jigsaw Four"

What a humbling experience that was today. Lynn and I had no idea that we were to receive such a show of appreciation of our time running Jigsaw.

I told you all that we were aware of what many of you have gone through and how appreciative you have been of Jigsaw.

That for us was enough, it was what kept us going. After each meeting we would always comment on the atmosphere, smiling faces, the banter and think "another great meeting". It was the same after each trip, a feeling of satisfaction and we must be doing something right.

We did not do this on our own. Pam and Rhona (see photo) were instrumental along with committee members, past and present, in making Jigsaw what it is today. Lynn and myself have really enjoyed the last 11 years and Rhona (15 years), you now have a new committee with Gwyneth in charge and we hope you will help them to create a new era for Jigsaw. Once again, a massive 'thank you' for what you have given us today, we are humbled and touched by your generosity. Lynn and I will be raising a glass or two to Jigsaw when we are away on holiday.

It was nice to see Jackie from Mezzo at the meeting. She has handled our requests for all of our buffets over the years and supported Jigsaw brilliantly. She has now sold the business and the new committee will, I am sure, set up a relationship with the new supplier to suit Jigsaw's requirements.

Exercise sessions – Ben has returned! Kate has gone to New Zealand so having Ben back is a bonus for Jigsaw.

Adrienne from UCLan visited us today about the Electric Bike trial and had 3/4 Jigsaw members who expressed an interest in taking part in the trial and received the relevant paperwork. (they are checking with their doctors about participation and if they receive the go-ahead we hope the trial is successful for them.)

Olympus Outing Tue 2 April (see page 2)

Rose of Parbold Canal Barge trips cancelled (see Page 4)

Details of Trevor's Quiz (Page 4)

Thanks as ever to all the (very busy) volunteers and helpers today.

OUTING - OLYMPUS FISH & CHIP RESTAURANT

DATE: TUESDAY 2nd APRIL 2019

PRICE: £6.00 PER PERSON



You make your own way there and back.

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

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.

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



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!!

HENSHAWS (for those with visual impairment)

Henshaws are running a **Sightloss Connections Event on Thursday 9th May 2019** from 11am – 2pm. Held at the Sensory Centre, Thicketford Road, Tong Moor, Bolton BL2 2QL. This is networking event to demonstrate the good practice, work being achieved in Bolton and showcase support available.

Contact - Suzie Bunn at the Sensory Centre at Thicketford on 07764 969 797 for further information.

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.

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 on 01204 572225.

ROSE OF PARBOLD – CANAL TRIPS 2019

Gwyneth asked me to explain to you that in my role as Treasurer I had ensured the Group was in a position to continue but until the new committee are able to find funding, they need to consider cost carefully.

The cost of the Mini-buses have increased substantially by £70 for each mini-bus this year, which is something we were not prepared for and the additional cost to members plus the subsidising will be prohibitive without obtaining some additional funding. We will try and find additional funding in due course but this will be later in the year.

Because of this we have to **cancel** the Canal Barge dates for this year but hopefully can look for funding going forward.

TREVOR'S FUNDRAISING QUIZ 2019

This is actually the 3rd Quiz which Trevor has set to help raise funds. If you wish to obtain a copy of Trevor's Quiz – see Trevor at the meetings. The cost is £1 per copy and there will be a cash prize.

Full details of the Quiz are given on the quiz sheet itself. All proceeds will be going to Jigsaw, so it's well worth having a go or passing on to family/friends to do.

All entries should be returned to Trevor before 31 July 2019.

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 9th April
Joanne Halliwell – ‘Betsy’ the Promotion

‘Drop In’ Tue 23rd April
Chill & Chat, Quizzes,
+ Exercises with Ben

Formal Meeting Tue 14th May
Speaker – Colin Dockery
Mayor’s Chauffeur – ‘Behind the Civic Wheel’

‘Drop In’ Tue 28th May
Chill & Chat, Quizzes,
+ Exercises with Ben

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 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 April 2019

Gina Unsworth	Barry Kilkenny
Michael Connolly	Kath Neary
Jean Haslam	Jim Horrocks
Ken Parker	Arthur Platt
Maureen Smethurst	
Sue Wright	Anita Chazen
Karen Cullen	George Greenlees
Judith Taylor	Lily Whistance
Malcolm Talbot	Janet Aspinall
Eileen Daniel	Phil Kelly
Thomas Prendergast	

If we don’t 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 Linda / Gwyneth 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.

Doctor tells a man that at 16 stone he is overweight and asks "What is the top weight you have been?" The man replies "18 stone" "What is the lowest weight you have been?" asks the doctor. The man says "7lb 8oz"

'Mama Mia' the Abba song is about a Lancashire lad telling his mother where he is.

I read about a girl who took the pill and washed it down with pond water. Today she was diagnosed as being three months pregnant

We asked a millionaire how it felt to have piles of gold. He said "wealthy but uncomfortable"

"It was love at first sight with me."
"Why didn't you marry her?"
"I saw her again on several occasions"

I was once asked what you would tip the Porter at a Nudist camp. I suggested a fiver should just about cover it.

There was an unfortunate incident in a Hollywood Bowling Alley. It appears that Yul Brynner bent down to tie his shoelaces and someone stuck two fingers up his nostrils.

A country boy in a pub having a drink when his friend runs in and shouts "Hey Mick. Someone is pinching your car". Mick runs out, comes back blowing and puffing and says "He got away but I got the number of the car"

A motorist picked up the dolly bird hitching a ride. She said "I am a magician and will prove it if you give me a lift" She touched his knee and he turned into a Motel.

The last thing to go through an insect's mind when it hits the windscreen at 60mph is its bum!

Medical terms	Alternative descriptions!!
Artery	The Study of Paintings
Bacteria	Back door to cafeteria
Barium	What doctors do when patients die.
Benign	What you be, after you be eight
Caesarean Section	A neighbourhood in Rome
Cat Scan	Searching for Kitty
Cauterize	Made eye contact with her
Dilate	To live long
Fibula	A small lie
Node	I knew it
Pelvis	Second cousin to Elvis
Tumour	One plus one more
Urine	Opposite of you're out

SMILING

You must have heard of the laughing policeman
At the end of the seaside pier,
When the penny was put into the slot
What a wonderful noise you could hear.

Hearing the sound of his laughter
Made folk smile and join in, too,
You couldn't contain your merriment,
It was something you just couldn't do.

Laughter, you see is infectious
A smile is nearly always returned,
How different from moaning and frowning
Is the pleasant smile that seldom is spurned.

Infections we are told spread quickly,
They take hold in the blink of an eye,
So let smiling be spread like a virus
To each person who comes walking by.

*LM Wadlow, Worcs
Taken from the Daily Mail*

EDITOR: Graham Bridge.

If you wish to contact me on any of the topics in the Newsletter then please call me on - **01204 387 704** or **Mobile: 07894 810 901**

CHAIRPERSON – GWYNETH JOHNSON - 01204 572 225

Mobile: 07592 904 021 (from 1st April 2019)