

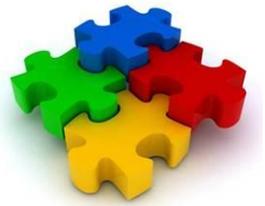
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 243 Tuesday 9th April 2019



Hi Everyone



"Betsy Housekeeper"

Sorry I was not able to be there today but I was somewhat occupied by a stomach that had a mind of it's own and 'dared' me to leave the house! Lynn has described what went on and this is her account. Sounds hilarious.

What a great afternoon – Joanne gave a brilliantly acted comic performance as 'Betsy' (the scullery maid) who quite by accident went on to become a 'Housekeeper' – quite a surprise for her and for us too how this came about.

As you can imagine there were lots of asides, innuendo and misunderstandings – given it's Betsy! From what was such an innocent conversation with a Priest, reminiscences about her scullery maid cap/lice (and butter), Rosie the Dairy Maid, Thomas her old beau with the roly eye and wooden leg and Rosie's three phase rule about pretending to understand things – then not understanding – then understanding again, lots of rambling on about allsorts (including a large marrow), she had us in tucks with laughter.

Believe it or not, Joanne writes all the scripts herself and performs them with wonderful timing and expression. A fun afternoon and a real theatre performance. We hope that Betsy will return to appear in her next persona in the not too distant future.

Barry Kilkenny treated us all to chocolate rolls to celebrate his upcoming birthday, 'thanks', Barry. Gwyneth then led us all in a rendition of 'Happy Birthday' in return.

Southport trip. (See page 3) The Menu forms were handed out today. If you are not already on this trip and you want to go, you need to let Gwyneth know as soon as possible as we need to confirm numbers and select your Menu choices.

Our best wishes to those who are ill, in hospital or convalescing and we hope to see you soon.

Thanks to all the helpers and volunteers today, brilliant as usual.

**OUTING - OLYMPUS FISH & CHIP RESTAURANT
TUESDAY 2nd APRIL 2019**

Ali and the team looked after us very well today. The Restaurant was very busy with other groups and customers but they did a brilliant job. Everyone enjoyed the lunch – another good afternoon!

Some photos from the afternoon:



“How big are the Codpieces here?”



“The smiles say it all”



“The Three Olympians”



“Waiting patiently”



“Smile for the camera Michael”



“Looking forward to Lunch”

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 07592 904 021.

HOLIDAY INSURANCE

We are always on the lookout for insurance companies that can cover travellers with pre-existing medical conditions (including stroke) and Jigsaw has been sent some information from **Freedom Insurance Services Ltd** based in Cambridgeshire.

Jigsaw isn't able to recommend any particular company but it might be worth giving them a call or checking out their website and asking for a quote if you are considering a holiday in the UK or abroad.

Typical policies cover up to age 85 yrs old but they are also able to cover people who may be older than this via another of their sister companies.

Website: www.freedominsure.co.uk

Telephone: **01480 220677**

If you mention that you are from Jigsaw Stroke Group in Bolton they are offering 10% discount to Jigsaw members.

There is a small supply of Freedom Insurance leaflets on the Information Table at meetings.

MEETING – Tuesday 14th May 2019

Speaker – Colin Dockery – 'Behind the Civic Wheels'



Colin (who is now retired) has had an extensive career as a Mayor's Chauffeur including 15 years in Bolton, 8 years in Bury and 16 years in Blackpool. He has also worked for the Lord Mayor of Manchester along with other councils around the area.

Colin will talk about the duties he has undertaken and enhance his talk with photos/slides.

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.

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.

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.

NEWS Update re The Stroke Association

We reported last year that the Stroke Association will be refreshing their branding including some of their logo colours and message. This is now complete. The new Strapline is:-

'Rebuilding lives after stroke'

There is also a new Stroke Association advert on Channel 4 launching on Friday 26th April so if you get chance, do have a look.

The latest edition of 'Stroke News' contains more information and if you don't receive a copy direct – there is one on the Information table at meetings.

NOTICES

Dates for your Diary for Forthcoming Meetings in 2019

| | |
|-----------|--|
| 'Drop In' | Tue 23 rd April Chill & Chat, Quizzes, + Exercises with Ben |
| Formal | Tue 14 th May Speaker – Colin Dockery Mayor's Chauffeur – 'Behind the Civic Wheels' |
| 'Drop In' | Tue 28 th May Chill & Chat, Quizzes, + Exercises with Ben |
| Formal | Tue 11 th June Speaker – David Tomlinson 'Warburtons' |

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 Gwyneth/Linda 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 Gwyneth 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.

A few years ago Glasgow was named "The Murder Capitol of the UK" In the same week it was also named "The Friendliest City in the UK". This meant that should you be stabbed there was always someone who would give you directions to the hospital.

The weatherman announced "Today will be muggy, followed by tuesday, wednesday, thursday and friday"

A BBC announcer said "The events going on in Stratford upon Avon are being held to celebrate the Birds Bathday"

To awaken a student who had fell asleep in the class the English Professor threw a book at him. "What was that" spluttered the startled student. The professor replied "That my boy was a Flying Chaucer"

He joined the Foreign Legion to try and forget his constantly Nagging wife, but then found that at least six of the Legionaires looked like her.

"How long have you been thinking you're a Dog?"
"Ever since I was a puppy"

I saw a sign with a picture of a man. "It said "Have you seen this man?"
I wrote down the telephone number, rang it and said "No"

It had been a long time coming but the daughter, at the age of 40, was to get married and finally move out of the house.
At the wedding the father asked the groom for a receipt!

"How is your Headache Fred?"
"Out doing the shopping"

The husband said to his wife "we have eight kids and it is driving me mad with worry. We have to stop" A few weeks later she told him she was pregnant again. "That's it, I can't take any more" He went to the drawer pulled out his gun and held it to his head. His wife shouted "Stop! You will be killing an innocent man"

What did one lift say to the other lift?
I am coming down with something"

Usher at the wedding asks the woman "Are you a friend of the groom?"
"Indeed, I am not. I am the Bride's Mother"

My mate was well known for calling a spade a spade until the day he tripped over one.

One word of Censure makes dad hold his tongue and the word is Mum.

The best Man read out the telegram at the Reception. "I have a telegram for the groom and it reads as follows 'Congratulations Gerald, it was better to have loved and lost, than never to have been loved at all – Mary, Terese, Wendy, Karen, Julie, Barbra, Estelle and Agatha"

Poems

A Painful Reminder

I know my local practice
Are trying to be kinder,
But why do they keep sending me
Each time, a fresh reminder?

No doubt I'm getting on in years
But these just make me fiery.
I haven't missed appointments yet –
I keep them in my diary!

This all came to a head today;
A phone call from reception,
A dental check awaiting you
Tomorrow; no deception.

With gritted teeth and painted smile
I told the girl: 'I know,
At ten to two tomorrow
Will be the time I'll show.'

It isn't just the dentist
Who sends out each brief note,
The doctor; foot man and some shops –
It really gets my goat!

They come as emails, also
To make me tear my hair,
My wife says I should laugh it off
Which just makes me despair!

Continued

Continued ...

And now some new ones rear their
head
To fill me with dismay:
'We'd like to know your thoughts
on us,
How did we do today?'

At last I got my own back
On one High Street retailer
Who'd really badly let me down,
In fact, a major failer!

'We'd like to know – how did we
do?
'Just give each point a thought'.
In answer to their questions
I gave each one a nought!

*Michael Swift, Kent
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 387704** or **Mobile: 07894 810901**

CHAIRPERSON – GWYNETH JOHNSON – 07592 904 021