

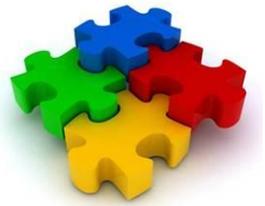
# JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

## NEWSLETTER

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

Issue No 246 Tuesday 23rd April 2019



### Hi Everyone



**"We are agreed- it is not Tess Daly"  
"The Answer – Tess Daly"**

Happy St Georges Day. The numbers were down today which was expected, first day after Easter, great weather etc.

Not many helpers turned up today due to all sorts of circumstance but those that did turn up helped to give the meeting a nice atmosphere.

Both quizzes were challenging today with a lot of head scratching going on.

We had two new members turn up today Graeme and Kathleen. I had a long separate chat with both of them and they said they had enjoyed the afternoon.

Both had expected to come into a room full of miserable looking Stroke Survivors, but were pleasantly surprised by the upbeat atmosphere. We hope you come again.

Ella Henry, an Occupational Therapist with Bolton NHS visited Jigsaw today to see if there was any interest in setting up an Art Group for stroke survivors, she wanted to see what members thought about the suggestion. Ella visited the various tables to explain what she had in mind and obtain feedback.

If you weren't at the meeting today and might be interested please get in touch with Gwyneth for Ella's contact details.

Ben held the exercise sessions with fewer participants as usual but enjoyed by all who took part.

**Southport Trip:** if you want to be fed on this trip please ensure that you have filled in the menu forms and handed them to Gwyneth. The numbers attending and who has what, has to be confirmed to the hotel four weeks prior to our arrival. If you have not yet paid for this outing then please see Gwyneth at the next meeting. **There are still places available – contact Gwyneth (See page 3)**

Thanks to all volunteers/helpers. They worked hard today.

**Don't forget – it's 3 weeks to the next meeting on Tue 14<sup>th</sup> May! (see page 2)**

**MEETING – Tuesday 14<sup>th</sup> 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.

### **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](http://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.](#)

### **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 26<sup>th</sup> 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.

**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 2<sup>ND</sup> 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 1<sup>st</sup> 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. Please make sure you have completed your Menu selection**

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

Henshaws are running a **Sightloss Connections Event on Thursday 9<sup>th</sup> 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 and advice available.

This is a Mutli-cultural & faith event. There will be lots of organisations coming to network eg: Sightline, Guide Dogs, RNIB, Henshaws Digital, NHS Diabetes Nurse and Amazon will be demonstrating voice activated technology.

**Contact - Suzie Bunn at the Sensory Centre at Thicketford on 07764 969 797 for further information. (The event is Free & a Light lunch will be served)**

### **TREVOR'S FUNDRAISING QUIZ 2019**

This is actually the 3<sup>rd</sup> 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:-

<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 14 <sup>th</sup> May Speaker – Colin Dockery Mayor's Chauffeur – 'Behind the Civic Wheel'
'Drop In'	Tue 28 <sup>th</sup> May Chill & Chat, Quizzes, + Exercises with Ben
Formal Meeting	Tue 11 <sup>th</sup> June Speaker - David Tomlinson 'Warburtons'
'Drop In'	Tue 25 <sup>th</sup> June Chill & Chat, Quizzes, + Exercises with Ben

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.....**

### '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 May 2019

Mary Connolly      Sylvia Mason  
Mae Leung          Peter Hall  
Ray Walton  
Trevor Grundy  
Mark Hodgkinson  
Sonya Constantine  
Rosemary Sutherland  
Suzanne Hartop  
Barbara Hughes  
Graham Lee  
Joyce Kelly  
Jacqueline Hithersay

**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.

I love reading books and fellow readers out there will know the feeling when you have finished the book and inwardly say "That was a great story"  
I have just finished a book that when I started it wondered if I would enjoy it. It was one of those books that left me with a nice warm feeling.  
I suggest you read it. It is called "Central Heating" by Ray Diator

I read in the Daily mail about a lady who had bought a pair of slippers with Velcro fasteners. She relaxed into the armchair and crossed her legs. When she got up she fell over because the Velcro on both slippers had stuck together!

**New Book Titles**

Carpet Laying by Walter Wall.  
Eating Cheap by Roland Marge.  
Growing Veg by Tom R Tow.  
Sandwiches by Hammond Tonge.  
Posh sandwiches by Eamon Tonge  
Sailing by Abel C Man.  
Hairdressing by Aaron Flore.  
Old Furniture by Anne Teak.  
Igloo Making by S K Mow.  
Welsh Jokes by Dai Laffin.

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

Have you noticed that those who want Birth Control are already born.

There was a young farmer from Leeds  
Who swallowed six packets of seeds  
It soon came to pass  
He was covered in Grass  
And couldn't sit down for the weeds

A neighbour looked over the fence to see the little lad next door digging a hole. The neighbour says "what are you doing young man?"  
The little lad replies "I am digging a grave for my goldfish."  
The neighbour comments "That is rather a big hole for a goldfish don't you think?"  
The little lad replies, "I am digging a big hole as my goldfish is inside your flippin cat"

My mother in law has so many chins it looks like she is staring at you over a sliced loaf!

What do you call a woman who has a knife in one hand, screwdriver in the other hand, scissors between her toes on one foot and a corkscrew between the toes on her other foot?  
A Swiss Army Wife

A guy walks on to a building site and asks the Foreman for a job. He is told that he could do a bit of labouring but the job would mostly be "Brewing Up" for everybody. The guy says "I will take it." So the Foreman says "Good, you can start tomorrow and by the way can you drive a fork lift truck?" The guy replies "Good God, how big is the Tea Pot!"

I read about a new drink. Apparently, you add a drop of windowlene into a Vodka and even if you wake up with a bad head in the morning, your eyes will be bright and sparkling.

Two consultants discussing a patient's problem.  
"I think, between you and me we ought to be able to get this lady pregnant."

"Ladies and Gentlemen, the flight has been delayed because the Pilot did not like the sound of one of the engines. We will be on our way as soon as we find another Pilot."

## POEMS

The legend of St George is a tale  
Of a very daring fearless male.  
So brave was he, as the saying goes,  
This Christian knight, he feared no  
foes.

His travels took him to Libya one year  
Where he found the people living in  
fear.

A dragon had captured the king's  
lovely daughter.  
George had to be brave, he couldn't  
falter.

The dragon led him a fiery dance  
But George, he stabbed him with his  
lance.

The dragon not dead, George must  
think fast.

An idea came to him at last!

The final battle proved no hurdle  
He ripped off the maiden's girdle!  
Tied it tightly round its neck  
And paused for breath, he felt a  
wreck.

The princess cheered, she felt no pity  
And went with George back to the city.  
There he slew it, the dragon was  
floored.  
But George refused to accept an  
award.

The king declared: 'He's killed the  
beast!

'Let's celebrate, we'll have a feast!  
The news of his great feat soon spread  
To England, where King Edwards said:

'I'm proud to honour this Christian  
Martyr,  
I'll make him patron of Order of the  
Garter'.

So George became, as was his right,  
A well-respected, bravely knight.

The cult of St George so famous  
became,  
That the national flag still bears his  
name.

So when you feast upon his day  
Ponder a while as you say:  
'Just think of St George, if you dare,  
'Being famous from ladies' underwear!

*Mrs Angie White, Burrington, Devon  
Taken from the Daily Mail  
23.4.19*

**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 1<sup>st</sup> April 2019)**