

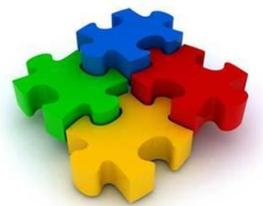
# JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

## NEWSLETTER

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

Issue No 247 Tuesday 14<sup>th</sup> May 2019



### Hi Everyone



"Colin and Daughter Gill"

This afternoon turned out to be far more interesting than I thought it would be. A talk from a Chauffeur who had driven the Mayor's of Bolton around. Not much in that I thought but how wrong was I. For me and many others he described what was a very interesting career.

He has driven the Mayor's of Bolton, Bury, Blackpool, Oldham, Stockport, Tameside and Manchester over 45 yrs.

He described his pride in keeping the cars clean, washing them twice a day on occasions. Colin met and drove many celebrities (eg Robbie Williams, Jodie Prenger, Jimmy Arnfield (the Blackpool Footballer), Nick Knowles plus many others. These also included various members of the Royal Family - The Queen, Duke of Edinburgh, Prince Charles and Camilla, Princess Anne, which he took in his stride and shared some funny anecdotes.

He has officially had tea on the terrace at the Houses of Parliament and been to America, all in a day's work for Colin.

I was fascinated when he started to talk about the traditions relating to protocol on ceremonial occasions and the importance of the Mace. You don't just throw it over the shoulder and look important, the Mace has to be placed differently to suit the occasion.

His daughter Gill has followed in her Dad's footsteps and become a Chauffeur and loves it. Gill had us laughing when she described driving the Mayor of Bury to a function. When she stepped out of the car to open the door for the Mayor, she heard someone say "That's not Mary Berry". A great afternoon, thank you to Colin, Gill and his Grand-daughters, Stacey and Chelsea, who came along to make it a family occasion.

We had new member, William (know as Lol) who came with his Daughter, Louise. We hope you enjoyed your afternoon and will come again.

Best wishes to those who are ill, in hospital or convalescing and hope to see you soon

**Sorry, but there will be no Jigsaw Newsletter after the 'Drop in' on Tue 28<sup>th</sup> May but it will recommence following the meeting on Tue 11 June.**

**MEETING – TUESDAY 11<sup>TH</sup> JUNE 2019**

**SPEAKER – DAVID TOMLINSON WILL TALK ABOUT WARBURTONS BAKERY**



David will be joining us to talk about Warburtons, the Bolton family bakery.

Until his retirement, David was the Finance Director of Warburtons for many years and now gives talks about the family bakery.

David will be giving an audio/visual presentation and will also bring with him some samples of the products that Warburtons produce.

Why not come along and enjoy hearing about a local success story.

**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.**

**NOTICE (this notice is usually on Page 5)**

**TRANSPORT**

**For those members using Taxis (organised direct 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

**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 as soon as possible on 07592 904 021. (make sure you complete a Menu selection form and return it to Gwyneth no later than Tue 28<sup>th</sup> May)**

**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.**

### **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.

### **HOLIDAY INSURANCE**

The Stroke Association have recently notified us of another holiday insurance company that covers Stroke Survivors: **AllClear, based in Romford.**

**AllClear** – can cover holidays for stroke survivors. They are trusted by over 2.8 million travellers for medical travel insurance.

**Stroke Survivors can call 0808 168 8733 for free, seven days a week.**

AllClear has no age limits on any of its policies and can offer cover to virtually any destination in the world. Both single trip and annual multi-trip policies are available. When you purchase a policy from AllClear, they will make a contribution of up to 20%\* of your premium to the Stroke Association (excluding IPT\*\*). There's no additional cost to you, and they guarantee you cannot obtain a cheaper premium direct from AllClear on the same agreement.

## NOTICES

### Dates for your Diary for Forthcoming Meetings in 2019

'Drop In'	Tue 28 <sup>th</sup> May Chill & Chat, Quizzes, + Exercises with Ben
Formal	Tue 11 <sup>th</sup> June Speaker – David Tomlinson 'Warburtons'
'Drop In'	Tue 25 <sup>th</sup> June Chill & Chat, Quizzes, + Exercises with Ben
Formal	Tue 9 <sup>th</sup> July Nicola Mills Sings

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.

## BIRTHDAY GREETINGS

For June 2019

Jack Rowland  
Jean Preston  
Sheila Welsby  
Jean Stones  
Joyce Crossley  
Ralph Brown

If we don't have your birthday details then we can't give you a mention

### 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 business man working in Italy has a relationship with a woman who gets pregnant. He has to leave for home and says he will pay all maintenance for the baby, but as he is married the woman is to send a postcard with the word spaghetti on it which will tell him she has had the baby and he will start send the money. Sometime later he gets a postcard and on it is written "Spaghetti, spaghetti, spaghetti, spaghetti. Two with meat balls and two without, you will need to send more sauce!"

My therapist says to achieve inner peace I must finish what I start. Today I started and finished two bags of chips and an apple pie and custard. I feel better already.

A man goes to his GP and explains he has a strawberry stuck in his backside. The doctor began writing a prescription, saying "I can give you some cream for that."

Religious exam. Answer to one of the questions.  
"The epistles were the wives of the Apostles"

I was watching Jurassic park the other day, when I thought, "not only does my son have a stupid name, but he's useless at parking"

Old Aunt Dora went to her doctor to see what could be done about her constipation problem. "It's terrible," she said. "I haven't moved my bowels in a week." "I see. Have you done anything about it?" asked the doctor. "Oh, yes," she replied. "I sit in the bathroom for a half hour in the morning and again at night." "No," the doctor said. "I mean do you take anything?" "Of course," she answered. "I always take The Daily Mail"

My wife and I had words last night but I never got to use mine.

Sign seen in Hong Kong Dentist.  
'Teeth extracted by latest Methodists'

You are getting old when....  
'In Hospital a member of staff brings you a wheel chair and you are only visiting.'

**SENIOR MOMENTS**

'I sprinkled my frozen chips on the oven tray and when my eggs were ready, I took out the tray and found myself looking at a tray of sizzling parsnips'

'Dear Canon Slade School'  
'God bless you for the beautiful radio I won at your recent Senior Citizens luncheon.

I am 87 years old and live at the Bolton Home for the Aged. All of my family has passed away so I am all alone.

My roommate is 95 and has always had her own radio. She would never let me listen to it.

The other day her radio fell off the table and broke into a dozen pieces.

It was awful and she was in tears. She asked if she could listen to mine, and I was so overjoyed that I could tell her to 'bugger off'.

Thank you so much for that wonderful opportunity.'  
God bless you all.

Advert  
"Lost, small tan coloured Labrador. Reward. He has been neutered, just like one of the family"

## Poems

### QUEEN OF MAY

Parks are packed with people  
Enjoying the springtime sun,  
For it's the May Bank Holiday  
The season to have fun.

A maypole on the village green  
Awaits the dancing girls,  
With coloured ribbons in their hands  
They love to twist and twirl.

The May Queen sits upon her throne  
With flowers all around,  
A beautiful girl in a silken dress  
Is ready to be crowned.

Tulips are seen in abundance,  
The yellow, the pink and the red,  
Softly swaying in the breeze  
Gently nodding their heads.

A carpet of beautiful bluebells  
Ring out in this month of May  
They brighten the wooded hedgerows  
All lit by a sunbeam's ray.

Continued....

Continued ...

I simply love what May does bring  
With its blossoms of pink and white  
The May-tree out in splendour,  
A truly magnificent sight.

*A.R. Hopkins, Beltinge, 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**