

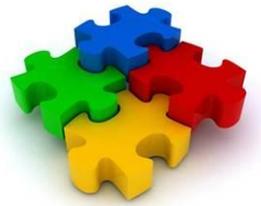
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

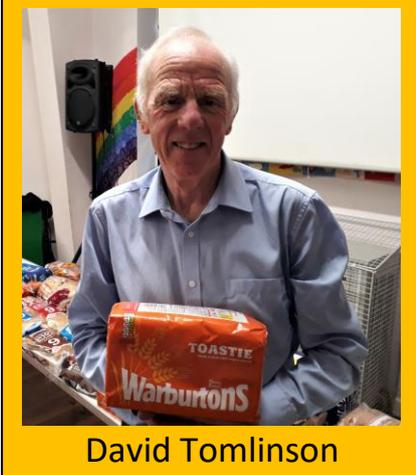
NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 248 Tuesday 11th June 2019



Hi Everyone



David Tomlinson

You can always tell if the speaker is interesting by how quickly time passes. David Tomlinson kept us all interested with his talk, audio/visual presentation and style, so much so that the afternoon went very quickly.

We went from him joining Warburtons as an apprentice in 1958, him going to work in America for several years and meeting Tom Warburton, a most audacious yet brilliant entrepreneur, who enticed him back to the Company.

From the early days of 1876 to the 5th generation of the Warburton family, it was fascinating to hear the core values of caring for people, products and community, together with striving to be the biggest and best bread bakery.

We were lucky enough to watch the video about Warburtons and some spotted a familiar face amongst the staff in the video. Karen Helsby one of the Jigsaw members worked for Warburtons for many years until 2015 and did the payroll for the Wakefield factory. Who would have thought we eat 60 million large loaves every week and found out how the sayings 'grist to the mill' and 'upper crust' came from.

During his talk David's enthusiasm for bread became self-evident and he emphasised this by relating a poem which can be found in Cartmel Priory. I found that poem on the internet and have included it on the back page. A great talk and very entertaining, our thanks to David.

We had two new members visit the meeting on Tue 28 May – Derek & Christine who came along with one of the Community Stroke Team. We hope you enjoyed your afternoon and will come and visit again soon..

There are new copies of the Wiltshire Farm Foods Spring/Summer brochure on the 'Information Table', so do have a look if you want a new copy.

We send our best wishes to those ill, in hospital or convalescing and we hope to see you soon.

Thanks go, as usual, to all the volunteers and helpers for everything they do.

MEETING – TUESDAY 9th JULY 2019
NICOLA MILLS SINGS



Nicola will be visiting Jigsaw for the first-time time on 9th July to entertain us.

Lynn & I heard Nicola sing in Bolton early last year, she was busking outside M&S and has a lovely operatic soprano voice but can turn her hand to all types of music.

Nicola's website says she wants to bring Opera to the people and she has sung in America, UK, Europe and at Glyndebourne. Nicola has performed at house parties, various events, in schools, as a flashmob and she often goes busking part of the year as she likes contact with people.

As Nicola spends part of her year over in America singing, we have had to wait until 2019 to fix a date for her to visit.

There will be a chance to hear her perform Opera, Classical, Musicals, Pop, so there should be something for everyone.

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.

If you want to enter the Quiz please contact Trevor asap.

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. (make sure you complete a Menu selection form).

**“Thank you” Jigsaw for a great (damp at times) holiday in Scotland
(Graham & Lynn x)**



“Claymore Apartments”

Your generous donations allowed us to go Pitlochry in Scotland where we took an apartment for the week. We had a predominately wet week but did have some nice weather. (You do not go to Scotland for the weather!). Perthshire is big tree country and a really lovely area.

Photo shows the four-apartment house in nice weather. We had the bottom right apartment.

We love Scotland and have stayed here before so we knew what we were getting. (Photos below)



“Looking from the windows”



“The biggest bed I’ve slept in in the UK, I had to shout to have a conversation!”



“View from the Apartment”



“By Dunkeld Cathedral”
(Don’t often get a snap of Graham)



“A welcome cuppa and home baking between showers!”



“Fab scenery, complete with Osprey’s nest”



“Loch Rannoch – My favourite Loch
Can’t see the hills, it must be raining!”

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

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 25 th June Chill & Chat, Quizzes, + Exercises with Ben
Formal	Tue 9 th July Nicola Mills Sings
'Drop In'	Tue 23 rd July Chill & Chat, Quizzes, + Exercises with Ben
Formal	Tue 13 th August The Travellin' Strings Entertain

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.

NOTICE - 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

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.

Letter to the Council.

"When I applied for a rebate you said you would have to take something off. Now that you have taken it off, I have been told that you should have put some on. So will you please take off what you took off and put on what you should have put on when you took it off

A woman baked two cakes for the garden fete. She put them up for sale, one at £5 and the other at £10. A visitor asked "what is the difference?" The woman replied "The £10 one is Madeira cake"

A woman goes into the dentist, she says "I am terrified, I think I would rather have a baby" Dentist replies "Let me know which you want, as I will need to alter the chair"

What in God's name is Pot Pourri?
It looks like breakfast and smells of your auntie.

The school phoned me today, to tell me that my son has been telling lies. I told them he must be very good at it, as I don't have any kids!

The Grim Reaper came for me last night, and I beat him off with a vacuum cleaner. Talk about Dyson with death.

Man comes home and says to his wife. "There was a fellah in the pub, he said he was a milkman, bragging about having slept with all the women in this street except one" His wife says "Oh, that will be that stuck up cow at No 37"

Two young girls at school in Hollywood. One says "My Mummy is getting married again" The second girl asks "Who is she marrying?" First girl says "Kurt Freedman, he is a famous Hollywood Actor" Second girl replies "Oh, you will like him, he was my Daddy last year"

My wife asked me if I would like to watch Big Brother with her. I said "I would like to but unfortunately I have a load of sweet-corn that I need to glue back on to the cob"

What do you call a woman who only has one leg?
Eileen.

Before settling on the name of Tiny Tim for his character in "A Christmas Carol," three other alliterative names were considered by Charles Dickens. They were Little Larry, Puny Pete, and Small Sam.

Country guy went in to a shop to buy a clock. He says to the assistant "Do you have a potato clock?" The assistant replies "I am awfully sorry sir we do not stock potato clocks. We have digital, analogue, and solar powered, but I have never been asked for a potato clock. Why do you need such a clock" The guy replies "I start a new job on Monday and my mother told me that so I would not be late I would have to get a potato clock"

The wife has been missing a week now. Police said to prepare for the worst. So I have been to the charity shop to get all her clothes back.

"Dad, what is the difference between confident and confidential?" Father replies "Well, I am confident that you are my son. Your best friend, Timmy is also my son, but that is confidential"

Poems

My Younger Days

When I was in my younger days,
I weighed a few pounds less,
I needn't hold my tummy in
to wear a belted dress.

But now that I am older,
I've set my body free;
There's the comfort of elastic
Where once my waist would be.

Inventor of those high-heeled shoes
My feet have not forgiven;
I have to wear a nine now,
But used to wear a seven.

And how about those pantyhose-
They're sized by weight, you see,
So how come when I put them on
The crotch is at my knee?

I need to wear these glasses
As the print's been getting smaller;
And it wasn't very long ago
I know that I was taller.

Though my hair has turned to grey
and my skin no longer fits,
On the inside, I'm the same old me,
It's the outside's changed a bit.

Internet

Bread Meditation

Be gentle...when you touch bread.
Let it not lie...uncared for, unwanted.
So often...bread is taken for granted.

There is such beauty in bread; beauty
of sun and soil, beauty of patient toil.
Wind and sun have caressed it.

Christ often blessed it. Be gentle...when
you touch bread.

Discovered next to a loaf of bread, tucked
in an alcove at Cartmel Priory, England
Bread for the Preacher, August 2009

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