

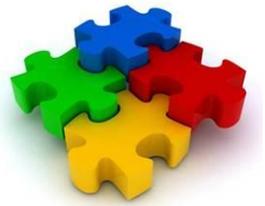
# JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

## NEWSLETTER

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

Issue No 249 Tuesday 25<sup>th</sup> June 2019



### Hi Everyone



The turnout today was a surprise as we thought many of you would have been put off by the weather.

Mind you the quizzes kept us all occupied, particularly the “Cities” one. Normally I am quite good on ‘cryptic clues’ but I was not on this occasion so I resorted to wandering round the tables and cheating. My reputation is now in tatters. (Do I care? Not one jot.)

We had new members today – Maurice & Jean as well as Graham & Kay. We hope you enjoyed your afternoon and will visit Jigsaw again.

This week the Football card was won by Jean Stones. Congratulations Jean.

**For those of you going on the Southport trip on Tue 2 July be here for 9.30am we depart at 10am. The Church will be open so we can use the toilet facilities prior to departure.**

I think we should all congratulate Linda (our new treasurer). Linda and I, as ex treasurer, had a chat about how I brought in funding over the last eleven years. She must have been listening as she has just managed to secure £1,000 from ‘Forever Manchester’. **Well done Linda**, the first one always feels great. I am sure there will be more to come.

This is my penultimate Newsletter as Editor (my last, No 250 after the next meeting) I understand that Linda will be the Editor going forward, however, the Newsletters will in future be only once a month following the formal meeting. (I have added a copy of an earlier Newsletter No 2 for interest.)

Best wishes to who are ill, in hospital or convalescing we hope to see you soon.

**FOUND** – After the meeting today we found a Gentleman’s Umbrella. If it’s yours please contact **Gwyneth on 07592 904 021.**

Thanks to all volunteers/helpers, brilliant effort as usual.

**TRIP TO SOUTHPORT & BLISS HOTEL (ex - RAMADA HOTEL)**

**TUESDAY 2<sup>ND</sup> JULY 2019**

**(Includes Coach & 3-Course Meal)**

**Cost: £22 per person**



**Those going on this trip should be at Christ Church for 9.30am, we will be departing for Southport at 10am.**

We are due to Arrive on Southport 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.

For those travelling independently 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.

Don't forget, if the weather is bad we have the room all day and there is also a really nice lounge to sit and chat and while-away the afternoon.

**If you are ill or can't go on the day please contact Gwyneth on 07592 904 021 or Linda on 07964 989 226 to advise.**

**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.**

**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.**

**MEETING – TUESDAY 9<sup>th</sup> JULY 2019  
NICOLA MILLS SINGS**



Nicola will be visiting Jigsaw for the first-time time on 9<sup>th</sup> 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.

**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	Tue 9 <sup>th</sup> July Nicola Mills Sings
'Drop In'	Tue 23 <sup>rd</sup> July Chill & Chat, Quizzes, + Exercises with Ben
Formal	Tue 13 <sup>th</sup> August The Travellin' Strings Entertain
'Drop In'	Tue 27 <sup>th</sup> August 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 July 2019

Sandra Luckman	Roy Fowler
Sandra Grundy	BC Patel
Gwen Hyams	Ken Helsby
Marjorie Walton	
Lynn Bridge	
Phyllis Livesey	
Francis Crompton	
Kathleen Kelly	
Jimmy Taylor	
Graeme Longworth	
Kathleen Hillier	

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.

Wife: "Our new neighbour always kisses his wife when he leaves for work. Why don't you do that?"  
Husband: "How can I? I don't even know her."

And the Lord said unto John  
"Come forth and you will receive eternal life"  
John came fifth and won a toaster.

My friend thinks he is smart.  
He told me an onion is the only food that makes you cry, so I hit him in the face with a coconut.

Instead of "the Loo," I call my toilet "the Jim."  
That way it sounds better when I say I go to the Jim first thing every morning.

If people are talking about you behind your back.  
Just break wind.

It is universally acknowledged that the urge to pee intensifies as you are unlocking the front door.

When you call a woman, you have to call twice. First time for her to find her phone in her handbag. The second time to give her time to answer the phone.

My favourite teacher at school was  
Miss Turtle... She was brilliant.. she tortoise well.

My star sign is Pyrex.  
I was a test tube baby.

"Who discovered we could get milk from cows, and what did he THINK he was doing at the time?"

A fella said to me: "Your mother-in-law has just died, do you want her embalmed, buried or cremated?" I said: "Take no chances, give her the lot."

The first time I see a jogger smiling, I'll consider it.

The owner of a chemists walked in one day, only to notice a man leaning heavily against a wall. The owner went over to his server behind the counter and asked them, "What's wrong with that guy over there by the wall?" The server replied, "Oh him – he came in to get something for his cough. I couldn't find any cough syrup, so I gave him an entire bottle of laxative instead."

The owner said What were you thinking? You can't treat a cough with laxatives!" The server said, "Of course I can. Look at him, he's not coughed once since I gave it to him – he's too scared!"

Question on an Insurance application form.  
"Have you ever been in an accident that resulted in your death?"

Be Honest.  
How many of you can listen to the William Tell Overture and not think of The Lone Ranger?

When I was a kid my parents used to take me to the Pet Department in Kendals and told me it was the zoo.

"Don't buy one of those baby intercoms. Babies pretend to be dead. They're swines, and they do it on purpose. "

Adam and Eve in the Garden dwelt,  
They were so happy and jolly,  
I wonder how they would have felt,  
If all the leaves had been Holly!

The first rule of Sunday.  
'If you cannot reach it from the couch, you don't need it'

**AAARGH!**

I awake in the night to my usual plight  
With my leg in a vice like paralysis.  
Once the duvet is shed, I leap out of bed  
And engage in tormented analysis

Did I sit on the train with my legs crossed again  
Was that sprint for the bus my undoing?  
Did I suffer a jolt, or is this the result  
Of Inertia in "M&S" while queuing?

As I ponder the cause, I rub without pause  
For my leg is as stiff as a Poker  
Then my wife joins the show, being anxious to know  
-In a word - why the devil I woke her?

"Cramp, cramp" I explain in a torrent of pain, though  
I throw in a groan for good measure.  
And my wife - credit due - then commences to do  
that which makes her an absolute treasure.

For she pummels and kneads  
'til at last she succeeds  
In relieving my muscular tension.  
Yet on staggering back to my welcoming sack I am  
seized by acute apprehension.

Sleep now evades me for nothing persuades me I am  
safe from the problem recurring.  
With anxiety rife I then turn to my wife who at this  
point is sleepily purring.

So I tap with my toe several times in a row  
On her rump in an effort to rouse her  
What a pity this ruse sparks a hail of abuse  
Which superior status allows her.

Her fury ignited, I am duly invited  
To heed this implacable warning.  
If I bloomin well deign to disturb her again  
I'll be on the settee by the morning!

(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 -**  
**Mobile: 07592 904 021**

**A Copy of the 2<sup>nd</sup>  
Jigsaw Newsletter  
in 2008**

# JIGSAW

(Joint Initiative Group for Stroke  
Awareness and Wellbeing)



## NEWSLETTER

**Issue No 2. September 2008**

**EDITORS NOTE:** Hi everyone. We have some exciting news from the Fund Raising and Organisation Group.

(We now call them "the F.R.O.G." for short.) We have managed to get a grant of £500 from the CVS (Community Voluntary Services) to enable our group to have supervised and possibly individual exercise sessions. In addition we have been told that further grants for other requirements could be available and we are investigating as we speak. See further details in "Breaking News" What I can say is that the F.R.O.G, along with all of you is attempting to make our Group something that we can all be proud of. Remember the Group is about you and for you.

## BREAKING NEWS

**FUTURE MEETINGS** We are going to start having two meetings a month, one being as we have now, known as the formal meeting and the other being a casual "Drop In" meeting, totally relaxed and informal, where we gather just to have a general natter, put the world right, listen to all suggestions, gripes and recommendations, compare your problems with others etc all over a cup of tea and biscuits. You can talk to me about the Newsletter (Good or Bad.) The Library will be up and running, so if you need to add to, or borrow books you can do so on a two week basis. The Idea behind this is that should you miss a meeting then you will not need to wait another month to get to another! There will always be F.R.O.G members at each Group meeting who will be on hand to help members with their concerns or otherwise. You may have ideas as to how the "Drop in" should develop. As we move on we hope to be a fountain of knowledge to assist our members. The F.R.O.G is gathering information all the time and if members have any enquiries we will do our damndest to find answers.

**Meeting and Greeting** Dave Norris has kindly agreed to be our Meeter and Greeter for both new And existing members. We now have a "Sign-in" Register, (which we should have for Health and Safety reasons) and we would ask all members to print their names (for clarity), suits me, as my handwriting is absolute rubbish. We will also collect subscription fees at the same time.

**GRANTS** We have the Grant for £500 safely in the Bank, this is to be used for Physiotherapy/Fitness. Some of our F.R.O.G members have investigated the types of physiotherapy available, the locations and most importantly the capability of the trainers and physiotherapists. We have even talked to Neuro Physiotherapists as to what services and facilities they can offer. We have been to Leisure Centres in Bolton and Horwich and discussed what they can offer and also met qualified Trainers that can offer group sessions at our meetings, should we require.

The F.R.O.G only got together four weeks ago and in that time have gathered a great deal of information that requires a lot of careful consideration. Physiotherapists we have met are willing to come to a meeting to discuss our requirements and give us an informal chat as to what they can offer. We need to chat with everyone to see how best to utilise the Funding to the benefit of us all. Members will need to be a little patient as it will take time to resolve.

**FURTHER GRANTS** Our meeting with the CVS highlighted the possibility of funding for a variety of Topics and we will be having further meetings as to how we proceed down that route. We understand that we can apply for funding to cover topics such as refreshments and catering, Public Speakers, Trips out, and also Printing Costs to name a few. Members from the F.R.O.G. will be meeting the CVS shortly to discuss our needs. **Note to Anne and Rhona:** If we get a grant for refreshments and catering, we will be expecting Cucumber Sandwiches (no crusts of course) and Victoria sponge!

## TRIPS

### Martin Mere Trip

Thursday 18<sup>th</sup> September.

Please be at Christ Church at 9-45am to allow for coach boarding. Coach will leave Christ Church, Mytham Road, Little Lever at 10-00am with expected arrival at Martin Mere approx 11-15/11-30am. People wishing to leave their cars at Mytham Road can do so as the car parking area will be locked until the coach returns. The toilets will be available prior to departure. The coach will drop off at the Martin Mere entrance. Those people travelling independently by car, can you aim to arrive at Martin Mere at approx 11-15/11-30am to meet up with the Coach group.

A list of people travelling in the Group will be with the entrance Kiosk.

The Group will meet for drinks/cakes/biscuits on arrival and be given a talk by one of the Rangers about the Mere. The pathways are all easy access but can be quite long depending on how far you wish to explore, so the wheelchairs will need to be well oiled. We intend leaving Martin Mere at approx 4-00pm. If the weather is bad we will arrange to leave earlier. (No need to worry as I have ordered good weather)

Any further enquiries please call Lynn Bridge on 01204 387704.

## Future Trip.

We are going to the Mayors Parlour! See how your Council is run and have afternoon tea in the Mayors Parlour as well. We get to tour the Council Chambers and have afternoon tea. Two dates have been arranged, 7<sup>th</sup> Oct and 4<sup>th</sup> Nov. You may need sunglasses to stop his chain blinding you.

## “F.R.O.G MEMBERS”

Lilian Chamberlain :	F.R.O.G Chair Person
Linda Robinson:	Finance:
Joan and Frank	
Armstrong:	Entertainment:
Anne Middleton and	
Rhona Talbot:	Catering/Refreshment
Ann Adamson:	Secretarial/ Fundraising
Lynn Bridge:	Trips and Events:
Graham Bridge	Newsletter Editor
Dave Norris	Temporary Vice
	Chairman +
	( Meeter and Greeter )

Note: The above duties are not in tablets of stone as each F.R.O.G. member will assist each other as and when needed.

## JOKE OF THE MONTH

A young man was trying to get his Grandfather to go out with him one evening.

“ Grandad “ the young man says

“I know a great place where you can get a pint of bitter, a meat pie and a woman, all for a fiver “ Grandad says “ are you telling me that I can get all that, a pint, a meat pie and a woman for a fiver.”

“ Absolutely true “ says the young man.

Grandad replies “ nay lad , I won’t bother cos if tha’ can get all that for a fiver then there won’t be much meat in that pie.”

## One Liner

I met a guy in Australia playing “Dancing Queen” on a Didgeridoo, and thought, that must be Aboriginal.

## AGENDA

For next Group Meeting.  
Tues 23<sup>rd</sup> Sept 08 (1-3pm)

### “Drop In Meeting.”

Sign in/ subscriptions.  
General Chats / Updates/Library/ Quiz  
Tea/Coffee and Biscuits  
Call in and get to know your fellow members.

Meeting closed.

## Christmas Meal

Anne and Rhona have been busy organising our Christmas Meal Venue and will be arranging for us to go to Bents Garden Centre near Warrington.

For those people who have never been I would really recommend it. The Restaurant is very good and in addition to it being a Garden Centre there is a large shopping area attached where you can wander at leisure and catch up with any last minute Christmas presents. Dates are being confirmed and we will be looking to see if we can afford Transport as well