

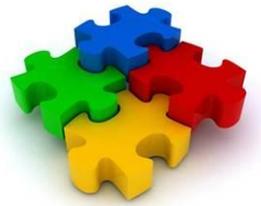
# JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

## NEWSLETTER

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

Issue No 250 Tuesday 9<sup>th</sup> July 2019



**Hi Everyone**

**250!**

It had to happen, Newsletter Number 250, my final edition. How do I feel?

Pleased that I have been able to produce a newsletter that is informative, everyone seems to enjoy and I hope has put a smile on peoples faces, which is what Jigsaw is all about.

A certain sadness that it has come to an end but satisfaction that over the past 11 years, Lynn and I have been involved we, with the help of others, have put Jigsaw on the map and made it into what it is today.

Over the past 249 newsletters we have had all sorts of entries from members, either directly or indirectly, to whom I would like to say 'thank you', but I would like to finish this last edition with my all-time favourite poem which you will find on the last page. It is a poem called 'The Water Spirit' written by one of our members, George Holt, who has suffered ill health over the past few years, so George, 'thank you'.

My final Newsletter and what an afternoon to end it on. An amazing performance from Nicola, Opera, Songs from the Musicals and an intimate chat about her background. In the past eleven years we have had some great entertainers but this, in my opinion along with many of you, was the best ever.

Nicola was brilliant. Her repertoire included "My Beloved Father", "O Solo Mio", "Ave Maria", "Singing in the Rain", "You Raise Me Up", "Panis Angelicus", "I Could Have Danced All Night", "Don't Cry For Me Argentina", "Summertime", "Oh Danny Boy", Funiculi Funicula", Nella Fantasia", Vissi D'Arte" and others, she then ended with a mind blowing rendition of 'Brindisi' from La Traviata.

An incredible afternoon. Thanks Nicola, we will certainly see you again.



**"Nicola"**



**"Like the Red Boots?"**



**"In Full Voice"**

Continued...

Best wishes to those ill, in hospital or convalescing and we hope to see you soon.

Thanks to all the volunteers and helpers today.

**From now on the Jigsaw Newsletter will be produced once a month following the Formal meeting on the 2<sup>nd</sup> Tuesday of the month and will be compiled by Gwyneth and Linda.**

### **Next meeting 'Drop In' 23<sup>rd</sup> July "Birthday Treats"**



It is BC Patel's Birthday a couple of days after the meeting and he will be treating us all to his fabulous Samosas and a selection of cakes for a light lunch.

Something to look forward to. (I like Samosas)

### **MEETING – TUESDAY 13<sup>th</sup> AUGUST 2019 THE TRAVELLIN' STRINGS**



The Travellin' Strings are a Bolton-based acoustic guitar group playing classic sing-a-long songs from the 50's, 60's and 70's.

Formed 6 years ago they have a growing reputation in the area, and are usually invited back for more shows!

This will be the second time The Strings have performed for Jigsaw and were brilliant last time. We have had to wait some time to get them back due to various commitments, illness etc.

The group provide performances to support local community fundraising events, private parties and their chosen charity, The Alzheimer's Society.

It promises to be a really enjoyable afternoon, so why not come along.

**SOUTHPORT & BLISS HOTEL (ex - RAMADA HOTEL) - TUESDAY 2<sup>ND</sup> JULY 2019**



"Jigsaw Weather"

Sorry I could not be with you but Lynn's told me you had a great trip, food great, the weather was brilliant and the Staff looked after you very well. The Bliss Hotel has had a cosmetic make-over which was very modern and different to the furnishings and décor they had previously.

The Drivers from Swans Travel and ABC Coaches were great and very helpful.

Here are a few photos of the day.



"The Tesco Girls"



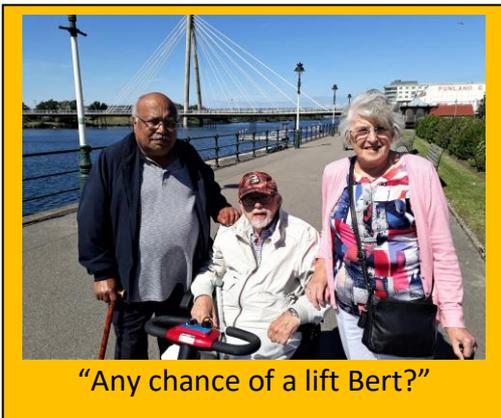
"Jim and his seven women"



"Chair and Treasurer -The Future"



"Help – we need to get up!"



"Any chance of a lift Bert?"



"Three ladies at leisure – knackered"

## **BIRTHDAY GREETINGS**

**For August 2019**

**Paul Neary  
Mary Chadbond  
Ann Stephenson  
Kathleen Woods  
Maurice Clarke**

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



### **Another of my favourites.**

**It is amazing how many times we use the word UP.** See below;

This two-letter word in English has more meanings than any other two-letter word, and that word is 'UP.'

It's easy to understand UP, meaning toward the sky or UP at the top of the list, but when we awaken in the morning, why do we wake UP, then get UP. At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election (if there is a tie, it is a toss UP) and why is it UP to the secretary to write UP a report? We call UP our friends, brighten UP a room, polish UP the silver, warm UP the leftovers and clean UP the kitchen.

We lock UP the house and get fixed UP ... At other times, this little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses. To be dressed is one thing but to be dressed UP is special. And this UP is confusing: A drain must be opened UP because it is blocked UP. We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about UP! To be knowledgeable about the proper uses of UP, look UP the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions.

When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it rains, the earth soaks it UP. When it does not rain for a while, things dry UP. If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with UP to a hundred or more.

One could go on and on, but I'll wrap it UP, for now . . . my time is UP! Oh . . . one more thing: What is the first thing you do in the morning and the last thing you do at night? U. P! Now I'll shut UP!

**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.**

### **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.

**Last Chance - All entries should be returned to Trevor before 31 July 2019.**

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

### **SAD NEWS – MALCOLM TALBOT – DIED 30.6.19 AGED 78yrs**



Rhona & Malcolm have been involved with Jigsaw for approx. 15 yrs. Malcolm was a larger than life character and always came on the Jigsaw trips with Rhona (who stepped down from the Committee at the last AGM in Feb).

Malcolm always enjoyed the trips with Jigsaw and we have been on some wonderful days out over the years and had lots of laughs.

Always keen on sports, especially football and horse racing. He has sung for us, in the past, and his renditions of 'Mac the Knife' and 'My Way' were excellent.

Rhona & Malcolm had a brilliant holiday in Benidorm recently at their favourite hotel in the resort and managed a few holidays a year either on their own or with friends.

We send our sincere condolences to Rhona and the family and our thoughts are with you.

## NOTICES

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

'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
Formal	Tue 10 <sup>th</sup> September 'Spellbound' Film show

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.

### 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.

You are on a horse, galloping at a constant speed. On your right side is a sharp drop off, and on your left side is an elephant traveling at the same speed as you. Directly in front of you is another galloping horse but your horse is unable to overtake it. Behind you is a lion running at the same speed as you and the horse in front of you. What must you do to safely get out of this highly dangerous situation? Get off the flippin merry-go-round!

I spotted a book the other day titled "Women of a Dangerous Age". Surely, it only needed to be titled "Women". Whatever their age, they are always dangerous.

In the Garden of Eden, the problems were not really caused by the apple on the tree, but rather by the pear on the ground.

Two old ladies talking. First lady says "George tells me his mother made him a Homosexual" The other lady replies "Do you think if I sent her some wool, she would make me one?"

What do you call a cow that just gave birth?  
Decalfeinated.

"Knock Knock"  
"Whose there?"  
"Felix"  
"Felix Who?"  
"Felix my Ice Cream again I'll smack him one"

Have you ever noticed that in news reports of disasters they always give a number of the deaths and then say "the death toll is expected to rise"? Well, it's hardly going to fall, is it? [another item from the DFO - the Department of the Flippin' Obvious]

When I was a kid, I used to get wax in my ears. Dad never took me to the Doctor he used to stick a wick in my ear and used me as a night light.

The younger generation use text messages codes on their mobiles. Here are some for the oldies.

ATD - At the doctors.  
BTW - Bring the wheelchair.  
CBM - Covered by Medicare.  
DWI - Driving while incontinent.  
FWIW - Forgot where I was.  
WAITT - Who am I talking to?

Late one night a burglar broke into a house and while he was sneaking around he heard a voice say, "Jesús is watching you.". He kept on creeping and again heard, "Jesús is watching you." In a dark corner, he saw a cage with a parrot inside. The burglar asked the parrot, "Was it you who said Jesús is watching me" The parrot replied, "Yes." Relieved, the burglar asked, "What is your name?" The parrot said, "Clarence." The burglar said, "That's a stupid name for a parrot. What idiot named you Clarence?" The parrot answered, "The same idiot that named the rottweiler Jesús."

A dentist leans over a woman in the chair in order to extract a tooth. The woman puts her hand on his crotch and says "We are not going to hurt each other are we?"

"Grandad!!  
Pull your trousers up. That is not the way to put the barbecue out"

They are a somewhat fastidious couple.  
She is fast and he is hideous.

*The Water Spirit*

*What am I and whence I came  
A tiny glistening drop of rain  
Through leaden skies I came pell mell  
To some remote high Lakeland fell  
And through the earth and rock I passed  
To an underground pool, ah still at last.*

*But wait, an upward surge I feel  
With kindred spirits on my heel  
Until one more into the light  
With sunshine beaming clear and bright  
Tis such a wonderous glorious thing  
To be part of a crystal mountain spring.*

*Downwards bubbling with delight  
Beholding such a heavenly sight  
Of forest, mountain, hill and vale  
That is the beauty of Borrowdale  
Joined by others the likes of me  
Ever onwards, ever free*

*I feel as if I'm in a dream  
Now a part of a dancing, stream  
Growing ever wider onward I range  
And flow majestically through the village of  
Grange  
By now a river of Regal splendour  
Ever onward to meander.*

*With fish and birdlife all around  
I slow my pace across the ground  
And little progress seem to make  
On entering a Queenly lake  
Among the boats with sail or motor  
I slowly move through Derwentwater.*

*I pass an island here and there  
Past scenery beyond compare  
Then still for a while in a tree lined bay  
Oh, how I wish that I could stay  
And gaze upon this lovely view  
But I've no choice in what I do.*

*A water spirit has no say  
As to whether it will go or stay  
By Keswick I move with faster flow  
Through lush green pasture land I go  
With Skiddaw rising on my right  
And sending streams to aid my flight.*

*But once again I slow and wait  
To marvel at the beauty that is Bassen-  
thwaite  
As before I cannot linger  
Like the ever moving finger  
I travel West then West by South  
To edge my way past Cockermouth.*

*Twisting and winding o'er the coastal plain  
That gentle, peaceful flat terrain  
But what is this, is my sense at fault  
I'm no longer pure, I'm mixed with salt  
Ah well, I can but travel on  
To reach the sea at Workington.*

*Tossed by wind and wave and tide  
I look back on my recent ride  
The way I came no man has trod  
To see the beauty wrought by god  
I can only hope that if ever again  
I become that glistening drop of rain  
The fall to earth my journey takes  
Me back to the glory of the English Lakes.*

*George Holt -- Jigsaw member*

**EDITORS GOING FORWARD:** Gwyneth Johnson/ Linda Fell

If you wish to contact either Gwyneth or Linda on any of the topics in the future Newsletters then please call on:

**Gwyneth: 07592 904 021**

**Linda: 07964 989 226**