

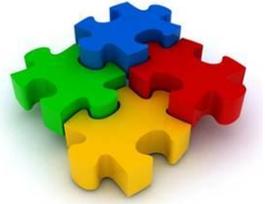
# JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

## NEWSLETTER

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

Issue No 257- February 2020



### Hi Everyone

As you know we started the year with our Pie and Peas lunch, which was followed on the 28<sup>th</sup> January with a Drop In with exercises and quizzes. We all enjoyed meeting up again as there was plenty of chatter and laughter. Congratulations to Graham Bridge who won the football card and kindly donated his prize back to JIGSAW.

The Annual General Meeting held on the 11<sup>th</sup> of February went well. Copies of the AGM minutes held in 2019 were on each table for those present to look at, together with the agenda, accounts and the voting form for the election of the Committee.

The meeting opened at 1.10 pm and Gwyneth asked for acceptance of the Minutes of the 2019 AGM. The proposer for this was Graham Bridge and the seconder was Lynn Bridge. This was put to a show of hands and fully accepted. There were no matters arising and Gwyneth then read the Chairman's report which is reprinted on pages 4,5 and 6

The Treasurer's Report covered the financial situation and confirmed that Jigsaw was in a very good financial situation for the forthcoming year, but identified that there may be a need to acquire additional funding as time goes on. The Statement of Accounts were subsequently proposed by Graham Bridge, seconded by Mary Felton, and approved by a show of hands.

The election of the Committee was the next item and Graham Bridge kindly gave a vote of thanks. By a show of hands, the existing Committee was re-elected together with Gwyneth Johnson as Chairperson and Acting Secretary and Linda Fell as Treasurer. Thank you to all those who voted to re-elect the committee for the coming year, pictures on page 6.

There were no Questions from the Floor or any items raised under Any Other Business and the meeting closed at 1.30pm

### **Goodbye to Ben from Manchester Neuro Services**

Ben North from Manchester Neuro Physio held his last session as he is going travelling in Central America. We will miss him but all wished him well on his adventure. The physio sessions will continue and we have a replacement also called Ben.

### **Donation**

Thank you to The Triangle Community Methodist Church members for donating £50.00 to JIGSAW.

### **BIRTHDAY GREETINGS FOR MARCH 2020**

Glynis Hardman John Rainford Margaret Davies  
Maureen Wardle William Sullivan Bert McEwan Linda Fothergill  
Steve Mann Ruby Parkinson Karen Helsby David Aruvee  
Graham Bridge Mark Smethurst

### **Volunteering Opportunities**

We have great volunteers at JIGSAW but many hands make light work so we are always looking for more helpers. We advertise with Bolton Community Services for volunteers on their website and Linda and Gwyneth attended a Volunteering Fair at Bolton University on the 27<sup>th</sup> January.

### **Jigsaw Dates for your Diary 1pm to 3pm**

**25<sup>th</sup> February 2020 – Drop In**

**10<sup>th</sup> March 2020 – Luke and John (singers)**

**24<sup>th</sup> March 2020 – Drop In**

**14<sup>th</sup> April 2020 – Betsy (historical actress)**

**28<sup>th</sup> April 2020- Drop In**

## Luke Robin & John Kearns 10<sup>th</sup> March



Luke and John are back again this year. You may remember Luke is a local musician who performs solo and also with a group at various local venues. He plays Guitar, Sings, is a songwriter, plays the Cornet, Saxophone and also sings some of the 'Rat Pack' songs.

John Kearns, Luke's friend, will be joining him to sing a selection of songs from Musical Theatre and also the 'Rat Pack'. His rendition of 'Phantom of the Opera', last year was brilliant.

### WHEELCHAIR ACCESSIBLE TAXI PHONE NUMBERS

|                              |                            |                              |
|------------------------------|----------------------------|------------------------------|
| 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 |                              |

### 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!](#)

### TRANSPORT

#### For members using Taxis (organised by Jigsaw)

Please don't forget, if you require transport, please ensure you ring **Gwyneth on 07592 904021** on the Wednesday before the meeting date, to confirm your seat.

The cost for the transport will be **£8** per person (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.

## Chairpersons and Acting Secretary's Report 11<sup>th</sup> February 2020

It is a pleasure to be able to say we have had a good past year of meetings and events through our financial management. We had to make a decision not to undertake the barge trips during 2019 and toward the end of 2019 to increase the entrance fee for everyone to £3.00. Diligent scrutiny by the Treasurer has allowed us to plan events for all of 2020.

Despite the mix of weather conditions throughout many of you have managed to come during each month and on our trips out of Bolton and enjoy whatever has been arranged. Unfortunately, the weather has not helped some of us and health problems have played a part in non-attendance.

That comment is tinged with sadness as we have lost four members. I will read out their names and, as I do so, I would ask you to respectfully observe one minute's silence.

Malcolm Talbot, Kenneth Helsby, Beryl Ashworth and Sylvia Mason.

Thank you

2019 was a busy time for our get-togethers, starting with January's Pasty and Peas lunch. We did not have any entertainment during February, apart from re-electing the Committee at the A.G.M., and quizzes and chat at the Drop In.

Luke and John entertained us in March with another good mix of songs from shows and popular music. April gave us Betsy who had now become the Housekeeper and she could tell us all that she was changing in the household and, more importantly to her, who she spoke to within the servants' hierarchy of the big house. We also visited the Olympus Restaurant and received our usual caring service from Tasos and his staff.

Our speaker in June was David Tomlinson from Warburton's who talked about the history of bread throughout the world, and updated us on the Warburton's family and their innovations they have brought in, giving them a very strong position in the bread making industry.

July 2<sup>nd</sup> was a day to Southport with a coach service from Bolton to the Ramada Hotel. There we had all the space we needed and ate delicious food. This led to a happy afternoon doing whatever we wanted to, which included lazing around the hotel, walking the promenade, window gazing and shopping, and visiting the museum. Then tea and biscuits at the hotel before we went home to Bolton.

For our meeting on the 9<sup>th</sup> July Nicola Mills came and knocked us all for six! She has a fantastic voice and sang operatic and classical arias and songs from shows, with great clarity and versatility. We were wowed! At the Drop In B C Patel celebrated his birthday and treated us to some Indian food which was much appreciated.

August's meeting gave us the Travellin' Strings concert, no-one could sleep through that. At the Drop In Trevor gave us the results of his quiz and he was assured by all that his efforts had been appreciated.

In September we had a film show provided by Spellbound. This was a mix of old film stories and the showing of the special films which Ann and Graham Sharp have made. All of this was very well received.

We paid another visit to the Olympus Restaurant in October and on the 8<sup>th</sup> Stu Roach came and sang a mix of music from the 60's onwards. Again, another happy day.

In November we certainly were entertained by The Entertainers and their great singing. On the 26th we were at the Holiday Inn in Bolton for our Christmas Lunch and Russell Shaun's singing. As usual a polished performance which was excellent.

Our Christmas Party rounded off all events for the year. Kenny Stevens and Elvis did not let us down. Great entertainment for all tastes and our year certainly finished on a very happy high.

I want to thank the Committee members, so few in number now- 6 -, for all their efforts in attending every meeting I have called, in helping at each meeting in the Church Hall and at each event. They also work hard behind the scenes in making sure we have enough refreshment items, washing the towels etc, etc.

My comment about the Committee membership leads me to say that we do need more people to join the Committee and we certainly do need one or two men. BUT all who wish to become a committee member must be able to attend as many committee meetings, usually six a year, and be able to participate in our discussions and decisions, as well as attending at the Church Hall.

We have as always, been well supported by Pam Bann and Kathryn Gregory from the Bolton Stroke Association office. They cannot always manage to be here because of their workload: hospital and house visits, giving talks, helping other offices of the Stroke Association; so, to them our grateful thanks for all your support and encouragement. We hope very much that they will be able to continue to visit us on convenient dates in the future.

So, it just remains for me to say thank you, to the members for your continued interest and I would like to close with a message I found from Graham Bridge in 2014.

“You are JIGSAW. Your smiling faces, your determination, and the support of each other, without you guys there would not be a JIGSAW. You’re the ones who had the courage to come through that door for the first time and then decided “You know what, I think this group could help me”. And the rest as they say is History. History has a way of repeating itself. Long may JIGSAW’S history continue.”

## YOUR COMMITTEE



Jim



Maureen



Marie



Gwyneth



Linda



Marv



Lynn

## HUMOUR SECTION

**Always remember this: You do not stop laughing because you grow old.  
You grow old when you stop laughing.**

What do you call a boomerang that does not come back? A stick.

What do you call a camel with no humps? Humphrey.

What is "Coles Law"?  
Mostly sliced cabbage.

How do you make Anti-freeze?  
Hide her nightie.

Two guys stood on the edge of a cliff; each one is holding a budgie. Firmly holding their budgies', they leap over the edge. At the bottom of the cliff, both lying there covered in cuts and bruises, one says to the other "I am not impressed with this Budgie jumping"

A woman had a Hamster and when it died, she read somewhere that you could make jam from it. She tried and finished up with an evil smelling mix, so she buried it in the garden and in the spring, she got "tulips from hamster jam"

Two men in the middle east are looking for somewhere to have a drink and find themselves in a market. On each stall there were sponge cakes, custard and jellies. As they left the market one man said to the other "I say, that was a little odd don't you think?" The other man replied, "Yes, it was a trifle bazaar."

A man walks into a DIY store and asks for some bolts. The assistant asks "how long do you want them?" The man replies "I was rather hoping that I could keep them"

Guess who I bumped into on my way to Specsavers?  
Everybody.

Noah lowers the ramp on the Ark and says to all the animals "Go forth and multiply" Every animal had left and Noah sees two snakes still on the Ark. Noah asks "Why don't you go forth and multiply?" The snakes say "We can't we are Adders"

**EDITORS:** Gwyneth Johnson and Linda Fell

If you wish to contact Gwyneth on any of the topics in the Newsletter then please call **Gwyneth on 07592 904021**

If you prefer to receive your newsletter by email please contact [linda.jigsaw19@outlook.com](mailto:linda.jigsaw19@outlook.com)