

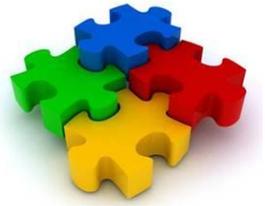
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 258- March 2020



Hi Everyone, please see page 4 regarding Corona Virus update and future meetings.

Welcome again. Despite the weather a good number came to the Drop In on the 25th February and enjoyed warmth, laughter, and a quiz. The Committee members were thrilled to see so many turning up on a day when some might have preferred to stay at home and not venture out.

Gwyneth updated members that, after the Annual General Meeting two volunteers had offered to join the Committee. Sheila Pinder and Rosemary Balshaw will be officially accepted at the March Committee meeting.

We welcomed new members – Martin Warwick, Galena Steel, and Pat and Ray Milton.

Our new physiotherapist Ben came and realised that he had a very lively group to meet and help. He thoroughly enjoyed his first visit.



Kerry from Bolton Hospice Lottery came to present Billy Whistance with his prize of £1,000. Congratulations Billy!

Billy kindly gave a contribution to JIGSAW- thank you. The photograph shows Billy with Kerri, Sandra, Marie and Linda, holding up the figures £1000.

Norma Elsby, a Sheffield Wednesday supporter, won the Football Card and donated her winnings back to JIGSAW.

Tuesday 10th March brought many of us together again for another musical time with Luke and John. They allowed us to forget about the weather we've been experiencing and look forward to sunnier days. Their selection of music gave great enjoyment and brought back many memories. John unfortunately had a tooth extraction in the morning but bravely carried on and his last solo received much applause and shouts of 'encore'.



We also found out that Luke and Lauren became parents to Theo two months ago and the group was happy to offer congratulations. Can Luke find a small enough guitar to teach the little one to join him sometime in the future?

We have asked them back for March 2021 and very pleased to say they have accepted.

Lillian Cole was celebrating her March birthday and sweets were offered to all, together with a rendition of Happy Birthday to You.



Sad News

Sadly, Cyril Calderbank passed away on the 9th of December. He was a recent member who joined us in earlier in the year. Our condolences have been passed to the family.

Bolton Hospice Lottery

You can sign up for the Bolton Hospice Lottery in partnership with JIGSAW at <http://www.boltonhospice.org.uk/how-you-can-help/lottery> or you can pay cash to Sandra Jones or Kerry Formston the Bolton Hospice representative when she attends in Sandra's absence. For £1 per week you are entered into the lottery and 55 pence goes to Bolton Hospice and 45 pence goes to JIGSAW.

BIRTHDAY GREETINGS FOR APRIL 2020

Arthur Platt Eileen Daniel George Greenlees Thomas Prendergast

Phil Kelly Gina Unsworth Barry Kilkenny Michael Connolly Kath Neary

Sue Wright Jean Haslam James Horrocks Maureen Smethurst

Kenneth Parker Anita Chazen Janet Aspinall Karen Cullen

Judith Taylor Lily Whistance

Jigsaw Dates for your Diary 1pm to 3pm subject to confirmation

24th March 2020 – Meeting is cancelled

14th April 2020 – Meeting is cancelled

28th April 2020- Drop In

12th May 2020 – Norman Nuttall (stories and music)

26th May 2020 – Drop In

Great success for Graeme Longworth

Graeme was recently featured in the Bolton News as after his stroke in 2017 he shed an amazing six stones to improve his health.

He has achieved this by attending weight loss meetings and changing his diet for healthier options and smaller portions.

Well done Graeme you are an inspiration!



January Newsletter apology from Gwyneth

Some of you have not received your Newsletter for January 2020. My apologies for the non-posting of the January edition. The delay occurred because of my need to get all the material about the AGM out in mid-February, and this was hampered because of an electricity failure in my house.

Once that problem was settled and the AGM held, I then realised that January's Newsletter had not been posted out.

I'm very sorry about that but all copies are now available.

Corona Virus and Meetings Update

The Stroke Association, to which JIGSAW is affiliated have given us the following advice.

We believe that it is best to now postpone all group-based activities. This will be for an initial period of one month, in order to reduce the risk to everyone. At this stage, we are pausing all groups until after the Easter Bank Holidays, so at least April 14th. We will be monitoring developments closely in order to make advanced decisions about whether we need to extend this timeline.

Therefore, there will be no meeting on the 24th of March or 14th April. Should we be advised to extend the cancellation of meetings we will let you know.

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) Wheelchair Taxi)	07860 801830	(Peugeot E7
Ricksway Private Hire (Rick)	07958 788816	(Peugeot E7 Wheelchair Taxi)
Ken's Cabs	07800 546876/0770 418 7735	

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.

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!**

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.

HUMOUR SECTION

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

Fred goes to the doctor about his constipation. "I haven't been in weeks" says Fred. Every time I go to the toilet, I sit there for hours but nothing happens" The doctor asks" have you taken anything?" Fred replies "only my book"

I am not saying Fred has a personal hygiene problem but the other day he put odour eaters in his shoes and within a few minutes he had vanished!

There are two times when a man does not understand a woman. Before and after marriage.

Inside every older person there is a younger person saying "what the hell happened?"

Some people won't admit their faults. I would, if I had any.

What cheese will get a bear out of a tree?
Camembert

Why did the scarecrow win an award?
Because he was outstanding in his field.

A note from an annoyed wife
"Hi Sweetie I'm at work. Dinner is on the stove, you only have to light it, the gas is already turned on.

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