

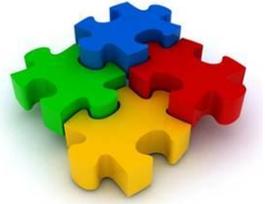
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 259- April 2020



Hi Everyone,

The Committee hopes that you are all managing to find these difficult times not too distressing or frightening. The majority of us are on three months self-isolation and not enjoying the experience very much, but we must all look to the future and the days when our usual routines can take place and our meetings with family and friends can resume.

For some of us who do not have immediate family around, we rely on kind neighbours and friends to offer assistance, for which we are truly grateful. We all know how much we miss contact, and although technology in the form of phones etc is good, the hugs and kisses are really what we all need – so, roll on July!

We reported to you that the Stroke Association had told us that all branches and affiliated groups would close until further notice and that advice is still in place.

We receive the Stroke news booklet and Gwyneth has extracted some ideas and suggestions from it. A nurse in Manchester suffered two strokes in 2015 when she was 23. She has made a good recovery and is back nursing, her tips are: -

Set short term achievable goals and when you a bit more confident pick a longer-term goal. Something to work towards keeps you going and helps control any anxiety. Try to go for a walk at least once a week. If you can't do a physical activity, just sitting out in the fresh air helps.

Her real turning point came when she realised that she had to stop comparing herself to how she was before, and adapt to her new version of herself and accept it and build on it.

We know that for many, pain is not an easy thing to control. Here are some more tips from the booklet.

Don't struggle by yourself, get support from friends, family, doctor or charities.

Keep as active as you can, gentle exercise can help with chronic pain, so keep moving.

Listen to your body, we are stronger and more resilient than we think. Do as much as you can, but rest when you need to.

REMEMBER WE ARE ALL AMAZING. BEING POSITIVE GOES A LONG WAY TO HELPING RECOVERY.

The Stroke Association has partnered with **AbilityNet**, a charity helping people with disabilities to use technology. Their online guide, **My Computer My Way** gives you on how to set up your technology to suit your needs. Visit **abilitynet.org.uk** or call their advice help on 0800 269 545. There is also guidance on **mystrokeguide.com**

Changes to over 75 licences - now 1 August

The BBC has decided that, because of coronavirus and the challenges to the UK, changes to over 75 licences won't now happen until 1 August. This means that your current free licence will remain valid until then.

From 1 August 2020, there will be a new scheme. Under the new scheme, anyone aged 75 or over receiving Pension Credit will be eligible to apply for a free TV Licence, paid for by the BBC. Pension Credit can be in the name of the licence holder, or in their partner's name if they are a couple living at the same address.

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.

Sad News

It is with regret that I have to inform you of the death of Ray Walton on 21st of March. We send our condolences to Marjorie, family and friends.



BIRTHDAY GREETINGS FOR MAY 2020

Mae Leung Mary Connolly Sheila Whiley Sonya Constantine

Rosemary Sutherland Jean Preston Joyce Kelly

Trevor Grundy Mark Hodgkinson Barbara Hughes Graham Lee

RECIPE FOR FRIENDSHIP

- 1 Pint of Trust
- 1 Dash of Caring
- 2 Cups of Understanding
- 2 Spoonfuls of Shared Secrets
- 1 Cup of Mutual Affection
- 1 Sprinkle of Respect
- 2lbs of Common Interests
- 3 Spoonfuls of Listening and
- 1 BAG OF FUN

HUMOUR SECTION

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

Since the football has been suspended, I've had to start talking to my wife.
Just found out she's been made redundant from Woolworths.

Chocolate can be one of your 5 a day, as all true chocoholics know that it is a vegetable. It comes from the cocoa bean and we know beans are vegetables. So, there you have it!

BREAKING NEWS

A man who can't stop singing Frank Sinatra and Dean Martin songs has been diagnosed with crooner virus.

They said a mask and gloves were enough to go to the grocery store. **THEY LIED, EVERYBODY ELSE HAD THEIR CLOTHES ON!**

What is brown, steaming and comes out of cows?

The Isle of Wight Ferry!

I was once asked "If you could sleep with anyone living or dead, who would it be?"
I said "Anyone living"

We all know the dangers of wearing dark clothing when outdoors. A friend of mine wore all white and was knocked down by a snow plough!

What's Irish and stays outside all year?

Patty O' Furniture

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

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