

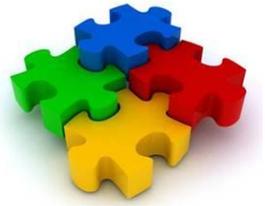
JIGSAW

(Joint Initiative Group for Stroke Awareness and Wellbeing)

NEWSLETTER

www.jigsaw-bsg.org.uk

Issue No 260- May 2020



Hi Everyone,

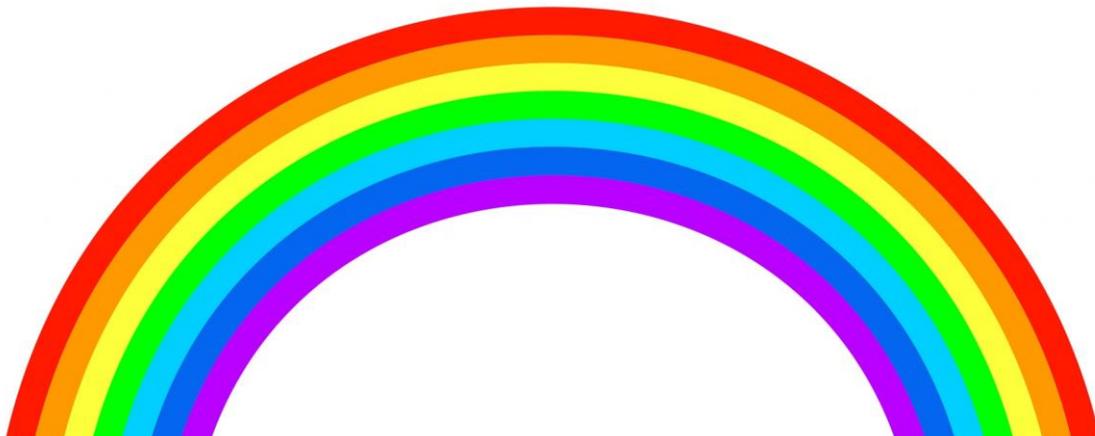
At the time of writing this newsletter we have not had an official communication from the Stroke Association as to when Stroke Clubs and Affiliated Groups can re-open.

Gwyneth is in contact with Pam Bann in the Bolton Stroke Association office and she will notify us of any information she obtains.

We are very much aware that many of us are in isolation and for some this will extend past the initial advice of twelve weeks. Therefore as we know it will be a little time before we get definite information, the Committee feels that we must say that JIGSAW will not be in a position to meet up , mainly because of the number of people who attend at the Church and we are a large group, until September/October at the earliest.

Once we have any definite information, we will let you know. Until then,

STAY SAFE



REDUCING FOOD WASTE

Wrap, an anti-waste group, in consultation with the Food Standards Agency and the Government for Energy, Food and Rural Affairs have produced guidance on how to store food to avoid waste. Here are some of their top tips.

- checking our fridges and cupboards before we shop
- chill the fridge out! Your food will stay fresher for up to three extra days if your fridge is set to 0–5°C
- freezing more food
- date labels. There's a difference between 'use by' and 'best before'!

- **BEST BEFORE**

'Best before' refers to quality: your food will be at its best before the date given. After this date, it might not be at its best, but it will still be safe to eat. Use your senses to make a judgement.

- Depending on how your food is stored, it has the potential to be good enough to eat for a long time after this date. Here's a guide to a few key food items and how long after the date they can be eaten:
 - Crisps – one month
 - Biscuits – six months
 - Cereals – six months
 - Canned food – 12 months
 - Confectionary – 12 months
 - Pasta sauce – 12 months
 - Dried pasta – three years!

- **USE BY**

'Use by' refers to safety: you must not eat food past the 'use by' date. You cannot always smell the bacteria that causes food to spoil, so after the 'use by' date, the food may appear perfectly fine to eat, but could still lead to food poisoning. Let's be absolutely clear: you should NOT eat food after the 'use by' date - even if it looks and smells OK.

- Top tip: you can freeze food right up to and including the 'use by' date. If you're not sure you will eat it in time, freeze it for another day!

BIRTHDAY GREETINGS FOR JUNE 2020

Jack Rowland Ralph Brown Joyce Crossley

Jean Preston Jean Stones Sheila Welsby

GARDENING TIPS

The Royal Horticulture Society conducted a survey and 71% of respondents who have an outdoor space felt that having a garden or outdoor space has helped their mental health during lockdown.

Here are some gardening activities that have a positive impact on wellbeing. They are, weeding, mowing the lawn, watering, planting and potting, and cutting back and trimming.

If you are lucky enough to have an outside area enjoy it.

POSITIVE QUOTES

“Life isn’t about waiting for the storm to pass; it’s about learning how to dance in the rain.” – Vivian Greene, Writer.

“A problem is a chance for you to do your best.” – Duke Ellington, Composer.

“Much of life isn’t fair. It’s how you live that matters. It’s how you deal with the bumps in the road.” – Maya Banks, Author.

“If you’re going through hell, keep going.” – Winston Churchill, Former British Prime Minister.

“The best way to cheer yourself is to try to cheer someone else up.” – Mark Twain, Writer.

HUMOUR SECTION

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

I stepped on my scale this morning and it said:
Please use social distancing, one person at a time.

I told my suitcases that there will be no vacation this year.
Now I am dealing with emotional baggage.

No, you haven't gained that much weight during the quarantine.
Come on ... chin up.
No, the other one.

Where would you find a turtle with no legs?
Exactly where you left him.

I heard Emmerdale and Corrie are stopping soon. First no toilet roll, now no soap.

Five tips for a woman

It is important that a man helps you around the house and has a job.

It is important that a man makes you laugh.

It is important to find a man you can count on and doesn't lie to you.

It is important that a man loves you and spoils you.

It is important that these four men don't know each other.

DEFINITIONS

APEX: The female of the gorilla species.

ADAMANT: The very first insect.

AWE-STRUCK: Being hit with a paddle.

ABSENTEE: A missing golfing accessory.

ARTFUL: A painting exhibition.

AUTOBIOGRAPHY: The car's log book.

ANTI-FREEZE: When you don't talk to your uncle's wife.

ME:

I'm exhausted!

FITBIT:

You have taken 6 steps today.

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