

The Neuro Bureau

Newsletter 10 / Winter 2015

SEQUELA



FOUNDATION

Registered Charity Number 1148465

Welcome.

We may be physically challenged but we are differently able.

Welcome to our tenth newsletter. Please enjoy the features and photographs. If you would like to make a contribution for a future edition, please get in touch with our editor, Lesley MacLeod.

New members are always welcome. Copies of this newsletter can be emailed to anyone who requests a copy.

We currently meet every Tuesday between 1030-1430 at unit 20 in Grove Park, White Waltham SL6 3LW



Christmas Lists Reflections from Pat Capp



Christmas 2015

We all have lists of people, with which we each have ties,
And every year at Christmastime, it's time to realise,
That all those persons noted, have played some vital parts,
For everyone that's listed, has touched our very hearts,
Each person is a special soul, who's crossed our path sometime,
It brings an inner peace to say, "they are a friend of mine",
For once these people reach our hearts, they hold a special place,
They've given words of comfort, put a smile upon your face.

So when we send a Christmas Wish, that is addressed to you.
It's simply that you are on our list, of special people who,
Have touched us in a special way, whenever we have met,
Whether we have known you, for many years or few,
You've played a part in shaping, all the all the best things that we do
This is the spirit of Christmas, forever it endures,
We wish you all good wishes, in the hearts of you and yours.



It's important that I don't forget, to give thanks for my friends,
For each of you are ingredients, in that special mix of blends,
You make me laugh, you make me cry, in happiness and pain,
My life is so much richer, through the sunshine and the rain,
In sharing golden moments, with friends I have – like you
Please reflect on what I've said, for every word is true.
So at this Merry Christmastime, my thanks to God above,
Enjoy this time on earth, in gratitude and love.

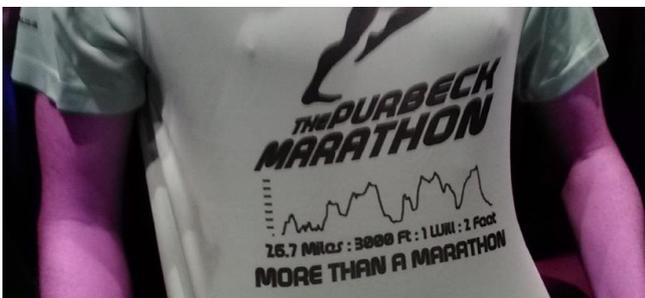
A very Merry Christmas from us all



Fund raising update



Adam Worman, Jenny's son-in-law, has raised over £600 by running the very challenging Purbeck marathon in Swanage.



As always, a big thank you to **all** our supporters but in particular to **Sanofi Pasteur MSD** who adopted Sequela as their chosen charity for 2015 (for a third year) and Ann and Carina who recently presented us with a cheque for almost £2000 plus a selection of food collected by their staff during harvest festival time



Also to **The Lions Club** who has very generously funded a THERA Trainer for Sequela and it is now installed at Grove Park. THERA Trainers are therapy exercise devices which assist and support therapists to help us and has already been put to very good use.

The Louis Bailey Trust has funded a special chair to complement this machine.

Diary Dates

Christmas lunch will be held at Stafferton Lodge on **Tuesday 15th December**

Burns Lunch will be held on **Tuesday 26th January**. Lesley's husband David will be our host and would welcome poetry contributions from anyone who would like to speak. Poetry can be from any author/writer (or indeed your own!)

Quiz Night **Friday 26th Febraury**

Owl display Look out for Fiona with her owls - hopefully visiting Sequela in February – **date to be confirmed**

Vegas Night **Saturday 23 April**

Please note that all the above dates are subject to change

The centre will be closed from 15th Dec 2015 – 6th Jan 2016 inclusive.

Our first day back to Sequela is Tuesday 12th January 2016

Top Tips

- If you find the kettle is too heavy to lift, think of leaving the kettle in situ and filling it from a jug, just using the amount of water that you need.
- Sitting on a plastic bag in a car might make it easier to swivel round to get out.

Give as you Live – how we can all raise money to support Sequela

Visit the 'Give as you Live' website here: <https://www.giveasyoulive.com/>

Give as you Live is a shopping and price comparison website and **so easy to use**. You can shop for products from thousands of leading online retailers like M&S, Amazon, Lakeland, Debenhams etc., use their price comparison tool to ensure you get the best price and even save money by using the exclusive offers and deals available on their site.

A percentage of every purchase made will be donated to the charity of your choice ... and Sequela is listed!

Lesley MacLeod signed up recently and received an email from Give as you Live to advise that her purchases had raised £0.85 for Sequela!

If you do online shopping, sign up, start generating income for Sequela and encourage your family and friends to do the same.

If you have any questions, Anke may be able to help. This is the email received by Lesley:



Profile – get to know the team ...

The Trustees



Pat Capp
Chairman, Founder
Exercise Professional



Judy Percy
Vice Chairman
Health Professional



Peter Rodgers
Treasurer



Anke Heley
Secretary

The Committee



Jenny Attwood
Facilities Manager



Dee Johnson
Membership Secretary



Janet Barrett
Fundraiser

Our Therapists & Advisors



Helen Doust
Qualified
Reflexologist



Julie Potter
Yoga Specialist



Jacki Witt
Qualified Therapist
massage & reflexology



Chris Adams
Massage Therapist
& Personal Trainer

Some of our volunteers



Lesley MacLeod
Publishing



Sandy, Jenny, Anke, Ingrid, Sue & Susan



Anne & Leila

Profile of Robin Bootle

This is the first profile of one of our members. Thanks to Robin for writing this to help us get to know him better.



This is not a straightforward story.

In the 1960s, the BBC paid well. I decided to go for the Beeb after I got to the University of Birmingham. The University student newspaper was called *Guild News*. How boring!

I persuaded the Council that the paper should be rechristened *Redbrick*, because the University (as those of you who know it) was ultimately red brick. Then I set about redesigning the paper to make it more attractive to read. To my astonishment, neither the Bristolian Nonesuch News (which was brilliantly turned out), nor the Oxford and Cambridge papers were picked the following year by the Daily Mirror that gave the annual journalist's Cup; it selected Redbrick as its favourite.

Fortunately, I gained a 1st class degree at the same time in 1964 so I had no trouble persuading the BBC to take me on its General Trainee programme. I was under the delusion that the Beeb would employ me at TV Centre in Shepherds Bush, so I took on accommodation in Shepherds Bush, one Tube station away. I was posted to Bush House, a hideous structure eight stations up the Central Line. It turned out a programme called Nationwide that kept the world up to date with events in Britain.

Next, after six months, I moved to Broadcasting House, which was also on the Central Line, but five stations distant from my home. Nationwide was my own programme there. You would think that, by now, the chance to move to Telly Centre had arrived but no, my next move was to BBC Birmingham. I knew this city well from my days at University and, although I made many friends at the Beeb, I was not enamoured of the settlement.

At this point, a clever man called Aubrey Singer was given a group of programmes to run. He swore that he would leave the BBC unless he could avoid the problem that I had already met of moving around all the time.

He was given a set of units called Features Group, which contained General Features and Science Features. These were based at Kensington House, only a few yards from where I was living, and I was drafted into Science Features. Not over my dead body, you can be sure.

I spent the next 23 years operating on Science series such as Horizon and QED.

I never ever worked at Television Centre!

Robin

Cookery Corner

Cauliflower, Potato and Cheese Soup

By Pat Capp

1 large onion
2 potatoes diced & large cauliflower cut into florets
700ml vegetable stock
150ml grated cheese
Butter

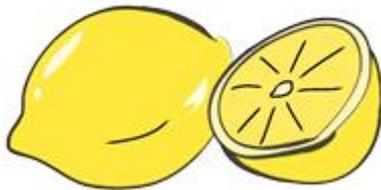


Method

Sauté onion and potato for a few minutes, add cauliflower
Add stock and cook until soft. Blend together until smooth, adding milk if needed
Add salt and pepper to taste and grated cheese.
Serve with crusty bread

Lemon curd

By Pat Capp



4 unwaxed lemons, zest and juice
200g caster sugar,
100g unsalted butter,
3 large eggs plus 1 yolk.

Method

Put zest, juice, butter and sugar into a bowl over a simmering bowl of water.
Be careful not to let the bowl touch the water.
Stir until dissolved.
Whisk eggs and yolk add to lemon mix and whisk for 10 to 15 mins or until thick and creamy.

Can be made with oranges.

Use in cakes or add to custard with double cream to make a lemon pouring custard.
Pour over sponge cake or ice cream to make a delicious desert.

A woman was trying hard to get the ketchup out of the bottle. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. 'Mummy can't come to the phone to talk to you right now. She's hitting the bottle.'



A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, 'What's the matter, haven't you ever seen a little boy before?'

While working for an organisation that delivers lunches to the elderly, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, 'The tooth fairy will never believe this!'



A little girl had just finished her first week of school. 'I'm just wasting my time,' she said to her mother, 'I can't read, I can't write, and they won't let me talk!'

A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages.

'Mummy, look what I found,' the boy called out.

'What have you got there, dear?'

With astonishment in the young boy's voice, he answered, 'I think it's Adam's underwear!'



Useful Contacts

Pat Capp	01628 630453 pat@sequelafoundation.org Please contact us with ideas, comments or suggestions; we would be delighted to hear from you.	Sequela Therapy Centre address 20 Grove Park Waltham Road White Waltham Maidenhead SL6 3LW
Maidenhead Voluntary Car Service	01628 673937	
People to Places	01628 587920	
Maidenhead Care	07538 418448	
SK Taxis Maidenhead 24 hour	07900 497529	Airport & Disability transfer wheelchair specialist
Front Line Taxis	07878 876482	Specialist for disabled access
Cox Green Woodland Park Cars 24 hours	01628 628888	Specialist for airports & local
Telecare User Group	Michaela Helman 07766 256660 Michaela.Helman@rbwm.gov.uk	
Windsor Voluntary Car Service	Andrew Taft 01753 831090 www.wvcs.co.uk	Caring private-car transport for Windsor (SL4) residents

For those with access to the internet, the SEQUELA website is here:

www.sequelafoundation.org

Two other interesting websites can be found at:

www.inclusivebritain.com and www.inclusivelondon.com

These websites allow you to search for pubs, restaurants, toilets and attractions that offer facilities for those of us with disabilities.

Newsletter editor:

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