

# The Neuro Bureau

Newsletter 11 / Spring 2016

SEQUELA



FOUNDATION

Registered Charity Number 1148465

**Welcome.**

**We may be physically challenged but we are differently able.**

Welcome to our eleventh 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



## Zumba with Sal

My name is Sal Higgins and I have been delivering Zumba Gold sessions to the ladies and gents at the Sequela foundation in 2015. I had never heard of Sequela until Jenny got in touch with me and asked if I would be interested in coming along and delivering some chair based exercise classes for the group. I'm not entirely sure the ladies and gents had heard of Zumba gold and were a little apprehensive wondering what it involved. Here is a short description of the benefits:

It is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

The feedback I have had from a lot of people is fantastic. They have said they love the music, it is very jolly and contagious and you just can't help having a little boogie (sometimes voluntary, other times, it just happens all by itself). It leaves you feeling happy and energised and it can lift your spirits and make you forget your worries. One lady from another class has said to me that she felt very depressed when she had a long term injury and when she started Zumba gold classes, she had found something that made her feel alive again and like her old self. That kind of speaks volumes to me how much of a positive impact it can have on you not only physically, but mentally and emotionally as well.

I absolutely love my job and I get so much satisfaction helping people feel alive and that no matter what struggles you are facing, music and exercise really is the key. I'm so pleased to be returning in the new year to keep delivering Zumba gold classes to the Sequela foundation.

For more information, or to find out about other classes all the information is at **[sallyhiggins.zumba.com](http://sallyhiggins.zumba.com)**





## Diary Dates

**Vegas Night**                      **Saturday 23 April 2016**

**Quiz Night**                        **October date TBC**

The centre will be closed on **29 March 2016** for Easter  
We will re-open on Tuesday 5<sup>th</sup> April 2016

Look out for some exciting events after our Easter break. We hope these will include deep relaxation sessions with Kat, a sing-a-long with Lorna, a debate on the EU referendum, a poetry afternoon, a visit from the Mayor and more, and all in addition to our regular sessions.

Keep an eye on the programme published by Jenny.

## Fundraising update

Thanks, as always, to all our many supporters whether companies, groups or individuals. We really appreciate your generosity and would not be able to continue without your support.

We really encourage you to join us for the fund-raising **Vegas Night** – it promises to be a great evening. Any further donations of raffle prizes for the exciting raffle that evening will also be much appreciated.



On 17<sup>th</sup> March, Pat was presented with a cheque for £1600 by the Maidenhead Cox Green Townswomen's Guild. This is an exceptionally generous gift – thank you ladies!

14 The Advertiser, December 10, 2015

### NEWS

## Charity's thanks for exercise trainer



**VITAL EXERCISE:** The Sequela Foundation unveils its new Thera Trainer bought with the help of the Lions Club of Maidenhead and the Louis Baylis Trust. Ref:124355-2

For anyone who didn't see this, here is a copy of the article published in the Maidenhead Advertiser at the end of last year, following the generous donation of the Thera Trainer from the Lions Club, and the chair from the Louis Baylis Trust.

**WHITE WALTHAM:** A charity that supports people with neurological conditions has unveiled a new exercise machine for those with limited movement.

The Sequela Foundation has bought a Thera Trainer for people with a variety of conditions and physical limitations. It can be used from a wheelchair or on a specially adapted chair. Using it can improve circulation and flexibility, sus-

tain muscle power and increase stamina – all a problem for people living with limited movement.

Foundation chairman Pat Capp said: "We all know that exercise is helpful and good for the heart and muscles. It can sometimes change the brain pattern, helping the brain to maintain old connections, form new ones and restore old ones."

This can benefit people

who have conditions such as Parkinson's and MS or who have suffered a stroke.

The machine was bought by The Lions Club of Maidenhead and the chair funded by a donation from the Advertiser's Louis Baylis Trust.

Pat added: "We are indebted to both groups as we know that the use of the machine will make a big difference to so many lives."

**Top Tips**

Did you know that Argos are amongst the many suppliers of useful “gadgets” including the radar key, in their *Independent Living* brochure?



**Go the extra mile**  
 Class 2 Scout Mobility scooter.  
 Go further with puncture proof tyres and a range of up to 10 miles. The seat swivels 360° for ease of getting on and off and thanks to the simple split mechanism, it's easy to store and fits in most car boots. Class 2 scooters go up to 4mph and are not suitable for road use. Home delivery only – usually within 14 days. See page 2 for details.  
**£899.99** 173/6407

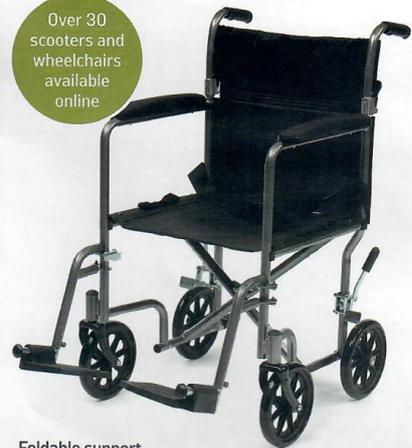
**On your travels**  
 Blue Badge Display wallet  
 Protect and display your blue badge in this handy wallet. It complies with the department of transport guidelines so you can display it in your own vehicle or a friend's while out and about.  
**£17.99** 464/1465



**Access all areas**  
 Blue Badge RADAR key.  
 Gain access to over 9000 public disabled toilets with this easy grip RADAR key. It means no more waiting for a member of staff to unlock it; get independent access, whenever you need it. Home delivery only – usually within 5 days. See page 2 for details.  
**£7.99** 444/8455



Over 30 scooters and wheelchairs available online



**Foldable support**  
 Travel wheelchair.  
 Designed for a companion to push, this lightweight chair is ideal for short journeys or when moving between the house and car. It folds compactly into car boots or hallways in between use.  
**£99.99** 147/2682



**Travel without limits**  
 Age UK portable ramp.  
 Use this at home or when visiting friends to tackle steps with ease. High edges keep you safely on course, then roll it up into the carry bag to take it away with you.  
**£89.99** 516/4776

**RADAR Key** →

Visit [argos.co.uk/independent-living](http://argos.co.uk/independent-living) for our full range

Out and about 5



**SEQUELA**

**WELCOME**  
TO *Fabulous*  
**LAS VEGAS**  
NEVADA

**DINNER DANCE**  
**WINTER HILL GOLF CLUB**  
**SATURDAY 23<sup>rd</sup> April 2016**  
**7pm for 7.30pm**

**2 COURSE MEAL,**  
**BAR, GREAT SINGER**  
**£25 pp**  
**EXCITING RAFFLE**

For more tickets and details phone or e-mail Pat Capp  
+447802650656  
[pat@patcapplifestyle.co.uk](mailto:pat@patcapplifestyle.co.uk)

## 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

### Some of our volunteers



**Lesley MacLeod**  
Publishing



**Sandy, Jenny, Anke, Ingrid, Sue & Susan**



**Anne & Leila**

## Profile of Tony Gough



I was born and raised in Nottingham. After A Levels I opted to be articled to a Chartered Accountant. When my boss sold the practice, I decided to leave the profession and applied to be a salesman for Burroughs Machines. Two years on, I had proved I was not temperamentally suited to selling and was offered a post in Accounts at Burroughs' head office near Heathrow.

After another two years, I was seconded to East and Central Africa, as Financial Controller for seven countries, based in Salisbury, Rhodesia (now Zimbabwe). After five months, because of the political situation, I moved to Nairobi, Kenya, to establish a new HQ for Burroughs in Kenya, Uganda, Tanzania, Zambia and Ethiopia. I travelled to these countries frequently, as well as UK, USA and Switzerland.

We spent seven years in Kenya; we loved the country, the people and the wildlife and our children were born there. We lived in a rural suburb of Nairobi, only two miles from Nairobi Game Park, for which we had a season ticket and where we spent many hours animal-watching.

On returning to England in 1977, I took up a position in the Finance department of Burroughs' Head Office, Heathrow. The Head Office later moved to Stonebridge Park on the North Circular, which involved a long, slow drive every day, and finally to Uxbridge.

I took early retirement in 2002, having worked for the same company (Burroughs, later called Unisys) for 38 years.

**SIMPLE STROGANOFF** - from "500 Recipes for Casserole Dishes"  
**By Derek Percy**

750g of grilling steak (I use the good quality casserole variety - and it is still good!)

2 level tablespoons of flour  
50g of butter  
1 small onion sliced  
1 glove garlic chopped (I like more!)  
50g mushrooms (I like more!)  
1 beef stock cube  
250ml of hot water  
5 fluid oz soured cream  
Pinch salt and pepper

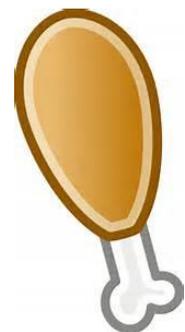


Cut meat into strips, toss in seasoned flour.  
Heat butter in flame-proof casserole, brown the meat.  
Add the onion, garlic and mushroom and fry gently for 5 minutes.  
Add the made up stock, cover and cook in a moderate oven until meat is tender, approx. 30 minutes.  
Stir in sour cream and cook for a further 10 minutes.  
Serve with boiled rice.

**CHICKEN THINGY**  
**By Derek Percy**

8 small chicken joints  
Olive oil or butter  
Black pepper  
1 medium onion, chopped small

For the sauce  
5 tablespoons dry cider or white wine  
5 tablespoons soy sauce  
1 heaped tablespoon tomato puree  
1 heaped teaspoon of ground ginger  
1 heaped teaspoon of mustard powder  
1 crushed garlic clove  
1 tablespoon of soft brown sugar



Fry chopped onion until soft and golden and then line base of casserole dish.

Fry chicken joints, place in casserole dish and pour sauce over them.  
Put lid on and cook for 25minutes @ 200C, basting from time to time.

## What does it mean to be OLD?

I very quietly confided to my best friend that I was having an affair.

She turned to me and asked, "Are you having it catered?" And that, my friend, is the sad definition of "OLD"!



Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?"

"98," she replied: "Two years older than me"

"So you're 96," the undertaker commented.

She responded, "Hardly worth going home, is it?"

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.

I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotard on, the class was over ...



My memory's not as sharp as it used to be.

Also, my memory's not as sharp as it used to be.

Know how to prevent sagging? Just eat till the wrinkles fill out.



It's scary when you start making the same noises as your coffee maker.

...and a contribution from Pam

## **THE GIFT OF LIFE**

Life is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one: live it well; enjoy today; do something fun; be happy; have a great day. Remember, it is health that is real wealth and not pieces of gold and silver.

Consider this:

Your kids are becoming you but your grandchildren are perfect!

Going out is good but coming home is better!

You forget names but it's OK because some people forgot they even knew you!

The things you used to care to do, you aren't as interested in any more, but you really do care that you aren't as interested.

You sleep better on a lounge chair with the TV 'ON' than in bed. It's called "pre-sleep".

You miss the days when everything worked with just an "ON" and "OFF" switch.

You tend to use more 4 letter words ... "what?", "when?"... ???

You notice everything they sell in stores is "sleeveless"?

What used to be freckles are now liver spots.

Everybody whispers.

You have three sizes of clothes in your cupboard, two of which you will never wear.

But Old is good in some things: Old Songs, old movies, and best of all, **OLD FRIENDS!!**

It's not what you gather, but what you scatter that tells what kind of life you have lived.

Today is the oldest you've ever been; yet the youngest you'll ever be, so enjoy this day while it lasts.

## Useful Contacts

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

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

[www.sequelafoundation.org](http://www.sequelafoundation.org)

Two other interesting websites can be found at:

[www.inclusivebritain.com](http://www.inclusivebritain.com) and [www.inclusivelondon.com](http://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:**

Lesley MacLeod - 01628 671573 – [lesley.j.macleod@talk21.com](mailto:lesley.j.macleod@talk21.com)