

# The Neuro Bureau

Newsletter 12 2016

SEQUELA



FOUNDATION

Registered Charity Number 1148465

**Welcome.**

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

Welcome to our twelfth 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



**Quiz Night                    7 October 2016**

Sequela will be closed on **30 August and 6 Sept.** for our Summer break.  
We will re-open on **Tuesday 13 September 2016**

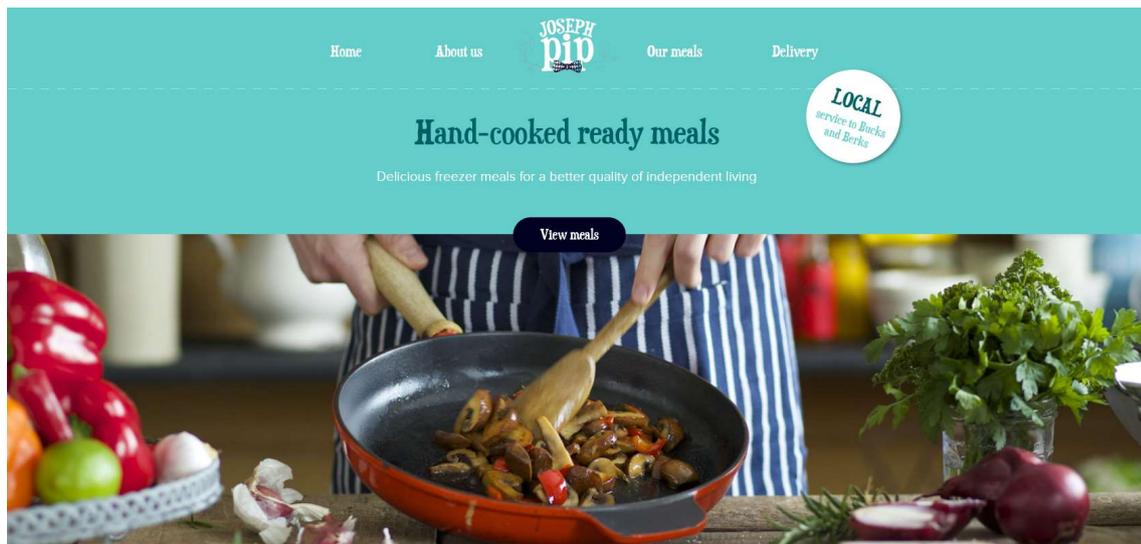
Look out for some exciting events after our summer break - keep an eye on the programme published by Jenny.

Our rather wet summer outing to **Waltham Place** in July.



Pat celebrating at Eurovision!





We've had many interesting talks and visits recently including someone from Joseph Pip, a company based in Maidenhead, who deliver meals once a week, ready for your freezer.

Here are their contact details:

The Summit  
 2 Castle Hill Terrace  
 Maidenhead  
 SL6 4JP  
 01628 671573  
[hello@josephpip.co.uk](mailto:hello@josephpip.co.uk)

### Workaid

Judi Fisher, a volunteer from a charity called Workaid told us all about their activities using the motto 'Tools for Life'. Workaid will take donations of used tools and equipment that can be serviced and put back into good working order. These include:

- Sewing machines** - all makes & types, any age including vintage.
- Haberdashery** - everything for sewing, cotton fabric, leather, reels of thread, scissors pins, needles, lace, ribbon, zips, buttons
- Bikes** plus spare parts for bikes
- Knitting machines** - electric and manual if complete and with instructions
- Wool** - hand knitting wool., cones for knitting machines, knitting needles and patterns
- Tools** - carpentry, plumbing, motor mechanic, masonry, electricians, welding machines (MIG & arc)
- Horticultural** - spades, shovels, forks, shears, hand trowels, hoes
- Electric garden tools** - hedge trimmers, strimmers and chain saws
- Watering cans**, and hosepipes
- Typewriters** - manual only
- Screws** and nails, bolts, hinges locks

## 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.

**Green Redeem** - we are now on the GreenRedeem website and people can donate points to us. All you have to do is to go to the GreenRedeem website, log into your account, click on *Spend Points* and then *Donate to the Community* and finally choose Sequela from the list. From July 1, on a quarterly basis, the top five projects with the most points donated will receive money.

At the end of each voting round, the top five projects with the most points will automatically be awarded £1,000 each. If a project is successful and receives funding from the scheme, it will be removed from the Greenredeem site. Unsuccessful groups will be carried forward into the next round.

...and also remember to 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!

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.

## Photo gallery

### Queen's 90<sup>th</sup> birthday lunch

We celebrated the Queen's 90th birthday with our own special lunch:





## Visit to Sequela by Mayor



Councillor Eileen Quick, the Mayor of Windsor & Maidenhead, visited Sequela on 10<sup>th</sup> May 2016.

### Article in the Maidenhead Advertiser:

## Mayor moved by visit to centre for neurological support

**WHITE WALTHAM:** A special visit was made to the Sequela Foundation by the Mayor of Windsor and Maidenhead Cllr Eileen Quick this week.

The charity, based in Grove Park, was set up in 2013 to support neurological well-being for people with conditions such as Parkinson's, multiple sclerosis and dementia.

Jennifer Attwood, a volunteer at Sequela, organised the visit from the mayor.

She said: "It went very well. She's a very lovely lady. She spoke to our members about her year as mayor from starting at the Magna Carta through to the Queen's birthday celebrations.

"We showed her the therapy rooms and facilities here before she sat and spoke to each and every one of our members."

The visit was an eye opener for Cllr Quick who admitted to Jennifer that she did not know much about the charity before her visit on Tuesday.

Cllr Quick will end her term as mayor on Tuesday, May 24.



**MAYORAL VISIT:** Mayor Eileen Quick spent Tuesday morning with the members of the Sequela Foundation. Ref:125553-7

## Profile – get to know the team

### The Trustees



**Pat Capp**  
Chairman, Founder  
Exercise Professional



**Judy Percy**  
Vice Chairman  
Health Professional



**Peter Rogers**  
Treasurer

### The Committee and Associates



**Jenny Attwood**  
Social Calendar Manager



**Dee Johnson**  
Membership Secretary



**Anke Heley**  
Secretary



**Lesley MacLeod**  
Publishing

### Our Therapists & Advisors



**Helen Doust**  
Qualified  
Reflexologist



**Julie Potter**  
Yoga Specialist

### Some of our volunteers



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



**Anne & Leila**

## Profile of Audrey Thomas



I was born in Marylebone in 1929, when lamplighters still did the rounds at night, all that red on the atlas meant it was ours and children were seen and not heard.

Times have changed.

My mother had TB, incurable then, and I was farmed out to families around London until war came and we were evacuated to Tring, which was lovely.

During the blitz, we were in Shepherd's Bush. My school was bombed so we shared with another. People were great. If the roads were destroyed and there was no bus, they walked to work, and it was common to see heaps of rubble by the roadside topped by a blackboard saying "business as usual".

After the war I went to train as a nurse at Hillingdon Hospital and loved it, but left after two years because we were saving to get married and we bought a house in Slough. To help with the mortgage, I worked evenings at the telephone exchange, later changing to full-time as our children grew-up. I was put on a small team which covered Windsor Castle when the Royals were there. It was stressful but very interesting.

My husband loved walking and we were in the East Berks Ramblers. We also enjoyed walking and singing holidays, but his health deteriorated and eventually he was confined to a wheelchair. After we lost him, I continued to keep up the house and the garden but my children found me a flat in Maidenhead and despite my protests, the three of them moved me. It was the best thing I've ever done. The flats have a pretty garden, the deer come down from the golf course and we have a noisy woodpecker, but we forgive them.

The grandchildren currently are all living abroad but keep in touch by SKYPE which is incredible.

Times certainly have changed.

**Yummy recipes from Dee:*****Dorset Apple Cake***

1lb cooking apples  
 8oz self-raising flour  
 4oz caster sugar  
 4oz butter  
 Vanilla essence  
 2 eggs  
 2 tbsp milk

***Topping***

3oz caster sugar  
 3oz butter  
 4oz self-raising flour



Cream butter and sugar together, add eggs and vanilla essence, add flour and finally the milk to make a soft consistency; put into a lined 8" tin.

Slice the apples and layer on top of cake mixture.

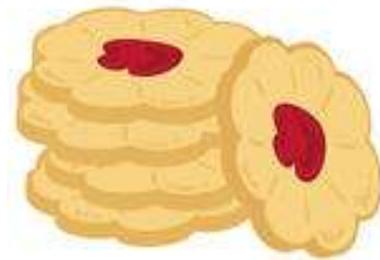
Make topping by mixing ingredients together and put on top of apples.

Bake for one and a half hours at 350f (gas no. 4)

Turn out cake, sprinkle with sugar and serve warm with cream.

***Melting Moments***

2½ oz self-raising flour  
 1½ oz caster sugar  
 2oz margarine  
 Few drops of vanilla  
 Rolled oats or desiccated coconut  
 Cherries



Mix flour, sugar, margarine and vanilla together. Roll into balls, toss in oats or the coconut, flatten slightly, put cherry in middle. Arrange on greased baking tins and cook for 15 mins at 180.

## A different way of looking at things



Two guys were discussing popular family trends on sex, marriage, and family values.

Bill said, 'I didn't sleep with my wife before we got married, did you?' Larry replied, 'I'm not sure, what was her maiden name?'

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A little boy went up to his father and asked: 'Dad, where did my intelligence come from?'

The father replied. 'Well, son, you must have got it from your mother, because I still have mine.'




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'Mr. Clark, I have reviewed this case very carefully,' the Divorce Court Judge said, 'And I've decided to give your wife £500 a week,'

'That's very fair, your honour,' the husband said. 'And every now and then I'll try to send her a few quid myself.'

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A doctor examining a woman who had been rushed to the Emergency Room, took the husband aside, and said, 'I don't like the looks of your wife at all.'

'Me neither doc,' said the husband. 'But she's a great cook and really good with the kids.'




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A blonde calls Delta Airlines and asks, 'Can you tell me how long it'll take to fly from San Francisco to New York City?'

The agent replies, 'Just a minute.'

'Thank you,' the blonde says, and hangs up.

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Moe: 'My wife got me to believe in religion.'

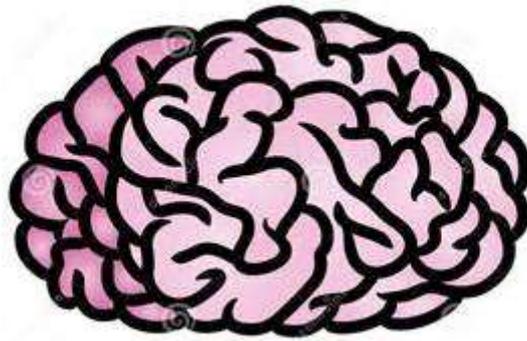
Joe: 'Really?'

Moe: 'Yeah. Until I married her I didn't believe in Hell.'




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The graveside service just barely finished, when there was a massive clap of thunder, followed by a tremendous bolt of lightning, accompanied by even more thunder rumbling in the distance ... The little old man looked at the vicar and calmly said, 'Well, she's there.'



### **Brains of older people are slow because they know so much.**

People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe. Much like a computer struggles as the hard drive gets full, so, too, do humans take longer to access information when their brains are full.

Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem - it is nature's way of making older people do more exercise.

### ***SO THERE!***

Now when I reach for a word or a name, I won't excuse myself by saying "I'm having a senior moment". Now, I'll say, "My disc is full!" I have more friends I should send this to, but right now I can't remember their names ...



## Useful Contacts

<b>Pat Capp</b>	01628 630453 <a href="mailto:pat@sequelafoundation.org">pat@sequelafoundation.org</a> Please contact us with ideas, comments or suggestions; we would be delighted to hear from you.	<b>Sequela Therapy Centre address</b> 20 Grove Park Waltham Road White Waltham Maidenhead 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 <a href="mailto:Michaela.Helman@rbwm.gov.uk">Michaela.Helman@rbwm.gov.uk</a>	
<b>Windsor Voluntary Car Service</b>	Andrew Taft 01753 831090 <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)