

The Neuro Bureau

Newsletter 15 2017

SEQUELA



FOUNDATION

Registered Charity Number 1148465

Welcome.

We may be physically challenged but we are differently able.

Welcome to our fifteenth 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.

Please note our new contact number is 07577 506165.

Ode to Pat & Jenny

Twinkle twinkle
oh, what stars
Don't be strangers
where'er you are
We will miss you
both so much
Call and see us,
stay in touch

Twinkle, twinkle
such bright stars
We will wonder
how you are?
From bingo games
to food & wine
We'll do our best
to stay in line

Twinkle twinkle
our two stars
Don't let us wonder,
how you are.



Firstly, a huge thank you to Pat & Jenny for everything they have contributed to Sequela. We also say good-bye and thank you very much to our treasurer Peter Rogers who resigned in July and are grateful to Sue Le Page for taking over the role. We will tell you more about Sue in the next newsletter. We welcome our new Chairwoman, Anke Heley:



I grew up in Germany and spent the majority of my life there in a lovely town called Freiburg at the foot of the Black Forest Mountains. After graduating in Business studies, I came over to England in October 1983 as a post graduate student funded by the German Academic Exchange Service and spent a year in Leeds doing European Business Studies. I loved the Yorkshire Dales and being a member of the Students Union Horse Riding and Fell Walking Club. Although I'm more of an outdoor person, in my twenties I did enjoy living in London for a couple of years, after my

time in Leeds, teaching German at a private language school and working briefly for Mohamed Al-Fayed in marketing for Harrods.

Having met my now deceased ex-husband, I moved to Maidenhead in 1986 and joined Mars in a European Market Research role. After various jobs in Mars I retired from the company in 2009. Most of my time had been spent in a small global team which involved a fair amount of foreign travel. I've been to quite a few places in the world - China, Russia, India, Australia, the US and many countries in Europe, and I still enjoy travelling.

I have two children, Caroline and Christopher aged 27 and 24 who have both flown the nest. So at home it's me and my partner Paul and our old golden retriever Ellie; and then of course I have my big boy (horse), T-Bjorn who I look after every day and who got me into *Equine Touch*, a form of gentle bodywork on horses which I love doing and he loves receiving. We also enjoy our hacks together - a wonderful way to be in the moment with such an amazing creature.

After I retired from Mars I wanted to do some charity work, so I started with RDA - *Riding for the Disabled* in 2009 and I still help with a couple of sessions every Thursday during term time. When I saw Pat's article in the Maidenhead Advertiser at the end of 2011 looking for volunteers to start Sequela in January 2012 I replied and I've been part of the volunteer team ever since, taking over the role of secretary soon afterwards. So now I have the honour of being your new Chairwoman which comes with quite a lot of responsibility and I will do my best to carry on Pat's amazing work. I am very open to suggestions and look forward to working with all the wonderful volunteers, our therapists, our exercise professionals, our new treasurer Sue Le Page and of course our vice Chairwoman Judy, who has done so much over the years, particularly in terms of fund-raising.

Diary Dates

Sequela will be closed on 29 August & 5 September for the summer break. We will re-open on **Tuesday 12 September 2017**.

Cookham Dean have chosen Sequela as one of their supported charities for the annual fete on **Saturday 16 September, 1pm -5pm** at the old cricket common in Cookham Dean (close to the Church). Please come along with your friends and family to support this event and show appreciation that they have chosen Sequela as a charity to benefit from money raised.



COOKHAM DEAN VILLAGE



The Old Cricket Common, Cookham Dean

Saturday 16th September 2017

1.00pm - 5.00pm Saturday

Our lovely volunteers will give up their time to run a Sequela stand at the fair and would be very grateful for donations for the tombola to raise as much money as possible. Please bring your donations along to the Sequela meetings in the next two weeks - thanks.




Daily Living Made Easy



Free Public event

An opportunity to see simple tools and devices designed to help people who have difficulties with vision, mobility, hearing or general daily living to stay as well and independent as possible.

Everyone is welcome

Free gift for the first 100 members of the public

4 September 2017
10.30am to 2.30pm

Desborough Suite, Town Hall, St Ives Road, Maidenhead SL6 1RF



Also occurring at the same venue at 10.30am, an opportunity to hear about OPAF and its work representing the voice of older people in the Borough.

Monday 4 September 2017

Michaela Helman, Optalis Assistive Technology Specialist said, "We know that if a person can stay in their own home they are happier and their life quality is better. One way that this aim can be achieved is to use one of the many types of products now available. These simple devices can now do many tasks, all of which make the person's life easier and safer."

Desborough Suite in Maidenhead Town Hall - open between 10.30am and 2.30pm.

If you require assistance to travel to and from the event please contact: People to Places, Community Transport Booking Line on 01628 587920, Monday to Friday, between 9.30am - 12.30pm.

The **Tuesday Singers** have donated £600 to Sequela. This article in the Advertiser on 27th July shows some of our gang with the singers.

The choir is holding a further fund-raising event in support of Sequela on **Saturday 4 November** at Newlands School.

Choir raises £600 for Sequela Foundation



WHITE WALTHAM: A choir has raised hundreds of pounds for a charity that promotes neurological wellbeing in people diagnosed with Parkinson's, strokes, MS and other neurological conditions. The Sequela Foundation in Grove Park offers exercise classes and therapies like massage and reflexology, as well as social meet ups. It was given £600 by the Tuesday Singers, which formed 50 years ago and performs two concerts each year for charities and good causes. Anke Heley, foundation chairman, said: "The Tuesday Singers sang for us and presented us with the cheque. We are a friendly bunch and we always welcome both new members and new volunteers." The foundation meets every Tuesday between 10.30am-2.30pm at the Sequela Therapy Centre.

Photo credit: Maidenhead Advertiser

Memories

We fondly remember our two Peters, and send our love to their families.

Fundraising

Thanks, as always, to all our many supporters whether companies, groups or individuals.

<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, Tesco 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.



Give as you Live®

Great news...
Your charity has just achieved their **£100** free funds badge!

£100
Bronze

Lesley, we've got some fantastic news!
With your help, Sequela Foundation has just reached an epic milestone in their quest for raising much needed funds.
They've now raised an amazing £100.04 in free funds via Give as you Live - this is all down to people like you shopping and raising!

A percentage of every purchase made will be donated to the charity of your choice ... and Sequela is listed! **We have already raised over £140!**

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 credit: Maidenhead Advertiser

Hardworking volunteers put up shelves, painted and refurbished the Sequela Foundation Therapy Centre on Thursday 1st June.

More than 30 staff from Genband, a telecommunications company based in Maidenhead, spent their day volunteering at Sequela.

Photo gallery

A big thank you to the wonderful Cookham Handbell Ringers who recently paid us a visit and are planning to come and see us again on the morning of **Tuesday 12 December** to play some Christmas carols.



Cookham Handbell Ringers

Jeanne Turner
Cherrycroft, Popes Lane
Cookham Dean, Berkshire

Tel: 01628 484270

Kay Weallans
11 Redwood
Burnham, Buckinghamshire,

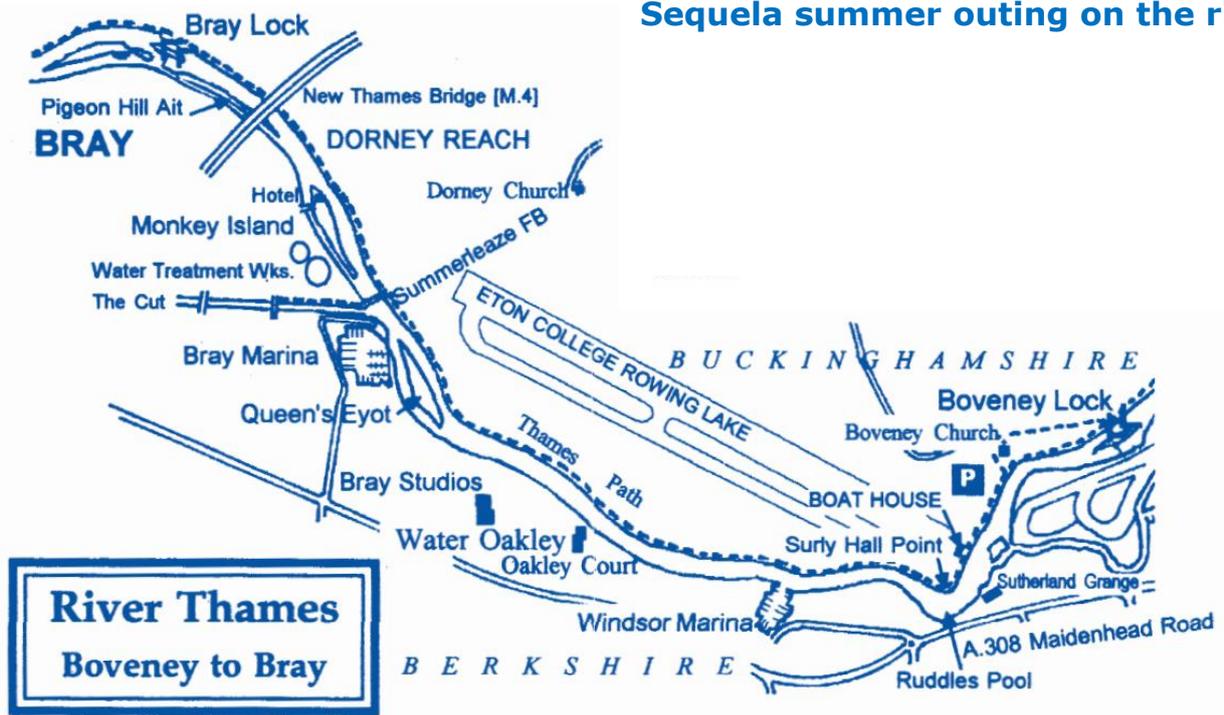
Tel: 01628 605647
E-Mail:
kay.weallans@btopenworld.com

The Windsor & Maidenhead Rock Choir with its leader, Glen Harvey, entertained Sequela members on one of the hottest days of the year, Tuesday 20th June.



Tuesday 25th July

Sequela summer outing on the river



Captain Attwood takes control ...!





Full steam ahead ... (or is it just more hot air from Kevin?)



Tuck in me hearties!



Profile – Tom Ebenezer

Tom was born and brought up in the village of Tregaron – 20 miles inland of the Cardigan Bay in West Wales. He was the fifth of six children and had little interest in school and academia – preferring to spend his time by the river or walking through the fields and over the hills.

His brothers had both left school early and found work and by the time Tom was in his early teens they were both married with young families. His oldest sister had also gone to work in London and was married. The sister nearest his age had set her heart on becoming a teacher and then there was Joyce – nine years younger than Tom and the apple of everyone’s eye!



One morning instead of going to school Tom caught the train to Aberystwyth and on arrival at the railway station went to ask if there were any jobs available as he was planning to leave school. He was told that they had a vacancy for an engine cleaner and he accepted the offer! The date was February 1952, a few days after the funeral of King George VI. So began Tom’s 40 plus years’ career on the railway. (A friend once said that he had heard of people running away to sea or to the circus but that Tom was the only one he knew who ran away to the railway!).

He was soon promoted to Fireman and then transferred to Neasden in North London. National Service followed and he spent most of the next two years in Kenya with the Rifle Brigade. Despite his request to be trained as a despatch rider, he was appointed clerk to the Quarter Master and became a corporal. When he was demobbed he went back to the railway, planning to “train” as an engine driver but was persuaded to transfer to the clerical side in an office at Paddington. For the next ten years he went to night school to catch up with his missed academic education, obtaining qualifications that allowed him to apply for management jobs.

One day in 1961 whilst travelling home by train to West Wales Tom met a young, red-headed Welsh schoolteacher, who had just started teaching in Middlesex. They married in 1963 and honeymooned in Scandinavia by train (of course!). They settled in Maidenhead where they raised their children Bethan and Gareth who have, in turn, settled and raised their own families here.

By the time he retired he had held posts in most of the London Regional Offices and in the Railways' Board and still considers himself a railwayman through and through!

This photo, taken in 1952 in Aberystwyth, shows Tom (fireman) and the driver, Alwyn Davies. Naturally, Tom can name the locomotive: No 7821, Ditcheat Manor 4-6-0!



Isn't the internet amazing? A quick search online and up pops a picture of the very train:

No 7821, Ditcheat Manor 4-6-0!

Currently on display at the GWR Steam museum in Swindon.



An anecdote from Tom:

Coronation day

Talking to a friend the other day he asked me "What were you doing on Coronation Day?" (02 June 1953). As it happens I remembered that I was required for duty at around 0200 on a Thompson L1 [2-6-4T] engine at Neasden freight sidings (just north of the North Circular Road) and was required to run into Marylebone station, hook on to the rear of an excursion or special train and as soon as it was emptied and the 'road' was clear, haul it at full speed out to Neasden sidings where it was stabled for the day. Then, do it again and again and again until there were no special trains left in the terminus.

I was allowed off duty just before noon and made my way back to my digs at Willesden Green. After a wash and brush-up, and perhaps a bite to eat, I made my way on a trolley-bus (route 660) to North Acton station (Central Line) and took the tube train to Perivale. Then I walked about a mile to Barmouth Avenue and visited a house where my sister-in-law lived. There in the front room were other family members who had watched the coronation on television. It was the first time that I had seen TV and caught the tail end of the procession in the form of Queen Salote of Tonga waving majestically whilst wearing a frock of spinach! It was a wet day.

More of Tom's anecdotes will follow in future editions!

Jenny's Gems

After 10 years, the wife started to think their child looked kind of strange so she decided to do a DNA test. She found out that the child was from completely different parents.

Wife: "Luv, I have something very serious to tell you"

Husband: "What's that Hun?"

Wife: "According to DNA test results, this is not our kid"

Husband: "Well you don't remember, do you?? When we were leaving the hospital, we noticed that our baby had done a poo. Then you said: Please go and change the baby, I'll wait for you here! So, I went inside and got a clean one."



Useful Contacts

Anke Heley	01628 621574, 07863 661468 or email ankeheley@hotmail.com	Sequela Therapy Centre address 20 Grove Park Waltham Road White Waltham Maidenhead SL6 3LW
	Please contact us with ideas, comments or suggestions; we would be delighted to hear from you.	
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.

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