

# The Neuro Bureau

Newsletter 16 2017

SEQUELA



FOUNDATION

Registered Charity Number 1148465

**Welcome.**

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

Welcome to our sixteenth 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.**

\*\*\*\*\*



Dear all,

Another year draws to its close – time seems to fly. Reflecting on 2017 for Sequela we have seen a significant change in Trustees with Peter Rogers resigning as Treasurer and Sue Le Page taking over from him, and of course Pat stepping down as Chair and Trustee of the Sequela Foundation at the beginning of July. As many of you will remember, Pat started this charity 6 years ago in January 2012 and worked very hard to get it off the ground and to keep it going with lots of drive, energy and commitment. It's not an easy act to follow but I feel lucky to have the support of a wonderful team of volunteers. So, I would like to thank Pat, all the volunteers and committee members for all their hard work.



As you know Jenny who for years did such a brilliant job organising our calendar and after lunch sessions stepped down as a regular volunteer. Unfortunately, no-one has come forward to replace Jenny, so if you have any suggestions please let me know.

This year we sadly lost several of our members and I'm sure we all miss them. I feel very touched when their families tell us how much they enjoyed coming to the Sequela sessions, and I hope this is true for all of you reading this newsletter.

Merry Christmas everyone, and all the best for 2018!

**Anke**



## Diary Dates

A reminder that Sequela will be closed on 19<sup>th</sup> & 26<sup>th</sup> December and 2<sup>nd</sup> January. We will re-open on **Tuesday 9<sup>th</sup> January 2018**

**Quiz Night** – February, date to be confirmed.



## Memories

Fond memories of Eddie and we send our love to his family.

## Fundraising

We raised nearly £200 with our recent raffle.

Thanks, as always, to all our many supporters whether companies, groups or individuals but a special mention of the Tuesday Singers and Cookham Dean Fair for their wonderful support.

The Sequela stall at the Cookham Dean Fair September 2017



## The Tuesday Singers Concert at Newlands School, November 2017



\*\*\*\*\*

<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.

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.**



## Photo gallery

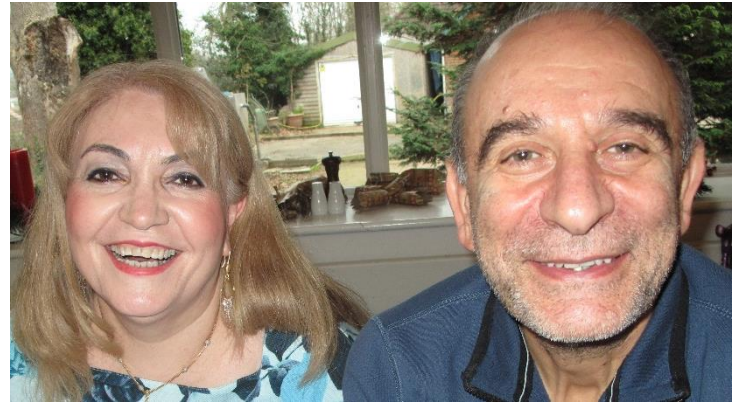
Sequela's annual Christmas lunch was held on Tuesday 5<sup>th</sup> December at Maidenhead Golf Club. A successful event with good food, good company, good music with Karen and presents for everybody from a passing Santa!













## Profile – Dee Johnson



I was born and raised in Holyport and I have a brother and two sisters; we had a very happy childhood.

I had a few jobs after I left school, one of which was with a car rental company, so I got to drive lots of brand new cars, many being convertibles.



I then married and had my lovely girls! I now have three grandchildren and a grand-dog!

I helped at playschool and primary school. I became a representative for both Avon and Tupperware; I also sold toys.

I've worked for family friends and until recently volunteered at a home for adults with learning difficulties.

I looked after my mother when she was diagnosed with dementia, a very cruel and heartless condition.

I have had spinocerebellar ataxia for over thirty years. I go to physio twice a week. I also attend a shooting range and I have won two awards this year!

I'm in the process of moving house which is all very exciting for 2018!

I would like to wish you all a very Merry Christmas and a Happy New Year!

\*\*\*\*\*



### **A simple idea for raising funds!**

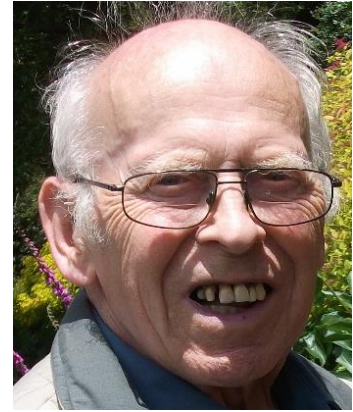
At the Christmas lunch, everybody was given a tube of Smarties. The idea is to (a) eat the Smarties and then, (b) fill the tube with coins – ideally pound coins – to help fund Sequela. So, at your Christmas dinner table, pass the tube around your friends and relatives and ask them to make a donation!



And another anecdote from Tom entitled:

### **Another Funny Turn**

Another funny turn of duty, but an enjoyable one, was getting up at 0400, walking 2 miles or more to 'book on' duty, read notices etc. and generally prepare the engine designated for the job. Check hopper ashpan had been securely closed, that the smoke-box key is screwed on tightly, sand in the sand boxes, coal the engine, spread the fire over the rocking grate and add coal to the appropriate level (without 'blacking it out' – which created dense black smoke). Check damper, and headlamps and finally, fill the water tanks and clean and polish the glass covers, brasses and controls. Hook up to an identical engine and move off; in tandem under the North Circular Road to Neasden Carriage sidings. There, back onto a rake of six passenger coaches and on to a second rake of six and hook on.

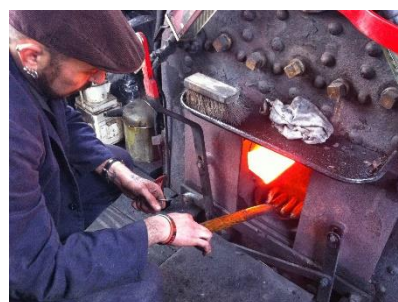


With two engines and twelve coaches, we belted up the bank, past Wembley Stadium and Harrow on the Hill, belching up two plumes of smoke and steam into the early morning air.

The first stop was High Wycombe after about 15 miles through the Chilterns and then onto Princes Risborough where preparations were made for a commuter run to Marylebone Station.

Breakfast was taken on the footplate but only very few had a 'fry-up' using a firing shovel instead of a frying pan. I do remember a very unfortunate fireman receiving the sharp edge of his driver's tongue for fiddling with the controls and turning the blower up which created a draft that swept the bacon off the shovel and into the fire. You can't get rasher than that!

The rest of the turn was taken with shunting coaches through the carriage washer and other odd jobs. We would have returned to the engine shed to book off duty by engine down under Lord's Cricket ground, West Hampstead, Willesden Green and Dollis Hill to Neasden. Sometimes the engine would be left at Marylebone and we would return by tube train having walked across Baker Street.



## Jenny's gems

### 1 How do you put a giraffe into a refrigerator?

The correct answer is: Open the refrigerator, put in the giraffe, and close the door. This question tests whether you tend to do simple things in an overly complicated way.



### 2 How do you put an elephant into a refrigerator?

Did you say, Open the refrigerator, put in the elephant, and close the refrigerator?

Correct Answer: Open the refrigerator, take out the giraffe, put in the elephant and close the door. This tests your ability to think through the repercussions of your previous actions.



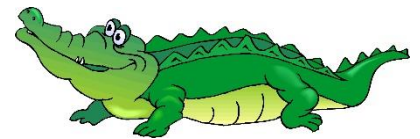
### 3. The Lion King is hosting an animal conference. All the animals attend .... Except one. Which animal does not attend?

Correct Answer: The Elephant. The elephant is in the refrigerator. You just put him in there. This tests your memory. Okay, even if you did not answer the first three questions correctly, you still have one more chance to show your true abilities.



### 4. There is a river you must cross but it is used by crocodiles, and you do not have a boat. How do you manage it?

Correct Answer: You jump into the river and swim across. Have you not been listening? All the crocodiles are attending the Animal Meeting. This tests whether you learn quickly from your mistakes.



\*\*\*\*\*

## Exercise for people over 60

Begin by standing on a comfortable surface where you have plenty of room at each side.

With a 5lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute and then relax.

Each day, you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10lb potato bags. Then try 50lb potato bags and eventually try to get to where you can lift a 100lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag ...





## Lesley's laughs

To commemorate her 70<sup>th</sup> birthday, actress/vocalist Julie Andrews made a special appearance at Manhattan Radio City Music Hall and one of the musical numbers she performed was "My Favourite Things" from the legendary movie Sound of Music. Here are the lyrics she used:

Botox and nose drops and needles for knitting  
Walkers and handrails and new dental fittings  
Bundles of magazines tied up in string  
These are a few of my favourite things.  
Cadillacs and cataracts, hearing aids and glasses,  
Polident and Fixodent and false teeth in glasses,  
Pacemakers, golf cart and porches with swings,  
These are a few of my favourite things.



When the pipes leak, when the bones creak  
When the knees go bad,  
I simply remember my favourite things  
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,  
No spicy hot food or cooked food with onions.  
Bathrobes and heating pads and hot meals they bring,  
These are a few of my favourite things.



Back pain, confused brains and no need for sinnin',  
Thin bones and fractures and hair that is thinnin',  
And we won't mention our short shrunken frames.  
When we remember our favourite things.

When the joints ache, when the hips break  
When the eyes grow dim, then I remember the great life  
I've had  
And then I don't feel so bad.



A slightly different version to the one we are used to singing with Karen!

## Useful Contacts

<b>Anke Heley</b>	01628 621574, 07863 661468 or email ankeheley@hotmail.com	<b>Sequela Therapy Centre address</b> 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.	
<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)