

# The Neuro Bureau

Newsletter 17 2018

SEQUELA



FOUNDATION

Registered Charity Number 1148465

**Welcome.**

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

Welcome to our seventeenth 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 North Town Cricket Club, Summerleaze Road, Maidenhead, SL6 8SP

**Please note our new contact number is 07577 506165.**

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Dear all,

### **Goodbye Grove Park – Hello North Maidenhead Cricket Club**

Since the middle of 2013 our home had been unit 20 at Grove Park in White Waltham and we certainly had some good times there. However, the rent was expensive, and we only used the premises one day a week. Long term this was not a viable option for us, and we also knew that sooner or later the Park would be redeveloped.



A long search for alternative premises began in the autumn last year but it was not looking good. All the places we looked at were fully booked or didn't have the facilities or access we required. I was just about to sign a new lease with Sorbon for our unit at Grove Park when Mike Dawson from North Maidenhead Cricket Club contacted me in December to tell me that they were bringing forward the installation of a disabled toilet. Judy and I paid them a visit: we liked what we saw and the rest, as they say, is history.

This history involved us moving out of Grove Park on January 23 and for me the cartoon below sums this up quite nicely.



"You don't know what you got...until you move."

We were certainly busy – packing up kitchen equipment, bagging up things for the charity shop and taking them there, hiring a lock-up for things we needed to store. Thanks to our wonderful team of volunteers, plus our treasurer David and my 'other half' Paul we made it. I'm pleased to say that our electric therapy couch found a good home at Sue Ryder's Hospice and one of our riser-recliner chairs went to the Thames Hospice.

Moving into the Cricket Club took a little longer than expected due to delays in their building work, but we have now been there since the end of February and I think everybody is quite happy. The club has been very accommodating, and a big plus is that we can

store our exercise bike there, not to mention a much bigger kitchen with a large oven and a dish washer – what luxury!

It may be a few more weeks until everything is perfect but I'm sure we'll get there, and I am looking forward to a nice summer when we can use the outdoor space. So here is a virtual toast from me to a long-lasting relationship with North Maidenhead Cricket Club and many happy Sequela meetings there!

Anke



## New Team

We extend a warm welcome to our new Trustee and Treasurer, David MacLeod, who joins the existing Trustees – Anke Heley (Chair), Judy Percy (Vice Chair) and Sue Le Page (secretary).

## Diary Date

Michaela Helman, Optalis Assistive Technology Specialist has provided information about the free event to be held on 2<sup>nd</sup> May in Windsor. Michaela has advised that she is hoping to organise a similar event in Maidenhead in the autumn.



**optalis**  
choices for living

[www.rbwsm.gov.uk](http://www.rbwsm.gov.uk)  
Royal Borough  
of Windsor &  
Maidenhead

# 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.

Refreshments available.  
Free gift for the first 30 attendees.

**Everyone is welcome**

**2 May 2018**

**7.30pm to 9.30pm**

**The Spencer Denney Centre,  
Park Corner, Windsor SL4 4EB**

## Fundraising

A very big thank you to Dee's amazing grand-daughter Bonnie who has donated £100 to Sequela. Bonnie is only 5 years old.

When Bonnie had her fifth birthday party, she asked all her little friends to donate money instead of presents; Bonnie thought it was a good idea to gift the money to her Grandma's charity.





<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 nearly £200.** If you do online shopping, sign up, start generating income for Sequela and **encourage your family and friends to do the same.**



<https://www.greenredeem.co.uk/donations-campaign/rbwm-community-donations-scheme-28>

The Green Redeem recycling scheme in Windsor & Maidenhead allows for points to be donated to Sequela. If you have some surplus points, use the link to go directly to the donation page. You can also donate by telephoning the Town Hall: **01628 683800.**



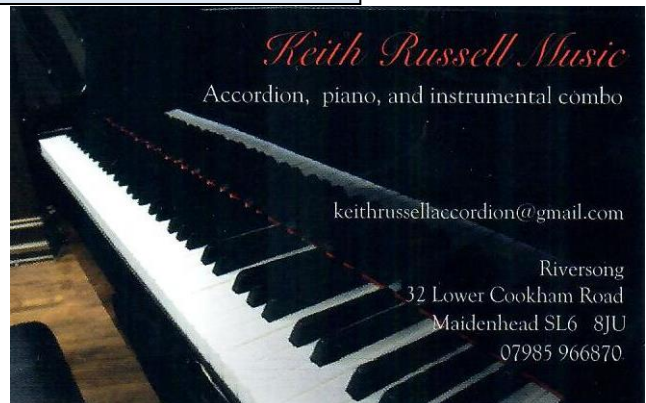
To date, the Smartie tubes have contributed **£178.37** to Sequela; thanks to everyone who filled them up for us.

## Photo gallery

On Tuesday 20<sup>th</sup> March, Keith entertained us with his accordion. Keith is an accomplished musician and reeled off a wide selection of tunes for our enjoyment.



Keith's contact details:



[keithrussellaccordion@gmail.com](mailto:keithrussellaccordion@gmail.com) / 07985 966870

## Profile – Jean Taylor

I was born Jean Carrington in the City of Bradford, West Yorkshire on 22<sup>nd</sup> April 1933. I changed Carrington for Taylor without question when I married - I might have chosen differently in this modern age! I had one sister who died last year.

Growing up, I helped in our little shop at weekends and holidays. There I gained useful social skills and learned that there is "nowt so queer as folk".

My father was very strict but fair. He had a complete set of Dickens which I attempted to read in adolescence. My mother used to tell us wonderful stories and I was really impressed when she had a poem printed in the newspaper. This influenced my lifelong love of literature.

When I was eighteen my dad enabled me to go to the then all female Methodist College in Wimbledon where I got my teacher's certificate with honours in English.

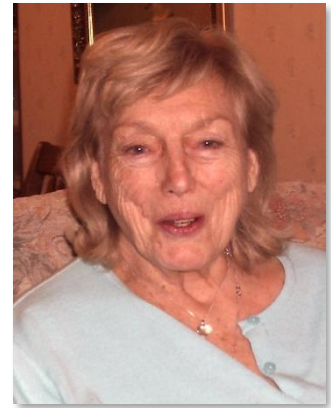
My parents both died of cancer during these two years, but I was fortunate enough to meet my husband too. Being nosy, my friends and I accepted an invitation to a TOC H social in Putney because we thought it was a secret society! We met in January and Roy proposed in August. We became engaged on condition that I could return home to teach for two years so that my training would not be wasted.

Thus, we had a long courtship interrupted by frequent visits home from college to help nurse my parents.

After two years we married and moved to Windsor. I still live in the same house that we bought after one year in a flat. This cost us £5 a week in rent and we thought it was very expensive! Fortunately, we both had jobs so could afford a mortgage. Not so easy these days for young people.

Sadly, my husband died suddenly of a massive heart attack, aged 65 and just one week after my 60th birthday. Relatives came for my party and then soon after for his funeral; I was in denial and suffered a deep depression. I eventually recovered with the support of my family and staff at Heatherwood.

I have three grown-up children, seven grandchildren and two great-grandchildren. My son lives in Italy and my daughters live in Hove and Epsom respectively. They all visit every few weeks and their dad would have been very proud of our extended family, as am I.



My first child, David, was born in Inverness 69 years ago - you can do the maths! We lived there for three years on a tour from the Radio Research Establishment in Datchet. My husband was collecting data on the growing hole in the ionosphere and sun spot, to contribute to the geophysical year's research. We lived in a field above Loch Ness, occupying one of three Nissen Huts. It had been a site previously use as a prisoner of war camp! We had our own sewage plant and a gardener. He kept the two huts containing computers - massive by today's standards - spotlessly clean.

We were outside one evening and were thrilled to see the aurora borealis. At first it looked like search lights in the sky and we wondered what was happening. Then, what seemed like a shimmering pastel coloured crinoline dress came down over our heads. It was a magical few minutes that I will never forget. Images of the northern lights on TV, mainly green, do not compare.

We arrived in Inverness just after I had had a miscarriage. After a year we were discussing adoption. No fertility treatment then. Then I became pregnant. To pass the time, I had been helping my husband copy data on to paper to send to Datchet. I also read the Bible cover to cover! I passed grade two in piano playing after much practice, but I think the examiner only passed me out of sympathy because by then, I was heavily pregnant and uncomfortable sitting at the piano.

An architect friend wanted us to open a sausage factory with him! Not so daft as it sounds, as sausages were very popular. However, although reluctant to leave our new home there, we were keen to return to our other home which we had rented out.

.... and so life goes on ...

## Lesley's laughs

### Gardening Guide

HOEING: method of killing seedlings whilst redistributing stones

COMPOST: the only thing that grows

ALLOTMENT: but little achieved

BROAD BEAN: vegetable grown as food for blackfly

ANNUAL: unwanted plant which persists in reseeding itself year after year

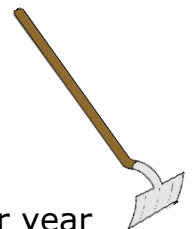
PRUNING: method of killing plants

PERENNIAL: should appear each year, but doesn't

ROCKERY: heap of rubble left behind by a builder

DIGGING: wife's nagging about garden

WEED: main garden crop





## Jenny's gems

Finally found something my wife's bum doesn't look big in ... the distance ..

The wife's been hinting she wants something black and lacy for her birthday. So, I've got her a pair of football boots.



The other day, my wife asked me to pass her lipstick, but I accidentally passed her a glue stick. She still isn't talking to me.

Growing up with a dyslexic father had its advantages. Whenever he caught me swearing, he used to wash my mouth out with soup.

My wife asked if she could have a little peace and quiet while she cooked the dinner, so I took the batteries out of the smoke alarm.

I couldn't believe it when my grandmother died on her 100th birthday. We were only halfway through the bumps.

I got in touch with my inner self today. That's the last time I'm buying Tesco Value toilet paper.

Anyone got an owner's manual for a wife? Mine's giving off a terrible whining noise!

My wife apologised for the first time ever today. She said she's sorry she ever married me

Yesterday they found our ice cream man dead in his van covered in raspberries and sprinkles! They reckon he topped himself!



When I was a kid my dad used to tell me to keep my pocket money in a box under the stairs. I was fifteen before I found out it was the gas meter!

Scientists have discovered a certain food that diminishes a woman's sex drive by 90 percent. It's called wedding cake.

I thought that pulling the shell off my racing snail would help it move faster. If anything, it became more sluggish

Things turned really ugly at my house last night. The wife removed her make up.

To all my family and friends who received a book from me this Xmas, they are due back in the library on Friday

My girlfriend told me to go out and get something that makes her look sexy... so I got drunk.



## Useful Contacts

<b>Anke Heley</b>	01628 621574, 07863 661468 or email ankeheley@hotmail.com	<b>Sequela Therapy Centre address</b> North Town Maidenhead, Cricket Club , Summerlease Road, Maidenhead, SL6 8SP
	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:**

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