

# The Neuro Bureau

Newsletter 18 2018

SEQUELA



FOUNDATION

Registered Charity Number 1148465

Welcome.

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

Welcome to our eighteenth 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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## Message from Anke:

On July 5<sup>th</sup> 2017, just over a year ago, I took over from Pat Capp as Chairwoman for the Sequela Foundation. I had little idea what it really meant and how much time it involved but I wanted this charity to continue.

Looking back over the last 13 months it has certainly been an interesting, sometimes challenging but, most importantly, also enjoyable time and I have learned a lot. Needless to say, I could not have done it without the support of our brilliant volunteers.

With David's help we are now updating our website and our leaflets are currently being reprinted. So, in the autumn I'm planning a bit of a drive on recruiting new members and raising awareness of our charity. Our recent BBQ with the coverage in the Maidenhead Advertiser will hopefully also have done that.

As you know improvements to the facilities at the Cricket Club have been a work in progress, but I think it's looking pretty good now and they have tried hard to accommodate us. The next thing will be the installation of a storage container outside the Club house which will give us some more storage space. We should be able to keep our massage couch in there so that we can start offering massage again for our members. So onwards and upwards - enjoy the ride with me!

<b>Home to –</b>
NMCC Sports Bar
North Maidenhead Cricket Club
Boyne Hill Boys & Girls FC
Maidenhead Softball Club
Berkshire CCC Ladies
Sequela Foundation



## Charity group holds first social in its new home

Riverside: 'Tiser trust gives £500 for members to enjoy summer barbecue

By Georgina Bishop  
georgina@keyismedia.co.uk  
@GeorginaB\_BM

### Speed read...

The Sequela Foundation held a social event for members at its new North Maidenhead Cricket Club home. The Louis Baylis Trust donated £500 towards the event.

A neurological charity held its first social event for members since moving to new premises on Tuesday.

The Sequela Foundation moved to North Maidenhead Cricket Club from Grove Park in White Waltham in March.

The charity offers support to people with conditions including Parkinson's, multiple sclerosis, transverse myelitis and motor neurone disease.

Chairwoman Anke Heley said: "Everybody thoroughly enjoyed it. It was really to celebrate our new home and invite our members, their spouses and volunteers."

She added: "Our broad aim is to help our members retain or improve their physical wellbeing, as well as offering emotional support and a self-help network which also includes some of our members' carers."

Summerleaze's Peter Prior, landlord of North Maidenhead Cricket Club, said: "Now that we have refurbished the



Photo credit: Maidenhead Advertiser

The summer barbecue for the Sequela Foundation at North Maidenhead Cricket Club. Ref: 130211-6

clubhouse, we can provide a place for organisations like Sequela to give their service to the community.

"It's an excellent use of a facility which otherwise would not be used during the days

during the week."

Peter attended the barbecue along with Peter Murcott from the Louis Baylis Trust, which donated £500 to the event.

The group meets every

Tuesday from 10.30am-2.30pm at North Maidenhead Cricket Club in Summerleaze Road.

Go to [info@sequela-foundation.org](http://info@sequela-foundation.org) or phone Anke on 07577 506165 for more information.



Michaela Helman, Optalis Assistive Technology Specialist, has provided information about this free event to be held on 12<sup>th</sup> September in 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 100 residents.

**Everyone is welcome**

**12 September 2018**

**10.30am to 2.00pm**

**Desborough Theatre, Town Hall,  
St Ives Road, Maidenhead SL6 1RF**

## Fundraising

David MacLeod, our treasurer, is delighted to list the following substantial donations to our funds since the last newsletter was published:

- £2000** RBWM, following an application by Judy for a maintenance grant
- £100** Maidenhead Lions, to support the summer BBQ
- £500** Louis Baylis Trust, to support the summer BBQ
- £1000** Kathy Hayes, in memory of Peter

Anoop and Inderpal from Norreys Drive in Maidenhead have managed to reach the **£100** mark with *Give As You Live* for Sequela. We all owe them a big **Thank You** for doing so much online shopping through *Give As You Live* and for having selected the Sequela Foundation as their charity of choice. It goes to show how much can be raised by just one household. So please take inspiration from their example - sign up at <https://www.giveasyoulive.com/>, and tell your family and friends to do the same to start raising funds for Sequela. It may seem small amounts each time but it all adds up as Anoop and Inderpal have proved. ... and remember, it does not cost you anything.



**Give as you Live**® *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. A percentage of every purchase made will be donated to Sequela.



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

Thanks to everyone who donated points in RBWM's Community Donations Scheme. Sequela were in the top five last quarter and awarded **£1000!**

We will apply again to feature as a charity in the GreenRedeem scheme, so please save your points and also ask your family and friends to do the same.



To date, the Smartie tubes have contributed **£183.88** to Sequela; thanks to everyone who filled them up for us.

In addition, we have received nearly **£30** in contributions of loose change from volunteers – thanks everyone.

## Photo gallery

### Boccia with Damian from SportsAble



### Our new venue ...





## Some of our lovely volunteers in the hatch!



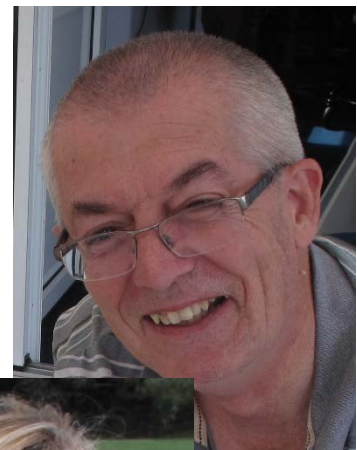
## Summer barbeque – Tuesday 21<sup>st</sup> August 2018



**Our trustees: Judy David Anke Sue**



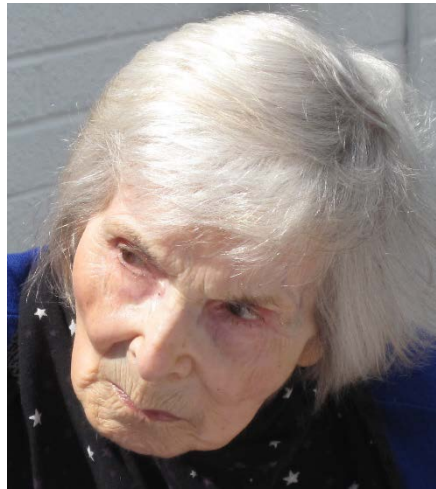
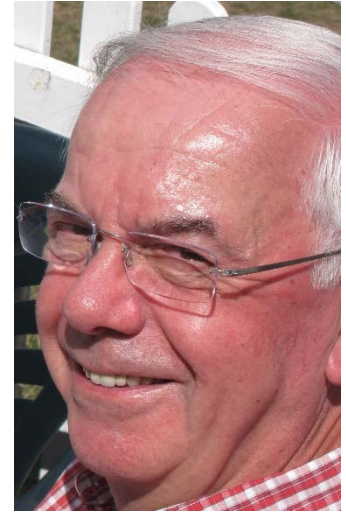
Rogues gallery ... everyone looking well after a sausage or two!











This is Bumble!

## Profile – Kevin Haddon



I was diagnosed with multiple sclerosis in 1991, but managed to continue working, before taking ill-health retirement from Boots Opticians in 1999.

Multiple sclerosis (MS) is a condition that affects your brain and spinal cord. In MS, the coating that protects your nerves (myelin) is damaged, and this causes a range of symptoms, including problems with vision, arm or leg movement, sensation or balance.

Shortly after retiring I enrolled on a basic computer course at the local East Berks College. After passing some more computer courses, I was nominated student of the year, when Tanni-Grey-Thompson, world Paralympian champion presented me my prize. They also offered me a part-time teaching job, at the College, teaching 'computers for older learners' - a job I really enjoyed.

In 2002, I was democratically elected a national Trustee of the MS Society. The highlights of my three years in office were representing the Society at an International MS Conference in Berlin and speaking at a fringe meeting at the Conservative Party Conference in Bournemouth.

In 2006, at the then new Emirates Stadium, I became a disabled season ticket holder at Arsenal Football Club. A ticket I still hold today, attending most home matches.

About three years ago, I became a Trustee of Windsor and Maidenhead's People to Places, who provide accessible transport for disabled people. This is a role I take very seriously.

I have been married to Judy for over 30 years and we have two grown-up children.

'Focus on what you can do, rather than what you can't', became my mantra in the early days of my diagnosis, and continues to be paramount in my mind even now.

I always try to exude a positive, cheerful attitude, and as the Monty Python song says: 'Always look on the bright side of life'.





## Jenny's gems

### ...about a dog

A man sees a sign outside a house - **'Talking Dog For Sale.'**

He rings the bell; the owner appears and tells him the dog can be viewed in the back garden

The man sees a very nice-looking Labrador Retriever sitting there.

"Do you really talk?" he asks the dog.

"Yes," the Labrador replies.

After recovering from the shock of hearing the dog talk, he asks,

"So, tell me your story."

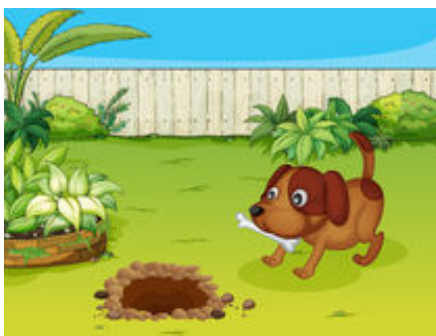
The Labrador looks up and says, "Well, I discovered that I could talk when I was pretty young. I wanted to help the government, so I told the SAS. In no time at all they had me jetting from country to country, sitting in rooms with spies and world leaders, because no one imagined that a dog would be eavesdropping. I was one of their most valuable spies for eight years.

But the jetting around really tired me out, and I knew I wasn't getting any younger, so I decided to settle down. I signed up for a job at Heathrow to do some undercover security work, wandering near suspicious characters and listening in. I uncovered some incredible dealings and was awarded several medals. I got married, had a few puppies, and now I've just retired."

The man is amazed. He goes back into the house and asks the owner how much he wants for the dog.

"Ten quid," the owner says.

"£10!!? But this dog is amazing! Why on earth are you selling him so cheaply?"



"Because he's such a liar. He's never been out of the garden."



## 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 , Summerleaze 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:**

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