

The Neuro Bureau

Newsletter 19 2018

SEQUELA



FOUNDATION

Registered Charity Number 1148465

Welcome.

We may be physically challenged but we are differently able.

Welcome to our nineteenth 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



Message from Anke:



Dear all,

As we are almost ready to say goodbye to 2018, it's time again to reflect a little bit about what this year has brought us.

Early in the year we had the big move and I think we have now settled well into our new home at the Cricket Club. I am hopeful that next year we will be able to offer some form of massage again.

David MacLeod took over as our treasurer in January and is doing a great job. David is also sorting out our website whilst his wife Lesley continues to publish our wonderful newsletters. So, a big thank-you to the MacLeod couple!

I would also like to say a heartfelt thank you to all our volunteers, trustees, exercise professionals and Helen, our reflexologist, who continue to support our charity. Without them, there would be no Sequela Foundation.

We have also been lucky to receive some very generous donations this year, the most recent one from the Mars "PastMasters". They are ex-Mars employees who meet once a year for dinner to catch up with old friends and always choose a charity they want to support. This year they kindly collected money for us and raised an amazing £1500. So, a huge thank you goes to all my ex-colleagues who contributed!

On a personal level, 18 months into the job of your Chair, I have enjoyed the challenges this year has brought and one of the things that makes it all worthwhile for me is to hear the laughter at our meetings. My mother always used to say, "Laughter is the best medicine" and I do get some very 'positive vibes' coming from the group which of course includes the volunteers and exercise professionals. However, I'm sure we're not perfect, so I would encourage anyone to come forward with any suggestions they might have.

Now that our new leaflets are printed and being distributed, I hope that we will welcome more new members next year. I know that you, our long-standing members, are making anyone who joins us very welcome and that is lovely to see – thank you!

Merry Christmas everyone, and all the best for 2019!

Anke



Fundraising



Give as you Live®

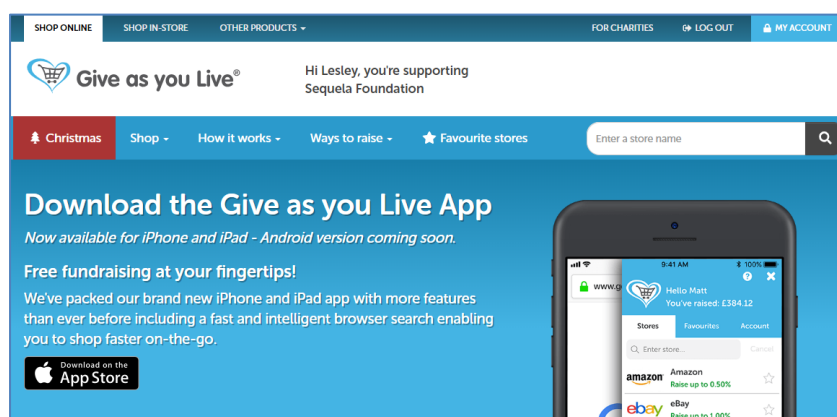
Give as you Live is a shopping and price comparison website and so easy to use. You can shop for products from thousands of leading online retailers and a percentage of every purchase made will be donated to Sequela. To date this year, we've received over **£80** through Give as you Live.

Do you always forget to use Give as you Live?

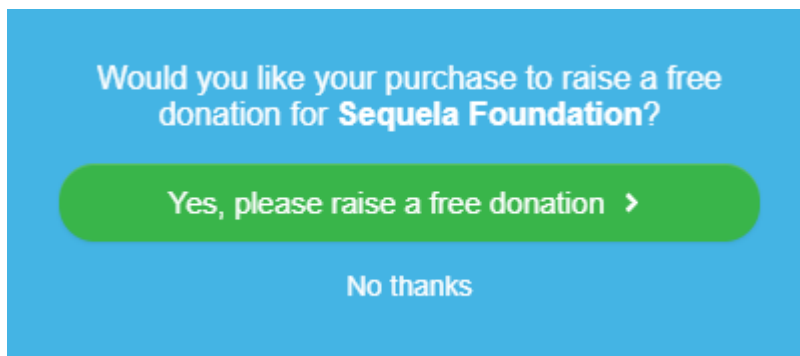
New information:

If you forget to go through Give as you Live, there's a way of getting your computer to remind you every time you shop online. You can download a handy APP to your computer here:

<https://www.giveasyoulive.com/install?app>



When you install the APP on your computer you will have a red heart symbol in your address bar. When you go to a shopping site, this message will appear:



Click on the green bar and your online shop will automatically raise money for Sequela – simple!



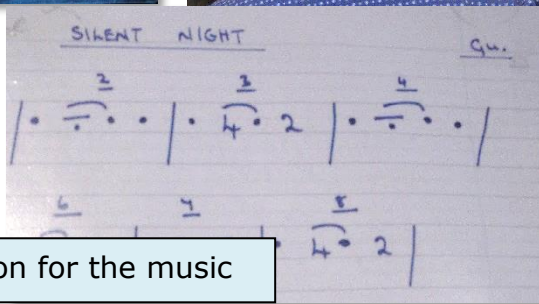
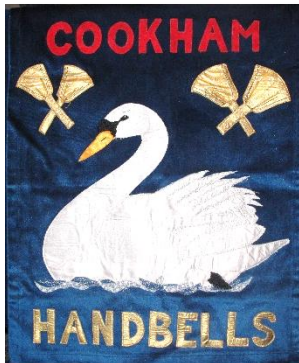
To date, the Smartie tubes have contributed **£223.88** to Sequela; if you have one still lurking about, it's not too late to hand it in.



The money boxes (a good idea from Sandy) recently distributed have already contributed **£11.99**, so keep collecting odd coins and thanks to everyone who is helping in this way.

Photo gallery

On Tuesday 27th November, we were entertained by the Cookham Handbell Ringers and enjoyed the delightful tones of the bells.



The notation for the music



Profile – Lesley

I joined BOAC, later British Airways, as a General Apprentice in 1973. My three-year apprenticeship involved working in the main departments of the airline: Cargo at Heathrow, Reservations at Victoria Air Terminal, Flight Operations at Heathrow and Check-in/Passenger Handling in Terminal 3, Heathrow. I also spent a couple of months at Prestwick Airport in Scotland and completed an HNC in Business Studies at Slough Technical College (now a university I believe!).



I married David (a trustee and treasurer for Sequela) in 1978. David also worked for BA so our first home was a small maisonette in Sipson village just beside the airport. We moved to Maidenhead in 1980 and have been here ever since.

I left BA in 1981 and joined M&S in Maidenhead as a staff assistant to the Personnel Manager but left there to bring up our two boys: Ross was born in 1983 and Stuart in 1986.

I ran my own gardening business with a partner for six years and then joined forces with three other ladies to start the Little Fishes playgroup in Furze Platt (still going strong).

In 1997 I joined Boots for a couple of years and became an “expert” in their kitchen department – particularly adept at de-scaling kettles. I also often worked on the photographic counter.

I joined RBWM when I left Boots and worked as an admin assistant in the Children’s Services department until I retired in 2014 and life has never been busier. Now that David has retired, we enjoy going to the cinema/theatre and having the occasional holiday. We also have two grandchildren who live in Poole so we see them every four weeks or so.

I was diagnosed with MS in 2005 and things could be better, but also much worse. I really agree with Kevin -

“Always look on the bright side of life”.

Jenny's gems

Who says men don't remember

A couple were Christmas shopping. The shopping centre was packed and as the wife walked around, she was surprised to discover that her husband was nowhere to be seen.

She was quite worried as they had a lot to do and hence, she called him on her mobile phone to ask where he was.

In a quiet voice he said, "Do you remember the jewellers we went into about five years ago, where you fell in love with that diamond necklace that we couldn't afford, and I told you that I would get it for you one day?"

The wife choked up and started to cry. "Yes, I remember that shop." He replied, "Well, I'm in the pub next door!"



Tales from Tony & Barbara M

Some facts from the 1500s



Most people got married in June because they took their yearly bath in May and they still smelled pretty good by June. However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married

Baths consisted of big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "don't throw the baby out with the bath water!"



Houses had thatched roofs-thick straw piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs!"

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence



The floor was dirt. Only the wealthy had something other than dirt. Hence the saying "Dirt Poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on the floor to help keep their footing. As winter wore on, they added more thresh until, when you opened the door, it would start slipping outside. A piece of wood was placed in the entrance-way. Hence, a "thresh-hold."

How do court stenographers keep a straight face?

These are from a book called "*Disorder in the Court*" word for word, taken down and published by court reporters that had the torment of staying calm during these exchanges.



Attorney: What gear were you in at the moment of the impact?

Witness: Gucci sweats and Reeboks.

Attorney: What is your date of birth?

Witness: July 18th.

Attorney: What year?

Witness: Every year.

Attorney: How old is your son, the one living with you?

Witness: Thirty-eight or thirty-five, I can't remember which.

Attorney: How long has he lived with you?

Witness: Forty-five years.

Attorney: Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?

Witness: Did you actually pass the bar exam?

Attorney: The youngest son, the 20-year-old, how old is he?

Witness: He's 20, very close to your IQ.

Attorney: She had three children, right?

Witness: Yes.

Attorney: How many were boys?

Witness: None.

Attorney: Were there any girls?

Witness: Your Honor, I need a different attorney. Can I get a new attorney?



Attorney: How was your first marriage terminated?

Witness: By death.

Attorney: And by whose death was it terminated?

Witness: Take a guess.

Attorney: Can you describe the individual?

Witness: He was about medium height and had a beard.

Attorney: Was this a male or a female?

Witness: Unless the Circus was in town, I'm going with male.

Attorney: Is your appearance here this morning pursuant to a deposition notice which I sent to your attorney?

Witness: No, this is how I dress when I go to work.

Attorney: Doctor, how many of your autopsies have you performed on dead people?

Witness: All of them. The live ones put up too much of a fight.

Attorney: ALL your answers MUST be oral, OK? What school did you attend?

Witness: Oral.



Attorney: Do you recall the time that you examined the body?

Witness: The autopsy started around 8:30 PM.

Attorney: And Mr Denton was dead at the time?

Witness: If not, he was by the time I finished.

Attorney: Doctor, before the autopsy, did you check for a pulse?

Witness: No.

Attorney: Did you check for blood pressure?

Witness: No.

Attorney: Did you check for breathing?

Witness: No.

Attorney: So, then it is possible that the patient was alive when you began the autopsy?

Witness: No.

Attorney: How can you be so sure, Doctor?

Witness: Because his brain was sitting on my desk in a jar.

Attorney: I see, but could the patient have still been alive, nevertheless?

Witness: Yes, it is possible that he could have been alive and practicing law.



Sequela word search

Find these familiar words ...

N	W	I	Q	C	O	R	I	D	A	F	E	Q	D	F	X	D	O	X	W
P	R	S	A	J	E	Z	O	D	E	H	W	Q	H	G	Y	N	J	W	O
P	I	Z	F	P	N	J	J	K	F	G	V	Y	I	O	S	F	V	R	B
X	X	Q	N	T	E	E	T	N	D	Q	P	D	Z	M	D	X	F	V	Q
Q	G	S	J	E	Z	A	E	L	R	E	M	M	U	S	V	R	X	V	Z
J	Q	U	R	G	Y	I	N	K	L	N	L	P	T	P	D	A	L	T	Q
A	T	G	C	S	S	B	T	O	L	X	S	P	C	H	C	O	P	A	M
A	C	Z	B	G	H	E	N	M	I	U	H	Z	R	R	R	H	C	U	D
R	B	W	T	G	N	M	A	F	V	T	N	Q	I	W	G	I	S	N	P
E	T	Y	V	Z	E	P	T	I	B	C	A	C	G	K	B	I	U	A	P
F	E	B	Y	U	S	R	U	B	W	T	K	D	H	G	G	U	W	D	Y
L	B	Y	M	A	I	D	E	N	H	E	A	D	N	G	C	S	L	P	O
E	U	H	L	X	C	Y	S	E	T	I	J	Z	P	U	Y	I	A	Z	B
X	Z	V	S	N	R	N	D	E	T	B	K	M	H	V	O	R	H	B	V
O	G	V	A	I	E	F	A	Y	Q	N	N	H	W	K	E	F	R	P	U
L	Y	P	O	C	X	W	Y	P	W	U	U	H	M	H	U	Z	O	N	M
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G	T	M	R	A	Y	G	M	U	R	O	G	L	O	E	K	Z	O	V	E
Y	A	K	R	F	E	K	U	Z	T	W	I	K	A	V	B	F	R	G	M
H	V	H	A	D	O	S	F	R	T	K	Z	N	R	K	U	C	M	L	P

CRICKET
LUNCH
REFLEXOLOGY
THERAPY

EXERCISE
MAIDENHEAD
SEQUELA
TUESDAY

FOUNDATION
NEURO
SUMMERLEAZE
VOLUNTEER

Created with theteacherscorner.net - Word Search Maker

Diary Dates

Please note that Sequela's break for Christmas and New Year means that our final meeting at the cricket club will be Tuesday 11th December. Our first meeting in 2019 will be on **Tuesday 8th January**.

Tuesday 18th December

We will be having our **Christmas lunch** at The Long Barn, Norden Farm, Altwood Road, Maidenhead, SL6 4PF. Lunch will be served between 12 pm - 2 pm.

Tuesday 15th January 2019

It has been suggested that we have a **poetry reading session** to entertain ourselves! David MacLeod will be pleased to facilitate and will be armed with lots of poetry books; David will read some of his favourites and would like to invite all the members to participate. Please bring along a favourite poem to share with everyone.

Useful contacts

Anke Heley 01628 621574
Chairwoman 07863 661468
 ankeheley@hotmail.com

Please contact us with ideas, comments or suggestions; we would be delighted to hear from you.

Sequela Therapy Centre address:

North Maidenhead Cricket Club, Summerleaze Road, Maidenhead, SL6 8SP

Maidenhead Voluntary Car Service	01628 673937
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People to Places	01628 587920
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Maidenhead Care	07538 418448
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UWant taxis (used by Dee)	01628 621449
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Mohammed (used by Barbara Copcutt)	07912 419856
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Windsor Voluntary Car Service	01753 831090
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Andrew Taft (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

Newsletter editor:

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