

The Neuro Bureau

Newsletter 21-19



Welcome

We may be physically challenged but we are differently able.

Welcome to our twenty first 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

A warm welcome to all new members.



Diary Dates

Please note that Sequela will **not be open on August 20th 2019** but will resume meeting on 27th August which is the Tuesday following Bank Holiday.

BBQ – Tuesday 13th August

We had a successful barbeque last year so have decided to have another one this summer at the cricket club. This is an opportunity to bring along your partners to enjoy a freshly cooked meal in the sunshine (hopefully!). Our band of volunteers will also have the day off to join members for a meal outside.

If you haven't already signed up, please let Anke know that you intend to come along. There will be the usual BBQ fare and the caterers are happy to cater for vegetarians or any other special meal requirement.

The Computer Swallowed Grandma

© 2004 Valerie Waite

The computer swallowed grandma.
Yes, honestly its true!
She pressed 'control' and 'enter'
And disappeared from view.



It devoured her completely,
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm.

I've searched through the recycle bin
And files of every kind;
I've even used the Internet,
But nothing did I find.



In desperation, I asked Mr Google
My searches to refine.
The reply from him was negative,
Not a thing was found 'online.'

So, if inside your 'Inbox,'
My Grandma you should see,
Please 'Copy,' 'Scan' and 'Paste' her
In an email back to me.



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.

Donation: a big thank you to **Karen McCabe** who presents singing sessions for us at Sequela. Karen runs her own music therapy business called *Singing for the Soul*. All her pupils recently came together for a pupil summer showcase and, after covering her costs from entry fees, Karen decided to donate the rest of the money to Sequela - **£71.80**. This is a lovely gesture so big thanks to Karen!

Grant: we also have to thank the **Louis Baylis Trust** who have once again given Sequela a grant to cover the cost of the summer barbeque. We received a cheque for **£650.00** in July.

Profile –Rita Challis



I lived in Worthing, Sussex during the war. We had a few nasty experiences such as when the gas works caught fire, a doodle bug fell on it. I went to a private girls' school. My parents ran a hotel called the Ardington. I left school when I was 15.

I wanted to do hairdressing and started an apprenticeship for three years. I left there and worked in a small hairdresser's shop until I married at 21. My husband Peter worked at Heathrow for Trans World Airlines. We moved to Langley near Slough. I had two sons, Martin and Stephen, and stayed there for ten years before coming to Cox Green.

I started a mobile hairdressing business which I ran until I was 60. Unfortunately, I lost my husband. I stayed on my own for two years and joined a dating site and met David. We have had many lovely holidays together. I owned a time share in Malta and exchanged to Spain, Cyprus and Tenerife.

I was very fond of singing and joined a club called the Townswomen's Guild who had a singing group. I was on the stage singing when I suddenly started shaking. My static tremor meant I had to give up the singing.

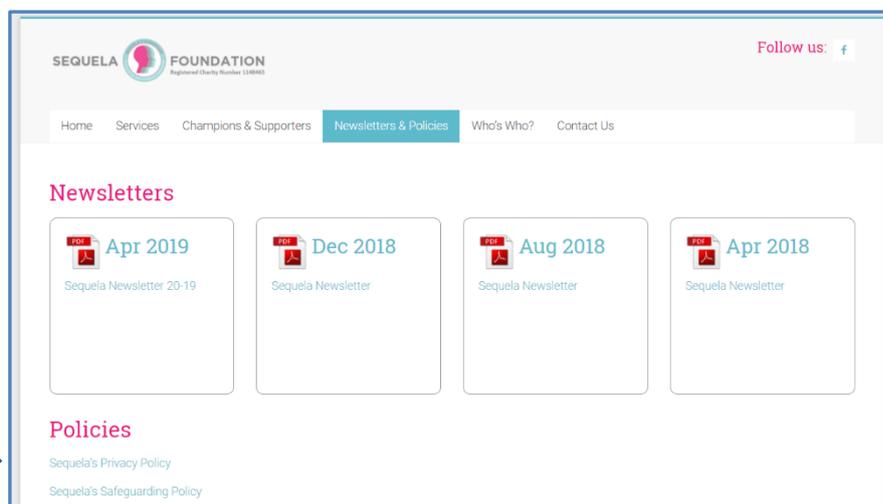
Four years ago, I had a bad fall and broke my femur bone. Unfortunately, I have not been able to walk since then. Luckily, I can look after myself. I moved into a very nice flat in Shoppenhangers Road. I cannot drive any more but use People to Places.

I joined Sequela about seven years ago and we have lovely times together. The volunteers are marvellous and look after us. We have exercise and many interesting people to talk to us.

Trustee news

The Trustees discussed the important topic of safeguarding at a recent meeting. This resulted in two policy documents being drawn up and also the formal appointment of **Judy** as the [Designated Adult Safeguarding Manager](#) (DASM) and **Anke** as the [Deputy](#) DASM. Sorry about the acronyms, but that's the way of it these days!

Sequela's policies on [Safeguarding](#) and [Privacy](#) can be found on our website on the same page as the newsletters.



Benefits of yoga – Sam Whitaker

Sam has been coming to Sequela for several months to give us the benefits of exercising with yoga. In this article, Sam describes her top five benefits.

Yoga helps us feel better! The postures, breathing exercises and meditation techniques help keep us both physically and mentally healthy. The benefits are too numerous to list, however below are my 'Top 5':

1. Increased flexibility

This is probably one of the more obvious and well-known benefits of yoga.

During your first class you'll likely notice how tight and 'inflexible' you feel in various areas of your body (such as your spine, shoulders and hips), however with regular, consistent practice you'll start to notice a gradual loosening in your body and smoothness to your movements.

Eventually your body will start to feel a little less tight, your movements more fluid, and those postures that at first seemed challenging start to feel a little less restrictive, and what at first seemed impossible becomes possible.

2. Improved posture

Our heads are heavy ... fact! ... and we hold our head up all day, every day.

When our head is balanced directly over a well-aligned spine it takes a lot less work for the muscles in our back, neck and shoulders to support it.



However, the moment we take that hunched, folded forward position we all know too well, those muscles can start to strain and fatigue - one of the main reasons neck, upper, and lower back pain are so common.

Over time this can lead to a flattening of the curves in our neck and lower back and a more pronounced rounding of our upper back. If not addressed, it can eventually lead to pain and degenerative arthritis of the spine.

A lot of the poses we practice in yoga (such as chest openers, neck and shoulder rotations, spinal twists, arching of the spine) help to counteract this hunched-over position by strengthening those muscles that are weak (upper back), and open up areas that are overly tight (chest, shoulders).

3. Better circulation & immunity

The deep breathing, strengthening and stretching of the muscles and relaxation techniques in a typical yoga class helps get your blood flowing and improves circulation – especially in the hands and feet that can often get cold when circulation is weak.

This also boosts immunity through better functioning of the lymphatic system. The lymphatic system is a network of tissues and organs that help rid the body of toxins, waste and other unwanted materials. If it becomes blocked, fluids can build up in the body, causing infections, swollen glands, autoimmune disorders and an accumulation of waste and toxins in the body. Yoga can help drain lymph and keep cells functioning optimally.

4. Reduced stress

Yoga helps to relieve tension and reduce stress in both the body and the mind, helping make us more resilient when life gets a little too frantic.

Enabling us to disengage from our thoughts and focus on the present moment, yoga can help our nervous system to rebalance by shifting from the sympathetic ('fight-or-flight') to the parasympathetic (the 'rest-and-digest').

This triggers a relaxation response in the body allowing us to calm, unwind and slow down. We digest our meals more efficiently, sleep better and can better enjoy the moment we're in rather than dwelling on the past or feeling anxious for the future.

5. Increased self-esteem

Doing yoga improves our mind-body connection, giving us a better awareness of our own body.

During yoga you learn to make small, subtle movements to improve the way you sit, stand or hold yourself throughout a typical day. This helps put us in better touch with our physical body, and over time can lead to feeling more comfortable in our own skin. We become better at accepting ourselves just as we are, enabling a better sense of self-worth, increased confidence and self-esteem.

Sam Whitaker
YOGA | PILATES

07428 274284
sam_yogapilates@yahoo.com

www.sam-whitaker.com

Instagram: @sam_yogapilates
Facebook: @sam_yogapilates

Greenredeem

We have had several members asking about the greenredeem scheme that is currently running within the Royal Borough. As you know, Sequela has benefited in the past by having members and friends donate their Greenredeem points resulting in a cash payment to our funds.



Here is how the scheme is described on the Greenredeem website:

What is Greenredeem?

Greenredeem rewards people for taking everyday **green actions**. Through understanding and collaboration, our vision is to inspire communities to create a better future.

How does Greenredeem work?

It is very simple; you select a **green action** you want to be rewarded for and each time we have confirmation you have participated in this activity we will award you Greenredeem points. These points can be redeemed for rewards at local and national shops and businesses.

Examples of 'green actions'

The most obvious action is to participate in the blue bin recycling scheme. Every week, you should receive an email and will be asked to click a button to confirm that you have recycled; this will earn you 25 points.

Once you've clicked this button you will be taken to the Greenredeem website where you can earn more points by entering quizzes or taking pledges e.g. to recycle food waste. If you use a blue bin for recycling and do not get this weekly email you need to register on the Greenredeem website.

It is possible to spend your points on the Greenredeem website but rather than faff around by spending 50 points here and there to get a cheap pizza, we'd like you to save up your points to donate to Sequela!

Every three months, the **Community Donations Programme** invites nominations from local organisations and charities and if successful, their name appears on the list. **We'll let you know when we are next on the list** and ask you to donate your points. Ask your friends to save their points for us too please!

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



Wednesday 2nd October

Michaela Helman, Assistive Technology Specialist with RBWM, has invited anyone who would benefit from attending this event or has an interest in equipment to support daily living.

Your newsletter editor, Lesley & husband David, attended the last event at the beginning of May and found it to be well presented and useful.



www.rbwm.gov.uk

Daily living made easy

Free public event

An opportunity to see simple tools and devices designed to make everyday tasks easier, to support daily living to help people stay as well and independent as possible.

Refreshments available.

Free gift for the first 100 residents.

Everyone is welcome

2 October 2019

10.30am to 2pm

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



Older persons' Advisory Forum for the
Royal Borough of Windsor & Maidenhead

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.

Jenny's gems

Forget Newton and Galileo ... here are the REAL LAWS

Law of mechanical repair - After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

Law of gravity - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible corner.

Law of random numbers - If you dial a wrong number, you never get a busy signal and someone always answers.

Supermarket law - As soon as you get in the smallest queue, the cashier will have to call for help.

Variation law - If you change traffic lanes the one you were in will always move faster than the one you are in now.

Law of the bath - When the body is fully immersed in water, the telephone rings.

Law of the result - When you try to prove to someone that a machine won't work, it will.

Law of biomechanics - The severity of the itch is inversely proportional to the reach.

Law of physical surfaces - The chances of an open-faced jam sandwich landing face down on the floor, are directly correlated to the newness and cost of the carpet or rug.

Law of logical argument - Anything is possible if you don't know what you are talking about.

Brown's law of physical appearance - If the clothes fit, they're ugly.

Wilson's law of commercial marketing strategy - As soon as you find a product that you really like, they will stop making it.

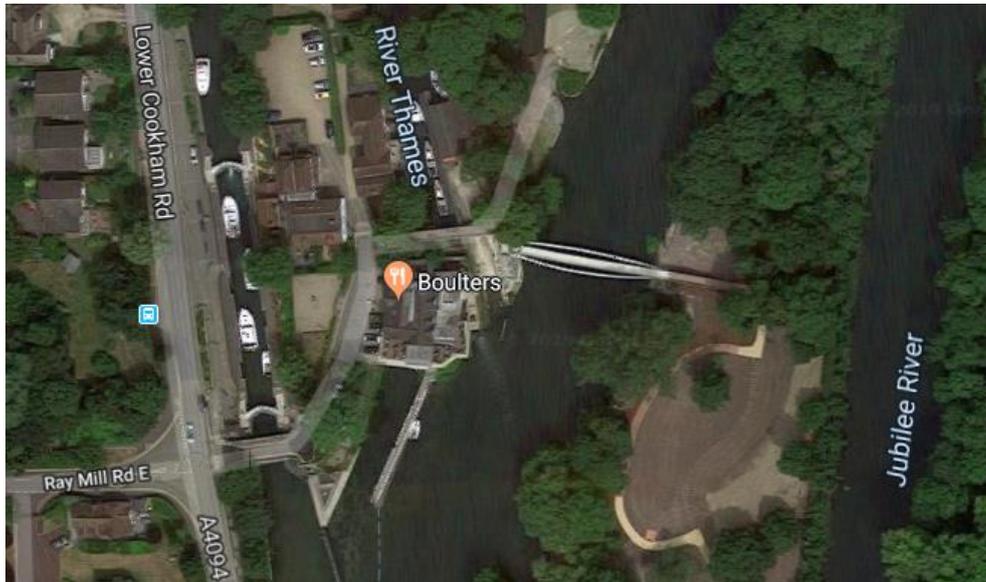
Doctors' law - If you don't feel well, make an appointment to go to the doctor, by the time you get there you'll feel better; but don't make an appointment, and you'll stay sick. This has been proven over and over with taking children to the paediatrician.



New bridge in Maidenhead

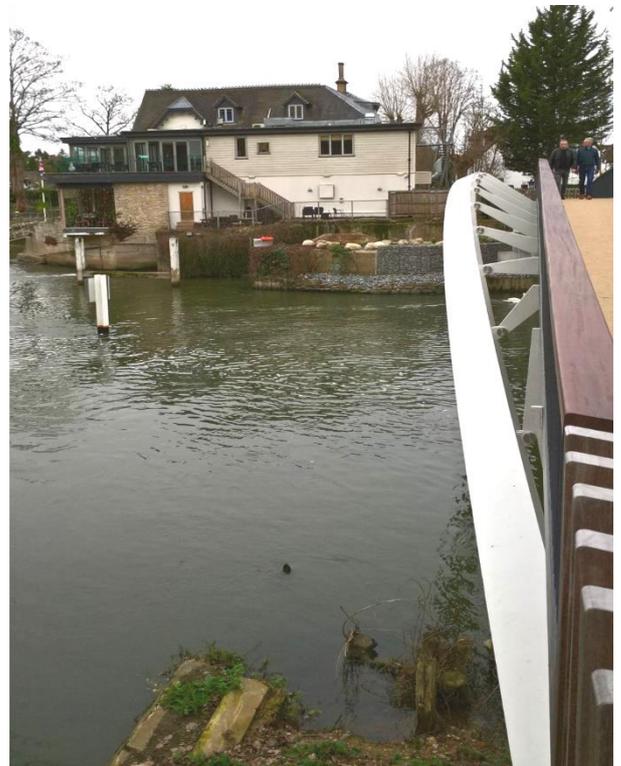
Contribution from **Christine Hoyle**

A new wheelchair friendly footbridge over the River Thames has been built, connecting Boulter's Lock near Taplow to the Thames Path. It is next to Boulter's Restaurant and Bar. The new footbridge is named Margaret's Bridge in honour of local rambler and campaigner Margaret Bowdery MBE.



The shallow steel arch design of this new bridge is inspired by Brunel's nearby brick railway bridge, the Sounding Arch bridge built in 1838. This famous brick railway bridge boasts the "widest and flattest" arches in the world. It is testimony to the genius of Brunel that a bridge with such flat arches continues to carry the Great Western Railway main line from Paddington Station to this day.

This footbridge links into the Thames footpath that runs from Cookham through the countryside north of Maidenhead and down to Bray, providing easy access to some stunning river scenery.



Summer time word search

Find these words associated with summer ...

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

BARBEQUE
 HAYFEVER
 SANDALS
 STRAWBERRIES

BUTTERFLY
 HOLIDAYS
 SEASIDE
 SUNBURN

CRICKET
 ICECREAM
 SHOWERS
 SUNGLASSES

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Useful contacts

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

Maidenhead Voluntary Car Service 01628 673937

People to Places 01628 587920

Maidenhead Care 07538 418448

UWant taxis (used by Dee) 01628 621449

Mohammed (used by Barbara Copcutt) 07912 419856

Windsor Voluntary Car Service 01753 831090

Andrew Taft (www.wvcs.co.uk)

Caring private-car transport for Windsor (SL4) residents

Newsletter editor:

Lesley MacLeod - 01628 671573 – lesley.j.macleod@talk21.com