

The Neuro Bureau

Newsletter 23-20



Welcome

We may be physically challenged but we are differently able.

Welcome to our twenty third 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 are currently **NOT** meeting every Tuesday between 1030-1430 at: North Town Cricket Club, Summerleaze Road, Maidenhead, SL6 8SP !!!

Please note our contact number is 07577 506165



Diary Dates

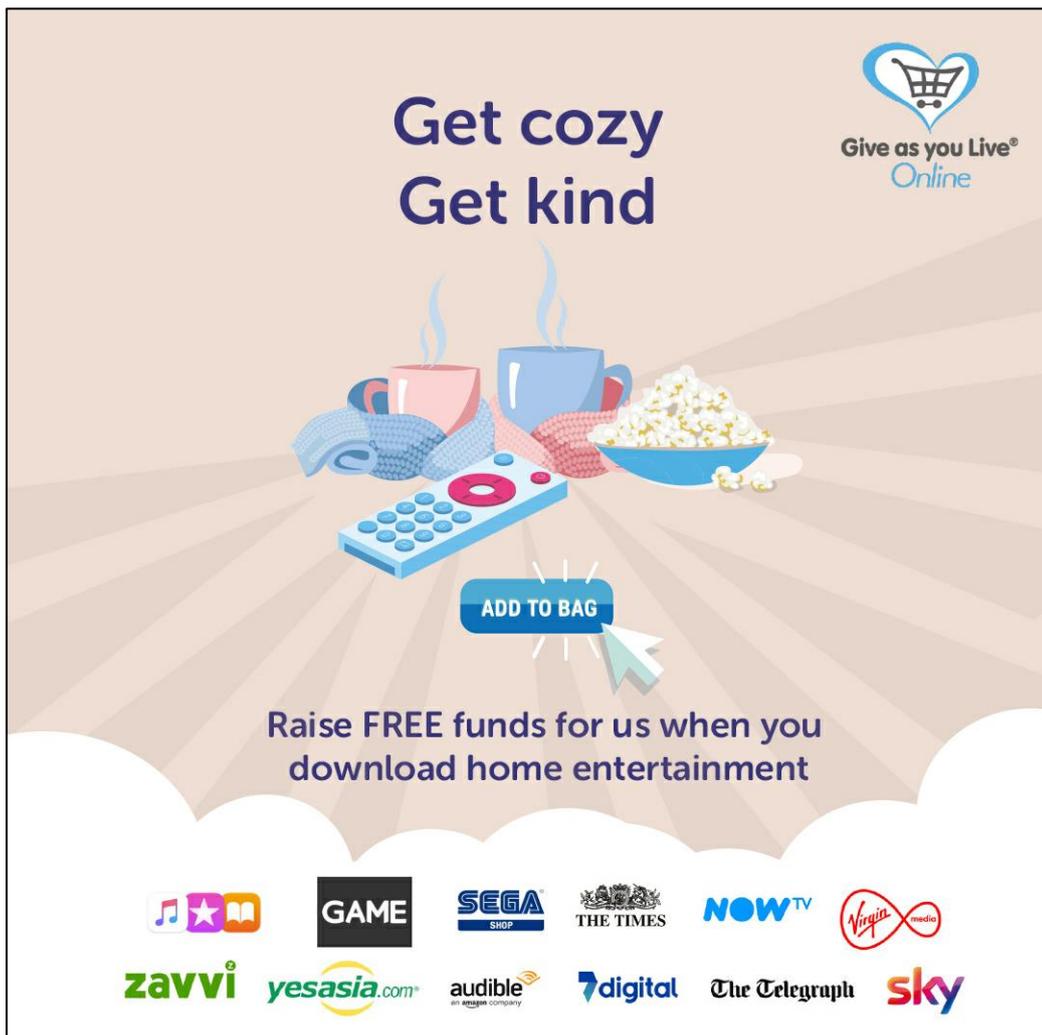
As you all know, the current situation with Coronavirus means that all meetings have been cancelled until further notice.

We all look forward to being able to get together again in a few weeks.

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.

As many of us are isolating at the moment, it's very likely that we will be doing more shopping online. Remember that if you use Give as you Live, you will raise free funds for Sequela. This poster from Give as you Live focuses on home entertainment, but it applies equally to online food shopping – all of the big supermarkets will donate to Sequela if you shop through Give as you Live. If you're not sure how to do it, get in touch with Anke or David and we'll help you get started.



The poster features a central illustration of home entertainment items: a red mug, a blue mug, a blue remote control, and a bowl of popcorn. A blue button with the text 'ADD TO BAG' and a mouse cursor is positioned below the items. The background is a light beige color with a subtle sunburst pattern. The text 'Get cozy Get kind' is written in a large, dark blue font at the top. The Give as you Live Online logo is in the top right corner. At the bottom, there is a row of logos for various retailers and services: zavvi, yesasia.com, audible, digital, The Telegraph, and sky. Other logos include GAME, SEGA SHOP, THE TIMES, NOW TV, and Virgin media.

Raffle

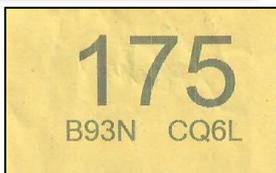
Our Easter raffle has raised **£100**. Thanks to all members who contributed raffle prizes.



Jenny Attwood very generously donated a fabulous hamper (which she produced herself) so that became our top prize.

As Jenny's hamper contained perishable items the Trustees agreed to draw a ticket for this first prize rather than wait until we get back together.

The draw was made by Lesley and David. As we're all in lockdown, the draw was filmed to prove there was no fiddling!!



And the winner is ...
Hilda



Congratulations to Hilda. Jenny was able to deliver the hamper to Hilda who was delighted.

The rest of the raffle draw will take place when we get back together at the cricket club.

Memories

Everyone at Sequela expresses their sincere condolences to Judy whose husband Derek passed away on 23rd February. Kevin and David attended the funeral service on 10th March; Anke and Sandy went along to Frederick's after the Sequela meeting.



Profile Hilda Kinloch

My name is Hilda and I have lived in Maidenhead for 40+ years. I was born in Peterhead in Scotland and lived in Brora in the North East of Scotland throughout my childhood.

After school, I went to work at the Milk Marketing board in Golspie in accounts. I then moved to work at the Radio station in Brora as a Telex reader. The radio station was picking up messages from Russia.



Hilda with her daughter Heather

I then moved to London and lived in Elephant and Castle with my friend Evelyn. I got a job working for the BBC as secretary. I also lived in West Hampstead. I met my husband Ian at the BBC and we got married in 1970. We moved to Maidenhead and my husband set up his own business in electronic engineering and we had our first child Joanna in 1976.

My daughter Heather was born in 1978 and our son Alex in 1983.

We moved to Paris in 1979 and lived in an area called the Bois de Boulogne in an apartment. We had lots of visitors from England who came to try out the wines and food.

We enjoyed summer holidays abroad and particularly enjoyed going to Cyprus where my husband's father was stationed with the NAAFI. We also bought a timeshare in Portugal which gave us some lovely summer holidays in the Algarve.

I continued to work as a Telex operator in Maidenhead and then worked at a local playgroup when the children were young.

I really enjoyed gardening and growing my own vegetables. I still enjoy gardening and in particular growing my own tomatoes. I have an annual competition with my son-in-law Paul to see who can get the best crop that year!

I enjoy cooking, afternoon tea, gardening and a good murder mystery on TV. I've been coming to Sequela for 2 years and I also do a Parkinson's Yoga group on a Monday afternoon. I now have 6 grandchildren ranging in age from 3 up to 12. I still go up to Scotland every year to visit family.

Money advice – Severe Mental Impairment

Martin Lewis from moneysavingexpert.com has been highlighting the possibility of obtaining a discount on Council Tax. In an article on his website, he describes how someone who is 'Severely Mentally Impaired' (SMI) may be eligible for discounts on Council Tax. He says:

"Up to 100,000 of the most vulnerable people in society are missing out on a council tax discount worth hundreds or even thousands of pounds because little is known about it, and some councils are giving out misinformation. It's time to change that. If you have, or live with someone with dementia, Alzheimer's, MS, Parkinson's or similar conditions, it's important you read about the Severely Mentally Impaired council tax discount.

Those who qualify for the SMI discount are disregarded for council tax purpose. That means those living alone don't pay any council tax, while those living with another person (often their carer) qualify for a 25% reduction. This is worth an average of £400 per year. In some cases, you can get the discount backdated though this is at the discretion of each individual council.

To qualify for SMI council tax discount, both of the following must apply:

(1) You must be medically certified as having a severe mental impairment. This isn't specific to any particular condition - it's officially defined as someone who has 'a severe impairment of intelligence and social functioning (however caused) which appears to be permanent'. So it's not a question of someone having dementia automatically qualifying. It's up to a GP to decide, and they'll have to sign the form (which they should not charge you to do).

(2) You must be eligible for one of a range of benefits, including Incapacity Benefit, Disability Living Allowance, Personal Independence Payment, Income Support, Severe Disablement Allowance, Constant Attendance Allowance, some forms of Universal Credit and others.

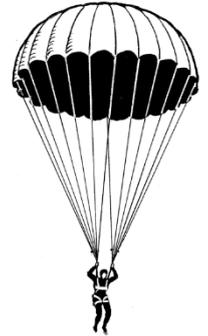
Some councils wrongly tell people they need to be receiving these benefits. but the law simply says you need to be eligible for them. It is quite likely the person who has the SMI will not be able to claim themselves, in which case their carer can do it for them. You'll need to fill out a claim form from your council to register for the discount."

Visit gov.uk/apply-council-tax-reduction for more details

Lesley's laughs

A plane has 5 passengers on board, Donald Trump, Boris Johnson, Angela Merkel, The Pope and a ten year old school boy. The plane is about to crash and there are only 4 parachutes.

Trump said I need one: "I'm the smartest man in the USA and am needed to sort out the problems of the World!"; he takes one and jumps.



Boris said: "I'm needed to sort out Britain"; he takes one and jumps.

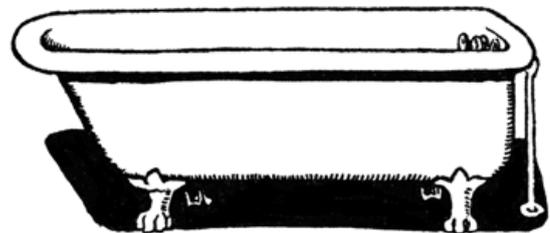
The Pope said: "I need one as the world needs the Catholic Church"; he takes one and jumps.



Angela said to the ten year old: "You can have the last parachute. I've lived my life, yours is only just starting."

The 10 year old replied: "Don't worry, there are 2 parachutes left, the smartest man in the USA took my school bag."

Have you heard that while singer Elaine Page cleaned her own bath today she sang "Don't cry for me I'm the cleaner" ...



Therapist – Kiran Shetty



Kiran has recently started providing classes in Chair Yoga for Sequela members.

Chair yoga is an ideal exercise for those suffering from conditions, such as chronic pain, carpal tunnel syndrome, osteoporosis, and multiple sclerosis. It may also benefit people over a certain age who have trouble moving through the up and down motions of traditional yoga. Chair yoga allows them to stay stabilised.

Kiran's website is here: <http://www.kiahthelight.co.uk/>

Jenny's gems

Sad News - at the Nestle factory today a member of staff was seriously injured when a crate of chocolate fell more than 50 feet and crushed him underneath. He tried in vain to attract attention but every time he shouted "the milky bars are on me" everyone cheered!



I've just been on a diabetes awareness website and it asked me if I accept cookies - is that a trick question?

How do people lose their children in a shopping mall? Seriously, any tips are most welcome



When I was a kid I prayed every night for a new bike. Then I realised God doesn't work like that, so I stole one and asked him to forgive me

Remember when plastic surgery was a taboo subject? Now you mention Botox and no one raises an eyebrow



I got caught stealing a leg of lamb from the supermarket. The security guard said "what are you doing with that?" I replied potatoes, peas and gravy

I accidentally swallowed a few Scrabble pieces. Now I'm waiting for my next vowel movement



Wife: Our new neighbour always kisses his wife when he leaves for work - why don't you do that?

Me: Because I hardly know her

I asked a chap at the station what time the train to Reading was and he said, "I don't know, have a look online" - I said, "that's a bit dangerous isn't it?"



I can't believe I forgot to go to the gym today - that's 5 years in a row now

My neighbour knocked at my door at 2am and said he couldn't sleep - I told him it must be his lucky day, I was having a great party and asked him to come in



I played our wedding video backwards yesterday - it really cheered me up to see how I take the ring off my wife's finger, walk out of the church and go to the pub with all my mates

Guest speakers

Recently we've had some interesting speakers including my darling husband David MacLeod (he made me put that in ...)

David talked about the **History and Folklore of the Clan MacLeod** which gave him the opportunity to dress up in his kilt again!



We also had Grant Oliver from the local Maidenhead Speakers Club. Grant's talk was entitled '**Where are they**' and was about **aliens**!

Caroline Banham told us about **Pranic Healing**, a new topic for many of us. According to the Pranic Healing UK website, Pranic Healing is a non-touch complementary therapy. It is used to heal a wide range of physical and psychological ailments and is a simple yet powerful and effective system that works on the principle that the body is a self-healing organism.

A business card for the Institute of Pranic Healing UK & Ireland. The card features a logo on the left consisting of a globe within a circular frame. The text on the card includes the website www.ukpranichealing.co.uk, a quote: "By using Pranic Healing Techniques, Your life can be Transformed" - Les Flitcroft, and the name and contact information for Caroline Banham, a Pranic Healing Therapist. Her phone number is 079 2155 4367 and her email is caroline@ukpranichealing.co.uk. At the bottom, there are social media links for Facebook ([Facebook.com/UKPranicHealing](https://www.facebook.com/UKPranicHealing)) and Twitter ([Twitter.com/PranicUK](https://twitter.com/PranicUK)).

Poetry corner

Old folks are worth a fortune

Author unknown

Remember, old folks are worth a fortune.
With silver in their hair, gold in their teeth, stones in their kidneys and gas
in their stomachs.

I have become a little older since I last wrote to you and changes have
come into my life.

I am quite a frivolous old girl now and I am seeing five gentlemen each day.
As soon as I wake up **Will Power** helps me out of bed.

Then I visit **Lou**.

Next it's time for **Mr Quaker** to give me my oats.
They leave, and **Arthur Ritis** shows up and stays with me for the rest of the
day.

He doesn't stay in one place, he takes me from joint to joint.
After such a busy day, I am ready for bed with **Johnny Walker**.

What a life! And oh yes, I have started flirting with Al Zymer.
The Vicar came the other day and said "at your age you should be thinking
of the hereafter."

I told him "I do, no matter where I am, in the lounge or in the bedroom, in
the kitchen or in the cellar, I ask myself - now what am I in here after?"

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

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