

The Neuro Bureau

Newsletter 24-20



Welcome

We may be physically challenged but we are differently able.

Welcome to our twenty fourth 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 soon but in the meantime, we will continue to meet via Zoom, at 1030 every Tuesday morning. Everyone is welcome to join and we meet for about an hour and half, usually fitting in a short exercise session plus a quiz or similar and anyone who has difficulties but would like to join in, can contact Anke on 07577 506165 or David on 01628 61573 or 07719 215242.

Zoom – online meetings

Do you remember when ...?

We used to have real meetings, you know, getting together, like this!



Sadly, Coronavirus has put paid to our weekly meetings at the cricket club. It seems unlikely that we'll be back any time soon. The requirements for social distancing mean that it would be impossible to keep our members and volunteers safe. We believe that we can safely resume only when a vaccine is available.

We have instead been meeting online since 12th May. There were some technical challenges in the first few weeks necessitating Post-it note messages held up to the camera ...!

However, we're all now 'experts' in Zoom so Post-its are no longer required.



If you haven't been able to join in an online meeting, here's an example of what it looks like:



Your newsletter editor knew that the weekly photo of the online meeting reminded her of something ...



... and 'No', I'm not saying that we look like Muppets!!

We've been able to provide seated exercise at most of the meetings which is proving very helpful for all of us. Here's an example exercise session; David has an excuse to have his head down as he was pressing the keys on the keyboard to take the picture, but we're not sure why Kevin's got his head down rather than arms up!!



Thanks to Pat, Conny, Kiran and also Anke who has stepped in on occasions when we had a gap in the exercise schedule.

We enjoyed a singing session with Karen on 28th July; the enjoyment came from the fact that we could hear Karen sing but not anyone else 😊

We've also had fun with some quizzing and we've played a few games of 'Would I lie to you' which proved how good some members are at lying. On the 2nd June, we had an entertaining session of 'show and tell' – each member produced a memento and described its significance.

If you haven't tried an online meeting yet, we'd love to see you soon. If you have any questions about how to connect, please get in touch with David who sends out the weekly invitation.

On the next page, there's a compilation roll call for everyone who has attended so far:

Others who have dropped in but we don't have a photo are: Jenny Attwood, Faye Pearce, Anne O'Hagan, Jenny Mitchell



The four stages of quarantine:



Fundraising



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 it's likely that many of us are currently doing more shopping online, please remember that if you use Give as you Live, you will raise free funds for Sequela. We have already raised over £500. If you're not sure how to do it, get in touch with Anke or David and we'll help you get started.

Download the free 'Donation Reminder' to your electronic device and every time you visit a participating site, a handy reminder pops up: click on the green button and it all happens without any further effort.



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This handy message will pop up every now and again if you go to amazon.co.uk to remind you to switch to smile.amazon.co.uk



Profile Christine Hoyle

Hello, my name is Christine. I am originally from Leeds, 'up north' in Yorkshire but now live in Windsor with my Australian husband, daughter, dog Jack and 2 guinea-pigs. I am happy to say that I don't have a Leeds accent, as it's a bit guttural!



Before I had my daughter, I worked as a biological research scientist in London. Initially I studied Zoology at University and then went on to do another degree in developmental biology research (embryology). This led to work placements at three different London institutes. I really enjoyed this work and the people I worked alongside. It was exciting finding out original pieces of the genetic puzzle of how our bodies develop.

After my daughter was born, I went back to work part-time at the local NHS trust, then Heatherwood and Wexham Park hospitals. It was subsequently taken over by Frimley Health NHS trust in 2015. Initially I worked as an assistant and then as a manager in the Research and Development department. This involved opening and running, national and commercial trials with NHS patients. Patient trials are run in many areas such as oncology and respiratory departments. For me this is very worthwhile. I see it as the practical culmination of a great deal of biological research which might eventually lead towards new treatments and methods against a range of diseases.

Now in summer 2020, I feel that non-profit clinical trials are all the more important in dealing with Coronavirus that is affecting us all.

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[More lockdown laughs:](#)



Lesley's laughs

Those wonderful Church Bulletins! These sentences are alleged to have appeared in US church bulletins or were announced at church services:

The Fasting & Prayer Conference includes meals.

The sermon this morning: "Jesus Walks on the Water."

The sermon tonight: "Searching for Jesus."

Ladies, don't forget the jumble sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off - let the Church help.

Miss Charlene Mason sang "I will not pass this way again", giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be try-outs for the choir. They need all the help they can get.

Derek Brown and Amy Carter were married on 25th October in the church. So ends a friendship that began in their school days.

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Please place your donation in the envelope along with the deceased person you want remembered.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7pm there will be hymn singing in the park across from the Church. Bring a blanket and be prepared to sin.

Low Self Esteem Support Group will meet Thursday at 7pm. Please use the back door.

Weight Watchers will meet at 7pm at the First Presbyterian Church. Please use large double door at the side entrance.

Jenny's gems



My husband purchased a world map...gave me a dart and said, "Throw this and wherever it lands I'm taking you for a holiday when this pandemic is over" Turns out we're spending two weeks behind the fridge!!

Question: Among retirees, what is considered formal attire?
Answer: Tied shoelaces.



Question: Why do retirees count their pennies?
Answer: They are the only ones who have the time.

Question: How many retirees does it take to change a light bulb?
Answer: Only one, but it might take all day.



Sometimes - by Nancy Byrd Turner

Sometimes when things turn upside down
And inside out and look dark brown
I rush outdoors and gaze into
The topless sky's eternal blue
So calm and cool, so still and deep
With soft contented clouds like sheep
I shade my eyes and stare and stare
Then go back in the house and there
Begin to wonder and to doubt
What I was in a stew about!



Friendship – adapted from original by Jean Kyler McManus

"There is a miracle called Friendship
that dwells within the heart
and you don't know how it happens
or when it even starts.

But the happiness it brings you
always gives a special lift
and you realize that Friendship
is life's most precious gift."



Recipe corner

MELTING MOMENTS - very simple recipe from Barbara Morris's mum

5oz self raising flour
 3oz caster sugar
 4oz butter (softened)
 Few drops of vanilla essence
 Rolled oats or dedicated coconut
 Glacé cherries

Mix flour, sugar, butter and vanilla together (I use an electric whisk).
 Roll into balls, toss in oats or coconut, flatten slightly and put half cherry in middle. Arrange on greased baking tray (makes about 10).
 Bake at 180c for about 12 minutes.
 Leave to cool before breaking apart if they have melted together.

...and from Leila

These are not 'quick' cakes - they take a bit of time to prepare but the result is very rich. I would say they are eat-with-a-fork cakes not hold-in-your-fingers and adding creme fraiche makes them extra yummy.

They are old recipes so still ask for a lined tin (like mine inherited from my mother). This may not be necessary with a non-stick tin, but the lining paper makes the cake much easier to get out of the tin in case it has stuck a bit, and is essential for the almond/caramel topping on the flourless chocolate cake. Both cakes are a bit fragile compared to a robust Victoria sponge, say. Tins with loose/removable bottoms are ideal.

CHOCOLATE BEETROOT CAKE (Serves 6-8) – from Leila

1 tablespoon cocoa powder
 125g (4 oz) plain flour
 1.5 teaspoons baking powder
 pinch of salt
 150 g (5 oz) caster sugar
 240 ml corn oil
 1 tsp vanilla essence
 3 eggs beaten
 200 g plain cooked beetroot (!NO VINEGAR!) finely chopped
 110g (4 oz) plain dark chocolate chopped up small (good cooking chocolate e.g. Menier is fine)

Preheat oven to 190 degrees C (Gas mark 5, 375 degrees F)
 Grease & line an 18 cm (7 in) cake tin
 Sift the cocoa, flour, baking powder and salt into a large mixing bowl and mix in the sugar
 Add the rest of the ingredients and mix well
 Pour the cake mix into the tin and bake for 50 mins until still a bit sticky in the middle (use a skewer)
 Turn out and cool on a rack

FLOURLESS CHOCOLATE & ALMOND CAKE (Serves 6-8) – from Leila

This cake is baked upside down, so the flaked almonds come out on top when it is cooked.

Topping

85g flaked almonds (toasted if you want to take the trouble)

50g butter

50g golden caster sugar (or ordinary caster sugar)

Good pinch of salt

Heat the oven to 180C then grease and line a deep 23 cm round cake tin with parchment

Melt the 50g of butter in a pan over a medium heat

Once bubbling sprinkle over the 50g of golden caster sugar and the good pinch of salt

Whisk together in the pan and cook for 2-3 minutes until it has thickened

Remove the pan from the heat and pour the caramel over the bottom of the tin. Use a spatula to spread it over the base while it is hot and liquid

Scatter over the flaked almonds and set aside

Cake

180g dark chocolate (good cooking chocolate e.g. Menier is fine)

250g butter

6 eggs

175g sugar

100g ground almonds

Put a pan on the heat with a little water and set a heatproof bowl over it (not touching the water)

Break up the chocolate and melt with the butter in the bowl

While they are melting beat the eggs and sugar together until pale and fluffy

Stir in the melted chocolate and butter

Fold in the ground almonds

Tip the batter into the tin over the almond caramel

Bake for 45-50 mins - use a skewer to check it is baked through

Leave it to cool in the tin for 10 mins

Turn out onto a wire rack and carefully peel back the parchment (have tantrum if it has stuck)

Allow to cool completely before slicing

I suppose it would be possible to make just the cake and not put the almond caramel bit on. You'd have to adjust the cooking time.

HOMEMADE LEMONADE – from Leila

(This has been a life-saver on the recent hot days)

6 unwaxed lemons (plus another to slice up and add to glasses for serving if you want. (I keep lemon slices in the freezer for drinks instead of ice cubes)

125g granulated or caster sugar

400 ml water

Remove the zest of the lemons with a vegetable peeler, avoiding the white pith

Juice the lemons

Place the zest in a medium saucepan with the sugar and 400 ml of water

On a low heat bring to the boil slowly, stirring to dissolve the sugar

Once the syrup is boiling, add the lemon juice and immediately remove from the heat

Leave until completely cool

Strain into a bottle or jug and chill until needed

Dilute to taste with chilled sparkling or ordinary water

You can make the lemonade syrup up to three days ahead. Keep in the fridge.

It made so much that I just poured about a centimetre/half an inch into a glass and topped that up, keeping the jug in the fridge. It lasted for ages.

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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