

The Neuro Bureau

Newsletter 25-20



Welcome

We may be physically challenged but we are differently able.

Welcome to our twenty fifth 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





Well, it's December again and what a year 2020 has been! This time last year nobody had heard of Covid 19, Zoom, lockdown, the R-rate, social distancing - or would have imagined in their wildest dreams that we would all be wearing face masks when entering a shop.



It has certainly been a challenging and for many people a very sad and difficult time. We could dwell on all the terrible things that this virus has entailed but it is Christmas time, so I would like talk of hope and the good things that have also happened.

Certainly, in the early days of the pandemic when supermarkets couldn't cope with the demand for home deliveries, there were many offers from kind people to shop for their neighbours or anyone in their town who was at high risk. This spontaneous community spirit was a lovely thing to witness.

People who all of a sudden had to stay at home started to go for walks or bike rides and became much more aware of the beauty of nature all around us. And due to less traffic on the roads and in the air the planet got a bit of a breather from pollution. Rivers and seas have experienced an unexpected regeneration with dolphins and swans appearing in the canals of Venice – how beautiful.

Some people who had been highly stressed at work with a long daily commute all of a sudden could work from home or were furloughed, and perhaps began to re-evaluate what is important in their lives as they started to feel so much better without the stress they had got so used to.

And I also think that we now appreciate some of the things we had been taking for granted a lot more – like a hug, a meeting with friends over coffee, attending a concert or a football match, seeing family and feeling safe. Unfortunately, Covid 19 has brought a lot of fear into our hearts and I hope you manage to stay positive and focus on the light at the end of the tunnel.

I do not think that we will ever be going back to what had been 'normal' and some changes will hopefully be for the better.

Closer to home, on March 17th we had our last Sequela meeting at the Cricket Club and as the pandemic evolved it became clear that we wouldn't be returning in the near future.

So, David set up weekly Zoom meetings on a Tuesday morning and some of our members and volunteers have been enjoying these for many weeks now. I know that the technology doesn't suit everyone but for the time being it's the best we can do. So, a big thank-you to David for making this happen and also to our exercise professionals – Pat, Conny and Kiran – who do their best to make the exercise on Zoom work for everyone.

But it's not just about exercise, it is also about seeing each other – even if it's only on a screen – and having a chat and a laugh and still feeling connected.

Last but not least, I'd like to thank our volunteers for everything they did until we had to close, and I hope that you will all be back when we finally start again sometime next year.

I also hope that every one of you will be able to celebrate Christmas with your families and just enjoy being in that moment. I would like to finish with a quote:



With love and best wishes to you all.

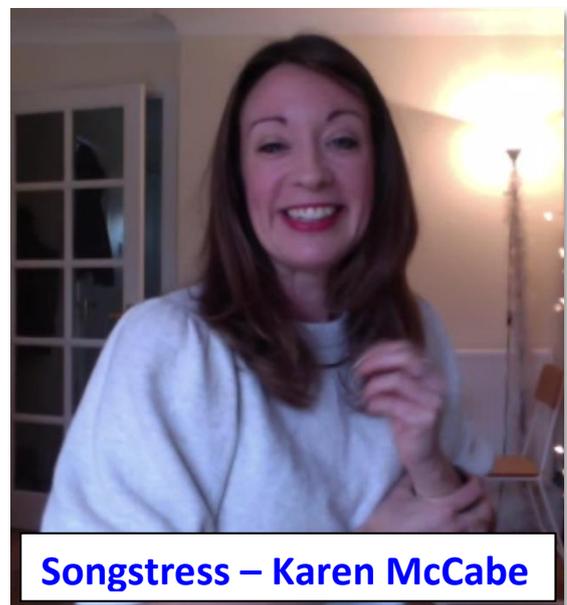
Anke



Sequela Christmas party 2020 – online!

Tuesday 22nd December – Sequela’s thirty-third online meeting was the occasion for our Christmas ‘party’! Anke guided us through a very gentle exercise session and this was followed by a Christmas themed quiz devised and presented by Kevin.

We then had a sing-along session with the lovely Karen. It wasn’t a ‘normal’ party by any means, but it was still lovely to see so many members and volunteers. Happy Christmas one and all.



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. Our last meet-up this term will be on Tuesday 22 December and after a short break, we will resume on Tuesday 5 January 2021. Everyone is welcome to join. We meet for about an hour and half, usually fitting in a short exercise session. Anyone who has difficulties but would like to join in, can contact Anke on [01628 621574](tel:01628621574) or [07863 661468](tel:07863661468) or David on [01628 61573](tel:0162861573) or [07719 215242](tel:07719215242).

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.



Give as you Live[®]



smile.amazon.co.uk

If you shop online at Amazon, please use www.smile.amazon.co.uk

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organisation of your choice. AmazonSmile is the same Amazon you know. Same products, same prices, same service. Support Sequela by starting your shopping at smile.amazon.co.uk and choose the Sequela Foundation as your charity to support.

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 – Gwyneth Stockford

I was born and raised in Cambridge where my father, a proud Welshman, had bought a butcher's shop to be near his fiancée (later my mum). He rapidly built up a reputation for his home made pork sausages - "Gwyn's Porkies".



I have three younger siblings: Sonia, Madeline and Richard. In 1950 Sonia met and married an American airman, Fred. They relocated to Oregon and raised a family there. Fred died some 10 years ago. Sonia and I talk via Skype at least weekly. Richard has spent virtually all of his life overseas initially in Saudi Arabia and for the last 30 years, in Italy where he runs two EFL schools. Madeline was a post war baby, and I was 17 when she arrived. She recently retired.

My secondary education was at a girls' school where my favourite subjects were shorthand & typing. The school did not take "O levels". That has always been a bone of contention so some 10 years or so ago (yes in my 70's!!), I went to night school and passed GCE "O" levels in English Literature and Language.

My career commenced as a secretary in the Confederation of British Industries. I then moved to Child Welfare in Social Services where my shorthand speed and accuracy was soon recognised, and I was promoted to Department Secretary.

In 1960 I met and married Jim, a Senior Radar Technician in the RAF based in Cambridge. Within a year or so he was posted to RAF Wunstorf, east of Hanover in Germany. I did not really enjoy the regimented life in the married quarters, but things changed when I became pregnant with my first daughter, Lorraine, and the support of my fellow wives could not have been better.

A year or so later Jim was posted to Weston-Super-Mare, where I had Alison. She was not even a year old however when Jim was transferred to Bury St Edmunds, about a 30-minute drive from Cambridge where we rented a house close to my parents. We had barely settled in, however, when one evening there was a knock on the front door. It was a policeman who informed me that Jim had been killed in a car crash.

The next few years of having to go to work to survive whilst raising two young children and maintain a home was a struggle -- thank the lord my parents and a practical uncle were close by.

It is amazing what one can do when one has to and within a couple of years I had recovered sufficiently to start going out with friends. It was on one such occasion that I met Mike who had just relocated to Cambridge with his company, THL.

We got married in May 1974 soon after he had graduated and joined a small consultancy practice in Kensington. In mid-1984 Mike was asked to run the group's Tokyo office. We decided it would be a great experience so said 'yes', got a basic grounding in Japanese from a local Japanese lady, rented our house out and departed!

For my part our 5 years or so in Japan was a fantastic experience. I had determined to make the most of my time there and I became surprisingly comfortable (and proficient!) at going out and doing things by myself e.g. to the theatre, to classes in Ikebana (flower arranging), cooking Japanese food and similar.

Shopping was normally quite pleasurable. Food shopping was fairly easy as: it is invariably beautifully displayed, and it didn't take long to get used to metric weights. I can't think of anything that we couldn't get (albeit at a price). When it came to household/electrical products it was mind-blowing - shop upon shop stacked with all the latest gadgets & gimmicks.

Getting around in Tokyo is easy: the urban railway is cheap, very easy to use and all signs to and on the system are in both Japanese and English. The best (!?!) time to travel is between 08.00-09.00 and 17.00-18.30 but if you think London underground trains get packed, think again! In Tokyo they have platform "guards" in clean white gloves to push passengers in so that doors can close! Once you are in, stay close to the door, although you may get shoved and trodden on with loads of *sumimasens* (I'm sorry). If you allow yourself to be pushed down the aisle between the seats you will never get out/off.

Once I felt comfortable living in Tokyo, I decided to get a job. I applied to an advert in the Japan Times and was invited for an interview. By the time the lift reached the 20th floor, and I had passed a myriad of black-haired men and women wearing glasses staring at me --I was probably the first *Gaijin* (foreigner) to enter their office-- I had changed my mind, so turned their offer down. But the thought was there!

On our return to the UK, I re-joined Social Services and was amazed at how things had changed thanks to the advent of modern technology. Life just wasn't the same and, since I was approaching 60, I decided to become a lady of leisure and retired--possibly the best decision I have ever made particularly since Mike decided to follow suit a couple of years later.

Apart from my sister and her family in Oregon and my brother in Buenavento (near Amalfi), Alison had married Christian, a Belgian and they had set up their home in St. Barthelemy, a small French island in the Caribbean. It is amazing how cheap flying is if/when you are prepared to go with 24 hours' notice or less, which we could and did do. The same applied to cruising which became our great love and took us to places we'd never dreamt of going to, often getting a late cancellation at 70% of the advertised price.

On 14th April 2015 I took a bus into Maidenhead, did my shopping, had a cup of coffee in Marks, then went to Market Street, the pedestrian area/disabled car park at the side of Boots to ring Mike to pick me up.

My next memory is of being on the ground in pain. A disabled driver had reversed into me as it later transpired that she had 'difficulty' turning her head to look over her shoulder and hadn't seen me in her mirror.

The result: a broken back and damaged shoulder plus some minor cuts and bruises! More importantly it was the end of my independence and the beginning of a quite different life for both Mike and me.

But we must look on the bright side –he now has his own pinafore; his cooking skills have improved greatly, and I let him out to do the shopping at least twice a week!! He can also watch his beloved football on the dining room telly!

... stories of life in Japan to be continued ...

Recipe corner

Recipe supplied by Tom's wife, Eirwen.

Vegetable casserole

Use a dish that's not too deep. The amount of vegetables depends on the number of servings.

Cover the bottom of the dish with a layer of chopped onion and celery, then add layers of sliced swede, parsnip and carrot and finish with a couple of layers of potatoes.

Dissolve a vegetable or chicken stock cube in boiling water, thicken slightly with cornflour, season to taste with salt/pepper and pour over the vegetables.

Cover and cook in a microwave for 15 minutes. Serve with sausages or bacon or cold meats.

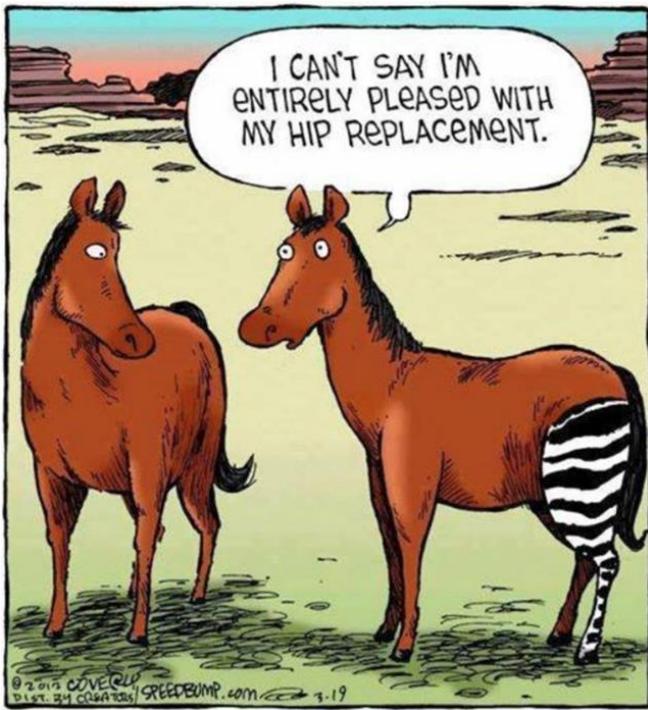
Variations to make it a one pot dish:

- 1 Cover with grated cheese and pop under the grill
- 2 Put thick slices from a tin of corned beef at the bottom and use a beef stock cube
- 3 Place rashers of bacon under the potato layer.

Can be cooked in a normal oven but would take about an hour.



Lesley's laughs



The Bathtub Test

During a visit to my doctor, I asked him, "How do you determine whether or not an older person should be put in an old age home?"

"Well," he said, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person and ask them to empty the bathtub."

...

"Oh, I understand," I said. "A normal person would use the bucket because it is bigger than the spoon or the teacup."

"No" he said "A normal person would pull the plug. Do you want a bed near the window?"

ARE YOU GOING TO PASS THIS ON ... OR DO YOU WANT THE BED NEXT TO MINE?

If Benny and Bjorn had been called Steve and Dave, the group would have been called ASDA



shared by silversurfers.com

Poetry corner

Back in the days of tanners and bobs

Back in the days of tanners and bobs,
when Mothers had patience and Fathers had jobs.
When football team families wore hand me down shoes,
and TV gave only two channels to choose.

Back in the days of three penny bits,
when schools employed nurses to search for your nits.
When snowballs were harmless; ice slides were permitted
and all of your jumpers were warm and hand knitted.

Back in the days of hot ginger beers,
when children remained so for more than six years.
When children respected what older folks said,
and pot was a thing you kept under your bed.

Back in the days of *Listen with Mother*,
when neighbours were friendly and talked to each other.
When cars were so rare you could play in the street,
when Doctors made house calls and Police walked the beat.

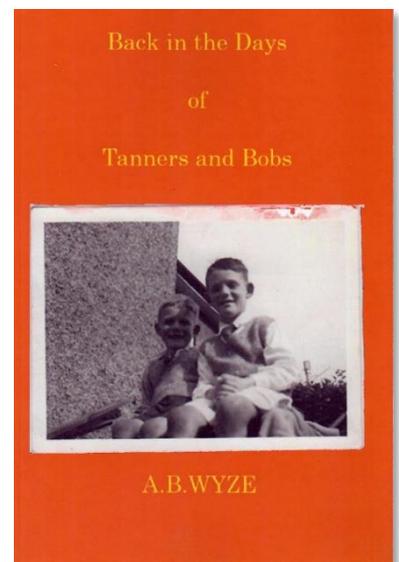
Back in the days of Milligan's Goons,
when butter was butter and songs all had tunes.
It was dumplings for dinner and trifle for tea,
and your annual break was a day by the sea.

Back in the days of *Dixon's Dock Green*,
Crackerjack pens and *Lyons* ice cream.
When children could freely wear National Health glasses,
and teachers all stood at the FRONT of their classes.

Back in the days of rocking and reeling,
when mobiles were things that you hung from the ceiling.
When woodwork and pottery got taught in schools,
and everyone dreamed of a win on the pools.

Back in the days when I was a lad,
I can't help but smile at the fun that I had.
Hopscotch and roller skates; snowballs to lob
back in the days of tanners and bobs.

*Extract from a longer poem by A B Wyze in his poetry book
of the same title – highly recommended.*



3 2 1

It will all end in tiers!

Said Boris to his ministers "We need to take more action.
The R number is rising and there's some dissatisfaction
From the scientists and doctors that we haven't done enough
To deal with all the outbreaks, so let's get really tough.



There's now too many people who are breaking all the rules
In shops and pubs and restaurants, and probably in schools.
Those at universities are causing lots of trouble
By not behaving sensibly and staying in their bubble.



We'll have some local lockdowns where the virus is increasing.
It might be hard to reinforce without some more policing.
Three different tiers should be enough, with some rules more severe
And lots more people shut indoors - that should induce more fear!

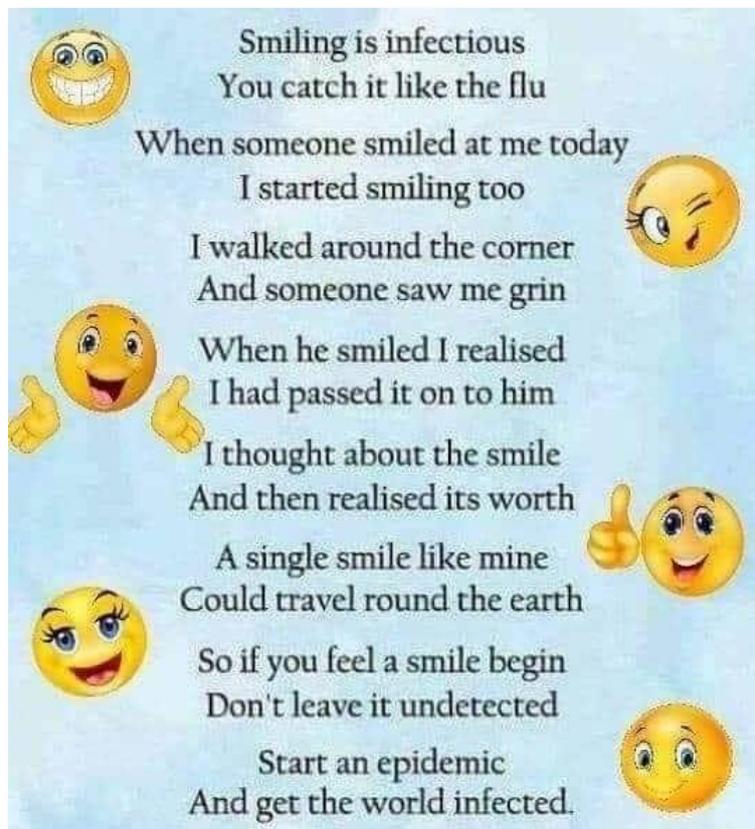


So out went press releases telling folk what was in store
With penalties for rule-breakers – and maybe even more!
Now England's like a wedding cake, with each tier in its place
And Boris standing on the top-a smile upon his face ..(and a mask!)



Pat Aylett

October 2020



Jez Alborough (1991)

Face masks*Moira Graham*, October 2020

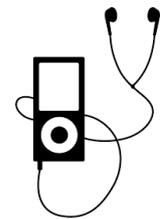
There was an old woman from Tring
 Who felt she could do anything
 But when taking the bus
 Got into a fuss
 With the multiple bits of string



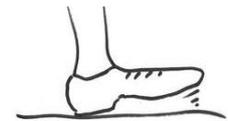
Her hearing aids neat and well fitting
 Round her neck her glasses were sitting
 Along came the bus
 Now started the fuss
 Adding face mask to help distancing



All well so far she can resume
 Sitting down with space and knee room
 Relaxed on the way back to Tring
 Decided to do one more thing
 Ipod connected and found the right tune



Hearing aid out, put in earbuds, connect phone
 Foot-tapping to Tring – nearly home
 Relaxing with hits
 Then collecting her bits
 To traverse Donkey Lane in the gloom



The earbuds came out, but were attached to her phone
 Her aid back in but not firm
 The mask knitted twice
 Round glasses and device
 Earrings flung in the grass at the turn



What a disaster but making her laugh
 At the twisted mass in the grass
 She'll be careful next time
 To not mix up the twine
 And maybe not feel such an a**e!!!

**Jenny's gems****BREAKING NEWS**

No Nativity this year because the 3 Wise Men face a travel ban
 The shepherds have been furloughed
 The inn has shut under tier 3 regulations and had a slump in bookings

Santa won't be working as he would break the rule of 6 with
 Dasher, Dancer, Prancer, Vixen, Donner and Blitzen.

As for Rudolph, with that red nose, he should be isolating and taking a test



ONE LINERS

Me: (sobbing my heart out, eyes swollen, nose red) ... I can't see you anymore. I am not going to let you hurt me like this again!

Trainer: It was a sit up. You did one sit up.

Having plans sounds like a good idea until you have to put on clothes and leave the house.

It's weird being the same age as old people.

When I was a kid I wanted to be older ... this is not what I expected.

It's probably my age that tricks people into thinking I'm an adult.

Marriage Counsellor: Your wife says you never buy her flowers. Is that true?

Him: To be honest, I never knew she sold flowers.

Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked.

So, remember ... don't sing!

I don't think the therapist is supposed to say "wow," that many times in your first session but here we are ...

If you can't think of a word say "I forgot the English word for it." That way people will think you're bilingual instead of an idiot.

I'm at a place in my life where errands are starting to count as going out.

The ups and downs of a pandemic. One day you're loving your bubble, doing work outs, baking banana bread and going for long walks and the next you're crying, drinking gin for breakfast and missing people you don't even like.

I'm at that age where my mind still thinks I'm 29, my humour suggests I'm 12, while my body mostly keeps asking if I'm sure I'm not dead yet.

2020 - I'm getting tired of being part of a major historical event.

I don't always go the extra mile, but when I do it's because I missed my exit.

How many of us have looked around our family reunion and thought "Well aren't we just two clowns short of a circus?"

You don't realize how old you are until you sit on the floor and then try to get back up.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

2020 wordsearch

Find these words or phrases that define 2020

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

BARNARDCASTLE

CORONA

LOCKDOWN

QUARANTINE

SELFISOLATE

TIER

VIRUS

BUBBLE

HANDWASHING

MASK

REINFECTIONRATE

SOCIALDISTANCE

TRACKANDTRACE

YOUREMUTED

CANYOHEARME

KEYWORKER

PANDEMIC

QUARANTINE

SUPERSPREADER

VACCINE

ZOOM

Useful contacts

Anke Heley

Chairwoman

01628 621574

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07863 661468

Maidenhead Voluntary Car Service

People to Places

Maidenhead Care

Mohammed (used by Barbara Copcutt)

Windsor Voluntary Car Service

Andrew Taft (www.wvcs.co.uk)

Caring private-car transport for Windsor (SL4) residents

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