

# The Neuro Bureau

Newsletter 28-21



## Welcome

### **We may be physically challenged but we are differently able.**

Welcome to our twenty eighth 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: The Sports Bar at Summerleaze Park, Summerleaze Road, Maidenhead, SL6 8SP but instead get together on Zoom. We hope to resume face-to-face meetings in the New Year.

**Please note our contact number is 07577 506165**



Hello everyone,

When I wrote a few words for last year's Christmas newsletter I certainly did not think that we would have a whole year of Zoom meetings ahead of us but, with Covid still looming large, this is what has kept some of us going – thank you for organising these David.

However, we had two well attended outdoor lunches at Summerleaze Sports Bar (formerly known as 'The Cricket Club') which I certainly enjoyed and then a lovely Christmas lunch at Norden Farm. Wasn't it wonderful to see people in the 'flesh' and on one occasion sing together with the lovely Karen.



2021 has certainly been another challenging year for many and again we can only look forward and be grateful for the things we do have, rather than dwell on the things we don't. One thing that I'm still hopeful we can all look forward to is the return to face-to-face meetings sometime in the New Year. I will keep you all posted on this one.

I would like to thank our exercise professionals Conny, Kiran and Pat who continued to keep us on our toes via Zoom, as well as Sandy for getting us all relaxed, Lesley for doing the wonderful newsletters and the trustees for their continued support.

January 2022 marks Sequela's 10-year anniversary. Some of us have been on the journey that Pat Capp started right from the beginning and will have fond memories of the early days and all the fund-raising that went on to achieve charity status. Others have joined us later and have become much loved Sequela members, and sadly some are no longer on the journey. But, the journey continues and long may it last.

Enjoy the moment, think positive and stay with us 😊

I wish you all a Merry Christmas with your loved ones, filled with laughter and joy, and a peaceful, healthy and happy New Year.

With love,

*Anke*

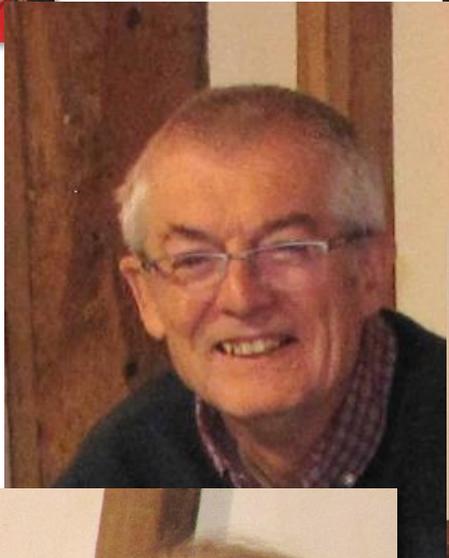
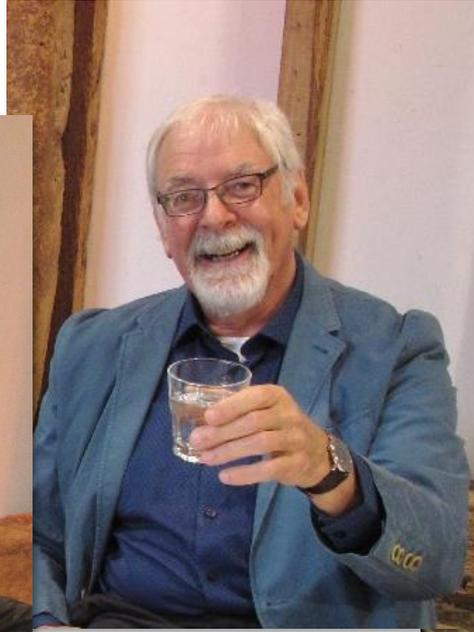


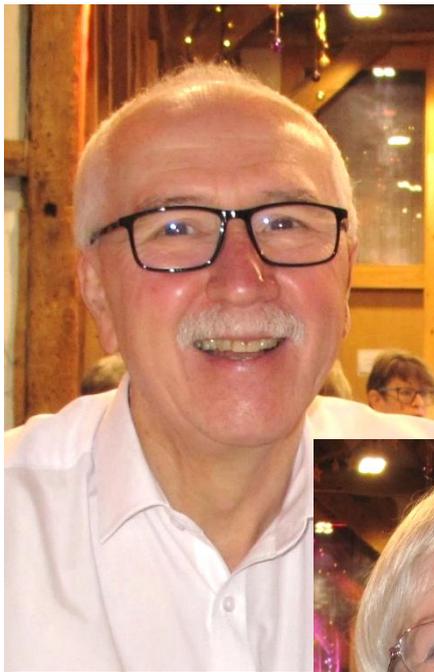
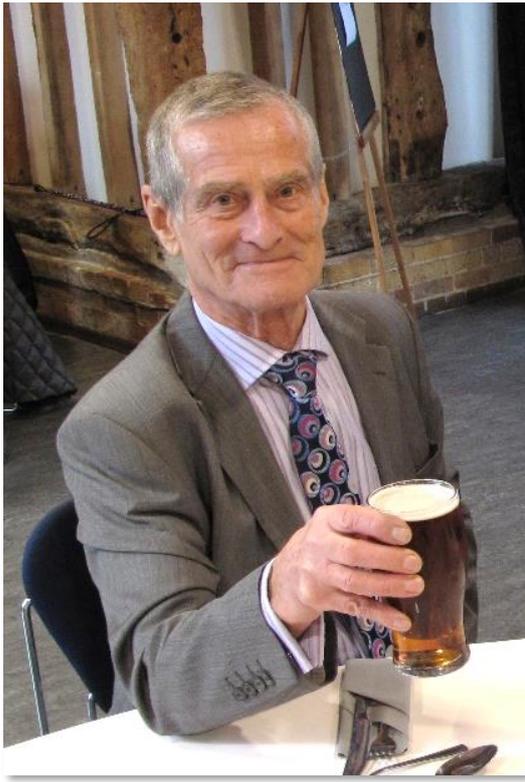
## Christmas lunch at Norden Farm

Twenty-six members and guests enjoyed a Christmas lunch at Norden Farm on Tuesday 14<sup>th</sup> December.

A traditional turkey meal with all the trimmings followed by Christmas pudding was enjoyed. The vegetarian alternative was also appreciated.









## Profile: Ursula Dibb-Fuller



I was born in July 1947 (a baby boomer) to my parents Charlie and Evelyn Snelgrove. We lived in South Ealing firstly in a flat, then in a 3 bed semi that my grandparents had built. My father was a true cockney having been born within the sound of Bow Bells. My mother a true American from Atlantic City who came to England just before the war. Both parents were very musical and could play most instruments but were good at the piano or organ and also violin. I had piano lessons but could not adapt and even failed to play 'chopsticks'!

I went to Little Ealing Infant and Junior Schools before going to Grange Secondary Modern until leaving at the end of the 5th Year and starting work as a statement/ledger clerk with Midland Bank. Then I joined London Transport in a department that advised customers how to get from A to B. During this time, I went to evening classes at Ealing Technical College to learn shorthand and typing; this led me to change jobs and work in Knightsbridge at Albright and Wilson as a shorthand typist. Here I met a friend that I am still in contact with, meeting up in a pub for an overnight stay annually and always in a different location.

I left Albright and Wilson to join Chrysler International as a secretary in the Legal Department, then progressed to Executive Secretary. I stayed with Chrysler until I became pregnant with my son Jason who was born in January 1981 and I was conveniently made redundant.

During my teens and early 20s I attended Leyland Youth Club, meeting up on Mondays before progressing to pubs and coffee outlets. I met Pete just after my 18th birthday at a dance held at the Byron Hotel, Greenford. We went out for 5 years before we got engaged and then saved to buy our first house, a new build at Cippenham which overlooked the village green, priced at £7,450.00! We managed to save £2,500 with Pete doing evening work on top of his day job but still had to borrow £1,000.00 to cover fees.

We married in June 1972 at St Mary's Church in South Ealing, had the reception at Ealing Town Hall and went on honeymoon to Tenerife at Puerto De La Cruz. We visited Playa de America which at that time had just one two-storied hotel and not a lot more - how things have changed.

We lived at Cippenham for 7 years before moving to our current house, also a new build, we sold for £18,250 and paid £27,450 in Holyport.

Following the birth of Jason, I had various jobs in Maidenhead, including Adams Childrenswear, K Shoes, Clark's Shoes, some of which were after the birth of our daughter Khadine in October 1984.

In January 1985, on returning from a Mother and Toddler meeting, I found Khadine blue and unconscious in the pram and she was rushed to hospital where we spent 3 nights in Intensive Care before she fully recovered from suspected Cot Death Syndrome.

Just a few months afterwards, I began to fall over with numb legs and eye problems, the start of my MS which was diagnosed 3 years later. This did not help with my jobs as they all involved lifting boxes, climbing ladders or stairs. None of my employers knew of my condition. In those days I used a folding walking stick which I folded before entering my workplace.

In 1998, following Pete's recovery from cancer, we took the kids to Florida and visited Disney, it was there that Pete made me sit in a wheelchair and pushed me round, I would never have made it otherwise. I now use it most of the time.

We have had many good holidays including the Canadian Rocky Mountain Express, cruises to Iceland, Russia, Scandinavia, Greek Islands, the Caribbean as well as hotel stays in Mexico, Madeira, Mauritius, Tunisia, Morocco, Cape Verde. We also flew to San Francisco for a 3 night stay before boarding the sleeper train going via Chicago following the Colorado River through the Rockies; it was a great journey but difficult as our sleeper cabin was on the low deck but the restaurant and viewing seats were upstairs on the top deck and we had to walk across a number of carriages to get to them. At Chicago we changed trains for a one-day ride following the Hudson River to New York for a 3 night stay only to find our suitcases had not been forwarded on. This meant we lived in our travelling clothes on the train journey until the cases were delivered to our hotel on the night before we were due to leave for a Caribbean cruise – phew!

Last year we had flown to Singapore just before the pandemic blew up. We spent 2 nights in a hotel before boarding a cruise ship due to take us to Hong Kong, with stops in Thailand, Cambodia and Vietnam. On boarding we were advised that Hong Kong had closed its borders. The itinerary was then changed so that we visited Thailand and Cambodia before sailing to the furthest port in Vietnam and returning to Singapore stopping at 3 other ports in the way back. Unfortunately, on reaching the furthest port, Vietnam closed its borders! In a gesture of goodwill, 50% of the cruise value was returned and a voucher for 50% off our next cruise which we have booked to go via Mexico, Costa Rica etc through the Panama Canal flying to and from America next January. So fingers crossed it goes ahead.

In recent years I have worked from home, 11 years making bookings for domestic appliance engineers until being made redundant due to a drop in clientele/bookings. I now make bookings for Bray Village Hall.

Jason got married in 2015 and lives in Maidenhead. Khadine still lives with us with her boyfriend Simon who opted to stay with us when Covid struck.

We are looking forward to next June when Pete and I celebrate our Golden Wedding Anniversary.

## Jenny's gems

Two men were waiting at a bus stop when a truck went past loaded with rolls of turf.



Jimmy said "I'm gonna do that when I win the lottery"

"What's that?" asks Al

"Send me lawn away to be mowed!"

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"Would you like anything on your chips?"



"How much extra does it cost?"

"Ten pence"

"All right, I'll have four sausages and a steak pie ..."

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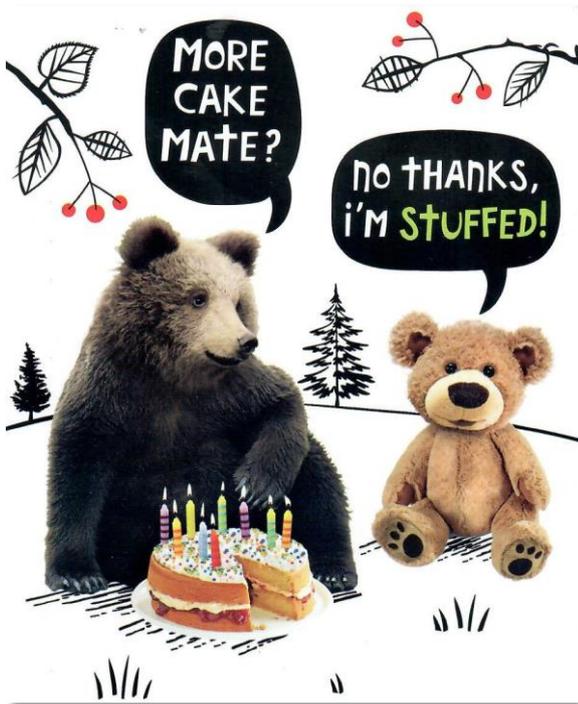


On a beautiful summer's day, two English motorcyclists were driving through Wales. They stopped at

### **Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogoch**

for lunch and one of the riders asked the waitress, "Before we order, I wonder if you could settle an argument for us. Can you pronounce where we are very slowly please?"

The girl leaned over and said, "Burrrr ... gurrr ... kiiiing ..."



## Scamwatch by David MacLeod

In my role as Treasurer for Sequela, I see lots of warnings on the bank's website about scams. In a recent article in The Times, it was reported that £754 million was stolen by criminals in the first half of 2021, up 30 per cent on last year. There are many scams around, a lot of them perpetrated on social media on mobile phones. Here are four to look out for:

### Parcel re-delivery

According to the bank TSB, four out of five fraud cases that start with a text message involve fake texts like this one, supposedly from Royal Mail, DPD or Hermes.

Royal Mail: Your package has been held and will not be delivered due to a £1.99 unpaid shipping fee. To pay this now, visit: <https://royalmail.parcels-fee.com>

If you click on the link in the text message it will send you to a fake website that looks like the delivery company's; you will be asked to fill in a form and the scammers will harvest your data. The fraudsters will then call pretending to be from your bank's fraud team. They will refer to the text message, say that your account has been compromised and tell you to transfer your money into a "safe account". If you do your money is lost.

Your bank would never ask you to transfer funds, and if you are unsure if you are legitimately talking to your bank, hang up and ring the number listed on its website. Do this even if the number on your phone matches the number listed because scammers can "spoof" the bank's number.

### HMRC

The self-assessment deadline is on January 31; as it nears, scammers often pretend to be the taxman. They use emails, phone calls and text messages to try to convince taxpayers they are from HMRC and will copy government messages to make them appear authentic.

They will try to trick you into handing over money by pretending you owe tax or obtain personal and financial information by offering a rebate. If in doubt, hang up or ignore and call HMRC.

### Loan fee scams

Victims are asked for an up-front fee when applying for a loan. Once you have paid the fee, the criminals either disappear or return to ask for more.

### Messages from 'your children'

Scammers are sending messages to random numbers, saying: "Hey mum, it's me. I got a new phone, can you delete the old number and save this one?" or "Hey dad, I've somehow lost my phone so this is my new number."

If the parent falls for this part, the scammer goes on to ask for money: e.g. send money because the bank has put a 48-hour security block on their banking app.

## Memories

We are sad to hear that our dear friend Audrey passed away in November and fondly remember her poetry recitations. We send our sincere condolences to her family.



## Diary Dates

We all look forward to being able to get together again in person in the New Year and of course, in the meantime, everyone is welcome to join in the meetings on Zoom. Anke will keep us updated about re-starting.

## Fundraising

**Give as you Live** is a shopping and price comparison website and so easy to use.



**Give as you Live**<sup>®</sup>

You can shop for products from thousands of leading online retailers and a percentage of every purchase made will be donated to Sequela.



If you shop online at Amazon, please use [www.smile.amazon.co.uk](http://www.smile.amazon.co.uk)



## Useful contacts

<b>Anke Heley</b>	01628 621574	07863 661468
Chairwoman	<a href="mailto:ankeheley@hotmail.com">ankeheley@hotmail.com</a>	

<b>Maidenhead Voluntary Car Service</b>	01628 673937
<b>People to Places</b>	01628 587920
<b>Maidenhead Care</b>	07538 418448
<b>Mohammed</b> (used by Barbara Copcutt)	07912 419856
<b>Windsor Voluntary Car Service</b>	01753 831090
Andrew Taft ( <a href="http://www.wvcs.co.uk">www.wvcs.co.uk</a> )	
Caring private-car transport for Windsor (SL4) residents	

### Newsletter editor:

Lesley MacLeod - 01628 671573 – [lesley.j.macleod@talk21.com](mailto:lesley.j.macleod@talk21.com)

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