

# The Neuro Bureau

Newsletter 29-22



## Welcome

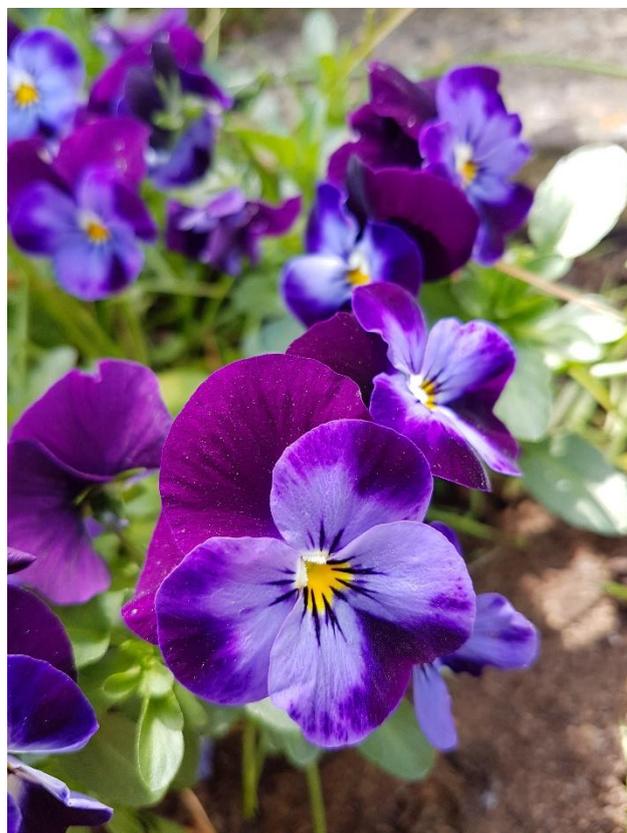
### **We may be physically challenged but we are differently able.**

Welcome to our twenty ninth 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 now meeting every Tuesday between 1030-1300 for coffee/chat/sandwiches and exercise at: The Sports Bar at Summerleaze Park, Summerleaze Road, Maidenhead, SL6 8SP.

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



## (Nearly ..) normal service resumes

Isn't it great to be back face to face! I think those of you who have joined our meetings at Summerleaze Sports bar really enjoy being back in person and saying goodbye to Zoom.

Unfortunately, lockdown has taken its toll on our membership. Some members have declined so much physically during that time that they can no longer join us, so I am trying to 'recruit' new members to keep our charity going. And that is where you all come in. Please do spread the word about us to anyone with a neurological condition who might like to join us or anyone - family, friends, your wider social circle - who might know of someone who would benefit from coming to our meetings. Here is a link to our website: [sequelafoundation.org](http://sequelafoundation.org) which you might find helpful.

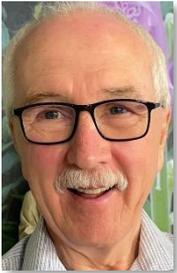
Thank you! *Anke*

Our first day back after 86 Zoom sessions ... phew! Time for chat and our first live exercise session with Conny.



## Profile: David MacLeod, Trustee & Treasurer

(... and husband of Sequela member Lesley, the newsletter editor!)



It may surprise you to know that with my name, my accent and my liking for whisky, that I was born in Northern Ireland! My mother was a farmer's daughter from a wee town called Holywood a few miles from Belfast. She met my Scottish father when he was stationed at the army barracks in Holywood during the war. They married in Holywood and lived in another wee town called Beith, in Ayrshire, Scotland.

My sister Margaret was born in Scotland in 1948. However, when I was born in 1950, my mother had decided to be with her mother in Ireland and so I was born in Holywood. Not long after having me, my mother went to England for several weeks to look after the daughter of one of her sisters who was ill. I was left in the care of my grandmother on the farm. When my mother returned, she found that I had been enjoying rather too many home-grown spuds (thanks Granny!) as can be seen in this photo!



I was brought up in Scotland and enjoyed a care-free childhood. I completed my education in the summer of 1968 and applied for jobs. I had already been offered a job at a local bank when my mother spotted an advertisement in the Daily Express for an apprenticeship scheme for BOAC (now British Airways) at Heathrow. I applied and was accepted.

In August 1968, I was in a pub in the Ayrshire town of Largs: a juke box was playing 45s, the place was cloudy with cigarette smoke. In 1968, lots more people smoked and I didn't worry that I was indulging in 'passive smoking' because the phrase hadn't been invented yet.

I was with a group of some of my best mates having our farewell celebration. We sat laughing and joking in the corner of the bar – I was still only 17 but underage drinking doesn't seem quite so reprehensible when you're one of those seventeen year olds! It was our last pub crawl before we were each to go our chosen way: I was about to leave home in Scotland to travel south to begin my working career with BOAC ... and I'd never been on a plane in my life!

I was only a few weeks away from my 18<sup>th</sup> birthday which would've made that drinking session legal; at seventeen, I was not old enough to drink in a bar, but old enough to become a working man. The word 'man' certainly seemed a generous description when I recall the night I actually left home: Saturday 1<sup>st</sup> September 1968. My father loaded up the car with my whole world packed in two huge red suitcases, suitcases which previously had been used only for holidays - temporary periods away from home - now packed to take me away permanently.

Mum and sister stood weeping on the doorstep: I sat smiling in the car hoping that all my mother could see from the doorstep was the smile and not my tears.

My father dropped me at Glasgow's Central station - no tears there of course - man to 'man'. My father had given me only one piece of advice - 'Be careful son, London is a den of iniquity'. I didn't know what iniquity meant - but the way he said it made it sound very exciting!

And ... it did turn out to be an exciting 27 years working for the airline (although I never did find that 'den' ...!) I was fortunate to work in many airline departments - in-flight catering, cabin services, ground operations, flight operations, information management and customer service training. I was able to travel extensively both on business and for holidays. One trip that will always stick in my memory was the day I flew to New York and back on the same day ... on Concorde. I had a meeting in the morning at Heathrow, left at 10.30, arrived at 09.30 for a meeting at JFK airport. I departed in the early afternoon on the same Concorde and arrived back in Heathrow around 22.00! Isn't it sad that Concorde is no longer with us?



In 1976, as part of a development plan, I spent six months as a member of cabin crew working on 747 jumbo jets. I completed 18 trips as a 'trolley dolly' and saw a lot more of the world at the company's expense.

I left BA in 1995 and spent three years with a local tech company managing teams of software engineers, graphic artists and translators to produce software products translated into foreign languages. I then had eleven years as a consultant with a project management training company near Milton Keynes and seven years managing my own project management training company. I retired in 2017 after 48.5 years at work.

I met Lesley while with BOAC and we've been married for 43 years. We have two sons, Ross and Stuart. Ross is married to Debbie and they have produced our three grandchildren - Monty, Molly and Mabel.

Many of you will already know some of my other interests which include:

- Whisky - I've had four casks of whisky bottled as a private owner. A fifth cask is maturing on the Isle of Harris, the ancestral homeland
- I'm President of the Clan MacLeod Society of England; the society promotes and preserves MacLeod heritage
- Advanced driving - a member for nearly 40 years of the Institute of Advanced Motorists and the RoSPA Advanced Drivers Association: I have to take a refresher test every three years.

For the last four years, it's been my privilege to serve as a Trustee and Treasurer for the Sequela Foundation. Sequela has been a source of support and friendship for Lesley since its beginnings in 2012 so I'm delighted to be part of its continuing valuable role in providing exercise and support in a friendly, sociable environment.

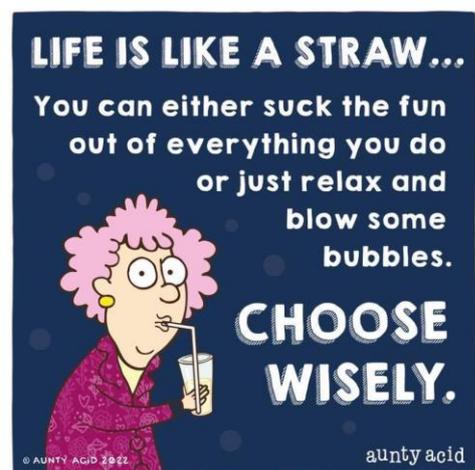
## Jenny's gems

I'd like to be the sort of friend that you have been to me;  
I'd like to be the help that you've been always glad to be;  
I'd like to mean as much to you each minute of the day  
As you have meant, old friend of mine, to me along the way.

I'd like to do the big things and the splendid things for you,  
To brush the gray out of your skies and leave them only blue;  
I'd like to say the kindly things that I so oft have heard,  
And feel that I could rouse your soul the way that mine you've stirred.

I'm wishing at this brand new year that I could but repay  
A portion of the gladness that you've strewn along the way;  
And could I have one wish this year, this only would it be:  
I'd like to be the sort of friend that you have been to me.

By Edgar Guest



And finally ... a lorry loaded with Vicks VapoRub overturned on the motorway today. Amazingly, there was no congestion for 8 hours ...

## Memories

We are sad to hear that our dear friend Gwyneth passed away in April and fondly remember her sense of humour. We send our sincere condolences to Mike and all her family.



## 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.



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



## Useful contacts

**Anke Heley**                      01628 621574                      07863 661468  
Chairwoman                      [ankeheley@hotmail.com](mailto:ankeheley@hotmail.com)

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

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**Newsletter editor:**

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