

The Neuro Bureau

Newsletter 30-22



Welcome

We may be physically challenged but we are differently able.

Welcome to our thirtieth 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: NMCC Sports Bar at Summerleaze Park, Summerleaze Road, Maidenhead, SL6 8SP.

Please note our contact number is: 07863 661468



Sequela news snippets

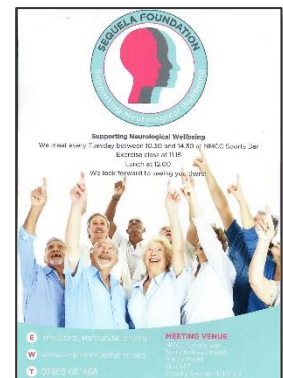
Here's a lovely photo of Anke and Sandy: they told me that they had been working hard at a Health & Wellbeing Fair held on 28th July in Maidenhead.



We'll have to assume that the pic shows them taking a short break from all that hard work promoting Sequela ...!



The Sequela publicity flyers have been updated. The committee is looking to distribute them around to local businesses where we might find new members eg doctors' surgeries, dentists, community centres, shop notice boards. If you would like some to use locally, please ask Anke for a bundle.



This 'advert' appeared in the latest RBWM Residents' Newsletter published online every week:

Royal Borough community spotlight

- **Free taster sessions at the Sequela Foundation** (Every Tuesday, 10.30am to 1pm) – NMCC Sports Bar, Summerleaze Park. The Sequela Foundation offers help and support to residents with neurological conditions such as Parkinson's, Multiple Sclerosis, Stroke or Ataxia. Each session starts with tea/coffee biscuits and chat before a 45-minute seated exercise class. For more information, visit the [Sequela Foundation website](http://www.sequela.org.uk)

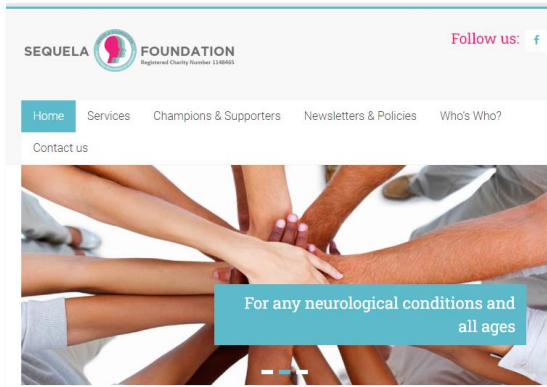


Christmas ...!!!

***** Diary date *****

Summer isn't yet over and we're looking ahead to Christmas and the annual Sequela party. We have booked Norden Farm again for **Tuesday 13th December**. Please make a note and we'll look forward to seeing you there.

SEQUELA website updated!



Have you looked at the Sequela website recently? David has taken on the role of 'Webmaster' and has made some updates.

You'll find a photo of Anke has been added to the home page and the downloadable newsletters now feature thumbnail images of the front page.

www.sequelafoundation.org: [Supporting neurological well-being in East Berkshire - Sequela Foundation](#)

Welcome to new members

Since the last newsletter was published in April, we have welcomed five new members:

Please say hello to Pam Fletcher, Jackie Lewington, John Falconer, Rita Ashmore and Bob Bottomley. It's great to have you on board.

New trustee appointed



The trustees are delighted to announce that our volunteer, Jill Webb-Morris, has accepted the invitation to join the board of trustees. Jill has taken on the role of Public Relations Officer so will be seeking out opportunities to get the Sequela name out in the local community.

Jill's neighbour is long-serving volunteer Sue and it was Sue who persuaded Jill to come along to Sequela. Jill says she is looking forward to publicising the group to attract more like-minded people and having more fun!

Memories

We were very sorry to hear that Rita (Challis) had passed away at the end of July. Anke and Sandy visited her in Thames Hospice shortly before she died.

We send our sincere condolences to all her family.



Eulogy for Murray Wheeler

David MacLeod writes: I represented Sequela at our friend Murray's funeral service on 2nd August. Murray was on Lesley's list to produce a profile for this newsletter but sadly he passed away before it could be published.

I have permission from Murray's wife and daughter to reprint his eulogy so that we have an insight to his life and achievements.

Murray really enjoyed coming to Sequela and his family asked for donations to Sequela in his memory: over £850 has been raised.

Murray was born at 2 Clare Road, Maidenhead on 11th February 1932, to parents Molly and Bob. He was the middle of three children, with an older sister Wenda, always known as Jim, and younger sister Shirley. They were a tight knit bunch, with many generations of Molly's family having lived in the Maidenhead area. He was, as Leila put it, 'a little devil' when a youngster, often getting up to mischief, especially with his great friend Tom. But it was all fairly innocent trouble, they never really overstepped the mark. Pranks such as door knocking and scrumping were the order of the day – any worse than that would have incurred the wrath of Molly, who was not to be toyed with! She would deliver a clip round the ear if necessary and would even threaten to take anyone badly behaved to have a little chat with the local bobby.

His playground was Norden Farm, when it really was still just a farm with rolling fields to race around in. Murray often said that in his youth, he and his mates were a 'right bunch of Herberts!' He attended Boyne Hill School which was next door to his childhood home 'Thorndale'. In later years, a swimming pool was built on the site, and Dilly and Janine would jump over the fence of their Nanny's house to go and swim. A neighbour of Molly and Bob's was a fishmonger, and Murray learnt everything he could about fish, often accompanying him on his rounds. This early introduction led to a lifelong love of fish and fishing, which he in turn passed on to Dilly in particular.

His first job on leaving St Luke's Senior School was repairing caravans in Taplow, and then he became an apprentice engineer at Jenkins. His third job at Vandervell kept him occupied for the following 43 years. He was in his element at Vandervell working in the tool room, refining his incredible skills as a tool maker and engineer. He worked in great detail with the tiny parts and bearings which needed intricate care. He was always smartly dressed for work in shirt and tie, completing the look with his white coat with a pencil in his breast pocket. The girls distinctly remember the smell of White Water about him which can still instantly roll back the years ...

Vandervell had a deep water fishing club which he joined, and at one point he used his considerable skills to make an experimental fishing reel with a complicated braking mechanism.

He met his wife to be, Leila, at Vandervell. She also worked in the tool room for a while and had a very good friend called Lionel. Lionel tried to set up Murray and Leila on a date. The first time the idea was put to Leila she gave a firm 'No'. Second time was for a Friday night date and she said she had to wash her hair. Third time, she couldn't think of an excuse! So, well done Lionel. Murray and Leila were married in Cookham Dean Church on Boxing Day 1953; a friend of Princess Margaret's provided the music and the reception was held at Rossmore House. It was a very posh affair! The couple went to London for their honeymoon = unfortunately, the dreaded smogs were at their very worst at that time, but I'm sure that didn't dampen their spirits too much.

Of course, one of the most exciting aspects of working at Vandervell was being involved in the manufacture of the Vanwall Special racing car. Murray had a great passion for cars, and to be working on such an iconic motor must have been a huge thrill for him. He even got to meet Stirling Moss as he drove the car to victory in 1957. All the cars that Murray owned in his lifetime were meticulously maintained, he was always tinkering about and cleaning them, to the point that the family referred to various cars as 'his precious'.

Dilly entered the world in 1958, making herself known as the one who really didn't feel like sleeping at night! Murray, Leila and Dilly were lodging with Murray's parents at Thorndale, along with his sister and her husband Jim. Later, Shirley, Chris and Ian moved in so it was all go at Thorndale! Murray was extremely fond of Ian throughout life, seeing him grow from a youngster into adulthood and enjoying his visits in later years, listening to all his stories and having a great laugh with him.

In 1959 the little family moved to Treetops, and it has remained the family home ever since. Dilly remembers walking with her dad around Halls Lane as a toddler, and he'd sit her on the trees that were shaped like horses. That's where her passion started and it certainly never left her! Holidays for the three of them were usually taken in Devon. The workers at Vandervell had to take their holidays during the shut-down when machinery maintenance took place, so this was always the last week of July - first week in August.

The arrival of Janine in 1965 completed the family unit and both girls fondly recall their childhood home as a lovely, warm and welcoming place. Many great memories have been made there over the years and even friends of the girls say that when they go round there it feels like home ...

Murray taught both his girls how to swim and Janine recalls going on many bike rides with her dad to the fly-over because he liked to look at the cars! The family had holidays in Sussex, Hayling Island, Looe and the Isle of Wight. Joined there by Jim and Ron, a lot of laughs were had, with Murray of course joining in with all the activities.

He would talk to anyone, often exclaiming that he'd met a smashing chap/lady and disappearing for a while for a chat. On holiday in Goa he struck up a friendship with a hotel porter who invited him to visit his village. The family waved anxiously as Murray was driven off into the jungle perched on the back of a very old motorbike! All was well: he had the most amazing day and the pair continued to keep in touch by letter for quite a while afterwards.

He was such a sociable man, always laughing, always joking, always seeing the positive in any situation. You couldn't help but be happy in his company - and his jokes are the stuff of legend! Of course, he found his own jokes extremely funny and would laugh so hard in the telling that it was sometimes impossible to get to the punchline.

One of the biggest delights of his life was becoming 'Gangy' to Eve, Polly, Emily and Rosie, and they all had a deep and special relationship with him. He gave them his time, his love, his support and his laughter and was a full-time presence who had an important influence on them. They all remember him singing them to sleep at night in his soft voice - not your normal bedtime songs but things like 'On a bicycle made for two' and 'White cliffs of Dover', and he made up bedtime stories about the land of quasimipodi.

He taught the girls to drive, showing great patience in doing so; Eve recalls he would test her on the many different scenarios that might just happen when she was behind the wheel! The 'spoon' joke was a particular favourite with the girls and also with their friends: his popularity wasn't just confined to his family. In fact, he even went so far as to be a taxi service for Eve, Polly and their friends after late nights/early mornings out. Murray was also very fond of his two sons in law, Will and Rob, very happy with the fact that his grand-daughters had found such fun-loving and decent men. They would enjoy having a beer together and of course, Will and Rob would always encourage him to tell some of his jokes.

Murray was a 'doer', always busy, always making something, cleaning something, preparing something. Apart from his passion for cars he was also a keen gardener. There was an allotment at the back of Treetops and he grew all manner of plants and veg. In fact he managed to produce so many runner beans that he was able to sell some to the greengrocer in the village! He loved birds, and was very knowledgeable about them, knowing their various calls and being able to imitate some of them, to the delight of his grandchildren. The birds in the garden at Treetops were always extremely well fed! He was also a good photographer, joining a camera club, and using the bathroom as a dark room. He was a great one for people watching and he particularly liked to photograph people with interesting, characterful faces. He also took pictures of more detailed and intricate subjects: machinery, hands, flowers, and of course the complex workings of the Vanwall Special.

Murray had very close relationships with both his sons in law. He and James would often fly together from White Waltham aerodrome, and he thoroughly enjoyed his trips, even though it was sometimes nerve-wracking trying to find somewhere to land! Since his early years he'd loved shooting, beating and fishing, spending a lot of time at these pursuits with his great friend Sim. Now he could share this with Janine's husband Jem, who also happened to be a car restorer. Murray must have been very happy when Dilly and Janine made their choices!

When Janine and Jem married, the Neville Hall was looking a bit drab, so Murray took it upon himself to get stuck in and do a bit of decorating. He worked like a trojan to make it look spick and span ... and they deducted a fiver off the bill for his trouble!

Murray took early retirement when Vandervell moved to Scotland and all his years of hard work meant that he and Leila had a very lovely life together. They were able to spend time visiting Dilly and James when they lived in both Japan and France and when they returned to the UK to set up home in Wiltshire; Murray would often help on their small holding. He thought nothing of just fixing a few fences, moving tonnes of manure, or doing a bit of strimming. Why change the habit of a lifetime just because you're getting older?

Murray and Leila enjoyed a long and very happy marriage and were honoured to receive a card from Her Majesty the Queen for their Diamond Wedding anniversary. As Murray's health deteriorated, he still managed to keep smiling and laughing, although the isolation that Covid caused was particularly difficult. Within minutes of a carer arriving at the house the sound of laughter could be heard; he never lost the capacity to joke. He remembered names by association, calling one of his carers Mona Lisa. Unfortunately, he never quite got the hang of Luke's name, insisting on calling him Vlad! Of course, he was also now a Great Gangy to Alfie, Charlie and Sienna, giving him even more reason to smile.



David continues: This photo of Murray was taken at the Sequela BBQ last year. He was - as always - smiling; he enjoyed nothing more than sitting with the rest of the members sharing stories and jokes. We all knew that Murray's joke was a good one long before the punch line because he was giggling so much, he couldn't get the punch line out!! Did you hear the one about the two flies? Murray never got to the punchline for this one so I was pleased to see it printed in the funeral service booklet:

Two flies in a teapot – how do you know which one is pregnant?

The one up the spout obviously! Thanks for the memories Murray 😊

Profile: Pat Tripp



I was born in Windsor, one of three daughters of Winnie from Windsor and Matthew from County Wicklow Ireland.

I had a happy childhood.

I met Alan when we were still at school and you might say we grew up together! We both loved walking and sport. We were married in Coronation year 1953.

My first job when I left school was an office junior at Horlicks, Slough. They sent me to college once a week. I ended up in the invoicing section. Alan had joined the RAF at Abingdon where he stayed for four years.

When my son was born, I ended up doing all sorts of jobs to fit in with being a young mother. Silver service waitressing, dinner lady, cleaning, babysitting and working as a telephonist / receptionist in a local builder's yard!

I went into the civil service as a Clerical Officer, first with MOD Army, then the RAF. I ended up with the MOD Navy at Ditton Park. When we moved to Maidenhead, I transferred to Local Government, working in the Finance Department at the town hall.

A few months after I retired, I was offered a part time position at St Mark's Hospital as a receptionist - in the continence department! So, I worked a further eleven years. "Saturday's child works hard for a living!"

I was Chairman of Maidenhead Floral Art of NAFAs. I taught flower arranging and created displays for weddings and festivals etc. I joined Maidenhead Bowls club where I proved useful!

At that point in our lives, my darling Alan started to go down that lonely road of dementia. It was heart-breaking to see your loved one struggling to come to terms with it, bless him! Then in 2018, I had a stroke: I was lucky being surrounded by family and friends. It didn't help Alan's situation. In 2019 having been with Colleen and Don to Cliveden, one-of our favourite National Trust properties, Alan had an aneurysm in his leg. That evening, he ended up in Frimley Hospital but because of the dementia, they wouldn't amputate the leg as it would have escalated his condition. We had him home and he spent his last few days in Thames Valley Hospice. We had been married nearly sixty-six years. Not overly exciting but I wouldn't change my life. Sequela has given me some new friends and I thank you all sincerely.

Summer barbeque

There was a great turnout at the Sequela summer barbeque on Tuesday 23rd August. Thirteen current members and guests, two former members plus all of the volunteers and trustees came along. Our friend Karen McCabe provided the musical accompaniment for a sing-a-long which was very enjoyable; Karen introduced a new twist to the old favourite, 'My bonnie lies over the ocean' where we had to raise and then lower our arms each time a word beginning with the letter 'B' was sung! It sounds easy ... !

The occasion also marked the tenth anniversary of the date when Sequela was recognised as a charity – 7th August 2012.



Pat Capp gave a speech reminding us of Sequela's beginnings and celebrating the achievement of ten years providing support for people with neurological conditions.

The raffle contributed **£214** to Sequela's funds so thanks are due to raffle ticket-seller extraordinaire – Sandy – for a job well done.

Some familiar faces from the past were available to view on the photo collage prepared by Lesley to mark the official opening of the Therapy Centre at Grove Park on 15th March 2013:



BBQ photo gallery



Athos, Porthos and Aramis ...!



Singing along ...



Now where ARE those raffle tickets?

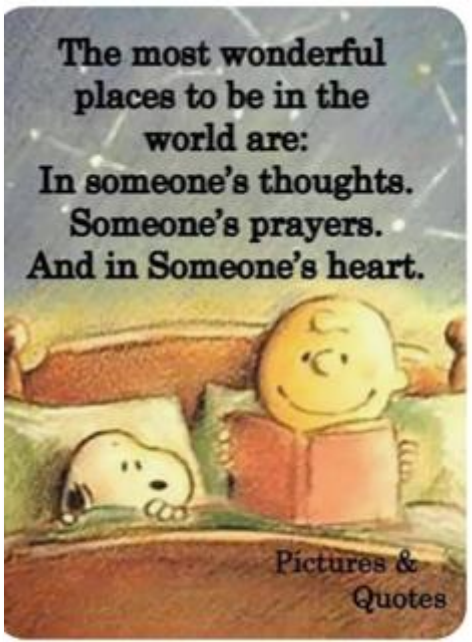


Pat's impressed by Faye's whistling skills

A yellow thumbs-up emoji with a smiling face, indicating approval or praise.



Jenny's gems



"Your call is very important to us... Please enjoy this 40 minute flute solo"

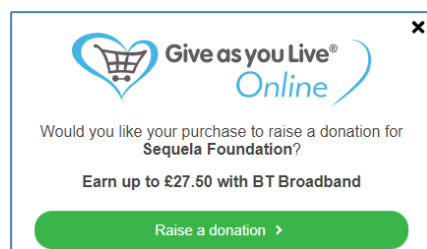
The UK used to have more electric vehicles than anywhere else in the world.

A fleet delivering local, organic produce on a next-day/subscription model, with payment after delivery, zero single-use plastics, and daily recycling pick-ups.

Fundraising



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



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.



Here's a recent 'Thank you' emailed to David MacLeod from Give as you Live showing how a purchase at John Lewis raised a 'free' £3.19 for Sequela!



Hi David,

Congratulations! Your purchase at John Lewis & Partners has raised £3.19 for Sequela Foundation. To date, you've raised £202.60.

Useful contacts

Anke Heley Chairwoman	01628 621574 ankeheley@hotmail.com	07863 661468
David MacLeod Treasurer	01628 671573 david.macleod2@btinternet.com	07719 215242
People to Places Maidenhead Care		01628 587920 07538 418448

Newsletter editor:

Lesley MacLeod lesley.j.macleod@talk21.com 01628 671573
