

The Neuro Bureau

Newsletter 31-22



Welcome

We may be physically challenged but we are differently able.

Welcome to our thirty-first 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



This beautiful flower basket was crafted by Pat Tripp for display at the Christmas lunch. Afterwards, It was presented to Anke with thanks for her leadership during 2022.

Anke's end of year message

Hello everyone,

Another Christmas and New Year are round the corner – doesn't time fly ...

Time to reflect a little on 2022 and look forward to 2023. This year I'm very happy to say we started our face to face meetings again back in February after a long time of Zoom meetings during lockdown. I think you'll all agree that it is wonderful to see each other 'in the flesh' again. Nothing like having a chat over a cup of tea or coffee before being coerced into doing some exercise.

Whilst unfortunately we cannot offer a cooked lunch like we used to, I think the sandwiches supplied by Sally have worked quite well and somehow David got into the brilliant habit of baking a cake for us every week. Each one has been fantastic, and we all look forward to more 😊 Big thank you to David, not just for the cake but also for looking after our money and website.

As always, I'd also like to thank all the trustees, our volunteers and exercise professionals for keeping up their good work, and Lesley for publishing this lovely newsletter for us on a regular basis.

We also owe a big thank you to *Right at Home* who for years have been sending us a carer to help during our meetings. Mostly it's the lovely Faye but all the carers we've had from this agency have been great.

I'm pleased to say that this year we have welcome quite a few new members and I would like to remind you to spread the word about our charity. It is still mostly word of mouth that brings new members to us. Sadly, three of our much loved members passed away this year – Murray, Gwyneth and Rita. We miss them all.

Whilst we don't know what the New Year will bring, I do hope that we will have many happy Sequela sessions filled with chat, laughter and of course some exercise. Remember: "Always look on the bright side of life". And with that in mind I wish you a merry Christmas and a very happy New Year.

With love,

Anke



Sequela news snippets

Welcome to new members

Since the last newsletter was published in August, we have welcomed two new members:

Please say hello to **Emma Scrivens** and **Gill Parkhouse**; Gill is accompanied by her mum, **Margaret**. Welcome to Sequela.

Hanging out with the celebs ...

Dee enjoyed a visit to the Wycombe Swan with Jenny Attwood to see Cinderella, starring the lovely Vernon Kay.

The obligatory selfie was arranged when Vernon asked Dee if she wouldn't mind posing with him ...



Diary dates

Our first meeting in 2023 will be on **Tuesday 3rd January** – usual place, usual time.

Profile: Jill Webb-Morris



Hi

My name is Jill, I was born in Bristol and I am the eldest of four children.

After leaving education, I spent five years in Social Work and moved away from Bristol when I married in 1975.

I continued working in Social Services, for the London Borough of Hillingdon whilst living in Osterley, Hayes, Yiewsley and West Drayton.

Eventually, we moved out to Cookham and I commuted.

I transferred from the 'field' in Social Services to Training and Administration.

I re-married, and Eddie and I had Amy, our daughter, who is now 30!!

I left Social Services and entered the world of Junior Education which I loved; I happily worked with 7-11 year-olds until I retired 19 years later.

I love going to the gym; I used to run – which my siblings find hilarious as I was never a sporty child!

We downsized three years ago and now have a very quiet life.

Sue (Sequela volunteer) was our neighbour and persuaded me to volunteer to come along to Sequela.

I was very nervous coming into Sequela but received a very warm welcome from everyone and thoroughly enjoy the company and camaraderie we have in our group.

Eddie now joins me, so it's nice to have a shared activity and interest.

I was appointed as a Trustee in June and am looking forward to publicising the group to attract more like-minded people and having more fun!

Christmas lunch at Norden Farm

Thirty-six members and guests came to our traditional Christmas lunch at Norden Farm on Tuesday 13th December.

The only problem - as the photo shows - was that it was very cold in the Long Barn. (OK, the icicles are a bit of an exaggeration!) Most of the guests kept their coats on so it wasn't the most comfortable of lunches.



However, in spite of the temperature, it was a very enjoyable occasion: the food was good, the company was excellent and the raffle was ... generous! Anke welcomed everyone and thanked the volunteers and trustees for their support during the year. Anke was then presented with the beautiful flower basket shown on the front page. The basket was arranged and donated by our very own Pat Tripp who used to be Chairman of Maidenhead Floral Art.

We complained to Norden Farm and received this response:

"Please accept our apologies regarding the heating, we switched it on at 8am when we arrived but didn't realise until much later that some of the heaters were not working.

Our caretaker changed all the fuses but this didn't work, the small fan heater is the only one we have in the building.

We will only charge for dinners eaten and we will not charge you for the drinks on arrival.

Please pass on our best wishes and apologies to the lady who isn't feeling well and we hope you consider us again for 2023."

The reduction in costs is appreciated although whether we return in 2023 will have to be discussed!

Our resident raffle ticket seller Sandy did her usual splendid job of 'persuading' members and guests to part with their pounds to support Sequela. Adding ticket sales on the day to ticket sales beforehand and the total raised was a magnificent **£210.15** - thank you Sandy!











Treasurer's report: David MacLeod

I joined Sequela as a trustee and treasurer in 2018 and it's my responsibility to look after the money and maintain proper financial records. As a registered charity, Sequela is regulated by the Charity Commission which requires that we submit an annual report. As our income is less than £25,000 pa, the report is very simple and has to state only our gross income, total expenditure and any income from Government grants.

Sequela's financial year runs from January to December and I thought you might be interested to see an update on the charity's finances.

INCOME: our income for 2022 has four main sources:

Member subscriptions (23 paid members)	£675
Donations from individuals or groups	£1,774 (incl £825 in memory of Murray)
Raffles	£424
Grants (community organisations or council)	£1,900 **

** £900 from *Louis Baylis Trust*
 £500 from *Local Giving – 'Magic Little Grant'*
 £500 from *Berkshire Community Foundation*

In addition, we have received income from Give as you Live and Amazon SMILE of £83. Remember, this is FREE money as I described it when I gave a presentation about how to sign up for these two schemes.

The £2 charged for the sandwich lunch is intended to cover the cost (£40); to date, we have paid out £840 and collected in a little more, £917, but that includes £60 in advance payments.

EXPENDITURE: our principal expenditure is of course the hire charge for NMCC Sports Bar which has been £100 per session since mid June. By the end of the year, we will have paid room hire charges totalling £3,340.

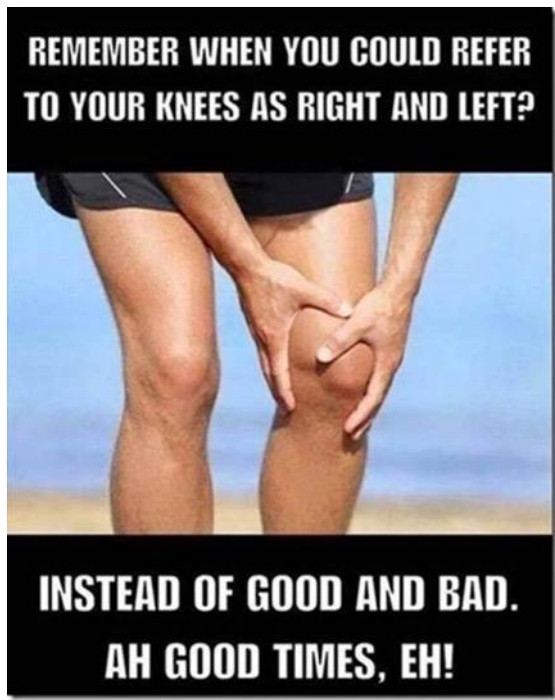
Other major expenditure categories are:

Payments to exercise professionals	£320
Public liability insurance	£220
Website hosting	£60
Printing of flyer	£149
Bank charges	£68

What the numbers don't show are the many 'little extras' contributed by our trustees/volunteers and the overpayments from many members. These are the actions that contribute to the great atmosphere at our meetings.

We will end the year with a healthy bank balance of approx. £11,400.

Jenny's gems



Humour from legendary American comedian Phyllis Diller:

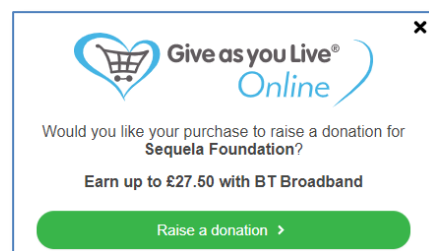
- Whatever you may look like, marry a man your own age. As your beauty fades, so will his eyesight.
- Housework can't kill you, but why take a chance?
- Cleaning your house while your kids are still growing up is like shovelling the driveway before it stops snowing.
- I want my children to have all the things I couldn't afford. Then I want to move in with them.
- Most children threaten at times to run away from home. This is the only thing that keeps some parents going.
- We spend the first twelve months of our children's lives teaching them to walk and talk and the next twelve years telling them to sit down and shut up.
- The only time I ever enjoyed ironing was the day I accidentally got gin in the steam iron.
- Old age is when the liver spots show through your gloves.
- My photographs don't do me justice -they just look like me.
- You know you're old if they have discontinued your blood type.



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.



Sequela website

www.sequelafoundation.org



Useful contacts

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