

The Neuro Bureau

Newsletter 32-23



Welcome

We may be physically challenged but we are differently able.

Welcome to our thirty-second 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/exercise and sandwiches at: NMCC Sports Bar, Summerleaze Park, Summerleaze Road, Maidenhead, SL6 8SP.

Please note our contact number is: 07863 661468



Sequela news snippets

Welcome to new member

Since the last newsletter was published in August, we have welcomed one new member, Terese Ryan. Terese is accompanied to meetings by her husband Luke.

Please say hello to Terese & Luke. Welcome to Sequela.

Defibrillator

Did you know that there is a defibrillator at NMCC Sports Bar? It's on the back wall of the building, facing the tennis courts:



Trustee David MacLeod has been nominated to attend a *First Aid* refresher training day later in April with the local St John Ambulance unit in Windsor.

The training will include instructions on how to use a defibrillator.



Welcome to our new exercise professional – Tina Smith

Tina teaches Tai Chi and joined us for the first time on Tuesday 28th March.. Tina provided a most interesting history of the practice of Tai Chi and we had a very enjoyable first session.

Memories

Our dear friend Hilda Kinloch passed away on 24th February. David represented Sequela at her funeral on 21st March

Her daughter Joanna mentioned in her eulogy that Hilda took great enjoyment from the meetings at Sequela.

The family nominated Sequela and Parkinson's UK as their supported charities for donations. To date, we are grateful to have received £250 in donations in Hilda's memory.



Profile: Judy Percy

Editor's note: I asked Judy to tell us a bit about herself. Judy is our long-standing Trustee: the setting up of Sequela in 2012 was due in no small part to tireless efforts by Judy and others.

It begins with a day of success: I was born on 1st June 1944 (D-Day) in a tiny village in Lancashire and from early on, I always wanted to be a nurse.

At the age of eight, I enrolled as a junior member of the British Red Cross Society where I stayed for the next ten years learning to be a First Aider and care for young babies!

At school, like many others, I followed O levels and then A levels, one of which came in useful forty years later! (watch this space ...)



To follow my passion for nursing, I applied to five top London hospitals to train; they were St Thomas, Guys, Middlesex, Barts and the London. I was accepted at all five and eventually chose Barts. This was an old established hospital known as the Royal and Ancient as it was founded in 1123.

On a very freezing morning I struggled to get the train to London and was accepted at Barts – much to the surprise of my headmistress who thought I had no chance of getting a place at a big London hospital, being from a 'Northern' town.

After seven years at Barts where I was trained to get my SRN certificate and serve my 'pay back' year. At that time, I had married and moved out of London to Maidenhead. I took a job in a Path Lab doing phlebotomy and met a great many Jewish ladies and gents who were holocaust survivors.

While I was in Maidenhead, I was gifted with two children – Sara and Robin. Sara took up riding and Robin, hockey and rugby which meant that both of them produced notable amounts of washing!

Having now two children in tow, I got a job and training to become a District Nurse. For that, SRN was not sufficient – I had to get a QN (Queen's Nurse) qualification so I could be legal in the community!

After twelve years 'on the District', I applied for a post in the Neurology Unit which at that time were starting up the distribution of beta-interferon for the treatment of MS. We had a high percentage of patients with MS in the community in Maidenhead.

Usefully while working on the District, I had part-time weekend work for many years looking after a private patient with MS who was practically tetraplegic; I learnt a great deal from that experience.

While still on the District, I applied for a one-day a week leave teaching at the Marsden Hospital in London to gain a BSc degree in Palliative Care. This was run through Manchester University but to get on the course, I had to have education to A level; I already had that with my A level on Zoology some 60 years before! I graduated with my BSc and with that, I was allowed to apply for a Clinical Specialist post at Reading Neurology where I met a lot of MS patients and saw all the benefits they had with the MS Therapy Centre across the road.

Once I had that post as Clinical Specialist MS Nurse, my consultant wanted me to do a research post at the London Hospital to prove that an MS nurse did save the general hospital money - £2k, in keeping an MS patient out of hospital due to preventative care.

This background and experience led to my request to join Sequela. So, here I am, from success on D-Day to Sequela!!

A satisfied customer ..

None of us could fail to know that 'pancake day' was on Tuesday 21st February ... and the reason for that is because Kevin broadcast the date for at least the two months before, just to make sure that everyone was aware of his penchant for pancakes!

He was duly served up with pancakes, lemon and sugar.

Keep your fingers crossed that Kevin will now quieten down until Tuesday 13th February 2024!



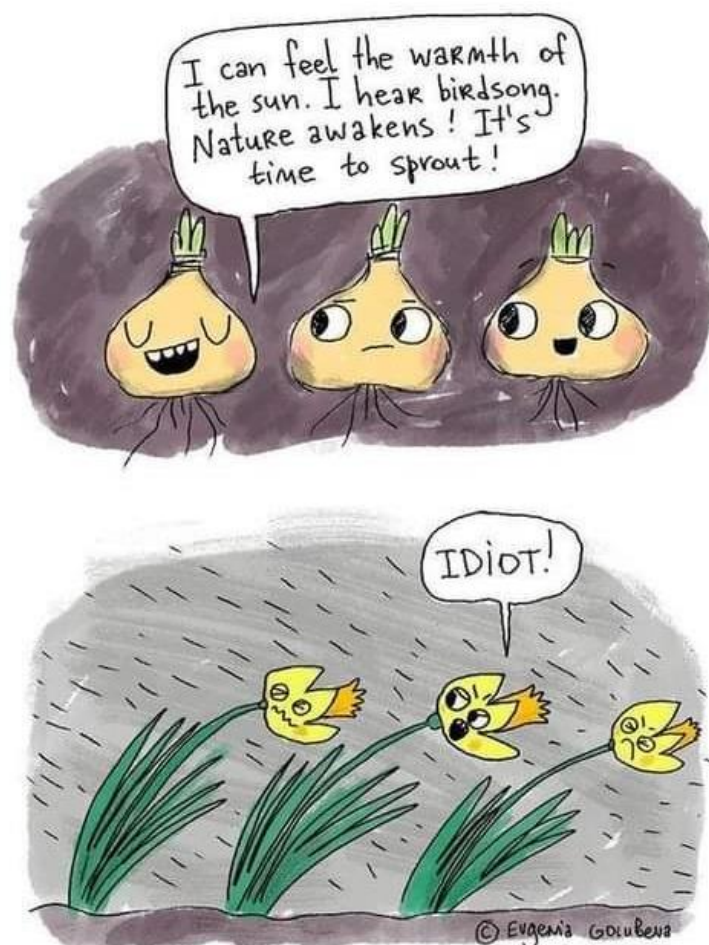
Exercise with Faye

In the last few months, the lovely Faye from *Right at Home* has extended her help to include running exercise sessions for us. I think we all know the words to 'My old man's a dustman' off by heart now ... 🎵. Thanks Faye!



Jenny's gems

- The biggest joke on mankind is that computers have begun asking humans to prove they aren't a robot.
- It's weird being the same age as old people.
- Just once, I want a username and password prompt to say 'CLOSE ENOUGH'
- If I am ever on life support, switch me off at the plug and switch me back on again ... see if that works.
- Do you ever wake up in the morning and look in the mirror and think ... "That can't be true?"
- Last night the internet stopped working so I spent a few hours with my family. They seem like good people ...
- You know you are getting old when friends with benefits means having someone who can drive at night.
- Weight loss goal: To be able to clip my toenails and breathe at the same time.
- Some of my friends exercise every day. Meanwhile I am watching a show I don't like because the remote fell on the floor.
- Now that I have lived through a plague, I totally understand why Italian renaissance paintings are full of fat people lying on couches.
- Now that we have everyone washing their hands correctly ... next week ... using a knife and fork.



Sequela smiles

**I JUST POSTED
A SELFIE AND
PEOPLE TOLD
ME TO GET
WELL SOON!**

My wife sent me a text,
"Your great"

So, naturally, I wrote back,
"No, you're great"

She's been walking around all
happy and smiling.

Should I tell her I was just
correcting her grammar or
leave it?

**I signed up for an
exercise class and
was told to wear loose
fitting clothing...**

**If I HAD any loose
fitting clothing, I
wouldn't have signed
up to begin with.**

**Last night I ordered a glass of
wine with my dinner and the
waiter asked for my ID. I replied
do I look that young and the
waiter said "No. I just wanted to
see if you qualified for the Senior
Citizen discount."**



**You know you've
sunken to new lows
when you refer to a trip
to the supermarket as
'going out'**

**An elderly man thinking his
wife was losing her hearing
went about 20' behind her
and asked "Can you hear me
sweetheart?" No reply. Moved
to 10' and inquired again. No
reply. 5' and not a word. A
few inches behind ear, he
asked "Can you hear me now
honey"? His wife said "For the
fourth time, yes."**

**YOU KNOW YOU'RE
GETTING OLD WHEN YOU
BARELY DO ANYTHING
ALL DAY, BUT STILL
NEED TO HAVE A NAP
TO CONTINUE TO DO
BARELY ANYTHING.**

**I will be posting
telepathically today.
So if you think of
something funny,
that was me.**

