

# The Neuro Bureau

Newsletter 33-23



## Welcome

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

Welcome to our thirty third 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

Since the last newsletter was published we have welcomed new members, Bette & John Young. Please say hello and welcome them to Sequela. We have also had our first session from new exercise professional, yoga teacher Stephanie Burnett – thanks for joining the team.

### Christmas lunch ...!

As Kevin reminded us all recently, Christmas is fast approaching! We have our Christmas lunch date on Tuesday 19<sup>th</sup> December and we are booked back at Maidenhead Golf Club. Please make a note in your diaries.



### Check your cheques!

Our treasurer David reports: I had a recent squabble with our bank, HSBC. I paid in a cheque to the local branch using the cheque pay-in machine (no humans – the Maidenhead branch is a digital branch!).

The cheque was accepted but several days later, a human called to say that the cheque had been rejected because it was made out to 'The Sequela Foundation' and the name on our account is ... 'Sequela Foundation' ...! I collected the cheque and tried to reason with them, but they were unmoved. I've written to complain and I'll let you know the outcome. So, if you write a cheque, please make it payable to 'Sequela Foundation' ...!

## The English Lesson

by Anonymous

We'll begin with box, and the plural is boxes;  
But the plural of ox should be oxen, not oxes.  
    Then one fowl is goose, but two are called geese,  
    Yet the plural of moose should never be meese.  
You may find a lone mouse or a nest full of mice,  
Yet the plural of house is houses, not hice.  
    If the plural of man is always called men,  
    Why shouldn't the plural of pan be called pen?  
The cow in the plural may be cows or kine,  
But the plural of vow is vows, not vine.  
    I speak of my foot and show you my feet,  
    If I give you a boot, would a pair be called beet?  
If one is a tooth, and a whole set are teeth,  
Why shouldn't the plural of booth be called beeth?  
    If the singular is this and the plural is these,  
    Why shouldn't the plural of kiss be named kesse?  
Then one may be that, and three may be those,  
Yet the plural of hat would never be hose;  
    We speak of a brother, and also of brethren,  
    But though we say mother, we never say methren.  
*So our English, I think, you all will agree,  
Is the craziest language you ever did see.*

## Profile: Rita Ashworth

I am Rita - I was born and brought up in Staveley a small mining town near Chesterfield, Derbyshire. I have two younger sisters.

After attending local schools I worked as a Scientific Technical officer (posh name for lab tech) at the National Coal Board. I did day release at Chesterfield College. I worked in accounts for Paton and Baldwin in Matlock and much later at Slough Magistrates Court.



Fred and I married when we were both 20. We had been together since school (different schools). Our son Mark was born four years later. We moved around a lot as Fred was in the Police force first in Derbyshire and then in Thames Valley Police. We had 8 homes in 20 years!

We have been in Maidenhead for 39 years. It has been a happy place for us. I joined quite a few organisations and met lots of people and made friends. I was President of The Maidenhead Women's Group, a friendship group where we exchange cultural visits with the twin towns and Salzburg. I met and enjoyed the friendship and hospitality of many ladies in Europe.

I belong to two Art Societies. I enjoy reading, photography, arts, puzzles, watching TV, the Theatre and travel. My passion is cricket!

I have liked very much being a member of Sequela and I am grateful for the warm welcome I received.

## The Barbecue

29<sup>th</sup> August 2023



An indoor barbecue with good food supplied by Sally, plus great accordion music and patter from our friend Keith.



## SEQUELA boat trip – 8<sup>th</sup> August 2023

### ***All aboard please!***

The Caversham Lady was our transport for a two hour trip on the Thames from Caversham Pier.



The short cruise included an afternoon cream tea so there were the inevitable arguments about 'cream or jam first?' on the scones - either way, they were delicious and enjoyed by everyone.



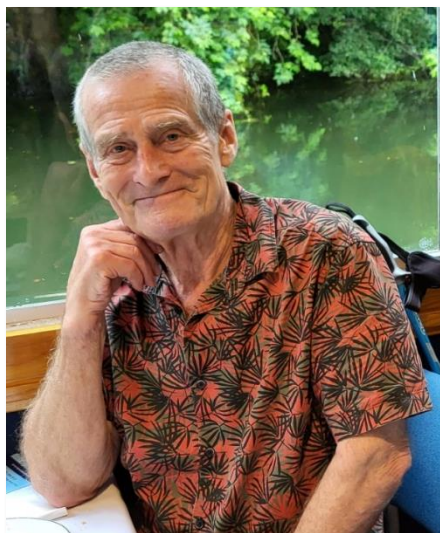
The boat departed Caversham Bridge and headed West to Mapledurham.

Captain Simon provided a full commentary about all the sights by the river but I think the onboard chat proved to be rather more interesting!

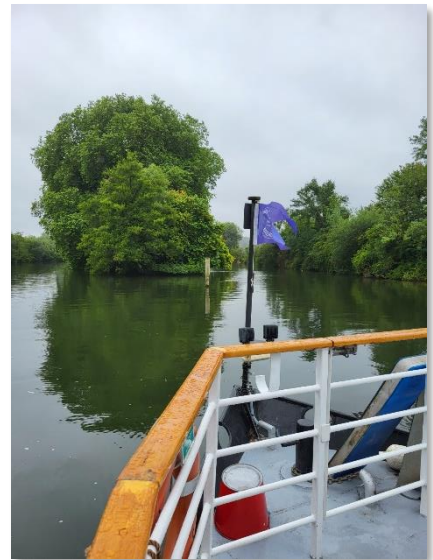
A very pleasant trip.



The weir at Mapledurham Lock.







## Jenny's gems

### Welcome to Holland

by Emily Perl Kingsley

I am often asked to describe the experience of raising a child with a disability - to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this ...

When you're going to have a baby, it's like planning a fabulous vacation trip - to Italy. You buy a bunch of guidebooks and make your wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The flight attendant comes in and says, "Welcome to Holland."

"Holland?!?" you say. "What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy."

But there's been a change in the flight plan. They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.

So you must go out and buy new guidebooks. And you must learn a whole new language. And you will meet a whole new group of people you would never have met.

It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around ... and you begin to notice that Holland has windmills ... and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy ... and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say "Yes, that's where I was supposed to go. That's what I had planned."

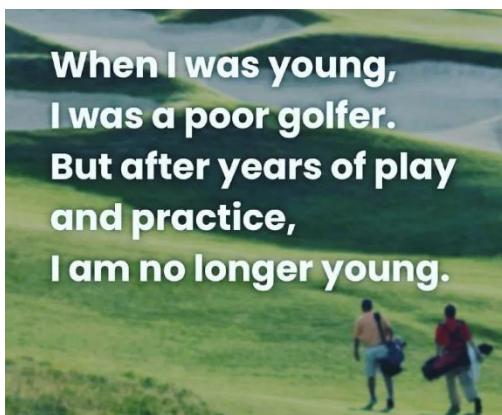
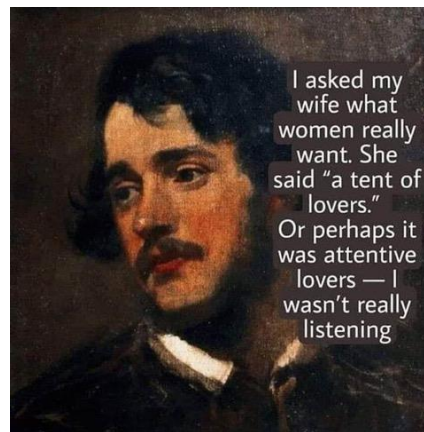
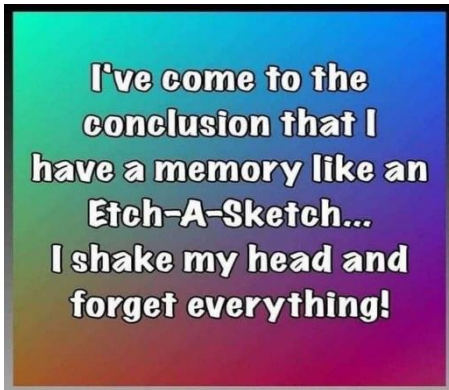
And the pain of that will never, ever, ever, ever go away ... because the loss of that dream is a very, very significant loss.

But ... if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things ... about Holland.

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## Sequela smiles



**I ran into my ex. yesterday**



**I think senility is going to be a fairly smooth transition for me.**



## 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.

## Grants

Anke reports that Sequela has benefited from **three grants**:

The Berkshire Community Foundation awarded **£600** to help with the weekly hire charges we pay for the Sports Bar.



The Shanly Foundation provided a grant of **£1,000**.

The Louis Baylis Charitable Trust donated **£600** towards the cost of our barbecue.



## Sequela website

[www.sequelafoundation.org](http://www.sequelafoundation.org)



## Useful contacts

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