

The Neuro Bureau

Newsletter 36-Sep24



Welcome

We may be physically challenged but we are differently able.

Welcome to our thirty sixth 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. Recent newsletters can also be downloaded from the Sequela website – sequelafoundation.org.

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



Christmas Lunch date

Christmas lunch ...!

We have our Christmas lunch date on **Tuesday 10th December** once again at Maidenhead Golf Club.
Please make a note in your diaries.



Memories

We remember Pat Tripp, Barbara Copcutt, Sandy's husband Bob and Judy Percy, Sequela's Honorary President. It is with great sadness that we learned of their passing and our thoughts are with all their family & friends.

Brain Gym with Tina

In addition to teaching us Tai Chi Shibashi, Tina also recommends several exercises to keep our brains active. Some of these exercises have proved to be 'challenging'! As Tina says, 'Practice makes perfect' so here they are for us all to practise every day.



- 1) Rabbit fingers on one hand, gun shape with other hand, then alternate shapes on each hand:



- 2) Stick out thumb on one hand, little finger on other hand - alternate



- 3) Hold nose with right hand while holding right ear with left hand, then alternate nose and opposite ear by crossing arms
- 4) Turn one palm up, turn other palm down - alternate
- 5) Extend one arm vertically up, extend other arm horizontally out - alternate
- 6) Pat head & rub tummy at same time - alternate

All cross body movement is good and uses both sides of the brain.

Tony's reunion

Long-time Sequela member Tony Markwell recently enjoyed a reunion with Brian, a friend that he hadn't seen for 60 years. They last met when they were in their early 20s. These are a few of their memories as they reminisced together and heard about the life the other has had.



Tony	Brian
We both grew up on the bomber estate, named for the planes in the war. I was in Lancaster and you ...	I was in Blenheim. We grew up there, playing football, going down to the cricket ground to see the Vikings
... and going down the local pubs. We used to throw darts	We didn't go to the same school; I was at Gordon and you were ...
... at Cookham Rise. We saw each other at the weekend and were always at the other's house	Your mum did give me an earful when I called her 'Dot'. We left school about 15 anyhow. I was working as an electrical engineer
For my old man, I was the boss's son. Still, we all went out together at this time. The rock and roll scene had come in and we all went to bars	... and then you joined the navy
The merchant navy. I went out to the Panama Canal and when I got back, I got out. I met someone at church - she used to sing in the choir - and I listened and thought 'that's my girlfriend'. We married when I was 19 or 20 and had three daughters together	We were busy around now and started to drift apart. I got married at 21 and had three daughters as well. After that, I continued my work but at a lot of different places, including working on some large turbines
I can't do anything on my own - if I had three daughters, so did he!	We were inseparable

Summer Fun -river trip & BBQ

River trip: we took to the river Thames again on Tuesday 6th August on the Caversham Lady.
(Can we call it an 'annual boat trip' yet?!)





Summer BBQ

David reports: we gathered in the marquee at the Sports Bar on Tuesday 27th August to enjoy our indoor 'BBQ'. Sally and her team produced a tasty selection of cooked meats, chips and (the healthy bit) salad. This was followed with a delicious selection of desserts.

The bar was open and did a good trade. Kevin's suggestion that it should be a feature of our regular meetings will be considered by the committee ...

Entertainment came in the form of the raffle which provided multiple shouts of 'put it back' as several lucky ticket-holders won more than one prize. On the other hand, Tony's regular shouts of "is that my number?" sadly didn't influence the outcome.

Thanks to Anne and Sandy's efforts selling raffle tickets before and on the day, the raffle raised the very welcome figure of £200 for Sequela's coffers.

Barbara's Autumn Apple Cake recipe

Ingredients:

Capture the essence of autumn with this meltingly gorgeous apple cake. It's quick and easy to make as a seasonal dessert or a tasty tea-time treat.

- 225g butter, softened
- 225g caster sugar
- 225g self-raising flour
- 3 large eggs
- 2 tsp baking powder
- 25g ground almonds
- 450g Bramley apples **
- 1 lemon, grated zest & juice
- 1 tbsp demerara sugar

** David used Anke's apples 😊



Method:

Pre-heat oven 180°/fan 160°/gas 4
Grease and line a 23-24cm loose-bottomed cake tin

Peel, core and cut apples into 1cm pieces and toss with the lemon juice

Cream together the butter, sugar and lemon zest until pale and fluffy

Beat in the eggs one at a time, adding a little flour each time

Sift in the remaining flour and baking powder and fold in the ground almonds

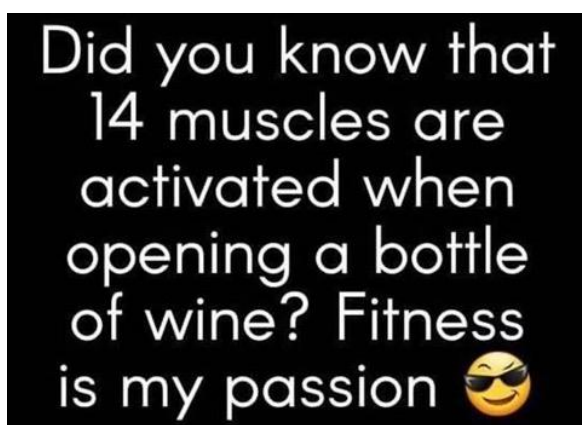
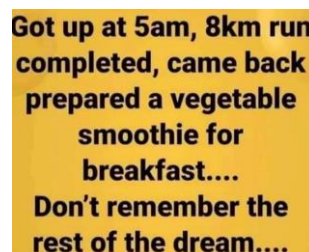
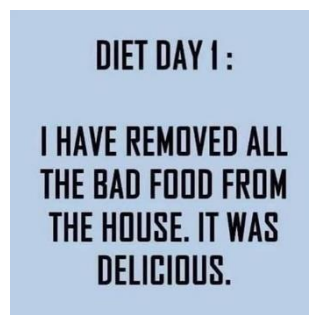
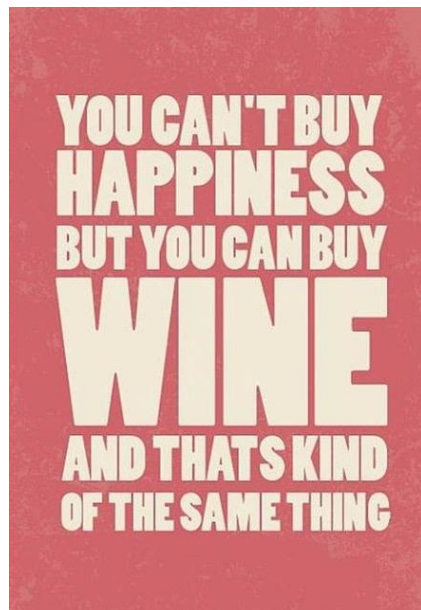
Drain the apple pieces well and stir into the mixture

Spoon into the prepared cake tin, level and sprinkle with the demerara sugar

Bake for 1hr until well-risen, brown and a skewer comes out clean

Leave to cool in the tin for 10 minutes before removing. Dredge with caster sugar and serve

Jenny's gems



I LOVE TO MAKE LISTS
I ALSO LIKE TO LEAVE
THEM ON THE KITCHEN
COUNTER AND THEN
GUESS WHAT'S ON THE
LIST WHILE AT THE
STORE



Sequela website

www.sequelafoundation.org



Useful contacts

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