

The Neuro Bureau

Newsletter 38-April 25



Welcome

We may be physically challenged but we are differently able.

Welcome to our thirty eighth 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.

Since 3rd January 2025 we have been meeting every **FRIDAY** between 1030-1430 for coffee/chat/exercise and sandwiches at:
St Mark's Crescent Methodist Church, St Mark's Crescent, Maidenhead, SL6 5BQ

Please note our contact number is: 07863 661468



News snippets

Our new meeting venue

This photo was taken at our first meeting of 2025 on Friday 3rd January. We have now had 12 meetings at the church and have settled in comfortably after a few chilly sessions during January and February!



Sally Lane

Our move to a Friday meeting means that Right at Home are able to provide a carer only on alternate weeks. Fortunately, our long-time supporter, Sally Lane, is able to provide help when Right at Home cannot attend.

Sally is a qualified carer and is available to assist members with their care needs. Sally is also an experienced masseuse and is offering hand, neck, shoulder, back, leg and feet massage for £5 to be paid directly to Sally.



Easter raffle

Sandy, our 'Raffler in Chief', used her skills of persuasion to encourage sales of lots of raffle tickets to raise a very welcome contribution to funds of **£192**. Thanks to Sandy 🙏 and to everyone who bought tickets.

Sandwiches

When our sandwich provider at the Sports Bar, Sally Jordan, advised us that she wouldn't be able to continue after our switch of days, we had to find a new supplier. We looked at several options and are currently buying the sandwiches from Greggs in Maidenhead. Anke or Jill collect the sandwiches early on Friday morning. Because of the extra cost, we have increased the charge from £2.50 to £4. If you don't take the sandwiches, we are asking for a donation of £1 as a contribution to our funds.

Speakers and entertainment

The extended time now available to Sequela at the Church means that we have used time after our sandwich lunch to enjoy several guest speakers on a range of interesting topics as well as some fun and entertainment.

We have had a 'beetle drive' organised by Jill, several quizzes plus bingo sessions run by former volunteer, Jenny; Jenny still provides content for the 'Jenny's gems' section of the newsletter.



Draughtbusters

Andrew Ingram from Draughtbusters joined us to explain their **free** service which involves coming to your home and checking where you might be losing heat through draughts, fixing what they can or signposting you in the right direction if they can't. Contact details:

RBWMdraughtbusters@gmail.com

07548 594413

News 2

Lee from Right at Home visited to brief us on '**News 2**'. This is the second version of a downloadable NHS app named the '**National Early Warning Score**' which improves the detection and response to clinical deterioration in adults.



More information is available online here:
www.england.nhs.uk/ourwork/clinical-policy/sepsis/nationalearlywarningscore/

The Tuesday Singers



The Ukelele Band from the U3A



Maidenhead Community Watch Association

John Diack came along from *Maidenhead Community Watch* which is an independent association not connected to Neighbourhood Watch.

They work in partnership with other organisations that you will be familiar with: Fire Service, Lions – Message in a Bottle, Draughtbusters, Optalis and others.

They provide free reviews of home security to vulnerable and elderly residents, offer and will install an extensive range of security equipment and services eg personal alarms, door viewers, security wall lights sensor alarms, purse bells, property markers and more – all for free!

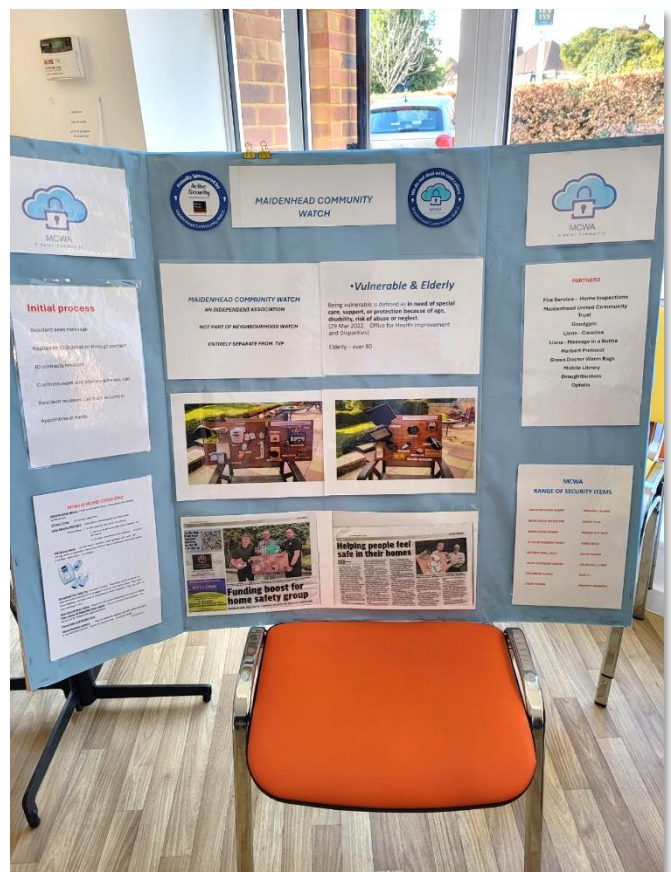
If you would like to arrange a visit from John or one of his team of volunteers, these are his contact details:

John Diack

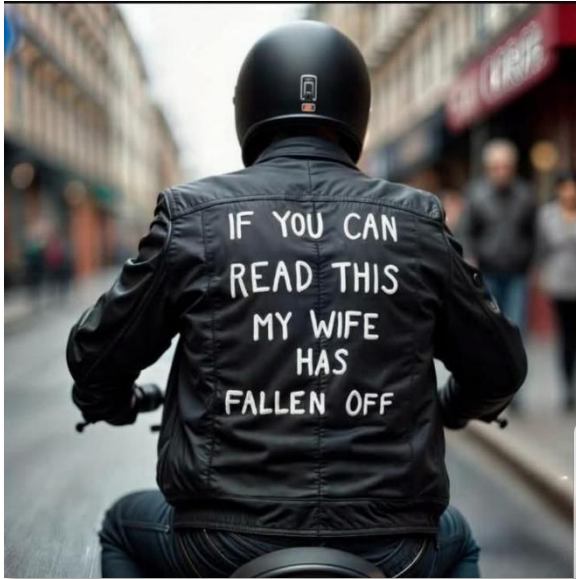
jrdmcw@gmail.com

01628 622876

07719 929693

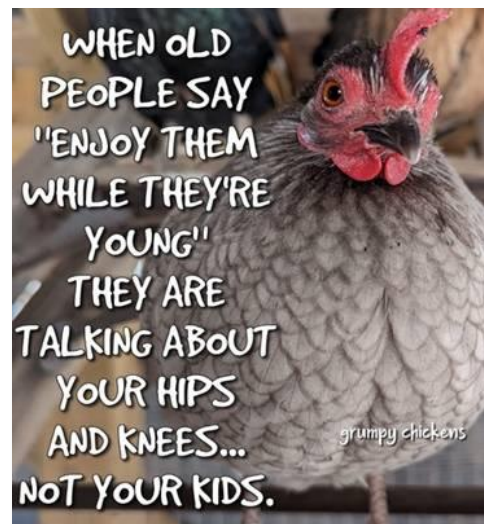


Jenny's gems



Texting for Seniors ...

BFF	best friend fell
BTW	bring the wheelchair
TTYL	talk to you louder
BYOT	bring your own teeth
LMDO	laughing my dentures out
FWIW	forgot where I was
IMHAO	is my hearing aid on?
OMMR	on my massage recliner
LOL	little old lady
WAITT	who am I talking to?
ATD	at the doctor's
ROFLACGU	rolling on the floor laughing and can't get up

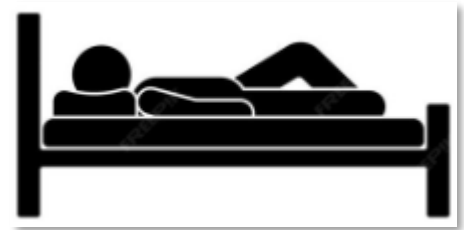


Lesley's lexicon

Hurkle-durkle

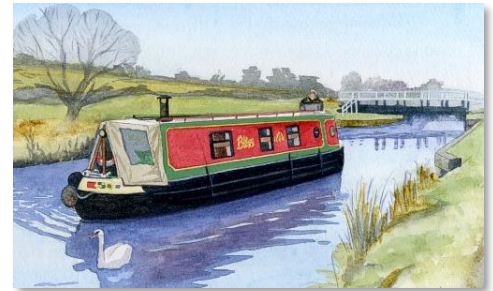
A two hundred year-old Scottish term (David had never heard of it!) meaning to lounge in bed long after it's time to get up.

Happiness is Hurkle-durkling ...!



Gongoozler

Word of the week (Times 28th March) is **gongoozler**. Originally this described someone who stared at canals (it is so easy to do) but now the definition has expanded to include *someone who stares protractedly at anything*. It is one of those words that is great fun to say.



Sequela website

www.sequelafoundation.org



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