

# The Neuro Bureau

Newsletter 41-Apr 26



## Welcome

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

Welcome to our 41<sup>st</sup> 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](http://sequelafoundation.org).

We meet every **FRIDAY** between 1030-1400 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**



## Fundraising report

### Update on support from Lloyds Bank in Maidenhead

We reported in the last newsletter that the total looked likely to exceed £1,600. In fact, the final total achieved in the Christmas fundraiser by the Maidenhead branch of Lloyds Bank was a whopping **£2,124.65**.



This is a marvellous total and a great boost to our funds. Thank you to Kerry and her colleagues at Lloyds Bank for organising the raffle to raise the money through ticket sales in the bank.

### Naomi Riches fundraiser

The former paralympian rower, **Naomi Riches** presented a motivational talk at Maidenhead Rugby Club on the 19<sup>th</sup> February and donated the proceeds to Sequela – thank you Naomi!



Visiting Angels, a local Home Care provider, supported the event by paying for the venue hire and developing the promotional material – thank you to Visiting Angels!



Anke pictured with Naomi and the lovely Ritisha from Visiting Angels.

The total raised, including the proceeds of the Silent Auction and several post-event contributions, was **£1,606**.

### Support from Maidenhead Rock Choir

We are delighted to report that the Maidenhead Rock Choir has decided to support Sequela as one of its nominated charities this year.



They had a most successful and fun evening at the Golden Ball pub quiz on the 2<sup>nd</sup> March. A total of £1,050 was raised from the entry fee and the raffle prizes. All the prizes were donated either by local businesses, Rock Choir member business connections and personal Choir member gifts.

The proceeds have been shared equally between East Berks MNDA and Sequela Foundation, meaning that Sequela received a donation of **£525**. Thank you to the Rock Choir!

## News snippets

### Pam Boardman

Anke and David represented Sequela at Pam's funeral on 8<sup>th</sup> April. Pam's daughter Kim set up a donation page because she wanted to support Sequela as it meant a great deal to Pam.

Kim said, "After her stroke, Mum found comfort, purpose and friendship through the Sequela Foundation. It was somewhere she genuinely looked forward to going each week. The activities, the welcoming environment, and the chance to spend time with others who understood life after stroke gave her a sense of normality and connection during an incredibly challenging time. For Mum, it was much more than a group; it was a place where she felt understood and supported."



Kim's thoughtfulness has raised **£315** for Sequela in Pam's memory.

### Updating your personal information

David recently distributed an individual letter to each member and volunteer containing a copy of their contact and medical information held by Sequela. Thanks to everyone who updated their details.

A paper copy of this information is now in each member's Sequela name badge to make it accessible in case of an emergency.

Sequela has a published Privacy Policy that explains how we keep your information safe. The information you gave us is recorded in a password-protected spreadsheet. This information will be held in a secure area on the Sequela website.

### Spring raffle

Sandy and helpers sold lots of raffle tickets and raised £215.10; Anke also sold tickets to members of the BNI group and raised a further £86 making a total of **£301.10** for Sequela's funds. Thanks all!

### Caption competition

Last month, our esteemed leader forgot the keys to the church. While she dashed back home to get them, this provided the opportunity for our volunteers to briefly relax in the garden.

A prize will be awarded for the best caption ... 🗣️🗣️🗣️



## Sequela promotional video

A short three minute promotional video has been produced to give an overview of what Sequela is about and how the charity originated.

David created a storyboard - a visual planner for the sequencing of text, photos and videos - wrote a script for the video and recorded the voiceover. He sent these items plus the photos and video clips to Lesley & David's son Stuart who edited it all together to create the final product.

The video is now available on Sequela's Youtube channel; if you are reading this newsletter on an electronic device, just click this link to view the video:

<https://youtu.be/fCdChA6QPGs>



There is a link to the video on the front page of our website

## Sequela's partnerships

Last year, Sequela entered into partnership with two organisations. Both of them offer products and services which could be valuable to you, our members, or your friends and family – please tell them!

Information and links can be found on the front page of the Sequela website.

Get more choice, value and service with a Personal Travel Consultant. Our recommended **Not Just Travel** Consultant, **Louise Stroud**, will help take all the stress out of planning and booking your next holiday.



If you just want some inspiration, talk to Louise on **07941 271405**. She has lots on offer from cruises to coach trips departing from Maidenhead.

**Tina Hancock** from the **Utility Warehouse** offers a free no obligation look at your gas, electricity, broadband and mobile phone bills. If they can find you a better deal, you can switch all or some of these services and they do it all for you. If not, there is no cost, so you've got nothing to lose.



For both of these partnerships, Sequela Foundation will receive a commission payment for any product or service booked. One of Anke's friends recently used Not Just Travel to book a holiday and Sequela received **£109** ...! Spread the word.

## Jenny's Gems

A hacker called me and said he had all my passwords; I got a pen and paper and said, "Thank God for that, what are they?"

I've been in bed for 20 minutes and I've just remembered that I only came upstairs for a pen ...

My doctor asked if anyone in my family suffered from mental illness. I said, "No, we all seem to enjoy it"

I did some financial planning and it looks like I can retire at 97 and live comfortably for eleven minutes ...

Strange new trend at the office. People are putting names on food in the company fridge. Today, I had a tuna sandwich named Linda

I'm not saying I'm old ... but when I was in school, we made our parents ashtrays for Christmas

I might wake up early and go running. I also might wake up and win the lottery. The odds are about the same ...

Did you know that 14 muscles are activated when opening a bottle of wine? Fitness is my passion ...

A penny for your thoughts seems a little pricey

Life's short. Make sure you spend as much time as possible on the internet arguing with strangers about politics

Last night, my wife asked me if I'd seen the dog bowl. I said, "I didn't know he could."

I got so drunk last night, I walked across the dance floor to get another drink and won the dance contest

My workmate said to me today, "You should never eat croissants for breakfast!" I told him, "My grandmother lived to 100 years old." He asked, "Did she eat croissants for breakfast?" I said, "No, she minded her own business."

If you've never tried blindfold archery, you don't know what you're missing

My boss calls me 'The computer'; nothing to do with my IQ – I go to sleep if left unattended for five minutes

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## Sequela website

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

Copies of the four most recent Sequela newsletters can be viewed and/or downloaded from the website.

There is a link to the Sequela video on the home page.



## Useful contacts

**Anke Heley**                      01628 621574                      07863 661468  
Chairwoman                      [ankeheley@hotmail.com](mailto:ankeheley@hotmail.com)

**David MacLeod**                01628 671573                      07719 215242  
Treasurer                        [david.macleod2@btinternet.com](mailto:david.macleod2@btinternet.com)

**People to Places**    01628 587920  
**Maidenhead Care**    07538 418448

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