

The Neuro Bureau

Newsletter 35-Apr24



Welcome

We may be physically challenged but we are differently able.

Welcome to our thirty fifth 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



News snippets

Diary dates:

At a recent Trustee committee meeting, a provisional date for a summer boat trip was put in the diary: **Tuesday 6th August.**

Last year's trip on the Caversham Lady was enjoyed so we will plan to do it again this year. A booking hasn't yet been made so pencil the date in your diaries and it will be confirmed.



The committee will also look to organise the usual summer barbeque but a date hasn't yet been agreed.

Safeguarding

As Sequela has members designated as 'adults at risk', the Charity Commission expects us to have a safeguarding lead. This is the individual who would respond to concerns about an adult at risk and ensure referral to statutory services.

When Judy stood down from the committee, the responsibility as [Designated Adult Safety Manager](#) was assigned to Anke and the [Deputy Designated Adult Safety Manager](#) is Jill.

'Policies'

Sequela has three published policies; these are available to view/download from our website:

Privacy Policy
Safeguarding Policy
Equality and Diversity Policy

Memories

Several of you will remember Nancy Day and it was with great sadness that we learned of her recent passing. With her carer's help, Nancy continued to join us online during lockdown.

David represented Sequela at her funeral service on 11th March.

Tai Chi with Tina

Tai Chi is an age-old practice that calms body and mind. Tai Chi (actually Tai Chi Chuan) translates to:

Tai Chi - supreme, grand or great
Chi - ultimate, extreme or what is on top
Chuan - fist, palm or boxing

There are many spellings:



Tai Chi
T'ai-Chi
Tai Ji
Taiji
Tai Chi Chuan
Tai Chi Ch'uan
Taijiquan
Taijizhang



Tai Chi can have different definitions "a Chinese system of physical exercises designed especially for self defence and meditation", "a Chinese system of slow meditative physical exercise designed for relaxation, balance and health", or "an internal Chinese martial art practiced for both its defence training and its health benefits".

Tai Chi is one of the best known martial arts of the internal systems from ancient China. It is based on Qigong (pronounced Chee Gong) and martial arts techniques from thousands of years ago. It is not a religion or belief system.

There are 5 primary families of Tai Chi, Chen style, Yang style, Wu style, Hao style and Sun style. Each of these styles shares similar essential principles but contains different features and characteristics.

Tai Chi has 108 moves which when practiced are referred to as "the form". Often shorter forms are practiced i.e. "Yang style 24 short form".

I practice Yang style Tai Chi which is the most popular and widely practiced style in the world today.

The essential principles of Tai Chi are based on the ancient Chinese philosophy of Taoism, which stresses the natural balance in all things and the need for living in spiritual and physical accord with the patterns of nature.

Qigong is said to be the mother of Tai Chi. It is the Chinese practice of aligning breath, movement and awareness for exercise, healing and martial arts training. It dates back more than 4000 years.

There are 5 distinct traditions of Qigong, each with its own theories and characteristics: Chinese medical qigong, Daoist qigong, Buddhist qigong, Confucian qigong and "martial" qigong. All of these qigong traditions include practices intended to cultivate and balance qi.

Qi means "life force", the energy that powers our body and spirit. Gong is the term meaning work or gather. Qi Gong together means a form of movement and mind using intention and mindfulness to quiet qi to make qi work.

Qi is not to be confused with the Chi of Tai Chi although it is very present in Tai Chi.

Qigong has many moves, as many as 500. These moves are often grouped together into smaller sequences.

I teach Tai Chi Shibashi. Shibashi was created in 1982 in Shanghai, China by Lin Hou Shen a Chinese Doctor or Healer and a Qigong master. It is a standardised sequence of 18 postures, to promote health and wellbeing. It is based on the Yang style of Tai Chi. It is a marriage of Tai Chi and Qigong. It introduces the basic elements of weight shifting, coordination of leg and arm movements, along with controlled breathing. It is easy Tai Chi. Shibashi means 18.

Like Qigong, Shibashi moves repeat themselves but in traditional Tai Chi one moves from movement to movement. In traditional Tai Chi there is directional travelling and this coupled with more complex moves with the lack of repetition can make it difficult to learn.

The benefits of Qigong, Shibashi and Tai Chi are numerous: better balance, improved posture, muscular strength and flexibility which helps prevent falls, improved sleep, reduced stress, improved respiratory system, improved mood, regulating blood pressure, improved digestion and improvement in many other illnesses/conditions. This list is not exhaustive!

Qigong and Tai Chi Shibashi are safe, gentle forms of exercise, suitable for the majority of people, especially those who can no longer do strenuous activities. The cardiovascular system is gently worked as raising arm movements gently stimulates the circulation.

Qigong is often called meditation in movement, as each exercise has a 'mental intention' which focuses the mind.

I have been teaching Tai Chi Shibashi and Qigong for a few years now to seniors and I feel very blessed to be able to not only share the fantastic benefits of the practice but also do something I believe in and love.

Wishing you all abundant Qi.

Tina



Many members of Sequela will remember WAMDSAD - Windsor Ascot Maidenhead District Sports Association for the Disabled – which provided sport and activities for physically disabled people in the Maidenhead area.

Sadly, SportsAble closed its doors in May 2021 during the Covid 19 pandemic because of lack of funds.

However, its members and volunteers have managed to keep several of the activities going in various locations. They have created a website to act as a directory for previous members and new visitors to locate those activities along with the contact details of the people who now run them.

Here is the internet address: <https://aftersportsable.org.uk>

The following activities are listed:

- [Swimming for Disabled People](#)
- [Boccia](#)
- [Wheelchair Basketball](#)
- [Sunday Zoom Quiz](#)
- [Seated Exercise/Dance class with Anisha](#)
- [Accessible Sailing](#)
- [Accessible Power-boating](#)
- [Cycling for disabled People](#)
- [Accessible Family Paddling](#)

This list includes other activity providers who were partnered with SportsAble who offer suitable sessions.

Each activity has a contact form on the website and this is the best way to create an initial link with a volunteer running an activity. The website notes that most of these activities are run by volunteers, many of whom have full time jobs so asks for your patience while waiting for a response.

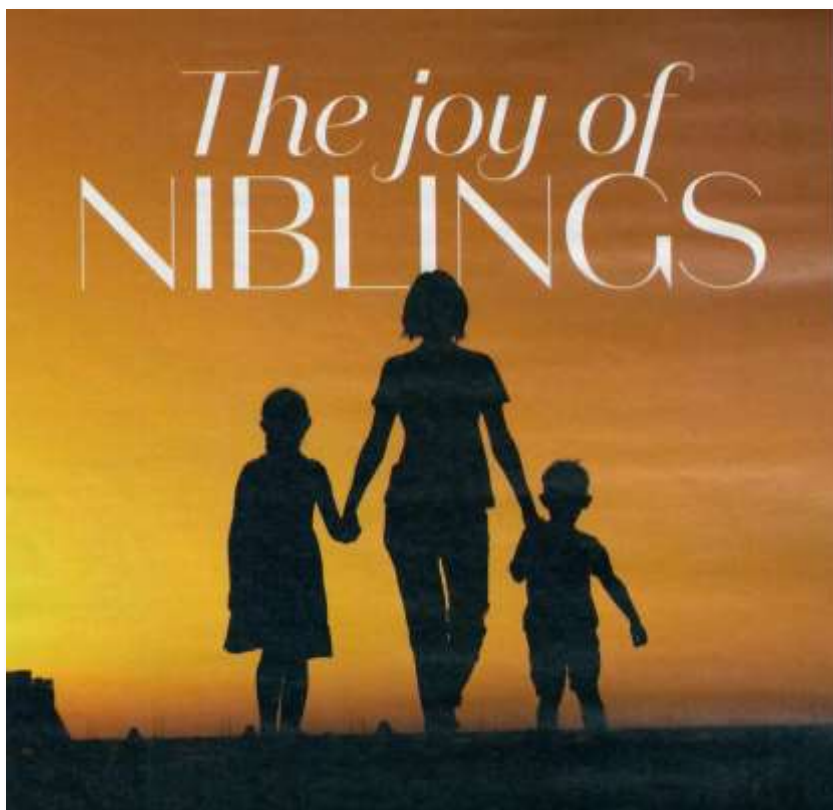
Lesley's gems

The word of the day is QUANKED. Listed in "A Glossary of Words Used in the County of Wiltshire," by Dartnell and Goddard (1893), it means "overpowered by fatigue." Now, give me your best sentence.

The Obsolete Word of the Day Challenge

QUANKED
TO BE OVERPOWERED BY FATIGUE

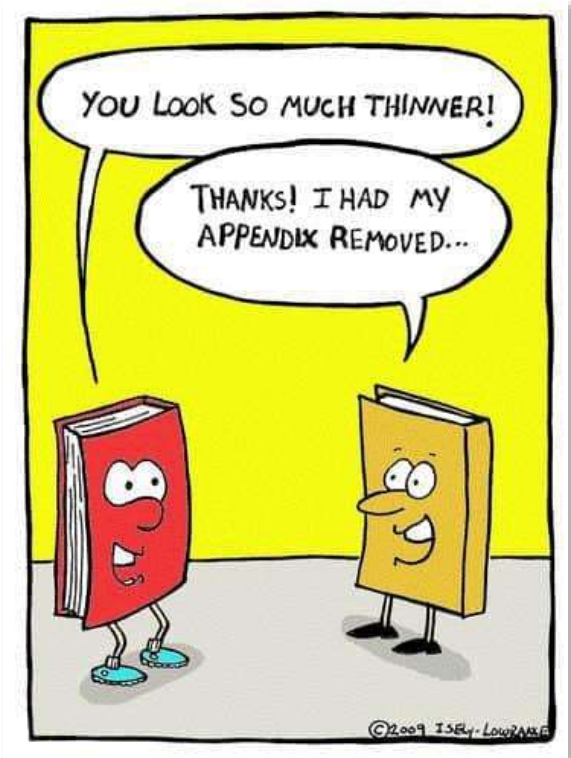
*"Ooh, make us a cup of tea will you?
I'm absolutely quanked!"*



The writer Brydie Lee-Kennedy was not prepared for becoming an aunt – but 'nibblings' (aka nephews and nieces) can be some of the most important relationships in your life, she says 😊

Jenny's gems

I FOUND A BOOK CALLED
HOW TO SOLVE 50% OF
YOUR PROBLEMS. SO, I
BOUGHT TWO.



IF THE PERSON WHO NAMED
WALKIE TALKIES NAMED
EVERYTHING

STAMPS - LICKIE STICKIE
DEFIBRILLATORS - HEARTY STARTY
BUMBLE BEES - FUZZY BUZZY
PREGNANCY TEST - MAYBE BABY
BRA - BREASTIE NESTIE
FORK - STABBY GRABBY
SOCKS - FEETIE HEATIE
HIPPO - FLOATIE BLOATIE
NIGHTMARE - SCREAMY DREAMY

Sorry, but your password
must contain:
at least 8 characters
upper and lower case letter
a symbol or number
a hieroglyph
a haiku
a musical note
the feather of a hawk
and a drop of unicorn blood

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.

David reported in the last newsletter that we had raised **£146.39** from Give as you Live during 2023. So far this year, we have received **£36.99**. If you want to know how to sign up for Give as you Live, please speak to Anke or David – thanks.

Sequela website

www.sequelafoundation.org



Useful contacts

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