

# The Neuro Bureau

Newsletter 37-Dec 24



## Welcome

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

Welcome to our thirty seventh 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).

From 3<sup>rd</sup> January 2025 we will be 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**



## Anke's end of year message

Hello everyone,

I would like repeat what I said at our Christmas lunch and that is a Big Thank-You to my fellow trustees, our volunteers and exercise professionals who make Sequela what it is. You are all amazing! And I certainly couldn't do it without you. A special mention goes to *Right at Home* who continue to send us their carer Jagdeep, who is most helpful and essential to running our sessions.



On the subject of our Christmas lunch, it was lovely to see so many of you and the photos seem to suggest that you were enjoying yourselves 😊

Looking back on 2024 there were, as always, happy and sad moments. We enjoyed another boat trip as well as our Summer BBQ, and I think we had many enjoyable Tuesday sessions. Sadly, our members Pat Tripp, Barbara Copcutt and our Honorary President Judy Percy passed away this year, all wonderful ladies who will not be forgotten. Unfortunately, some of our 'old' members are no longer well enough to come to us, and Stephanie who only joined us as a yoga teacher in 2023 has been suffering from serious back problems and therefore had to stop coming to us.

Whilst we are very sad to lose anyone for whatever reason, I am very pleased that new members keep joining us. However, this has meant that space at Summerleaze Sports Bar has been getting tight at times. As luck will have it, we 'stumbled across' a potential new venue and, as most of you know, St. Mark's Methodist Church in Maidenhead will be our new home from January 2025. They are very welcoming and supportive of charities, so I am hopeful that we will enjoy their premises which not only offer us more space but also the opportunity to extend our sessions to 1430 again.

The big change that we will all have to get used to is running our sessions on a Friday instead of a Tuesday since this was the only day St. Mark's could accommodate us. But as you all know, change is the only constant in life, and I think this one will be good for the future of Sequela.

On a personal note, I have been your chair for seven and a half years now, but fear not, I don't feel the seven-year itch. So onwards and upwards heading into another new year ...

With my best wishes to you all for Christmas and the New Year and lots of love.

**Anke**



## News snippets

### **Maidenhead Care grant**

Maidenhead Care is a local good neighbour scheme providing help and practical support for the elderly, unwell or disadvantaged people of Maidenhead. One of their important roles is to provide transport for those who are unable to use public transport or taxis to get to medical appointments.



As a non-profit making charity, they found themselves in the fortunate position of having a healthy bank balance, in part because of some generous financial legacies and also because some of their volunteers do not claim their expenses. (That sounds familiar ...!). As a result, the trustees decided to make grants of £1,000 to three local charities, including Sequela. On 3<sup>rd</sup> December, David represented Sequela at a meeting of Maidenhead Care's trustees and volunteers where he was presented with a cheque for £1,000 by Mike Moss (L), chair of trustees for Maidenhead Care.



We are very grateful to Maidenhead Care for their generous donation.

### **Household Support Fund**

A speaker from Maidenhead United visited Sequela recently to brief us about the Household Support Fund that is available to provide support for those facing financial difficulties.

If you think you may be eligible, application forms can be obtained from:

[wellbeing@maidenheadunitedfc-community.org](mailto:wellbeing@maidenheadunitedfc-community.org)

or call:

**01628 343888**

HOUSEHOLD SUPPORT FUND APPLICATION THE WELLBEING SUPPORT SERVICE	
<b>PERSONAL DETAILS</b>	
Full Name (inc. middle name)	
Address (inc. postcode)	
Telephone	
National Insurance Number	
<b>BANK DETAILS (MUST BE FOR PERSONAL USE)</b>	
Bank Account Number	
<b>OTHER INFORMATION REQUIRED</b>	
Which best describes you: (A)Employed (B)Unemployed (C)Retired	
Which best describes your household: (A)Family with children (B)Over 65s	
Which best describes your ethnicity: (A)White British (B)White Other (C)Black African (D)Black Caribbean (E)Mixed (F)Other (G)Prefer not to say	
Which ID documents will be provided: Note: Must have your full first name on the document. (A)Bank Statement* (B)Benefit Statement* (C)Council Tax Statement* (D)Rent Statement* (E)Gas Statement* (F)Other* *must have been issued within the last 3 months	
Briefly explain reason(s) you need the support and how it will go towards:	
<p>By making an application to the Household Support Fund you are:</p> <ul style="list-style-type: none"> <li>• Confirming that all information provided is true and accurate.</li> <li>• Consenting to third party identity checks with a reference agency. This is to protect applicants and will not affect your credit score or ability to obtain a credit check.</li> <li>• You may face prosecution if you have manipulated or falsified your position to obtain these funds.</li> </ul> <p>Please return form &amp; ID document to: <a href="mailto:wellbeing@maidenheadunitedfc-community.org">wellbeing@maidenheadunitedfc-community.org</a></p>	
<p><b>UNDERSTAND - CONNECT - SUPPORT</b></p>	

### ***Sequela's new meeting place***

With effect from **Friday 3rd January 2025**, we will meet for four hours – 10.30-1430 at our new meeting place:

### **St Mark's Crescent Methodist Church, St Mark's Crescent, Maidenhead, SL6 5BQ**

The church is located on the corner of St Mark's Crescent and Farm Road with the entrance in Allenby Road:



The car park space marked in **RED** is marked 'M' and is reserved for the minister – please don't park there! That leaves 14 spaces; however, there are no marked blue badge bays so we plan to use cones in the three spaces beside the minister's space to mark out TWO wide spaces for blue badge holders who need the extra space.

That will mean two wide bays and 11 other bays, so when it's busy, some more able members/volunteers may have to park in Allenby Road.

## Christmas Lunch at the Golf Club

Maidenhead Golf Club hosted us for our annual Christmas gathering on Tuesday 10<sup>th</sup> December and served a very tasty lunch. We are grateful to Anne's husband John who used his membership of the club to our advantage to get a 20% discount on the welcome drinks – thanks John!

Sandy (with some helpers) sold plenty of raffle tickets and raised a total of £262 for Sequela's funds – many thanks to Sandy.

Before lunch, the Golf Club choir entertained us with a lovely selection of Christmas songs.



The Maidenhead Golf Club Choir





These updated photos of our lovely volunteers and trustees will be added to Sequela's website.



## Profile: Jess Behan



I grew up in Langley and attended Langley Grammar School where I decided that teaching was the future for me. I studied Teacher Education with English at Oxford Brookes Uni. It was a great four years, during which I met my husband to be, Colin (on a visit back to Slough), made friends for life and had some very interesting part-time jobs. The most interesting one was for NOP Mystery Shopping, where I started as an allocator for mystery shops to the UK and Ireland. I was also allowed to allocate some of the mystery shops to myself – I particularly enjoyed mystery shopping restaurants however have learnt my lesson the hard way to not mystery shop two restaurants in one afternoon!

After I graduated, I came home to Langley and started a teaching role in Marish Infant School where I was given the role of ICT Co-ordinator as it was 'going spare' and I was comfortable with computing! During this time, I also led some IT focused teacher-training courses for teachers all around Slough.

Two years later my husband and I married in Ireland, then I moved to his flat in Slough. From there we bought our first house together in Cippenham where, at 26, I started a new role as Assistant Headteacher of James Elliman School in Slough, in charge of Teaching and Learning and, of course, ICT again! It was an enormous multicultural school of more than 700 pupils aged 3 to 11 and more than 40 staff – taking assemblies really pushed me out of my comfort zone speaking to such a large group but helped me hone communication skills and led me to take my NPQH qualification for Headship. The skills learnt from the course really helped me in my role, where I led a big push in ICT, became a trustee for Slough e-learning Foundation and led some training sessions for the Borough. During this time, we moved to Windsor and I had my first clinically isolated episode showing three brain lesions which turned out several years later to be Multiple Sclerosis.

Having taught some wonderful children over the years, led me to have a greater desire to have children of my own rather than go down the Headship route. After a rocky road to say the least, we were blessed with our son Dillon. I decided to become a full-time mum until he was of school age although I returned to school doing a wee bit of 1:1 coaching. Two years later, we were blessed again with our daughter Alana (who has joined me at Sequela a couple of times). The year that Alana was born, I had a relapse after frantic baptism party prep and the diagnosis of Relapsing Remitting MS was confirmed. A couple of years later my day-to-day symptoms became too troublesome, particularly with fatigue and neuropathic pain and unpredictable for a return to my teaching career so I was ill-health retired from teaching. I am a fairly young pensioner!

Life became hectic with the two children and then my father, Martin, a proud Irish man, was diagnosed with Alzheimer's Disease and Vascular Dementia who we sadly lost in 2016 after a brave battle. Three years later, my mum, Jane, moved to Windsor and we now all live together.

We are enjoying the Sequela experience!

## Treasurer's report: David MacLeod

Here is my brief annual report on our finances. As a registered charity, Sequela is regulated by the Charity Commission which requires that we submit an annual report. As our income is less than £25,000 pa, the report is very simple and has to state only our gross income, total expenditure and any income from Government grants.

**INCOME:** our income for 2024 has the usual four main sources:

Member subscriptions (23 paid members)	£635
Donations from individuals or groups	£573
Raffles	£462
Grants (community organisations or council)	£2,500 **

\*\* £1000 from *Louis Baylis Trust (towards cost of boat trip)*  
 £500 from *Local Giving – 'Magic Little Grant'*  
 £1,000 from *'Maidenhead Care'*

In addition, we have received income from Give as you Live of **£138.33**.

The charge for the sandwich lunch was increased to £2.50 in February after Sally raised her price. The charge is intended to cover the cost; to date, we have paid out £2,008 and collected in £2,230 which includes £97.50 in advance payments.

**EXPENDITURE:** our principal expenditure is of course the hire charge for NMCC Sports Bar which is £100 per session (two and a half hours). By the end of the year, we will have paid room hire charges totalling £4,400. I'm delighted to report that our move to St Mark's Church means that we will be paying a lot less next year: the hire charge has been agreed at £66 for each session of four hours with a free half an hour at each end to set up and clear up.

Other major expenditure categories have been:

Payments to exercise professionals	£400
Public liability insurance	£245
Website hosting	£60
Bank charges	£70

Once again, the numbers don't reflect the many 'little extras' contributed by our trustees/volunteers plus the overpayments from many members.

We will end the year with a healthy bank balance of approx. £6,600.



## Jenny's gems



### The Everlasting Turkey

On the first day of Christmas my true love said to me:  
I've bought a big, fresh turkey and a proper Christmas tree.

On the second day of Christmas much laughter could be heard,  
as we tucked into our turkey - a most delicious bird.

On the third day of Christmas came the people from next door.  
The turkey tasted just as good as it had done before.

On the fourth day of Christmas came relations, young and old.  
We finished up the Christmas pud and had the turkey cold.

On the fifth day of Christmas, outside the snowflakes scurried,  
But we were nice and warm inside and had the turkey curried.

On the sixth day of Christmas, the Christmas spirit died;  
As the children fought and bickered — we had turkey rissoles fried.

On the seventh day of Christmas my true love he did wince,  
When he sat down at the table and was offered turkey mince.

On the eighth day of Christmas the dog had run for shelter;  
He'd seen our turkey pancakes and the glass of Alka Seltzer.

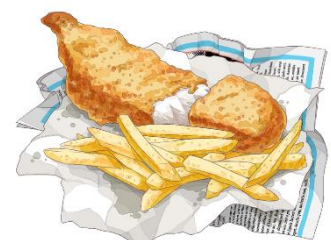
On the ninth day of Christmas by lunchtime Dad was blotto,  
He knew that bird was back again, this time as a risotto.

On the tenth day of Christmas we were drinking home-made brew,  
As if that wasn't bad enough, we were eating turkey stew.

On the eleventh day of Christmas the Christmas tree was moulting;  
With chilli, soy and oyster sauce the turkey was revolting.

On the twelfth day of Christmas we had smiles upon our lips:  
The guests had gone, the turkey too — we dined on fish chips.

(Author unknown)



Paddy took 2 stuffed dogs to the Antiques Roadshow....

"Ooh!" Said the presenter, "This is a very rare breed, do you have any idea what they would fetch if they were in good condition?"

"Sticks." replied Paddy.

A Cup Of Tea

When the world is all at odds  
 And the mind is all at sea  
 Then cease the useless tedium  
 And brew a cup of tea.  
 There is magic in its fragrance,  
 There is solace in its taste;  
 And the laden moments vanish  
 Somehow into space.  
 The world becomes a lovely thing!  
 There's beauty as you'll see;  
 All because you briefly stopped  
 To brew a cup of tea.



Sequela website

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



Useful contacts

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