

ATAXIA UK COVENTRY AND WARWICKSHIRE SUPPORT GROUP

NEWSLETTER | NOVEMBER 2013 | ISSUE 12

The meeting below was the first time we've met for a few months, so I've missed you all! Many members stay in touch via Facebook/email/phone/letter - it's always great to hear from them (contact details below).

Last month I went to Florida where I spent my 30th birthday, I stayed in an adapted villa which had all the necessary equipment, a pool hoist, and we hired a power chair and a wheelchair accessible vehicle - everything I needed. I stayed here last year and so did fellow member Neil.

This was my 11th time in Florida. See <http://ohbother.co.uk/wdw.html> - here I've tried to write a bit about each time we've been as it follows the story of how my FA has progressed and how I have adapted.



Our last meeting - Sunday 27th October 2013



The following members came along: Catherine (CA) and her husband Paul; Lorraine (CA); Neil (FA) and his PA Annette; Kieran (FA) and his mum Sue, dad Dave, grandma and his friend; my aunty Monica and myself (FA).

I am so pleased that Neil, having been for his induction with me a few months ago, now goes to the gym every week. I've been going to the same gym at Coventry Sports Centre for 7 years and I hope Neil loves it as much as I do. The gym is fully accessible and many instructors are IFI-trained (see http://www.efds.co.uk/inclusive_fitness).

Catherine spoke about how much hearing aids benefit her. Ataxia can affect hearing, it does mine, and so I listened to Catherine's experiences with interest. At last month's annual conference I was also interested to hear about Ataxia UK's research into this and how they'll soon be developing a trial of hearing devices. For more information on how you can get involved go to <http://www.ataxia.org.uk> or telephone 020 7582 1444.

Lorraine told us how, to her great relief, her application for ESA was accepted without a problem. I remember feeling similarly relieved when mine was accepted earlier in the year. Ataxia UK's advocacy service can help if you encounter problems when applying for benefits - see their contact details above.

Kieran is looking into getting his own place but is frustrated by the idea of waiting years for somewhere to become available. These things do take time - that's just the way it is - but the sooner he gets the ball rolling the better!

OUR NEXT MEETING

Sunday 8th December 2013 at
2 - 4pm

Exhall Old School Community
Centre, Exhall Green, Exhall
CV7 9GL

PUB LUNCH

Saturday 11th January 2014 at
2pm

Mount Pleasant - Hungry Horse,
Hinckley Road, Walsgrave,
Coventry CV2 2EU

Please let me know if you can
make it as I need to confirm
numbers with the pub.

We spent £14 on room hire for
our meeting last month, so now
we have £90 in the pot.

I'm asking everyone who comes
to meetings in future for £1
towards the cost of
refreshments.

Who I am and how to contact me: I am Katie Henderson (you can find out more about me at <http://ohbother.co.uk>) and I am the named contact for the group. You can contact me by e-mailing katie@ohbother.co.uk or phoning 07565 247 183. I am also on Facebook.

More about the group: The group is on Facebook - search for "Ataxia UK Coventry". For news on group events and to download previous newsletters etc visit <http://ataxiacoventry.co.uk/>.

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