

ATAXIA UK COVENTRY AND WARWICKSHIRE SUPPORT GROUP

NEWSLETTER | MAY 2014 | ISSUE 15

You might find one of these helpful... this month I renewed my:

- Network West Midlands Disabled Persons Pass which allows anyone with a disability or injury which has a substantial and adverse effect on their walking, free bus and train travel - see www.networkwestmidlands.com/
- Cinema Exhibitor's Association card which entitles those in receipt of DLA, Attendance Allowance or PIP to one free ticket for a person to accompany them to the cinema - see <http://www.ceacard.co.uk>.
- Disabled Person's Railcard which entitles those in receipt of disability related benefit and their companion to 1/3 off rail fair - see www.disabledpersons-railcard.co.uk/.

Our last meeting - Sunday 27th April 2014



The following members came along: Lorraine (CA) and her daughter Emily; Catherine (CA) and her husband Paul; Neil (FA) and his PA Sarah; Kate (CA); Sarah (CA); Dave (CA); Sue; my aunty Monica and myself (FA).

Sue, whose husband had ataxia and who now runs the Birmingham Branch of Ataxia UK, told us about her great success with fundraising. This made us revisit the idea of our support group becoming a branch, however we decided that we all value the warm, friendly and supportive nature of our group too much to jeopardise losing this by becoming a branch and focussing on fundraising.

I started taking CoQ10 about 14 years ago and find it really helps with speech, swallowing and fatigue. Lorraine takes it too as she also finds that it helps to keep her fatigue at bay. I have always bought 6-12 month's worth of CoQ10 at a time from the US as it's LOTS cheaper, and this time I bought two bottles for Lorraine. She has bought CoQ10 from the UK for years and was amazed at how much cheaper they are. I buy them from <http://www.webvitamins.com> but occasionally compare prices using Google to ensure I'm getting the best price.

After spending £14 on room hire for our next meeting and £5 for stamps, we only had enough money for one more room hire. I mentioned this and following very generous donations from Paul, Dave and Lorraine, as well as money collected for tea and coffee, we now have £84 in the pot. Thank you!!!

Please bring £1 to meetings for refreshments.

Naidex - Wednesday 30th April 2014

As I have every year for the past 8 years ish, this year I went to Naidex which is an exhibition showcasing products and services which help people live independently at the Birmingham NEC

It features so many different products from the super-expensive-but-very-clever such as wheelchairs that climb stairs to the simpler, more affordable ones like the Muggi (see muggi.co.uk) that I bought and love - it's a mug/cup/glass hold which holds my cup steady whilst I get a firm grip of it before I lift it up. I used to spill drinks all the time before I had this

I met fellow members Neil and his PA Annette for lunch in Witherspoons in the NEC. I also met Sue from the Birmingham Branch as well as a few other friends who have ataxia too. It was a lovely day - I recommend it for 2015!

PUB LUNCH

**Saturday 17th May 2014
at 2pm at Mount Pleasant -
Hungry Horse,
Hinckley Road, Walsgrave,
Coventry CV2 2EU**

**OUR NEXT MEETING
Sunday 28th June 2014 at
2 - 4pm at Exhall Old School
Community Centre, Exhall
Green, Exhall CV7 9GL**

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/>.

The statements and opinions expressed in these newsletters may not represent those of Ataxia UK