

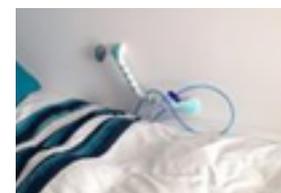
ATAXIA UK COVENTRY AND WARWICKSHIRE SUPPORT GROUP

NEWSLETTER | JULY 2014 | ISSUE 16

Hello everyone! Since my teens I have always strived to keep as fit as I can and I think it's the best way to slow down progression of ataxia. A few weeks ago I went to the outdoor gym in Knighton Park, Leicester and I was amazed (see picture left) - I hope Coventry gets one soon! In the mean time I'll carry on going to the gym at the Coventry Sports Centre where I've been going 3 times per week for about 7 years. I also go swimming every week with the help of my two PAs. At first we tried the xCel centre in Tile Hill but we less than impressed with their facilities so last week we tried Bedworth Sports and Leisure Centre - much better!



I bought my new flask along to the meeting - it goes everywhere with me these days. I've never seen a flask with a handle before. It can be hung, hooked or clipped on to beds, wheelchairs, mobility scooters and belts etc. I bought mine from <http://www.hydrateforhealth.co.uk/>. From the same website I bought a second flask which clips onto the rail beside my bed and has a long straw so I can drink whilst lying in bed without having to get up and fumble around.



After spending £14 on room hire for our next meeting and £5 for stamps and adding the money collected for tea and coffee, we now have £65 in the pot. Thank you!!!

Please bring £1 to meetings for refreshments.

Our last meeting - Sunday 29th June 2014



The following members came along: Catherine (CA) and her husband Paul; Matt (FA) and his PA Ivana; my aunty Monica and her partner Rob and myself (FA). Despite the low number of people at this meeting (usual for the summer months as people are busy) we had a lovely time.

Matthew showed us his "zip pulls" (below) which he bought from eBay. These can be attached to zips making them easier to pull. Great idea for people who have ataxia!



Catherine told us about her ToeOFF splints (available from <http://www.allardint.com/allarduk/>); "Here is a photo of my Toe offs splints. They were very good when I used to walk with crutches as I would drag my feet and the splints helped me to pick up my toes which meant no tripping up. Now I wear them for stability - the splints don't fold and my legs would give way



She adds "The blue trainer (pictured above) is great as they are lighter in weight. The trainers are by Nike."

Matt bought some new shoes which he's really pleased with. They have a long zip down the side so he can open them right up and get his feet in.

OUR NEXT MEETING

Sunday 24th August 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/>.

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