

ATAXIA UK COVENTRY AND WARWICKSHIRE SUPPORT GROUP

NEWSLETTER | NOVEMBER 2014 | ISSUE 18

Our last meeting - Sunday 9th November 2014



The following members came along: Catherine (CA) and her husband Paul; Neil (FA) and his PA; Kate (CA); Sarah (CA); Tess (undiagnosed); Michael (also undiagnosed) and his wife Angela; Kieran (FA), his mum and grandma; and myself (FA).

It's always nice to see new faces and at this meeting we welcomed Michael who like many people out there hasn't received a definite diagnosis yet.

A few members said how they were really suffering with fatigue. I was unable to find some specific advice on ataxia and fatigue but more general advice for people with neurological disorders include:

- Pacing yourself having frequent rests between tasks.
- Planning ahead to make sure you can fit in these breaks.
- Prioritise - consider what tasks are essential and which can be left if necessary.
- Aim for a healthier lifestyle - a good diet, drinking enough non-caffeinated fluid, exercise and not smoking or drinking too much alcohol.

I have always been a really big believer in exercise. I'd say it helps with my fatigue in a big way purely because it tires me out, helping me to get a good night's sleep. It leaves me feeling so positive too.

Ataxia Centres provide an excellent level of care for the diagnosis and management of the ataxias, and access to a wide range of integrated services, as well as links to research programmes. There are Ataxia Centres in London, Oxford, Sheffield and Newcastle.

You can get a referral through your GP or neurologist - if you are having any problems getting a referral, please contact Ataxia UK (phone 0845 644 0606 or email helpline@ataxia.org.uk).

You can download factsheets from <http://www.ataxia.org.uk/pages/ataxia-centres.html>.

A couple of our members go to Ataxia Centres and they give them glowing reports!

UPCOMING EVENT:

Our Christmas lunch - Saturday 13th December

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

A £5 deposit is required (please bring this to a meeting, email me at katie@ohbother.co.uk to make other arrangements or phone 07565 247183). The remaining balance - £4.99 for 2 courses, £7.99 for 3 - can be paid on the day.

Please let me know your selections from the menu enclosed/attached.

PLEASE GET YOUR DEPOSIT AND SELECTIONS TO ME ASAP!

After spending money on room hire for this meeting and adding the money collected for tea and coffee, we now have £56 in the pot. Thank you!!!

Please bring £1 to meetings for refreshments.

OUR CHRISTMAS LUNCH
Saturday 13th December 2014 at 2pm at Mount Pleasant - Hungry Horse, Hinckley Road, Walsgrave, Coventry CV2 2EU.

OUR NEXT MEETING
Sunday 18th January 2015 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