

# ATAXIA UK COVENTRY AND WARWICKSHIRE SUPPORT GROUP

## NEWSLETTER APRIL 2015 ISSUE 20

Hi all! I hope this newsletter finds you well. First a plea from Ataxia UK - **have you Ataxia UK?** They've asked me to encourage all members to join Ataxia UK - its free and easy to do on line at <http://ataxia.org.uk> or they can join people up over the phone. I also need to tell you about **All About Ataxia Seminars**. These are being held either the day before, or the day after each of their conferences and are for people who have a relatively recent diagnosis (within the last 2 years or so). They give patients and carers information about the clinical and practical implications of ataxia. The workshops will be run by at least one member of Ataxia UK staff, and a volunteer affected by ataxia, who have been trained to deliver the programme. The volunteer leaders will encourage discussion among participants by sharing their own experiences of living with ataxia. See <http://ataxia.org.uk> for more info.

On behalf of the group I'd like to congratulate to Monica and Rob on their engagement! If you've ever been along to a meeting you will have met Monica and if you have been a long to a recent meeting you will have met Rob too. I would like to take this opportunity to thank them both for their continuing support - the group would not be so successful without them!

After a donation and money collected for tea and coffee, we now have £60 in the pot. Thank you!!!

**Please bring £1 to meetings for 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](mailto: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

### Our last meeting - Sunday 1st March 2015



Present were Catherine (CA) and her husband Paul; Kate (CA); Sarah (CA); my aunty Monica and her partner Rob.

Unfortunately I was poorly so I was unable to make it. Therefore I can't write much of a report! Monica tells me that you all had a good catch up over cake though!

If you are on a low income and you have a disability or long-term illness, you may qualify for the Warm Home Discount Scheme. This gives a rebate of £140 on your electricity bill for winter 2014-2015.

The Warm Home Discount Scheme is run by energy companies. The largest ones are required by law to offer this rebate. The actual criteria used will vary depending on your supplier. You should check with them to see if you can get it.

**OUR NEXT MEETING**  
Sunday 10th May 2015 at  
2 - 4pm at Exhall Old School  
Community Centre, Exhall Green,  
Exhall CV7 9GL

**OUR VISIT TO NAIDEX**  
Thursday 30th April 2015 at the  
Birmingham NEC. This is a  
fantastic exhibition bringing  
together thousands of mobility  
and independent living equipment  
and a massive amount of expert  
advice. See <http://www.naidex.co.uk> for more info.

If you would like to join us, please contact me (contact details below). Last year a few of us met up and we all went to Witherspoons for lunch - it was a lovely day. The Cannock support group and the Birmingham Branch of Ataxia UK are meeting at Naidex on the same day so there might be quite a few of us!