

ATAXIA UK COVENTRY AND WARWICKSHIRE SUPPORT GROUP

NEWSLETTER MAY 2015 ISSUE 21

Hi all! I hope this newsletter finds you well. Last month a few of us met up at the Naidex exhibition at the NEC in Birmingham which is a brilliant event that has all sorts of independent living equipment - from

beds, holidays and cars to remote control wheelchairs! We met up with members of the Birmingham Branch and Cannock Support Group which was lovely. Naidex is an annual event so we'll likely do the same in 2016...

After paying for room hire for this month's meeting and money collected for tea and, we now have £48 in the pot. Thank you!!!

Please bring £1 to meetings for refreshments.

Our last meeting - Sunday 10th May 2015



Present were Catherine (CA) and her husband Paul; Kate (CA); Sarah (CA); Lorraine (CA), her daughter Emily and grandson Daniel (who we all especially loved seeing!); Kieran (FA) and his family; Neil (FA) and his PA Jenny; me (FA); my aunty Monica and her partner Rob.

Lorraine showed us photos from her holiday in Chile - it looked stunning (see below)! During the meeting Sarah asked her about travelling by train and the assistance available. Lorraine asked me to pass the following info on:



The best site to go to is: www.nationalrail.co.uk On the home page, click on "Stations & on train". On that page, click on "Passengers with disabilities". This takes you to a page which details assistance available and lists the names of train companies and their telephone numbers. There are further links which show you how to get around certain stations, lifts etc. Although I haven't travelled unaccompanied for a few years on the train, I did find the service helpful **BUT** it is absolutely essential to book any assistance at least 24 hours in advance. The longer the better.

OUR NEXT MEETING
Sunday 26th July 2015 at
2 - 4pm at Exhall Old School
Community Centre, Exhall Green,
Exhall CV7 9GL

OUR PUB LUNCH
Saturday 20 June at 2pm at
Mount Pleasant - Hungry Horse,
Hinckley Road, Walsgrave,
Coventry CV2 2EU. If you can join
us please let me know (contact
details below) as I need to
confirm numbers with the pub.

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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