

ATAXIA UK COVENTRY AND WARWICKSHIRE SUPPORT GROUP NEWSLETTER OCTOBER 2015 ISSUE 23

Hi all! I hope this newsletter finds you well. First some news from Ataxia UK. There is an 'All About Ataxia' seminar hosted by the Sheffield Branch on Thursday 5th November 2015 at 11am at the Circle 33 Rockingham Lane Sheffield S1 4FW. The session will end at 4pm and it costs just £15 which includes light refreshments. Please bring your own lunch. These seminars give people who have a relatively recent diagnosis information about ataxia. 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. Please register your interest with Sue (0114 2551576 sue.pethen@btinternet.com) or Isobel (0114 2333279 dickinsoni@aol.com).

Our last meeting - Sunday 13th September 2015



This was a much quieter meeting than usual as only 4 turned up; Kate (CA); Catherine (CA) and her husband Paul; and myself (FA). Personally I do enjoy it when less people turn up and we had a really cosy chat. However I do want to remind everyone what a lovely, supportive and positive group we have. Please come along to the next meeting - you won't regret it!

After paying for room hire for this month's meeting and money collected for tea and, we now have £20 in the pot. So we can afford room hire and refreshments for more meetings, I will be asking for donations/fundraising ideas.

Ataxia UK Annual Conference - 2nd & 3rd October 2015

Whenever I go to a conference it's always one of the highlights of my year. This year it was a mix of updates, advice and workshops across the ataxia condition. For me, more than all that is the social buzz I get from seeing everyone!

Perhaps because it was at Stanstead which is such a long way away no-one else from the group made it. However next year it is at the Radisson Blu East Midlands airport on 7th and 8th October 2016 which is nearer to home. It's well worth the effort.

OUR NEXT MEETING

Sunday 15th November 2015 at 2
- 4pm at Exhall Old School
Community Centre, Exhall Green,
Exhall CV7 9GL.

CHRISTMAS LUNCH

Saturday 12th December at 2pm
at Mount Pleasant - Hungry
Horse, Hinckley Road, Walsgrave,
Coventry CV2 2EU

If you would like to join us let me know - make your food selections from the menu enclosed and get your £5 deposit to me - either by hand at the next meeting or by sending me a cheque (address on covering letter).

The group meets here for pub lunches often and this will be our third Christmas lunch here.

They're always lovely events!

Ataxia UK City Bridges event - Sunday 20th September 2015



Matthew and I joined over 100 people who took part in two walks across some of London's most iconic Bridges. Passing Big Ben, The Houses of Parliament and The Tower of London to name just a few of the landmarks we passed. With our bold and bright t-shirts and balloons and by handing out leaflets we raised lots of awareness. So far everyone who took part have raised an outstanding £11,000 and donations continue to come in!

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. 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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