

ATAXIA UK COVENTRY AND WARWICKSHIRE SUPPORT GROUP

NEWSLETTER APRIL 2016 ISSUE 26

Our last meeting - Sunday 24th January 2016

Hi all! I hope this newsletter finds you well! In this newsletter you'll find some news from Ataxia UK and updates in previous and future group events. Enjoy!

Ataxia UK new offices

From April 8th 2016 Ataxia UK will be located at their new offices in Highgate. The full address is:

Ataxia UK
12 Broadbent Close
London
N6 5JW

"Obviously the move will cause some disruption and delays in responding to you but please bear with us – we will try to keep the disruptions to our services as short as we can. Please note all our phone numbers will remain the same."

Turn2Us

Turn2us is a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services - see <https://www.turn2us.org.uk>.

Health Unlocked

To talk with others who are affected by Ataxia, join the discussion on Health Unlocked by going to <https://healthunlocked.com/ataxia-uk>.



Catherine (CA) and her husband Paul; Neil (FA) and his PA Jenny; and Sarah (CA) came along, as did my Auntie Monica and her partner Rob who looked after everyone in my absence.

Unfortunately I wasn't able to make this one so I can't write much of a review. I had surgery to cut the tendons in my feet and loosen the muscle around my ankle - these issues and this surgery is pretty common amongst people who have FA - see <http://ohbother.co.uk/footsurgery.html>. Although I still have plaster casts on both legs I am more-or-less pain free now and back at the gym and using my exercise bike.

After paying room hire for this month's meeting and money collected for coffee we now have £88.15 in the pot. A huge thank you for donations from Mr C Foulkes.

Anybody interested in joining me at Naidex?

Naidex is an independent living exhibition held at the Birmingham NEC. I've been going to Naidex every year for about 10 years and have always found it a brilliant way of finding out what's out there to help disabled people and getting advice from the professionals - it's been especially valuable since I've lived independently. I'll be going Thursday 28th April - please get in touch (contact info at the end of this newsletter) if you're interested in coming along. See <http://www.naidex.co.uk> for more info.

OUR NEXT MEETING

Sunday 15th May 2016
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. 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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