

ATAXIA UK COVENTRY AND WARWICKSHIRE SUPPORT GROUP

NEWSLETTER FEBRUARY 2017 ISSUE 27

Hi all! I hope this newsletter finds you well! I am very sorry that the group has been inactive for some time - I've had a lot of health issues to get on top of. This article on the Ataxia UK 16-30s Blog: <https://www.ataxia16to30.org.uk/blog/growing-up-with-ataxia> talks a lot about them and my life with ataxia (don't worry I'm not lucky enough to be in that age range either). In this newsletter you'll find some news about future group events. Enjoy!

Do you receive this newsletter by post?

If you do and you want to continue, please send a quick note to the address on the covering letter. Even better if you want to continue and have an email address, please email me (address below).

Upcoming events

OUR NEXT MEETING

Sunday 26th February at

2 - 4pm at Exhall Old School Community Centre, Exhall Green, Exhall CV7 9GL

OUR PUB LUNCH

Sunday 19th March 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.

NAIDEX

Thursday 30th March - see right for details.

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 30th March - please get in touch (contact info at the bottom of this newsletter) if you're interested in coming along. See <http://www.naidex.co.uk> for more info.

After paying room hire for all previous meetings and money collected for coffee we now have £43.50 in the pot. **Please bring £1 to meetings to cover the cost of 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 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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