

ATAXIA UK COVENTRY AND WARWICKSHIRE SUPPORT GROUP NEWSLETTER MAY 2017 ISSUE 28

Our last meeting - Sunday April 23rd at 2 - 5pm

To mark St. George's Day we had a buffet lunch; I asked everyone to bring along some food and so we enjoyed Catherine and Paul's sandwiches, Kate's homemade cake, Dave's alcohol-free wine, cocktail sausages and crisps from myself and lots of other goodies from Monica and Rob (sorry if I'm forgetting any other donations).

We also held a raffle to raise money for future group events. A huge thank you to everyone who donated prizes, especially my sister Zoe for the toiletries, my brother-in-law Conrad for the sketch of a racing car signed by the whole of the Mercedes driving team and Nick Ormsby (Nick's daughter has FA) for the £50 voucher which can be cashed in at his wall art business (see stores.ebay.co.uk/Bespoke-Graphics?_rdc=1). The raffle raised over £40 - thanks to everyone who bought tickets.

Our next meeting

Our next meeting on Sunday 4th June at 2 - 4pm at Exhall Old School Community Centre, Exhall Green, Exhall CV7 9GL. My wonderful gym instructor Geoff is coming along to answer any questions you have about exercise. Looking forward to seeing you there!

After paying room hire for this meeting, a very gratefully received donation from Dave Hubbuck and counting up money collected in our raffle we now have £52 in the pot. **Please bring £1 to meetings to cover the cost of refreshments.**

Our pub lunch - Sunday 19th March

We had another really lovely pub lunch at the Mount Pleasant - Hungry Horse, Hinckley Road, Walsgrave, Coventry. They have such a great and very affordable menu and the ten of us had a really fantastic afternoon.

Going to the gym

Going to the gym has become a really hot topic at our meetings lately and I'm very happy to say that there are at least 6 members who regularly go to the gym now. Lorraine Walls says "I first started going to the gym in 1999 after being told I had to PUT WEIGHT ON. It worked. My husband used to take me and was my spotter. A programme was designed especially for me. I felt good after each session. However, I had to stop going. I have since done Pilates which is good but as my right side is affected more than the left, I started to have problems. Eventually I got a GP referral to the local sports centre. They do a thorough assessment, check weight, height and blood pressure. Then they produce a programme. In my case, I do not need a personal trainer but they keep an eye on me. They checked my blood pressure again recently and advised I see my GP. Now on medication (hopefully only for a short time). I have also lost weight again so need to get back to doing weight bearing exercises if I'm allowed."

Neil Southall simply says "I feel

happier after a workout at gym and I feel a bit weaker when I return after a few weeks off."

For more information about inclusive fitness see efds.co.uk/how-we-help/programmes/65-inclusive-fitness-initiative.

Naidex

This is an independent living exhibition held annually at the Birmingham NEC. It's an unmissable event for disabled people and an opportunity to get advice on products that could really help - from accessible holidays to wheelchairs to assistive technology to microwave meals!

I found some great bibs from www.caredesigns.co.uk (I will admit to using bibs - I make so much mess that I would rather wear a bib whilst eating than wear my dinner on my clothes all day!) I also spent some time trying out assistive technology and in particular alternative mouse devices (see www.inclusive.co.uk). I found one but I will be saving my pennies for a while yet!

I bought a Muggi (muggi.co.uk) from Naidex a few years ago and using it every day since for holding cups steady while I lift them up and put them down, I saw them again this year and managed to talk Catherine into buying one. She says it's "a useful gadget to carry your cup of tea on your lap whilst wheeling yourself in your wheelchair without spilling it."

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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