

ATAXIA UK COVENTRY AND WARWICKSHIRE SUPPORT GROUP NEWSLETTER AUGUST 2017 ISSUE 29

**Our last meeting - Sunday 4th
June 2 - 4pm**

Neil (FA) and his PA, Matthew (FA) and his PA and myself (FA) came along to this meeting to which Geoff my and also coincidentally Neil's gym instructor came along to too as our guest speaker. He gave us lots of advice about exercise including advising Matt why standing is crucial in stopping the tendons becoming short and advising me to buy some dynaband and looping one end around a door handle and doing different exercises whilst holding the other to mimic how I use the pulley at the gym. Geoff has promised to come to another meeting later in the year.

Ataxia UK Conference

This year it returns to the Radisson Blu Hotel in Stanstead and it will take place on October 20th and 21st. For more information see <https://www.ataxia.org.uk/Event/ataxia-uk-annual-conference-2017>.

I'm going and will also be attending the Branch Officers and Support Group Meeting immediately after the Conference on Saturday 21st October 2016 at 17:30 - 18:30. The session will be a chance to meet members from other groups, to chat about Branch and Support Group affairs, discuss any issues faced and hear an update on Ataxia UK's year and future plans to support this work.

We now have £38 in the pot. **Please bring £1 to meetings to cover the cost of refreshments and room hire.** Any donations are very gratefully received as funding for this group comes directly from donations.

One other member of our Support Group is invited to attend and, as an incentive, they are able to have their conference delegate fees reimbursed by Ataxia UK (£35 for those with ataxia and £39 for those without). If you would like to join me please let me know (contact details below).

Events Mobility (thanks to Lorraine for writing this tidbit)

Events Mobility are a charity that supply wheelchairs and scooters at various events around the country. I used them last year when my daughter took me to Silverstone. You must book in advance and the costs range from £10 for manual to £25 for electric wheelchairs. Their website is www.eventmobility.org.uk.

bPay

Once registered, the bPay wristband will allow the user to pay for anything under £30 at contactless terminals. This means an easier route to payment for people who have ataxia than having to dig their card out of their wallet. See www.bpay.co.uk.

The Spill Not

After seeing it in the Ataxia magazine I bought the Spill Not for my dad who walks unsteadily after a stroke he had some years ago. It provides the ultimate solution for carrying cups of hot coffee and other beverages for long distances without ever having to

worry about spilling them again. A simple hanging saucer consisting of a base and loop handle, the Spill Not is not only incredibly effective, but fun to use. With the Spill Not, the liquid in the cups does not spill or slosh in the cup, and the cup doesn't slide when carried or swung around.

Able magazine

I've been a subscriber of this disability magazine for about 15 years. It features articles on motoring, caring, employment, education, sport, travel, products and more. A free digital edition is available from <http://ablemagazine.co.uk/digital-edition/>.

Our next meetings

Our next meetings will be on Sunday 10th September and 29th October at 2 - 4pm at Exhall Old School Community Centre, Exhall Green, Exhall CV7 9GL.



**I hope to see you next
time for more smiles,
support and sharing...**

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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