

ATAXIA UK COVENTRY AND WARWICKSHIRE SUPPORT GROUP

NEWSLETTER OCTOBER 2017 ISSUE 30

**Our last meeting - Sunday 10th
September 2 - 4pm**

It was really great to see Lorraine (CA) and her family Emily, Robin and her grandson Daniel; Kate (CA) and her husband Mark; I was delighted to meet new member Mark (CA); myself (FA) and my friend Margaret who came to help with the hot drinks. I forgot to take a picture but be assured that we're a good looking group!

Christmas lunch

Many have been very happy to hear about the return of our Christmas lunch. This year it's on Saturday 9th December at 1:30pm at Mount Pleasant - Hungry Horse, Hinckley Road, Walsgrave, Coventry CV2 2EU. If you would like to come along and haven't done so already, please let me know your food selections from the menu at <https://www.hungryhorse.co.uk/christmas/festive-menu> and get your £5 deposit to me - either by hand at the next meeting or by sending me a cheque (contact details below).

We now have £16 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.

Buses

Using buses and obtaining bus passes came up at our last meeting. As a wheelchair user I have used buses for about 15 years now. My National Concessionary Travel Pass entitles me to free local bus travel anywhere in England after 9:30am until 11pm weekdays and all day on Saturdays, Sundays and bank holidays. Claimants of DLA are entitled to these passes. To find out how to apply check with your local authority.

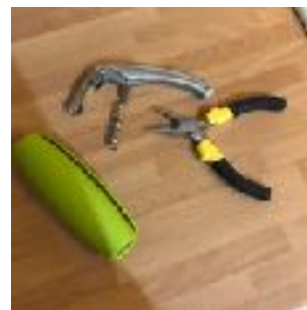
Dave's gadgets

Unfortunately Dave (CA) couldn't make our last meeting but he asked me to mention these gadgets that make his life easier. Dave uses button hooks which are placed in the button hole, hooked around the button and then pulled through the hole. Dave bought his from the Complete Care Shop (see below) and they were recommended by the Ataxia Clinic in London.



He also uses various gadgets around the kitchen:

- A bottle opener for beer and a corkscrew for wine, which Dave has been known to cook with sometimes!
- The green plastic thing is for peeling Garlic.
- A set of mini pliers are for opening cans with ring pulls like canned tomatoes and peeling back the foil/cellophane on yoghurt & meats etc.



Dave and I both highly recommend the Complete Care Shop (<https://www.completecareshop.co.uk>) who offer great value-for-money on a wide range of mobility aids.

Our next meeting

Our next meeting will be on Sunday 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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