

### Welcome to newsletter #5!

I can't believe this is our fifth newsletter already – the group is now 8 months old!! What a lovely little group we have too – our meetings feel more like a get together with friends and I really look forward to our events. I'm very proud of our little group.

This is the first newsletter I've written for a few months. I've just had a track hoist installed in my bathroom and I'm now looking to employ a PA for an hour every day. A couple of friends suggested advertising for one on Gumtree (<http://www.gumtree.com/>) and I received a really surprising number of responses. I also have a Motomed bike (<http://www.medimotion.co.uk/>) and after another member of our group, who has one too only his has a hand cycle attached, said how brilliant the hand cycle is I am waiting for one to be attached to my bike...

I also just renewed my Cinema Exhibitors' Association card. This card entitles anybody who receives DLA or Attendance Allowance to one free ticket for a person accompanying them to the cinema. See <http://www.ceacard.co.uk/> for more info.

Money wise the group has £68 in the pot after spending £28 on room hire for this and next month's meetings. This money has been very gratefully donated by our members – thank you very much! Members do keep asking me how the funds are going – we have enough now to keep us going for a while, but I'll let you all know when our funds start to get low.

### Our pub lunch – held on Saturday 21<sup>st</sup> April 2012 at Hungry Horse – Mount Pleasant, Walsgrave



Before the event I was a bit disappointed that we'd only been able to pull a small number of people (6) to this event. The table I had reserved was in one of their little side rooms so we were sheltered from background noise and the hustle and bustle in general so it was really well suited.

We ordered from a menu of about 40+ main meals and sides, all very reasonably priced. Between us all we shared a "horseshoe" of onion rings alongside our main meals.

After that it would have been rude to pass up on Saturday's big deal – 4 desserts for £8.99!! The food was very nice indeed, and my onion rings, chicken New Yorker and brownies and ice cream tasted even sweeter knowing I had only spent just over £8!

As I said earlier it was a really cosy little group and my thanks to everyone who came. Thanks to the relaxed atmosphere at the Hungry Horse we weren't rushed out when we'd finished eating and thus we met at 2pm and didn't leave until over 3 hours later. We all said how a pub lunch at the Hungry Horse is something we must do again – I'll keep you posted as I really hope to see more of you there next time...



## Our fifth meeting – held on Sunday 1<sup>st</sup> April (no joke) 2012 at Exhall Old School Community Centre



About a dozen people came to our meeting – Catherine (CA) and her husband Paul (who by coincidence works with my brother!), Dave (CA), Kate whose dad has CA and her son Jack, Bev (CA) and James, Lorraine (CA) and her daughter Emily, Kieran (FA) and his family, Matthew (FA) and his PA Paul (who gave me a lift to the meeting in Matthew's wheelchair accessible vehicle, via McDonalds of course, my aunty Monica and me (FA)!

The conversation at meetings has two common themes: travel and exercise. On the travel front Matthew spoke about his villa in Spain which he has adapted and is therefore perfect for somebody with ataxia. See

<http://www.wheelchairfriendlyholiday.co.uk/> and find attached/enclosed a leaflet. Lorraine spoke about her recent trip to Chile and promised to bring some holiday snaps in for the little slide show we plan to have at our next meeting. She recommended Switch Sticks (see <http://www.switchsticks.com/>) as they can be folded and stowed easily in overhead lockers etc. I recommended <http://www.allcleartravel.co.uk/> which is a travel insurance company who deal exclusive with disabled people to Kieran who was planning a trip to Paris.



Exercise is another popular topic and many of our members go to physio and have dabbled with Pilate classes or gyms etc. At many gyms now they have instructors who are trained in inclusive fitness – pop your post code into <http://www.inclusivefitness.org/> and you might be surprised what's available in your area.



And the pool table was as popular as it always is...

## Our next meeting

**Sunday 20<sup>th</sup> May 2012 at 2 – 4pm  
Exhall Old School Community Centre,  
Exhall Green, Exhall CV7 9GL**

Please put this date in your diaries now – it would be great to see you there! The community Centre is off School Lane in Bedworth. Type the post code into Google for a map (see enclosed map if you received this newsletter in the post). Buses 20 and 48 go here – get off at the Baylon Road stop.

Please bring along any holidays snaps you have on a CD or memory card if you want to be part of our little summer slide show...

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***I'd welcome any suggestions of anything specific you'd like to see in future newsletters and meetings – please get in touch! I hope to see as many of you as possible on May 20th!***

***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](mailto:katie@ohbother.co.uk) or phoning 07565 247 183. I am also on Facebook and so is the group; search for "Ataxia UK Coventry".*