

# COVENTRY AND WARWICKSHIRE SUPPORT GROUP NEWSLETTER

## November 2012



**Our latest meeting – held on Sunday 4<sup>th</sup> November 2012 at Exhall Old School Community Centre**



Lorraine (CA) and her daughter Emily, Catherine (CA) and her husband Paul, Kieran (FA) and his family, Neil (FA) and his step-dad Steve, me (FA) and my aunty Monica, Kate and new members Sarah and Anna came along...

Sarah and Anna have the SCA gene (they were tested because of family history of it) but as of yet have no/little symptoms. I spoke to Sarah on the phone a couple of months ago but it was all so new to her and she didn't feel ready to come along to a meeting (we have a lot of member who have similar feelings). So I made sure she knew we were there when she felt ready and in the meantime I put her in touch with another of our members, Kate, whose story is almost identical. Sarah contacted me about a week before our last meeting and said that she felt ready to come along and she found the group as lovely, friendly as positive as I'd promised!!

Neil and his family are off to Florida next month. They're staying in the same adapted villa as I did last month – even the pool has a hoist. I KNOW they'll have a fantastic time!!

A few of us were saying how important the flu jab is to people who have ataxia. This is something that's very close to my heart – about 4 years ago I was badly affected by flu and my ataxia subsequently progressed a lot. I now have a flu jab every year without fail – I'd give anything to be able to go back in time and have one 4 years ago.

The wheelchair-accessible pool table which we have in the room we hire was once again put to good use. Pictured below are Neil and Kieran showing off their skills...



## Money



Money wise the group now has £26 in the pot after spending £28 on hiring the room for this and next meeting.

This money was donated by members when the group first began in September 2011. The generosity of those members has kept the group going for well over a year. However we're now running low on funds...

To raise money to use for the cost of room hire for our meetings next year, I am selling raffle tickets to win Tigger (pictured left) which I bought all the way from Walt Disney World in Florida last month. You can buy tickets for £1 each or 5 for £4 and the raffle will be drawn at our Christmas lunch on 8<sup>th</sup> December (see below for details).

**So that we can keep this money exclusively for room hire, I'm asking everyone who comes to meetings in future for £1 towards the cost of refreshments.**

## Our next meeting

**Sunday 3<sup>rd</sup> February 2013 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.



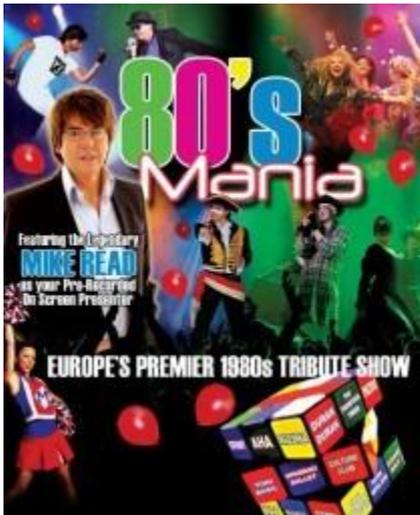
## Christmas lunch

Following the success of the last pub lunch in August, we have booked a table for Christmas dinner at Mount Pleasant – Hungry Horse, Hinckley Road, Walsgrave, Coventry CV2 2EU on **Saturday 8<sup>th</sup> December at 2pm.**

We have 19 bookings in total so far so it promises to be great!! If you would like to join us, please let me know your food selections from the menu attached/enclosed and get your £5 deposit to me – either by hand or by sending me a cheque.

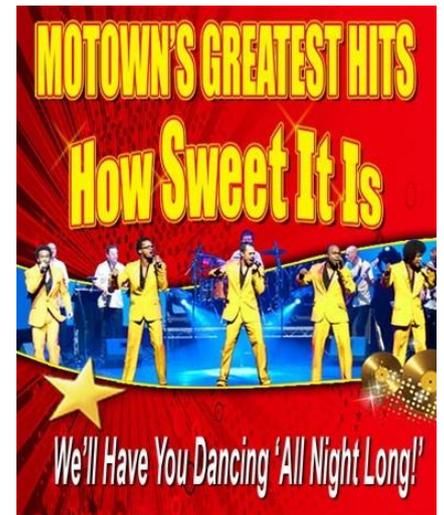
There is room for wheelchairs, disabled facilities and the pub know us by now and know that there will be a number of wheelchair users in our party.

## Fancy the theatre?



We have...  
80's Mania on Thursday 28<sup>th</sup> March at  
7:45pm  
- OR - Motown – How Sweet It Is on  
Wednesday 22<sup>nd</sup> May  
(or come to both!)  
At the Belgrade Theatre, Coventry  
See <http://www.belgrade.co.uk/>.

Please let me know if you're interested.  
Tickets are usually around £18 each but I  
won't know the exact cost until I book.  
The Belgrade admits carers of disabled  
patrons free of charge.



Note that I can't guarantee the availability of tickets or that we'll all be sitting together like at The Rat Pack last year. All I can say is the earlier you better!

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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 at the Christmas lunch on 8<sup>th</sup> December and/or our next meeting on 3<sup>rd</sup> February!***

### ***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". For news on group events and to download previous newsletters etc visit <http://ataxiacoventry.co.uk/>.*