



Ataxia Together

Jonathan Kay &
Lauren Cartwright



Everybody In!



ataxia *Together*

You'll know where it's **at**

Ataxia
UK
Caring today,
researching for tomorrow



Everybody In!

Background to



- We recognised a gap exists for 1 to 1 support and personal advice on living with ataxia, especially for younger people and those newly diagnosed
- We wanted to fill that gap and Ataxia Together was created
- AT is a new organisation which aims to work with people who have ataxia. We want to look at new ways of bringing people with ataxia together



Key Objectives Of



- AT want to bring those with ataxia – TOGETHER
- Help those diagnosed come to terms with their condition
- Show life is worth living and ataxia doesn't have to change that
- Give the best advice and support
- Constantly review our projects and introduce new initiatives



Getting to know AT team?

"you know where we're AT"



Chair:

Secretary:

Treasurer:

Committee Members:

Co-opted Advisors:

Jonathan Kay

Lauren Cartwright

Grace Kay

Alison Gregg

Louise Ames

Jemma Shaw - Can
Do, Leonard Cheshire
Disability

Tina Thatcher - Ataxia



Everybody In!

Who is Supporting

- VCashpoint
- Can Do, Leonard Cheshire Disability
- Ataxia UK



Everybody In!

The AT Mentor Project



- Ataxia (particularly FA) is often diagnosed in the teenage years. Being a teenager is hard enough, add to this the diagnosis of ataxia and it can all become too much. Many feel Why this? Why me? Why now!!!?
- AT Mentors have been through this themselves and have emerged on the other side as happy, independent and confident people who are ready and willing to support others. AT Mentors have got the T Shirt!



Ataxia Together Mentors



- Are between the ages of 18-33
- Have been diagnosed for at least 2 years
- Have a friendly and positive outlook on life
- Are willing to share their life experiences
- Are fully trained and CRB checked
- Want to help other people with ataxia



Training Day AT Team and 1st Mentors



Want To Find Out More?

- Come along to our Information Meeting tomorrow morning at 11am!
 - Chat with us over the next couple of days
 - Email us at ataxiatogether@live.co.uk
 - Call us on 07901 814895
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- Any Questions?

