

Ataxia 16-30

With the generous support of Comic Relief, Ataxia UK is developing a designated community for young people affected by ataxia. It's a great way to chat to someone who knows exactly what you're going through as well as finding out more information suitable to you!

Ataxia 16-30 includes:

- A private Facebook page, where young people can discuss their concerns, their experiences and generally let off some steam!
- A chill-out day at our annual conference as well as regular meet-ups throughout the year
- A dedicated website packed full of information aimed directly at 16-30 year olds: www.ataxia16to30.org.uk
- A monthly blog written by the 16-30 community



Members of the 16-30 group meet in February 2015

For more information or to be added to the 16-30 mailing list, contact Ataxia UK's

Steph Marley at:

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