



LEICESTER SUPPORT GROUP – AUGUST NEWSLETTER 2020

Hi Everyone

I hope you're all doing well. Have any of you ventured away at all? Now restrictions have been lifted. I went to a Premier Inn for the night at the end of July, in Sale, Manchester, and it was very clean, sanitisers everywhere & one – way systems – overcrowding wasn't a problem.

Ataxia UK have now got a new Helpline No. that's free:

NEW FREE HELPLINE NUMBER: 0800 995 6037

We have a new Helpline number that is now FREE for you to call. From Thursday 9 July 10.30am and onwards. The opening times remain the same - Monday to Thursday 10.30am to 2.30pm.

Also from the Ataxia UK website (www.ataxia.org.uk), I noted that the advice given by Professor Paola Giunti from the London Ataxia Centre on 20/7/20, was to:

- *Wear masks*
- *Frequent handwashing including the use of hand sanitiser gel remain important*
- *Social distancing*

Some of this advice is common sense, but it is more important than ever with the COVID-19 virus added to other viruses that are going around. **Stay safe everyone.**

The next meeting will be held on Zoom (a video provider on the internet), on Thursday 10th September, at 2.30pm:

1. ID: 894 798 6742
2. Passcode: 555237

I hope you will be able to join me.

Unfortunately, we won't be having a Christmas Lunch this year, but hopefully by April 2021, we will be back at The Local Hero so will have lunch to celebrate meeting up again.

I received my new Ataxia UK ID card from Ataxia UK a few weeks ago. If you haven't got one and would like one please contact kgichohi@ataxia.org.uk. If you would like a photo of yourself included on the card, please attach a digital photo:

- Clear & in focus
- In colour
- At least 600 pixels wide & 750 pixels tall
- At least 50KB and no more than 10MB
- Contain no other objects or people
- Be taken against a plain light-coloured background

Let me know if you can join me.

Claire

0116 2848201

Chmrh.charjen2@yahoo.com