

ATAXIA ESSEX SUPPORT GROUP

JANUARY 2021 NEWSLETTER

Hiya,

I hope you all had a lovely Christmas, although it was so different for many not to be able to share it with loved ones. But for me it seems an age ago now. Do I dare say Happy New Year, I do so with the hope that the new vaccination programme brings hope of some "Normality" although this may be a different normal, for a while at least. We just have to Wait patiently for our turn to be vaccinated. I do hope you have all remained well since we last chatted in November.

Unfortunately, this dreaded COVID threat is still around, which means us "Ataxians" need to protect ourselves the best we can. This means that our next Ataxia Essex Support Group Meeting will be on zoom again.

Our next Ataxia Essex Support Group meeting will be on Wednesday 27th January at 7pm

You will be able to access the meeting using the following link.

Join Zoom Meeting

<https://us02web.zoom.us/j/86323872205?pwd=Y2p5dHA4S2poUllwVnhvc3BhL09Mdz09>

Please remember that we meet on the last Wednesday of each month,
(except usually December).

Our 2021 meetings will be on
Wed 27th January
Wed 24th February

Wed 28th July
Wed 25th August

Wed 31st March

Wed 29th September

Wed 28th April

Wed 27th October

Wed 26th May

Wed 24th November

Wed 30th June

If anyone feels that they need a friend or support outside of these times & dates you are most welcome to contact me on the details below. I am not a medical, or benefits expert but I can listen & if I don't know the answer to a question, I usually know someone who does.

I Hope to see you tomorrow.

Dawn

0753 906 1075

tynckas@msn.com