



## **Ataxia UK North West London Branch Newsletter, February 2021**

### **Introduction**

This Newsletter is to help members stay in touch with what is happening within the Branch during the Covid-19 pandemic. Many members use our website and our Facebook pages to know what is going on, but for those of you who don't use e-mail and the internet, this is our chance to update you on what has been happening in the branch during the last year.

### **Future Events**

The last "physical" meeting we held, was our 2020 Annual General Meeting (AGM), which took place in February 2020, approximately a month before the first lockdown. Consequently, since then we have not been able to meet. It soon became apparent that until restrictions are lifted and Ataxia UK feel comfortable with the situation, there will be no face-to-face "physical" meetings. All future events will be virtual ones using Zoom software that runs on smart phones, tablets and computers. If you have an e-mail address and would like to be added to the cc for virtual meetings, please let Talita our Chairperson know.

### **Committee**

**Chairperson:** Talita Banoori

**Treasurer:** Tony Kaye

**Secretary:** Vacancy – If you are interested please contact Talita

**Fundraising:** Ray Levy

**Committee Members:** Gillian Malcahy, Deanna Kaye & Michael Glicksman

In our most recent AGM held recently, Michael who is a friend of Deanna and Tony, has joined our committee.

### **Ataxia UK Trustee**

Tony from our branch completed in November 2020, his 4-year stint as a trustee of Ataxia UK. However, a bit like Arnold Schwarzenegger in the Terminator movies, he'll be back. Not on the board, but as a member of the Ataxia UK Ethics Committee which he has been asked to join.

### **People News**

#### **Losses**

It is with great sadness that we report the loss of one of our members, Bill Sedger. Bill departed from this world on Sunday the 10th January 2021. To say that Bill was a full and active member of our branch doesn't really do justice to Bill. Bill really supported us and was a frequent attendee at our events, being them our simple "get togethers" in the pub for a chat, or our "major outings". Here is a picture taken in happier times of Bill enjoying our cream tea that we served at our last "live" event, prior to the Covid-19 pandemic, our AGM held on 23rd February 2020.



## **Gains**



On a happier note, Deanna and Tony now very proud grandparents. Ruby was born to Lauren and Rob Taylor on the 25<sup>th</sup> November 2020 at 06:30, weighing in at 8lbs 5oz.

## **Fundraising**

Due to the Covid-19 pandemic our ability to fundraise has been seriously curtailed. As some of you may know, we had planned a large fundraising supper quiz for April 2020. We decided to postpone that till October 2020, but for reasons that we are all too familiar with, we couldn't hold it then. The current status is that it is that we intend having a supper quiz when it is judged safe for us to hold one. Currently we are not sure whether this will be in late 2021, or early it 2022, but a soon as we have a date we will share it with you.

## **Recent Virtual Events**

### **21 February 2021 – AGM & Bingo Session**

On Sunday 21<sup>st</sup> February 2021 we held our branch Annual General Meeting (AGM), which was held via Zoom due to the restrictions the Covid-19 pandemic has placed upon us. This was followed by a virtual Bingo session. Talita reviewed the activities we had done in the last year and spoke about potential virtual events that we could hold during 2021. Talita explained that because both the branch and Ataxia UK are operating in a virtual world we can attend events no matter where they are held. Thus, Talita spoke not only about events that were organised by our branch but by the InControl team at Ataxia UK. On a sad note, Talita shared with everyone, in case they hadn't seen our website tribute, the unfortunate loss of our long time and well-loved member, Bill Sedger.

NW London Branch - Virtual AGM



Normally Tony as Treasurer would have updated us on the financial state of the branch, but unfortunately due to him needing to attend a funeral at very short notice, Deanna provided a brief overview of our funds. Due to the pandemic we have had to postpone our major fund-raising activity, our supper quiz, so the only significant injection of funds was £300 from the Waitrose Community Matters Scheme in March 2020, just prior to the lockdown. Expenditure has been minimal. Talita reviewed our move to using the NatWest Bankline online banking system, which provides added security through on-line cosignatories. Additionally, we have added Sue Millman the CEO as an additional; administrator to the account to guard against any unforeseen circumstances that could befall our branch (we aren't planning on any!).

Following the financial review, Talita obtained the endorsement from those present that existing members of the committee would continue in their current roles. Those present endorsed Michael Glicksman (a friend of Deanna & Tony's) joining the committee. The secretarial role is currently vacant and the committee are endeavouring to recruit someone, and would welcome interest from any members of the branch.



Following the AGM, everyone settled down to a virtual Bingo session. This was our second virtual Bingo session the first having been in August. Deanna ran the session using a very effective on-line Bingo calling website that was easily shared via Zoom. For those who don't know all the Bingo "Calls", no. 30 is "Dirty Gertie", no. 59 is "Brighton Line"! To our delight we had a very exciting finish with multiple people all waiting for the same number! 66 Clickety Click! Three games were held and the winners were Peter, Mary and Talita.



### **17 January 2021 – The Motown Story**

On Sunday the 17<sup>th</sup> of January we held our first virtual meeting of 2021. Tony presented via Zoom, "The Motown Story, 1959 – 1972". Tony covered the time period from the formation of Motown records until they left Detroit for Los Angeles in 1972. This allowed us to enjoy some great Motown music and it was appreciated by all, even by those who weren't around when some of the records were issued in the early 1960s!



### **13 December 2020 – Virtual Panto**

Unfortunately, due to the Covid-19 pandemic we were not able to have our regular December outing to the Arena, St Albans for our Christmas panto. However, we didn't totally miss out as we organised a virtual panto outing! With the help of those clever people at Zoom, we were able to stream to our branch members Jack and the Beanstalk. The attendance was good with 10 Zoom participants viewing the panto. Ok, we missed out on the ice creams but we still enjoyed the session.

### **21 November 2020, Ataxia NW London's Desert Island Discs**

On Saturday 21<sup>st</sup> November 2020 we held an "Ataxia NW London Branch – Virtual Desert Island Discs". The format we followed was similar to that used on the BBC radio programme with some slight tweaks. Ahead of the event folk were encouraged to share with Tony their top 3 pieces of music, plus their choice of book



and luxury item. The music clips were collated and assembled and those who submitted their music choices were interviewed by Tony and their music choices played (with accompanying videos where available) over Zoom.

We have never done anything like this before, and we are delighted to say it worked really well and we were all amazed at the range of music chosen and intrigued by the reasons why they were chosen. We had a very diverse range of music, choices which included:-

Crown Imperial March, by William Walton  
Let Me Try Again, by Frank Sinatra  
My Gipsy Queen, by Chris Norman  
Ticket to Ride by, The Beatles  
Sugar Sugar, by The Archies  
Blue Suede Shoes, by Elvis Presley

There was also an eclectic mix of books which included:-

The Special Years, by Val Doonican  
The Complete Works of Oscar Wilde  
The Complete Eurovision Song Contest Companion

And some unexpected luxuries which included:-

A Hula Hoop (not the potato snack!)  
A Telescope  
A Quality Shampoo  
An endless supply of paper with an everlasting pencil



Following the event, we have received some very nice comments about the event plus a suggestion that we should hold another Desert Island Discs session, but with the branch committee sharing their choice of music!

### **26th September 2020, Virtual Quiz**

On the 26<sup>th</sup> September we held our first virtual quiz via Zoom. It consisted of the following rounds:- General Knowledge, British TV Sitcoms, Trains & Boats & Planes, Food & Drink, Geography & Places and Spot the Dog! All those who took part really enjoyed the event. The Spot the Dog round was entertaining and frustrating in good measure. We were shown pictures of famous dogs, real and cartoon and we had to name them. They proved easy to recognise but harder to name! Here is just one of them, Muttley!!



### **16 August 2020, Virtual Bingo**



On Sunday 16<sup>th</sup> August our third virtual event, our first ever, virtual game of Bingo! Tony managed to find a very effective on-line Bingo calling website that we relayed via Zoom to our members. Much to our delight and that of the 15 participants, it worked very well and produced a very exciting finish with a couple of people waiting for just one more number for their full-house.

### **13 June 2020, Virtual Meeting with Sue Millman**

On Saturday the 13th June we held our second virtual meeting of the branch using the video conferencing software, Zoom. Our branch must all be Zoom experts as we had no technical problems at all! It was great to see everyone and we had 16 people on screen which was very gratifying, and three up from our first attempt.

We had a special guest at our meeting, the Chief Executive of Ataxia UK, Sue Millman. Sue gave us a brief overview of Ataxia UK and what its strategic thrusts are. Due to the Covid-19 situation, Sue reviewed the challenges facing Ataxia UK and how Ataxia UK is responding to the challenges by making good use of video conferencing technology to ensure we can all stay together, albeit in a virtual world. Following Sue's review, we had a brief discussion about future virtual events, nothing definite yet, other than we will try and meet on Sunday July 19th in lieu of our cancelled summer boat outing. Details to follow!

Normally we try and take pictures at our meetings to share, but that is a little tricky in our virtual meetings, but here is a picture of Deanna deep in thought during the meeting.



### **16 May 2020 Virtual "Get Together"**

On Saturday the 16<sup>th</sup> May we held our very first virtual meeting of the branch using the video conferencing software, Zoom. To our delight we were not beset with technical issues, and Zoom were feeling generous and did not end our meeting after 40 minutes which is normally how long you get if you sign into Zoom with a free account. It was great to see everyone and at one time we had 13 people logged into Zoom very gratifying for our first attempt. What we were delighted to hear from one branch member is that it allowed them to actually get to a meeting. This has provided food for thought to the committee to see if even when we are back to holding "real" rather than "virtual" meetings, whether we should continue holding virtual meetings to support those folks for whom travelling to and attending meetings is difficult.

Normally we try and take pictures at our meetings to share, but that was a little tricky in our first virtual meeting. So please settle for these cartoons!



### **Ataxia UK NW London Branch: Newsletter Contacts**

Talita Banoori, Chairperson – Tel: 07940166672, Email: [ataxiuknwlononchairperson@btinternet.com](mailto:ataxiuknwlononchairperson@btinternet.com)  
Tony Kaye, Treasurer - Tel: 02084206557, Email: [ataxia.uk.nw.london.treasurer@gmail.com](mailto:ataxia.uk.nw.london.treasurer@gmail.com)