

# ATAXIA ESSEX SUPPORT GROUP

NEWSLETTER SEPTEMBER 2021

Hiya,

Oh my good grief, I don't like these chiller evenings. I even admit to sneaking the heating on lately. Although Steve turns it off again when he realises. Lol.

I hope that you have registered for Ataxia UK's Virtual Ataxia Conference, this will be over the weekend of 15<sup>th</sup> – 17<sup>th</sup> October.

During the weekend there will be chance to chat with others like you during Birds of a feather, Virtual workshops, and it works for me .... Plus lots more, all in the comfort of your own home.

**Book your ticket below or call 020 7582 1444 to book over the phone with a member of the team.**

£20 per household.

*If you want to join on separate screens to someone in your household, please buy one ticket then email **Lucy Porter on lporter@ataxia.org.uk** and include the email address attached to your booking.*

Virtual workshops are available to book closer to the conference.

The Ataxia Essex Support Group will remain on zoom until the end of the year (September, October & November). However, I would be very grateful for your opinion & wishes for the new year, especially for January's meeting.

If you have an opinion on this please feel free to let me know your thoughts, you can email or text me privately if you don't wish to openly share your thoughts with the group.

Our next meeting of Ataxia Essex Support Group, is tomorrow  
7pm by Zoom on the link below. (Wednesday 29<sup>th</sup> September 2021)

Join Zoom Meeting

<https://us02web.zoom.us/j/84298739633?pwd=cUM2UkxOZ2lHcFRnejBZZG1OUVE3Zz09>

Meeting ID: 842 9873 9633

Passcode: 654579

If anyone feels that they need a friend or support outside of the time & dates of our meetings, 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. Or you can always contact Ataxia UK Helpline at

[help@ataxia.org.uk](mailto:help@ataxia.org.uk) or Telephone 0800 995 6037.

The Helpline is open 10.30 – 2.30 Monday – Thursday.

Closed on Fridays.

I Hope to see you tomorrow.

Dawn

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