

# ATAxia

## LEICESTER SUPPORT GROUP JANUARY NEWSLETTER 2022

Hi all

**HAPPY NEW YEAR!**

Before Christmas some members of the group enjoyed a Christmas lunch at The Local Hero. As usual it was delicious and piping hot when it came out. The service was good... there wasn't a lot of other customers in at that time, so everyone seemed to relax. I've attached some photos:



From the left back, we have Mr & Mrs Phan, Paul, Geoff, Eileen.  
From the left front, we have Daniel, Suki, Mike and Claire.





**Paul & Geoff**



**From the left, Suki, Daniel, Mr. & Mrs Phan.**



**Geoff & Eileen**

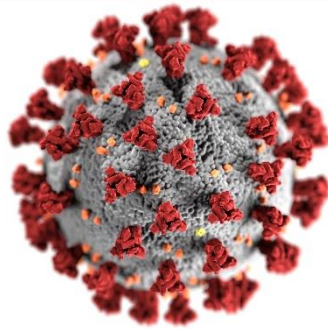


**Claire & Mike**

We had our first seated exercise session, held at Clarence House, Age UK, Humberstone Gate, Leicester, on Friday 15 October 2021. It went well: Suki & Her Aunt & Uncle joined me, Paul couldn't make it. I will do this again, as we were Kindly given some money towards activities for the group. I will discuss this with Age UK and hopefully hire a room for Thursday afternoon.

Ataxia UK have issued this latest statement regarding COVID-19:

### Covid-19 Guidance for Support Groups



The new Omicron variant has led to the reintroduction of some restrictions such as mandatory mask wearing and work from home guidance, with the potential for more curbs in the new year. In regards to Branch and Support Group meetings, we feel it is important to manage the risk of the virus, while ensuring that group members stay connected.

Therefore Ataxia UK recommendations will continue to follow the [latest Government guidance](#), while taking into consideration what your group members feel comfortable with. At present this means in-person meetings are still able to go ahead if your group wishes to do so. We suggest asking your members to take a lateral flow test 24 hours before attending, and that you review our [Covid-19 Risk Assessment](#) when planning your next in-person meeting.

Many of our groups have decided to host their meetings online for January while the risk of the Omicron variant becomes clearer. If you would like to run an online meeting but are unsure of where to start, please get in touch and we can provide you with Zoom training and book your meeting on our paid account.

**Our next meeting will be held on THURSDAY 24 MARCH, 2022, AT 12.30; AT THE LOCAL HERO, AYLESTONE ROAD, LEICESTER (All being well, of course.**

**I hope as many of you can, are able to make the above meeting. Take care,**

**Claire**