

ATAXIA ESSEX SUPPORT GROUP

NEWSLETTER FEBRUARY 2022

Hiya,

I hope you are all keeping well.

I'm sitting in my kitchen today, with the sun pouring in from the windows. Even just outside by back door, it's warm. Dare I hope that we are in Spring. However, the winds outside the front door, tell another story, that we have to wait a little longer for the better weather.

I think that's the one thing to come out of Covid-19, is that we are all used to waiting.

Our next meeting of the Ataxia Essex Support Group will be tomorrow. 8th February 2022. 7pm. This will be on zoom.

Join Zoom Meeting

<https://us02web.zoom.us/j/86371896350?pwd=OE1oY0Z5bWhpdG1sRFBkVGlyYXQ2QT09>

Meeting ID: 863 7189 6350

Passcode: 890999

Our Zoom meetings have changed date, (sorry for any confusion). We will have our first meeting tomorrow on Tuesday 8th February. (Second Tuesday in the month) We will continue to meet on the Second Tuesday of the month on zoom.

If you feel that you would like to meet in person, we will be at the "Four Season" Pub, Victoria Road, Laindon. SS15 6AW.

On the last Wednesday of the month.

Wednesday 23rd February 2022.

You are welcome to join us at both evenings, or just 1 evening.

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 or Telephone 0800 995 6037.

The Helpline is open 10.30 – 2.30 Monday – Thursday.

Closed on Fridays.

I Hope to see you on Tomorrow, on zoom.

Dawn

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