

ATAXIA ESSEX SUPPORT GROUP

NEWSLETTER For JANUARY 2024 ZOOM MEETING

HAPPY NEW YEAR TO YOU ALL.

Hiya,

WOW !! How the heck did we get to another NEW YEAR. I hope that you all had a good Christmas, Celebrating in whatever way you chose.

I begin this Newsletter with an apology, Sorry !! Sorry !! Sorry !! Sorry !! This apology is for anyone who tried to log on to our December Meeting via Zoom for our Christmas Social. Unfortunately, the Zoom Code I had been issued, and told to use to the end of the year including December, actually expired in November 2023. I am so truly sorry for any Inconvenience caused.

Please, if in future, if anyone has any difficulties joining a meeting, either In-Person or by Zoom, Please text me or call on my mobile, Because either way I will not have access to my computer for emails etc. Contacting my mobile will give you the quickest response or help.

Come and join us online from the comfort of your own home,

Our first Meeting of 2024 in on Tuesday 9th January. 7pm This will be a Zoom Meeting, using the link below.

https://us02web.zoom.us/meeting/register/tZYpdeuupz4pGdKeSI__cRcZ1qfS-bvi_dkT

Our Zoom meetings are Always on the Second Tuesday of the month.

The Meeting Dates for the year, are at the end of this Newsletter.

Our IN PERSON MEETING,- will be on -

WEDNESDAY 31st JANUARY 7pm
AT – The FOUR SEASONS PUB (Hungry Horse,)
Victoria Road, Laindon. SS15 6AW

Our In-Person Meetings will -
ALWAYS BE THE LAST WEDNESDAY IN THE MONTH 7PM

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You are welcome to join us at both our in-person meetings as well as the zoom meetings or just 1 evening,.

If you intend to join us at one of our meetings, Please, can you confirm your intention, by 5pm on the day of meeting, via text on the contact details below so that I can confirm numbers to expect. Thank You.

At the Four Seasons, Cold soft drinks & alcoholic drinks can be purchased direct from the bar at their usual bar prices, as can tea & coffee.

They also sell food at reasonable prices if anyone wishes to eat. Please, feel free to do whatever suits you, many eat during the meeting, but there are many who don't. The emphasis of our group is VERY relaxed & informal, and we just want members to feel free to do whatever suits them.

We usually hang out in the family room.

If you are unsure walking into the Pub. Please just call me on the mobile number at the end of this update and I'll come out & meet you to show you the way. You can spot me easily as I'm either on a red electric wheelchair, or a black manual wheelchair with headrest.

Ataxia Essex Support Group – 2024, Meeting Dates
LOOKING TO 2024 – OUR MEETING DATES WILL BE

ONLINE-ZOOM
SECOND TUESDAY
OF THE MONTH
2024
7PM

IN-PERSON
LAST WEDNESDAY
OF THE MONTH

TUESDAY 9TH JANUARY
TUESDAY 13TH FEBRUARY
TUESDAY 12TH MARCH
TUESDAY 9TH APRIL
TUESDAY 14TH MAY
TUESDAY 11TH JUNE
TUESDAY 9TH JULY
TUESDAY 13TH AUGUST
TUESDAY 10TH SEPTEMBER

WEDNESDAY 31ST JANUARY
WEDNESDAY 28TH FEBRUARY
WEDNESDAY 27TH MARCH
WEDNESDAY 24TH APRIL
WEDNESDAY 29TH MAY
WEDNESDAY 26TH JUNE
WEDNESDAY 31ST JULY
WEDNESDAY 28TH AUGUST
WEDNESDAY 25TH SEPTEMBER

TUESDAY 8TH OCTOBER
TUESDAY 12TH NOVEMBER
TUESDAY 10TH DECEMBER

WEDNESDAY 30TH OCTOBER
WEDNESDAY 27TH NOVEMBER

If anyone feels that they need a friend or if you may need 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 soon.

Many thanks,

Dawn

Tel :- 0753 906 1075

Email :- dwooldridge@ataxia.org.uk

If you wish to stop receiving updates from the Ataxia Essex Support Group, Please contact me as above. Stopping contact will in-no-way compromises your membership with Ataxia UK.