

CONTAXIA.

ATAXIA~EAST Newsletter 'Æ'

#117

Sep 2025

Dave's 'Dithering's'



After my last 🤖
'Dithering's' I am slowly on the
road to recovery but it is
taking a very long time and
very frustrating, being left in a
hospital does you no favours.
I'm now having a Physio come
to get me going again 😞.

On the brighter side, I was able to enjoy the lovely cream tea we had at Dobbies, not good for the waistline though.

It's a bit of a shorter Contaxia this time due to little information/stories available. I have 'pushed my luck' in the Time to Relax section about 21st century nursery rhymes, I know AUK will not approve and will delete them but I found it funny and I am sure you will. My humble apology if you are upset.

Though I was not 'officially' informed I 'picked up' on Facebook the original founder of our Branch, Nigel Molesworth, had passed away on the 12th August at the age of 89. I took over the 'chairmanship' from him in the mid 90's after he moved from Peterborough. He was always a 'positive' person who could balance his wheelchair on two wheels as a party trick. RIP.



Photo taken from his Granddaughters
Facebook page.

We have had four 'heatwaves' now [in my early years we called it a hot summer] so I hope you have survived. Myself, I did avoid the sun as much as possible as it does 'knock me back' like it does too many others.

Dave

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Meeting Notes 12-07-25

No official meeting here just a good old natter over the cream tea at Dobbies attended by Paul & Fran Charmen, Terry & Sheila Mckenna and Sue & myself.

It was a good chance to discuss anything that was our minds and a chance to 'catch up'.

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NRS

Have you been affected by the bankruptcy of NRS the equipment and service provider for the NHS. In my case it happened at the wrong time as I was in the process of changing some equipment and the breakdown of an essential piece of equipment.

I had seen on the media that NRS were in financial trouble and then a few days later that they had gone into liquidation. In the meantime, I had received a letter from the NHS letting me know that my Life-Line provider was changing from NRS and I would have to change my Direct Debit payment.

It all started when my physio, suggested I have my air mattress changed on my bed as it was not giving me enough support. Within a few days the new provider, Millbrook Healthcare, fitted the new mattress, the same chap who had fitted the original mattress! He said everything was in chaos, he could not take the old mattress away and said we should contact Millbrook to arrange for its collection.

That's when the fun began, on ringing them and going through the 'press the numbers sequence' after the 'voice' had told me they were experiencing a 'high demand' because of the NRS situation. On reaching the required 'number' I was given a recorded message to contact the subscriber who originally asked for the equipment and then cuts off!!!! Talk about going round in circles.

Too add to all this I found my 'ELK' Emergency Lift Cushion battery was failing after a fall to the floor where Sue had to get me up using the cushion, half inflated it stopped, luckily, we had a hoist to get me back onto my wheelchair. Again, another call to Millbrook, this time we got to talk to a person who arranged for an engineer to come that day, progress. At six o'clock at night he arrived, confirmed that the batteries were failing but could do nothing to help as all supplies were in an NRS warehouse controlled by the NRS liquidators. 'You couldn't make it up!' So now I must not fall as it might mean a long lay on the floor before an emergency service can arrive.

An ongoing situation is that I am being delivered a Roho cushion [Inflatable] on one day but they can't take the mattress away at the same time but are coming a week

later to collect it. How any of these services work I do not know, no wonder they 'go to the wall'.

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SAUCER PUDDINGS OR FRENCH PANCAKES

Mrs Phyllis Jones, Hawarden, Clwyd

2 oz Self-raising flour
1½ oz butter
1½ oz caster sugar
2 eggs
Pinch salt
¼ pint milk
Grated rind of ½ lemon
Butter for greasing saucers

Method

Select 4 or 5 old saucers

Place the butter and sugar into a bowl and mix together thoroughly until it resembles whipped cream. Beat in one egg and stir in half the flour and salt. Then beat in the second egg and remainder of flour and lemon rind. Stir in the milk. Melt a little butter in each saucer and when the butter is thoroughly hot, put equal quantities of the batter onto the saucers. Bake in a hot oven 375F until golden brown and firm. Serve with warm honey, raspberry jam, golden syrup, or lemon curd.

THE DUCHESS OF MONTROSE SOUP

Dot Hudson, Clarkston, Glasgow

4 large leeks
1 large carrot
¼ - ½ lb butter
1 ½ pints chicken stock
1 ½ pints white sauce

Method

Chop leeks and carrot and fry gently in butter until reasonably soft. Add stock. Make a white sauce and add to soup. Bring almost to boil, Then cool and liquidise. Serve hot with flower of parsley in centre of each bowl.

CAN BE FROZEN

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CONTACTS

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You support us and we support You!

Dates for your Diary

27 Sep 25 – GAC, 2pm
PE2 8QS

29 Nov/06 Dec 25 ??

Would a zoom meeting be
preferred or face to face.
Your choice please – I will
go with the majority!

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