

ATAXIA ESSEX SUPPORT GROUP
NEWSLETTER
FOR
ZOOM MEETING
TUESDAY 9TH SEPTEMBER 2025
7PM

Hiya,

I hope you are keeping well, and have enjoyed your summer. It won't be long before Autumn is upon us.

Our next ATAXIA ESSEX ZOOM MEETING Will be TODAY -

TUESDAY 9th SEPTEMBER 2025 7PM – 8.15PM. ((UK, BST)

YOU CAN REGISTER AND JOIN THE MEETING ON THE LINK BELOW.

https://us02web.zoom.us/meeting/register/WWJSwSmySPun8X_IsGfKyw

This link will be used for the rest of the year, February – December.

Come and join us online via zoom from the comfort of your own home and chat to others who have a similar experience to you. You are NOT ALONE. ALL ARE WELCOME. We hope that you can join us.

OUR ZOOM MEETINGS ARE ALWAYS ON THE SECOND TUESDAY OF EACH MONTH.

Our next ATAXIA ESSEX SUPPORT GROUP IN-PERSON MEETING will be on

WEDNESDAY 24th SEPTEMBER 2025 7pm – 9.30pm

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 7 PM – 9 30 PM

If you intend to join us at the In-Person meeting, please, can you confirm your intention, by 5pm on the day of meeting, or if you will be joining us later in the evening, PLEASE, let me know via text or call on the mobile phone number at the end of this newsletter, so that I know 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 welcome & relaxed, to do whatever suits you. 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 Newsletter and someone from the group will come out to meet you.

You are welcome to join us at both our meetings, or just one of them. Whichever best suits your needs or chop and change. The choice is yours. Only you know what will help you.

A FULL LIST OF MEETING DATES FOR THE YEAR ARE AT THE END OF THIS NEWSLETTER, FOR BOTH IN-PERSON MEETINGS AND ZOOM MEETINGS

UPDATES FROM ATAXIA UK

- ATAXIA UK VIRTUAL CONFERENCE - Friday 3rd October & Saturday 4th October 2025
Discover more from the Ataxia UK Website.
- MEDWAY NEUROLOGICAL TECH FAYRE THURSDAY 4TH SEPTEMBER was a great day for those that attended.
- BIG ATAXIA UK CAKE BAKE - FROM 1ST NOVEMBER, PLEASE SEE ATAXIA UK WEBSITE OR CONTACT fundraising@ataxia.org.uk FOR MORE INFORMATION.
- THE BIG GIVE – The first week in December. Where any donations made will be match funded, so doubling your donation. Please remember to add gift aid if you are eligible to do so.

SERVICES OFFERED – CONTACT VOLUNTEERING OR HELPLINE FOR MORE INFORMATION ON.

SPEECH THERAPY

VOICE BANKING

HELPLINE AND ADVOCACY

SUPPORT GROUPS

MINDFULNESS

I hope some of you got to attend some of the “Wellness Week” Sessions, There are also some future “Mindfulness” sessions still to come, on –

Friday 17th October 1pm-2pm

Friday 12th December 1pm-2pm

Further details on these sessions, plus a form to book these sessions is available on the Ataxia UK Website, for a couple of months before each session is due.

AbilitNet’s friendly team of digital skills trainers can provide free Digital Skills Trainers can provide free digital skills training to support older people (65+ years) in London and the Surrounding Areas, as well as 4 other major cities across the UK.

FULL INFORMATION AND DETAILS CAN BE FOUND ON THE ATAXIA UK WEBSITE. AS WELL AS MORE DETAILS TO FOLLOW SHORTLY.

FOR FULL AND UP-TO-DATE INFORMATION ON WHAT IS GOING ON AT ATAXIA UK, PLEASE CHECK THE WEBSITE, <https://www.ataxia.org.uk/>

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 that you find some of this information helpful.

Best Wishes.

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 with this Group, will in-no-way compromise your membership with Ataxia UK

ZOOM DATES FOR 2025

Tuesday 9th September

Tuesday 14th October

Tuesday 11th November

Tuesday 9th December

IN-PERSON MEETING DATES 2025

Wednesday 24th September

Wednesday 29th October

Wednesday 26th November