

CONTAXIA.

ATAXIA~EAST Newsletter 'Æ'

#123

Sep 2026

Dave's 'Dithering's'



I'm so sorry that you missed the last Contaxia [probably you didn't] but I did not have enough 'material' to make it worth producing. There was no meeting to report on as we enjoyed an Afternoon Tea at Dobbies. This edition has come out early as it gives brief details of the AUK Conference, on line, near the end of September.

The only thing I had to report on was the sad loss of Bob.....

No sooner than I had distributed the last Contaxia when I received a call from Jan Robson with the sad news that her husband Bob had passed away.



For the last few months Bob had moved into a care home to ease the workload for Jan. It was hard but you have to look at it practically. Their absence will be

missed. Over the years Bob had run the Thames Valley group and joined Æ once he found it to difficult to continue the work. Living at Stevenage it was easier to come up to Peterborough than travel into London. Jan does not fancy travelling up now on her own. I sent a condolence card on behalf of Æ. [Sorry this repeated in the meeting notes.]

PLEASE NOTE – Our next meeting @ GAC on 12 Dec will start a 1200hrs due to availability of the room.

Dave

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Meeting Notes 05-09-26 @ GAC, 1400hrs

Introduction.

Dave welcomed 14 members which was a good number attending, also especially Sharon and husband Clive, I hope they benefit from just talking with others..

Present:- Fran & Paul Charman, Kirstie & daughter, Megan Cooper, Keith & Jackie Croft, Nigel Davis, Sharon & Clive Hooper, Sheila & Terry Mckenna, Dave Stubley [Co-ordinator], Sue Stubley, Angie Trafford & P/A Ash.

Apologies:- John Campbell, Alison Gilby, Alison Harrison, Elaine & Phil Sibley & Vera Wilday.

Co-Ordinator Report

Jan Robson had let me know that Bob, had died earlier in the year and that she would be standing down as it was a long way to travel from Stevenage on her own, A card of condolence had been sent on behalf of Æ.

Dave said sorry that there had been no Contaxia prior to the meeting – not enough to write about.

Ataxia Conference to be over the week from 21st Sept covering IAAD on 25th

21st 10 – 1400 About Ataxia
22nd 1300 – 1430 it works for me – Mindfulness.
23rd QA 2 sessions
24th 12 – 1330 Speech, Gluten+ 1430 -1600
25th 11 – 1300 General roundup & updates.
More info on the AUK web site.

Treasury Report

The account stands at £1149.75 but will change after expenses etc.

Secretarial Report

We now have 60 members on the list when Sharon & Clive are added. Though meeting notifications are put on the Æ Facebook page, they are still emailed/posted out to members.

AOB

1] Dave reported on an Allied Motability Roadshow at Thursford, he had been to on Thursday before the meeting and how Electric WAV's seem to be gaining popularity, though expensive, he was assured the prices will fall. Paul went on to say how easy and convenient his electric car was even when going on to holiday in Ireland.

2] It was asked by one member if anyone suffered from strange sensations in their head which caused them problems. Dave said that now and again he had a feeling of an 'electrical charge' going from ear to ear, but it was not a regular thing. It was suggested they seek a neurologist's opinion. Tiredness is a thing most of us suffer, this may contribute, but always seek advice.

3] The regular exercise with a Sarasteady had allowed Dave to be more able in transferring and getting in and out of Sue's car. Keeping exercising is vital even though you may not fancy doing it. Just a little each day will help.

4] Paul made us aware of a Case Review Commission on Social Care:

<https://caseycommission.co.uk/>

If you go into the 'Contact Us' logo it will show you how to send your day-to-day experiences as a carer.

Next Meeting

12 Dec 26 GAC - With Xmas buffet. EARLY START 1200hrs Please notify Dave or Sue if you would like to attend.

Jan/Feb Zoom?

Raffle

It has raised £ 26.00. Thank You.

The meeting closed with the usual tea & cakes & 'natter'.

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#### **Allied Mobility Roadshow.**

On the 3<sup>rd</sup> September Allied Mobility held a roadshow at Thursford Steam Museum in Norfolk. Though I was not due to change my car for another three years I would take the opportunity to go and see what was on offer and see what was the latest available now that Electric Vehicles [EV] are now becoming 'the new norm'. Plus, as an added bonus it might get me a 'free look' around the museum, which is a very interesting place.

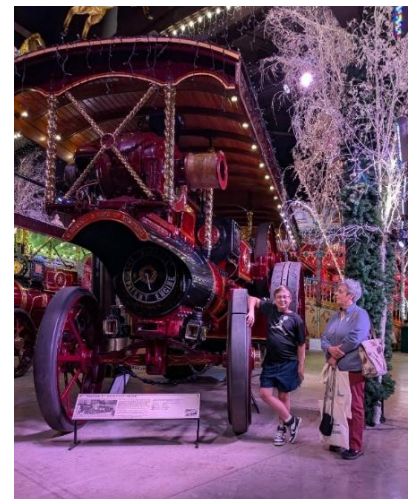
Tickets to go were free so I applied and got four with the intension of taking two of my grandchildren for a treat.

On arrival there was plenty to see, appreciating that it was just Allied Mobility products, who convert standard 'vans' to wheelchair accessible vehicles, [WAV's]. There were no other manufacturers there, but there were at least 15 to 20 to choose from, I didn't count! Plus, some wheelchairs and scooters in the event suite where we enjoyed a nice cup of tea and some lovely cakes.

There were that many 'Freebies', bags, pens, keyrings, bubble mix, etc. so that we came away well pleased. And to make the day more enjoyable we had full access to the museum with all its magnificent Engines, fair organs and fairground rides.



At a small charge Sue and grandson George was able to ride the giant Galloping Horses.



Another plus was that Thursford also catered well with disabled toilets, large ones in the carpark and others around the venue.

Well worth a visit even if you have to pay!!!

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You support us and we support You!



MUSHROOM SOUP

Carol Prytherch, Hawarden,
Deeside, Clwyd

1 oz butter
1 oz flour
½ pint chicken stock
½ pint milk
1 tablespoon chopped fresh
parsley
4 oz mushrooms wiped and finely
chopped.
Salt and freshly ground black
pepper
1 tablespoon lemon juice
2 tablespoons fresh cream

Method

Place all ingredients except
lemon juice and fresh cream in a
large saucepan.
Bring to the boil, whisking
continuously over a moderate
heat.
Cover and simmer for 10
minutes
Remove from heat, add lemon
juice and fresh cream, stirring
well.
Pour into a tureen or individual
dishes and serve immediately
with Melba toast.

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Time to Relax

Amazing Simple Home Remedies!

Avoid cutting yourself when
slicing vegetables by getting
someone else to hold the
vegetable while chopping..

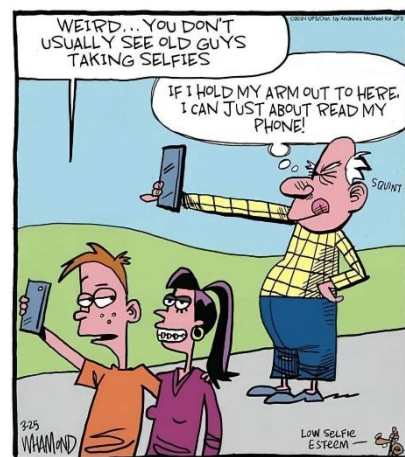
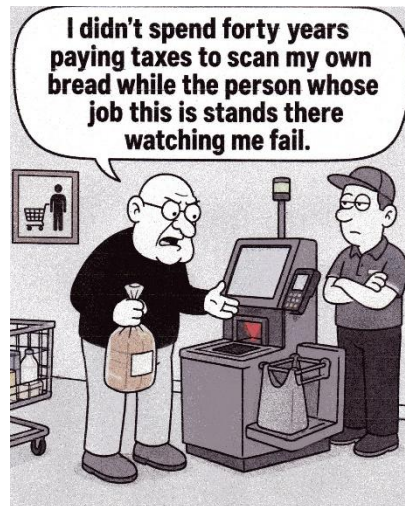
A mousetrap placed on top of
your alarm clock will prevent you
from rolling over and going back
to sleep after you hit the snooze
button.

If you have a bad cough take a
large dose of laxatives then you
will be afraid to cough.

You only need two tools in life –
WD-40 and Duct tape If it doesn't
move and should, use the WD-40.
If it shouldn't move and does. Use
the Duct tape.

If you can't fix it with a hammer,
you've got an electrical fault...

Remember – Everyone seems
normal till you get to know them.



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CONTACTS

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Dates for your Diary

12 Dec 26 – GAC 1200hrs
EARLY START, Xmas Buffet
PLEASE LET US KNOW IF
YOU WOULD LIKE TO
ATTEND

Feb 27 – Possible Zoom
Meet

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