

ATAXIA ESSEX SUPPORT GROUP

NEWSLETTER

FOR

MARCH 2025

ZOOM MEETING

Hiya,

I hope you are keeping safe & warm in this slightly chilly and sunny Weather.

We have our next ATAXIA ESSEX ZOOM MEETING - TONGHT

TUESDAY 11TH MARCH 7PM – 8.30PM. ((UK, GMT)

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.

You are welcome to join us at both our in-person meetings as well as the zoom meetings or just one of them.

Our next IN-PERSON MEETING will be on -
WEDNESDAY 26th MARCH 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.

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

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 18th April 1pm-2pm

Friday 20th June 1pm-2pm

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.

AbilityNet’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.

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 will in-no-way compromises your membership with Ataxia UK

ZOOM DATES FOR 2025

Tuesday 11th March

Tuesday 8th April

Tuesday 13th May

Tuesday 10th June

Tuesday 8th July

Tuesday 12th August

Tuesday 9th September

Tuesday 14th October

Tuesday 11th November

Tuesday 9th December

IN-PERSON MEETING DATES 2025

Wednesday 26th March

Wednesday 30th April

Wednesday 28th May

Wednesday 25th June

Wednesday 30th July

Wednesday 27th August

Wednesday 24th September

Wednesday 29th October

Wednesday 26th November