



**A WORD FROM THE AE EDITOR**

Welcome to the 22<sup>nd</sup> edition of the AE (Contaxia) newsletter.

Having two small children makes it extremely difficult to go anywhere these days, that's the main reason I don't attend the meetings, just incase you were wondering!

The Trading Standards Office are making people aware of the following scam: A card is posted through your door from a company called PDS (Parcel Delivery Service) suggesting that they were unable to deliver a parcel and that you need to contact them on 0906 6611911 (a premium rate number). DO NOT call this number, as this is a mail scam originating from Belize

If you call the number and you start to hear a recorded message you will already have been billed £15 for the phone call.

If you do receive a card with these details, then please contact Royal Mail Fraud on 02072396655 or ICSTIS (the premium rate service regulator) at [www.icstis.org.uk](http://www.icstis.org.uk)



**A RELAXING HOLIDAY IN NORFOLK**

With Kirstie's report in the last Contaxia about her sun-drenched holiday in Cyprus, I thought I would bring you back down to earth with a simple, few relaxing days break in Norfolk, for the more feel at home type.

Sue and I had not really had chance to arrange a holiday this year, on the weeks Sue had booked off work something had 'cropped up'. In this case an eye appointment at the hospital where I could not drive afterwards, nevermind we would go for a few relaxing days in the Norfolk Broads

area, an area which we both enjoy, on a bed and breakfast basis. After scouring the internet and brochures from the tourist information office, we plumped on a converted farm building near Hickling Broad.

Sending the usual emails regarding availability of their disable friendly rooms, we were disappointed that we received no reply after a week or more. Not to be beaten, as time was getting tight, I reverted to the good old telephone. No problems we were booked in from the Tuesday night to the following Friday morning, in the disable room.

Looking forward to a few days of doing not a lot I was well 'miffed' when a couple of weeks later I received a letter from the hospital saying my appointment had been changed to weeks later. We could have had a full week away, but it was too late to change now.



Dairy Barns at Lound Farm, Hickling is a working 360 acre farm where the former milking parlour and dairy has been converted by the family into self contained holiday accommodation. Breakfast is served in the old barn which has

also been converted from it's original use. There's plenty of choice which includes the Full English. Run by the family I got the reason why they did not reply to my email, the lady was busy in hospital having a baby, I couldn't moan after that!

The disable 'wet room' was brilliant with enough room to 'hold a party' in. The photo does not do it justice. Every night when we returned from the days visiting, it was nice to make a cup of tea and always enjoy the chocolate left on your pillow.

With having evening meals out, there was a good list of restaurant/pubs to visit but beware not are all 100% disable friendly. Being a farm, as you could imagine on first finding it, it seemed in the middle of nowhere, but once we got our 'bearings' we were not far from the sea at Sea Palling [2miles] and Hickling Broad [3miles]. Norwich was only 35 minutes away by car if you needed retail therapy.

The disable room is often booked by non-disable people simply because of the wildlife that can be seen from the room window, looking across part of the farm. A thoroughly relaxing few days were enjoyed, with plenty to see around the Norfolk Broads which is virtually on the doorstep.

We can recommend Dairy Barns



for a few days rest and relaxation, it was not the cheapest of B and B's but was well worth it because of the attention you received.

They can be found by entering [www.dairybarns.co.uk](http://www.dairybarns.co.uk) on the internet or phoning 01692 598243.

Ps. We are not on commission, we just enjoyed the break, being disable friendly.

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## ATAXIA~EAST MEETING NOTES 6-OCTOBER-07

### INTRODUCTION

Dave Stublely welcomed everyone and introduced Sarah Cammack from the British Red Cross based at Boston who was to give us a talk on the work of the BRC. Dave apologized for his mistake in the postal notifications, stating the 8<sup>th</sup> and not the 6<sup>th</sup> though most members present received the postal note but managed to arrive on the right day. Dave also welcomed new member Arline Oakley who had travelled from Bedford.

### Present

Alison Crosby, Sue & Gerry Howard, June & Ray Houlgrave, Sheila Jones [Fundraising], Arline Oakley, Jean Pearson, Bob Robson, Dave Stublely [Chair], Sue Stublely [Secretary], Mona & Keith Taylor,

### Apologies

Lesley Gordon [Treasurer], Doreen Granger, Terry Mckenna [Vice Chair], Rose Selway, Kirstie Jones [Fundraising], Simon Thornton [Editor].

### Sarah Cammack British Red Cross

Sarah has been doing voluntary work for the British Red Cross for 12 years, but for the last 6 years she has been on the staff and now oversees 6 disabled living centres at Stamford, Boston Gainsborough, Mablethorpe, Lincoln and Grantham. The BRC is funded by Social Services and gives impartial advice on equipment or services

that you may want to purchase. If you were to contact them and ask for a wheelchair, they would first ask "why do you want a wheelchair", considering all other options before selling a wheelchair? They, on average, get 300 enquiries per month and stock a vast amount of equipment covering most disabled needs, from a tin opener to advise on a complete 'wet room'. They do not sell electric scooters or wheelchairs as they cannot provide the 'back-up' services that are needed with this type of aid. Sarah would be happy to advise anyone, even out of her area, give her a ring on 01205 367597 if you think she can help you with any equipment etc.

### Sarah talks to AE members

### Updates Focus Group

This proved very successful with members getting around the table and discussing some of the problems they have, many share by one another. From this we did get a new member. Katie Wheeler.

### Membership

There have been a few new members to the group, Arline Oakley from Bedford, Katie Wheeler from Kings Lynn and Giles Jameson from Lincoln. Membership now stands at 55 on the list, but the list needs sorting as many are not now members of



AUK.

### AAD at ASDA

### Ataxia Awareness Day

This year the 25<sup>th</sup> fell on a Tuesday and Sheila and Kirstie managed to persuade Asda in Peterborough's Watergate Centre to let us have an 'Information table' in the store, manned by Kirstie, Terry and myself we had a very successful

day, raising awareness to many people who had not heard of Ataxia. Two collecting tins were placed on the table, and people donated a grand total of £65.25 to our cause.

In a lead up to the 25<sup>th</sup>, Boston again held it's 'Showcase' in Central park on the 9<sup>th</sup> September. Sue held her usual tombola and raised £40. It was a busy day with many people attending but there were many other charities trying to make a little money, so competition was strong, but it was still an enjoyable day finished off nicely with the Boston Youth Orchestra playing the final session.



### Boston Showcase Event

### Swimming

The Princess Royal Sports Arena and the Boston Disability Forum have made the swimming pool available, **free of charge**, to all disabled people on two days a week, Mondays 11am-12noon and Fridays 2pm-3pm. The pool is only 1.2m (4ft) deep and has lift access for wheelchair users. If you take a carer they are not charged and can go in the water to help you. Make the best of it and get some exercise.

### The Ataxian

A few members were a little disappointed that the editor did not use any of the reports that had gone into Contaxia, Jenny Bells marvelous exercise program and the work of fundraising by the Peterborough Round Table. Probably they had enough articles without ours.

### AUK Conference

As most of you know this was held at the Queens Hotel in Leeds this

year, a majestic building with excellent access from the station, next door. With being so grand, it did not lend itself for full wheelchair compatibility, though there was a lift to get to the upper conference room, the toilets were downstairs, so you could imagine the rush at break-times, with only three chairs fitting in per 'trip'. The meeting in itself was very good with the usual highlights. It will be better for us again next year when it is held at Stanstead, details, as of yet, have not been finalized.

### **AUK Family Day**

From the conference it was mentioned that there will be a Family Day at Alton Towers, Staffordshire. It will be on the weekend 14<sup>th</sup> – 16<sup>th</sup> March 2008, with the theme park being available on the Saturday afternoon. It is open to all ataxians, their family and friends. Contact Asantwaa Brenya at AUK if you are interested in the event. Accommodation has been arranged at the Alton Towers Hotel.

### **OFT Telephone Scam**

The Office of Fair Trading has notified people of a telephone scam where bogus OFT representatives contact you by phone and ask for personal details and bank information so that the OFT can reclaim your bank charges. The OFT does not do this so please be wary and do not give any details to anyone whether by email, letter or telephone. Be very cautious at all times.

### **Collection at Queensgate Peterborough**

We have got permission to hold a collection at the Queensgate Centre, Peterborough on the 10<sup>th</sup> November, help would greatly be appreciated, if even for a couple of hours. Remember, you may be able to fit a bit of early Christmas shopping at the same time? Please let Dave [01205 722771] or Sheila [01733 760124] know if you can help.

**Raffle Collection - £14, Mona & Keith Taylor** also collected **£6** in 5p's.

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ONE Recently, when I went to McDonald's I saw on the menu that you could have an order of 6, 9 or 12 Chicken McNuggets. I asked for a half dozen nuggets. "We don't have half dozen nuggets," said the teenager at the counter. "You don't?" I replied. "We only have six, nine, or twelve," was the reply. "So I can't order a half dozen nuggets, but I can order six?" "That's right." So I shook my head and ordered six McNuggets

TWO I was checking out at the local Wal-Mart with just a few items and the lady behind me put her things on the belt close to mine. I picked up one of those "dividers" that they keep by the cash register and placed it between our things so they wouldn't get mixed. After the girl had scanned all of my items, she picked up the "divider", looking it all over for the bar code so she could scan it. Not finding the bar code she said to me, "Do you know how much this is?" I said to her "I've changed my mind, I don't think I'll buy that today." She said "OK," and I paid her for the things and left. She had no clue to what had just happened.

THREE A lady at work was seen putting a credit card into her floppy drive and pulling it out very quickly. When I inquired as to what she was doing, she said she was shopping on the Internet and they kept asking for a credit card number, so she was using the ATM "thingy."

FOUR I recently saw a distraught young lady weeping beside her car. "Do you need some help?" I asked. She replied, "I knew I should have replaced the battery to this remote door unlocker. Now I can't get into my car. Do you think they (pointing to a distant convenience store) would have a battery to fit this?" "Hmmm, I dunno. Do you have an alarm, too?" I asked. "No, just this remote thingy," she answered, handing it and the car keys to me. As I took

the key and manually unlocked the door, I replied, "Why don't you drive over there and check about the batteries. It's a long walk."

FIVE Several years ago, we had an Intern who was none too swift. One day she was typing and turned to a secretary and said, "I'm almost out of typing paper. What do I do?" "Just use copier machine paper," the secretary told her. With that, the intern took her last remaining blank piece of paper, put it on the photocopier and proceeded to make five "blank" copies.

SIX I was in a car dealership a while ago, when a large motor home was towed into the garage. The front of the vehicle was in dire need of repair and the whole thing generally looked like an extra in "Twister." I asked the manager what had happened. He told me that the driver had set the "cruise control" and then went in the back to make a sandwich.

SEVEN My neighbour works in the operations department in the central office of a large bank. Employees in the field call him when they have problems with their computers. One night he got a call from a woman in one of the branch banks who had this question: "I've got smoke coming from the back of my terminal. Do you guys have a fire downtown?"

EIGHT Police in Radnor, Pa. interrogated a suspect by placing a metal colander on his head and connecting it with wires to a photocopy machine. The message "He's lying" was placed in the copier, and police pressed the copy button each time they thought the suspect wasn't telling the truth. Believing the "lie detector" was working, the suspect confessed.

NINE A mother calls 911 very worried asking the dispatcher if she needs to take her kid to the emergency room, the kid was eating ants. The dispatcher tells

her to give the kid some Benadryl and it should be fine . The mother says, I just gave him some ant killer.....  
 Dispatcher: Rush him in to emergency room!

**Life is tough .**

**It's tougher if you're stupid**

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**DATES FOR YOUR DIARY**

**Next Meeting**

This will be our Christmas meal at the Gordon Arm, Oundle Road, Peterborough. PE2 7DH. A menu is attached to this newsletter, please return your choice of meal to Dave asap, remember there will be minimal fee of £5 per person.

We are proposing a meeting on the 19<sup>th</sup> January as it is a long gap between the Christmas meal and our AGM in early April.

Next Leicester Support group meeting is on Wed 23<sup>rd</sup> Nov at the Stage Hotel, Wigston Fields, Leicester starting at 1pm.

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**Christmas Menu at the Gordon Arm  
 Oundle Road, Peterborough  
 Saturday 8<sup>th</sup> December  
 1.30 for 2pm start**

**Starters**

- Breaded Mushrooms [V]  
 Deep fried breaded mushrooms served with a crispy leaf garnish and barbeque dip
- Classic Prawn Cocktail  
 Tasty prawns on a bed of shredded lettuce, topped with Marie Rose sauce and served with multigrain bread and butter.
- Broccoli and Cheddar Soup [V]  
 Wholesome soup, served with warm dinner roll.

**Mains**

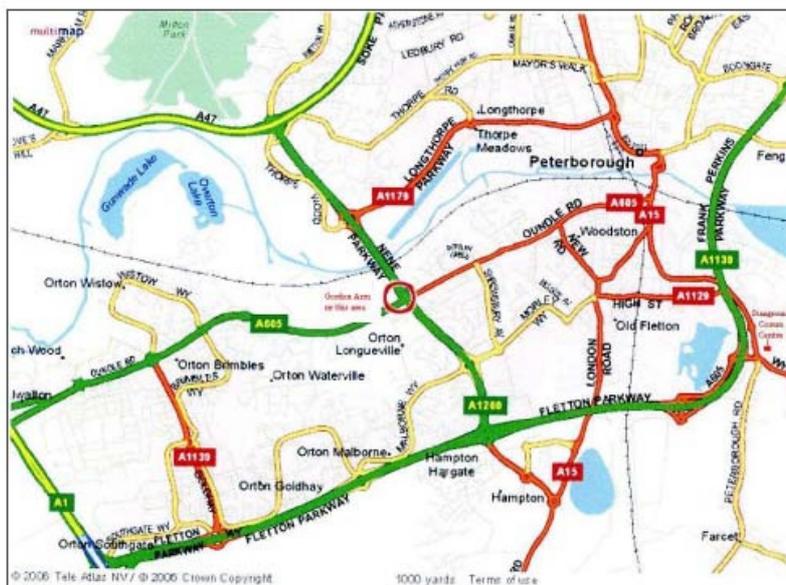
- All served with a selection of potatoes and seasonal vegetables.
- Traditional Roast Beef  
 Roast beef accompanied by two Yorkshire puddings and gravy.
- Salmon and Champagne Sauce\*  
 Poached fillet of salmon served with a delicious champagne sauce.
- Traditional Roast Turkey  
 Sliced roast turkey breast accompanied by a bacon-wrapped chipolata, stuffing and gravy.
- Wild Mushroom and Madeira Pudding [V]  
 Wild mushrooms in a Madeira sauce wrapped in suet pastry.

**Desserts**

- Profiteroles  
 Bite-size choux buns filled with cream, topped with chocolate and toffee sauce, served with vanilla flavoured ice cream.
- White Chocolate and Cranberry Yule Log  
 A twist of the traditional yule log with vanilla flavoured ice cream.
- Christmas Pudding  
 Traditional Christmas pudding served with warm brandy sauce

[V] These dishes are suitable for vegetarians.  
 \* Some fish dishes may contain bones.

**Please Notify Dave of your choice before 24<sup>th</sup> November.**  
 01205 722771 or email [djstubley@aol.com](mailto:djstubley@aol.com)



The map shows the approx location of the Gordon Arm, not far from the Stanground Community Centre where we meet.