

INVERNESS AXTAXIA

Issue No: 2

Date: March 07

NEWS

WELCOME

Well it's that time again and our second issue is finally here.

As most of you will be aware our second meeting was held at Elgin Leisure Centre and, once again, we are pleased to report that it was a great success.

NEW MEMBERS

We are happy to announce 3 new members to our group since our last issue:

Mary Lawtie
Michael Lawtie
Ken Malcolm

Michael is now our youngest member and it was good to hear his take on living with Ataxia.

We would like to welcome all of our new members to our group and look forward to seeing them again soon.

MATTERS DISCUSSED

Once again the meeting was a great chance for everyone to update each other on what had gone on since our last meeting and discuss any concerns.

Dawn, John and their family have been very busy arranging a 15 mile sponsored walk for Ataxia UK. Michael our youngest member was really looking forward to this and will be writing us a piece for our next issue to update us on how the day went. We all wish them well and hope the day is a great success.

Everyone put their heads together to come up with ways of attracting new members.

Kerry and Claire have sent out flyers to local doctor surgeries etc, but to date they have had no new replies. Dawn and Martin have been sent copies for their area. Hopefully this will start to generate more members soon. We will keep everyone posted.

We thought it would be a good idea to invite our members to write a piece for each issue. Craig agreed to write our first piece on how Ataxia has effected him.

CRAIG'S STORY

"Hi my name is Craig. I am 16 years old and have been living with Friedreich's Ataxia for 5 years.

When I was first diagnosed I carried on as a normal teenager does. I continued doing the things I loved, mainly football and going out with my friends.

When I was 15 it was time for me to go into the wheelchair. At first I found it ok and it didn't bother me too much. Then I started getting really frustrated being stuck in the chair all the time. However after some time I got used to the idea and discovered that I actually had more freedom in the chair than I did without.

I can now do almost everything that I did before with a few exceptions. I don't let my condition get me down and enjoy my life to the full. I would be telling a lie if I said I did not get down and frustrated at times but, I pick myself up and carry on. I would say to anyone else in the same position to do the same".

Michael also agreed to write a piece for the Newsletter. This will feature in our next issue.

Martin raised an important point at our last meeting. He asked how much we knew about the different kinds of Ataxia. The forms that do not directly effect us personally on a day to day basis.

We are keen to learn about the different forms of Ataxia and hope that our existing members and future members will share there stories with us.

DATE OF NEXT MEETING

Due to the holiday season fast approaching along with school holidays everyone agreed it would be a good idea to bring the next meeting forward to the beginning of June.

John is finding out about possible dates and a venue. As soon as this has been confirmed we will let everyone know.

Once Again we would like to thank everyone who attended the meeting for making this group possible.