National Tremor Foundation

Essential Tremor Awareness Day
Goring Methodist Hall, Worthing 7ᵗʰ March 2020

Hosted & report by Jackie Farrell NTF support group coordinator
(Please note this meeting took place before lockdown and social distancing).

As part of March Essential Tremor Awareness Month 2020. Worthing was chosen for an ET Awareness day. The event attracted over 30 visitors who had travelled from across the South. Some meeting others with the disorder for the first time. A lovely friendly atmosphere.

We wish to thank Worthing Mayor Cllr Hazel Thorpe & Cllr Bob Smytherman (MC) for supporting our Tremor Awareness Day. Also to Goring Methodist Church for the use of their church & AV system for the presentation.
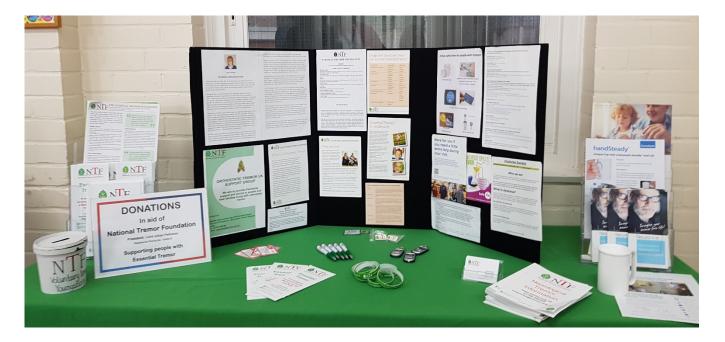

Jackie with fellow shaker Ryan Williams, Bella & Cllr Bob Smytherman

Thanks to Carol & Roger Barber for supplying the teas, coffees & biscuits

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Reception with my niece Jules & brother in law Gavin
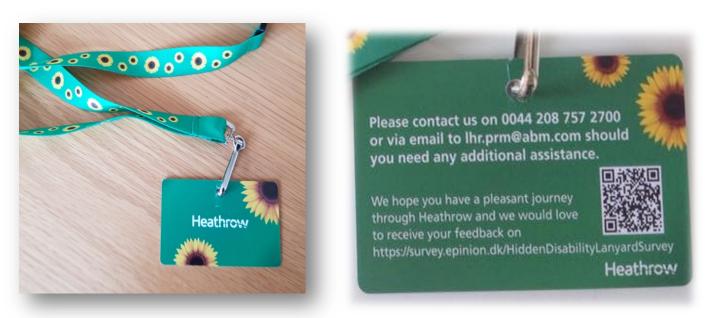

NTF information table

Raffle & donations raised an amazing £139 for NTF

Tips A few useful items discussed in presentation

Sunflower Hidden disabilities lanyard is available at from UK supermarkets and airports. https://hiddendisabilitiesstore.com/

www.safe-sip.com

Handsteady mug
handsteady.com/

Please offer me a seat

https://tfl.gov.uk/transport-accessibility/please-offer-me-a-seat
Other areas have their own badges

Time for tea, coffee and chat.. New people may have arrived as strangers, but left as friends after listening to the presentation, meeting others, sharing stories, experiences and tips about living with tremors.

Thanks Sally and Dave for your help and support on the day, much appreciated.

"A big thank you from all the trustees at the NTF to everyone involved in instigating, organising & putting this successful event together."
Kevin Harfoot, NTF Chairman

Worthing Shakers
For more information about the group please contact
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https://www.facebook.com/London-South-Tremor-Support-Groups-103051957920039/