

****Cape Town Support Group Minutes - 13 October 2016****

Discussion:

- Tali moving to Stellenbosch so we will have a new co-facilitator starting in February 2017
- We will be starting a library, Jess to bring all HD books and DVD's to next meeting – people at the support group can sign for a book and return it the next month
- One of our members with HD passed her driving assessment, she will need to re-assessed every year
- If you would like to change your current Woolworths MySchool beneficiary you can email cs@myschool.co.za
- The group has found all of the guest speakers this year to be extremely informative and beneficial
- Jess to create an evaluation form for the group to complete at the next support group about the various speakers throughout the year
- A tea will be held for the HASA volunteers – date to be confirmed
- The annual HASA support group Christmas Party will take place on Thursday, 8 December – it will take place at Jenny Selfe's house
- Our guest speaker next month will be a legal representative to discuss topics such as Power of Attorney (Tali to confirm speaker)
- Bean Bag project – three people with HD stayed after the group to practice various exercises with bean bags... A book will be put together

about how to do each exercise and how these can help people with HD (strength, cognitive etc.)

- The group Agreed that the support groups for 2017 should be structured as follows:

February – Group session

March – Guest speaker

April – Splitting of the *groups (people with HD will be in one room/group and people without HD/carers/family etc. to be in another room/group)*

May – Group session

June – Guest speaker

July – Splitting of the *groups (people with HD will be in one room/group and people without HD/carers/family etc. to be in another room/group)*

August - Group session

September - Guest speaker

October - Splitting of the *groups (people with HD will be in one room/group and people without HD/carers/family etc. to be in another room/group)*

November - Group session

RareX conference 19-22 October

- HASA has a table and will be selling goodie bags, books and art.

- We will be taking MySchool forms – everyone at the conference who completes the form will get a free HASA bracelet
- HASA bracelets will be sold for R30 each (or you can buy 2 for R50)
- Bean Bags will be sold for R40 each
- Tickets R450

HD Carer Workshop 22 October

- 50 people from the HD community will be attending
- Will be held at Dr Schronen's Research Clinic in Vredehoek
- Talks: Genetics, psychiatry, OT, speech therapy, communication, Dementia SA

Admin:

- *Tali* to confirm guest speaker for next month and send Jess blurb for mailer
- *HASA volunteers* to finalise date for tea
- *HASA volunteers* to delegate who needs to do what for the tea
- *Jess* to contact Chess to arrange HASA signature for Bernie
- *Jess* to contact Chess to set up a info@huntingtons.org.za email address (these emails will be directed to Jess)
- *Jess* to email Bernie HASA letterhead
- *Jess* to create an evaluation form

- *Jess* to create library register
- *Mandy* to get blank MySchool forms for conference

All – If you have any HD books or DVD's please bring them to the next support group so we can add to our library (if you are comfortable for us to do this)

Next Cape Town Support Group: 10 November 2016