

Dear Friends,

We are excited to share with you the news that SDS UK have been invited to join the 'Together For Healthy Marrow Alliance' - a group of rare disease charities specialising in acquired and inherited rare bone marrow failures, who came together to form an alliance providing a unique collaborative platform for sharing learning, planning and delivering joined solutions to shared problems. The charities involved are the Aplastic Anaemia Trust, Congenital Anaemias Network, DC Action, Diamond Blackfan Anaemia UK, Fanconi Hope and PNH Support.

As part of the Alliance, the Aplastic Anaemia Trust have welcomed our SDS community to join their weekly Connect sessions. Sam Williams, Community Outreach and Patient Advocacy Lead for the AAT, has kindly provided the attached posts providing information on the Tuesday AAT Connect Sessions and Well Being Wednesdays.

The sessions are generally attended by adults, but younger patients are welcome to join. Parents and carers of adult and paediatric patients are also welcome to attend, either with or without the patient.

If you are a little unsure about making initial contact with the AAT or have any queries concerning the sessions, please do contact Kim (kim@sdsuk.org) who will be happy to help you. Whilst Kim stood down as a Trustee at the end of September, she will continue to work with the charity on Project Liaison and the SDS Adult Clinic.

Health & happiness wishes always.

Andy, Heather, Julia, Kapil & Kim
SDSUK

Wellbeing Wednesdays

Every Wednesday 5-6pm

Join our friendly online support group, led by an experienced Clinical Psychologist

www.theaat.org.uk/wellbeing-wednesdays



AAT Connect

Every Tuesday 5.30-6.30pm

(other sessions also available)

Join our friendly online support groups led by our team of volunteers - and meet others affected by rare blood disorders and genetic conditions

www.theaat.org.uk/aat-connect-south



If you'd like to get to know other people affected by a rare condition such as SDS, why not come along to an AAT Connect session?

Led by volunteers at The Aplastic Anaemia Trust, AAT Connect sessions are small support groups, held virtually over Zoom. It's a great opportunity to meet others affected by a similar condition, to share your story and become part of the community.

There are several AAT Connect sessions available that take place at various times throughout the month. AAT Connect England takes place each week on Tuesdays between 5.30 and 6.30pm, but we also have sessions for Scotland and Wales at other times in the month, but feel free to attend whichever session suits you best.

If you'd like to sign up, or would like some more information, go to The Aplastic Anaemia Trust website, or get in touch and we'll be happy to help.

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**the
aplastic
anaemia
trust**

www.theaat.org.uk

Email us at support@theaat.org.uk

Are you having a difficult time at the moment, feeling anxious, or just want to talk to others who understand your situation?

If so, feel free to come along to Wellbeing Wednesdays, hosted by The Aplastic Anaemia Trust. It's a small and friendly online support group, led by Lesley, an experienced Clinical Psychologist who is on hand to offer support and advice to help you to manage your emotional wellbeing. If necessary, Lesley can also signpost you to other services which can offer support.

Wellbeing Wednesdays takes place every Wednesday via Zoom between 5pm and 6pm. If you'd like to join us, go to The Aplastic Anaemia Trust website, or email us and we'd be happy to help.

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