

Useful phone numbers

ChildLine, 0800-1111, a free 24-hour confidential telephone helpline counselling service for children or young people with any problem.

Drinkline, 0171-332 0202 (London only) and 01345-320202 (rest of the country).

Monday to Friday 9.30am-11pm; Saturday and Sunday 6pm-11pm. Confidential information, help and advice about drinking.

DIAL UK (Disablement Information and Advice Lines) is a confidential information service on all aspects of disablement. Call 01302-310123 for the number for your area.

Community Drug Project (CDP) offers help, advice and information to anyone concerned about drug use. Call 0171-703 0559 for details of your local centre.

Youth Clubs UK on 0171-353 2366 will give you details of youth clubs in your area.

PHAB runs 450 clubs throughout the country for people with or without disabilities. For details of your nearest PHAB club call 01933-41229.

BSAD (British Sports Association for the Disabled) organises sports events. For details call National Development for Young people, Nigel Thomas, at Chester College 01244-375 444 ext 2399.

The Samaritans. Call 0345-90 90 90.

CHECKLIST FOR HEALTHY LIVING—How many of these have you done today?

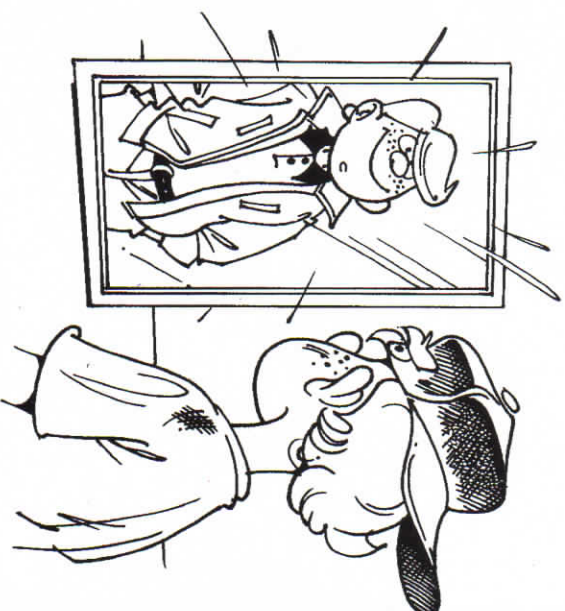
- Eaten fresh fruit and veg.
- Done some exercise.
- Had lots of drinks (but NOT the alcoholic kind).
- Done something you enjoy with other people.
- Cut down on things which are not good for you — cigarettes, alcohol, junk food.
- Made sure you are clean, fresh and looking your best.
- Been in control of your wee and poo.
- Talked to someone about your day and how you are feeling.

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This Is Your Life

Ten tips for a healthier,
happier you



An information leaflet
for young people with
spina bifida and/or
hydrocephalus

Ten tips for a healthier and happier you!

1. You are what you eat.

A good diet will mean you look better and feel better. You will have a clearer skin, healthier hair and stronger nails. Healthy eating can also help you control when you go for a poo! Also, you will be less likely to be overweight. If you use a wheelchair and are overweight, losing a few pounds could also help reduce pressure sores.

So eat **MORE** fruit, veg, wholemeal bread, pasta, rice and lower sugar breakfast cereals such as Shredded Wheat and Weetabix.

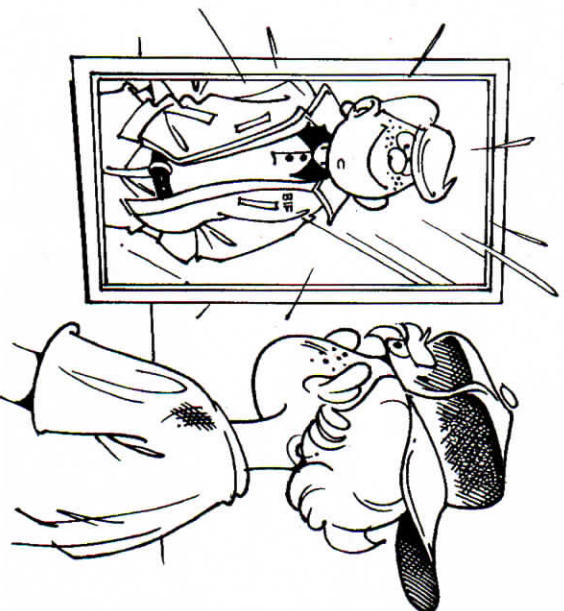
Eat **LESS** fatty, greasy, sugary foods – go for meat with less fat on it, chicken and fish. Bread, scones and fruit buns are better for you than biscuits and sweets.

2. **Drink more water, fruit juice and milk** (but make sure it is skimmed or semi-skimmed milk as this has less fat in it). If you have problems with your bladder, then it's extra important to have lots of drinks to help prevent infection. Don't be tempted to drink less. It may help to drink cranberry juice, which you can buy in supermarkets.

3. **Don't drink too much alcohol.** If you drink too much beer, wine or spirits, it can interfere with the control of your bladder. You don't need to feel left out when you go drinking with friends – just order low alcohol lager or wine.

4. **Don't just sit there.** Find a sport or activity which you enjoy and which you can easily take part in. Anything which makes you active on a regular basis will do - it could be a team game or a swimming class, etc.

5. **Get together.** If there is no easily accessible club or class nearby, you can still exercise. Learn some exercises you can do at home and make them part of your daily routine. Ask mum, dad, sisters/brothers to do the exercises with you. Doing the exercises together helps you to keep at it.



6. **Making friends.** Good health means looking after your mind and body. Making friends and having interests outside school should lead to a happier, healthier you. So find out about youth clubs, hobby or interest groups in your area where you can meet other people and have some fun. A lot of these groups should be available in your local public library.

7. **Keep clean.** Daily bathing, brushing your teeth twice a day, wearing clean clothes and making sure your wheelchair cushion is fresh and dry will keep germs away and make you nicer to be near.

8. **Looking good.** People with a disability can be as trendy as anyone else. Remember, if you're not very tall, try shops like *Tammy Girl* and *Boyz* or *C&A*.

9. **Take care with drugs.** Medicines or drugs which your doctor prescribes especially for you are to help you. Never take illegal or street drugs like Ecstasy, Crack or cannabis.

10. **Talk to someone.** If you are worried, fed up or unhappy, it may help to talk to someone about your problems. Talk to someone you trust – your best friend, teacher, parents, youth leader or your doctor. If you don't feel happy talking to them, ring a helpline.