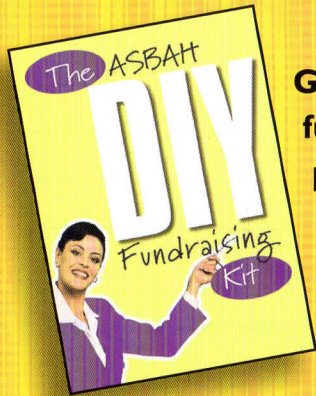


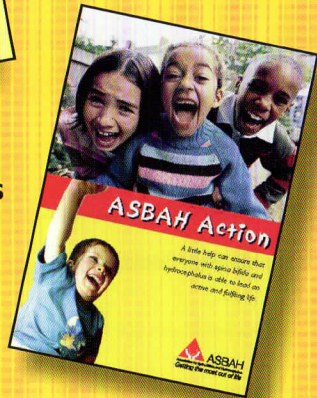
## Fundraising ideas

Anyone who would like to raise funds for ASBAH can contact the national office for the following packs:



### General fundraising pack

### Schools fundraising pack



Alternatively you could organise an event of your own:

# Disco

# Car Boot Sale

# Coffee Morning

# FUN RUN

If you require more information about ASBAH then please write to us or visit our website at [www.asbah.org](http://www.asbah.org)

**Thank you for your help.**

## Contact us

The national office can be contacted at the following address:

**ASBAH**  
42 Park Road  
Peterborough  
PE1 2UQ

**Tel:** 01733 555988  
**Fax:** 01733 555985

**Email:** [info@asbah.org](mailto:info@asbah.org)  
[www.asbah.org](http://www.asbah.org)



## ASBAH

Association for Spina Bifida and Hydrocephalus  
*Getting the most out of life*

Information can be made available  
in a range of formats



## ASBAH

Association for Spina Bifida and Hydrocephalus  
*Getting the most out of life*



Supporting, listening and helping children, adults and families with **hydrocephalus** or **spina bifida**



*"Janet put into perspective things that had happened to us and we were able to look forward again. We no longer felt alone."*

*Janet Stewart, adviser*



## Support from ASBAH

ASBAH is a registered charity supporting children, adults and families with hydrocephalus or spina bifida.

## What is Spina Bifida?

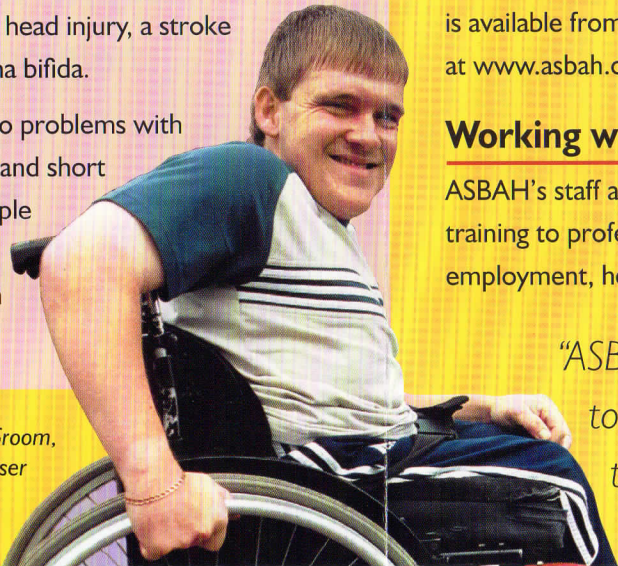
Spina bifida occurs early in pregnancy and causes damage to the spinal cord and nerves which may result in paralysis below the level of the fault. Many people with spina bifida also have hydrocephalus.

## What is Hydrocephalus?

Hydrocephalus is caused by a build up of fluid in the ventricles of the brain. It can occur in premature babies, after meningitis, a head injury, a stroke or in association with spina bifida.

Hydrocephalus can lead to problems with concentration, reasoning and short term memory. Some people will have difficulties with co-ordination, motivation and organisational skills.

*Robert Groom,  
service user*



## How ASBAH helps

### Advice and Support

People with spina bifida or hydrocephalus may have concerns or simply wish to find out more about education, medical, mobility, benefits and housing issues. Our regional team is experienced in dealing with the issues of daily life and is available to offer advice and support to individuals and families.

### Information and Publications

ASBAH's magazine 'Link' has articles from around the country which cover aspects of living with hydrocephalus or spina bifida. A range of information is available from the regional office or via our website at [www.asbah.org](http://www.asbah.org)

### Working with others

ASBAH's staff are available to give advice and training to professionals in the fields of education, employment, health and social services.

*"ASBAH has been so important to me, I know they're always there when I need them."*



# YES, I'd like to make a donation to ASBAH

## Donation or Banker's Order

Title \_\_\_\_\_ Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

**I would like to give ASBAH a gift of:**

£ \_\_\_\_\_ single donation / monthly / annually\*

starting on \_\_\_ / \_\_\_ / \_\_\_ \* (delete as appropriate)

Signed \_\_\_\_\_

To the Manager \_\_\_\_\_

Bank or Building Society address \_\_\_\_\_

Bank Sort Code \_\_\_ - \_\_\_ - \_\_\_

Account no. \_\_\_\_\_

Office use only: please pay to The Co-operative Bank PLC (08-90-40), 33 Westgate, Peterborough PE1 1PU for the credit of ASBAH (A/C no. 70784071) and quote \_\_\_\_\_ when making each payment.

**Gift Aid Declaration** (please tick the box)

Please send to me a Gift Aid Declaration form. If you are a UK tax payer, please make every pound you give to ASBAH worth almost a third more at no extra cost to you

Please return this form and your gift to:

**ASBAH  
FREEPOST,  
42 Park Road, Peterborough PE1 2BR**

Registered Charity No 249338 Registered in London No 877990