

LINK



Summer 1972 5p

The Journal of The Association for Spina Bifida and Hydrocephalus (A.S.B.A.H.)



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SUMMER

Vol. 1 No. 23

The Journal of **The Association for Spina Bifida and Hydrocephalus (A.S.B.A.H.)**

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Liaison Officer: Mr. H. D. MACFARLANE.

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Cover

Karen Farmer (Crawley) talks to Mr. D. Ford and lion cub Suki, from Longleat Park.

EDITORIAL:

THE Conference held at the University of Keele on the Spina Bifida Teenager takes pride of place in this number, but this needs no apology, as many readers were only prevented from being present by home ties and will want to read about it.

Link has been out and about recently at some exciting events—the Official Opening of the Spina Bifida Unit at the Frenchay Hospital in Bristol—Congratulations to the Association there for a great achievement!

The following Saturday saw the opening, by the Chairman of the Exmouth Council of a bungalow there, purchased by the Hertfordshire and South Bedfordshire Association for use by their members for holidays. It is a most attrac-

tive bungalow, unobtrusively adapted for possible wheelchair use and with a small garden and garage. Many families are going to enjoy exploring the South Devon coast and “getting away from it all”. The furnishings were made possible through a bumper collection of Green Shield stamps. The interest this Company has shown in the project, including much support at the Opening, is very heartening.

Sixteen pages are soon filled, so if news of your Association is not in this issue, do send a good story for the next number. Members here and all over the world, are interested to know of successes, problems and ideas. *Link* tries to live up to its name in keeping you in touch.

“Conference Report”—

The Spina Bifida Teenager—

**held at University of Keele, Staffs
7-9th April, 1972**

It was rather a stormy weekend at Keele in Staffordshire when 130 speakers, parents, teachers, nurses and others assembled for the National Association's first Conference. The subject was “The Spina Bifida Teenager” chosen advisedly to focus attention on the growing number in this age-group, their needs and their potential.

The University is pleasantly situated and skilled in receiving Conferences and caring for the physical needs of the delegates thoughtfully and well with plenty of warmth and good food, all of which helps the work of a Conference so considerably.

The Staffordshire Association gave a very warm welcome to everyone and arranged transport to and from stations most generously and efficiently.

Welcome

On the first evening, ASBAH chairman, Mr. R. B. Zachary, F.R.C.S, welcomed the members of the Conference, introduced the Lady Jean Mackenzie, a Spina Bifida trustee who was Conference Hostess and whose interest and experience with the young physically handicapped is considerable. Mr. Zachary said the Association and the young were both growing up and so the Association's services and understanding were expanding to meet broader needs.

A Conference was a coming together to share experiences as distinct from a course of lectures. Mr. Zachary emphasised how the Conference would be enriched by speakers and members alike sharing their knowledge and thinking both formally and informally at meals and in the bar.

Further Education

The first session on Saturday concerned Further Education, and Miss Wells, formerly headmistress of Florence Treloar School, in the chair, introduced the first speaker, Mr. A. G. McAllister, Principal of Hereward

College for the Disabled, Coventry. Mr. McAllister traced the history of the College which had been preceded by nearly 10 years of investigation and planning and had received the first students in September, 1971. Coventry had been chosen for its central situation in the country and the college was sited next door to another Further Education College, so that students could use these facilities when appropriate. The first intake of 25 students would build up over the next three years to a maximum of 100 mostly resident, but day students would also be accepted both from the locality and some would live in “digs” where independence could grow.

As more physically handicapped children are educated in normal schools so they would go on for Further Education to the local colleges, but for others, including those from Special Schools or where no suitable Further Education College was available, a special residential college was the best place. Great emphasis was placed on independence training, as those who had spent life at home had often become, not unnaturally perhaps, “over protected”. For such young people the college offered the chance to branch out in social contacts as well as through a more self-planned study programme using the library, for instance, which for many had not been available in their school career.

Students would have continued vocational assessment and guidance, opportunities for physical education and cultural non-vocational activities would also form an integral part of the total experience.

Mr. McAllister anticipated that most of the present students would complete their year and go on to a second and third in many cases.

Another approach

The second speaker was Mr. D. Hutchinson who is head of the work orientation unit of the North Nottinghamshire College of Further Education. He stressed that the primary objective is to develop personal maturity and independence and that opportunities to gain social maturity should be offered to all, regardless of whether it seemed likely students would be able to be employed. At his own

unit neither type nor degree of disability is a ban to a place. Training for the future took into account the interests and aptitudes of the student and the needs of industry (to avoid training for non-existent types of work). A week was made up of two days further education, two days vocationally orientated training and one day recreational training, including social education complementary to what has gone before, as each student has a personal tutor. With the prospect of more leisure time this need was great for all and doubly so for the physically handicapped.

For those who needed it the college offered transition to work opportunities, a gradually longer day and time in an industrial situation. Students may remain at the unit as long as something positive is possible.

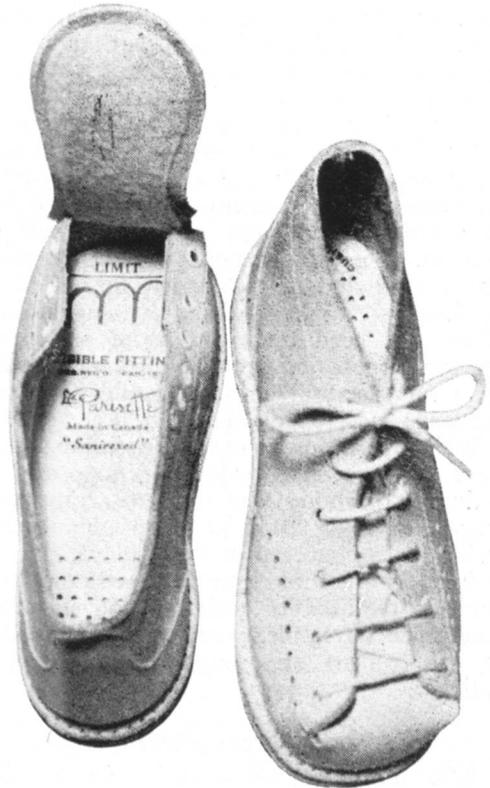
Mr. Hutchinson considered each Local Authority should have such a unit attached to one of their further education colleges and that there should be hostel provision to meet the needs of those whose home situation made daily travel impossible.

Training

After coffee, Mr. Hinchliffe, Chairman of ASBAH's Training and Employment Committee, introduced Mr. R. Smith, the Director of the Queen Elizabeth Foundation which includes Lulworth Court, a holiday centre for the severely disabled, Banstead Place Rehabilitation Centre, Dorrincourt, a sheltered workshop, and the Queen Elizabeth College for the Disabled, situated at Leatherhead, in Surrey. Mr. Smith emphasised the need for all aims to be practical and down to earth. The over-riding aim was to help each individual to realise his or her potential—the factors to be borne in mind were social, intelligence and education, aptitudes and work tolerance. In addition mobility in real terms (not everyone could or would! drive himself, for instance) and location—the situation varied between say London and Skye!—and base, was there a home base or not?

Assessment must take all factors into account and it must build on positives. Problems must be tackled as normal problems and then some special consideration added, the opposite approach leads to wrong decisions. Mr. Smith advised that assessment should take place on neutral ground, not at one college or another

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—to avoid over-anxiety during the assessment and the feeling of failure, if at the end a placement were not offered. Preparation was a continual process but must start early—to protect up to 16 was indeed unkind as colleges were adult settings, with the usual temptations and disappointments and the change is startling. This is not confined to the disabled, but for them the impact may be even more acute.

Mr. Smith expressed concern that there were a number of people and agencies involved in assessment and placement and this could lead to confusion and even a lack of personal concern. The involvement of the employer was crucial and he advocated that sheltered employment might well be within industry. There was need for many more hostels for everyone, including suitable provision within them for the disabled—this would help independence and integration.

Whilst there were inadequacies in the system, there was excellent work being done and the main responsibility was to ensure that every school leaver is fitted to grasp opportunities in life and to succeed in their sphere.

A lively question time followed, the stress being on the need for an integration of services (assessment, treatment and training) leading to employment or occupation according to aptitude.

A busy free afternoon

After lunch in Lindsay Hall refectory, delegates were free for a (short) afternoon, but many spent this time in the Walter Moberly Hall, where there was a display of equipment, including a hydraulically powered hoist, the recently launched "chairmobile" (see page 10) and a wide selection of urinary appliances. The Conference was most grateful to Mrs. Gatfield, Mr. Spear and Mr. Worrall and to Mrs. Nettles for the opportunity to see these relevant appliances as well as to study the charts and leaflets displayed.

Finding a job

Miss Mary Greaves, the Honorary Director of the Disablement Income Group and author of "Work and Disability", introduced the next session, which was concerned with placement and employment. Mr. A. J. Curtis, the training officer of Disablement Resettlement Officers at the Department of

Employment, explained the Register of Disabled Persons, a voluntary register giving certain protection and advantages to severely disabled people both in work and seeking work. All such people can call on the Disablement Resettlement Officer, an employment officer, given training in this aspect of work. There are 500 full-time officers at the present time.

The Department of Employment runs Industrial Rehabilitation Units. These are mostly non-residential and there is assessment in a simulated work situation. There are also facilities for training in one of the four colleges on a full Department of Employment grant. For those unable to benefit, the Department's sheltered workshops provide, as their title indicates, work in a sheltered situation. Remploy alone employs over 7,500. The Department is concerned to place people in open employment wherever possible and assists with adaptation of tools, including desks, etc., and has a mandate and a willingness to arrange transport, even by taxi, where this is essential.

Careers advice

Mrs. M. C. Clark, of the Special Services Department of the Inner London Education Authority, stressed that motivation was more important than intelligence, and here families could help greatly—keenness and punctuality counted for so much. The Careers Officer (formerly known as Youth Employment Officer) has the statutory responsibility for vocational guidance—normally up to the age of 18, though this is flexible; about that age there is discussion with the Disablement Resettlement Officer. Preparation starts well before school-leaving age and involves all who are concerned—boy or girl, parents, school, medical and social worker. Physical restrictions and aptitudes are equally considered. The careers officer gives personal introduction and help with rearrangement of duties where this makes the employment of a disabled young person possible. A follow-up visit is made to see that it is a happy placement on both sides. For some young people it is possible to arrange for gainful work to be undertaken at home. Mrs. Clark had in her care a wig-maker and a watch repairer whose work at home was very successfully arranged. Those who were not able to work were referred to the Director of Social Services, and arrange-

ments for them to attend occupation centres were usually made.

Sheltered Employment

Miss Y. Snider, the Senior Social Worker at Chailey Heritage Hospital School, spoke of the work of the school which has 230 pupils of whom 100 are spina bifida. Some go on to further education or training, but because of the severe degree of handicap, the majority need sheltered employment. Miss Snider said that the criteria which were considered in assessing for post-school programme were (i) ability for self-care, (ii) degree of disability, (iii) dependency for daily living, (iv) the amount of time taken by illness such as valve revision, skin breakdown, etc., (v) personal qualities and motivation. A deciding factor often turned on the availability of work in the home area of the school-leaver. This was particularly so for those who came from a rural background. Miss Snider gave some case histories to show how these criteria applied

to a variety of leavers, who had been found optimum placement, with all factors taken into account, though not all these would be permanent.

In question and discussion there was clarification about the nature of the work of the Industrial Rehabilitation Units. These did not offer *training* but assessment in relation to training or work placement. Miss Greaves emphasised the difference between being on the Register of Disabled Persons in relation to employment (for those with substantial handicap but capable of employment) and the new register of disabled persons being built up by Departments of Social Services in relation to welfare services. These were separate and should not be confused.

The discussion ended with renewed emphasis on the need for social training and learning to cook, wash and undertake everyday responsibilities during school life, so that opportunities could be taken without undue strain on leaving school.

continued on p. 9



We should like to acknowledge the help of Tatchbury Mount Hospital, and voluntary work of the members of Southampton and District Spina Bifida and Hydrocephalus Association to make this Trolley.

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The Trolley weighing only 14lb. is strongly constructed, completely manoeuvrable and easily propelled by the child. Due to the low centre of gravity and rear caster action it is virtually impossible to be overturned.

The Trolley is finished with foam upholstered durable vinyl and comes in a wide range of attractive colours, this is to give the child the impression it has a toy. The child soon learns to use the Trolley, and adds much happiness to the child's life.

Standard Model for children one to five years old cost £7.50p plus postage 55p approx. **Large Model** for children five to ten years old cost £10.50p carriage 75p approx. in United Kingdom. Overseas prices on application.

Produced by the
**Southampton and District Spina Bifida
and Hydrocephalus Association**

NEWS FROM THE GROUPS

South Wales Association

Write that the Mayor of Merthyr's Appeal raised over £7,000 and this has bought a holiday bungalow at Limeslade Bay, Mumbles, and the balance of the money is to be devoted to research. Their Treasurer also refers to the welfare grants to those in need of help over emergencies and the Association also finances the coach which transports weekly boarders between Ysgol Erw-y-delan and home. This is an idea which other Associations may care to think over if there is a residential school in their district with children drawn from a wide area.

North East Association

Write of a one-day Conference to be held on Saturday, 27th May, on the subject of "The attitude of the family to the handicapped child." *Link* sends best wishes and looks forward to carrying news of this Conference.

Leicester and Leicestershire

Sunday the 17th October was a special day for the children of the Leicester Association because it was the day of their trip to see the sights of London in a special diesel train.

"Amid great excitement we arrived at St. Pancras and there, within a few yards of the platform stood our two coaches which were to provide transport until it was time to go home.

For two hours we journeyed in the coaches seeing more of London in that time than most people would see in a week. We passed Big Ben, St. Paul's Cathedral, Lambeth Palace, the Bank of England, the Mansion House, the Royal Mint, various museums and art galleries, Trafalgar Square, in fact everything, from the four tall chimneys of Battersea Power Station to the hot chestnut man who was busy selling his wares amidst a pall of blue smoke outside a cinema in Leicester Square.

At four o'clock we arrived at the Tower of London and spent an hour just wandering around mixing with the many visitors, mostly foreigners by the sound of their voices, enjoying the sunshine, taking in the views and watching Old Father Thames on his way to the sea.

By this time we were getting ready for our tea and within walking distance of the Tower we had organised that too. During the time we were eating who should arrive to see us but Miss Oughtred, the National Association Secretary. Mr. Runagall presented her with a cheque for £300 as a contribution from Leicester Association to the National Association funds.

It was getting dark and the coaches were waiting to take us back to St. Pancras. We were able to catch a last glimpse of London, lit up by the street lights and neon signs of many different colours.

The journey home did not seem to take very long, but by the time we arrived at Leicester we were all tired but very, very happy. This was a day to remember, a day when we had our own special train, our very own coach service, a wonderful day for some very special children."

Now Leicester are planning a summer outing to Windsor and a trip up the Thames and *Link* looks forward to another interesting story from an enterprising Association.

Sussex Association

This summer members of the Association will be able to make full use of the two beach huts which the Youth Committee of Worthing handed over to the Worthing Group. The youth



NEWS FROM THE GROUPS

of the area devoted a lot of time and worked very hard to make this possible. The huts are completely equipped with cooker, cutlery, tableware, etc., and for easy access there is a paved pathway from the promenade to the patio in front of the huts.

Wirral Association

Wirral write that they have made good use of the film "A new lease of life", and the Association was represented at the local Council of Social Service. Plans for a summer outing are in hand and a Buffet/Dance in October arranged to give the opportunity for a social occasion.

Darlington and District Association

Darlington and District has purchased an 8-berth caravan and made adaptations so that it is suited to wheelchairs. Bookings for the new venture are coming in well and this has encouraged the Committee.

Greater London Liaison Committee

This Committee of representatives of members from the London Associations meets to support and further the work of each group, and to consider the needs of those with Spina Bifida and Hydrocephalus, to take united action when appropriate, on such matters as education, housing, training and employment.

Recently we had an evening meeting in Central London when the speaker on the care of the Spina Bifida child was Mr. D. M. Forrest, F.R.C.S.

We then had some discussion on the Chronically Sick and Disabled Persons Act 1970, introduced by Mr. G. Wilson, Deputy Director of the Central Council for the Disabled.

A splendid number of members, and those interested in the welfare of the Spina Bifida child, came to the meeting, and as a result, they have requested a day conference.

This is planned for Sunday, 2nd July, from 10.45 a.m. to 5.00 p.m. at St. Mary's College,

Strawberry Hill, Twickenham, when our Chairman Mr. R. Lazell will be the host, for this special event.

We are making arrangements for the children of those coming, so that the adults are free to meet and chat with other members.

The theme is Education, we are in the process of getting our speakers, and planning this twofold programme of giving members information on the facilities available for the education of their children, and the fun and frolic party for the children.

There is a fee for adults of 50p to cover refreshments for the day. Members from other areas will be welcome to join us, the grounds of the College will be lovely to walk in, if the day is fine, if wet, we shall go on as planned, keeping under shelter.

If you would like an entry form, contact Miss G. Bennett, c/o 112 City Road, E.C.1.

Keele Conference contd.

from page 7

Leisure

Lady Jean Mackenzie spoke about the work developed by the National Association of Youth Clubs known as Phab (Physically Handicapped/Able Bodied) whereby those involved in holiday courses or clubs shared their interests and the direction of the programme on an equal basis and learned much from each other. The whole ethos of the work was that it was an enterprise *with* the handicapped not *for* them. Fun and friendship were emphasised and many relationships had deepened into lasting ones. The disabled had tackled new challenges and developed unexpected talents so that the benefits both physical and social were of long-term duration. The work had begun for 15-25s in this country but was now international and "over-25" groups had been formed.

Other Youth organisations also undertook work for handicapped young people, including the Scouts, Girl Guides and many Youth clubs were glad to welcome disabled members. The Duke of Edinburgh's Award Scheme had played a great part in establishing confidence and opening new avenues.

continued on p. 11

LORD SNOWDON TAKES AN INTEREST . . .

The Chairmobile

You may have read recently in your newspapers of the new invention of Lord Snowdon for his friend, Quentin Crewe, who is a disabled journalist.

ASBAH was invited to a reception to launch this new "Chairmobile" and although somewhat limited in its function, it may prove of interest to some of our teenage and adult members.

It is an indoor chair, and smaller and perhaps more easily manoeuvred than a wheelchair. It is powered by a rechargeable battery and travels at 0.7 miles per hour.

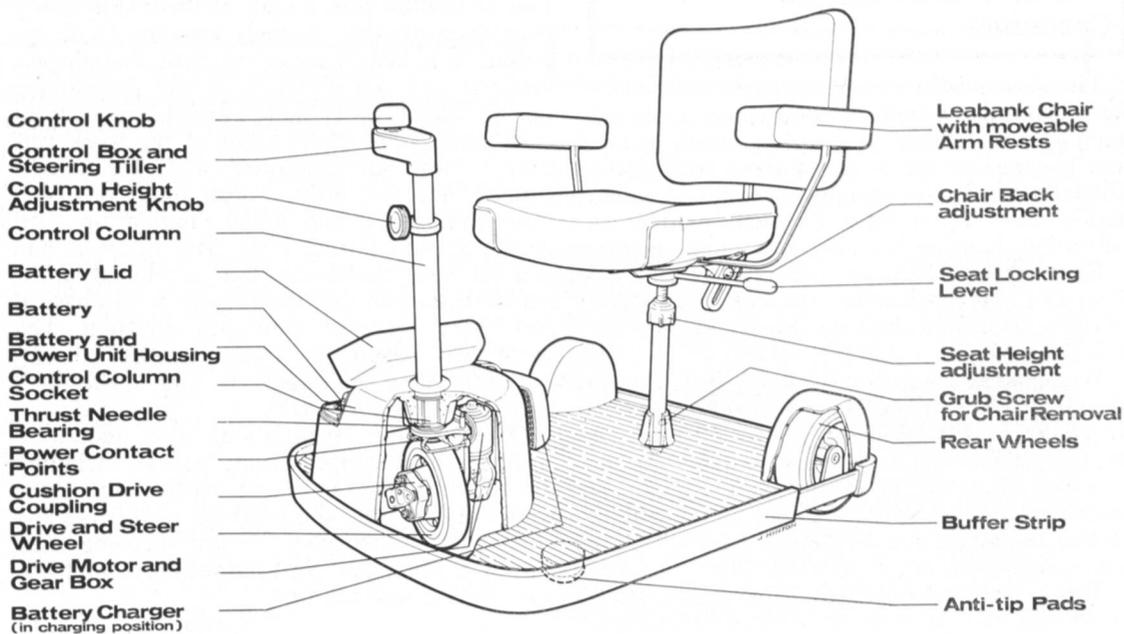
It is very easy to drive and steer. There is a choice of two chairs, or any dining or other household chair can be used on the mechanical platform. It will travel 2,000 yards on one charge, but can be recharged while the occupant is sitting in it at his desk or place of work.

For anyone who requires easy mobility in an area without steps, such as an office or home or other place of business, this may be ideal. Small parcels, brief cases, or similar can be carried on the platform with no effort. The platform itself is about the size and weight of a suitcase, but a disabled person would need



help to carry it from home to car.

The *Sunday Mirror* has arranged to sell the first 2,500 Chairmobiles at a price of about £100, according to the type of chair chosen. Anyone interested in knowing more about it should write to:—THE EDITOR, *The Sunday Mirror*.



continued from page 9

Following Lady Jean's talk the Conference saw a film on Phab with a commentary by Cliff Richard and the film of the John Groom Association for the disabled which included a section on the Duke of Edinburgh's Award Scheme.

On Sunday morning Mr. D. F. Ellison Nash, well known for his work for spina bifida and a Trustee, addressed the Conference under the title "Medical and Emotional Aspects". He stressed the continuous nature of the growing up process and emphasised the need for progressive help, starting early in life to lessen the deficit later.

All teenagers need to gain experience by exploring the environment, and spina bifida young people were no exception. All young people had problems in learning to reach maturity, including psychological struggles and the urge to achieve self-control. The physically handicapped should be allowed to work through experience in as normal a way as possible and should not be over protected. Mr. Nash chose four "S's" as headings—Sugar, Sores, Smell and Sex.

The need to avoid overweight was particularly important for those with limited mobility. Sweet eating should be discouraged—there is a normal weight gain with puberty—excessive weight leads to sores and undoes much of the earlier protective and orthopaedic care. Freedom of diet is a privilege of adolescence so, as eating habits are acquired in childhood, there is a case for the family adopting a sound diet from the beginning and avoiding indulgence.

Young people become more reserved in adolescence and may resent help, so that there is less inspection for sores than formerly. They need to be taught watchfulness very early with the help of mirrors. Ulcers are often very difficult to treat and are more likely to occur with greater weight and tighter straps. There is a new risk of bladder infection too—to reduce the need to empty, young people may cut down the fluid intake which is so necessary a part of avoiding urinary infection.

In adolescence body secretions increase and strict control and hygiene are needed to avoid B.O., particularly the smell of neglected urinary apparatus.

The sex potential of paraplegics is not

calculable, but it needs remembering that complete and happy marriages are possible without physical union. Girls nevertheless experience normal marital relationships with normal child-bearing.

Some questions answered

Mr. Nash included here answers to some questions he had received. There were not combined clinics for adults as for children, but these are not really necessary. By that age orthopaedic programmes would be complete, the valve should be settled, the eyes would be unlikely to change and the individual should be able to rely on himself to know when he needs attention and visit the consultant concerned. In reply to a question about electronic devices to assist with urinary control, Mr. Nash said whilst a pacemaker to control bladder sphincter might be useful to a geriatric patient, the nerve damage in spina bifida was a difficult problem and so far this type of device did not offer a solution in his experience.

Space does not allow a fuller report here, but Mr. Nash concluded with a plea not to over-protect, to give the chance for the young to have people with whom to talk over their problems. All young people are not sports and fun loving, so a wide range of activities should be available to the handicapped as to others—not forgetting the scope which music could give.

Discussion

The final session of the Conference was a panel discussion which dealt with questions and points raised in the discussion groups which occupied the second half of Sunday morning. The points raised are being evaluated and where action is possible and appropriate this will be taken.

A Happy Conference

A conference, however carefully planned, is only as good as those who attend make it. Everyone came to Keele with deep interest, determined to make the most of the weekend, and they did. The result was a happy conference, in spite of the problem nature of the subject, and it ended with a feeling of unity to tackle the tasks which must be faced.

FROM THE APPEAL SECRETARY'S POST-BAG

To read every day as we do in the newspapers of trouble and strife, in Ulster, in Vietnam, in commuter-land and so on, can be very depressing. So I thought I would like to share with you one of the cheering letters that came in my post-bag—

“I am sending £2.00 that I have earned myself. I made plaster cast models of deers, rabbits, dogs and gnomes, and some crinoline ladies. I painted them and sold them. *Ruth Stoney, Aged 8.*”

This started a lively correspondence and Ruth—whose elder sister Pamela was born a Spina Bifida “and clever doctors made her well”—has sold some more of her models “so my money might help some other child to get well too”.

We all welcome Ruth's hope, of course. What we need is enough money to fund research into prevention and, with the help of concerned and thinking people I believe this can be done. Let's make it happen quickly.



Pamela and Ruth

Snowballing

Raising money is never easy for we all know it doesn't grow on trees, but one of the less arduous ways is to run a snowball lunch or a snowball coffee morning. The Appeal Committee is launching a scheme for national funds and I give examples of how much can be raised by starting just one snowball. If any reader will join I shall be delighted and will gladly send literature if they will drop me a line. There is no copyright on the idea which could equally well be used to boost local funds.

Snowball coffee mornings

1 asks	8 friends	@ 10p	.80
8 ask	7 " "	"	5.60
56 ask	6 " "	"	33.60
336 ask	5 " "	"	168.00
1,680 ask	4 " "	"	672.00
			£880.00

Snowball lunches

1 asks	5 friends	@ 50p	2.50
5 ask	4 " "	" (20)	10.00
20 ask	3 " "	" (60)	30.00
60 ask	2 " "	" (120)	60.00
120 ask	1 friend	" (120)	60.00
			£162.50

And another snowball I hope!

I am in the market for Green Shield Stamps, with the object of exchanging them for a car and a foreign holiday, as prizes for a National Competition. If each *Link* reader in the U.K. with the help of friends sends one full book, we can do this and have some other super prizes too. Target for the car and holiday 3,000 books. Please get your local shops and garages to help, by telling their customers about the scheme.

Kate White

YOUNG LINK

You will be interested in this month's cover and envy Karen her chance to stroke Suki. Perhaps your Association can fix an outing to an Animal Park or Zoo for you soon. I am sorry the Teenagers have taken your space in this issue. Please send a holiday story for the Autumn number.

Have fun!

“William”

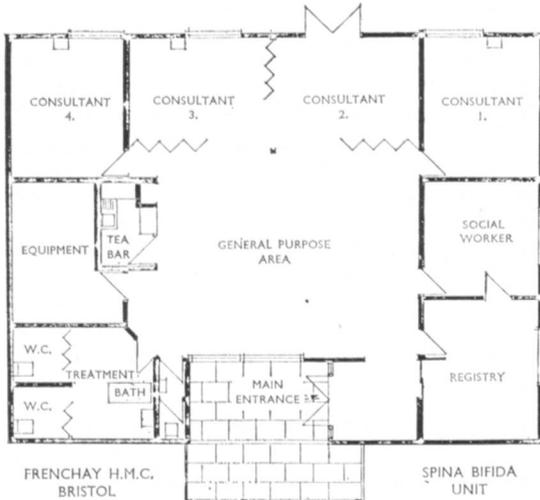
A great occasion for the Bristol Association

The official opening of the Spina Bifida Unit

Link was privileged to be present on Saturday, 22nd April, when the Spina Bifida Unit at the Frenchay Hospital was formally opened by Johnny Morris—The Chairman of the Hospital Management Committee, Mr. B. E. Taylor presided and congratulated the Association on their initiative and hard work in raising the £20,000 which had made the unit possible. Mr. Morris made the afternoon memorable for the large company present including children by a humorous speech illustrated in his inimitable style—featuring poodles in particular but birds and other pets as well.

The Chairman Mr. Whyatt expressed thanks to Mr. Morris and also to all those who had given both money, time and professional skill in connection with the unit.

Mr. Morris unveiled a plaque at the entrance to the Unit which is attractive and splendidly designed and equipped for its purpose. There is also a safe play area at the rear for brothers and sisters as well as patients. Congratulations to Bristol on a great achievement.



Appliances and equipment

by Olwen Nettles

The Woolworth Baby Walker

This walker has been recommended to me by a number of parents. It is safe and steady, has some support for the back, and folds nearly flat. The last price I heard was £3.50, but this may fluctuate.



One Conversion of a Baby Walker

Mrs. Duffy, of Cardiff, has sent this photograph of how she had an ordinary baby walker converted to enable her little girl to use it when she was learning to walk. It gives her support and enables her to get around unaided.

I have a number of conversions of Baby Walkers sent to me by parents who have found them useful, and wish to pass on their good ideas. I hope to show you one in each edition of *Link*. If you have any ideas you would like

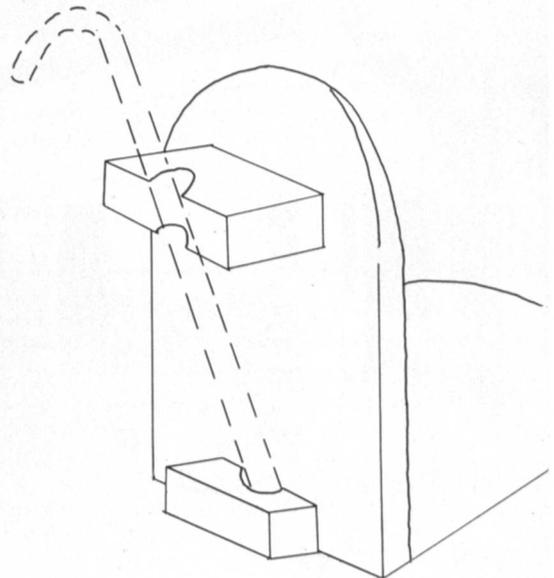


me to pass on please let me know.

A word of warning here. Our children should never be put into trolleys, walkers, or any other device and left for hours on end. All these devices are excellent and encourage activity and independence, but left in them for too long the children lose interest and become apathetic. The SHASBAH trolley in particular should be used with discretion as the child is in a sitting position which means that his hips are bent to a right angle. While this does not matter for short periods, the weak muscles in his buttocks are in a stretched position, and this tends to make them even weaker. To counteract this, when the child is out of the trolley he should be encouraged to crawl on his tummy or, if fitted with calipers, to stand or walk around. Used carefully, trolleys and suitable walkers have everything to recommend them.

Method of Guiding A SHASBAH Trolley

Mr. Spooner, of Crawley, has devised a method whereby a walking stick can be fixed to a SHASBAH trolley so that it can be pushed and guided by an adult. Simply, two blocks of wood are fixed to the back of the trolley into which an ordinary walking stick can be slipped in and out. It in no way interferes with the normal use of the trolley. The diagrams give details.



INTER-ASSOCIATION HOLIDAY OPPORTUNITIES

Selsey. Well-appointed, self-contained 16 ft. × 22 ft. 6-berth caravan for families with spina bifida members. Sited at Selsey, Sussex. For full details please send s.a.e. to Miss G. M. Clarke, Badgers Copse, Rudgwick, Nr. Horsham, Sussex.

Mablethorpe. Self-contained 6-berth Chalet situated at Golden Sands Estates, Mablethorpe, Lincolnshire. Further details from Mr. Ken Hall, 17, Walhouse Street, Cannock, Staffs.

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Cleethorpes. Three-bedroom Bungalow to accommodate 6-8 persons situated at Humberston, Fitties, Nr. Cleethorpes, Lincolnshire. Further information from Mrs. W. Steele, 59 Louth Road, Holton-le-Clay, Grimsby.

Looe: Bungalow, two bedrooms, spacious accommodation, situated in Millendreath Holiday Village, Nr. Looe, Cornwall. Mr. Keith Jackson, 202 Exeter St., Plymouth.

Rhyl. Open Plan 6-berth caravan, partitionable into three, situated at the Robin Hood Holiday Camp, Coast Road, Rhyl, N. Wales. Bookings available 1st May-30th September to Liverpool Association, 46 Manchester Street, Liverpool 1.

New Forest. Extremely well-equipped Chalet, sleeping six people, situated in the New Forest. The chalet is available for weekends from October to March, 6 p.m. Friday to 9 a.m. Monday. Further details from Mrs. A. Rae, 16, Clifton Road, Lee-on-Solent, Hants.

“Mealtime Manual for the Aged and Handicapped”

In the United States of America the Campbell Soup Fund (an American Charitable Trust) has financed a project, and a book of this name has been published to help the disabled housewife to plan her kitchen, do her shopping, prepare the meals and serve them without a superhuman effort on her part. The same Campbell Soup Fund of America have given the Disabled Living Foundation a grant to compile a similar book for this country, and they have appointed Miss Sydney Foott, who has had vast experience in this field, to write and edit the book. There is going to be a special section on teaching the disabled child to be independent in the home.

Miss Foott would like to hear from anyone who has come up against problems in the kitchen, or who has hints, ideas or recipes that can be included. Her address is:—Miss Sydney Foott, Disabled Living Foundation, 346, Kensington High Street, London W14 8NS. Telephone 01-602 2491.

Please mention *Link* when you write.

NATIONAL ASSOCIATION, PUBLICATIONS AND PUBLICITY MATERIAL

“Your child with Spina Bifida” by J. Lorber, M.D., F.R.C.P., 15p post paid.* (Revised edition).

“Your child with Hydrocephalus” by J. Lorber, M.D., F.R.C.P., 15p post paid.*

“The Spina Bifida Baby” (published by the Scottish Association) by Olwen Nettles, M.C.S.P., O.N.C., 10p each.*

“The Spina Bifida Child in School” by D. H. Lee, 10p each.*

“Equipment and Aids to Mobility” by O. R. Nettles, M.C.S.P., O.N.C., 3 booklets in a folder, 20p complete.

General Information Leaflets: £1 per 100.

Leaflet for Young People: £1 per 100.

Posters:

Double Crown 5p each.

“Future Bright” (Plain) 20p for 10.

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Cards for Notice Boards 10p for 10.

*Special rates available to Local Associations.

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SB Badges.—Silver and green enamel with pin fastening. Replica of the Spina Bifida emblem: 20p plus postage. (Single badges, please enclose s.a.e.). Enquiries from groups welcomed for quantities.

Apply: Mr. K. McKenzie, Badges Secretary, Salisbury and District A.S.B.A.H., Ballard Down, Gomeldon Road, East Gomeldon, Nr. Salisbury, Wilts.

Badges for Children.—Good quality 1½in. diameter incorporating the SB Symbol and the words Spina Bifida Children in black on a green background. For sale in the following quantities: 25 Badges for 75p, 50 Badges for £1.40 and 100 Badges for £2.65 including P. and P. Cheques or postal orders should be crossed and made payable to “S.A.S.B.A.H.” and sent with order to: Mrs. I. Olditch, 3, Stone Cross Road, Wadhurst, Sussex.

Car Stickers.—“Support the Spina Bifida Campaign”. Transparent stickers 5p each plus postage from Staines, Hounslow and Districts Association, c/o Mr. E. G. West, 13 Princes Road, Ashford, Middlesex. (Minimum order 50.)

Ties.—N. Hampshire, S. Berkshire and W. Surrey Association has ties for sale—the SB symbol on dark blue or dark green. The ties are washable terylene of a heavy weave and cost £1 each. Cash with order to Mr. Bernard High, 10 Woodruff Avenue, Burpham, Guildford, Surrey. Please state colour required.

Blackpool. Homely accommodation for severely disabled children and families. Well equipped. Self catering. Convenient for promenade, beach, shops. Available all the year round. All enquiries to: Mr. J. H. Lawes, 18 Kenilworth Gardens, Blackpool. Tel: 47972.

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