

LINK



26

Spring 1973 5p

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

Editorial



Magpie's Douglas Rae



Magpie's Susan Stranks



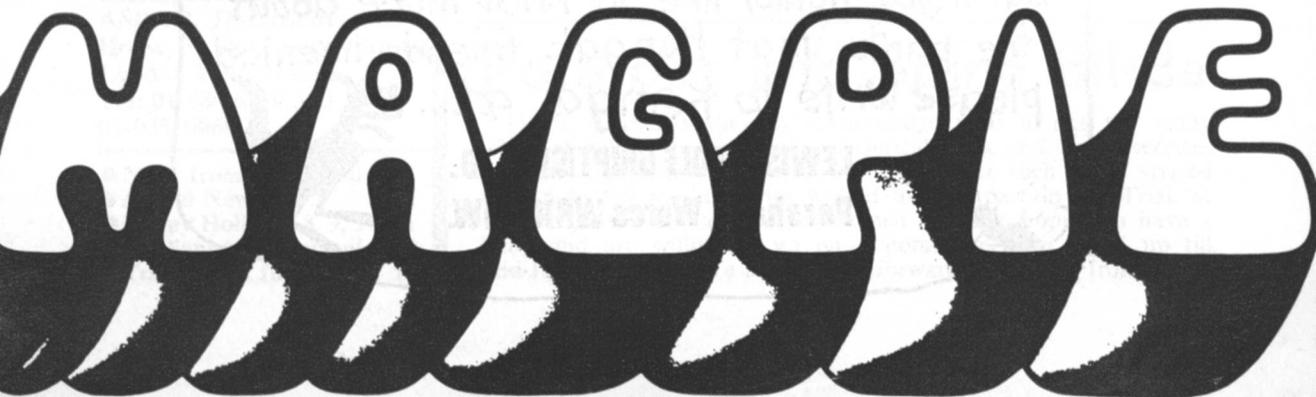
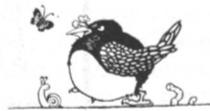
Magpie's Mick Robertson

What better way to start 1973 than with £76,000 to spend on aids and equipment for spina bifida children! And this is a reality thanks to the magnificent response to the Christmas Appeal of Thames TV's children's programme "Magpie".

Up and down the country children undertook odd jobs to raise money, and "broke into their piggy banks"; old age pensioners gave up their £10 Christmas bonus; some spina bifida children themselves contributed "to help those more handicapped than themselves". People from all walks of life made this Magpie Appeal a record breaker—double their previous Appeal result.

Not only the money, but also the thousands of letters were evidence of a spirit of caring, which rarely makes the headlines, but certainly is very good news.

The task of enabling spina bifida children live as full lives as possible is still a big one, but it has been made that much easier thanks to Magpie's Appeal.



a fairy story with a happy ending

Once upon a time there was a little roo  called Kanga. He hopped to the edge of the wood  where he saw a big house . He looked into the house and saw there were lots of nurses  with children, the nurses were saying that one of their biggest problems was incontinence.

Kanga  did not know what this meant so he asked and they told him that it made the children  very sore and caused the nurses lots of work. Kanga had some clever friends who worked in a hospital laboratory  so he asked them to help. Next week he came back to the house  with some special pants  he had invented. When the nurses tried them on the children they were very pleased  because they were very comfortable and easy to change. Kanga's friends  are now working on other problems to help children — but if you would like to know more about the pants that Kanga's friends invented please write to Kanga at...

LEWIS WOOLF GRIPTIGHT LTD.
Pershore, Worcs WR10 2HW.





Spring Conference 'THE SEVERELY DISABLED SPINA BIFIDA AND HYDROCEPHALIC' 13th-15th April, 1973 Childs Hall, University of Reading

This residential week-end conference is designed to give an opportunity to discuss the needs of this important section of our membership. Speakers include Dr. E. P. Quibell, Mr. J. Fish, Dr. F. S. Cooksey, Dr. Margaret Agerholm, and Miss L. Faithfull. Inclusive cost £8.50 per head. Closing date for applications 10th March. Programmes from A.S.B.A.H., National Office.

Chairman:

Mr. R. B. Zachary, FRCS

Hon. Treasurer:

Mr. E. S. Gower

Gen. Secretary:

Miss M. E. Oughtred

Appeal Secretary:

Mrs. Kate White

Appliance Officer:

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01-935 9060**

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YOUNG LINK Children helping children

Hello, Boys and Girls,

Some of you will already be using some of the things bought from the Magpie Appeal on TV—tricycles, hobcarts, and I thought you'd like to know a little of some of the children who helped buy them.

Twins, **Chris** and **Alan**, sold their old bikes and sent the money to "Magpie". Then there was **Wayne** who made and sold pincushions; **Debbie** who is herself spina bifida, but can walk—she sent some of her holiday money; **Kate** and **Claire** raised over £2 by baby-sitting and doing odd jobs. **Sean** from Scotland, in bed with measles, got his mum to send some of his pocket money. Eleven-year-old **Rosemary**, who is mentally handicapped, decided to send some of her savings, too.

If you are a Magpie watcher like me you will have seen

● **From Christopher Kerr (Researcher, "Magpie")**. I should like to thank all those who have written to us for their encouragement and good wishes during our Appeal. We have had something approaching an avalanche of letters, many of which have contained donations from spina bifida children themselves, their parents and friends. It is particularly heartening to have this sort of response. We shall reply to all these letters, although clearly this may take a little time.

the film that started off the Appeal. It was about **Huw Evans** who has spina bifida, and it showed him tackling every day things like getting up stairs, putting on his calipers, playing football...

Spina bifida boy, **Matthew**, 4, was so encouraged by what **Huw** was able to do, that for the first time in his life he decided to have a go at using his calipers. Now his mum tells us he is getting around all over the place.

It isn't an easy thing to appear in front of the cameras like **Hugh** did, and I am sure we should let him know what a good job we thought he did.

I hope you will all take care of the new things bought by Magpie watchers.

Good-bye for now.

WILLIAM.

Potatoes and Spina Bifida

Dr. J. Lorber wishes to acknowledge with thanks the many offers of help with statistical and clerical work and typing services in connection with this project. In fact, more such offers arrived than potential mothers who wished to take part in the Trial, at least to date. The number of women who are hoping to have a baby and are willing to go on a potato-free diet is 14 up till mid-January, 1973. We are looking forward to hearing from more.

Water-baby!

Nine-year-old Trudy-Anne Bush gave her sponsors more than they had bargained for recently when she took part in a sponsored swim in aid of Surrey (NASBAH). For Trudy-Anne only learned to swim in 1971, and in the past year her swimming has improved out of all recognition—so much so that she managed seven lengths of the pool, far more than her sponsors had anticipated. But they gamely paid up, and as a result Trudy-Anne raised £77 out of a total of more than £400 produced from the swim. Among the sponsors for Trudy-Anne were some of her teachers at Walton-on-the-Hill Primary School, Surrey. Trudy-Anne who lives in Lower Kingswood, Surrey, has had 31 operations for spina bifida at Queen Mary's Hospital, Carshalton. The Bush Family are one of "the cornerstones" of Surrey (NASBAH). They give all they can in the interests of the Association, and each year raise a great deal of money. Trudy-Anne's two



Trudy-Anne: her swim raised £77.

brothers, Martin and Andrew, managed 30 and 22 lengths respectively during the sponsored swim. The three of them between them raised one-quarter of the £400 swim total.



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.

All enquiries to:—Mrs. K. Charrett,
2 Marchwood Road, SOUTHAMPTON.
Telephone enquiries: TOTTON 3365
(Mr. Mortimer)

THE SHASBAH TROLLEY FOR HANDICAPPED CHILDREN

PATENT APPLIED FOR IN
U.K., Commonwealth Countries, U.S.A., Canada.

This Trolley was designed by Mr. Ken Charrett of Southampton for his daughter who was born with Spina Bifida. It was soon found that here was a chair that would enable a child paralysed from the waist down, to become mobile.

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, which 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**

By the time you read this, Christmas will be very much a thing of the past and we shall be looking forward to the longer days and the spring flowers, and swimming, gardening and holidays and so on, but as I write this, Christmas is only just behind us and my thoughts are full of the very great kindness of so many different sorts of people—old age pensioners who sent us some or all of their Christmas bonus, school children who organised Christmas fairs or went carol singing, churches who collected at special services, ladies circles, youth clubs, scouts, guides, brownies. So much spontaneous goodwill is very encouraging and I really do believe it is prompted by the perseverance and cheerfulness that our handicapped children show in the way they tackle the obstacles they have to overcome.

There is a growing awareness amongst the general public of the problems which physical handicap brings to the children and to their families. But there is still a great deal to do to ensure that the handicapped get all the medical, educational and social support they need to make life a reasonable proposition. Together I am sure we can do it.

Help in "store"

This year's Miss Sparks—Lynn Cartmell—has been working extremely hard on our behalf, and to her and to the staff of all the Marks & Spencer stores who have shown such generous thought and concern for our handicapped members, we are enormously grateful. I should like to mention specially the staff of Bootle store who spontaneously gave the whole of their first week's increase in salary to the fund. Our term as Miss Sparks' "Charity of the Year" ends on May 31st, so I hope all local Associations will co-operate with their local stores to make Miss Sparks' achievement on our behalf really worthwhile.

ASBAH rock

Miss Sparks had some peppermint rock specially printed all the way through to boost her campaign for spina bifida. The rock sold at 15p per stick, and produced a profit of £1,400! Don't ask me how many miles of rock this represents, but it was a good idea and the rock obviously sold well. If local Associations would like some for summer bazaars, I can provide the address of the supplier.

News of money-raising and publicity events from Mrs. Kate White, Appeals Secretary.

Stars support "night out"

ASBAH's first ever West-End dinner and dance "Miss Sparks' Spring Ball" is being organised under the sponsorship of Marks and Spencer at the Dorchester Hotel, Park Lane, on Thursday, 22nd March 1973. Stars of stage, screen and sport will be there and we have an excellent committee working hard to make sure that it is a thoroughly enjoyable as well as profitable evening. A mini-countryman will be raffled, and there will be superb prizes on the tombola. Marks and Spencer's Fashion Show will provide the cabaret. There will be bingo, raffle for a colour television set and all sorts of other attractions plus dinner and dancing to Nat Temple and his orchestra for the price of £6 per person.

Pigeon show makes £3,000

A highly successful open Pigeon Show was organised by the British Homing World on Doncaster Racecourse on 12th-13th January, and we are grateful to the Secretary and his Show Committee for working so hard to ensure such a memorable event. All the proceeds from the show will be given to ASBAH and the total sum is likely to be more than £3,000. To everyone who gave so generously we can only say a very sincere thankyou. It is most encouraging to find how sympathetic to the problems of the handicapped so many people are and I found it inspiring to realise that the 99 pigeons which fanciers gave to be auctioned were such valuable birds. None went for less than £10 and one fetched £145—pretty good racing bloodstock!

Our Vice-President Lady Masham opened the show and those of you who live in Yorkshire TV parish may have seen the opening reported on the calendar programme.

My thanks must also go to Mr. and Mrs. Murphy and committee members of the Don and Dearne Association who gave such valuable support, helped to mount an interesting display and spent long hours at the show.



Popular singer Lovelace Watkins with Mark Dawson (left) and Mark Abbott at Tesco's supermarket, Blackpool, for the launching of ASBAH's Green Shield Community Savings Scheme—the appeal for 1½ million stamps.

Show business backers

Two very influential gentlemen—Mr. Michael Grade of the London Management Agency, and Mr. Louis Benjamin, Managing Director of Moss Empires—have promised to help ASBAH in any way they can. Their support in the show business world is extremely valuable. Plans are being made for a late night show at the Palladium, and we have been put at the top of the list for a Premiere at Drury Lane round about Christmas time.

Chance to win a house

Entry forms for the competition which could win you a dream house have been sent to local Associations and we shall be very grateful if you will do all that you can to publicise this project and get as many of your friends as you can to enter. All the proceeds will go to the Spina Bifida Research Fellowship Fund. I can supply more forms if needed.

We have been fortunate enough to be given a display stand free at the Home Finders Exhibition to be held at the Royal Horticultural Society's Hall from the 6th--11th February, and at the Ideal Home Exhibition from the 6th-31st March, and all the weekly and monthly property magazines in the Haymarket Group are carrying the copy entirely free of charge.

What the future holds

In May, students of an agricultural college are organising a sponsored 300-mile run, half of the proceeds of which will be given to ASBAH, and we are in the same month having a sponsored Head of the River race. Both of these items will help publicity as well as swelling our funds.

During the summer, we shall be selling tickets for our National Draw for a car and a foreign holiday—prizes purchased with our Green Shield Stamps—and we hope to be able to mount appeals in the major seaside resorts with a prototype of the car on display. If any local Associations would be willing to help man these displays and would let me know, I should be very grateful.

704,000 stamps needed

I am writing another Green Shield appeal for we still have another 704,477 stamps to collect by Easter. Many of you have responded most generously and contributions from a number of readers have exceeded by 10, 20 or 30 times the 180 we hoped for from each member. One good friend asked the editor of the local paper to print an appeal letter and as a result we received over ten thousand stamps, and to all those anonymous well-wishers we send very sincere thanks. Schools have helped as well, and from one we had 60 complete books—a marvellous contribution. If you can interest your friends in this appeal we really shall be on our way.

Appeal tops £23,000

Appeals Chairman, Jim White of Wessex ASBAH reports that the Spina Bifida Research Fellowship Fund now stands at £23,803.35. This money has been invested and is earning interest. A further £600 has been promised and there are prospects of another £1,000 reaching Devonshire Street before long. A full list of subscribers will be published in our next issue and by that time I hope we shall be past our target of £65,000. Let's have a jolly good try.

There is so much to be done to improve treatment for existing cases, as well as research into prevention.

Link takes a brief look at the range of holidays suitable for you and your family, and offers some useful tips.

With commonsense, care and planning there is no reason why the handicapped shouldn't be able to enjoy a wide range of holidays both in Britain and abroad this year.

The best step to take if you have any problems or queries, and would like some help, is to contact the National Office of ASBAH—30 Devonshire Street, London W1N 2EB. (Tel.: 01-486 6100).

It is very important to be completely honest when booking any type of holiday. Let the owners of hotel, boarding house, camp, etc., know of the exact nature of the handicap and the facilities you will require. This should save general embarrassment, and could avoid the ruining of the holiday.

Wherever possible do visit the hotel, site, etc., before booking to see whether you think the place really would be suitable and a good base for a happy holiday. Alternatively the next best thing is to choose a place personally recommended by someone you can trust.

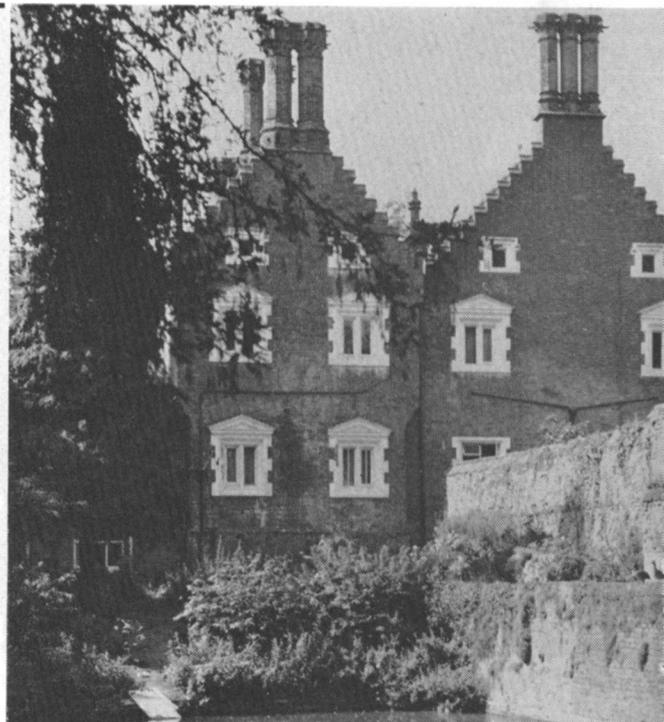
Try and start making arrangements for your holiday as early as you can.

Don't overlook travel arrangements. Again the National Office are willing to give advice on this.

There is one particularly useful book: "*Holidays for the Physically Handicapped 1973*" price 40p issued by The Central Council for the Disabled, 34 Eccleston Square, London SW1V 1PE. (01-834 0747). It gives lots of general advice on all types of holiday and has names and addresses of suitable hotels, as well as of organisations running holidays for the handicapped not only in this country, but also abroad.

The AA's "*Guide for the Disabled*" is useful, too, and has a good list of suitable accommodation in this country showing availability of lifts, ground floor rooms, door widths, size of toilets, etc.

Probably the most reliable and best value for money holidays are those in the caravans or bungalows owned by the different Spina Bifida Associations but you will have to book early. But there are many other types of holiday for families and individuals, and some excellent group courses. "Link" takes a look at some of them . . .



HAPPY HOLIDAYS

Beauty—and a

Ashwellthorpe Hall, Norfolk (above) is the beautiful holiday centre run by the Disabled Drivers' Association.

All disabled people and their families or friends are welcomed, but it is advisable to book early because of the Hall's popularity.

Ashwellthorpe Hall is a moated country house—parts dating back to Tudor times. It is situated in acres of well-wooded parkland, most of it accessible by wheelchair. It is well adapted to cater for the disabled, but a holidaymaker needing personal attention must be accompanied by his own helper.

The house has a comfortable lounge with colour television and a cosy oak-panelled bar. Stereo music

Venturing abroad— remember insurance

Obviously it would be unwise to contemplate taking a severely handicapped person away from British medical facilities. However those with a less severe degree of spina bifida or hydrocephalus could take holidays abroad—provided they are covered by insurance.

Illness abroad can mean considerable expense, not only for the sick person but also for those who have to stay with him. The only way to cover this eventuality is with insurance, and where the handicapped are concerned this has to be specially negotiated.

ASBAH's National Office will help to arrange insurance where possible, but applications should be made in good time.

Generally speaking it is easier all round for a disabled person to go abroad on a group holiday.

more of a rest for Mum —at a price

Holidays in hotels or boarding houses are obviously more expensive than self-catering arrangements, but at least they do give mum a little more of a rest.

Holiday camps continue to be very popular. They are usually cheaper, have a variety of entertainment suitable for the whole family, and have the big advantage of being arranged on one level. They usually have good laundry facilities. However, they are not especially adapted for the handicapped and there may well be obstacles for those in wheelchairs—doors too narrow, toilets too small and so forth.

In the past the tendency has been to allow groups of handicapped people to holiday in the camps out of season. Now the trend is also to accommodate them in smaller groups in the height of the season.

Everyone had 'such a lovely time'

In Westcliff-on-Sea, Essex, the Queen Elizabeth's Foundation for the Disabled runs Lulworth Court, a holiday home for 20 severely handicapped men and women (over 16 years). Personal help and nursing care is on hand.

Lulworth court generally offers 13-14 day

holidays. The sitting room overlooks the seafront, there is one ground floor bedroom, but a lift capable of taking standard wheelchairs serves the remaining first floor bedrooms.

Bedrooms accommodate three, four or six people sharing, but there is no accommodation for relatives.

Angela Steer, from Lincoln, who is handicapped by spina bifida spent a 1972 holiday at Lulworth Court. She said, "I had a fortnight's holiday and I would like to thank all the staff and helpers for giving everyone such a lovely time.

"We were taken to the theatre to see the Harry Worth Show and the 'Good Old Days', both of which were very good. There was also a trip to the fair and we went for a ride in a minibus to visit an airport.

"Once again I would like to say thank you and hope to have a holiday at Lulworth Court next year."

For further information contact Miss M. P. Hurn, Queen Elizabeth's Foundation for the Disabled, Leatherhead Court, Leatherhead, Surrey. Tel. Oxshott 2204. The cost of one week's holiday was about £17.25 but that figure is under review.

touch of history

can also be enjoyed. There's a library, as well as billiards, table tennis and a children's play area.

Ashwellthorpe is an ideal base for touring and even those without cars can now get out and about thanks to the new 12 seater minibus presented to the Hall by Wymondham branch of Lions International.

The 1973 Summer charge is likely to be about £16 a week, with reductions for children.

If you aren't able to go during the summer, why not consider a winter break there (between October and April) when the cost will be only about £8 weekly.

Bookings to: The Manager, Ashwellthorpe Hall Holiday Hotel, Ashwellthorpe, Nr. Norwich, NOR 89W, Norfolk. Tel.: 050 841 324 (STD).

Caravan is right for Kenny family

The Kenny family from Ruislip, Middlesex, are going caravanning this year. It's a holiday they have tried and tested before, and they have few doubts about going for a whole fortnight.

There are three children—Philip 13, Peter 10, and Lisa who is six and spina bifida.

The family belong to Ealing ASBAH and are going again to the Association's caravan in Norfolk—newly bought and installed last year.

Mrs. Kenny told "Link": "It is at Caister-on-Sea, very well situated on a caravan site right by the beach, about five minutes walk from Caister itself.

"The weather was good last year so we spent a lot of time on the beach, but it is also a good spot for touring.

"I think the site is ideal for us. It isn't too large but it does have the benefit of shops and a restaurant and a few amusements. Great Yarmouth is only two miles away where there is a lot to do.

"Some people might shy away from this type of thing but I think that when you have children, facilities like this prove very useful. It's nice if you have been out all day and come back a bit tired to be able to eat at the site, or buy fish and chips there. Also the children appreciate having a few things to do," said Mrs. Kenny.

Mr. and Mrs. Peter White and their four daughters, including 12-year-old Gillian who is spina bifida, speak highly of a self-catering holiday in a bungalow.

"For us a holiday looking after ourselves is the most convenient, as well as being the best value for money," said Peter White.

Mind you, it isn't any old bungalow—but a new one at Exmouth, Devon, purchased and specially adapted by the Hertfordshire ASBAH of which the White family are members.

The bungalow has two bedrooms, and with the help of a put-u-up in the lounge, can sleep six. The special adaptations make it ideal—

HAPPY HOLIDAYS

She found there was plenty of room for the whole family in the caravan. Cupboard and wardrobe space was particularly good.

Lack of privacy could be a problem in a caravan for changing and dressing a spina bifida child.

Mrs. Kenny said she had been able to cope so far. The caravan had a separate double bedroom, but the only running water was in the kitchen, so she either had to wash Lisa at the sink, or take water through into the bedroom.

"The great thing about a holiday like this is to try and be adaptable," she said.

Mrs. Kenny's one real criticism of the caravan was the absence of a bath.

She said: "There is only a shower and I found the only way of 'bathing' Lisa was to fill the Major Buggy under the shower, and sit her in it. But this did work quite well".

One major advantage of this caravan was that it was on main drainage, had a flush toilet and an electric light. "It's amazing how few caravans seem to have this," said Mrs. Kenny. "I think only about two dozen on the Caister site are on main drainage."

Because many spina bifida children are incontinent, washing and drying facilities are important. The Caister site last year didn't have a laundrette, but because the weather was good for drying this didn't matter greatly.

One time-saving tip from Mrs. Kenny—take sleeping bags. The beds in the lounge have to double up as settees in the day, and it was rather a chore to have to strip the beds each morning and stow away sheets and blankets.

The cost of the caravan for members of the Ealing ASBAH is £8 a week, low season, and £10 high season. It's more for non-members.

Whites pick a bungalow

doorways, width of passages, etc., are all suitable for wheelchair users.

Its situation two miles from the sea could prove inconvenient perhaps for some holiday-makers. But Mr. White doesn't seem to think it has been a problem yet.

The rental charge means that the bungalow will just about pay for itself—Low season £8 weekly. High season £16 weekly.

An active time at camp

Mrs. Vera Palmer, secretary of the Woodlarks Camp Site, Farnham, Surrey, said, "Woodlarks is, I think, unique in that it is probably the only permanent camp site for physically handicapped people and has been in existence for 42 years. The co-founders, Col. and Mrs. Strover, are still actively interested in the running of both camp and workshop . . . Some folk who came as children over 30 years ago still return to the camps for adults. It is in the main for children (over 10) . . ."

At each camp the leader tries to pair a helper with a handicapped person.

An increasing number of the campers have spina bifida—one camp of 50 children had 18 with spina bifida. This has influenced the organisers to modernise and adapt the toilet block.

"The camps vary as to organisation but there is always plenty of activity with the disabled taking their part in the camp chores. They see others more handicapped than themselves doing things and attempt them themselves. They take part in sports, swimming galas and cook meals in the woods, always of course supervised by the helpers."

Applications should be made to individual camp leaders and their names and addresses are available from Woodlarks Camp, Tilford Road, Farnham, Surrey. Camps run for a week and will cost about £5.

● **YOUNG CHILDREN:** The National Office will try to provide information about suitable organisations arranging holidays for babies and very young children. This can provide an invaluable break for mum, but facilities are very limited.

● **GROUP HOLIDAYS:** There are some really excellent group holidays on offer. They usually have the advantage of plenty of helpers and medical assistance "on tap".

"Holidays for the Physically Handicapped" again comes in handy with a list of organisations arranging these holidays and courses. Local branches of the British Red Cross Society not only organise group holidays but can also give general advice.

Phab—living and learning together

Special activity holidays are growing in popularity, and "Phab"—a special scheme run by the National Association of Youth Clubs and the Central Council for the Disabled—gives the opportunity for young disabled and young able bodied to study and relax together.

Phab—the letters stand for physically handicapped and able bodied—runs numerous residential study courses in all parts of the country. They last for a week and are usually attended by about 35 young people, half of them physically handicapped, the other half able bodied.

The subjects on offer are numerous, including art, drama, music, photography, film making, communications and so on.

The mornings of each course are usually spent in work groups, and each student joins the group for the week. The afternoons are often taken up with sporting and other recreational activities, and the evenings with theatre outings, barbeques, discotheques, etc.

In addition to courses in this country, Phab also takes groups abroad.

Most of the Phab courses are for young people between the ages of 15-25 (physically handicapped) and 17-22 (able bodied). There are also two junior courses this year for 14-18 year olds, and a second organisation Phab 25 runs courses for those over 25.

For further information contact:

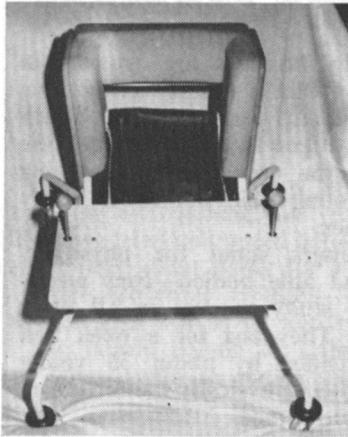
Phab: 30 Devonshire St., London W1N 2AP. (Tel. 01-935 2941).

Phab 25: The Secretary, T Midmoor Rd., London SW19 4JD.

● **GRANTS:** It may well be possible to get financial help for your holiday if you are handicapped. For holiday courses—e.g. those run by Phab—application should be made to the local education committee. The course organisers will usually act as sponsors, ASBAH National Office will be able to advise you. For those taking a holiday for health reasons, then a grant may be applied for through the county associations for the disabled, or through your social services department.

Appliances and Equipment

by Olwen Nettles



The "Ashley" head-rest on an ordinary Pedigree Baby Walker (front view).

Many of our more disabled children are late in sitting up and have great difficulty in supporting themselves. As a result they have to be kept lying down and this means that their range of vision is limited and they cannot watch what is going on. To overcome this for one little boy, Ashley, a headrest for an ordinary Pedigree Baby Walker has been designed. Ashley, although retarded, has some use in his legs and this Baby Walker has enabled him to use his feet a little to push himself around. The headrest consists of three pieces of wood—whitewood, plywood or

blockwood. The piece for the back should be about 12in. x 4in. x $\frac{1}{2}$ in. and the side pieces about 15in. x 8in. x $\frac{1}{2}$ in, but the sizes will vary with the size and shape of the walker. The photograph shows the headrest in place. One screw on either side is usually sufficient to attach it to the walker. Pads of 2in. thick plastic foam of a similar size to the wood are used to line the headrest and the whole can be covered.

The tray may be added if desired. If necessary a strap can be fastened to the wood to pass across the front and so prevent the child's head from falling forward.

Toy time

For members who have play groups or who are interested in toys for groups of children, the LYTHWON products are worth investigating. The toys this firm make can with imagination be used in many ways. They have a SPACE HORSE rocking toy, a capsule, large-sized jigsaw building blocks and hollow polythene blocks. The jigsaw building blocks are also of polythene, some fixed in pairs and are about 11 inches diameter by 4 inches high. With imagination they could have many uses.

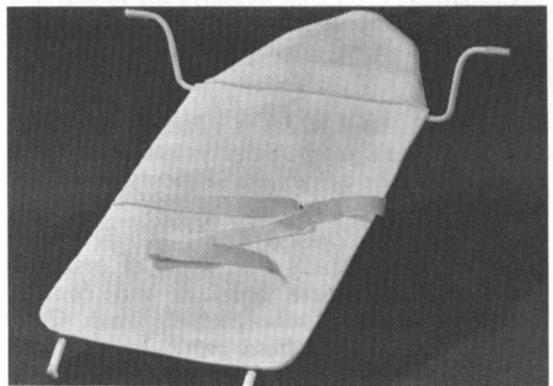
The polythene blocks are 12in. cubes and can be used for building, storing, shelving or as seats. I have not yet tested these.

write to: LYTHWON,
1 Martin Avenue,
Barrow-on-Soar,
Leicestershire LE12 8LG.

The Rentoul Bath Aid

The Bath Aid (illustrated right) has been tested by the parents of some of our very disabled children. Briefly it consists of a metal frame with one pair of plastic covered feet which rest on the floor of the bath and a pair of arms (again plastic covered) to lie on the edge of the bath. The main part is covered in expanded polyethylene reinforced with webbing, with a webbing strap. This is

very comfortable for the child to lie on and is nonslip. Unfortunately the results of our tests were not entirely satisfactory as the arms resting on the sides of the bath were so arranged that the slope of the aid meant that most of the child's body was above the water level. I have discussed this problem with the firm who have said that they will make the aid with a longer drop to enable the child to lie deeper in the bath, which would overcome our reservations. This obviously varies with the type of bath and the firm would need to know the length of drop required. Further information from Mr. H. B. Holman, The Rentoul Workshop, Royal Cornwall Hospital (City), Truro, Cornwall.





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Training for a future

I attended Queen Elizabeth's Training College, Leatherhead, and especially in view of the most interesting Conference on the Handicapped Teenager, I thought you would be interested in some impressions of my three months course. I am now employed as a telephonist in the order office of a local firm—a job I find most satisfying, and which I obtained within a week of leaving the College, thanks to my helpful local (Kingston-Surrey) Disablement Resettlement Officer.

Springbok House is the Women's Hostel of QETC and is on top of a steep hill giving a commanding view over the surrounding countryside. The main men's section, Leatherhead Court, is at the bottom of the hill near the various training sections.

As a rule there are places for 192 trainees—that is 150 men and 42 women—aged from 16 upwards, and the College will consider people with all handicaps except total blindness. New trainees enter all through the year just as vacancies arise, since there are no academic terms. The courses are generally run on an individual or lectural basis. The switchboard course I followed was largely run on the former basis, with a certain amount of attention placed on hearing the instructor and other trainees switchboard-training. The beauty of individual tuition being that instructors are able to tailor courses to each trainee's special requirements. Where courses have exams as a finalé trainees are directed towards RSA, City and Guilds of London Institute and other recognised examination bodies. Training fees, on a generous scale, and personal allowances are paid to the trainee by the Department of Employment or local education authorities.

Courses followed while I attended the College, and their general length (in weeks) were as follows: Bench Carpentry (26), Book-keeping (26), Builders' Quantities (39), Computer Programming (9), Electrical Servicing (26), Engineering Draughtsmanship (39), Gardening (52), Office Practice (26), Punch Card Operating (13), Shorthand/Typing (39), Spray Painting (26), Telephone Switchboard Operating (13), Welding (26).

Living and Recreation

Both male and female trainees have, as I have explained, separate quarters, and meals are also taken in these buildings. However there is a licensed club for trainees where they can mix socially.

Filmshows are held twice weekly, and other entertainments are arranged regularly. There are TV rooms, billiard room and other sports, a library and quiet room. A trainees' entertainment committee is arranged to organise their own activities.

I greatly enjoyed my three months at QETC and had a double room shared with another trainee. As I live near the College with my husband (but not near enough to easily get to the training course by 8.15 a.m., the starting time) I was at the College during the week and home over the weekends.

Medical Attention and General Welfare

If you are considering the possibility of arranging with the local education authority or Department of Employment for an assessment session at the College prior to your own, or if you are a parent, your child's entry to the College, you will no doubt be concerned about medical facilities. Trainees may see the local G.P., and medical attention is available and the Medical Superintendent sees all trainees soon after arrival. It is, however, obviously very desirable that whatever medical routine is required should not be too strenuous so that the course can be completed without worry for the student. A helpful Welfare Officer and his assistants are available to put one at ease.

Great efforts are made to place trainees in suitable courses bearing in mind the trainee's disabilities and abilities, as well as the employment situation in the home area.

The students come from various parts of the country and from all sorts of background, and I have made several good friends. Although the courses will not suit everyone, and there is controversy regarding whether Spina Bifida children/young people should receive their education/training in "special schools or colleges" I hope more "teenage plus" Spina Bifida sufferers will go to Queen Elizabeth's Training College.

M. J. Twyford,
Surbiton,
Surrey.

INTER-ASSOCIATION HOLIDAY OPPORTUNITIES

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.

Great Yarmouth. Self-contained 6-berth caravan. Situated Caister Beach Caravan Camp, nr. Great Yarmouth. Details from Mrs. E. N. Barefoot, 23 Marlborough Road, Southall, Middlesex. Tel. 01-574 5067.

Lessingham, Norfolk. Well-appointed 6-berth caravan. Sea 100 yds. Vacancies. Apply Mr. P. White, 12, Swallow Gardens, Hatfield, Herts. Tel. Hatfield 63018.

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

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

Mablethorpe. 25ft. self-contained 6-berth caravan. Situated at Golden Sands Holiday Estates, Mablethorpe, Lincolnshire. Details from Mr. J. Cannon, 28 Deerpark Crescent, Wingerworth, Chesterfield, Derbyshire. Tel. Chesterfield 78952.

New Forest. Well-equipped chalet, sleeping six people. Situated within easy reach of Bournemouth, Beaulieu, etc. Swimming pool, paddling pool, restaurant and playground on site. Details from Mrs. A. Rae, 16, Clifton Road, Lee-on-Solent, Hants. Tel. Lee-on-Solent 550242.

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.

Selsey. Well-appointed, self-contained 16 ft. X 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.

How to get the best out of clothes

"Clothing for the Spina Bifida Child"
by Barbara Webster, SRN, RSCN.

This is the newest of the Association's publications. Members should find it full of useful ideas for adapting the clothing of their children. Miss Webster, as many will know, was for many years Sister in charge of a Spina Bifida Unit at Queen Mary's, Carshalton, and has unrivalled practical knowledge of the problems which face parents of children with spina bifida. Price 15p (post free) from ASBAH's National Office. 10p—bulk orders for Local Associations.

NATIONAL ASSOCIATION, PUBLICATIONS AND PUBLICITY MATERIAL

"Your child with Spina Bifida" by J. Lorber, M.D., F.R.C.P., 15p.*

"Your child with Hydrocephalus" by J. Lorber, M.D., F.R.C.P., 15p.*

"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.*

"Clothing for the Spina Bifida Child" by Barbara Webster, S.R.N., R.S.C.N., 15p.*

General Information Leaflets: £1 per 100.

Leaflet for Young People: £1 per 100.

Posters:

Double Crown 5p each.

"Future Bright" 20p for 10.

Flag Day Emblems 50p per 1,000.

Cards for Notice Boards 10p for 10.

*Special rates available to Local Associations.

Booklets published by the Scottish Spina Bifida Association

"The Spina Bifida Baby" by O. R. Nettles, M.C.S.P., O.N.C., 10p per copy.

"Growing up with Spina Bifida" by O. R. Nettles, M.C.S.P., O.N.C., 20p per copy.

Single copies of these booklets are obtainable from the ASBAH London Office. Bulk supplies from the Scottish Spina Bifida Association, 7 South East Circus Place, Edinburgh EH3 6TJ, at special rates.

LOCAL ASSOCIATIONS OFFER:—

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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