

# Link

53

NOVEMBER/DECEMBER 1977 5p

Association for Spina Bifida and Hydrocephalus (ASBAH)

**HAPPY  
CHRISTMAS**



**Prof. ZACHARY RETIRES AS CHAIRMAN**

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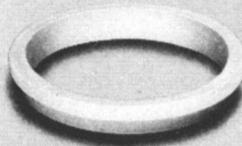
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Link No. 53

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## Opinion

We live in a world that until recently was built almost entirely by able bodied people for able bodied people. For the disabled this turns life into a permanent obstacle race. They can't get to many places at all and others are accessible only with tremendous effort and careful planning.

This summer, Mr Alf Morris, the Minister for the Disabled, set up the Silver Jubilee Committee to try to get improvements. There can't be any miracles. We can't knock everything down and start again — unfortunately. But we can get moving.

We're planning a publicity campaign leading up to a National Access Week next year from June 5-12. The slogan for the campaign will be "Can disabled people go where you go?" and during Access Week it will be on a special postmark used in post offices all over the country. We're planning to get as much coverage as possible on radio, TV, in the papers and in magazines. Already Jimmy Saville, OBE has given his support and there'll probably be something on "Nationwide" and in the *Sunday Times* colour supplement.

Schools are being asked to do projects to find out about the problems of disabled people in their area and there will be national prizes for the best ones. We've written to MPs and already some have talked about the problem in their speeches or written to their local papers.

Most important of all, we've written to the Mayors and Chairmen of the main local authorities in the country asking them to set up local committees to look at the problem in their area and to plan to get some improvements as soon as possible. We've asked them to make sure most of the people on the committees are handicapped themselves but others should be representative of groups like the local Chamber of Commerce. We hope they'll try to get all sorts of things going, from actual improvements to buildings and other places like unramped kerbs, to producing guides for the disabled to getting local publicity etc. There will be awards to the local areas which do a lot to make things better.

This is where you come in. Find out whose on your local committee and what it's up to. (Let me know if you have trouble with this.) Let them know about your experiences and any ideas you've got. Why not invite one of the Committee to your Local Association meeting? Write to the paper yourself about problems you've had. Don't leave it all to everyone else.

Miracles may not happen overnight but if we get things moving faster (and we can), it will have been worth it.

**TIM ROBINSON**  
Silver Jubilee Committee and  
Secretary, Sheffield ASBAH

### FRONT COVER

Children of Chester Association enjoying a Christmas party.  
Photo: *Chester Chronicle*



# News from all around

## Jackie is Queen's Guide

Jackie Bowkett, now 16, despite being confined to a wheelchair with spina bifida has received her Queen's Guide Award—the highest award open to Guides.

Jackie—the eldest daughter of Mr and Mrs D. Bowkett of Cinderford, Gloucestershire—has been a guide since she was ten and as our picture shows she has an arm full of badges (29) to prove it.

Jackie undertook a series of tests for her award covering such matters as accident prevention, child care, map reading and a geography project on New Zealand. She also worked at a local hospital and in local industry.

Jackie is head girl at Malmesbury Burton Hill School and is well known locally for the way in which she triumphs over her handicap. Her parents report that as they travelled home after the award ceremony Jackie remarked, 'I wonder how I can do the Duke of Edinburgh's Award'.

Photo: *Wiltshire Newspapers.*



## Brownies rally round

When the Hythe Kent 2nd Brownies heard that Kent Association's beach chalet had been vandalised they set to and with a sponsored knit raised over £80.

The chalet is now in position at Walpole Bay, Margate and Geof Buckingham, the KASBAH committee member for Thanet arranged for a day visit for the Brownies and some of the Association's children.

Sadly the weather was grim but the day was saved when the Salvation Army in Margate offered temporary 'shelter' and the Brownies proceeded to entertain the children with songs and games.

**Mrs R. Swain of Lurgan and Portadown Association presenting a cheque for £1,000 to Prof. Norman Nevin to help him in his research work on spina bifida. Photo: *Craigavon Times.***



## 'Walking holiday'

Three years ago Mrs Elaine Jones while on Holiday on the Isle of Wight organised a sponsored walk among her fellow holiday makers and decided to donate the money to the Isle of Wight Association.

The walk is now an annual event and this year Elaine had some 40 holidaymakers covering 12 miles to raise more than £52 for the Association.

In the Sept/Oct *LINK* we reported that the Mud pop group had raised £1,137 for Leeds and Bradford ASBAH. This money was in fact raised for the National Association.



## News from all around

### In dock

Children (right) at the Wirral Association's pre-school playgroup playing with a 'Playpool Dock' which was given by Stanlow's Oil Movement (part of Shell UK) shipping and programming department. The staff donated money they had won in a safety award theme and after the dock had been bought there was still enough money for a trip to Chester Zoo.

Mrs Alice Rowlands who runs the playgroup two mornings each week is to serve on a special needs committee of the Pre-school Playgroup Association.



### Holiday girl

Eleven year-old Kim Buckingham spent a week on a Red Cross holiday at the Sacred Heart School in Tunbridge Wells, Kent. She enjoyed it so much that she wrote us a detailed account and asked if she could say thank you, through *Link*, to the Red Cross and to her cadet helper, Lesley Humphrey.

Shortage of space prevents us publishing Kim's letter in full but it is clear that the holiday combination of work and play was very enjoyable. The children were divided into sections and given special duties but there was also plenty of time for fun—swimming, riding, rowing, entertainment by folk singers, a disco, and a friendship with Blackie, a three-week-old rabbit.

## ASBAH SPRING CONFERENCE

7-9 April, 1978, London

'Achieving Independence' is the subject of next year's Conference.

Hosted by the Lady Jean Mackenzie, and with Robin Smith—Director of the Queen Elizabeth's Foundation—as Chairman, it promises to be a very enjoyable and worthwhile weekend.

Duncan Guthrie—well known as the former Director of the National Fund for Research into Crippling Diseases, and now Director of the Disabilities Study Unit—is the opening speaker.

The Conference is being held in South West London, in the pleasant surroundings of Digby Stuart College, Roehampton Lane, London SW16. Most of the college is accessible to wheelchairs, and where not, ramps will be available.

ASBAH hopes that the Conference will attract a good number of young people as it did in 1977 at Nottingham.

The Conference fee has not yet been fixed. Application forms will be circulated through Local Secretaries, but if you want to be sure of getting a Form, send ASBAH National Office your name and address as soon as possible.

# LETTER

## 'SPINA BIFIDA IN THE FAMILY'

I have just read the current copy of *LINK* (Sept/Oct) and felt I must write to say that in the main I and my husband agree with the article on 'Spina Bifida in the Family' but felt that I must point out that though we've been through all the trials and tribulations mentioned the siblings turned out to be better individuals than perhaps they would have been. They are three happy, well adjusted young men with a great deal of understanding.

A bit of trouble and strife for children doesn't do them too much harm. As long as the family gets together at some point in the day and is able to joke, love and laugh together I feel that they can turn out responsible teenagers and adults.

On reflection I feel that a normal school is a better environment for a disabled child, if they can cope. My daughter, Susan would have more friends probably than she has now had she attended a local school, but of course 20 years ago such things were thought impossible.

Thanks to Miss Faith Seward for her 'Opinion' (July/August). How I heartily agree and have longed to say more than once to a few people 'let go' — that independence of spirit is as important as independence of movement, for the spirit is so often more willing when the flesh is weak, and crushing the spirit is adding to the disability, not aiding it. I agree also that being able to walk two or three steps out of a wheelchair makes for an easier life all round. (A comment in the July/August issue.) We found that out the hard way. Susan would have had a much wider choice of work and activity had she been able to do just that, but nobody pointed this out to us when she was about 11, and we thought a wheelchair would be easier and more comfortable than the equipment she had to wear. It probably wasn't envisaged that she would want and be able to work, drive a car and go abroad for holidays — the horizons for the disabled were narrower then.

Thank goodness everybody anticipates the very widest of horizons now.

MRS ZENA WHITELEY  
Leeds

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## Health matters

*Mary and Martin Moore describe a little practised method of managing urinary incontinence and infection—*

# Intermittent Catheterisation

**Our daughter Jayne is 3½ years old and was born with a low sacral myelomeningocele. She has normal mobility but is doubly incontinent. From the age of about 18 months she started having chronic urinary infections which were treated by courses of antibiotics. When Jayne was about two years it was confirmed that she had a neurogenic bladder but with no reflux problems.**

During a 12-month visit to the USA we consulted a urologist. He suggested intermittent catheterisation as a possible means of managing urinary infections and an alternative, later, to an ileal loop.

## Delight

On returning to the UK we consulted a specialist who agreed to try intermittent catheterisation for Jayne and in an afternoon we were shown how to catheterise her. Simply, the method involves completely emptying the bladder by catheter which takes about three minutes. To our delight and surprise we found Jayne would then stay dry for about 1½ hours, and thus we were able to dispense with nappies. Also, since we have been using this method, about four months, Jayne has had no urinary infections and has

not had any antibiotic treatment.

We start each week with a sterilised catheter and simply wash it in tap water each time we use it. The hospital explained that there is no need to sterilise the catheter after each use since the bladder is completely emptied and thus does not present a favourable environment for bacteria to multiply to an undesirable level.

## This method brings benefits for Jayne and family

Obviously Jayne has no feeling so doesn't mind the procedure at all. And we hope by the time she is five or six years old she will be able to catheterise herself. If a child had some feeling the method might well prove to be too traumatic.

Comments on intermittent catheterisation from local medical personnel have varied widely. In most cases people are horrified, believing that the regular use of an unsterilised catheter will cause a greater risk of infection. But in Jayne's case the major source of infection was residual urine always in the bladder, and eliminating this has drastically decreased the likelihood of recurring infection.

## Success

As far as we know Jayne is the youngest child on whom this method has been used in this country. The success of intermittent catheterisation in her case has had an enormous effect on the whole family since we no longer have to cope with nappies and soreness, and consequently she has more freedom of movement. If your readers feel they could benefit from this method we would be pleased to discuss our experiences with anybody who wanted more information.

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● **'Intermittent catheterisation as described is used more and more often in spina bifida girls (it is not suitable for boys). The results are often as good as described by the Moores. A big advantage is that if it does not suit the child, it can be stopped immediately, without harm. Many of my patients use this technique. Naturally, it requires careful and understanding parents, who have the means to achieve scrupulous cleanliness.'** DR JOHN LORBER, MD, FRCP.

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# WITH 1978 IN MIND...

## Holidays — you name it

With a little help from their potential customers The Winged Fellowship Trust aims to provide really challenging holidays in 1978. In three purpose-built, centrally heated holiday centres in Essex, Nottinghamshire and Surrey the Trust is ready and able to provide special interest holidays. The centres can be open for eleven months of the year and each centre will take 32 guests.

The Trust believes there would be a big demand for a wide range of holidays. Lectures on a host of subjects from history of art, architecture, archeology and the sciences to drama and poetry and music making could be laid on. For those wishing to learn and to do a fortnight of classes in painting, pottery, sculpture, flower arranging, film making, lace making or, perhaps, cordon bleu cooking could work wonders. And for the more active, how about canoeing, sailing, swimming, angling, riding, fencing and archery?

Almost any holiday you might care to name could be available. And name it is what you are being asked to do. Write to Winged Fellowship Trust, 58 College Road, Dulwich, London SE21 and tell them of the kind of holiday you would really like. In 1978 they might just be able to provide it.

## Somewhere to stay in London

Wheelchair visitors to London now have the chance to stay in a comfortable self-catering, specially adapted flat thanks to John Grooms Association. The 'penthouse' type flat is on the third floor of the Association's Princess Crescent development of 14 flats at Finsbury Park. It is within easy reach of shops, banks and post office, with ramped pavement corners all the way.

The flat has four single beds and a four foot put-u-up in the lounge. It is fully furnished but personal linen has to be supplied by guests. In emergencies a warden is available but guests

must either be independent or have their own helpers.

A large lift serves the flat, and there is easy street car parking. Due to the high situation and flat roof area, the flat is not suitable for children.

The cost is £25 per week which includes lighting, heating, cooking and constant hot water. The maximum stay period is one month. Apply to Holidays Secretary John Grooms Association, 10 Gloucester Drive, London N4.

## Hotels: advice on how to adapt

**The English Tourist Board has brought out a useful booklet giving advice to hotel and guesthouse proprietors on how to meet the needs of disabled visitors. The important message is that disabled holidaymakers are an important part of the total domestic tourist market and that their needs should not be overlooked.**

**The booklet contains cartoons which illustrate some of the difficulties facing a person in a wheelchair and how these problems can be eliminated. The booklet makes the telling point that some adaptations for the disabled e.g. wider doorways and corridors are also of great help to people carrying luggage and coping with small children and prams.**

## Boarding is made a lot easier

Thames Cruises have installed a passenger lift in one of their boats, *Battersea*, to allow access for those in wheelchairs.

The *Battersea* seats 48 people — about 24 if all are in wheelchairs — and there is a 10% discount for disabled people. The company says that a two hour cruise from Radcot to Kelmescot through Grafton Lock would cost £18 for the whole party. Refreshments, meals etc. are, of course, extra. For further information contact Mr G. V. Walker, Thames Cruises, 65 New Road, Chiseldon, Wilts. SN4 0PE: Telephone: 0793 740476.

## Nature reserves — 57 varieties

An Access Guide to the Nature Reserves of England, Scotland and Wales has just been published by RADAR. It is intended to help all disabled people, whether ambulant or wheelchair-bound, enjoy the wildlife and scenery of Britain's hundreds of nature reserves.

Some 57 reserves are listed in the guide, which has been compiled by Anthony Chapman of the Royal Society for the Protection of Birds, and details of the different varieties of bird and animal life and plants are given as well as comments on accessibility.

The booklet is obtainable from RADAR (Royal Association for Disability and Rehabilitation), 25 Mortimer Street, London W1N 8AB. Price 20p (including p. & p.).

## How about a bargain break

The Spastics Society is launching 'bargain break' holidays geared to the needs and budgets of disabled people.

The Society runs four hotels in Sussex, Essex and Oxfordshire, all equipped and staffed to cater for handicapped people.

Now in the Winter and Spring months it is offering special interest holidays.

All-in prices covering full board accommodation and outings range from £24.50 to £45.00. Full details: The Centres Department, The Spastics Society, 12 Park Crescent, London W1N 4EQ.

John Grooms Association is also offering 'bargain break' holidays at a hotel in Minehead. The cost is £4 a night, full board. More details from John Grooms Association, 10 Gloucester Drive, London N4.

**LINK is grateful to RADAR—the Royal Association for Disability and Rehabilitation (formerly CCD) from whose Bulletin many of these news items are taken.**

**The Bulletin, published monthly, is full of information for the handicapped. Local Associations would benefit from it. The annual subscription is £1.25, from RADAR, 25 Mortimer Street, London W1N 8AB. (Discounts for five or more subscriptions.)**

## And a brief reminder of Jubilee 1977



**Young Lucie Shepherd of Chesterfield and District ASBAH presenting a rose to the Queen when she visited Chesterfield during the Summer, as part of her Jubilee tour. Photo: Sheffield Newspapers.**

## Tee-shirt offer

A money-raising idea from Bucks and East Berks Association is proving very popular.

They are selling Tee-shirts — white cotton printed with the green ASBAH family symbol and the words "Support Spina Bifida".

Prices: sizes 22-30 in. — £1.60; small, medium and large adult — £1.85 each (plus postage). Bulk orders welcome. Available from: Mr F. Smith, 102 Bowyer Drive, Chippenham, Slough, Berks.

# Prof. Zachary retires

**Professor Robert Zachary, FRCS, the founder member and figurehead of ASBAH since it began 11 years ago, retired as Chairman in October. In recognition of his invaluable work for ASBAH he has been made a life Vice-President.**

A Professor Zachary Fund has been launched by ASBAH, and at his request any money raised will be used to support projects initiated by young people with spina bifida and hydrocephalus. The involvement of young people is more important than the size of the project which can be large or small. This new move to involve young people is particularly appropriate at the present time after the recent formation of Young ASBAH and the growing realisation that young people with spina bifida and hydrocephalus must be given greater opportunities, and more help to become independent.

Professor Zachary's retirement was announced at ASBAH's Annual Meeting in London. President, The Rt Hon. the Lord Maybray-King, in paying tribute to Professor Zachary's great contribution said, "Without him there would be no ASBAH", and "It is thanks to him and ASBAH that the British people now know something about spina bifida.

It was fitting that Mrs Zachary was at the Annual Meeting to share the occasion with her husband and to see the way in which he is held



**Professor Zachary (left) is presented with the silver salver by Lord Maybray-King.**

in such high regard and affection by the Association members.

Professor Zachary was presented with a silver salver inscribed with the words "Professor R. B. Zachary, FRCS, Founder Member and Chairman, ASBAH. 1966-1977".

## **New Chairman**

Lord Maybray-King welcomed the new Chairman of ASBAH—**Mr Oliver Colman**, who has been concerned with the Association's work for a good many years as a member of the Finance and Appeals Committees, and also involved with the work of the Spina Bifida Trust.

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# COPING WITH GROWING PAINS

**Dr Wendy Greengross spoke to ASBAH's Annual meeting in London in October about the problems of Growing Up.**

She explained that the whole process of growing up is learning to be independent, learning to break the bonds between child and parents, and for the handicapped child this is much more difficult because of the obvious problems of mobility.

A handicapped child cannot go about on his own like ordinary children of the same age. If, he or she, is attending a special school then the range of friends is likely to be much smaller

than if the child was going to the local school.

Dr Greengross pointed out that in a recent survey 50% of young people with spina bifida felt themselves to be socially isolated.

Parental fears and anxieties are greater if your child is handicapped, she said, and often there is the feeling, 'My child has suffered enough. I am going to protect him from further hurt'. But learning to live through pain—physical and emotional—is a very valuable experience.

**Dr Greengross said that fortunately society now realises that everyone has rights and something to give.**



# PUBLICATIONS

**Three new publications have come out recently aiming to show just what disabled people are entitled to, and what they can expect in the way of aids, services, grants, benefits, etc.**

## **An ABC of Services and Information for Disabled People** by Barbara Macmorland.

This excellent booklet is a must for any disabled person or anyone concerned with the disabled. It is an updated and revised third edition, and lists alphabetically a wide variety of services, organisations, activities, clubs, etc.

It is available free to disabled students and school leavers, so do take advantage of this offer. Write to DIG giving your name and address, and — for their confidential information — your age and what and where you are studying.

The cost is 50p plus 12p postage for other disabled people, and £1 for non-disabled plus 12p postage, from DIG, Attlee House, Toynbee Hall, 28 Commercial Street, London E1 6LR.

## **Disability Rights Handbook**

This is published by the Disability Alliance and is 'a guide to income benefits and certain aids and services for handicapped people of all ages'. This is another indispensable publication and costs 50p plus 15p postage (half price for order of 20 or more from organisations concerned with disabled people) from the Disability Alliance, 96 Portland Place, London W1.



## **Aids for the Disabled**

This leaflet outlines the part played by the Department of Health and Social Security in giving information about aids and the development and supply of aids through the National Health Service and by local authorities. It touches on the important part played by voluntary bodies and other organisations, but it is mainly about the work of the DHSS.

Available from your local Health and Social Security office.

Many able-bodied people accept conditions in their home which may be uncomfortable or inconvenient. However, a source of annoyance for an able-bodied person may be a total barrier for a disabled one.

**Handicapped at home** by Sydney Foott covers all aspects of the home environment, giving guidelines for equipment and alterations so that a disabled person can share actively in the life of the family.

An important point to remember is that you must plan ahead when considering any alterations — a child does not remain a child forever and will eventually need to be independent and to cope with a number of household chores.

Persuade your local library to get a copy or order from a bookshop or by post from: The Design Centre, 28 Haymarket, London SW1Y 4SU, price £1.85 (add 30p post and packing).

# Mobility

The first meeting of Mobility International (England) took place on September 29 in the offices of the Central Bureau for Educational Visits and Exchanges. It was attended by representatives from eighteen organisations which deal with the problems of handicapped people.

Mobility International stress that their aim is to promote the integration into society of those who are in any way handicapped through international travel and exchange. Through its contacts in 45 countries it will be able to give information and advice to would-be visitors and will soon be producing regular news-sheets. For more information on what Mobility International does and details of how to join please contact: Mr A. Lumley, c/o The Central Bureau for Educational Visits and Exchanges, 43 Dorset Street, London W1H 3FN.

## **New radio series**

'Does He Take Sugar?' is the title of a promising BBC Radio 4 series for the disabled concerned with all aspects of disability. This new programme is broadcast at 3.05 pm on Saturdays.

There is the opportunity to phone in your comments and ideas etc. for 55 minutes after the programme. This phone-in is not broadcast but helps with follow-ups and background material for future programmes. The telephone no. is: 01-580 4411.



## Appeals and publicity

### Cricket stars go to bat

This picture of Geoff Boycott and young Martin Jordan of Wimbledon was taken in the Long Room at the Oval the day before the fifth Test Match. As well as autographing the bat itself, Geoff very kindly undertook to get the England side to autograph it and added the Yorkshire '77 team for good luck. We are now looking for the best way to turn this into cash. Any ideas will be gratefully received.



England batsman Geoff Boycott and Martin Jordan.

### A mum's thank-you

This letter speaks for itself. 'You will probably recall in June 1975 our son Richard was born suffering from spina bifida and hydrocephalus and he only lived for three weeks. I am delighted to be able to tell you of the birth in June of another healthy son. The decision was made after genetic counselling and many tests by the specialists and we would like you to accept this donation to help your research fund and to give hope to parents who have suffered the blow of this crippling disease.'

We all rejoice for this kind lady and hope her experience will be an encouragement.

### Public Relations!

In this day and age we are convinced that we must present as professional an image as possible, and the Appeals Committee have invested in a set of display panels with graphic illustrations of ASBAH's needs. These could be loaned to Local Associations providing they will arrange transport and return

promptly. This offer is, of course, subject to availability.

We have also produced white T-shirts with the slogan 'Please Help ASBAH' printed in green and quite dashing green jersey skirts to match the shirts; they are wrap around style so can be adapted to fit all sizes. We hope, of course, that we shall also be able to find dashing young ladies to fit them and to project our image as a 'with it' association. If Local Associations would like to order T-shirts we can negotiate a price.

We also have on sale for Local Associations, as pictured here, white satin sashes with 'Help your Local Group' printed in green. To those of you who are organising flag days these sashes should help to give 'punch'.



Publicity aids.

**MRS KATE WHITE**

# LINK: AN INDEX

Below is an index of some of the major articles which have appeared in the last eleven issues of *LINK*—nos 42-52. Back numbers are available. However some issues are in short supply. Therefore, when requesting a back

number please indicate the specific article in which you are interested so that we may make a copy of it.

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## Aids and equipment

BY JILL VERNON

### ABC OF TOYS

There are now a large number of Toy Libraries all over the country, giving advice and lending toys for disabled children. The sixth edition of the ABC of Toys has recently been published describing toys to encourage particular skills or for children with particular handicaps. For the address of your local toy library, or a copy of the ABC, write to: Toy Libraries Association, Seabrook House, Wyllyotts Manor, Darks Lane, Potters Bar, Herts. Price £1.45 (add 12p post and packing).

### HELP WITH THE NEW CAR

Local Association secretaries have information about various sources of help for those receiving the Mobility Allowance, including discounts on the price of new cars. The majority of the discount is given by the local dealer, not by the Head Office of the firm, and will *not* be given if you trade in your old car. To take advantage of the discount you must therefore

sell your old car privately. If you have any difficulties please let us know at National office.

### MAKE YOUR OWN SHEEPSKIN BOOTEES!

Antartex are producing a new sheepskin bootee which opens to the toe. These are available either ready made up, or in kit form for you to sew up yourself.

Bootees are available in the following sizes:

	Shoe size	Sewn	Unsewn
Baby	1-2	£1.10	£0.80
Infant	3-10	£2.00	£1.25
Children	11-3	£3.00	£2.00
Adult	4-7	£4.00	£2.75

If you would like to order the bootees state clearly that you require the *spina bifida lacing bootee* and include 25p for postage and packing.

Antartex also sell sheepskin offcuts which can be made up into a number of other products. Send orders or write for a brochure including other sheepskin products to: Antartex Limited, Alexandria, Dumbarton, Scotland.

# A NEW 'LINK'

**LINK will be bigger, and I hope better, starting with the next issue.**

This is the last *LINK* in its present form. Starting with the Jan/Feb number it will be redesigned and will be larger — A4 size, although it will still be a 16-page publication — issued every two months — the increased page size will mean that it will, in fact, give us 60% more space.

As the Association has expanded and matured it has become apparent that *LINK*, too, needs to change to encompass a wider readership and to deal in greater depth with the key issues.

Unfortunately, the price of *LINK* has to go up too . . . not just because the magazine will be larger, but because ASBAH has been making a loss on the printing and production for about a year now.

The new price will be 10p per issue, and this together with the revenue from advertising will mean that *LINK* will just about pay for itself. *This will be the first price rise since the magazine was launched over 10 years ago when it was 1s.*

In order that it can be a really vital means of communication between all its readers, whether professionals, parents, those with spina bifida and hydrocephalus or just friends, it is necessary that I hear from more and more of you. In particular, we hope to carry a regular and lively Letters Page — letters not only in response to specific articles, but on other topics which are likely to prove of interest. Please do write, but try to keep letters fairly brief, for although *LINK* will be larger we shall still have to exercise discipline when it comes to the length of articles and letters.

Please do also let me know what you think of the new *LINK* and let me have your ideas on suitable material for the magazine.

**SUSAN GEARING** Editor

● **Letters, news, articles and advertisements must reach the Editor by the first of the month preceding the *LINK* issue, i.e. by Dec 1 for Jan/Feb, Feb 1 for March/April, etc.**

## *and new-style advertising*

As part of the new look we will be bringing in an entirely new arrangement for classified advertising.

In the past *LINK* has carried, free of charge, advertisements for holiday accommodation for Local Associations. It is no longer realistic to continue doing this, and so we are dropping the old-style holiday 'ads' and introducing in their place a general Classified Advertising section at a reasonable rate.

This will take in 'ads' not only for accommodation, but also for articles For Sale or Wanted, For Hire, etc. Let us know what

you want to advertise and we will let you know if you can!

**If you want to continue an existing advertisement be sure to let us know.**

The rate will be a minimum of £1 for up to 25 words, £2 for 25-40 words, £3 for 40-60 words. Please send remittance with your advert. You may like to pay for a whole year's advertising in one go: Adverts for Jan/Feb issue must be in by Dec 1; ads for March/April by Feb 1, and ads for May/June by April 1, etc. The address is: *LINK* Advertising, ASBAH, Tavistock House North, Tavistock Square, London WC1H 9HJ.

## LOCAL ASSOCIATIONS

There are over 80 Local Associations all over Britain. If you would like the address of your nearest Association please refer to the July/August

*LINK* or the next issue, or contact National Office. Starting with the Jan/Feb *Link* the full list will be published on the back page in every other issue, alternating with a short list of changes, as below.

Changes since last issue:

BUCKS AND E. BERKS  
Mrs L. E. Tilly,  
2 St John's Drive,  
Windsor, Berks.  
JERSEY  
Mrs M. V. Houze,  
46 Don Street,  
St Helier, Jersey.  
LEEDS AND BRADFORD  
Mrs J. Lupton,  
41 Brooklands Crescent,  
Yeadon.