

LINK



Association for Spina Bifida and Hydrocephalus/ASBAH 15p

Nov/Dec 81



Reluctant Angel

International Federation launched; Charities Concerned over Proposed Employment Law; Wheelchair Proficiency Scheme; Camping feature; Annual Report—ASBAH Moving Ahead; Letters; Publications.

LINK 77

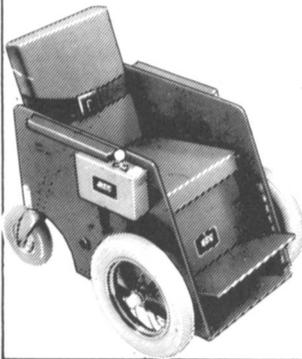
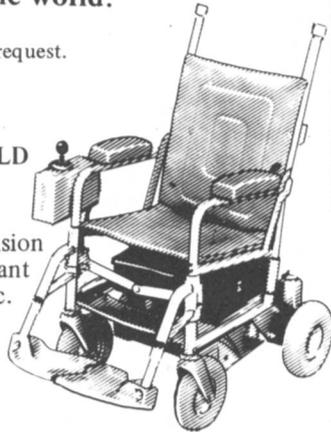
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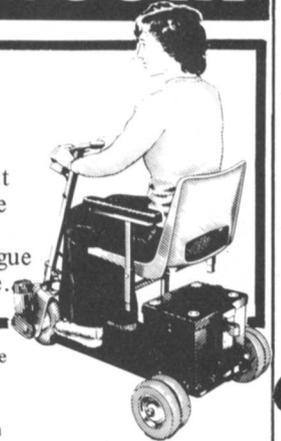


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Association for Spina Bifida
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Patron:
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ASBAH has an experienced staff
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International Federation launched

THE INAUGURAL meeting of the International Federation for Spina Bifida and Hydrocephalus took place in Dublin on Saturday September 26 1981. The meeting was preceded by a two-day conference attended by representatives of 18 different countries, including Zimbabwe, Canada, Australia, USA, and several European countries.

A wide variety of papers were read, all with the common theme "How to Lead an Independent Life". The first paper was given by Jill Vernon and Barbara Newman from ASBAH, and was followed by papers from America, Ireland, Sweden and West Germany. Over the two days, the subjects ranged over Social and Personal Independence, Vocational Assessment and Training, Scouting, Sports and Leisure, and Housing.

The delegates were accorded Civic and Ministerial receptions and had a brief opportunity to visit Glendalough, one of Ireland's beauty spots.

A lot of important work was done outside the formal sessions, including a great deal of exchanging of information about associations and care in other countries. The full papers from the conference will be published later this year.

During the inaugural meeting of the International Federation, the first Executive Committee was elected:

Mr. Bjorn Rundström, Sweden, President
Miss Moyna Gilbertson, ASBAH, Vice President
Mr. Peter Frosio, Switzerland
Mrs. Ireka Meyer, Holland
Mr. Oriol Tuni, Spain

The aims of the International Federation are to support Associations in their efforts to help all people with Hydrocephalus and/or Spina Bifida; to support research, and to exchange information. The next conference and meeting will be held in 1983, at a venue not yet decided.

The conference was generously hosted by the Irish Association, who had spent a great deal of time and effort in making the conference such a successful and happy event.

The International Federation has the full support of ASBAH; indeed, the idea for one was first raised by Moyna Gilbertson at Brighton in 1978 when she met members of the Swedish Association.

SOME thoughts on disability in IYDP.

"Public attitudes are a fat lot of good if people still continue to discriminate discreetly on account of stereotype and fears lying beneath the surface. I don't want people to love me. I just want them to give me a job, let me into their pub and so on.

". . . many people still require some form of public prod before they will do what they know to be right in the abstract. Paradoxically real understanding may come only with a degree of enforced compliance.

"In other aspects, things can't just be left to individual initiative. Any shopping list of objectives . . . is necessarily personal. But the following would surely have to be on it: a coherent system of cash help to replace the present jungle of anomalies; systems of support for handicapped children in ordinary schools . . . ; laws making access for the disabled mandatory in public buildings . . ."

Colin Low (President of the National Federation of the Blind)
Reprinted from New Society

FRONT COVER: The angelic life is clearly not for Alison Brooks who comes from Charminster near Dorset. Being all dressed up as an angel in the school play is a bit of a bore!

LINK wishes all its readers a very Happy Christmas.

While every care is taken to ensure accuracy of information published in LINK the publishers can accept no liability. Opinions expressed in articles are not necessarily those of ASBAH.

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Welcome to Disneyland

THE FAMOUS emissary of goodwill, Mickey Mouse, welcomes you to Disneyland... even if you are in a wheelchair.

With cheaper air fares opening up North America for holidays, more and more families are getting the chance to enjoy the scenery and special attractions in the United States.

Disneyland ranks as one of the most popular for youngsters, and attention has been paid to the need for access for wheelchairs.

Publicity officer Anne Alenskis told LINK: "On some attractions the wheelchair visitor is allowed to enter via the exit. The best method is to inquire at the entrance of each attraction as to the correct wheelchair procedure.

"We provide a medical parking area, and rest rooms. We also recommend visiting on a weekday and as early in the day as possible to avoid the crowds.

"Wheelchairs are available at a cost of \$1.50 per day".

Incidentally Mickey Mouse has welcomed more than 200 million guests to Disneyland since it opened in the Summer of 1955.

If anyone would like further information on Disneyland please contact Beverley Holland at National Office. She has a copy of the souvenir brochure.

The price of LINK has to go up

IN ORDER that LINK remains virtually self-supporting it has been decided that the price will have to be increased to 20p per issue as from January 1982.

As reported in the last issue, it has been LINK's proud achievement over the years that it has made very little demand on ASBAH by way of subsidy.

The price has been held at 15p for 18 months, but, at its last meeting, the Executive Committee decided that it would be necessary to increase this to 20p.

We do hope that readers will continue to find LINK valuable and interesting and good value for money.

Editor

*SUBSCRIPTION RATES. For the new rates please see page 20.

Leicester shows the way

A STEP in the right direction in Leicester—and something which, hopefully, more councils will follow—Leicester City Council has appointed an Access Officer who will be employed within the Planning Department.

Arrangements have been made to ensure that she receives all appropriate support from the voluntary organisations in the area. This is one of the first full-time appointments of its kind.

New housing projects

A NEW estate to provide joint housing for handicapped and able-bodied people within the community was opened by the Cheshire Foundation in October. It is at Magpie Close, Bournemouth and provides 19 flats for elderly and able-bodied people, and eight bungalows for disabled people. A community Assistant will live on the estate to answer emergency calls.

Six further projects, in various parts of the country, are planned.

For more information contact Kay Christiansen, Leonard Cheshire Foundation, 26/29 Maunsel Street, London SW1.



Age of the train arrives for disabled

BRITISH Rail have introduced a new railcard which brings half-price travel within the reach of the disabled.

The card costs £10 and it entitles the holder, and an adult companion, to travel for half the adult fare when they are purchasing an Awayday, ordinary return or ordinary single ticket.

A disabled person does not have to be escorted to qualify for the concession which applies to both first and second class travel. And a card bought before the end of 1981 will run to the end of 1982, thus giving the user a small bonus on the usual annual period.

Those who qualify for the card include people in receipt of Mobility or Attendance Allowance (it applies if the allowance is paid on your behalf), Private Car Allowance, and to those who drive an invalid three-wheeler or belong to the Motability Scheme.

Leaflets and application forms are available from all post offices and railway stations. The completed form must be taken, in person or by somebody else, to any post office for certification. This means that the disabled person, or his or her agent, will have to present one of the documents listed as confirming eligibility for the Disabled Persons Railcard.

The completed form must then be sent to British Rail at the address given on the form.

They also remind disabled people that a journey can be that much smoother if they notify

New employment law 'not the answer'

British Rail in advance. Wherever possible someone will be on hand to help.

In addition there are wheelchairs available at many of the bigger mainline stations, and plenty of invalid car parking space.

• **This is a new scheme and some people are encountering teething troubles. If you have any difficulty please contact ASBAH.**

Removable seat idea is spreading

THE number of British Rail routes where the removable seat facility is available is gradually increasing.

It is now available on the following routes: London to Peterborough, Newcastle, Edinburgh, Aberdeen; London to Leeds, Bradford and Harrogate; London to Liverpool and Manchester, Preston, Carlisle and Glasgow; London to Cardiff and Swansea, Bath, Bristol, Exeter and Plymouth.

Ask at your station for more details.

Under this scheme disabled people in wheelchairs may travel in a first-class compartment of a Mark 3 coach. British Rail will remove a seat to accommodate the chair, and the wheelchair user travels at half the single second class fare.

This concession remains alongside the new Disabled Persons Railcard.

Knighthood for IYDP's Chairman

CONGRATULATIONS to Kit Aston, Chairman of IYDP (England) Committee, who was awarded the KCVO by Her Majesty the Queen at the Royal Garden Party this Summer to mark the International Year.

Help for young disabled drivers

AS REPORTED in an earlier LINK, regulations were being introduced to allow 16-year-old people, in receipt of Mobility Allowance, to apply for a provisional driving licence. The Motor Vehicle (Driving Licences) Regulations 1981 which contains this provision came into force on August 12.

THE MANPOWER Services Commission is recommending the end of the Quota Scheme for the employment of disabled people. In a report, sent to the Secretary of State for Employment in July, the MSC suggests it should be replaced by new legislation which would make it a duty of employers to take reasonable steps to promote equality of employment opportunities for disabled people.

The legislation would be linked to a Code of Practice giving employers guidance on how to comply with the law.

The MSC says the new law should cover people who are substantially handicapped, who, with the right help and the right job would be able to perform as well as any able bodied person. It does not cover those who could not compete on equal terms.

The main recommendations are:

- Employers should give disabled people full and fair consideration for all vacancies; they should retain newly disabled employees wherever reasonable and practicable; they should provide full and fair opportunities for the career development of disabled people.
- A Code of Practice would exist to give guidance to employers on practical ways in which they could meet these obligations.

- The principle that a certain proportion of a firm's workforce should be disabled people would be retained, and the Code would recommend a level of 3%;

- Employers whose practices towards the employment of disabled people were found to be deficient would be advised by MSC staff on ways of improving those practices; in the event of disagreement an independent third party would advise on the case.

This proposed legislation has already caused some disquiet. ASBAH was among a number of organisations represented at a seminar, on the subject, organised by the Royal Association for Disability and Rehabilitation in September.

A resolution was sent to the government *rejecting* the concept of a 'general duty' on employers to promote equal opportunity, *calling* for the retention of some form of quota system and *proposing* consideration of redress for individuals, anti discrimination legislation and a levy system.

The Code was seen as a useful piece of additional guidance.

Organisations have until the end of the year to send their comments to the Secretary of State for Employment. ASBAH will be making its independent assessment.

Charter for the 80's

A SPECIAL Charter has been drawn up to continue the aims of IYDP into 1982, and beyond, in all parts of the world.

Charter for the 80s—is being presented to the Prime Minister, this month, by Dr Harry Fange, President of Rehabilitation International which has adopted it as an action plan for the next decade. It will also be presented to heads of Government throughout the world.

This month also sees Charter Week (11-18 November) which gives an opportunity to publicise the Charter locally, nationally and at international level. Charter's aims are the same as IYDP's—prevention, integration and public awareness.

Rehabilitation International is a world federation of national disability organisations. In the UK, the National Secretary is George Wilson, RADAR's Director. Lewis Carter-Jones MP is Chairman of the UK Committee.

Shortened versions of the Charter are available, free, from ASBAH's National Office. Copies of the full-length Charter are available price 30p (including postage) from RADAR, 25 Mortimer Street, London W1N 8AB.



Five years after opening Five Oaks, HRH the Duchess of Gloucester, ASBAH's Patron, returned this July to see the house fully operational.

The Royal Party was welcomed by Mr. D. M. Bryant, Chairman of ASBAH's Executive Committee; Lady Jean Mackenzie, Mr Michael Booth, Chairman of Five Oaks Committee; Miss Moyna Gilbertson; and Miss Gillian Harrison of Five Oaks.

The Duchess was able to spend time looking round the new Activities Centre, meeting staff and residents. Miss Bernadette Norris presented her with a posy, and another teenage resident, Miss Tracy Moors presented a small handkerchief that she had embroidered.

After an excellent lunch, she walked through the beautiful gardens of the house to her waiting car. The motorcade departed for Bradford, leaving behind a very delighted group of people who will long remember that special day.

Andrew Birch, 12, of Wigan, Leigh and District Local Association with the wheelchair bought for him by pupils of Golborne Parochial School. The chair was presented to him by folk singers, Gary and Vera Aspey (left). The school, in addition, gave £560 to the Local Association. The Mayor of Wigan is seen handing a cheque to Mrs Mary Roberts of the Association.

Photo: Bolton Evening News



Four gain recognition

CONGRATULATIONS to two young members of Hull and District Local Association, Amanda Lilley and Stephanie Ellis who have gained their Duke of Edinburgh Bronze Awards. Another member, Pat Spence of Bridlington, has gained a special award for her work in the St John's Ambulance Brigade. Elizabeth Livesey, a cadet, has achieved a Priory award.

Nichola's friends rally round

NICHOLA Pritchard, 13, of Bangor should soon be the proud owner of an electric wheelchair thanks to the young LEO club of Bangor, the Railway Club, and many generous friends in the area.

Nichola who is confined to a wheelchair attends normal school—the Tryfan Comprehensive where the authorities have built a 50-yard ramp to help her with access.



SUPER driver James Hunt leads a grand procession of "Supascooters". He presented the scooters to six of the Midlands local associations at a special ceremony at the headquarters of the Worcestershire Association at Stourport-on-Severn. The scooters were purchased as a result of a special Colgate-Palmolive and Co-op stores promotion.

Supascooter power!

THANKS to a joint promotion by Colgate-Palmolive and Midland Co-op branches, ten Supascooters were purchased for ten local associations of ASBAH in the Midlands. Six of these electric scooters, which are prototypes, were presented by celebrity racing driver James Hunt who helped to launch the promotion (see photo).

The promotion asked Co-op customers to collect labels, cartons and caps from a range of Colgate-Palmolive products. For each proof of purchase received Colgate agreed to contribute 5p to buy the Supascooters. Thanks to the efforts of the customers £8,750 was raised.

Carol goes on safari

FOR 18 year old Carol Smith this year really has had an international flavour. Carol from Havant in Hampshire was one of 20 physically handicapped and able-bodied people who visited Kenya at the beginning of August.

During a two week stay, the group aged between 18 and 30 had a chance to see some of the work for the disabled in that country.

"The trip was fabulous" said Carol. "But facilities for the disabled in Kenya are pretty primitive compared to ours". The group enjoyed a safari through one of Kenya's national parks, and also had three days relaxation on the beaches of Mombasa.

Also in the party was another young person with spina bifida, Alistair Gordon from Haxby, Yorkshire.

The visit was organised by the Central Bureau for Educational Visits and Exchanges in conjunction with Disabled International Visits and Exchanges (DIVE) and the Commonwealth Youth Exchange Council.

How's this for a pub crawl!



Patrons of the Dickens Inn at Gravesend, Kent on a sponsored pub crawl—which turned out to be just that. They had to complete the half mile return journey to a neighbouring pub on their hands and knees. Their efforts raised over £600, half of which was donated to the Kent Association.

Exhibition tops £500

MORE THAN £500 was raised for Five Oaks through an Exhibition of Painting staged at the magnificent National Trust home of Mr and Mrs Cecil Thyer-Turner, 'Stoneleigh', Otham, Maidstone in October. It was organised by Mrs Margaret Bolton of Kent Association who was 'staggered' at the response.

Paintings and crafts by local artists were exhibited and on sale.

There was an informal evening opening when wine was served, and the exhibition continued for a further two days. Over £135 was raised from a raffle.



MATTHEW Wales of Essex Association proudly showing his Cornwell Scout Award presented to him because of his high standard of character and courage in adversity. With him are his parents, and Essex County Commissioner John Moore who presented the Award, one of the highest in scouting.



MARTINE Coton, 12, of Southwell, Nottinghamshire, pictured with the Bishop of Sherwood, the Rt Rev Harold Darby, after her confirmation in October at St Michael's Church, Halam. It was a day worth picturing, for Martine, 12, who is a pupil of Fountaindale School near Mansfield.

Photo: Chronicle Advertiser, Mansfield.

LIFT—ASBAH's organisation for young people—is finding its own voice. LINK carries below a recent example of this—a letter from member Helen Garthwaite, and two different points-of-view from other members who were stirred into action. The letters first appeared in LIFT's own Newsletter.

Why should disabled need charity?

MONEY POURED in from thousands of "bring and buy" sales organised by Blue Peter. Blue Peter outlined what the money was for, to build specially designed houses within hospital grounds, special mobility vehicles and incubators for intensive care units. The team did a marvellous job with the amount of money they collected, and hopefully succeeded in drawing the attention of the public to the cause and plight of the handicap.

During the early part of February 1981 the delivery of a badly needed incubator was made to a Newcastle hospital. This was donated from viewers of Blue Peter. A premature and low weight baby was almost immediately placed within the incubator, as it needed constant monitoring and specialised care. A doctor explained to one of the Blue Peter presenters that without the machine the baby would have probably died, or by now be deformed thus labelling it DISABLED. To quote the old adage "charity begins at home", but what are we as a nation thinking about when voluntary donations are needed to do all this. No matter what government has been in power over the last few years it has always been the same.

Government think nothing of casually stating that £15 million or £20 million pounds have been spent on new arms, which hopefully will never be used, so why cannot some of this money be put to a better use; such as more purpose built accommodation for the disabled; a campaign to give us a different image and make society understand that a disabled person is equal. We have as many rights as an able-bodied person, although these are often denied to us.

If both government and society had given us equal rights in the first place, there should never have been this need to set aside a special year for the disabled. Perhaps in the future we may even see an international year set aside for red headed people, bearded people, short people, tall people, where does it all end?

We are here and here we are to stay. Having a special year makes little difference to the disabled, after all, society must be educated to accept us, and not condemn us to a second class citizenship because we are born non-perfect. It is not disability that matters but the ability within each of us which can be utilised and developed to its fullest within the society we have to live in.

HELEN GARTHWAITE
Booker,
Nr High Wycombe

Britain—as backwards as ever

I LIVE in Leeds and like most towns and cities throughout the country, Leeds set up many different committees for the International Year of the Disabled, e.g. Access, Care, Transport Committees etc., to help different problems the disabled have within society. For a small period of time I served on the Access Committee and the general impression I got from the committee was that Leeds was, as it were, bending over backward to help the disabled in this our Year. However, I could see no evidence of this so-called help: as far as I could see there was still discrimination within the city against disabled people.

Access within the city, is virtually non existent, with the Leeds City Council building up Causeway edges likes nobody's business: surely they know that mothers with pushchairs and old people, besides disabled people, cannot get up paths with causeway edges measuring *10 inches high*.

Also in the Year of the Disabled you see no evidence of ramping on shop steps which are impossible to get up in a wheelchair.

Even if shops are accessible the shelves are stacked so that you cannot reach them from a wheelchair, the alley-ways are that small you can't get a wheelchair down them, and checkouts in supermarkets are inaccessible for wheelchairs. New buildings which are supposed to be accessible for the disabled are not and buildings which need to be converted because of old age are not converted with the disabled in mind. A cinema in Leeds had new fittings put in and the result was that they put *20 steps in it where there used to be 2*, and now you have to make an appointment if you want to see a film.

Regarding employment for the disabled, this is non existent. I know that this a very difficult time for employment for everyone but even when there were more jobs the disabled were never considered by employers. The trouble with organisations concerned with the disabled, both mentally and physically, is that they have seminars to talk about disablement but the people they invite to these seminars already know about the disabled.

As far as I am concerned Britain is still as backward as ever. The disabled are treated as lepers in society. The Government do not help in the right way. Instead of passing an Act through parliament making it against the law to discriminate against the disabled, they just let individuals, like Jimmy Savile, get on with it. The Government should also give grants to shops, cinemas etc. to help pay for conversions to their premises.

To help integration within society for the disabled, disabled children should be allowed to enter able-bodied schools at a young age, providing they have the ability to cope with the situation. This would also help able-bodied children come to terms with disablement

RUSSELL SIMPSON
Meanwood, Leeds

Let's not forget Third World

I AM sure that Helen would agree that the important thing is that due to the Appeal more facilities are available, especially in the area of preventing babies from becoming disabled. The point about finance is only relevant in the long term, since instead of a voluntary funding being 'icing', it may become a major slice of the Welfare State 'cake'.

As far as IYDP is concerned, of course nothing very substantial can be achieved in 1981. However it should be seen as a base for future development and not just as an end in itself. Of course in a perfect world such a year wouldn't be needed, but as we live in a far from perfect world, we should use IYDP to start a 'revolution' in attitudes to disability.

We should not forget that this is an *International* year, and perhaps we should spare a thought for the disabled people in less prosperous countries, not to mention a little money. It is also important to remember that as well as fewer facilities for treating disabled people, many people in the poorer parts of the world are disabled by diseases which can be prevented and also by poor diets.

Perhaps LIFT members could organise a fund raising event for one of the agencies working with the disabled in what are called 'Third World' nations.

GARY BRAYNE
Shrewsbury

Parents invited to help one another

AS DISABLED parents ourselves, we are proposing to form a group to help, advise and encourage all disabled people who want to experience the joys of parenthood. We aim to include those disabled people who have not yet started along the road to parenthood and those who are already travelling on it.

We hope to open the eyes of the general public, in this International Year of Disabled People, to the fact that disabled people can make as good a job of parenthood as anyone else. We face many different sorts of problems—apart from the practical difficulties which we have in anything we do.

Although much is being done to encourage young disabled people to lead as normal a life as possible, it is often overlooked that these people are growing up and will want to get married and have children. This is where they need the help, understanding and advice of those of us who have already gone through the experience.

We would like to invite any of your readers who are interested in joining our group to write to us, enclosing a stamped addressed envelope please, or to telephone us, preferably any evening between 8.30 and 10.

Jenny Estermann, Kay Chehata
2 Marlow Court, Colindeep Lane,
London NW6 6EB. Tel: 01-200 6920

Growing Concern?

Your concern - and ours - is to help incontinent youngsters and adults maintain their confidence.

Incontinence is a problem, but it can be solved in a word - **INCO**.

The combined range of **INCO** products offers complete protection which aids both the wearer and the family at home.

Inco garments - made from supple PVC with a drop-front for easy changing, are available in eight adjustable sizes to ensure a perfect individual fit.

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Both garments are washable, waterproof and suitable for either sex.

Inco Roll - made from highly absorbent cellulose, soft cotton wool encased in a knitted tubing, gives maximum protection, and may be used with either Inco garments or pull-on pants.

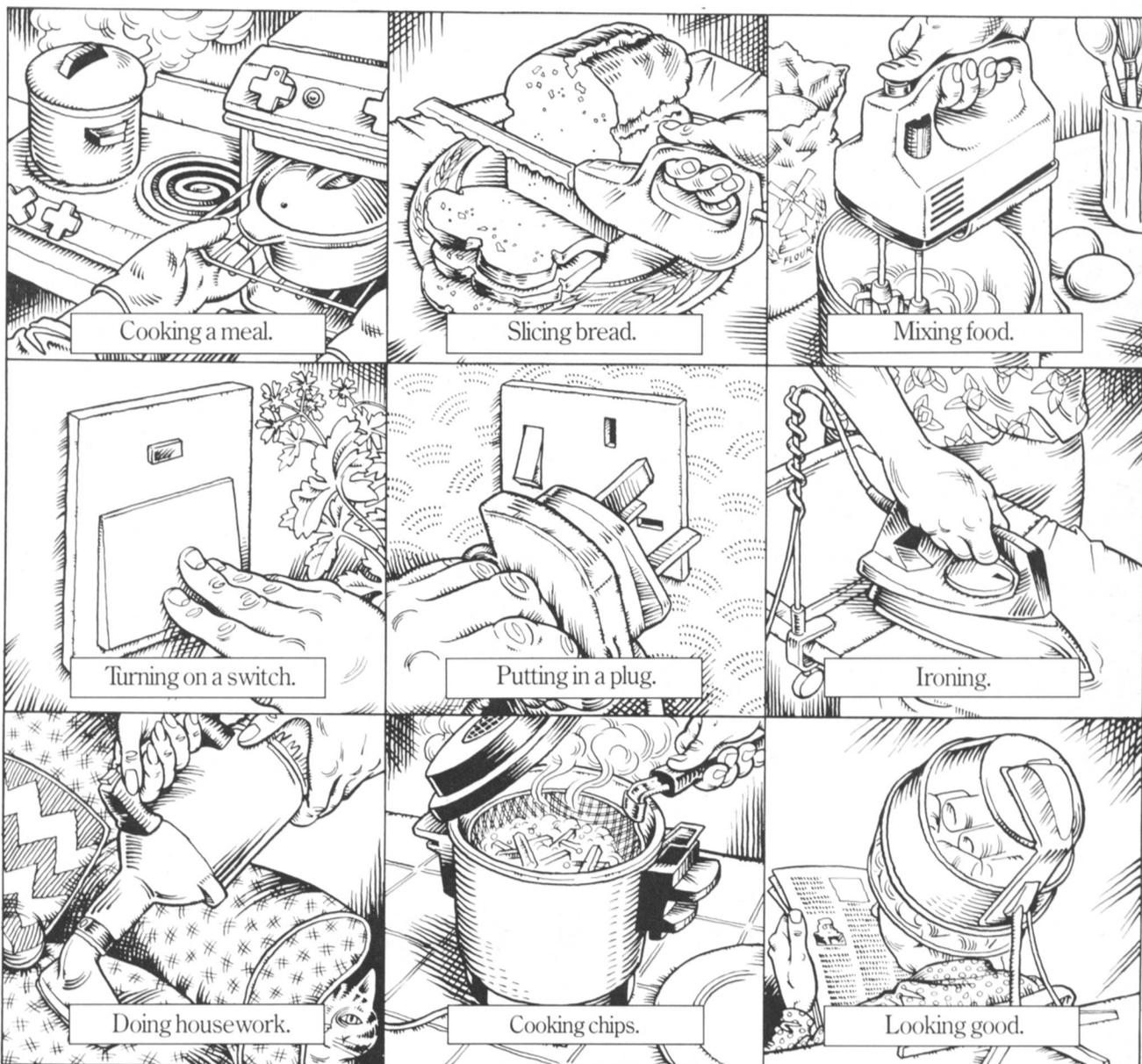
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Is it this easy in your home?

At your Electricity Board, we have a leaflet called "Making Life Easier for Disabled People".

It contains lots of helpful ideas and lists many electrical appliances which can make life easier.

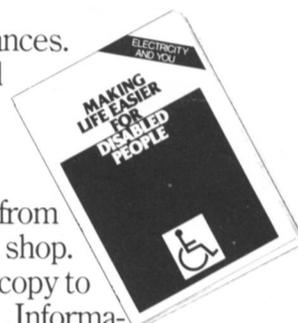
Appliances such as table-top mini cookers. Electric knives which require only a slight pressure to operate. And small, hand-held vacuum cleaners which can be used for dusting, too.

The leaflet also gives details of brailled controls that can be fitted to

certain electrical appliances. And specially designed attachments for plugs and switches which afford easier handling.

The leaflet is free, from your Electricity Board shop. Or you can write for a copy to the Electricity Council, Information Centre, 30 Millbank, London SW1P 4RD.

THINKELECTRIC
The Electricity Council, England and Wales.



THE ROYAL Society for the Prevention of Accidents (RoSPA) launched the new Wheelchair Proficiency Scheme at the Royal Festival Hall, London in September.

It all began at John Jamieson School for the Physically Handicapped in Leeds: the school is particularly interested in pupils' attitude towards their disability, and recognised that proficiency in the use of their wheelchairs meant greater independence.

Teacher Harry Mason took practical steps towards achieving this by starting a wheelchair proficiency scheme within the school and, because of the interest shown by other schools, took the scheme to RoSPA, who agreed to launch it nationally.

The Launch began with an impressive demonstration by six pupils from John Jamieson School, four of whom had spina bifida. Wheelies, transfers, turns, the negotiation of ramps, steps and a slalom course, were carried out with skill, enthusiasm and obvious enjoyment by the young people, who were then presented with their Awards by P.C. Philip Olds, himself a wheelchair user.

Progress

Participants in the scheme progress through a series of tests to achieve the Bronze, Silver and Gold Awards, gradually increasing their independence, control and awareness of safety in their wheelchairs to a very high standard. The actual awards are large triangular stickers in the appropriate colour.

Some of the tests for each of the Awards cannot be carried out in certain designs of wheelchair—those which have fixed arms, for example—and for this reason a Wheelchair Safety Certificate has been included, based on the Bronze Award tests, which makes concessions for the users of certain types of chair.

Even this, however, excludes people with certain disabilities, and there are a number of sections in the Silver and Gold Award tests which could be achieved by any wheelchair user, irrespective of disability. The Working Party



Above, 13 year old Nicola Fowler tackles the RoSPA course. Below, Carl Watson, also 13, with one of the new awards



Wheelchair proficiency equals mobility, safety, independence

which developed the scheme is aware of the limitations in the scheme's present form and will review this in the next few months. They would be pleased to receive comments or ideas about any aspects of the scheme, such as its expansion, design of awards, etc.

As well as offering wheelchair users the opportunity to increase

their proficiency, the scheme should also help broaden awareness of the skills involved in wheelchair management and the abilities of wheelchair users through the involvement of local police and road safety officers. Although only the Gold Award examination actually requires the presence of a member of the police force or RSO, no doubt they will welcome the chance to become involved in the earlier stages of the scheme.

Details

RoSPA has already sent details of the scheme to schools for physically handicapped children, Local Education Authorities and Area Health Authorities. Schools will be one of the major training grounds, but experienced individuals or groups should certainly be encouraged to organise schemes for older wheelchair users. If you have any difficulty in finding a scheme locally, your RSO or RoSPA will help.

Independence is not only competence in a series of skills, but also an attitude of mind. Wheelchair Proficiency, which is about *ability* not disability, can go a long way towards the achievement of independence in its broadest sense.

Christine Barlow
LIFT Organiser

THE AUTHOR, David Griffiths hopes soon to announce the formation of an association for disabled campers. He has fragilitas ossium and is confined to a wheelchair. David was awarded a Churchill Fellowship in 1978 to study Mobility and Camping for the Disabled, which resulted in the formation of the Mobility Information Service.

In September, he organised a week's camp for the disabled in the Forest of Dean which was a huge success. More camps will be organised not only in Britain but abroad, too. Already David is looking to Holland for a camp next year.

He is also writing a book for disabled campers.

David Griffiths is Liaison Officer of the West Midlands Motorists Club.

Camping—access to the world

by David Griffiths

ONE OF the most frustrating restrictions that disability can impose is that of curtailed freedom. How many physically handicapped people have longed for the ability to go wherever they want, whenever they wish. It is a birthright taken for granted by man in general, but it rarely comes within the reach of the person with a handicap.

Although this inability to go where one chooses manifests itself in all spheres of our activities, it is often most apparent in travel and holidays. Buses, trains and stations present major obstacles, as do aircraft, hotels and guest houses and often the choice of holiday is limited because of this.

Camping, on the other hand, despite the visions of hairy knees, rucksacks and weather-beaten faces which often accompany it, does offer the more adventurous handicapped person something far more versatile than any other form of holiday. I first became interested in the possibilities camping offered to disabled people during a group holiday, on a Forestry Commission site in the Forest of Dean, which was organised by the Disabled Motorists' Club. It was my first experience of living under canvas, and although we remained for an entire week on the same site, it quickly became obvious that carrying one's holiday home with one presented fewer problems.

Tents have one very big advantage in that they seldom have that bane

of our lives—a step. So one major obstacle is immediately overcome and instead of seeking a place with wide doors, car parking facilities, level access to such amenities as dining areas and lounges, a lift to the bedrooms, and accessible washing and toilet facilities (and how many hotels have all of these?), you are merely looking for a piece of flat ground with an accessible toilet block.

Even this may seem a rare combination to the uninitiated, but I was pleasantly surprised to discover that quite a proportion of Britain's campsites do conform. Some Forestry Commission campsites even have toilet facilities for the disabled conforming to Government specifications and complete with showers.

Just another camper

On the Continent the situation improves dramatically. There are few inaccessible campsites in Germany for instance, or Holland, or Switzerland and a number of these also have adapted facilities. In fact, camping for disabled people on the continent seems to be much more acceptable than it is in Britain. The sight of two disabled people erecting a tent in the New Forest or on the Moors of Northumberland quickly collects a crowd of surprised onlookers. Repeat the performance in the Rhine Gorge, or on the shores of Lake Geneva and it's just another camper arriving—nothing unusual in that. Help will soon be



forthcoming if you should need it, for campers are known the world over as friendly, helpful people, but the chances of being swamped by over enthusiastic do-gooders are remote. Such is the versatility of the international camper that, following an enforced stop at the only inaccessible site we chanced upon in France, my wheelchair was neatly manhandled up three steps, then down seven into the toilet block by an ever-changing combination of willing French, Italian and German volunteers from the surrounding tents and caravans, each wreathed in an aura of garlic, hot oil or smoked meat.

Armed with simple cooking gear, a 6ft wide 6ft high tent with sewn-in groundsheet (those trendy frame tents with fringes, mock curtains and vinyl windows may look great, but they are fiendish to erect and often useless for wheelchairs), folding bed or sunlounger, sleeping bag and a good deal of spirit and determination, the world can be your oyster. No more pre-booking, protracted correspondence, checking and re-checking; just pack your gear into the car, grab a map, and away you go! You can head North, South, East, West. Spotted a secluded country lane leading down the valley? Follow it! It may be off your route, but its prettier than the A6 and anyway,



Dumfries can wait until tomorrow. You've always wanted to visit Cambridge? Pack up next Friday and drive down for the weekend. Or how about the Scottish Highlands? Or Devon and Cornwall? Or that unlimited travel shop—Europe? They are all within easy reach of the determined wheelchair or stick user who owns a tent and some form of transport.

Ideally you will need a partner, or possibly a small group, with someone who has the ability to stand up in order to get the tent erected—I have yet to discover anyone who has managed to erect a tent from a wheelchair, although with modifications it ought to be possible.

Little has been done to encourage camping amongst disabled people in Britain. True, there was once a Disabled Campers' Club, but this failed to establish itself as anything other than a localised group of enthusiasts, and it folded some time ago. The only initiative has come from the Forestry Commission, who have made considerable attempts on some of their sites to provide adapted toilets, paved approaches and shower units replace with bench seating, for disabled people. However, none of their literature currently available gives any indication that such facilities exist,

and no camping book that I have read includes the well-known access symbol. In most continentally-produced camping guides or lists it would be more unusual to find one with no reference to access for disabled campers.

Camping is Open to the Majority

So, clearly we have a long way to go in educating not only our campsite owners and guide book producers, but also disabled people. Camping is open to the majority including people with arthritis, spina bifida, polio, multiple sclerosis and spastics. I know many such people who have, and still do, camp successfully under canvas. Naturally, not all cope with the rigours of tent erection and the minimal protection from the elements that this offers. However, caravans can be adapted and the trailer-tent offers great scope too, although both at greater cost.

Camping isn't all fun and easy going of course. If you plan to do all your own cooking, this can be off-putting if your culinary delights are limited to beans and tinned rice pudding. The secret is, if you're a rotten cook, eat out! There is no secret about coping with wet weather however—no matter what you do, rain is wet, and coping with wet canvas and soggy grass can be wearying. One way of making life easier in such conditions is to stay put, even though you may have planned to move on. A wet tent up is far preferable to a soggy canvas mess with bits of grass adhering to it.

In this article all I have aimed to do is give you an idea of what might be achieved, rather than to give advice on how to commence camping.

I have lists available of accessible camp sites in Britain, France, Holland, West Germany and Switzerland.

If anyone would like a copy, or would like help or advice about camping I will be pleased to help.

Please write to me at: The Disabled Motorists' Club, Copthorne Community Hall, Shelton Road, Copthorne, Shrewsbury, or telephone me on Shrewsbury (0743) 68383 during office hours or Oswestry (0691) 4447 at home.



Claudia with young brother Thomas.

Family of seven head for Wales

IN AUGUST we tackled a camping holiday in Wales. There are seven of us altogether, our five children ranging in age from 15 down to 4 years. Claudia, who has spina bifida is now 12 and comes in the middle.

Our accommodation consisted of two frame tents. The main tent sleeps six and has a living area and kitchen alcove. The children all slept in this tent, Claudia included. The second, smaller tent sleeps 2 or 3 and has a small living area which we used for storing suitcases, swimming gear, walking boots and socks etc. The Portaloos was for Claudia's exclusive use and was kept in this tent and my husband and I slept in the sleeping compartment.

Having arrived at the Lley peninsula in North Wales, our proposed destination, we spent a long time looking for a suitable site. The choice was governed by Claudia's wheelchair and so had to be level. We found a site at Aberdaron which suited us all. Not only was it level and the ground firm, the view over the fields to the sea was lovely. There was a good toilet block with hot water and a small site shop. It was only a few minutes to the beach and access by a boat slipway was excellent for the wheelchair.

Continued on page 15



One of the helpers—Caroline Astell-Burt from Harrogate—looking less than happy with the tea she's been given.

SATURDAY, 9.00am, and the sun was already very warm. As we waited, surrounded by Weetabix, baked beans and sleeping bags, it seemed incredible that we had actually arrived in the South of France.

The holiday was courtesy of Megermead Travel and 41 people had assembled in London the previous Thursday to travel by coach and ferry to the camp site, Les Prairies de la Mer, Port Grimaud. The group consisted of Harry Croydon and myself from ASBAH, and 22 young people with spina bifida and/or hydrocephalus, mainly aged between 16-25 years, and their friends.

Although we were camping it was luxury in comparison to my camping memories; large tents accommodating four or five people, with comfortable camping beds, a double gaz burner, cooking equipment and ice box (these seemed to be permanently full of beer and wine bottles!).

However there were problems for those in wheelchairs with toilet and shower doors measuring only 18" wide.

The days were warm and sunny. As the beach was on the edge of the camp site it was easy, even for those in wheelchairs, to take advantage of its attractions—warm water, sandy beaches and topless bathing.

In the evenings we had two discos, and even a downpour didn't deter the dancers! Groups would go into Port Grimaud, which was only a five minute wheel away, to sit at the terraced bars for drinks and ices. Other times we just sat talking, playing the guitar, singing and telling



Helping with the washing up—Elizabeth Wootton from Wolverhampton.

Enjoying life in the South of France

jokes. It was rare that everyone was in bed by 2.00am.

Camping had been difficult for a few people, and the lack of special facilities did mean that independence sometimes had to be forsaken. But perhaps it was our inter-dependence that helped to create such a good atmosphere, I was very impressed by how supportive and considerate everyone within the group was to each other.

Weather always has a drastic effect on a camping holiday, we only had one downpour, but this was enough to flood the tents and make the ground almost impassable for people in wheelchairs.

Judging by the sadness (and some tears) when we said our goodbyes back in London,



Getting ready to brew up a cuppa—John McGovern enjoying "le camping".

everyone had enjoyed themselves tremendously. For all of us the real joy of the holiday was simply in being together, making new friends and having the chance to sit and chat.

by
Sue Jenvey
LIFT organiser

One camper remembers

HERE ARE the impressions of the week in the South of France from one of the group, Julie Knight from Bath:

I MUST admit that before I went away to St. Tropez I was a little apprehensive. I kept thinking, 'What if my bag plays up?' 'What shall I do about emptying it in the coach? And horror of horrors, 'What shall I do if I go down with a case of gooseberries and a fast motorbike'. Because I knew that if anyone would go down with a Mediterranean malaise it would be moi!

But, I needn't have worried. Everything went very smoothly thanks to:

- forgetting about it due to the lovely time I was having and
- a regular supply at breakfast of All Bran from Tent No. 4 and of course other factors, such as washing the fruit and just generally being careful with what one ate and that golden rule—drinking plenty!

I felt the group integrated well. We all got on well as far as I was concerned and I know I have made some new friends out of the one week I spent at Port Grimaud.

I was pleased with the tents. They were fairly roomy. The loos and showers left me flabbergasted but, even that was not insurmountable. Anyway, we were camping—getting back to basics and nature—so that was part of the fun, I think! Where would I have been without my hero—the Portaloos? Three cheers for the Toilet Tent.

The experience was very useful to me in that I was talking to, and discussing topics concerning all walks of life with disabled folk a bit older than myself. I have not had this chance before, and by listening to their experiences and how they coped, I found I learnt quite a lot; and for that opportunity I am grateful.

Of course, a holiday or anything in life is mainly what you make it and I think I made the most of my week at Port Grimaud. But I feel credit must be due to the folk who made it possible and more comfortable.

'Keep to the hard ground'

Many families with spina bifida youngsters are wary of venturing under canvas. Wessex Association has had its own fine 8-berth tent available for use of members for two years. So far only one family has ever used it—the Brooks from Charminster just outside Dorchester.

"We went away for a week in the tent with Alison, 7, who has spina bifida and is confined to a chair, and Cherylynne who is 5. We didn't go far—about 15 miles away—to a site by the sea at Burton Bradstock. The weather wasn't good but we still had a great time. We really enjoyed the freedom of camping" said Mrs Sharon Brooks, (Alison is the reluctant angel on the cover of this LINK).

The biggest camping problem—particularly in this country is soft ground.

The far side of the field may look secluded when you are looking for somewhere to pitch, but it will be hopeless for the person in the chair. Pitch close to tarmac, concrete or hard ground.

Continued from Page 13

Claudia managed her toilet arrangements, using the Portaloos, and her own pads, etc. very efficiently in private in the smaller tent. We used the larger tent for daily living, eating and preparing and cooking meals.

I heated water for Claudia to wash in the tent. Claudia needed some help at bedtime getting out of her wheelchair into her sleeping compartment where she undressed and put on her pyjamas. We then had to help her into her sleeping bag. We have duck down sleeping bags which are warmer than synthetic fibre filled bags and one does not need extra blankets. They also roll up smaller and so take up less room when it comes to packing. I always made a point of checking her pads and plastic pants



at bedtime so as to avoid any leakage during the night.

The wheelchair was an obstacle when we were all in the tent together but card games, dominoes, scrabble and activities of that sort were easy. Whenever possible we moved the tables and chairs to give us more room.

It was hard work pushing the wheelchair for any great distance but as our older children get bigger and stronger there are more of us to take it in turns

Mary Booth
Ilkley

Jonsport ELECTRO

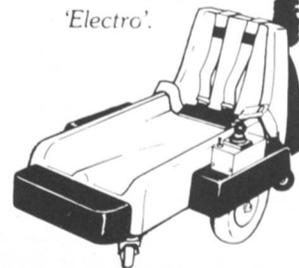
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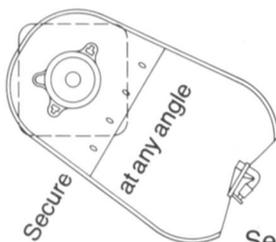
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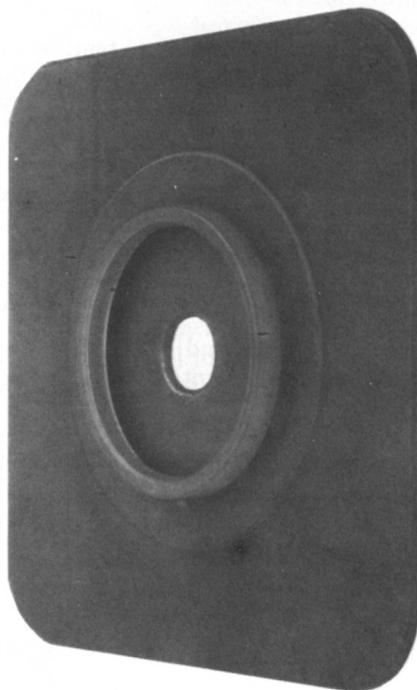
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ASBAH—moving ahead again

More of the same —a lot *more*

ASBAH's 15th Annual Meeting heard confident reports of a stronger financial position, and a decision to ease some of the spending restrictions.

The meeting, held at Westminster Cathedral Conference Centre, looked at developments both at home and abroad, with the 'Minister for the Disabled', Mr Hugh Rossi, MP, speaking of the success of IYDP in Britain, and Bjorn Rundstrom, President of the new international spina bifida federation, reporting on the world scene.

ASBAH's friend of long-standing, the Rt Hon. Lord Maybray-King, PC, presided and was joined this year by his wife, who was warmly welcomed by the Chairman, Mr Dennis Bryant.

In his address, Mr Bryant referred to the pleasing report by the treasurer of improvements in ASBAH's finances.

He praised the work at national office, and ASBAH's contributions to IYDP, particularly the Spring Conference. He spoke of the great efforts which have been made this year at Five Oaks, and referred also to the tireless work of Lady Jean Mackenzie on behalf of the Association.

'Increases in spending on welfare, fieldwork, projects and research'

Mr Bryant reported the Executive Committee's decision to make the former Chairman, Mr Oliver Colman, and the retiring Treasurer, Mr R M Nichols, Honorary Life Members of the Association, and Professor John Lorber, an Honorary Vice President.

Mr Nicholas, treasurer, when presenting the Accounts said there could be some easing of previous spending restrictions, although here as elsewhere, priorities had to be carefully set.

He spoke of the present healthy situation with great improvements in donations and special events income, and an extra £15,000 from the DHSS to mark this International Year.

It has been possible, he said, to increase expenditure in welfare and fieldwork and in grants to projects and research. At the same time the financial position of Five Oaks had improved dramatically.

During the meeting, Mr R H Smith, formerly with the National Westminster Bank, was welcomed as the new Honorary Treasurer.

At the end of the afternoon, the meeting which was attended by 116 people was brought to a close by Mr Bryant.

MISS MOYNA GILBERTSON, ASBAH's Chief Executive Officer was pleased to report that during the year the Association's staff had dealt with more work than ever before.

She said "I think this year's work can, perhaps, be summed up in the phrase 'more of the same'. The significant word, however, is very definitely 'more'. During the last twelve months we have dealt with more enquiries—again increasingly from overseas—and we have come to know more young people and have tried to help with their problems. We have certainly attended more committee meetings of one sort or another to represent ASBAH's interests in this International Year. We have also made use of Five Oaks in more ways. Miss Gilbertson referred to the 'very welcome' recommendation from the Finance Committee, that: 'In the light of the present financial position, and despite the impossibility of there being any assurance regarding future income, the committee agreed that the total restriction on expansion, imposed in 1978 might now be eased, and that carefully monitored new expenditure could now be considered.'

"Because of this", said Miss Gilbertson. "We have very recently been able to consider and make plans for future development.

"We have employed a few more people, mainly in the appeals department. For obvious reasons this department was not restricted, re expansion. Appeals department staff can be seen rushing up and down the corridors, and indeed the country, in a very appealing way in order to bring in the ever increasing sums of money needed for our activities.

Counselling—'We hope to be able to offer a service to parents'

"The most important aspect of these activities remain with Lift, the young peoples section, and Sue Jenvey has joined us as our second Lift organiser. Some of you will have met her. So far she has been particularly involved with holidays, notably the trip to St Tropez (see LINK page 14), and in the future she will have responsibility for organising Lift days.

"As we have gained more experience in working with school leavers and young adults, we have come to appreciate the need for counselling in its broadest sense. People, and especially young adult people, sometimes need somebody new *in* whom they can confide, and *with* whom they can discuss their difficulties and worries about the future. We have been lucky in gaining the help of Collette Welch, who

Continued over page

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is working with Lift and has started a confidential counselling service for young people.

"We hope that in the very near future we will be able to offer a service to parents who have also expressed a need.

"Once again, I have reluctantly to report that in the flurry of all our other activities, publications are still behind our planned schedule; this is a matter of great regret as we all recognise the importance of ASBAH publications. However, Collette Welch will not only be working with Lift and providing a counselling service, she will also help in the production of the long awaited book for young people which for the moment we are calling 'Spina Bifida and You'.

'In housing and employment young people's needs are not being met'

"Mrs Gearing, Editor of LINK, has also undertaken some additional work on our behalf. We have every hope that by this time next year we shall be able to report that our publications are on schedule. One success is the production of a slide set in co-operation with EP Publications Ltd. (see LINK p22).

"Another need which becomes increasingly apparent to us is in the area of housing and accommodation. We cannot see any way in which this need can be dissociated from the problems surrounding employment and we do not see any signs that the needs of school leavers and young adults with spina bifida and hydrocephalus are being adequately met at the moment.

"In our planning we are very conscious of the importance of avoiding duplication of effort and before making any recommendations to the Executive Committee the national officers will be meeting with other organisations who have specialised knowledge in this area.

"The highlights of the year at Five Oaks have undoubtedly been two very special visits, one from our Patron Her Royal Highness, The Duchess of Gloucester, who visited the Activities Centre and stayed to lunch; and the other visit was, of course, the official opening of the Centre, by Roger Daltry of 'The Who'. The group was one of the major donors to the Activities Centre Appeal.

"Mention has been made in the Annual Report of our Spring Conference—one of our main contributions to the International Year of Disabled People. I would just like to say, that from the staff's point of view, we felt that the level of participation from everybody, young people, parents, professionals, friends, made it a very special week-end.

"So too did the meticulous organisation by Pat Silverthorne. Almost everyone in the Association came to know Pat during the three and a half years she was with us, and we could not be other than very sad when she decided to return to teaching.

"We are very lucky to have been joined by Jill Craig as Administrative Assistant and Susie Dobson who has come as my secretary in place of Elizabeth Wallis, another well known face which disappeared from the office during the year.

"Our co-operation with other charities has this year extended to joining a group which arranged Fringe meetings at the Trades Union Congress and Party Political Conferences. We were involved with the production of leaflets which were, and will be distributed at the Fringe meetings, the purpose of which is to educate politicians concerning future action needed to improve the lot of anyone with disability.

"In this International Year of Disabled People it is entirely appropriate that the International Federation for Hydrocephalus and Spina Bifida should have been launched. It has been an enormous privilege to represent ASBAH and to serve on the steering committee under the Chairmanship of Mr Bjorn Rundström.

"In conclusion, I would like to thank National ASBAH committee members, local Association members, the National staff and everyone who works so hard to further the cause of ASBAH."

Cooperation on international stage

THE NEWLY formed International Federation of Associations of Spina Bifida and Hydrocephalus must act as a pressure group, and realise the importance of giving expert help to many countries.

The Chairman of the Federation, Mr Bjorn Rundstrom, addressing ASBAH's Annual Meeting, said:

"Spina bifida and hydrocephalus are found in all countries, but often in small numbers, and therefore, it is very important that countries like Great Britain and Eire, with their great experience, share all their knowledge with those who are what we really can call, under-developed."

Mr Rundstrom gave some examples: At a hospital in Krakow, Poland, a doctor, during a ten-year period, has operated on more than a hundred children and developed a very ambitious programme for follow up. In his letter of 1980, he tells us, that he wants our help to involve the parents and the families in future work in order to go through all the social problems that have arisen with the growing up of the children.

"A young, thirty-year-old Czechoslovakian man with spina bifida tells us, that he works as a teacher in English in a big institution. He wants to form

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groups of spina bifida children and their families, but at this moment it is impossible in his country to form groups and, as he himself can't travel, he wants us to go to him and give him advice and strength by telling of our experiences.

"In countries like Austria, France and Portugal, and many others, the parents are neglected and not looked upon as the experts that they really are; the parents are not allowed to take part in the habilitation. The professionals have not realized the importance of the resource they have among the parents."

He also spoke of one of the aims of the Federation—to work towards international exchange.

"There is a great desire among parents of young spina bifida children and also the young people themselves to travel and make international exchanges. The PHAB-organisation here in Great Britain does a marvellous job and the Federation has, with help from Miss Gilbertson, been in contact with the PHAB-international working party. As soon as we have our bulletin we will send our information all over the world.

"In my family we have had some good experiences. I remember we sent our daughter Eva, when she was around 15 years old, to England. I said goodbye to her at Atlanda Airport in Stockholme and then she stayed a fortnight with a family in the New Forest. She was at the market place on Saturdays selling flowers from the garden. She came back to Sweden having gained lots of experience.

'We must change the expression handicapped child or handicapped family'

"One of the next steps for the Federation is to apply for membership in the non governmental organisation of United Nations. We think we fulfil most of the criteria to be able to get such a membership. This might be the way to give the Federation an economy. Today we just have an empty account in a Swiss bank!

"The Federation will also spread knowledge to our members on how to get a richer leisure time.

"In Dublin the conference held before the Inaugural Meeting gave us useful information on the scouting project in Switzerland and Japan. That is only one example of the importance of the participation in, what we can call, normal activities offered to young people. From Germany we were told about physical training sports and games.

"One little thing I think is very important is to change the expression handicapped child or handicapped family. Let us talk of children with handicap or families with handicap. Our children and families are just children and families but with something extra and I have learnt that this extra can be turned to something very positive.

"I think the Federation is a very good tool for what

LADY Maybray-King had the pleasant task of receiving a cheque on behalf of ASBAH, during the Annual Meeting. A cheque for £500 was presented by Mrs J. Davis of the Staffordshire local association for ASBAH's work.

Professor Mittler from Manchester calls the 'parent involvement movement'.

"There is no doubt that parents are demanding more and better participation in programmes for their children with handicap. In some countries (e.g. the USA and Canada) parents' rights to participation and information are incorporated in legislation and in many others it is increasingly accepted as good practise. The parental involvement is justified by the needs of both professionals and parents. Each needs the knowledge and experience of the other if the needs of the child are to be fully met".

"I have been asked many times if it is necessary to start a new international organisation, and after these three years on the working party, my answer is yes. Our children are very special and they need a very special kind of care. The parents' situation is the same all over the world, but the resources and the possibility of co-operating with professionals differs from country to country.

"Finally I really want to thank the British Association which has invited me and given me the opportunity to tell you a little about our international work during this International Year of Disabled People.

"Our hope is that this is not only something that happens this very year. It must be something for the future".

*A report on the Inaugural meeting appears on page 3.

Continued over Page

COPIES of the Annual Report and of the Annual Accounts are available from National Office.

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Mr Rossi points to achievements

ASBAH was privileged to welcome, as one of its main speakers, Mr Hugh Rossi, MP, Minister of State for Social Security and the Disabled.

Mr HUGH ROSSI praised the achievements of the International Year of Disabled People, brought about by the efforts of disabled people themselves, organisations like ASBAH, the Government and ordinary members of the public.

He said he felt the year was achieving its objectives. The media had taken notice and given full coverage to the needs and problems of the disabled in a way they had never done before.

"Consequently there is a greater public awareness. People are beginning to notice the disabled in their midst and are becoming involved, and just as importantly are stopping to think".

The disabled themselves were achieving a greater confidence and were stating their demands more clearly and positively, said Mr Rossi.

He welcomed the greater cooperation that now existed between voluntary and statutory bodies.

Referring to the part played by the Government he spoke of the initiatives by the Department of Transport in reviewing the orange badge scheme; their mobile exhibition on transport, and the launching of a modified London taxi for the disabled.

He said the Department of Employment had pressed ahead with a Fit for Work campaign, and was seeking to improve the Quota system.

"My own department have introduced the £1 for £1 scheme to assist the movement of mentally handicapped young people into the community.

Mr Rossi added "I have instituted an award for voluntary organisations who have done most for the disabled in connection with the Year."

He spoke too of the conference being held in November at Leeds Castle in Kent, concerned with the prevention of disablement.

Among the other Government moves supporting the aims of the Year, he referred to the Education Bill which will shortly receive its Third Reading in Parliament, and the Disabled Persons Act with the clauses to improve access.

Mr Rossi was pleased that his Department had been able to find an additional £10,000 to help with ASBAH's social rehabilitation work.

Praising ASBAH's activities as a whole he referred particularly to the work with young people. "The IYDP declaration by the United Nations is, in fact, synonymous with LIFT (the young people's organisation of ASBAH)—raising young people beyond the confines of wheelchair and catheter and developing social skills to make further education, training, employment and leisure more accessible."

When the year is over, we certainly do not 'close up shop' he said.

"Your Chairman, Dennis Bryant, was absolutely right when he declared in his annual message that ASBAH will be doing its best to ensure that IYDP is a beginning and not an end in itself".

JOHN GROOMS HOLIDAYS

All facilities specially adapted for wheelchair users (family friends and escorts welcome)

Seaside Hotels: at Llandudno and Minehead • licensed • level access • emergency call system • balconies overlooking the sea • tail lift bus for tours • colour T.V. lounge • **(Bargain Winter Breaks for only £8 per day including VAT).**

Self-Catering Units: Near the sea at Barnstaple, Borth, Poole, New Milton and Tenby. Equipped with ramps and other aids.

Holiday Chalet: Near Skegness (Lincs). Emergency generator for iron lung users).

London Holiday Flat: London, N4.

Motor Caravan: First season 1981. Can be hired for one or two weeks, and driven anywhere in Gt. Britain. It has tail lift, special wheelchair W.C./Shower unit, and other modifications. Black & White T.V. and Radio.

A Bungalow in the heart of the Norfolk Broads: 200 Yards from the River Bure, shops and station.

A Canal Holiday in adapted Narrow Boat:

For further details contact: John Grooms Holiday Department (Ref. L2.), John Grooms Association for the Disabled, 10 Gloucester Drive, London N4 2LP. Tel: 01-802 7272.

National Key Scheme

ELEVEN local authorities in Britain have introduced the National Key Scheme for some, or all, of their toilets for disabled people.

A full list of the toilets covered by the scheme can be obtained from the Housing/Access Dept. RADAR, 25 Mortimer Street, London W1N 8AB. Tel: 01-637 5400. They also supply a key for use in the standard lock, price £2 (to include postage).

LINK SUBSCRIPTION RATES

Following the price increase of LINK to 20p (see page 4) there are obvious changes in the subscription rates. However, instead of an increase, there is a small decrease in the price for USA and Canada because of altered exchange rates.

The new rates are; for six issues per year:

- | | |
|--|---------|
| a. Home | £2.30 |
| b. USA/Canada—Surface Mail | \$4.50 |
| c. USA/Canada—Air Mail | \$11.50 |
| d. Europe and Surface Mail (except USA/Canada) | £2.40 |
| e. Air Mail, except USA/Canada | £6.50 |



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Downs Surgical has taken care of the problem with its full range of incontinence aids for disabled children and young people.

Downs team of trained childrens' nurses provides an expert fitting and advisory service to childrens' hospitals and special schools nationwide, as well as at their clinic in Mitcham. In certain cases home visits can be arranged.

Rest assured that Downs Surgical is the expert in supplying a professional service to children and young people in the field of incontinence care.



Write now for 'Able to Grow Up', Downs new free booklet to assist the professional management of the young incontinent person.

To: The Disposable Products Division,
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Please send me . . . copies of your
free booklet 'Able to Grow Up'.

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Downs Surgical Limited, Church Path, Mitcham, Surrey CR4 3UE, England.
Telephone: 01-640 3422 or 01-648 6291.

BOOKS, books, books... there seems to be so many useful, informative books out each month.

Link is constantly receiving reviews and news of fresh publications and tries to sort out those it feels are likely to be of most interest.

But, don't forget that it is not necessary to buy every single book you wish to read. Don't forget your local library.

They should have them, or be able to order them for you for a very small charge—about 17p.

Apart from providing books, your local library is a useful place to cultivate. It is a great meeting place and centre of local information.

Once the staff know you they may point out new books that might be of interest, and they will have their ear to what is going on locally.

They may also be willing to help out by publicising a local event that your association is putting on.

Outdoor pursuits for disabled people

by **Norman Croucher, OBE.**

Published by Woodhead-Faulkner Ltd for the Disabled Living Foundation. Price: paperback: £4.75 plus 80p postage; hardback: £6.95 plus £1 postage, from DLF Sales Ltd., Book House, 45 East Hill, Wandsworth, London SW18 2QZ.

THIS IS a book to get your adrenalin flowing during the long winter months and make you ready to get out and about in the Spring. This very useful and informative handbook has been written by Norman Croucher who has become something of a spokesman on sport for the disabled. Many ASBAH members will have met him at our 1978 Spring Conference.

It looks at every conceivable outdoor sport, from kite flying to angling, to sailing and abseiling (descending a cliff or rock face by rope). There's basic information about what kind of abilities are needed to tackle each sport, and a list of addresses and further reading or films, for follow-up. Outdoor sports centres and courses are also covered. It's an 180-page publication packed with information.



This slide from the new Spina Bifida Slide Set illustrates the difficulties presented by an everyday task such as getting oneself dressed. Nine year old Murray tackles the job on his own.

Spina Bifida Slide Set

A SET of colour slides, together with teaching notes is now available on the subject of spina bifida. It has been produced by a specialist firm—Educational Productions Limited—in co-operation with ASBAH.

There are 12 slides in the set covering the various aspects of spina bifida and hydrocephalus—the nature of the handicaps, and how they affect everyday living, and mobility. The work at Five Oaks, research projects and prenatal care are also covered.

With the slides is a 20-page booklet of teacher's notes.

The set is suitable for children from junior age through to further education students. Local Associations could find it a useful way of getting the message across in their area.

There are a few sets at national office if anyone would like to see one.

Price: £3.15 plus 15% VAT. 25% discount for Local Associations. Order direct from: Educational Products Ltd, Bradford Road, East Ardsley, Wakefield, W. Yorkshire. Tel: 0924 823971.

Motoring and Mobility for Disabled People

by **Ann Darnbrough and Derek Kinrade.**

Royal Assoc. for Disability and Rehabilitation, 25 Mortimer Street, London W1N 8AB. £1.75 including post.

THIS new informative guide provides information on personal mobility. It includes a run-down on standard cars with all necessary measurements; specialist vehicles at present in prototype; specialist controls; motoring accessories; financial allowances; driving tests and lessons; orange badge scheme; pedestrianisation; problems of incontinence while travelling; organisations; and books.

There is also a section on wheelchairs, including the various buggy type vehicles available. Children's wheelchairs and a wide range of children's play vehicles are also looked at.

The book has been written principally for handicapped people and their families, although it could prove useful to professionals in direct contact with the disabled.

Stronger than Superman

by **Roy Kift**

Amber Lane Press £2.25.

AFTER a successful tour in Germany, this play came over here in the Summer and LINK went to see it when it was performed by the Unicorn Theatre in London. It's a play intended for children of 8 years and over and 'discusses' our attitudes to the disabled in a witty, amusing and refreshing style.

It was well received by the young audience in London and could be a useful play for schools.

Approaching Voluntary Organisations

National Council for Voluntary Organisations, 26 Bedford Square, London WC1B 3HU Tel: 01-636 4066. Free

THIS is one sheet of guidance notes for teachers and students who wish to obtain project material from voluntary organisations. It has been produced by INVOG, a network for information officers in voluntary organisations.

CLASSIFIED 'ADS'

The advertising rate is:

£2.00 for up to 30 words. £3.00 for 30-45 words.

£4.00 for 45-60 words.

Please send remittance with your advert.

Adverts for the next LINK (Jan/Feb) should be in by Dec 6. Send to the Editor Mrs Susan Gearing (or telephone her on Langton 3351).

HOLIDAY ACCOMMODATION

CAMBER SANDS: Well-equipped and adapted chalet (sleeps 6). Bookings taken by Mrs N. Kerswill, 28 Ilmington Rd, Kenton, Harrow, HA3 0NH. Tel: 01-907 8526 (2-7 pm).

HEYSHAM, Nr Morecambe. Purpose built 6-berth fully equipped mobile home. Convenient and accessible for the largest wheelchair. Large bathroom. Details: Mrs H. Campbell, 9 Belton Road, Whitchurch, Shropshire. Tel: Whitchurch 3691.

GOLDEN SANDS, Voryd, Rhyl. Well-equipped, 8 berth caravan. Every facility on site, right by sea. Details: Mr J. S. Foster, 84 Elmwood Drive, Blythe Bridge, Stoke-on-Trent (sae please).

BURTON BRADSTOCK. 6 berth caravan, fully equipped. Pleasant site. Details: Mrs Budgen, 27 The Grove, Sholing, Southampton. Tel: Southampton 444921.

SELSEY. Luxury 6 berth purpose built mobile home, excellent club site amenities, pool, etc. Details: Mrs Budgen, 27 The Grove, Sholing, Southampton. Tel: Southampton 444921.

WINTERTON-ON-SEA, Nr Gt Yarmouth: 6-berth chalet. Indoor swimming pool, shop, play areas. Details: Mr R. Morris. Tel: High Wycombe 32184.

WITHERNSEA: Well-equipped 6-berth chalet at Golden Sands Chalet Park. Shop, licensed club, play areas, amusements on site. Details (sae please): Mrs P. O'Callaghan, 14 Dyer Lane, Wheatley, Halifax. Tel: 0422 56402.

FOR SALE

Leisure Wear: White cotton Tee Shirts with green family symbol and words 'Support Spina Bifida'. Sizes 22"-30": £2 each. Adult sizes, small, medium, large: £2.75 each. Sweat Shirts in reverse colours. Adult sizes, small medium, large, XL: £6.50 each, postage included. From Mrs M. Humphreys, 27 Orchard Way, Holmer Green, Bucks.

Newton Elan Electric wheelchair, bought in September 1980, for £820. Immaculate condition. Accept £600. Has not been used in since July when it was overhauled by Nichols of St. Albans. (Only overhauled then because it was dusty.) It can be seen and tested at any time in Hemel Hempstead. Tel: 65848.

Braune Batricar. Excellent condition. Lights, indicators, apron. Delivery by rail. For sale £450. Mr A. H. Box, 82 Princess Street, Abertillery, Gwent, S. Wales. Tel: 049 532 3690.

CULM-KNITS

We're not all the same shape when it comes to knitwear. Many of us need our own personal adaptations to ease the trauma of dressing. Give "CULM-KNITS" a ring on Hemyock 680260 or write to us at 38 Eastlands Hemyock, Devon. No extra charges for adaptations for the disabled.

Gerber Dri-Pride Incontinence Pants Side opening, cotton outer, bonded vinyl lining, machine washable. Takes most pads/rolls. Children's waist sizes 21 in.-26½ in. Adults 24 in.-52 in. £3 pair. Please send exact waist size. P. Notton, 16 Crescent Drive North, Woodingdean, Brighton, Sussex.

ASBAH booklets etc . . .

<i>Your Child with Spina Bifida,</i>	by J. Lorber, MD, FRCP	35p
<i>Your Child with Hydrocephalus,</i>	by J. Lorber, MD, FRCP	35p
<i>Children with Spina Bifida at School,</i>	Ed. P. Henderson, CB, MD, DPH	50p
<i>Sex and Spina Bifida</i>	by Bill Stewart	awaiting reprints
<i>The Handwriting of Spina Bifida Children</i>	by Joan Cambridge and Elizabeth M. Anderson	£1
<i>The Nursery Years</i>	by Simon Haskell & Margaret Paull	35p
<i>Little Joe (A Grandmother's story)</i>	by W. Foster	50p
Information leaflets	100 for	£4.00

All available from ASBAH, Tavistock House North, Tavistock Square, London WC1H 9HJ. (Special rates available to Local Associations.) Please note that postage is extra. Allow minimum of 15p per booklet.

Scottish Spina Bifida Association Booklets

<i>Growing up with Spina Bifida</i>	35p
<i>The Spina Bifida Baby</i>	35p

both by O. R. Nettles, McSP, ONC.
Available from: The Scottish Spina Bifida Association, 190 Queensferry Road, Edinburgh EH4 2BW (at special rates for bulk orders).060

FUND RAISING AND PUBLICITY MATERIAL

Posters

Best Foot Forward 20 x 30 in.	10p each
Best Foot Forward 15 x 10 in.	10 for 40p
For local publicity 15 x 10 in.	10 for 40p
Car Stickers	13p each
Plastic Lapel Badges	8p each

All available from Appeals Dept.—postage extra.

Film 'Appeal for ASBAH' 10 mins

16 mm Colour/Sound	£4 Hire
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The Appeals Dept. carries a range of fund-raising items, i.e. pens, key rings, kits, games, etc. Send for list and order form.

Flag Day equipment can be obtained direct from: Angal, 48a Holmbush Road, London SW15 3LE (01-788 5464).

FREE SERVICE

THE DISTRICT Advertising Company of 9a High Street, Harpenden, Herts, offers a special service to Charities. They produce Telephone Address & Notebooks. These are a unique way of raising funds, also Fundraising Charts with Socks attached for Donations. These also help promote your cause and recruit new members, and are displayed in public houses, restaurants, on factory notice boards and other prominent places. Calendars, Diaries and Programmes for Fetes, Donkey Derby's, Bazaars, Charity Football Matches, etc., can also be obtained, all completely free of charge. For further information contact: Mr J. A. Alter at the above address or tel: 01-953 66311.

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The most modern ostomy seals available have been formulated to do away with some of the irksome tasks of the past. Cutting to fit with scissors for instance is now a thing of the past, you simply stretch the "Cohesive" to the desired shape and mould it to fit the stoma. This is possible because "Cohesive" Ostomy Seals do not rely upon a plastic film covering nor laminate to stabilize the substance.

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