



Link

Association for Spina Bifida and Hydrocephalus/ASBAH 20p

May/June 82



**'WHAT'S THE MATTER
THEN?'**

See Centre Pages

IYDP—Government Action: Visit planned to 1984
Olympics: Depression—what it means: Philip's
Album—a photo feature: Sussex teenagers at Hindleap

LINK 80

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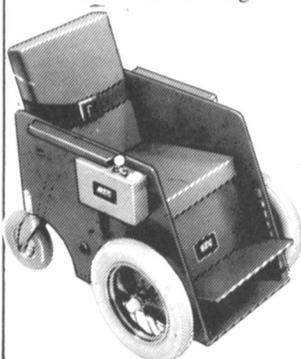
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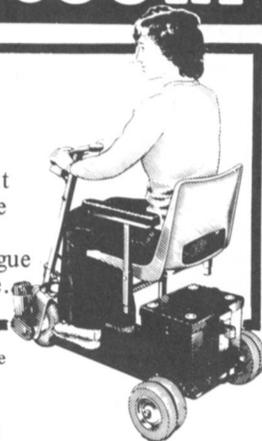
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Association for Spina Bifida
and Hydrocephalus/ASBAH

Correspondence to ASBAH at the
National Office:
Tavistock House North,
Tavistock Square,
London WC1H 9HJ.
Registered Charity No. 249338
Tel: 01-388 1382/5

Patron:
HRH The Duchess of Gloucester

Chairman: Mr D M Bryant

Hon Treasurer: Mr R H Smith

ASBAH has an experienced staff
ready to help with any problems
relating to those with spina bifida
and hydrocephalus.

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Finance Officer
Mr F G Armour, FCA

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**Education, Training &
Employment Officer:**
Mrs B Newman

Disabled Living Adviser:
Miss J Vernon, BSc

Administrative Assistant:
Miss J B Craig, BA, MLitt.

Information Officer:
Miss B Holland

Link Editor:
Mrs S I Gearing

Government Action during IYDP

THE GENERAL CONSENSUS is that IYDP was a success in increasing the awareness of the general public about the potentials and abilities of disabled people, their problems and their right to be integrated into the community. But again the Government's response demonstrated public interest and support in an event does not necessarily result in Government action and disablement organisations have little political clout. Indeed, it has been estimated that up to 1m disabled people were materially worse off at the end of the Year as a result of cuts in benefits and social services, added to the general problems of rising costs and increasing unemployment.

The Government's major contribution to the Year was the Education Act, which replaced the categorisation of children on the basis of type of disability with the broad concept of special educational needs as recommended in the Warnock Report, and laid a duty on local education authorities to identify, assess and provide for children with special educational needs and to integrate them into ordinary schools wherever possible. However, the fundamental weakness of the Act is that the Government has not provided the necessary extra money for support services and teacher training and it is feared that progress will be slow, or even that without adequate facilities integration could be harmful for some children.

The Government supported the Disabled Persons Bill, sponsored by Dafydd Wigley, but only after it had been considerably weakened and assurances obtained from Members of the House of Lords that they would not press amendments unacceptable to the Government. In the end, the Bill was strengthened and it contains a number of measures which should improve access for disabled people: developers now have a duty to make buildings accessible unless they can show to a 'prescribed body' that it would not be practicable or reasonable to do so; local planning authorities have a duty, when granting planning permission, to draw the attention of developers to access needs, and a circular accompanying the Act makes it clear that provision of access may be a condition of planning consent; local authorities and highway authorities must take account of the needs and safety of disabled and blind people when undertaking construction and road works and there is a new offence, with a maximum penalty of £200, for misuse of the Orange Badge.

Other measures undertaken by the Government for IYDP included design awards for housing for disabled people; funding the Voluntary Organisations Committee at the cost of about £160,000; a conference on transport and prevention and a rally for disabled drivers.

In view of the kind of fundamental problems of income, employment and access that disabled people face, these Government initiatives were quite inadequate.

Disabled people need very practical help in order to minimise their disabilities: • education in ordinary schools to improve their educational potential and promote integration; • jobs, if they are to be integrated and contribute as workers and taxpayers; • suitable housing and support services if they are to stay in their own homes rather than be isolated in institutional care; • access to public places, cultural and recreational facilities so they can participate in the community.

Legislation to assist disabled people must be preceded by a change in attitudes: for example, a growing awareness that disabled people have rights but need extra assistance if they are to achieve equality led to the Chronically Sick and Disabled Persons Act 1970, which is the cornerstone of provision for disabled people. The response of the public

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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.

A NEW form of 'Help' pennant (right) for the use of disabled drivers if their cars break down.

These simple flags have been introduced by the Department of Transport, and can be clipped on to the car window. They are clearly visible over long distances at night in the headlights of oncoming cars and during the day.

It is hoped that these new pennants will be more effective than the old-style pennants, and will be more readily adopted by disabled drivers.

They are available from the Cleveland Spastics Work Centre, Acklam Road, Middlesbrough, TS5 4EG. Tel: Middlesbrough 818854. Price: £3.50 plus post and packing.



The good 'tube' guide?

THE LONDON Underground is a very inaccessible mode of transport for disabled people, but nevertheless a new publication has been produced 'Access to the Underground—a Guide for Elderly and Disabled People'.

It suggests that London Transport is trying to improve the situation as modernisation takes place. There is information on lines where wheelchairs are not allowed at all, and on lines where they are accepted provided agreement is obtained in advance. It lists stations, and gives information on accessible loos, and numbers of steps etc. At the back of the book is a chance for you to have your say—a questionnaire asking for details of your travel requirements.

The booklet is 95p from London Transport, 55 Broadway, London SW1H 0BD. (01-222 5600)

* * *

If you can't venture on the underground you may, nevertheless, like to visit London Transport's Museum, in Covent Garden. Admission for the disabled is free. Open daily including Sundays 10-6 pm. The new pedestrianised Covent Garden area has a very pleasant atmosphere, with fascinating shops, open air cafes, street entertainers, and on Fridays and Saturdays a unique craft market where many talented young artists, display their wares at reasonable prices. During the week there is a more traditional open market.

New club for campers

CAMPING for the Disabled has been set up to encourage handicapped people, individually or in groups, to experience the freedom and pleasure of this pursuit.

It has been formed by David Griffiths who wrote about his camping experiences in Nov/Dec 1981 LINK.

The organisation is preparing information on accessible campsites, including lists for Switzerland and Germany. A list for France is now available (60p, including postage). Camping for the Disabled also hopes to organise camping weeks and weekends.

Membership is open to anyone interested in the subject. The £2 subscription covers up to five members of a family.

For details write to David Griffiths, Camping for the Disabled, 1 Malory Road, Oswestry, Shropshire SY11 2DJ. Tel: 0743 68383 (office hours) or 0691 4447 (home).

Mobility Allowance goes up . . .

MOBILITY Allowance will be increased in November from £16.50 to £18.30 per week.

This was announced by the Chancellor of the Exchequer in the Budget. He added the good news for all employed disabled people who receive the Allowance, that it would become exempt from tax as from April 6 this year.

. . . and tax will be refunded

Further good news came in a High Court ruling that disabled people who have paid tax on their Mobility Allowance in the four years between 1975 and 1979 are to have it refunded.

Safari Park 'Specials'

WINDSOR Safari Park, is continuing with special concessions for disabled people, which they introduced during IYDP.

There are concessionary periods

throughout this year.

For details ring the Park on Windsor 69841, or write. The address is Winkfield Road, Windsor, Berks S14 4AY.

A special Day has been allocated for ASBAH members and their families—Saturday 14 August. See details on facing page!

Continued from page 3

to IYDP indicates that their attitudes are slowly changing, but this has not been matched by a change in the Government's attitude whereby they see the problem of disabled people as a priority and show this, not by rhetoric, but by practical measures.

Most of the measures necessary to integrate and improve the quality of life for disabled people require hard cash—an adequate income and allowance to cover extra costs, services, suitable housing. Yet in 1981 disabled people actually lost ground in these areas. IYDP saw a virtual halt in housing for disabled people, cuts in social services and benefits, and the prospect of a general disablement income receding even further into the distance.

The reason given by the Government for not increasing spending in these areas was that the country could not afford it. **But politics is about choosing priorities.** In difficult economic situations vulnerable groups, by definition, end up at the bottom of the heap unless the Government take positive, practical measures to prevent this. Surely our commitment to disabled people is judged by what we do, not when we feel we can afford it, but when the economic situation forces hard choices.

The disappointing response of the Government to IYDP demonstrates the need for disabled groups to use public and media support and voluntary initiative and activity to influence the Government's choice of priorities through political pressure.

Many people confuse 'political' activity with being 'party political', but it is possible for an organisation to campaign on issues without being biased towards, or identified with, one political party, although inevitably the party of Government will be criticised more than the Opposition precisely because it is that party which is in a position to make policy and effect change, and it may be convenient for the Government to discredit an organisation by attaching a party label.

If we are to put disability high on the political agenda—as it should be—then we must unashamedly use every legitimate means of influencing politicians: for example, raising the matter at election meetings, making sitting MPs explain and defend their position and their opponents demonstrate that they have better proposals; national organisations should publicly criticise any action by Government which is detrimental to the interests of disabled people and, done in the appropriate manner, with public support, this need not jeopardise a cordial relationship with Government or charitable status. If we do not do this, then despite the fact that they have justice and public opinion on their side, disabled people will continue losing out in the scramble for a piece of the financial cake.

Raewyn Stone

RADAR's Parliamentary Liaison Officer

On Safari Day

1982

Saturday 14th August

A great day out - at special concessionary rates - for members of ASBAH and their families.

- Drive through Seven Game Reserves (using your own coach or minibus)
- Dolphinarium and Killer Whale Show
- Extensive Areas for Picnics
- Children's Farmyard and Play Area
- Parrot Show (subject to availability)
- Special Guest of the Day



Windsor Safari Park and Seaworld

The Park will be open from 10.00 a.m. until 6.30 p.m. and the special 'fun day' price will be £1.10 per head (Adult or child).

Planned in conjunction with ASBAH.

To make your booking please complete this form and send it with full remittance to:

**The Party Booking Office,
Windsor Safari Park, Winkfield Road,
Windsor, Berks SL4 4AY**

Name of Group

Address

..... Tel. No.

Group Leader

Estimated Time of Arrival

Number in Party

Number of Wheelchairs

Total amount of cheque/P.O. enclosed (prices inclusive of VAT)

(Payable to Windsor Safari Park)

No refunds will be given for any cancellations.

Holidays in 'Pied Piper land'

A FAMILY living in Forces accommodation in the Pied Piper city of Hamlin in West Germany are offering holidays this Summer.

Mrs Joan Gray, who has two children aged 6 and 2 (Shana the youngest has hydrocephalus), would like to offer two week holidays to two children at a time. Because the family lives in a flat with stairs and no special facilities, the children could be hydrocephalic, or spina bifida but must be mobile.

Alternatively she suggests it might be a good idea to offer a break to an able-bodied brother or sister of a spina bifida child. She suggests two weeks in June and two in July.

"If anyone is interested perhaps they would write to us. All the parents would need to do is pay for the flight (to Hanover) and holiday insurance, which *must* be taken out as it is safer—even though I do have medical services here", says Mrs Gray.

Mrs Gray's address is c/o 445 Cpl Gray, 64 AES, 28 AMPH Regt.RE, BFPO 31. West Germany.



APPRENTICES who work for British Nuclear Fuels Ltd. near Chester with two children from Chester Association on the toys that they adapted specially for them. Anna Powell is obviously enjoying the bike, and the little boy, James Ithell, is preserving his masculine dignity!



Fund needs foreign coins

IF YOU go abroad this year don't leave your left over foreign coins lying in a corner of a drawer when you return. There's a way to put them to good use.

IYDP's working group on leisure has launched a fund to assist disabled people who wish to go abroad but cannot afford to pay the expenses of their escort. Small change in foreign currency is being collected from travellers, and will be converted to sterling by the International Association of Tour Managers.

The address for coins is: Bill Hargreaves, MBE, Principal Liaison Officer, Spastics Society, 12, Park Crescent, London W1N 4EQ.

'All for the very best'

CAROLE Armour of Sussex Association writes:

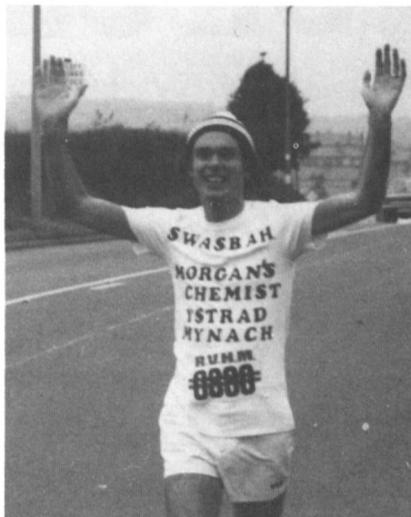
"With reference to the article 'The Uphill push to Independence' (March/April LINK), this, to me, is a typical reaction of a handicapped teenager who has lived at home and gone to a local school. Caroline has obviously been protected by the members of her family, not being allowed or taught to do things for herself.

"Going away from home has been the best thing that has happened to her in her whole life. It has enabled her to find out for herself how little she knew. I wonder how many more there are at home in similar conditions."

Marathon men

• Above, David Porter, 23, who by now has probably recovered from the London Marathon on May 9, in which he competed and raised money for Southampton and District Association by sponsorship. David is pictured at the Southampton Association's Christmas Party.

• Below, a jubilant wave from our second marathon runner, Rhydian Morgan, the local chemist from Ystrad Mynach in Glamorgan, who ran in a marathon recently and raised £178 from sponsorship for the South Wales Association.



Pen friend wanted

A MEMBER of LIFT, 24-year-old Shane Luke is looking for a male penfriend of about the same age. She writes "My interests are watching TV, listening to pop music, knitting, crochet, cooking." Her address is: 18 Primula Street, Shepherds Bush, London W12 0RE.

1984 Olympics: ASBAH families could be there

AN EXCITING holiday of a life-time for ASBAH families at the Los Angeles Olympic Games in 1984 is being planned by Bob Kite, Secretary of the Essex Association.

The plan, so far, is for a three-week visit, two weeks at the Games, plus a third week at Disneyland. Both should be possible from the same hotel.

If enough families are interested, Mr Kite hopes it will be possible to charter a special ASBAH plane. If not, the plan is to make a large enough block booking to be able to control boarding and alighting times.

The cost to a family of four would be around £2,000. This may seem high, but remember there are two full years in which to raise or save the money. Mr Kite suggests that each branch may like to organise functions in support of members.

Obviously much has to be done with regard to suitable travel and hotel arrangements which will have to be geared around the particular needs of ASBAH families. However, it is felt that with enough foresight all problems can be overcome.

Mr Kite feels that the trip would give an opportunity to children with spina bifida and hydrocephalus to witness the games and support their sportsmen and women with, of course, the added attraction of Disneyland.

Contact has already been made with American Sports Travel who have been appointed tour and ticket agents by the British Olympics Association. Anyone interested in securing a place on this trip, should contact: Mr Robert G. Kite, 42 South End Road, Hornchurch, Essex.

A.S.B.A.H. Mobility Service

ASBAH is pleased to announce that Mrs. Leonie Holgate is now working part-time as its Mobility Adviser.

Leonie can give advice about all kinds of mobility problems such as:

- * applying for a driving licence
- * driving simulators
- * driving school cars with hand controls
- * car adaptations
- * powered wheelchairs
- * Motability schemes for buying and leasing new and second hand cars.

You can write to Leonie at Banstead Place or you can 'phone her there between 9 a.m. and 3.30 p.m. every Tuesday. Mrs Leonie Holgate, ASBAH Mobility Adviser, Banstead Place, Park Road, Banstead, Surrey. 01-255 6222

Leonie will also be working part-time at the new Banstead Place Mobility Centre.

REVIEW

Together for God

THIS BOOK, by Richard and Sandra Creed, should be read by anyone—whether interested in religion or not—who is short of encouragement to face up to the struggle of living with disabilities.

It tells simply, without the sickly sentimentality so often accompanying this kind of book, the story of courage and fortitude of two disabled people. It tells of their early separate upbringing, some ghastly errors of judgement and of the help all sorts of people gave them. It also tells of them finding God in an irrational yet often friendly world, their falling in love and their marriage and working together.

The book reveals the acknowledgement and growth of that other dimension of life—the spiritual, which makes us truly into whole people. Price £1.50. SPCK, Holy Trinity Church, Marylebone Rd, London NW1 4DU or order through bookshops.

Fr. Ernest Mason.
ASBAH National Office

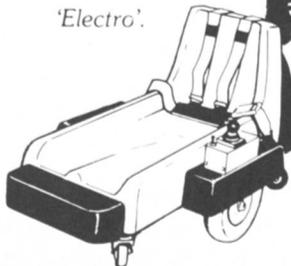
Jonsport ELECTRO

It's exciting... It's electric... It's Electro!

Exciting as a new toy, in its brilliant yellow and black fibreglass body shell, it offers a freedom, travel range and independent mobility with two speeds to any handicapped child from 2-7 years having/arm, even finger only movement control!

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We want and need to tell you more, so please write off now for the complete story of the 'Electro'.



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Abingdon, Oxon. U.K.
Tel: (0235) 28120/29353

SO MANY people talk about “being depressed” these days and that expression can sound so deceptively simple, but what exactly is depression?

If you feel depressed could you describe that feeling to somebody else in a way that they might understand? It would in fact be extremely difficult, because the word ‘depression’ has a different personal meaning for each of us, and to complicate matters we can all experience varying degrees and types of depression.

It is important when we talk to each other, or when we read about the subject, that we understand exactly what *we* mean by depression. Otherwise, when one of us means sadness, or a depressed mood, another may mean anxiety, severe depression or illness. In what ways does a person who is sad and perhaps experiencing temporary depression differ from someone who is suffering from severe or chronic depression or illness?

Sadness is a normal and healthy reaction to any bad luck or disappointment. We all suffer from misfortune at times, whether it is expected or not. A person who is sad always knows the reason why, even though they may be unable to change the situation. Being sad does not effect how we feel about ourselves—we can still feel good and worthwhile and hopeful for the future, because we know that sadness does not last forever. It is also much easier to talk about your sadness to somebody close to you, such as a friend or relative, rather than about depression.

Anxiety, tension and worry are our initial responses to a situation which is stressful. This situation could be a problem we are faced with or the stress and pressure of life in general. If a person believes that the unhappy situation cannot be changed or controlled, and that the anxiety or extreme sadness cannot be overcome then those feelings will be replaced or accompanied by one of depression.

Depression as a mood that most people experience on occasions is an extension or accompaniment of extreme sadness, anxiety or any state in which our responses and behaviour become disorganised. So long as we can maintain a

‘Sadness is a normal and healthy reaction to any bad luck or disappointment’

‘Anxiety, tension and worry are our initial responses to a situation which is stressful’

What do we mean by *Depression*?

reasonably normal routine or existence, such as getting up, going to work, communicating with others etc., then the effects of a depressive mood will be minimal. It is when we feel we cannot cope and stop our normal activities that the point is reached where many people turn to their G.P. for help.

Family doctors are generally overworked and have little or no time to listen to people’s problems, and unfortunately so often the only help they can give is in the form of tranquillisers or anti depressants, these drugs are prescribed as treatment for anything from anxiety or mild depression to more severe states of depression. Often what the patient really needs is to be referred to a counsellor or therapist with whom they can discuss their problem. Most people recover from depression and many would do so more easily without the help of drugs, which can delay or mask the normal healing process.

Depression can be thought of as nature’s way of getting us to slow down, by creating a ‘protective’ mood which temporarily switches the person OFF until he can cope better. During this temporary period known as a depressive mood, when the mind and body slow down for ‘rest and recovery’, several things are happening which we are not really aware of.

Firstly, the depression slows down our responses to other events and stresses in our lives, so that we are being protected in a way, from further distress, until recovery begins.

Secondly, and surprisingly, the

grief and weeping which often accompany depression are actually helpful in speeding-up the healing process, because pent-up emotions are released—the cork is blown out of the bottle and a sense of relief is often experienced.

It can also be helpful to think of depression as a period of time during which we have temporarily withdrawn from the world and life, so that all our energies are turned inwards to enable us to think about and find solutions to our problems.

So far we have thought about depression and sadness as being natural and temporary responses to the disappointments, stresses and frustrations of life. For some people, it is not so easy to cope with depression—they do not know when or what help to ask for, often because they cannot recognise the type of depressive state they are in. We do not always know the reason why we are depressed, or even want to think about it, because that in itself can be a painful experience. It is helpful to be able to identify with some of the characteristics of the various types of depression, so that help can be asked for at the right time, if necessary.

A depressed mood may be the result of a disappointment or a sense of having lost something or somebody, but it can also come on without warning. The person generally feels physically weak and lethargic, low in spirits and experiences an empty feeling of hopelessness and uselessness, and that ‘everything is wrong’. There is usually a root cause for the

'Depression. . . is an extension, or accompaniment of extreme sadness, anxiety. . .'

'It is only when the mood is so severe and prolonged, and the person is unable to come to terms with the stress . . . that illness may result'



THE WRITER (ABOVE) IS COLLETTE WELCH ASBAH COUNSELLOR

depression, although we do not always want to think back over the events which started the mood off, because they may be traumatic, painful and uncomfortable thoughts.

Moods can be the result of all kinds of situations and experiences that leave us feeling unhappy, inadequate or that we are not really appreciated or loved as a person. Some people find that when they are depressed they want to be quiet and left alone to brood over their problems. Others experience or develop (as the mood changes) feelings of frustration, resentment and anger. Such a turmoil of conflicting emotions is very disturbing for the person suffering from it, and this state can best be described as one of agitation.

Some people are prone to sudden changes of mood; it is part of their personality or temperament. We are all different, and our temperament is reflected in our general attitude to life and events. Different personalities can be described as being stable or unstable, confident or unsure of

themselves, optimistic or pessimistic and cold or warm-hearted.

There are those people who can cope with all or most of the stresses of life and others who cannot cope alone. The people who are less able to cope, are vulnerable and invariably have to rely on others for encouragement, strength and support. As long as these people are able to reach out and ask for help when they need it, and get the support they require, then they will cope in a lesser way.

Depressive moods, anxiety and sadness are emotions that we can all experience. They may not make us happy, but they do not necessarily mean that we are ill. It is only when the mood is so severe and prolonged and the person is unable to come to terms with the stress and deal with it, that illness may result. We talked about depressive moods as a period of "shutting-down" the mind for

natural rest and recovery, if this process does not occur, or happen quickly enough, then the machinery breaks down completely and depressive illness results. Severe depression leading to illness requires help from a doctor, therapist or psychiatrist to enable recovery to take place.

Depressed people desperately need someone to talk to. This may be difficult if you live alone, or cannot get out of the house easily because of illness or problems of mobility. It may also be extremely difficult to talk to people close to you, such as relatives or friends, particularly if they are partly the cause of your depression.

There are many people and organisations you can turn to for help—either by telephoning or writing to them. Your own doctor may be able to advise you where to go for counselling or help, otherwise you might wish to contact one of the organisations listed below.

Organisations which can help

1. The SAMARITANS—your local branch will be listed in the telephone directory.
2. BRITISH ASSOCIATION OF COUNSELLING
1A LITTLE CHURCH STREET
RUGBY
WARWICKSHIRE
3. ASBAH COUNSELLING SERVICE
ASBAH, TAVISTOCK HOUSE NORTH
TAVISTOCK SQUARE
LONDON, WC1H 9HJ.
4. MIND
22 HARLEY STREET
LONDON W1N 2ED.
5. DEPRESSIVES ANONYMOUS
SELF-HELP CENTRE
83 DERBY ROAD
NOTTS. NG1 9BB.

PHILIP'S

ALBUM



"THIS had better be a strong rope" . . . experiencing the thrill of climbing, Kevin Towner is hoisted from his wheelchair up the climbing wall at Hindleap Warren. For details of the weekend turn to page 16.



"SHALL I, shall I not?" . . . y overcome (or bypassed) at Hind centre where young people of Su weekend in the Autumn.



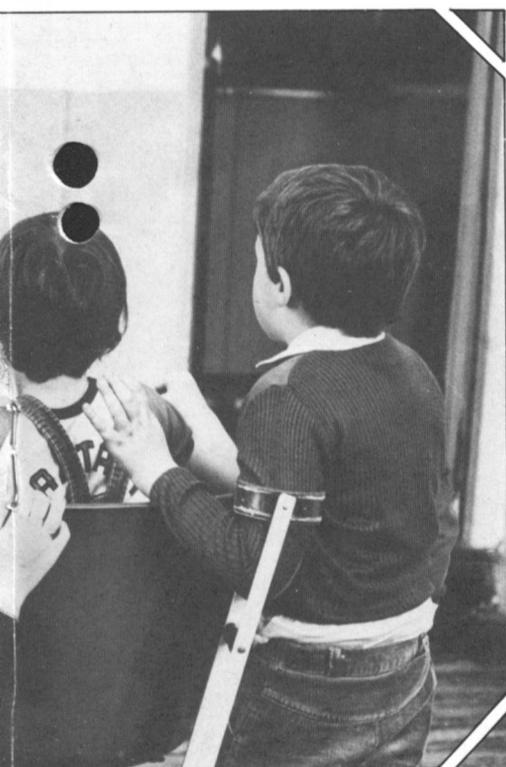
"IF YOU dare jog me, I'll" . . . a young member of Sussex Assoc weekend at Felbury House Surre



TENSIONS, challenges, heart break . . . captured by the camera of Philip Ridler. Philip, from Sussex, has spina bifida himself, and was featured in Link's last article about Voluntary work.) His sensitivity and skill as an amateur photographer are well illustrated by these pictures.

"I'M NEVER going in there again!" . . . The front cover close-up and this picture focus on the anguish of Debbie, one of the youngsters of Sussex Association who found that getting into the swim was rather a traumatic occasion. ASBAH field worker, Hazel Hinchley, who was at the weekend at Felbury House centre, tries to make the going easy for Debbie.

*yet another obstacle to be
cleap Warren outdoor activities
Sussex Association enjoyed a*



*. . . Tension at the dart board for
Association on an adventure
recreation day, last Summer.*



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Stomahesive™ Paste



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when irregular skin contours
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takes just 30 seconds to set.

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Being in a wheelchair hasn't prevented Jane Ayscough of Grimsby from being an active guider. Here she tells LINK about her work with the local Brownie pack.

Jane shows the Guiding spirit

I HAVE been involved in Guiding for approximately 19 years. I have been a Brownie, Guide, Ranger and now a qualified Assistant Brownie Guider (Tawny Owl) for the past 5 years.

In the early days as a Guider I discovered that although the Brownies accepted me as a leader their parents generally avoided me as much as possible; for example, if the leader was late they would wait with their children for her arrival. Also, parents would much sooner wait to ask her any questions or queries than approach me. This situation is much improved now and I have good contact with both parents and Brownies.

My role is to assist the leader in all aspects of the work as far as possible which sometimes involves my running an evening in her absence.

There are many badges which Brownies can work for. At present I am training one group as First Aiders and a second group in preparation for House Orderly badge, I am able to help the Brownies with any other badge work as required.

Games can pose a problem but do not as a rule do so because I organize games I can cope with or an able bodied helper, Guide or adult, organizes them for me when necessary.

There are few problems with local visits. When we are in walking distance of our venue the Brownies almost fight over who's turn it is to push my wheelchair. On longer trips the leader tends to organize the Brownies and I meet them at the destination which sometimes makes life easier for me as I do have a DHSS supplied invacar. A forthcoming visit to our local Town Hall may have posed many problems owing to inaccessibility (a flight of stairs and no lift) but the Mayor's secretary has been most helpful and most of the Mayor's regalia which would normally be shown upstairs will now be brought downstairs. I ought to point out at this stage we have a Spina Bifida child confined to a wheelchair as a Brownie in our Pack (see caption).



Jane Ayscough proudly receives the Duke of Edinburgh Gold Award from the Guides County Commissioner for Lincolnshire North and Humberside South. Her work with the Brownies formed part of the programme of activities for the Award. This month (May) she hopes to receive the Award certificate from the Duke of Edinburgh at Buckingham Palace.

In the picture are some of the brownies of Jane's pack, including Karen Spencer (in the wheelchair.) Karen has spina bifida and was introduced to the pack by Jane.

I enjoy working with all the Guiders in my District with no barriers whatsoever. I believe it is very wise to meet and work with people who are not specifically disabled-orientated part of my time so that a balance can be met as I am also involved locally with several organizations which are disabled-orientated.

I had the opportunity some time ago to become a Brown Owl in charge of 24 Brownies but I feel strongly that because of my disability and some of the restrictions involved it would be most unfair to the children as whatever they do or wherever they go invariably the first person they look to for help and advice is their Brown Owl. For me the pressure and responsibility all the time, week after week, I feel would be far to great, so I am happy and content as an assistant.

Brownies take a fair amount of my time and energy in organizing and activities but I find it most rewarding and very worthwhile. Children of Brownie age (7 to 10) accept me not as a handicapped person but as a responsible adult and will just as readily listen to me as they do their Brown Owl. I firmly believe that at their age they may not understand handicap but because they are so used to me they are more readily to accept it as part of life and almost dismiss it as a fact of life, so when they are on visits or out on their own they do not stare or ignore a disabled person but ready to help and they do talk to their friends and relatives about me.

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This was one of the most successful weekends we have ever run. Perhaps it was the mud which contributed to its success. It certainly added to the fun!

Twelve of our young people attended, aged between 15 and 19, of whom seven were chairbound, three managed with sticks but needed chairs on occasion and two walked normally. Nine other young people joined us, from a variety of contacts—two young men from West Worthing Rotaract, three young people from a church group in Littlehampton, the elder brother of a young handicapped boy, and others.

Accommodation at Hindleap is in rooms for four, in bunk beds, and we took over all the rooms on one corridor.

Next morning, after breakfast, at 8.45 am, it was down to the woods for archery, which was much enjoyed, then back to the centre for a quick drink before tackling the climbing wall! A ladder was tied to the top of the wall, and those brave souls willing to attempt it were hauled and pushed up the ladder by means of ropes, to abseil down by themselves.

Some of us preferred to have a go at photography or glass engraving.

After lunch we all went out to the assault course . . . Everyone actually wanted to drag themselves down the tunnel, through the smelly water and mud, in complete blackness! This was the highlight of the weekend for some—getting wet and muddy was the thrill.

Then it was back to the centre for a complete change of clothing and a hot drink, before the girls' beauty session and the boys' photography session with Philip Ridler. I don't know what went on in the boys activity, but the girls had a very happy time with two lovely young ladies from Savory and Moore in East Grinstead who gave a make-up demonstration (very light and natural) and then got the girls in pairs making each other up. Everyone got lovelier by the minute.

Supper was at 5.30 and we then decided we would have a night exercise, as other groups using the centre were doing this. We set off in complete blackness, making use of the special forest wheelchairs at

PHILIP Ridler's pictures on the centre pages highlight the excitement experienced by young people of Sussex Association who spent a short break in the Autumn at Hindleap Warren—an outdoor activities centre in Ashdown Forest run by the London Association of Boys' Clubs. Here Margaret White, Secretary of Sussex Association writes about the weekend.

Mud glorious mud and a weekend of adventure

the centre, everyone well strapped in to explore the forest at night.

And it was dark! No torches were allowed so quite where we went in the hour and a half (in the rain!) remains a mystery. But it certainly was an experience.

Everyone was feeling very sociable by this time, so bedtime for some was in the small hours of the morning. The adult helpers retired to bed first! But everyone made it to breakfast on time, and for this meal and lunch our party was responsible for clearing tables, washing up and laying for the next meal. Everyone took a very active part in this task.

'The weekend presented the young people with a series of physical and emotional challenges. It was humbling to see how they rose to these . . .'

At 8.45 am the first party went down to the rifle range while some went for a walk, took photographs, painted, had a go at glass engraving and anything else that attracted them. After coffee, the other half of the party had a go at rifle shooting, while the remainder made use of the lovely heated swimming pool.

Lunch, and then we all took part in an orienteering exercise. In groups of four, we all dashed out clutching a map, to find various points deep in the woods. Some people almost vanished without trace in the mud, but everyone did get back to the centre eventually to find parents or lifts awaiting us. It was sad to say goodbye after such a happy weekend.

A very sincere thanks as always

go to our helpers, and to local organisations and firms who gave of their time and expertise so willingly, and to all the staff who were so helpful and friendly and helped us achieve so much.

We obviously had a good time but there are more serious intentions behind such a weekend, too. It gives us the opportunity to see our young people in a different setting away from home, which is a great advantage when trying to help.

For a lot of our young people the Sussex Association is something their parents belong to, and nothing to do with them. We need to involve them, and by running such weekends, we can show what the Association is about and show we care.

For those who are interested the weekend cost £19.50 per person, and was worth every penny. The bulk of the cost was paid for out of the grant of £500 which we received from the BBC Children in Need Appeal last year. We put in an application for just this sort of event and were lucky enough to get a grant. We have applied again this year—so let's hope we are lucky again.

• Don't forget that the Editor of LINK will be pleased to receive news of activities, outings, special projects organised by the local associations. Try and send in contributions by the 5th of the preceding month (i.e. by the 5th June for the July/August issue).



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Setting the pace in 1982



Members of ASBAH's Council, Alan and Margaret Twyford receiving a cheque from the pupils of Tudor School, Kingston. They raised the money through a sponsored walk, motivated by IYDP. Photo: Surrey Comet.

THIS will undoubtedly be yet another year of challenge for the Appeals Department. After the very difficult times which we have experienced in recent years Executive did, during 1981, cautiously suggest that we might look to expanding our services in the future. Needless to say expansion within the welfare area must needs go hand in hand with expansion in the Appeals Department and we are therefore delighted to welcome new members of staff throughout the country who, as Regional Appeals Organisers, will be responsible for picking up the bill!

The year started very well for us as we were fortunate enough to be chosen by the Marchioness of Londonderry to benefit from the St. Valentine's Night Gala Spectacular at the Westminster Theatre. Seldom have so many virtuosos appeared on the same bill—Larry Adler, Fenella Fielding, Jeremy Lloyd, Galina Samova and of course, the Marchioness herself, Doreen Wells, partnered by Bill Drysdale and David Wall. Lady Londonderry most generously footed the bill for all the expenses incurred and ASBAH has benefited by over £7,000 as a result.

Once again British Homing World Show of the Year generously supported ASBAH both in terms of admission to the Pigeon Show and the Gift Bird Auction and these together with the raffling of a pigeon loft, once again kindly donated by Dennys, produced the staggering total of £12,500 for Five Oaks.

Looking ahead, we are lucky to have been selected once again by pilot Charles Shea-Simmonds and Julie Hanks who will be flying a Tiger Moth in the 1982 Dawn to Dusk Competition.

Ian Morrison has once again been working with Area Appeals Organisers to arrange further local radio campaigns with BBC Radio Bristol and Radio Aire in Leeds and he has also persuaded British Forces Broadcasting Service to run a world wide appeal to the British Armed Forces, once again with Miss Isles directing events.

On June 6, Maggie Corbett will be promoting a Monopoly Marathon and anticipates that about 3,000 people will be going round the 26 places on the monopoly board, on this occasion using themselves as counters round the life size streets of London. This unusual event promises to be a lot of fun and if you would like to participate I know that Maggie would be delighted to hear from you.

All in all I do not need to refer back to the Clairvoyants who attended our Night of Predication at the Cafe Royal last October to predict that this will be an exceptionally busy year for all those involved in raising funds for National ASBAH. I know that you will share my profound hope that our efforts will bear fruit.

JUDY KAY

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Asian language translations of a Fact Sheet about spina bifida and hydrocephalus and ASBAH's work are available free from national office. Translations into Bengali, Gujarati, Hindi, Punjabi and Urdu.

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Mrs S J J Trembling,
3 Church Place, Swindon.

TRAFFORD & SALFORD

Miss J Slater,
2 May Court,
Victoria Road, Whalley Range,
Manchester, M16 8DR.
Tel: 061-226 9194.

WARRINGTON & DISTRICT

Mr S J Charlton,
36 Park Avenue,
Latchford, Warrington.

WESSEX

Mr P Chelton,
93 Wessex Oval, Wareham, Dorset.

WHITCHURCH & DISTRICT

Mrs D R Calder,
Sedgeford, Whitchurch, Shropshire.

WIGAN, LEIGH & DISTRICT

Mr R G Eccles,
19 Edale Drive,
Standish, Wigan,
Greater Manchester.
Tel: 0257 421136.

WIRRAL

Mrs S Keeler,
7 Church Road,
Upton, Wirral L49 6JY.
Tel: 051-677 1104.

WORCESTERSHIRE

Mrs Ann Cotter,
1 Willow Drive,
Droitwich, Worcester WR9 7QE.
Tel: Droitwich 4193.

YORKSHIRE NORTH

Miss F M Seward,
45 The Paddock, York YO2 6AW.

WALES

LLANELLI

Mrs Y Pudner,
83 Denham Avenue,
Llanelli, Dyfed.

MID WALES

Mrs J Carter,
1 Meadow Road,
Craven Arms, Salop.

NORTH WALES

Mr J Jones,
2 Llandaff Drive,
Prestatyn, Clwyd,

SOUTH WALES

Mrs Brenda Sharp,
38 Redbrink Crescent,
Barry Island, S. Glamorgan.
Tel: Barry 735714.

SCOTTISH ASSOCIATION

Mrs Audrey Smith,
General Secretary,
190 Queensferry Road,
Edinburgh EH4 2BW.

NORTHERN IRELAND

Mr J Egar,
Flat 1B, Parkdale House,
Seymore Hill, Dunmurry,
Co Antrim BT17 9DA.

Ballymena

Mrs F McNeill,
123 Broughshane Street,
Ballymena, Co. Antrim.

Belfast

Mr F D Hunter,
55 Wanstead Road,
Dundonald, Belfast.

Coleraine & District

Mrs L E McClure,
27 Tober Rd,
Ballymoney, Co. Antrim.

Lurgan & Portadown

Mr B J P Byrne,
Hollyvale,
Hollymount Road,
Laurencetown,
Craigavon, Co. Armagh.

Mid-Ulster

Mrs V McKenzie,
11 Woodland Drive,
Cookstown,
Co. Tyrone.

Newry & Mourne

Mrs Anne Larkin
144 Dromalane Park,
Newry, N. Ireland.
Tel: Newry 4068

Omagh

Mrs A Cochrane,
Bonnybrooke,
Pubble, Temple,
Co. Fermanagh.

OTHER LOCAL ASSOCIATIONS

Blackpool & Fylde

Mrs D Sharples,
17 Queens Road,
St Annes-on-Sea,
Lancs. Tel: St Annes 723547.

Beeston

Mrs S S Goodfellow,
5 Cyril Avenue, Beeston.

Cannock & Walsall

Mr C Bird,
2 Lime Grove, Rushall,
Walsall WS4 1JS.

Chesterfield

Mrs K M Tomlinson,
23 Hathern Close,
Brimington Common,
Chesterfield.

Consett & District

Mrs M Holmes,
39 Derwent Cote,
Hamsterly Colliery,
Newcastle-upon-Tyne.

Gainsborough & District

Mrs Eva Hines,
42 Melrose Road,
Gainsborough, Lincs.
Tel: Gainsborough 3906.

Isle of Wight

Mr D J S Sprake,
Springfield, Town Lane,
Chale Green, Ventnor.

Lancaster, Morecambe & District

Miss G Sutcliffe,
10 Sylvan Place,
Heysham, Lancs.
Tel: Heysham 51456.

Rochdale

Mrs Ann Lawton,
55 Wimpole Street,
Shaw Road Estate, Oldham.

Somerset

Miss June Roberts,
1 Ilford Court,
Wiltshire Close,
Taunton.

Teesside

Mr J Gray,
Marchesi Centre, Tollesby Road,
Middlesbrough, Teesside.