

Link



Association for Spina Bifida and Hydrocephalus/ASBAH 20p

Jan/Feb 84



Scaling
the
heights

See
Cover
Story
Page
3
also
Centre
Pages

1966 - 1984 · 1966 - 1984 · 1966 - 1984 · 1966

· 1966 - 1984 ·

asbah

comes of age



· 1966 - 1984 ·

1966 · 1966 - 1984 · 1966 - 1984 · 1966

After 16
Campaign: Focus
on Five Oaks:
Baby's mobility:
International
Garden Festival

LINK 90



Get out and about with the Speedwell Supakart.

Designed primarily for physically handicapped but is suitable for all children from 6 to 16 years of age who have reasonable strength in their hands and arms.

The Supakart is a rugged, stable, outdoor vehicle which has a range of six miles, will mount shallow kerbs and climb steep gradients.

To have one, is to have fun, and you will see more places and people.

Get out and about with the SPEEDWELL SUPAKART

For further details contact:
SPEEDWELL ENTERPRISES,
NORTHAMPTON AVENUE,
SLOUGH, BERKS.
Telephone: SLOUGH 72249

NO WAITING! FOR OSTOMY AND INCONTINENCE SUPPLIES

North West Ostomy Supplies are specialists in Ostomy appliances, stocking all leading makes including: COLOPLAST, DOWNS, ESCHMANN, HOLLISTER, SALTS, SIMPLA, SQUIBB-SURGICARE, THACKRAY, BULLENS, SEARLE, DANSAC-COMBI.

Also Night Drainage and Leg Drainage Bags by ALDON, BARDIC, CHIRON, SETON, SIMPLA, THACKRAY, WALLACE, PORTEX, MEREDITH. ALL TYPES OF SHEATHS & CATHETERS.

In addition we carry the complete range of Pants and Pads for KANGA, MÖLNLYCKE, SANDRA and UROCARE. Send S.A.E. (20p) for price list.

-Orders by return of post.

Permanent Display Showroom of the most up-to-date appliances open Monday to Friday 10.00am to 3.00pm.

National Health Service Prescriptions Dispensed.

The reliable source of supply

Proprietor: MAUREEN NUTTALL,
S.R.N., R.S.C.N., Q.N.

NORTH WEST HOUSE
62 OAKHILL TRADING ESTATE
WORSLEY ROAD NORTH
WALKDEN
MANCHESTER M28 5PT
Tel: Farnworth (0204) 709255



North
West
Ostomy
Supplies

Link⁹⁰

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.

Executive Director:

Miss M P Gilbertson, MCSP

Finance Officer:

Mr F G Armour, FCA

Appeals Director:

Miss Judy Kay, MIPR

Services Director:

Mrs B Newman

Administrative Assistant:

Paul Dobson, BA (Hons)

Disabled Living Advisers:

Miss Mary Barton, MCPS
Miss Andrea Robinson, RGN, SCM, HV
Miss Mary Small, Dip OT, SROT

Fieldwork Co-ordinator:

Mrs T Cole, MICA

**Accommodation & Development
Officer:**

Ms Siobhan Rowe, BA, Dip HA

Project Leader at Five

Oaks, Ilkley, Yorks.

(Tel: 0943 609468):

Mr Jim Stanton

Information Officer:

Miss B Holland

Link Editor:

Mrs Susan Gearing

LIFT (Young ASBAH) Organisers:

Paul Cooper BA, Vivian Harper, BSc

Ready, willing and able to help . . .

IT IS sometimes difficult to know where to turn for help and advice, for someone to talk to when things are not going too well. Don't forget that ASBAH is here, and the staff, both at Head Office and around the country, are always ready to help, whatever the problem.

There is a whole range of expertise available at Head Office covering many of the practical problems you may have to cope with from the moment the baby is born. It may be problems of daily living, education, grappling with complicated legislation and simply finding out just what your rights are, problems with your hospital, GP or any aspect of medical care, or, you may just feel that things are getting too much for you and you just can't cope.

We cannot guarantee to answer all your questions immediately — but if we don't know we can usually find out! Changing needs as children become adults and take responsibility for themselves mean that we are learning all the time.

So please don't feel that you have to cope alone — the problems can be many and complex and it can help having someone to take your problems to no matter how large or small they may seem.

IN THE last issue you will have read that ASBAH Comes of Age this year. Our Eighteenth Birthday is on 28th April 1984 and we hope to celebrate this occasion in style.

We will be having an Eighteenth Birthday Party in London to which we will invite eighteen eighteen year olds. We also hope to get some pop stars to pop in and help us to celebrate. If you are eighteen next year — particularly if your birthday is on April 28 — do please get in touch with us.

We are anticipating a very busy eighteenth year as we get to grips with the changing needs and changing problems of our young members.

MOYNA P GILBERTSON

Executive Director

COVER PHOTO

WHO SAYS you can't abseil in a wheelchair, or get up a rock face if you can't walk properly? The photos show two LIFT members—Laurence Dixon (in the wheelchair) and David Statham—taking part in one of the many activities undertaken during the LIFT adventure holiday at the Calvert Trust centre in the Lake District last year. The other photo shows the whole group together and resting—for once.

If you are a young person with spina bifida and/or hydrocephalus and fancy having a go at a similar holiday why not contact Paul Cooper, LIFT organiser at National Office: Tavistock House North, Tavistock Square, London WC1H 9HJ. Tel: 01-388 1382.

And don't forget LIFT's first National Conference this Spring—see page 4.

While ever 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.

Pages	CONTENTS
4	Round-up 12/13 Baby's mobility
5	News 15 International Garden Festival
7/8	Five Oaks 17 Appeals
9	Holidays 18 LINK Index
10/11	Up hill & down dale (photos) 19 Classified Advertising

Some of the ways the Family Fund can be of help

THE WAYS in which the Family Fund can help families with a severely disabled child formed the basis of a talk, by Eleanor Barnes from the Fund, at a meeting of some of ASBAH's Field Workers at Frenchay Hospital, Bristol.

As well as giving money for items such as laundry equipment, clothes, and other much needed aids to living, not provided by the social services, the Fund can also finance holidays.

"These don't necessarily have to be holidays taken with the disabled child. They can be the family's first opportunity to explore the possibility of being an ordinary family, and not putting the handicapped child first" said Ms Barnes.

She explained that families often preferred to take day outings rather than long holidays.

"These can be the means of breaking the vicious spiral of tension which can arise in even the most devoted family".

The Fund can give assistance with mobility for the family. It would consider helping with travelling expenses for a family where the disabled child was under 5—the Mobility Allowance age. Where appropriate it can pay for driving lessons for a mother with a severely disabled child.

The Fund exists to help parents shoulder the practical burdens of caring for severely disabled children.

"There are still families who, even if they have heard of the Fund, have not yet applied and would be eligible to benefit" says Ms Barnes in a Foreword to a Family Fund guide.*

Parents can apply on a form available from the Fund (address below) or simply by writing a letter.

**The Family Fund guide 'The Family Fund and How It Works' is available free of charge from: The Family Fund, PO Box 50, York YO1 1UY. It gives full information on all the ways in which the Fund can be of assistance.*



Cheers! Joanne Tilly of Windsor surrounded by family and friends as she celebrates her 18th birthday. The party was held at the Maidenhead clubhouse of Windsor and Maidenhead District Sports Association for the Disabled of which Joanne is an enthusiastic member.

Her birthday cake featured a bullseye motif. Joanne has represented WAMSAD many times, winning twelve trophies for archery. Speed racing, slalom, shot putting, table tennis and fencing are some of the other sports in which Joanne has taken part.

Joanne, a member of Bucks & E Berks local association, has been gaining work experience with Thomas Cook in Slough and has her sights firmly set on a career in the travel trade industry.

Time to be in on the LIFT Conference

IT'S NOT too late to find out about LIFT's first National Conference at Owens Park, Manchester University, March 30 - April 1. It should be an interesting and entertaining weekend for LIFT members from all over the country.

Why not join them?

Contact LIFT at national ASBAH office for details and an application form.

Workshop examines Education Act

THE FIRST WORKSHOP to help parents understand the intricacies of the 1981 Education Act is planned for February 18 in London. Specialists in the field of education and ASBAH staff will be there to answer queries and explain the Act. If you would like to attend or would like more details contact ASBAH's national office.

Supakart is a success story

THE SPEEDWELL Supakart, a rugged outdoor vehicle suitable for spina bifida youngsters has come out of its 'probationary period' and has become a 'healthy, commercial enterprise', according to General Manager Ray Wyles.

Alan Clark, MP, Parliamentary Under Secretary for Employment, and representatives of industry in the Slough area, the social services and voluntary organisations visited the workshop of the Supakart in Slough recently to celebrate the success of this vehicle.

It is produced in a workshop employing local disabled people. The workshop was built in 1976 because there was a need for a sheltered workshop in Slough, and it was decided to pick a product

that would stimulate the interest and commitment of the employees.

The workshop heard of a father who had converted a pedal go-kart into a battery-operated electric vehicle to provide his two disabled children with motorised mobility. He was keen to see the vehicle produced commercially.

Two students from Chelsea School of Art designed a body for the kart by July 1978, and development proceeded quickly.

In April 1979 the first disabled employees started work and the first Supakarts were off the production line in July. Since then the Supakarts have continued to provide many children with new found independence.

'AFTER 16'—a major public campaign to press for further education provision for young people with special needs was launched in the Autumn, backed by 30 national organisations concerned with disability and education, including ASBAH.

The campaign calls for an end to what is, in fact, illegal discrimination against these young people.

Despite the growth of awareness of the importance of further education for young people with special needs, "there remains an area of our education service in which unmet need can be found to exist on a huge scale. The system is failing these young people" says the campaign booklet 'After 16'.

Most of the young people concerned leave school at 16 because they are not encouraged to stay on, and because there are simply not the right facilities for them. Surveys have revealed "the frequency with which 16-year-old handicapped youngsters are denied

Education 'After 16' —a right often denied

their legal entitlement, by LEAs' to continue their education in school or college.

"Such youngsters have a special need for these extra years of education to help them in the transition to adult independence and work. Discrimination against them compounds their physical or intellectual disadvantages."

The booklet says that despite campaigning for some time to improve the situation there has been no Government action.

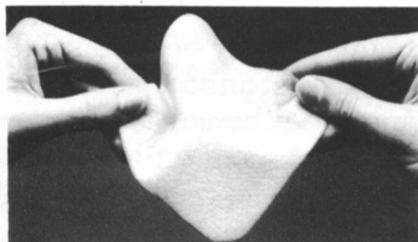
"We believe that there are quite irrefutable educational, social and economic reasons for establishing in practice the right that has long existed in law: the right of every young person with special needs to appropriate full-time education up to the age of 19."

The Campaign calls on the government to issue a circular to LEAs reminding them of their statutory duty to make available full-time education up to the age of 19 for any young handicapped person who wishes to receive it.

It will press authorities to encourage young people to stay on in education, and it hopes that publicity will bring home to the handicapped youngsters themselves the importance of further education, and that they will demand access to suitable courses.

A number of organisations backing the campaign have, in the past, successfully supported action by students who have been denied their legal rights by LEA's. They will continue to do so.

The campaign also asks for extra finance from the Government to make available suitable courses, facilities and specialist teaching to respond to the educational needs of the young people concerned.



Granuflex—a flexible, waterproof dressing recently introduced by Squibb Surgicare for leg ulcers, pressure sores and superficial wounds. The dressings are made of natural non-sensitising materials which will adhere to undamaged skin around the ulcer, forming a secure seal.

Granuflex works to form a soft gel over the wound that protects developing tissue and avoids damage to newly formed skin on removal. Further information and samples from: Squibb Surgicare Ltd., 141/149 Staines Road, Hounslow, Middx. TW3 3JA. Tel: 01-572 7422.

Higher education under examination

SENIOR LECTURER in Education Studies at Preston Polytechnic, Alan Hurst is carrying out a research project looking at young people with physical handicaps and their access to and participation in higher education.

He would like to hear from young people with spina bifida or hydrocephalus who are applying for a place at university, polytechnic, or college of higher education in 1983/4; those already taking a course in higher education; and those who have had experience of higher education.

If you can help contact him at Preston Polytechnic, Corporation Street, Preston PR1 2TQ



Robert McDowell, looking as though he's attacking the loaf of bread, watched by Godfrey Duyer. Robert was attending an ASBAH Independence course at Hollybank School, Huddersfield in the Autumn, and Godfrey was there as a helper.

PEOPLE who choose to register for work at Jobcentres will have their details retained for a maximum period of three months, unless they specifically ask for them to be renewed, the Manpower Services Commission announced recently.

This, says the MSC, will enable it to make more effective use of staff resources but still ensure that the Jobcentre provides a satisfactory service to employers and

How Jobcentre registers work

jobseekers.

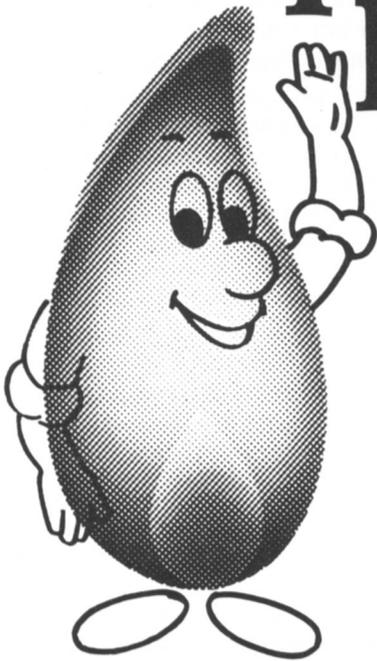
Voluntary registration in Jobcentres was introduced in October last year when it became no longer compulsory for unemployed people to register for work at a Jobcentre in order to be paid unemployment or supplementary

benefit. They are, however, still encouraged to make full use of Jobcentre services, especially the self-service facilities.

Certain categories of jobseeker will still be encouraged to register so that their specialist needs can be looked after. They include:

- disabled people (their details will not be removed from the register after three months without their knowledge);

“Help yourself to the help you need.”



British Gas offers a wide range of help to those who need it most — elderly and disabled people.

If you have a disability — or have friends or relatives in need of help — here are some of the ways in which we can make life easier for you.

COOKING

For those with hand disabilities, many gas cookers can be fitted with special handles and controls. And remember, most new gas cookers need no matches to light them, because they have automatic ignition.

If you are confined to a wheelchair, you may find either a cooker with a waist-level grill or a built-in cooker helpful.

For those with failing sight or blindness, special braille thermostats are available for most gas cookers, together with braille cooking charts.

GAS FIRES

Many gas fires are available with easily accessible top controls, to save bending, and most fires light automatically when turned on.

And for those people with hand disabilities, a special tap adaptor may be fitted to a number of fires.

CENTRAL HEATING

Gas central heating needs very little attention and can be set to your own particular pattern of living. Time controls and room thermostats help to save gas and keep running costs down.

PAYING FOR GAS

The Code of Practice for the payment of domestic gas and electricity bills offers advice to customers who are unable to pay their fuel bills because of real hardship. Copies of the Code are available from gas showrooms and local offices, Citizens Advice Bureaux and other advice centres.

If you are blind, severely sick or disabled, you should tell us so that an acceptable method of payment may be agreed with you and so avoid possible disconnection.

Pre-payment gas meters can be re-positioned at a convenient height for disabled people, and special extended handles are available.

HOW TO HELP YOURSELF

Go to your local gas showroom. If you cannot go, contact the Home Service Adviser of your Gas Region, who will be happy to call on you at home and provide advice free of charge. (You'll find the address and telephone number in your local telephone directory under GAS).

MORE HELP

For information about other ways in which we can help — with safety and economy hints, for example, or with a choice of ways in which you can spread the cost of your gas more evenly throughout the year — contact your local Showroom.

BRITISH GAS

Focus on Five Oaks — ASBAH's "centre for living" at Ilkley, West Yorkshire—by Jim Stanton its Project Leader.

DURING the past few years a change in use of Five Oaks has evolved, in response to an increasing demand for different activities at the centre.

In much the same way as ASBAH has 'grown up' to keep abreast of its maturing members, so too, has Five Oaks. This year there is a full range of courses, mainly centred around the need to acquire the fundamental skills of everyday living, but also other courses dealing with different leisure pursuits. (See the full programme on the next page).

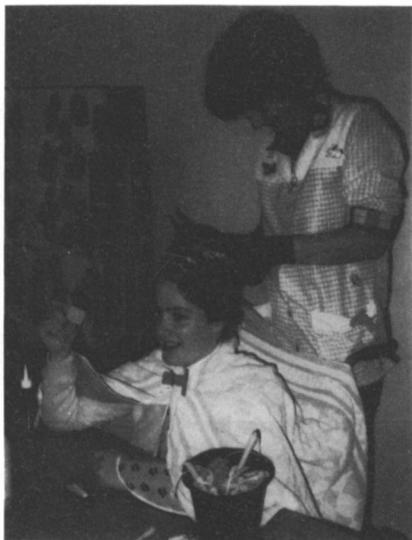
IN 1976, when Five Oaks was purchased by the Association, it was envisaged that the unit would fulfil a need for holiday/respite care, but the demand for this did not wholly materialize, and by 1977 it was necessary to establish a small group of long-term residents.

Yet its inherent value as a training centre was acknowledged and by late 1977, the first major independence course organised by ASBAH was run at Five Oaks. These continued to be based at the unit for a further eighteen months, but it became obvious during this time, that the house was not large enough to accommodate the course numbers, and, at the same time, maintain a "homely atmosphere" for its group of long-term residents.

Because of these problems, this particular type of independence course was moved away from Five Oaks in 1979. They have, however, remained central to ASBAH's work, as they are still regularly held in various venues around the country throughout the year.

Nevertheless, Five Oaks' use as a training centre was firmly established, and with the demise of these larger courses, it became host to the mini-independence courses for the 9-13 year age group which have remained an integral part of its work ever since.

During 1983, with individual long-term residents leaving to take up places in foster homes and other residential establishments, the opportunity gradually to introduce a comprehensive programme of training and recreational courses presented itself.



Helen Taylor, attending Fashion Course at Five Oaks, is given some professional advice on how to set her hair.

Five Oaks offers a flexible programme of courses

Long term plans, however, need time to mature, but it was possible to organise during 1983 a small number of "sampler" courses. These were primarily intended to gauge the response to these and possible future courses and allowed us to undertake a crude "consumer survey" of future needs.

Two of the courses run were specifically for the Yorkshire Associations, but with the view, that if successful, these would be more widely publicized in the future. These were resounding successes and certainly fishing and Citizens Band Radio will figure in the 1984 programme. Two national Fashion Courses have also been held and proved very popular and will be repeated next year.

Nevertheless, it has not been easy to plan a year's activities with the little knowledge gleaned from the

"sampler" courses. It is hoped that once courses have become established, the regular feedback from participants will form the basis for future planning.

The 1984 programme has been planned to offer a wide variety of choice. Although it may well be that none of these would be your choice, it should be remembered that Five Oaks is committed to offering a flexible service geared to your requirements and needs. But we do depend on you to tell us what these are! Age is no barrier. The students have by and large been in their late teens and early twenties but anyone from about seven years upwards will be welcomed.

Alongside this comprehensive programme of events is another important use for Five Oaks as yet not fully explored and developed and that is to provide the opportunity to extend the acquisition of basic living skills. It is of the utmost importance to everyone to be as independent as possible, and for some, this may take a longer time to achieve. It is now possible to stay at Five Oaks, as an individual, for anything from a week up to a year or so, so that the student can learn and develop their own skills.

It is envisaged that each student will have an individually designed programme and time will be taken to ensure that every opportunity is offered to them to acquire the skills needed for a more fulfilled and independent life.

The facilities at Five Oaks are ideally suited to those learning the important living skills of budgeting, meal planning, shopping, and cooking in the students own independence training kitchens.

For those wanting to follow a college course, close links have been forged with Ilkley and other local colleges of Further Education, and it is now possible to attend, as a student, a number of non-vocational courses for a term, whilst resident at Five Oaks. Subjects are varied and should cover all tastes.

For some time the support and help that Five Oaks can offer to parents and children of all ages has been acknowledged. It can provide a unique service at times of



A sewing machine . . . a girl's best friend . . . provided you know how to use it properly, and that's where the fashion course at Five Oaks was able to help. The students on the course were able to make really eye-catching outfits to suit them and their pockets.

crisis; advising, supporting and encouraging parents of a new-born handicapped infant, or helping a parent and child through a problem related to personal care.

This aspect of Five Oaks work is important and it is hoped that it will be more extensively used in the future. It will continue to offer holiday accommodation.

What's On at Five Oaks in 1984

THE STAFF at Five Oaks, headed by Joan Pheasant, offer a warm welcome to anyone staying there. The centre is situated in beautiful Wharfedale with widespread views over the surrounding countryside. Yet it is easily accessible by British Rail. Change for Ilkley station at Leeds where the staff have proved to be particularly helpful to disabled passengers. Someone from Five Oaks will be happy to meet you at the station if you give prior notice.

For more details rings Five Oaks: Ilkley (0943) 609468.

JANUARY

15th-20th North Notts. College Group (provisional date)

FEBRUARY

Parent and Child Fashion Course (5 days)

MARCH

5th-10th, 12th-17th Mini Independence Courses
30th-1st April Arts and Craft week-end.

APRIL

Art media course (weekend) includes photography/painting/sketching
Ilkley College Student Holidays — advertise Five Oaks as accommodation for disabled participants. (Talks with the College are currently in progress).

MAY

5th-12th Fashion Course (5 day)
13th-19th Cookery Course (in conjunction with Ilkley College)
28th-1st June Mini independence course.

JUNE

4th-9th Activities week — sailing/swimming/canoeing/archery/horse riding/bird watching & looking at nature

16th-23rd International Fashion Course
29th-1st July Fishing weekend

JULY

13th-15th Fishing weekend
15th-21st North Notts. College — post course residential
22nd-28th Activities week (as in June)

AUGUST

General Holiday provision

SEPTEMBER

7th-9th Fishing weekend
9th-15th Cookery Course
15th-22nd International Fashion Course

OCTOBER

Advanced Fashion Course (5 days)
Art/Craft Course (5 days)

NOVEMBER

Mini Independence Course (x 2)
30th-2nd December Music Drama and Dance Course (weekend)

DECEMBER

Nothing planned.

The cost of a stay at Five Oaks is commensurate with the degree of care required and/or the type of course attended. Every effort is made to keep prices down to a minimum. Financial assistance is usually available through social service departments, or local charitable trusts, or ASBAH may be able to help.

When fully operational Five Oaks should be amongst the forerunners in this type of service provision. It faces the future with confidence and determination. Its new role gives it the flexibility to modify and adapt, ensuring that it offers the type of service relevant to your needs.

Through its varied programme of activities and courses the unit aims to prove its value as a training resource, and to emphasise how it can help individuals cultivate the skills and confidence to lead a more fulfilled and rewarding life.

Disability Rights Handbook.

ASBAH has a stock of this very useful handbook available to members at a reduced price: £1.30 plus postage from ASBAH National Office.

Countrywide catalogue.

COUNTRYWIDE WORKSHOPS have launched their second catalogue—64 pages of well-made and attractive clothes, linens, toys, baby equipment, china, glass, woodwork, leatherwork and furniture.

The goods are made by disabled people working in their own homes or in the workshops run by voluntary organisations or local authorities.

Price £1.50 including p and p, from: Countrywide Workshops, 17c Earls Court Square, London SW5 9BY.

Guide to Benefits for Handicapped Children and their Families.

THIS 36-page book provides a clear and readable introduction to the benefits available to handicapped children and their families, including the new Housing Benefits Scheme.

This is an updated and revised edition of the Guide. Price: £1.20 including p and p from: The Disability Alliance ERA, 25 Denmark Street, London WC2H 8NJ.



A pint before paintings — Phoenix holidaymakers enjoy a drink at the Uffizzi Gallery in Florence.

Country-style holiday with or without canvas

THE PINES TRUST provides the opportunity for disabled people either in groups, or with their families or helpers to enjoy a camping or self-catering 'hostel' weekend or holiday.

The Pines is a house standing in its own grounds on the outskirts of Bishops Castle, a small town in the border hill country of south Shropshire.

There are two camping areas outside, and six four-berth bedrooms inside, accessible via a lift suitable for wheelchairs. There is a specially adapted washing/toilet unit and kitchen. The rate is £1.50 per person per night which includes accommodation and electricity.

A holiday at the Pines is primarily a country holiday, and there are many local attractions and facilities ranging from the Ironbridge Gorge Museum, or the Shropshire Hills to fishing or, for the adventurous, a chance to try gliding (at the Midland Gliding Club).

For more details contact the Pines Trust Secretary: Mr R. C. Sawtell, The Shirehall, Shrewsbury. Tel: Shrewsbury 222473.

Holiday home in Harrogate

HARROGATE is an ideal place for a holiday, and Princess Mary House in the town is a holiday home for the physically handicapped and elderly run by the Red Cross (minimum age 18). Full board is provided, and nursing care is necessary. The house is purpose-built and designed to give the disabled holidaymaker as much independence as possible. Able-bodied relatives and friends are welcome to stay at the house, too, subject to vacancies.

Details from: Princess Mary House, Queen Parade, Harrogate, North Yorkshire HG1 5PP. Tel: 0423 61402.

Get away from it all in London

ACCESS TRAVEL, in association with the Jumbo Ambulance Project, is arranging a series of special weekend breaks in London.

These include transport in the Jumbo Ambulance, 2 nights accommodation at the Bayswater Fairway Inn with continental breakfast, a full day of sightseeing on Saturday with a packed lunch, and a visit to Kew Gardens on Sunday before returning home. The cost is £40 per person. Special rates are available for groups of 25 or more.

Details from: Graham Godley, Access Travel, 303 Sunderland Rd, The Nook, South Shields, Tyne and Wear. Tel: 0632 556411.

Project Phoenix Plans more tours

PROJECT PHOENIX which arranges overseas study tours for mixed physical ability groups is planning its tours for 1984 and 1985.

These include an art and general interest holiday in Leningrad, ten days general interest trip to Sweden, an opportunity for classical studies in Greece, a general interest holiday in Malta, fifteen days holiday on the theme of art and history in Munich, Nuremberg and Heidelberg, and two winter tours — to Sicily and Florence.

There are many other tours being arranged and if you would like more details please send s.a.e. to The Secretary, Project Phoenix Trust, 68 Rochfords, Coffee Hall, Milton Keynes MK6 5DJ.

Project Phoenix is non profit-making and costs are kept as low as possible while maintaining a good standard of transport and accommodation. The Trustees are experienced in organising and running holidays of this kind which are primarily for adults who would like a holiday with a focal point but who may need some physical help and financial assistance.

Mrs Valerie Saunders, Secretary to the Trust, points out that it is not essential for handicapped applicants to provide their own helper. The Trust recruits these, and is always pleased to hear from people who would be interested in going along as a helper.

There's more about holidays on Page 18

On offer: holiday help. Wanted: holiday hints

ASBAH has a great deal of information about holidays. If you would like any help or advice contact Beverley Holland at National Office.

Have you any interesting holiday experiences or ideas for good value or unusual holidays that you would like to pass on? If so, write to Mrs Sue Gearing, LINK Editor at National Office and she may be able to include them in Link.

THREE of the photographs were taken during the last of the summer's sun. They are of Derek climbing a hill in Langstrothdale, North Yorkshire.

Because we live in York we have easy access to the Dales and the moors where we usually go when the weather is nice (and also when it's not so nice). When we go exploring at the weekend, Derek obviously doesn't want to be left out so he has a go at some of the short walks, maybe a hundred yards at a time. However he seems to get more out of climbing hills than anything else. I think that's because the actual distance travelled isn't that far but the view from the top is always worth seeing.

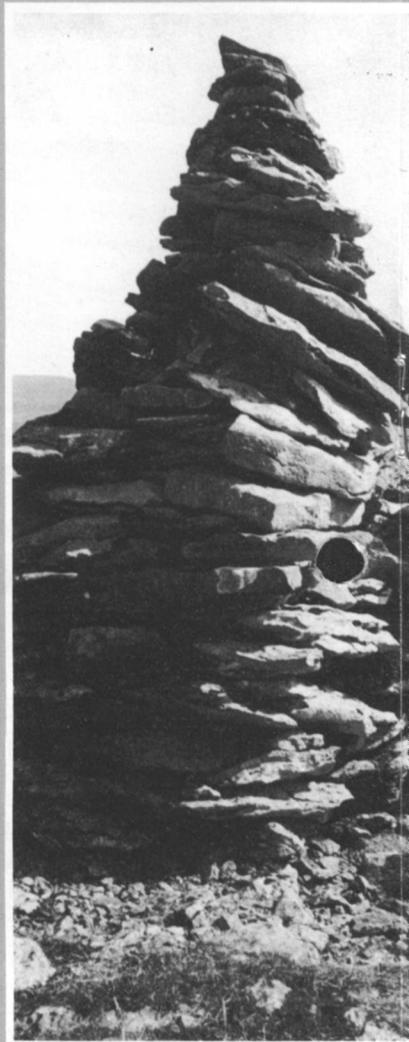
Over the years we've learned to rely on Derek's own judgement as to what he can and cannot do. It's all too easy to say no and stop him but the sense of achievement and adventure that he gets out of it is tremendous.

I've seen him climb up some really steep and I suppose potentially dangerous slopes in Swaledale. The climb would probably take me about 20 minutes but I've known Derek go for nearly three hours, mostly on his hands and knees, to climb up five or six hundred feet to get the view from the top. Having got there he usually takes a photograph or two if he's remembered to take his camera along. With all that effort having been expended in getting there he at least wants a memento to remind him of what it was like.

His excursions play havoc with his clothes as you may imagine. His shoes and sticks are always in for repair but if he enjoys himself then we're all for it.



Derek Griffin on his way up a hill in Langstrothdale, North Yorkshire.



Derek at the summit taking his customary photograph with his camera.

JUST TO show that he's not just a fair weather 'walker', the following photograph was taken of Derek and Angie (my wife) at Gordale Scar in North Yorkshire which is quite a difficult place to get to if you can walk normally and the weather is fine.

At this particular time the shallow river had frozen over and you may just be able to make out the plastic bags over Derek's shoes, put there in an attempt to keep his shoes dry and prevent the calipers rusting into their sockets. Oh for orthopaedic wellies!

In this slippery environment I think that Derek was better off than we were because, as he says himself, four legs are better than two. Again our progress was painfully slow at times but the sights we all saw were ones that most people rarely get to see in Winter.

Up hill and down dale



primary photograph—when he remembers



Derek on his way down again, finding things a little easier coming down than going up.



Words and pictures by Derek's father, Howard Griffin

Derek and Mrs Angie Griffin at Gordale Scar in North Yorkshire.

THE SHOCK and distress to a family following the birth of a handicapped child is enormous and one of the first reactions is to protect the child to a greater degree than with one who appears to be perfect. This is particularly true for those parents who are faced with the problems of bringing up a spina bifida and/or hydrocephalic baby, with the extra worries and stresses of emergency operations, as well as routine hospital admissions and out-patient visits.

Hopefully ALL spina bifida and/or hydrocephalic babies are referred to a paediatric physiotherapist straight away. She will guide the parents and the child through the early months of life and help to get the right support from other therapists.

For any child to reach maximum potential, he or she must be encouraged to explore the world around about and be stimulated to use all the learning processes. Pathways to the brain, through eyes, ears, nose, taste, feeling from skin and muscles and joints must be used.

For a child with a handicap this becomes of paramount importance and requires a lot of thought with a positive and constructive approach. It is important to make sure that normal stimulation is given. When it comes to mobility for a spina bifida and/or hydrocephalic baby this may not be achieved without aids.

A great many babies these days have achieved some sort of mobility on their own, as young as five-six months, though the average age for crawling-like movement would be nearer eight to nine months. Prior to this the baby's mobility comes through being carried from place to place, passed around the family—to grandparents and friends—and being pushed in a pram.

In this way the baby becomes aware of and accustomed to different sounds and smells—sudden noise naturally makes him jump at first. He starts using his eyes in different situations, learning to focus on things near and far; in bright and dim lit places; sunlight and artificial lighting.

The baby learns to become accustomed to sudden movement



Figure 1

How a young baby with severe hydrocephalus can be supported 'sitting' in a pram by using shaped support and foam rolls on either side of the head.



Figure 2

An example of how a baby can be supported in a Britax-like car seat, secured inside a push-chair.

The what, where, when and how of a baby's mobility and why it's so important

which will, at first, 'startle' him. He will survey the world while lying down; then sitting (propped if necessary) and unconsciously begin the learning process for 'perception'.

There are several ways of helping a severely disabled baby to be placed "sitting up" in a pram—from the simplest use of pillows/cushions or blocks of firm foam, to the use of a shaped shell, such as the Britax car seat which would support the child with very

poor muscles or with the most severe hydrocephalus.

A baby's first independent mobility may be in wriggling along the floor, rolling and later creeping, crawling or bottom shuffling. All these activities are at ground level and therefore it is very important to make sure that the baby with spina bifida and/or hydrocephalus is placed on the floor.

Parents might feel more relaxed at first using a mat of foam or latex, or a firm foam wedge, which a baby can lie over on his tummy or lie semi-propped on his back. It can be used later to assist in rolling games.

It is important for the baby to accept new and possibly threatening situations calmly and that he senses a feeling of confidence from the adult at these times. All activities should be fun. This is the time when Dad starts bouncing the baby on his knee, holding him up in the air and bringing him forwards through space on to his chest.

What makes a baby decide to move? The answer is a natural sense of inquisitiveness. Something attracts the eye. The colourful, sparkling, exciting shape is just out of reach, so all movements are geared to reaching it.

Vision probably provokes about 90% of movements in this way, but babies are also attracted to objects by sound, smell and texture.

Hydrocephalic babies with sight problems should be encouraged to



Figure 3

A towel sling is used to assist sitting balance on the floor.

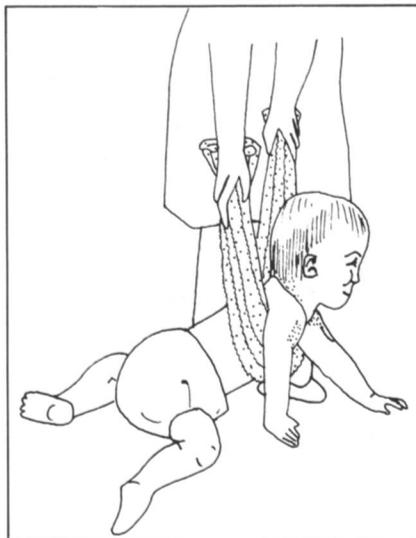


Figure 4

A rolled towel, under the upper chest and axilla, can be used to assist crawl-like movements.



Figure 5

A 'toddler' in a swivel walker investigating the kitchen cupboard.

develop these other sensory skills from as early an age as possible, so that when they have reached this early mobility stage, these senses can be used to entice movement.

What of the baby with poor movement? So many of those with spina bifida lack movement and feeling below the site of the back lesion. But there are aids to help mobility at this stage. Firstly there is the prone board and later on there are trolleys such as SHASBAH and Chailey Chariots and, if there is some movement and feeling in the legs, crawling aids.

Parents can assist by helping their baby to learn to roll over, encouraging him to bottom shuffle and assist crawling-like movements using a towel sling to support the body weight.

If the doctor approves, take the baby to a mother and baby swimming group. Often a handicapped baby can achieve a sense of independent mobility in water much easier than on dry land. Around 10-15 months a baby will be developing into a toddler. This marks a new burst of mobility which in turn increases babbling, words and a great expansion of

language development. Toddling opens a whole new world to be investigated.

This is also a time when babies are being very physically active and increasing their physical stamina. From now onwards they see and perceive their surroundings more like an adult—from 'on top', 'underneath', at the 'back' and 'front', and 'sideways'. This experience leads on to learning the concepts 'under', 'over', the directions 'up' and 'down', to each side 'left' and 'right', etc. It is a stage which so many handicapped children miss and because of this a greater number can have learning difficulties in later years than just those with a specific perceptual problem.

What can we do to help the spina bifida and/or hydrocephalic 'toddler' at this stage? First of all, providing there is no medical reason against it, the child needs to become upright and if possible move in an upright position. The therapist will assess each child and arrange for aids as necessary.

Static aids may involve standing frames or cut out tables. Parents will have to move the child from

one playing surface to another around the house. Leg supports may be used in the form of Plaster of Paris back slabs or calipers, first for 'propping' the child in a 'standing' position, and later for walking together with parental assistance or walking aids, such as baby walkers (trolley type) weighted prams and toy animals, etc, on to more medical aids such as the Rollator walking frame and elbow crutches.

Some therapists find small children have done well in swivel walkers, which allow the child freedom of the hands while moving in an upright position around the room. At present these are not always readily available for children under 3 years of age on the NHS but it was interesting to read in the LINK article of September/October that the Research Unit at Oswestry are developing a Para-walker to suit a child of about 15 months.

It may be advisable at this stage for the child to start using the first size wheelchair—the Yorkhill available from the D.H.S.S., so that play is on the same level as his

Continued over page

Article by

Mary Barton, MCSP, Disabled Living Adviser, ASBAH, and member of the advisory panel of the National Toy Libraries Assn.

Mary will be happy to answer any queries from parents. Contact her at Five Oaks, Ben Rhydding Drive, Ilkley, West Yorks, where she is based. Tel: 0943 609468.

Illustrations by Mary Small, Dip OT, SROT, Disabled Living Adviser, ASBAH.

Continued from P.13.

peers and he has more freedom of mobility.

Those disabled children who have not started school by 3 years will need to enter the 'rush' and 'dash' age at home. This is the madly mobile stage when an able-bodied child would normally be in and out of the house, exploring and learning more about the outdoor world and what is available in the garden, backyard, street and parks of the neighbourhood.

Here again it will be up to the appropriate therapist to advise on the suitability of mobility aids. The choice may be made from such things as the sit-in trolleys (Shasbah, Chailey Chariot, Rifton, WRK and Buggy car) as well as go-carts, and racing cars adapted to be operated by hand controls. Hand propelled trikes can also be useful at this time. These can be divided into those with cranked pedals, (Thistle, Hayes, Rifton and Meyra), or those with up and down pump action (Flying Dutchman and Meyra) or those with fore and aft pump action (Rowcar, Hobcart and

an adapted child's trike available from Leeds and District ACTIVE).

Children who are wearing calipers and want to move quickly around in the upright position could use a Yorkhill Chariot which is propelled by large wheels and available from DHSS.

As readers of this article will have realised no part of a child's development can be taken in isolation from the whole and therefore it has been impossible to write about mobility without reflecting on other aspects of learning. Without mobility a young child remains dependent on others for information of the world he lives in. With mobility comes an increasing awareness of a wider horizon, the forging of new relationships and building of the 'self' in relation to people, objects and the environment. This is the beginning of identity, self image and independence.

References: 1 LINK Sept/Oct 1983. 2 ARK Summer 1983 (National Toy Libraries Assn.) 3 LINK Nov/Dec 1983.

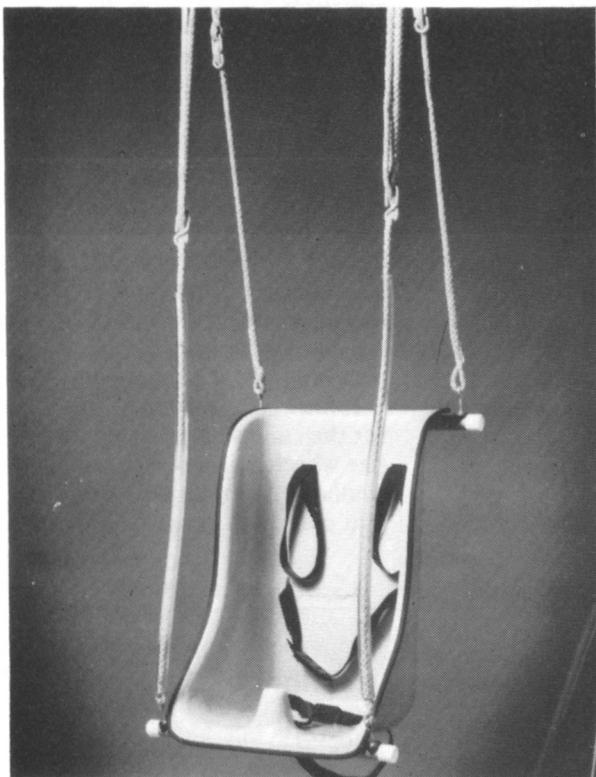
Further useful reading on play: Position for Play; I can use my hands: Mucky Play; and out early in 1984—Look and Touch (play for blind and partial sighted). All available from: National TLA, Seabrook House, Darkes Lane, Potters Bar, Herts EN6 2HL. ASBAH also has a useful publication—Nursery Years.

Holidays: A problem of hoists?

CHRISTINE Tarling, the Principal Occupational Therapist at the Newcastle Aids Centre, is trying to find out if any disabled people who are unable to assist their helpers with transfers and who normally use a hoist in their homes, encounter problems with transfers whilst travelling on holiday.

We would be most grateful if anybody who has had problems in this area would contact us as soon as possible so that the need for further hoist developments can be highlighted.

Mary Small
Disabled Living Adviser
National Office



Toys for the Handicapped

c/o Tube Plastics Limited
Severn Road, Stourport-on-Severn
Worcestershire DY13 9EX

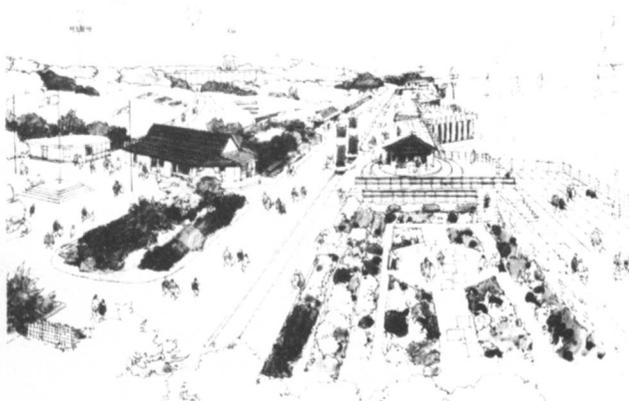
Telephone: 02993 4516 Ext. 11
Telex: 336559 TPTOYS

A wide selection of exciting, well designed toys for disabled children. Swings and roundabouts with special supportive seats; interesting ideas in electronics including Micromate, a simple device which enables handicapped children to play computer games and use programs, and Pethna Reward Boxes; really sturdy tricycles and go-karts; board games that don't slip; jigsaws with big knobs; all sorts of toys for home, school and hospital.

Please telephone or write for free colour catalogue.



The derelict dockland of Merseyside undergoing stage one of its facelift to transform it into a beautiful Festival garden site.



An artist's impression of what the same area will look like during the Festival.

Festival offers access to gardens galore

THE FIRST International Garden Festival in the country is to be staged on Merseyside this year on 125 acres of reclaimed dockland.

Described as the biggest event since the Festival of Britain it will attract millions of visitors from its opening on May 2 to the close on October 14.

The long-term purpose of Festival Liverpool '84 is to reclaim the dockland dereliction and leave in its place a riverside asset that can be enjoyed by the people of Merseyside.

The Festival is one of few major events to automatically consider the needs of the disabled. The organisers claim that provision for the disabled was planned right from the start. There are two major theme gardens specifically designed for the disabled but most of the 250 acre site is easily accessible for wheelchairs. Ramps have been provided wherever practicable and the miniature 2½ mile steam railway has additional carriages for the disabled.

Both gardens for the disabled explore the problems encountered by gardeners in wheelchairs. One has been organised by the Society for Horticultural Therapy and is concerned with commercial growing, and designed to be tended by mentally and physically handicapped patients in institutions.

The other garden 'Gardening is for Everyone' has been organised by the Society, too, and sponsored by Fisons. It shows the comparison between an ordinary garden and one adapted to overcome the individual problems of gardeners with handicaps. There are beds of differing heights, wide pathways and paving rather than lawns which take up a lot of time and are too much trouble for most disabled people. There will be weekly workshops in this garden.

During the fortnight July 21–August 5 there will be a Disabled Persons' fortnight, and a Gardening is for Everyone indoor Exhibition. Entries of plants and flowers are invited from the disabled.

Other theme gardens at the Festival will include alpine, botany, heather and conifer gardens, a whisky

garden, and rock and rose gardens. Spectacular themes are promised from Egypt with a garden of Pharaonic design. The Netherlands garden will include a modern windmill and glasshouse exhibits, while the Japanese will be exhibiting a lake, tea house, timber walkways, cherry blossom and a water lily pond.

Although called a Garden Festival, the site is blossoming into much more than just 'a flower show'. It is planned as a major international event with Her Majesty the Queen as patron and 16 countries planning gardens and displays.

For tourist information on the Festival contact: Merseyside Tourist Information Centre, 29 Lime Street, Liverpool. Tel: 051-709 3631.



The car you can drive from a wheelchair.

The unique Elswick Envoy is an authentic road-going vehicle purpose built for the disabled driver to 'roll-on, roll-off' without assistance. Push button hydraulics lower the car rear to allow easy access up the low angle ramp. Click your chair into the central driving position, raise suspension, you can be away in 30 seconds.

- BL Metro 998 cc engine with automatic gearbox, servo assisted braking.
- Special wheelchair made to car seat safety standards.
- 2 rear seat passengers. ● Mobility allowance applies.

ELSWICK ENVOY

ELSWICK SPECIAL VEHICLES LTD.
Kings Coughton,
Alcester, Warks.
B49 5QG
Telephone: Alcester
(0789) 763711

Please send me Envoy literature <input type="checkbox"/>	Please arrange a 'no obligation' demonstration test drive <input type="checkbox"/>
Name _____	
Address _____	

LI _____	Tel: _____



"Cohesive"

OSTOMY SEALS

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.

roll it mould it ..

stretch it to fit !

"Cohesive" Ostomy Seals can remain in position for several days without renewal, due to a slower rate of dispersion than most other products. Folds and scar tissue surrounding the stoma can be filled with "Cohesive" which forms a perfect base for most ostomy appliances. Additional adhesives are unnecessary, "Cohesive" Ostomy Seals are extremely tacky upon both surfaces. "Cohesive" Ostomy Seals can be used on broken or excoriated areas of skin, to produce a soothing effect which allows healing to take place. "Cohesive" due to its slow rate of dispersion, is excellent for urinary diversions and for fistulae.

Available large size
95mm (3 3/4" dia.,
small size 50mm
(2") dia.

"Cohesive" Ostomy Seals are so easy to use.



SALT & SON
OSTOMY CARE

SALT & SON LIMITED
220, CORPORATION STREET
BIRMINGHAM B4 6QR ENGLAND
Telephone: 021-233 1038

If you would like to try "Cohesive" Ostomy Seals please complete the coupon and return to Salt & Son Ltd. & you will receive a sample & full instructions free from charge. Use the Freepost address, a postage stamp is not necessary.



Name & Title

Address

.....

Please tick in appropriate box LARGE SMALL

SALT & SON LTD · FREEPOST · BIRMINGHAM B4 6BR

L7/C

Christmas, as I am sure I have said before, is always very much a peak time for Appeals Departments. It is at this time of year that members of the public are most generously inclined towards charities and it is also that part of the year when one plans the promotional programme for the coming twelve months.

This year BBC disc jockey, David Hamilton, most generously agreed to partner me in a forty-eight hour conversational marathon which, by the time you read this, will have taken place in Oxford Street, London, outside Debenhams store, having commenced one minute into Christmas Eve and, if we survive, finished at one minute into Boxing Day.

I certainly hope that this will not come as news to LINK readers, as we are hoping for a great deal of media coverage of the event and we are also looking forward to the generosity of last minute Christmas shoppers to raise a substantial sum of money for ASBAH.

Many people asked me what we would find to talk about for so long and I have to confess that I feared the topics might lapse into gossip rather than a weighty debate on world affairs, but both David and I were confident of the ability of the other to "rabbit on"! If any of you are thinking of telephoning me in the New Year you have been warned!

1984 IS, of course, ASBAH's 18th birthday year and thanks to a contact of David's we were scheduled to mark the occasion on January 7, with the presentation of a seven foot diameter, 200lb cake. The cake shaped like a record, was donated in memory of Elvis Presley, whose birthday fell on January 8. The man donating the cake was Stan Sure, who promotes discos to perpetuate the music of the 'King of Rock'. The intention was to sell off the record breaking cake, piece by piece, in Covent Garden Market on Monday, January 9.

Ian Morrison was to do his fairground barker impression, assisted by the best of London's buskers, giving passers-by the opportunity to take on board still more calories following the excesses of Christmas!



David Hamilton

'Rabbit . . . rabbit . . . rabbit' David and Judy give up Christmas for a jolly good chat!

CAKE is something that we associate with birthday parties, as indeed is jelly. Margaret Gillmore, the Solent area organiser, following the birthday motif, will be organising a jelly wobble early in the New Year. A specially constructed jelly will be wobbled from Southampton to Portsmouth by a relay of teams, who should, again, raise some much needed funds, whilst, hopefully, attracting the notice of the press.

BARRY Mishon, in February, will be promoting a "Night of the Stars" at the Theatre Royal, Drury Lane and, so far, ninety-one stars of stage, screen and television have agreed to take part. They will be demonstrating talents for which they are not usually noted, in the field of singing and dancing. This ambitious project has already received considerable publicity and looks as if it will be a sell-out on the night.

MOVING on to March, Jane Hayman is organising a classical concert by the University of London

Orchestra, to be held at the Queen Elizabeth Hall on 12th of that month. At the same time she will be working towards a follow-up event to Mountain Express, the "Tough Walk for Charity".

This scheme, entitled "Escape and Evasion" tests the low cunning as well as the physical endurance of ASBAH's macho male supporters, who will be "hunted" by patrols from Wandstead Police College. More details of this exciting new promotion will appear in the next issue of LINK.

APRIL 28 is our actual birthday and Jane Hayman will also be helping to organise some very special surprises for our 18th birthday party. For once, we will be surprising all our friends and associates by not actually fundraising but assisting in ensuring that this particular day is one of celebrations and festivities, in line with all Coming of Age parties.

However, it is upper-most in all the fundraisers minds that this particular year presents us with a unique opportunity to get ASBAH's message, as well as ASBAH's needs, across to the nation at large and you may be assured that we will miss no opportunity in making this a really bumper twelve months for the Association.

JUDY KAY Director of Appeals

Antenatal Testing for Birth Defects.

A SHORT typewritten leaflet giving information on antenatal testing has been produced by ASBAH. It is available free of charge from National Office.

Stoma Care Nursing Services

SQUIBB Surgicare, in conjunction with The Royal College of Nursing, has produced a comprehensive booklet detailing the names, addresses and telephone numbers of all the recognized Stoma Care services available in the U.K. Eire, and the Channel Isles.

The booklet is essentially for GPs, doctors, nurses and pharmacists.

Further details and a free copy of 'Stoma Care Nursing Services' are available from: Squibb Surgicare, Squibb House, 141-149 Staines Road, Hounslow, Middlesex TW3 3JA. Tel: 01-572 7422.

LINK INDEX—Issues 84-89

BELOW is a list of the main articles which appeared in LINK during 1983—issues 84-89. If you would like back copies or a copy of a particular article please get in touch with Beverley Holland at National Office. She also has a complete list of useful LINK articles over the years.

SPINA BIFIDA	<i>Issue</i>	EMPLOYMENT	<i>Issue</i>
Is the Vitamin Trial Justified? Prof. J. Lorber.....	88	MSC Community Programme	85
Prevention of SB—Fact or Fiction? Prof. R. Smithells	88	Sheltered Industrial Groups (SIGS).....	87
Vitamin Trial leaflet	88	Integration in a comprehensive school. Sheila Waldron .	89
 MEDICAL AND GENERAL HEALTH CARE		 ACCOMMODATION	
Care of the Feet. Janet Hughes	85	Housing (different schemes, housing assns.)	84 & 86
Coping with Bowel Incontinence. Mary Small	86	 MISCELLANEOUS	
Embryology of SB and H. Prof. J. Emery	87	New company (Surgifit).....	86
Eye troubles. Catherine Wortham	88	Holidaying in Israel	86
Cushions for Wheelchair Users. Roy Nelham	89	LIFT	86
 DISABLED LIVING		DIAL	87
You don't have to drive to be mobile. Leonie Holgate	86	Parliamentary Action re: ICA and HNCIP	87
Fashion Services for the Disabled	86	ASBAH's Conference 1983 'Independent Living'	86 & 87
The Parawalker. Disabled Living Advisers	88	NCIP and 16-19 year olds.....	88
Sand Sledge (home invention)	88	Attendance Allowance—change in rules	88
Trikes and Carts. Disabled Living Advisers	89	International Stoke Mandeville Games	88
 EDUCATION		Disablement Bill talked out	86
Number work in mathematics. V. Parfitt, D. Green	84	 PERSONAL STORIES	
Perception and the Spina Bifida		Remembering How it used to be.	
Child. V. Parfitt, D. Green.....	85	Alice Burgess, Nellie Brown	87
Number work in mathematics (Letters).....	86		
Guidelines on the new Education Act. Barbara Newman	88		

HOLIDAYS

Report studies international scene

THE BRITISH Travel Educational Trust has published a report dealing with holidays and travel facilities for disabled people in the UK, USA, France, Holland and Switzerland. Written by James Sutherland at the Scottish Tourist Board it outlines the kind of provisions available, and gives suggestions for future development and promotion of holidays for disabled people.

The report 'Holiday Prospects for Disabled People' is available, price £1.50 (including p&p) from the British Tourist Authority, 239 Old Marylebone Road, London NW1 5QT.

- **THE MOST COMPREHENSIVE** holiday guide of all: **Holidays for the Physically Handicapped 1984** is now available through most good newsagents, including W H Smith and Menzies.

- **HELPING HANDS HOLIDAYS** has brought out its 1984 brochure which gives details of holidays in France and Spain as well as in England, Scotland and Wales. All hotels are listed as accessible to people in wheelchairs, and self-catering accommodation is featured too.

Brochure from: Helping Hands Holidays Ltd., 2a Eastbank Street, Southport, Merseyside PR8 1DW.

SHASBAH TROLLEYS

The proven and established aid specifically made for spina bifida children. Made by those who know and care — spina bifida adults.



- Solid construction
- Easy to manoeuvre
- Finished in brilliant poppy red
- Two standard sizes
- For children 2-7 years

Special models to suit personal requirements made to order. Also available through DHSS.

ENGRAVING

We also undertake the engraving of:

- ★ Signs, notices
- ★ Instructions
- ★ Name plates on plastic or metal

LET US
QUOTE
FOR YOU

COURT ENTERPRISES
14 COURT ROAD,
SPARKHILL,
BIRMINGHAM B11 4LX.
TEL: 021-771 0380

Court Enterprises is a sheltered workshop for people with spina bifida.

CLASSIFIED 'ADS'

The advertisement rate is:
 £2.25 for up to 30 words. £3.30 for 30-45 words.
 £4.50 for 45-60 words.

Please send remittance with your advert.

Please note that there is a 10% discount if you book six advertisements in advance.

Adverts for the next LINK (March/April) should be in by Feb. 5. Send to the Editor Mrs. Susan Gearing at home: The Gables, Long Lane, Wrington, Avon. Tel: Wrington 862279.

HOLIDAY ACCOMMODATION

HEYSHAM, Nr. Morecambe. Purpose built 6-berth fully equipped mobile home. Convenient and accessible for the largest wheelchair. Large bathroom. Details: Mrs H. Campbell, 5 Roman Way, Whitchurch, Shropshire. Tel: Whitchurch 3691.

MABLETHORPE. 2 fully equipped cedar chalets on Links estate. Sleep 6. Further details: Mr B. Guest, 57 Bloxwich Lane, Walsall. Tel: Walsall 31725.

BORTH, Nr Aberystwyth. 6-berth de luxe holiday home. Licensed site. Suitable for wheelchair users who live independently. Details: J. Carter, 1 Meadow Road, Craven Arms, Shropshire.

WINTERTON-ON-SEA, Nr. Gt. Yarmouth. Fully equipped chalet. Sleeps 6. Indoor heated pool, shop, amusements, take-away snacks, club room, play areas. Details: Mr R. Morris (0494) 32184.

COLWYN BAY AND Pwllheli. Two purpose-designed and built luxury 6-berth holiday homes with ramps, sited in Colwyn Bay and Pwllheli areas. Details: Mrs C. Hughes, 66 Sea Rd., Abergele, Clwyd, N. Wales. Tel: Abergele 824673.

CLACTON ON SEA. 6-berth chalet at Highlands Chalet Park with outdoor pool, shop and clubhouse. Electric cooker, fridge, TV, shower. 5 mins. walk village with supermarket, shops and banks. Details: Mrs Bashford, Tel: 01-735 5489.

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

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

RHYL. Golden Sands Holiday Camp, Voryd, Rhyl. 6/8 berth caravan. All main services. Shower, toilet, and TV. Ramp for easy access for wheelchairs. Details: Mrs M. Ellis, 42 Kingston Ave., Sneyd Green, Stoke-on-Trent, ST1 6HG. Tel: 0782 280353.

ROMNEY SANDS, KENT. Fully equipped chalet, sleeps 6. Situated in Romney Sands Holiday Village. Many holiday amenities to suit all the family. Details: Mr R. Gough. Tel: 0622 50125.

ASBAH booklets, etc . . .

Your Child with Spina Bifida,
 by J. Lorber, MD, FRCP. 35p
Your Child with Hydrocephalus,
 by J. Lorber, MD, FRCP. 35p
Children with Spina Bifida at School,
 Ed. P. Henderson, CB, MD, DPH. 50p
Sex for young people with spina bifida or cerebral palsy. £1.25
The Nursery Years
 by Simon Haskell & Margaret Paull. 35p
Little Joe (A Grandmother's story) by W. Foster. . . . 50p
Life & Death—thoughts on bereavement. 75p
 Information leaflets. 100 for £4.00

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, Hindu, Punjabi and Urdu. Welsh language sheets are now ready too. All available from ASBAH. (Special rates available to Local Associations.) Please allow 20p per booklet postage.

Scottish Spina Bifida Association Booklets

The Spina Bifida Baby by O. R. Nettles, McSP, ONC . 40p
Growing up with Spina Bifida
 by O. R. Nettles, McSP, ONC 35p
Keeping Fit by Jean M. Temple MCSP 10p
Self Help with Spina Bifida
 by E. Wilson and E. Taylor. 10p
 Postage and packing is extra.

Available from: The Scottish Spina Bifida Association, 190 Queensferry Road, Edinburgh EH4 2BW.

EXCHANGE & MART

FOR SALE: Vessa Vitesse Electric Wheelchair. Immaculate condition. Kerb climbers, charger. Nearest offer to £700. Tel: 021 706 7545.

JOHN GROOMS HOLIDAYS

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

Seaside Hotels: Llandudno and Minehead. (Bargain Winter Breaks for only £10 per day, incl. VAT)

Self-Catering Units: Near the sea at Barnstaple, Borth, Poole, New Milton, Tenby, Looe, Maplethorpe and Camber Sands. Also in the Cotswolds. Ramps and other aids

Holiday Chalet: Near Skegness (Lincs)
 London Holiday Flat: London, N.4.

Motor Caravan: Hire for one or two weeks. Tail lift, wheelchair, WC/Shower unit, etc.

Bungalow: In the heart of the Norfolk Broads

Canal Holiday: In adapted narrow boat.

For further details contact: John Grooms Holiday Department, John Grooms Association, 10 Gloucester Drive, London N4 2LP. Tel: 01-802 7272.

BARNLEY

Mr B Fairclough,
2 Padley Close, Dodworth,
Barnsley, S. Yorks.

BEDFORD & DISTRICT

Mr J Pickering,
3 Mortimer Road,
Hillgrounds Kempston,
Bedford. Tel: Bed. 856992.

BOURNEMOUTH, CHRISTCHURCH & DISTRICT

Mr R Frake,
10d Turbary Park Avenue,
Wallisdown, Bournemouth.

BRISTOL

Mr S Egan,
64 Rookery Road,
Knowle, Bristol 4.
Tel: Bristol 777942.

BROMLEY

Mrs M Nation,
13 Ash Road,
Green Street Green,
Orpington, Kent.

BUCKS & E. BERKS

Mrs R Storr,
2 Lower Icknield Way,
Aston Clinton, Bucks.
Tel: Aylesbury 631328.

BURY & BOLTON

Mrs Beth Day,
26 Catterall Cresc.,
Bradshaw, Bolton,
Lancs. BL2 4AD.
Tel: Bolton 53389.

BURNLEY & DISTRICT

Mr J Walton,
36 Fairways Drive,
Burnley, Lancs.

CALDERDALE

Mr A L Crowther,
12 Elm View,
Huddersfield Road, Halifax.
Tel: 0422 41497.

CHESTER & DISTRICT

Mr H G Collins,
10 Deanery Close,
Abbots Park, Chester.
Tel: Chester 382274.

DARLINGTON & DISTRICT

Mr C Kell,
18 Warkworth Avenue,
Bishop Auckland,
Co. Durham.

DERBY

Mrs J E M Clewes,
21 White Street,
Derby.

DUDLEY & WOLVERHAMPTON

Mrs Lorna J Wootton,
14 Leveson Road, Wednesfield,
Wolverhampton,
West Midlands. WV11 2HF.
Tel: Wolverhampton 738 724.

EAST ANGLIA

Mr P Grantham,
7 Ash Close, Downham Market,
Norfolk. Tel: D. Market 2200.

ESSEX

Mr L Anderson,
25 Acacia Drive,
Upminster, Essex.
Tel: Upminster 50449.

GLOUCESTERSHIRE

Mr Charles Stansroom,
20 Chiltern Road,
Church Lane,
Quedgeley,
Gloucester.

GRANTHAM & DISTRICT

Mrs J Asken,
88 Goodliffe Road,
Grantham, Lincs.

GREENWICH

Mrs M. Stredwick, Tower View,
17 Rushey mead, Brockley,
London SE4. Tel: 01-690 3086.

HAMPSHIRE NORTH, W. SURREY & S. BERKS

Mrs Selby,
The Old Police Station,
Woodbridge Road, Guildford.
Tel: Guildford 571736.

HAMPSHIRE SOUTH

Mrs E McKay,
39 Brighton Avenue,
Gosport, Hants. PO12 4BU.

HERTS. & S. BEDS.

Mr D Riseborough,
4 Sherborne Way,
Croxley Green,
Rickmansworth,
Herts.

HUDDERSFIELD

Mrs L Foster,
7 South Croft,
Upper Denby,
Huddersfield.
Tel: Huddersfield 863006.

HULL & DISTRICT

Mrs G D Brown,
233 Granbrook Avenue,
Hull. HU6 7TX. Tel: Hull 857165.

JERSEY

Mr George Baird,
15 Clos de Maitland,
St Clement, Jersey.

KENT

Mrs P F Parfett,
120 Mill Street,
E Malling, Kent.
Tel: 0732 841930.

LEEDS & BRADFORD

Mrs J Gibson,
Dale Croft, Fairway Crescent,
Haworth, Keighley,
W Yorks.
Tel: Haworth 44859.

LEICESTERSHIRE

Mr P Cusack,
31 Lime Grove, Kirby, Muxloe.

LINCOLN & MID Lincs

Mrs P Keyes,
Pinfold, Chapel Lane,
North Scarle, Lincoln.
Tel: Spalford 781.

LINCOLNSHIRE

N.E. & S. HUMBERSIDE
Mrs J. Coulam,
ASBAH Centre,
Hainton Avenue,
Grimsby.

LINCOLNSHIRE SOUTH

Mrs P Mason,
67 Boston Road,
Heckington, Sleaford.

LIVERPOOL

Mrs Swallow,
Tudor House, Wood Lane,
Netherby, Liverpool L25 4YA.

LONDON, CENTRAL & NORTH

Mrs Christine King,
35 Oakfield Road,
Southgate,
London N14.
Tel: 886 7286.

LONDON N. EAST

Mrs Beryl Pierson,
18 Kingsley Road, E7.
Tel: 472 8605.

LONDON N. WEST

Mrs H Prentice,
37 Milton Road,
Hanwell,
London W7 1LQ.

LONDON SOUTH

Mrs C Byrne,
Greenways, Wincombe Lane,
Shaftesbury, Dorset.
Tel: 0747 3431.

MANCHESTER CENTRAL

Mr G Watson,
8 Bushnell Walk,
Manchester M9 2QH.
Tel: 061-795 0029.

MANSFIELD, WORKSOP & DISTRICT

Mrs E Freeman,
23 Melbourne Street,
Mansfield Woodhouse, Notts.

MIDLAND

Mrs D Britt,
14 Court Road,
Sparkhill, Birmingham 11.
Tel: 021-771 0371.

NORTH EAST (Northumberland)

Mrs E Grant,
27 Redwell Road, Prudhoe,
Northumberland.

NORTHAMPTONSHIRE

Mrs J Cockings,
57 Little Street,
Rushden, Northants.

OXFORDSHIRE

Mrs Pam Jarvis,
71 Woodfield,
Ruscombe, Banbury,
Oxon.
Tel: Banbury 58124.

PONTEFRACCT CASTLEFORD & DISTRICT

Mrs N Robinson,
4 Sandal Rise, Thorpe Audlin,
Pontefract WF8 3EX.

PRESTON

Mrs S Thompson,
34 Beatty Road, Southport,
Merseyside, PR8 6LB.

ROTHERHAM & DONCASTER

Mr & Mrs D Barringer,
10 Fullerton Crescent, Thrybergh,
Rotherham, S Yorks.

ST. HELENS & DISTRICT

Mrs N Maddocks,
324 Warrington Road, Rainhill,
Prescot,
Merseyside L35 9JA.

SALISBURY & DISTRICT

Mrs J Renshaw,
1 Philip Court,
Coronation Road,
Salisbury SP2 9DA.

SHEFFIELD

Mr T Robinson,
3 Cecil Avenue, Dronfield,
Derbys, S18 6GW.
Tel: Dronfield 415523.

SHROPSHIRE

Mrs A Ashfield,
35 Trenleigh Gardens, Trench,
Telford, Shropshire, TF2 6RN.
Tel: Telford 612542.

SOUTHAMPTON & DISTRICT

Mrs H Vaughan,
6 Lumsden Avenue, Shirley,
Southampton, SO1 5EL.
Tel: Southampton 6636

STAFFORDSHIRE

Mrs J Davies,
8 Oakhill Avenue,
Stoke-on-Trent, ST4 5JN.

STAINES, HOUNSLOW & DISTRICT

Mrs M McGuigan,
Jesolo,
Lea Croft,
Shortwood Common, Staines,
Middx. Tel: Staines 50854.

STOCKPORT

Mrs S Silver,
1 Brookside Avenue,
Offerton, Stockport.

SUFFOLK

Mrs S Emmerson,
64 Cricket Hill Road,
Felixstowe, Suffolk,
IP11 8LG.

SUNDERLAND

Mrs A Shepherd,
115 Holborn Road,
Sunderland,
Tel: Sunderland 283568.

SURREY

Mrs J Straker,
Squirrels Leap,
Woodfield Lane,
Ashtead.
Tel: Ashtead 72009.

SUSSEX

Mrs M White,
Averys, Rusper, Horsham,
Tel: Rusper 217.

SWINDON

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

TRAFFORD & SALFORD

Mrs J Robinson,
Moorefield Annexe,
Council Offices,
Crofts Bank Road,
Urmston, Manchester M31 1UD
Tel: 061-748 4000. Ext. 293.
Weekends and mornings.

WARRINGTON & DISTRICT

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

WESSEX

Mr T Poole,
123 Gerrards Green,
Beamster, Dorset,
DT8 3EA.
Tel: 0308 862614.

WHITCHURCH & DISTRICT

Mrs D R Calder,
3a Bridgewater Road,
Whitchurch, Shropshire.

WIGAN, LEIGH & DISTRICT

Mrs L C Gill,
12 Greenfield Road,
Atherton,
Manchester M29 9LW

WIRRAL

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

WORCESTERSHIRE

Mrs Ann Cotter,
37 Leigh Grove,
Droitwich, Worcs. WR9 9LD.
Tel: 0905 778925.

YORKSHIRE NORTH

Miss F M Seward,
45 The Paddock, York YO2 6AW.
Tel: 0904 798653.

WALES

LLANELLI

Mr P Williams,
8 Glasfryn Road,
Pontardulais,
Swansea, SA4 1LL.
Tel: 0732 841930.

MID-WALES

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

NORTH WALES

Mrs E Boddy,
35 Gwynan Park,
Penmaenmawr,
Gwynedd.
Tel: 0492 622550.

SOUTH WALES

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

SCOTTISH ASSOCIATION

Mrs Audrey Smith,
General Secretary,
190 Queensferry Road,
Edinburgh EH4 2BW.
Tel: 031-332 0743.

NORTHERN IRELAND

Mrs E I McDowell,
23 Dalboyne Park,
Lisburn,
Co. Antrim BT28 3BU.
Tel: Lisburn 6023.

Antrim

Mrs R Lynd,
2 Gortgorn Terrace,
Toomebridge, Co. Antrim.

Ballymena

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

Belfast

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

Coleraine & District

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

Lurgan & Portadown

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

Mid-Ulster

Mr R Stafford,
24 Kingarve Road,
Dungannon,
Co. Tyrone.

Newry & Mourne

Mrs M Grant,
7 Dora Avenue,
Newry, County Down.

Omagh

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

OTHER LOCAL ASSOCIATIONS

Blackpool & Fylde
Mrs M Brammer,
9 Wolverton Avenue,
Blackpool.
Tel: 0253 591115.

Beeston

Mrs S S Goodfellow,
5 Cyril Avenue, Beeston.

Cambridgeshire

Mrs R Wilkie,
11a Honey Hill,
Fenstanton, Huntingdon,
Cambs. PE18 9JP.
Tel: 0480 64766.

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

M Broadley,
15 Girvan Close,
Burnside, E. Stanley,
Stanley, Co. Durham.

Cornwall

Mrs Barbour,
Selsey House,
St Stephens Coombe,
St Austell, Cornwall.

Gainsborough & District

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

Hillingdon

Mrs L A Christie,
8 Lonsdale Close,
Uxbridge, Middx.

Isle of Wight

Mr D J S Sprake,
Springfield, Town Lane,
Chale Green, Ventnor.
Tel: Chale Green 234.

Lancaster, Morecambe & District

Mrs M Dyson,
25 Royds Avenue,
Heysham, Lancs.

Rochdale

Mrs Ann Lawton,
20 Spencer Street,
Chadderton, Oldham,
Lancs.
Tel: 061 652487.

Somerset

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

Teesside

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

Please will all local Secretaries who want their telephone numbers included in this Directory get in touch with LINK Editor: Mrs S. Gearing, at National Office: ASBAH, Tavistock House North, Tavistock Square, London WC1M 9HJ.