

# Link

Association for Spina Bifida and Hydrocephalus/ASBAH

Sept/Oct 1986

Issue Number 106

30p

At any time



Association for Spina Bifida and Hydrocephalus (ASBAH)  
22 Upper Woburn Place, London WC1H 0EP

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- UK . . . . . £3.30p  
Europe and Overseas Surface Mail . . . . . £4.80p  
Air Mail . . . . . £10.80p  
For payments other than in sterling add the equivalent of £3.

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## Editor's Note

The amount of work put in by ASBAH staff and advisers in commenting on a number of Bills and Government reports is often quite daunting, and at the time not very rewarding.

It is, therefore, very encouraging when there comes positive confirmation that someone has listened. The amendment to the Social Security Bill and the passage through Parliament of the Disabled Persons Bill are two such examples where ASBAH sent in its comments after much thought and deliberation. Other voluntary organisations did the same and campaigned in other ways, and this seems to have had some effect. (Page 4).

★ ★ ★

It's not easy to structure a programme of courses to attract a cross section of people. We all have our own very different ideas of how we'd like to spend a holiday. . .

So it's all credit to the staff at Five Oaks that the activities' courses this year have proved so successful.

New courses are put on where there's a demand — this month, for instance, a first ever computer week is taking place, and in October Five Oaks is hosting a Tailoring Course — a week where parents can learn how to adapt patterns and make clothes to fit the somewhat irregular shapes of their children (see p 11).

If you have an idea for a course, let Five Oaks know. If there's a demand they will do what they can to put on a course. They can't say fairer than that, can they?

**SUE GEARING, Editor**

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## COVER PICTURE

**Michael Fawcett**, 19 and friends hurry into the Green Frog, an accessible and very helpful American eating house in Ilkley, West Yorkshire.

Michael and co. were on a course at Five Oaks which gave them plenty of time to enjoy themselves locally.

Photo: Maria Söderberg from Sweden.

**Link** is published by ASBAH (The Association for Spina Bifida and Hydrocephalus)

Contributions to LINK by way of letters, news, photographs, articles and opinions are warmly welcomed. The closing date for the next issue is October 15. Send to the Editor at National Office.

# Midsummer sanity

**It was a Midsummer Day's dream for thousands of disabled people when Parliament made three significant decisions . . .**

First, the Secretary of State for Social Services announced the extension of Invalid Care Allowance to married women at a net cost of £55 million.

Second, the House of Lords passed an amendment to the Social Security Bill which in effect would retain additional payments of supplementary benefit for severely disabled people who need substantial extra resources to remain living in their own homes.

This was a key issue for many disabled

ment organisations, including ASBAH, and it is certainly good news that the campaign they waged eventually proved successful. As yet the precise response of the Government is not known, but on past experience it is expected that they will accept the substance of the amendment and produce their own alternatives to overcome any inevitable drafting defects. A week later right at the end of June, the Lords voted to restore the right of appeal against decisions of social fund officers which will give added protection to disabled people, if accepted by the Government.

Thirdly, in early July the Disabled

## PARLIAMENTARY NEWS

Persons (Services, Consultation and Representation) Bill completed its Parliamentary passage. (It was reported in some detail in LINK May/June 1986). This has emerged as a much more significant measure than even its authors dared to hope last November when Tom Clarke won first place in the private members' ballot.

The Act, when implemented, should prove an enormous advance in the promotion of the rights of disabled people — as long as disabled people seize the opportunities it offers.

More details of the Act will be published in LINK as soon as possible.

## Letters

The Greater Manchester Coalition of Disabled People is committed to employing disabled people, but we have come up against a number of problems which need publicity and wider discussion.

For example, the DHSS have suspended attendance allowances — one appointee was told "you lose the allowance automatically when you get a job", whilst another was informed that the change of circumstances warrants investigation. It now appears to be systematic that allowances are suspended when a disabled person gets a job. We also have experience of the Attendance Allowance being stopped when paying a disabled person 'therapeutic earnings', even though the correct procedure had been followed.

The worry (of whether or not the allowances will be reinstated) and the hardship caused, particularly if personal help is being paid for out of the allowances, is extreme. This harsh and callous measure has been introduced by the DHSS without any public announcement, and needs to be challenged.

The difficulties of organising reliable transport and the high cost of travelling to and from work are also serious problems, particularly for people with severe physical impairments. In fact the cost of getting to work when coupled with the loss of benefits has made it hardly worthwhile having a job, even when the rates of pay have been quite reasonable (eg two posts were at £7,900 p.a.).

We are also getting far too few applicants with the right qualities and experience. Whilst we have not stipulated formal qualifications for jobs we have been looking for disabled people who have been active in campaigning organisations and who have knowledge of important issues such as independent/integrated living, discrimination and equal opportunities. Very few applicants had given any thought to disability issues; some expressed a desire to do 'good works', whilst others thought we were being 'charitable' in offering jobs to disabled people.

If readers have any suggestions (from their experience) about how we might overcome some of the problems referred to we would be grateful to hear from them. Further, if any disabled people are interested in discussing a possible application for further Coalition jobs with the intention of clarifying worries and problems in advance, then we would also welcome this.

**IAN STANTON**

**—Administrator/Co-ordinator,  
Greater Manchester Coalition of  
Disabled People, 11 Anson Road,  
Rusholme, Manchester M14 5BY.  
Tel: 061-224 2722.**

**Why don't you write to  
LINK?**

**Letters for the next issue  
should be sent to the Editor  
by Oct. 15.**

## At last — a convertible taxi cab!

A FEW specially converted London black cabs are now operating in Britain enabling disabled people confined to wheelchairs to travel unaccompanied by taxi.

London Taxis International, manufacturers of the taxis, told LINK that two of the FX4W converted taxis are operating in Plymouth, one in London, and one in Avon. They are more numerous on the continent.

The conversion costs about £1,200 and means that within a few seconds the traditional arrangements in the cab can be converted so that a passenger in a wheelchair can enter — ramps are provided if needed — and sit safely in the back with the chair securely strapped in.

**To book one of these taxis contact: Plymouth: Mr W. Hill, Tel: Plymouth (0752) 785439. Avon: Tel: 91 24001 Streamline. London: If you book a cab through the GLC taxi card scheme, you can ask for the FX4W. It is being tried out by different taxi operators and if you are not using the taxi card scheme but still want to book it, ring London Taxis International (Philip Warren) and see if they can tell you where the cab is at present. Tel: 01-731 1341.**

**I**T was about 10pm when Jean, a frail multiple sclerosis victim in her mid-twenties, decided to return home after an evening out. Despite her illness, she felt capable of walking the half mile stretch.

She set off down the dimly lit street and, within a couple of minutes, she heard footsteps behind her. They quickened and she was grabbed, turned upside down and dropped. She was left lying in the middle of the pavement with her handbag emptied, the contents strewn across the road.

Fellow members of her local Disabled Society in the London borough of Camden were horrified by Jean's experience, as it confirmed many of their worst fears about attack. One woman member of the group lives in a tower block which she has to approach through a dark alley. "I am unsteady on my feet and could easily be thrown, so I never fully feel safe until I get behind the front door. I tend now to stay at home the whole time."

Most vocal in the group is Jan Gould, a civil servant in her early thirties who has had multiple sclerosis for years and is now in a wheelchair. She decided, on behalf of the group, to approach several self-defence classes. But she was turned away. Some of the classes said that disabled people would be too much of a liability and that their insurance would not cover it. The group was unable to find anywhere which offered self-defence classes for handicapped people. Finally, Jan Gould asked Chief Superintendent Sheila Ward of the Streatham police, an expert in self-defence for women.

After some persuasion, Sheila Ward agreed to take on the pioneering task of adapting self-defence techniques to a variety of disabilities. To do so, she called on her team of special constables from all over London to imagine themselves in the role of a handicapped person.

One of the special constables, Judith Tucker, borrowed Jan Gould's wheelchair, and found the experience a revelation: "I realised that I would only have my arms to rely on and also that in a wheelchair you are working at a completely different level from everyone else — three foot instead of five or six foot."

Other constables tried out walking sticks and crutches and, from there, it was a matter of adapting the techniques to individual strengths. Jan Gould, for example, has developed great powers in her arms because of the length of time she has been in a wheelchair. This means that if someone approaches her from the front with a stranglehold, she can bring her clasped hands down on the attacker's



# Defensive action

The fear of being attacked is very real to many disabled people. Kati Whittaker reports.

This article first appeared in *New Society*.

## Self-defence classes give confidence

elbows and use all her strength to push down. This will break the attacker's balance and knock him sharply to the ground.

The wheelchair itself can be a lethal weapon when approached from behind. Jan can swing it round on one wheel, knocking the arm rest into the attacker's hip and the footbar into his ankle.

But even without external aids, it is still possible for a handicapped person to practise self-defence. Cathy, a cerebral palsy victim in her thirties, walks slowly and stiffly with calipers. Yet she is able to throw a person simply by leaning on her attacker for support, hooking her leg behind his knee, and breaking his balance.

The class agree that the moves are easy to learn and require very little strength. "It's quite incredible," says Cathy, "that someone like me should be able to throw a full-size man. I never thought it possible."

But the real test of the effectiveness of these techniques is surely out there on the streets. Or is it? The Metropolitan Police say that attackers on disabled people are rare.

But the statistics may not be as reassuring as they appear. Many elderly and infirm people tend to stay at home for fear of attack. Jan Gould thinks that there are few statistics on the subject, because the police never hear about attacks on disabled people. "It's a bit like being a rape victim," she says, "When you are

attacked, the shock and the loss to your dignity is so great that very few disabled people, especially the elderly victims, will report it."

But whatever the actual incident of crime against disabled people, the classes themselves give members a valuable sense of confidence. Jean, the original victim, has been transformed since the classes. Because of her illness she is still painfully thin; her limbs are so fragile they look as though they may snap. She shakes uncontrollably and yet her eyes project a fiery determination. "The attack so frightened me that I hid myself away for weeks afterwards," she says, "but since the classes, I walk down the streets, almost daring someone to attack me."

There is evidence to suggest that some muggers are reluctant to attack an obviously helpless victim. But once the victim fights back, they show themselves to be fair game and become legitimate targets in the eyes of their attackers. With such uncertainty about the attacker's response to resistance, caution may be the best course.

But applications are piling up for the next session of the self-defence classes. Sheila Ward has now trained 200 more special constables to set up and run classes elsewhere. Objectively, this may be an over-reaction to what happens to be a rare occurrence. But the value to the disabled people in terms of self-worth is incalculable.

**October 10/12**

**Mobility Weekend £25**

If you missed the mobility session at the LIFT weekend, or the Practical Wheelchair Workshop at National ASBAH recently — or if you want another go — here's your chance. Owen McGee a physiotherapist from the Elizabeth Fry School in London and colleague, Kay Owen, are running this weekend — and they were in charge of the previous sessions. Participants will be able to discuss the suitability of various chairs available, and how to obtain other DHSS models. There will be a chance to try various sports chairs and on the practical side there will be demonstrations of various necessary wheelchair manoeuvres — how to negotiate kerbs, slopes, do 'wheelies', and for those who are able and keen, a chance to negotiate steps, escalators etc.

**Oct. 19/25**

**Tailoring Week £135**

This is for parents in particular, and will give them an opportunity to really learn how to produce fashionable well-fitting clothes for their children who because of their physical disabilities may be very hard to fit 'off the peg'. This course is being organised by Nellie Thornton of Fashion Services for the Disabled in Shipley, not far

# Five Oaks Programme Autumn 1986

from Five Oaks. It should be a very enjoyable and practical week.

**Oct. 26/Nov. 1**

**Fashion Week £135**

This course for disabled young people and disabled adults is planned to cover all aspects of fashion and style. There will be visits to museums, shopping trips and evening sessions on hair care, make-up and manicure. There will be sessions on choosing styles, colours and fabrics which are fashionable and flattering, and you will be able to decide how they can be adapted to your own individual needs. You will learn how to make a basic pattern to fit you and how to adapt it to the style you have chosen. You will be able to make and wear the garment for a

For a report on learner driver courses at Five Oaks see page 11.

night out on the town at the end of the week!

**Nov. 10/14**

**Driving Assessment £75**

This course is for those who are questioning their ability to cope with the complexities of driving in modern day conditions. It is particularly suitable for people with hydrocephalus and those with acquired or congenital neurological damage affecting brain function. Advice will be given on car adaptations, as well as the driving assessment.

**Dec 3/7**

**Disc Jockey Course £74**

Enjoy the noise, the atmosphere and the reality of a disco for five days! Apart from visiting a local nightclub you will learn about how to organise a disco, use disco equipment, and plan the whole of a disco. At the end of the week you will entertain guests for the evening!

**Contact: Paul Cooper, Five Oaks, The Drive, Ben Rhydding, Nr Ilkley, West Yorkshire (0943 603013) for details of any of the above. Don't be too put off by the cost. If you want help with meeting the cost ASBAH may be able to help or offer advice.**

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Cartoon by Hellman, courtesy of *Design for Special Needs* magazine.

PARENTS across the country are joining together in a new organisation in order to have a greater say in the decisions which affect their children. '81 Action is the first national self-help group for parents of children with special educational needs.

By linking up individual parents and regional support groups, it aims to overcome the isolation and powerlessness that many parents experience in dealing with incommunicative and often unhelpful education authorities.

Speaking at the launch in May, Felicity Evans of the Centre for Studies on Integration in Education

## Parents form national campaign on '81 Act

(CSIE) which has helped promote the '81 Action said: "Parents can't be partners with the professionals unless they have access to information. Under the 81 Act, parents should be kept informed at every stage of their child's education. This simply isn't happening."

'81 Action intends to fill the gap. Its members believe that parents know what is right for their children. They will circulate information and

offer personal support, encouraging parents to take their part in the decision-making about their children.

Also present at the launch were representatives of parents groups from around the country. Penny Juneidi of the 200-strong London group, 'Parents Campaign for Integration in Education in London', said that theirs was an example of what could be achieved by a partnership between a group of determined parents and a sympathetic authority.

For more details contact the Membership Secretary Elizabeth Arrondelle, 52 Magnaville Road, Bishops Cleeve, Herts. Tel: 0279 503244.

## Farm holiday

A small holding in Dyfed, West Wales, specialising in goat dairying as well as other livestock, offers accessible farmhouse accommodation for up to six guests.

The holidays range from simple bed and breakfast to short instruction courses in goat husbandry and dairy practice. Guests can participate in the many farming activities.

The farmhouse is four miles from a beach. Rates: £6.50 per person per night, B & B.; £4 for a four-course evening meal. Details: Victoria Wade, Rhianfa, Brongest, Newcastle Emlyn, Dyfed, SA38 9ET.

## Local Association Round-up

### Trafford & Salford

THE STEPPING STONES project is designed to give young people with spina bifida and/or hydrocephalus an opportunity to try out living independently.

Trafford & Salford are having four dwellings — part of a larger scheme of 12, being built in Stretford, near Manchester, in co-operation with Manchester Methodist Housing Association.

The site was chosen very carefully. It had to be close to amenities so that individuals who use the scheme will feel encouraged to greater independence. After many months searching, and many possible sites looked at and rejected, this plot was located and approved by both Associations' Management Committees.

Being close to a large indoor shopping precinct the site is in an excellent spot, right in the hub of the area.

The four dwellings will comprise two single bedroomed bungalows and two ground floor flats. One flat will have two single bedrooms and the other will have a double bedroom so a variety of accommodation will be available.

Trafford & Salford ASBAH's office is being built as part of the total scheme.

On June 23 this year the builders started on site and the scheme is expected to be finished in September 1987.

Anyone interested in going onto a waiting list should contact Mrs Jean Black, 82 Lostock Road, Davyhulme, Manchester M31. Tel: 061-748 7849.

Please make sure you send in news from *your* local association — views, useful hints, news of recent activities, plans for the future.



The Princess of Wales talking to 13-year-old Sarah Wass when she visited the Suffolk Show. Sarah a member of Suffolk ASBAH wrote: "My hands were shaking, but I needn't have worried. I was presented to Princess Diana and just for a few seconds had that smile of hers all to myself. I handed her my posy and she passed on to other excited children. I shall remember those few minutes all my life." (See story below.)

### Somerset

A MOTHER wrote in the Association's newsletter of how she helped her son improve his short term memory:

"My son, in common with most hydrocephalics, suffers from a very poor short-term memory. This often used to upset him and make him feel stupid. I thought that perhaps keeping a diary could help him. We tried this and it was a surprising success. With a little careful prompting he found he could remember some event each day to put in his diary. It gave him a great sense of achievement and told me a bit about his day in school too. This could be an idea for other parents to follow as long as the child is willing and able and the writing does not become a chore."

### Suffolk

"AN EXCITED group of us set off to attend the Suffolk Show at the invitation of our Patron, the Rt Rev John Waive, Bishop of St Edmundsbury and Ipswich who is the Show President. We were to meet Princess Diana when she opened the Show. The Princess spoke first to our fieldworker, Meg Garnett and then asked to meet each one of us. We were all struck by her genuine concern regarding the work of Association and her tremendous warmth and charm. We were able to see ourselves on TV news that evening which caused more excitement . . ." writes Val Durant, the Association's Chairman.

Deborah Hallas, aged 14, wrote "We had to wait a long time, but it was worth while when Princess Diana appeared looking beautiful in a red suit . . . She asked if I had been to the Suffolk Show before. It wasn't what was said that mattered but the fact that she spoke to me that was so exciting . . ." (See photo.)

### Greenwich

THIS LOCAL association decided to give every family a copy of ASBAH's book 'Spina Bifida and You'. It was felt that it was important that those growing up with this disability should not only be informed themselves but should be able to share the knowledge with others who might be interested in the problems. One member, David Austin, 14, has hydrocephalus which caused him to become blind at the age of eight years. He was given a book and the following comment was sent in a letter from his mother, Mary Austin, to Doug Endersby, Chairman of Greenwich Association: "I have read the book to him, although he knows quite a bit about his own problems, the book was very easy to read and informative and we both spent an enjoyable afternoon during the half term holiday reading and discussing it. Very many thanks."

For details about ordering SB & You see page 2.

## Local Association Round-up

### Irish Republic

THE NEWEST development in sport by members of the Irish Association has been the formation of the Blazers Basket Ball Club (see photo).

The success of 'the Blazers Club' is due to the commitment of Barbara Tansey, Elaine Plunkett and John Harrington all operating under the guidance of sports enthusiast Christy O'Neil.

Christy is a keen basket ball player and member of the Dublin Pampers Squad. The pampers play in both the English and Irish League.

The Blazers Club in operation since November last year is proving to be a great success. There are fifteen young members, ages ranging from 9-18 years. Christy considers the Blazers



**Left:**  
In action  
— Freddie  
Dinsmore,  
a member  
of the  
Blazers  
Basketball  
Club, run  
by the  
Irish  
Associa-  
tion (see  
story).



George and Maria Newman of Gateshead who raised £1,200 for ASBAH after losing their baby, Hayley, who had spina bifida and died when she was only 11 days old. George ran the Great North Run and with his wife's support and enthusiasm an encouraging number of sponsors were found.

Their help together with money raised at a social evening organised at the Dixielanders Music Hall realised £1,200 for ASBAH.

Club not only as a place to learn the skill of basket ball, but also as an opportunity for young people to mix and have fun — hence the change in the name of the club.

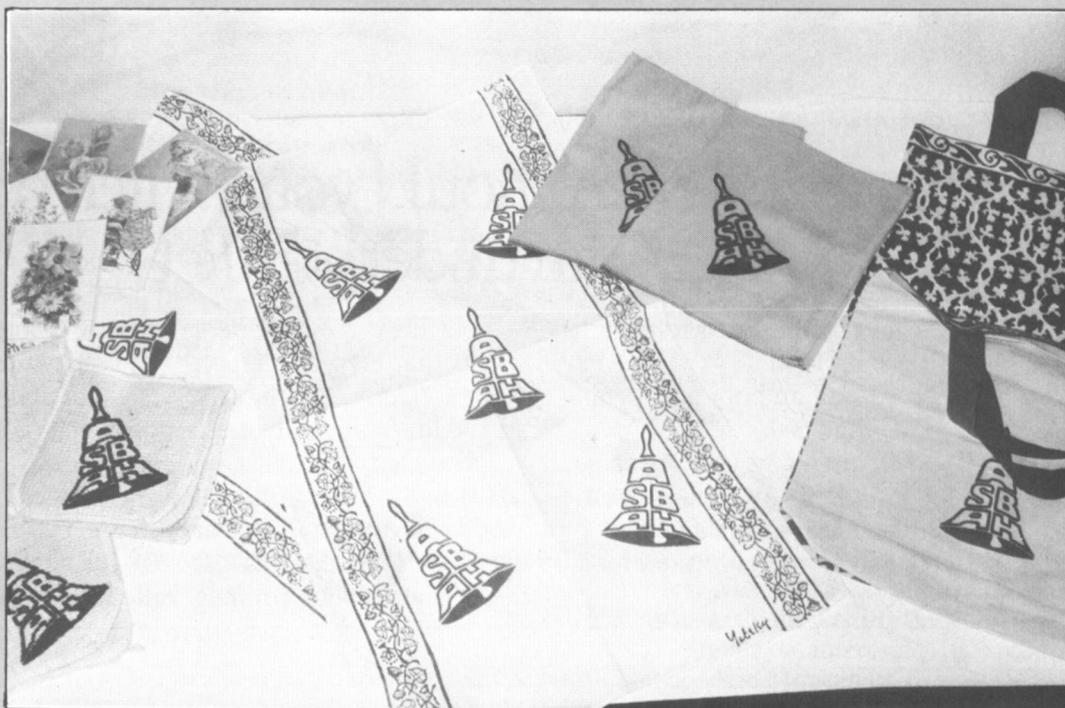
All the basket ball sessions include physical exercise, sprinting, slalom and basic ball control. Any spectator

would be greatly impressed by the professional no nonsense approach of Christy and his colleagues as they work to draw the optimum effort from the young athletes. Both boys and girls (sadly only two girls) operate their wheelchairs with deftness, skill and speed.

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## Report on two learner driver courses held at Five Oaks

**A**SBAH decided in 1984 to do something positive to help the many young people with spina bifida and/or hydrocephalus who were experiencing obvious difficulties in trying to learn to drive. The idea was conceived of running a specially tailored driving course at Five Oaks.

Banstead Place Mobility Centre agreed to help and it was decided to run a course for learner drivers who had already been assessed for their driving ability at Banstead.

The course had two main aims. The main one was to give six young people the chance to have a concentrated course of driving instruction. They received insight into running a car from the financial and practical point of view, and from this it was hoped that they would decide whether or not to commit themselves to continuing to learn to drive after the course. The course also provided data for research being carried out at Banstead by Mrs Barbara Simms, an educational psychologist.

By scrutinising tests undertaken at the beginning and end of the course it was hoped to collect a battery of tests for predicting driving ability and highlighting areas of difficulty. This should help future judgements on whether a young person has the ability to drive and provide more structured tuition for those who go ahead to learn, bearing in mind that many young people with spina bifida and/or hydrocephalus lack the skills to drive safely (as do many able-bodied people but they do not have the advantage of finding out beforehand).

### Results

There have been 15 course participants as far (on two courses). All have enjoyed the experience of driving and have shown an amazing degree of zeal and involvement. The three driving instructors had all had experience of teaching disabled people and attended the Banstead Place Driving Instructors' Course.

Three of the 15 were advised not to continue with driving as they had too many problems with anticipation and judgement of speed and space. The others appeared to have a reasonable or good chance of success in learning to drive.

On the physical side it was noted that all except two of the nine recommended to continue with driving would require some adjustment to the seat and seat belt

*"I am glad that I was able to take part in the driving course at Five Oaks because it gave me a clear idea as to whether or not I would be able to drive safely without injuring myself or other road users."*

*Mark from Surrey.*

*"I thought it most worthwhile because it gave me an opportunity to thoroughly get involved with driving. Also for me it was a test of concentration, particularly long spanned concentration."*

*Robert from Surrey.*

## Assessing the assessments



**The class of April 1986.**

**Back row (left to right): Richard Gear, Denis Sutcliffe (Instructor), Warren Nicholls (Instructor).**

**Front row (left to right): Elizabeth Sheilds, Carrone Leist-Page, Peter Cusack.**

to allow them to have good vision, safety and security whilst driving. It also appeared that power assisted steering was desirable for those with dorso-lumbar weakness. Although all were able to transfer independently into the drivers seat, three found this quite difficult and one would have found it much easier to drive from the wheelchair. Two would have benefitted from a sliding/swivel seat, electrically operated. These are a few examples of some of the areas of interest arising from the courses.

### Summary

The courses have proved beyond doubt that much is to be gained both by

participants and those running the courses. The involvement and enthusiasm of the Five Oaks staff was at a high level and they created a relaxed atmosphere for everyone. The driving instructors were also to be congratulated on their generous and sympathetic approach.

**The courses now last a week. There's one at Five Oaks, Nov 2-9, and another at the beautiful Stackpole Trust in South West Wales, March 15-22. (Self-catering. Come with the family!).**

If anyone is interested in a course contact Ann Monaghan, LIFT, ASBAH National Office.

*"The whole course covered a variety of things connected with driving in a very short time which gave you a good idea if it was worth carrying on." Steve from Kent.*

*"It is a good course because not only is it practical and theoretical, you can also have a good laugh and get together and go out and get to know each other socially."*

*Andy from Yorkshire.*

**D**IETING — the High Protein Diet, Low Fat Diet, High Carbohydrate Diet; Count calories! Don't count calories! How your heart must sink when some well meaning person comments on the need for you, or your youngster, to lose weight.

We all want the best for our children and ourselves. Some things we can never change or improve, and have just had to accept. You can, however, prevent your child, or yourself, becoming grossly overweight, or if it has already happened, you can be the one person who can really help that family member to lose weight and stay within the normal limits for their age and height.

Why bother? — because a person feels, looks and is healthier when they are not carting around extra pounds of fat. For the person with spina bifida breathing is easier, mobility is improved whether it be greater speed and ease of transfer, or less weight on calipered lower limbs.

There are more than enough problems to face when one has spina bifida — don't add being overweight to the list.

So how is it done? As if life has not been unfair enough, losing weight when you are handicapped is more difficult.

#### **The secret is to eat less.**

It does not matter two hoots how much you eat at present, you have got to eat less. I fully believe people who say they only eat half of what someone else in the family eats, and yet they are fat. You are eating more food than your particular body needs. Many people with spina bifida are not very tall, and this also reduces the weight they should be.

Some people blame excess weight on puppy fat, big bones, "it runs in the family", and so on. Apart from glandular imbalance (which is *very* rare) the real cause is excess eating.

So to lose weight you are



## **A slim chance good news for all the family**

going to eat less — the choice of how you do it is up to you. You can do a crash diet of bananas and milk, or some other combination, and provided it has less calories than you normally eat, you will lose weight. Whether it will have been a healthy way is quite another thing!

Or you can look at the typical food of your family and gradually aim to make it more healthy. Make simple changes to the balance of foods you eat, and the way you cook them.

Sugar is eaten at a rate of two pounds per person per week, has no nutritional value and is 3,584 useless calories per week. So start by cutting by half the amount of sugar in recipes. Avoid sugar-coated breakfast cereals (some are 50% sugar!); use sweeteners in tea or coffee, gradually reducing them in order to lose that 'sweet tooth'. Sucrose, glucose, dextrose, maltose, honey, syrup, raw sugar, cane sugar, muscovado are really plain old sugar — cut out as many as possible. If you love your sweets or chocolate make it a once-a-week treat to really enjoy, rather than an

everyday habit.

Fat in our diet is another high source of calories, and saturated fats are associated with heart disease so cut down on those. Saturated fats are found in meat fat, milk, cheese, cream, butter, coconut and palm oil.

Start cooking with polyunsaturated vegetable oils made from seeds and nuts, and whenever possible grill rather than fry. Could you switch from full cream to semi skimmed or skimmed milk? Check first with your doctor if the "slimmer" is under five years of age. Try Tendale or similar reduced fat cheeses, and switch from cream cheeses — 125 calories per oz — to Quark — 25 calories per oz, especially when making cheesecake. If you can swap your butter for St. Ivel Gold Margarine you are reducing the saturated fats and cutting calories by half.

Follow the principles of good nutrition — plenty of whole grain foods, fresh and frozen fruit and vegetables, poultry, moderate amounts of lean meats and eggs (three per week), polyunsaturated oils and margarine, much less

by

**Shirley Moore,  
Fieldworker,  
ASBAH, Essex**

#### **USEFUL BOOKS TO READ.**

*Slimming Magazine — Your Greatest Guide to Calories, 95p, You are what you eat — BBC Food and Health Campaign. Cooking to Make Kids Slim — Audrey Ellis. Cooking for Special Diets — Bee Nilson. (Borrow from local library).*

*For leaflet with further tips and Recipes for Healthy Eating, please send a sae to: Mrs Vivienne Roffe, Essex, ASBAH 11 Withypool, Bishopsteighton Road, Thorpe Bay, Essex.*

processed foods, sweets, biscuits, instant deserts . . .

Would such a change work in your family? I have discovered it can be quite painless as, one after another, certain high calorie foods have been swapped for low calorie products. A rebellion occurred over skimmed milk — so we have semi skimmed! After all, we want to continue to enjoy our food!

Armed with a calculator I am converting favourite recipes to ones with fewer calories. Rice pudding was the first one; the old recipe had 190 calories per portion, compared with 150 calories per portion now — a saving of 40 calories. I also jot down new 'slimming' recipes — but try them first, some of them taste 'orrible!

Plan an acceptable menu — for your purse, your cook and particularly your 'special' slimming family member. Have favourite "good" foods often, served attractively in small portions. Do allow for likes and dislikes. Shoot anyone who does not encourage you!

Do not call it dieting — it is healthy living!

# Lord Maybray-King

## ASBAH's first President

**ASBAH delegates at the Annual Meeting in Sheffield on September 6, kept a few moments silence in memory of Lord Maybray-King, P.C., B.A., Ph.D., the Association's President, who died in Southampton on September 3.**

The Chairman, Mr Robin Mackenzie said "I am sure all of us will remember him with great affection".

Lord Maybray-King maintained a close interest in ASBAH's work and was the Association's first President from 1971. His warmth and sincerity, and the skill and humour he showed when conducting the Annual Meetings over several years will long be remembered.

Lord Maybray-King was born Horace King, the son of a steelworker and Methodist local preacher. He was educated at local schools on Teeside where he was born, and taught himself Greek to win a £25 scholarship to Oxford and another for £80 to King's College, London. He chose to go to London.

He had a very distinguished career as a schoolmaster, almost entirely in Southampton, and entered Parliament in 1950 for the Test division of Southampton. He represented the Test Division and later the Itchen division for 20 years and then in 1965 he was chosen as Speaker — the first Labour Speaker of the House of Commons. He served with great skill and conscientiousness for the next five difficult years when the Labour majority was only very small.

He was the author of a commentary on the Book of Job and a keen organist. He organised 600 concerts for the troops during the war and enjoyed writing songs. (Some ASBAH members will recall the time at an Annual Meeting when the official business finished early and the speaker hadn't arrived and Lord Maybray-King ended up entertaining delegates at the piano!)

Lord Maybray-King was the first Speaker not to receive an hereditary peerage. He retired in 1970 and was made a life peer the following year.

The ecumenical service held at the ASBAH Conference at Sheffield University on Sunday morning, September 7, was in memory of Lord Maybray-King, and ASBAH also sent its condolences to his widow Lady Maybray-King, whom he married in March. ASBAH was represented by the Chairman, Mr Robin Mackenzie, and the Executive Director, Miss Moyna Gilbertson, at the Funeral Service held at St. Mary's Church, Southampton on September 10. It was attended by many civic dignitaries who paid tribute to Lord Maybray-King's involvement in the life of the city. One of the lessons was read by the present Speaker, the Rt. Hon. Bernard Weatherill.



As many ASBAH members will remember him . . . Lord Maybray-King (seated centre) after amusing delegates at the last Annual Meeting he attended in 1985.

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## "Think Disabled," says MSC boss

**M**ORE and more disabled people are being helped by the MSC, says Chairman Bryan Nicholson, who urges firms to follow the lead of others and "think disabled".

"Very many employers are offering jobs to disabled people, but the fact remains that many will never have the chance to earn a living, despite having the abilities to do so," he said.

"Although we are a caring, responsible and enlightened society, many thousands are destined to spend their days dependent on the welfare state.

"I think that is often a waste — not a waste of public money, but a waste of a national resource.

"After all, that is what people, disabled or otherwise, are to this nation — a resource that we can either cultivate and use or neglect and waste."

Mr Nicholson, speaking to the National Advisory Council on the Employment of Disabled People, revealed that last year the MSC increased the number of disabled people it helped into work by six per cent to over 77,000.

In addition, he said, the numbers helped under its special schemes for disabled people, such as the provision of technical aids, had risen to almost 5,000 — an increase of 14 per cent.

Mr Nicholson said that although he was pleased with those achievements, there was always room to improve.

"What I hope we can achieve in the years ahead is not only a better system of support but a greater awareness among employers of what disabled people can do," he said.

Mr Nicholson urged employers to follow the advice of the Code of Good Practice on the Employment of Disabled People by establishing, preferably in writing, a policy that all employees understood and implemented.

"I also want them to milk the system so they make maximum use of the facilities that exist — the disablement advisory service, grants for alterations to premises, the services of our employment rehabilitation centres and so on.

"In other words I'm urging more employers to follow the example of others and 'think disabled'. The evidence from our Fit For Work award scheme, which publicly recognises the outstanding firms who achieve most in employing disabled people, is that companies benefit just as much as the people they employ."

## Council exchange to Brighton

A family in Brighton living in a spacious, adapted, 3/4 bedroom council house is very keen to exchange it for a non-adapted 2/3 bedroom house, if possible somewhere in East Sussex.

Mr D. Siffleet and his family were delighted when they were offered the house five years ago. Their daughter has spina bifida but as it happens she doesn't need to use a wheelchair and so an adapted house didn't prove to be necessary after all. Mr Siffleet now wishes to buy his house, but Brighton council will not allow the sale of adapted properties.

"The council has said we must find a family who qualify for our three bedroom house who have a member using a wheelchair. No one who is in need of an adapted house has come forward in spite of all my local adverts. Our house is really nice, not on an estate. We have a large garden, car space in our front garden, gas central heating. It is all on the flat and on the main road", wrote Mr Siffleet.

The house has three bedrooms upstairs and another room downstairs which can be the fourth bedroom.

If anyone is interested ring Mr Siffleet on Brighton 673093.



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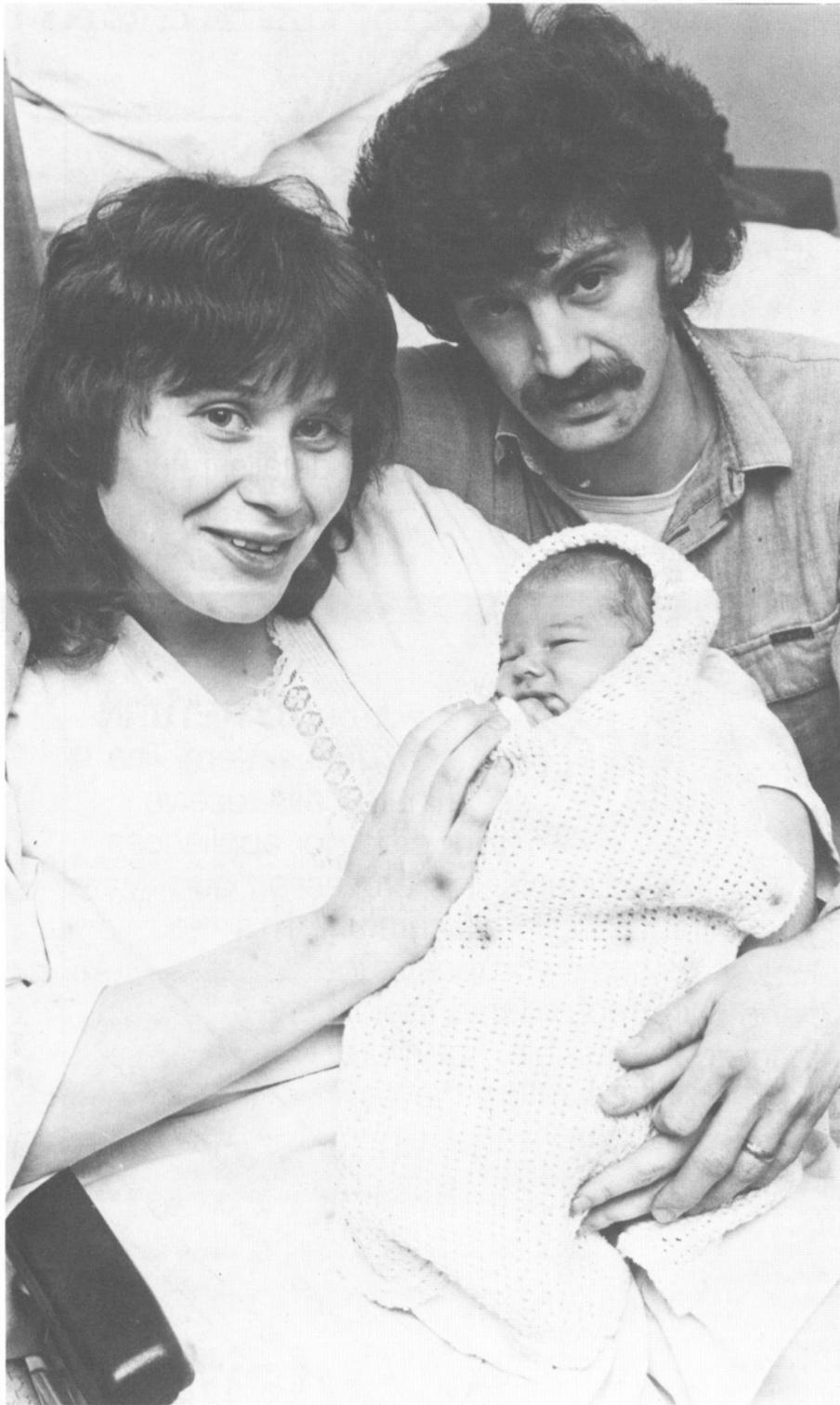
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**KRYSTIAN JONES** arrived in the world on January 16 this year weighing 7lbs 14ozs — a lovely baby son for Valerie and Nigel Jones of Rhuddlan, Clwyd, North Wales.

Valerie is 22 years old, and was born with spina bifida. She feels her story may give hope and encouragement to others, as she leads a very full and active life despite her disability. Valerie is an independent young woman who has faced life's challenges, in order to fulfil her own dreams and ambitions.



**Valerie and Nigel Jones and baby Krystian.**

## Personal stories

# . . . and baby makes three

**A**S a young girl Valerie lived in North Yorkshire and attended Welburn Hall Residential School for physically handicapped children. Both at school and at home she was encouraged to be independent.

Her thanks go to her mother for persevering in independence training. She was encouraged to do the household chores and to attend to her personal needs, even though things weren't always easy.

After leaving school she attended Herewood College, Coventry to complete a two year course and obtain a Certificate in City & Guilds Business Studies, as well as two 'O' levels. After college she attended a 12-week course at Preston Rehabilitation Centre.

It was here that Valerie and Nigel met. Nigel is 24 years old and able-bodied. Until recently he was employed at the Hotpoint Factory, Bodellwyddan.

Their relationship developed and they became engaged, and married on 22nd December, 1984. They moved into their own bungalow, and managed well with the aid of a few alterations.

A ramp was provided to the front door to make access safer, and easier, for Valerie, as a wheelchair user. She is able to reach the local shops, clinic etc. with relative ease. As with many wheelchair users, she finds some doorways a nuisance, and the kitchen, rather cramped to move around in.

Valerie considered working and approached the local DRO (Disabled Re-settlement Officer). However, she was not offered suitable employment and

*Continued on next page*

Jean Chapman has written this "success story" about her daughter Margaret who was born with hydrocephalus in the hope that it may give courage and hope to other new parents.

## Personal stories

**I**N 1961 at the age of thirty-seven, I gave birth, in New Zealand, to my first daughter, Margaret, following an ectopic pregnancy two years earlier when I was told I had only a 50% chance of conceiving.

A week later I was told the shattering news that she had hydrocephalus. Fluid was then taken from the spine and her progress was monitored in hospital under the watchful eye of a neurosurgeon in Auckland hospital.

We were most distraught over the next few weeks not fully able to understand, especially as one lady doctor who saw us said we might as well forget about her.

At this stage I decided to try for another baby who was born one year later a normal girl.

The neurosurgeon, though reassuring, was non-committal. A month later, we were delighted to have her home to care for. Every week, then monthly, her head was measured and slowly the fontanel closed. Then it became evident that an operation might not be necessary as the swelling of the forehead had ceased.

For seven years her progress was monitored by the neurosurgeon, who I saw privately. He then, and only then, summed her up by saying she will be either slightly under or over average intelligence.

## Somebody to be proud of

I am delighted to report that on coming to England at the age of 10 she passed her 11 plus, and went on to earn eight O levels and a further two at business college. She now works in Brighton as a secretary and is enjoying life to the full.

At the age of 20 she returned to New Zealand for a year and since her return has taken up hiking and skiing, neither of which we visualised when she was a child.

She wore glasses for muscle correction on both eyes, and walked at 18 months. At 23 she was found to have a hormone deficiency, and has undergone two years treatment at St Barts, London.

She is a fine tall young lady of whom we are very proud. I hope my story and experience may help other mothers in similar circumstances.



Margaret, aged 10 months, sitting up unaided.

*Continued from previous page*

soon Valerie's and Nigel's thoughts turned to starting a family of their own.

They sought guidance from the Genetic Counselling Service following a referral to a specialist at The Chester Hospital from their local GP. This gave them the opportunity to air any worries they may have had, and to ask about the chances of having a child affected by spina bifida.

Undaunted, Valerie started a course of multi-vitamins and was soon to become pregnant. A trouble free pregnancy followed, and initial worries about carrying a baby (particularly in view of the fact that Valerie is a wheelchair user) were quickly dispelled.

Minor discomforts were experienced mainly due to accommodating a 'fuller figure'. Actions such as reaching and transferring from one place to another were a little awkward.

Valerie's midwife attended her throughout the pregnancy, at clinic visits, and during labour. There was a normal delivery of a healthy baby weighing 7lb 14ozs.

Both Valerie and Nigel found it a very rewarding experience. Valerie is now successfully breast feeding Krystian.

During her hospital stay Valerie found some practical difficulties — she could not reach the baby's cot. However, the staff were more than helpful, and any problems were soon overcome.

Now they are home as a family, Valerie and Nigel have used their initiative and imagination to find a way around practical difficulties arising in the care of their baby. Nigel has decided to leave work in order to support Valerie in the home and indeed they complement each other, working as a team to manage the home and care for the baby successfully.

Krystian has certainly enriched their lives and we wish them much happiness in the future.

**SHEILA GLAISTER**  
Fieldworker — Clwyd, N. Wales

There's another personal story on the next page.

LINK is always pleased to hear about personal experiences whether good or bad.

## Personal stories

# Golden girl wins through

I SUPPOSE life has held many challenges for me as for my parents. I was born in 1955 with hydrocephalus — water on the brain.

This disability causes an enlarged head, impaired balance and co-ordination. I did not learn to walk until I was four as my head was too heavy for my legs. I could not manage stairs until I was six; I used to shunt up and down on my seat. To this day I have difficulty in placing my feet and sometimes overbalance.

The first indication my parents had that something was wrong was a persistent squint which they noticed when I was four months old. Our family doctor was very concerned and said he was referring me to a specialist in Exeter. The specialist then informed my mother that I had hydrocephalus.

My mother remembers that day very vividly, even to the most insignificant details. She also remembers the great sense of peace she had from knowing God's presence and that whatever the future held all would be well.

I looked forward to starting school at the age of five with great excitement. My last words to my mother as I got in the taxi were "I'll tell you all about my happy adventures at school." Of course, the happy adventures didn't all come in one day.

Learning to read was an adventure, even if the teacher sometimes had to remind me — "You won't find it written on my face, Jenny". Arithmetic and needlework caused a few more battles and tears. I've since discovered that hydrocephalics generally find needlework difficult because of spatial problems. We had assembly every morning consisting of two hymns and a prayer. On Fridays we had a longer assembly which gave everyone the opportunity to choose a hymn. My favourite was "Oh, Jesus, I have promised to serve Thee to the end". This hymn includes the words "I shall not fear



Jenny Hill at home.

the battle if Thou art by my side or wander from the pathway, if thou wilt be my guide". I'm sure we all have battles to fight in life but I have found great comfort from knowing that God is able to help me fight them.

In March 1980, I had the wonderful experience of going to Buckingham Palace to receive the Duke of Edinburgh Gold Award. I completed the Bronze and Silver awards through the Ranger Guide movement, but after that I left the rangers because of extra pressure with schoolwork and I didn't think any more about pursuing the Gold Award apart from making a few tentative inquiries.

Then in the summer of 1978, when we were on holiday in Guernsey we saw a television programme called "Going for a Gold", featuring the experiences of various young people who had gone in for it ending with the thrill of going to Buckingham Palace. After the programme, Dad said to me "Go on, you can do it".

So I took up the challenge and it wasn't too difficult. There are five sections — first *pursuits and interests* which involves following a hobby of your choice for a year. For this I did creative writing, attending a course of evening classes.

The next section was *design for living* which is designed to assess artistic skills and I did flower arranging. Although I found this a bit difficult it was fun. Actually, I think part of the fun was watching the demonstrator produce a beautiful arrangement and thinking "I'm sure I couldn't do that", although the more positive approach is "I wonder

if I could do that". Well, I may not have produced a masterpiece, far from it in fact, but I didn't get a "ticking-off".

The third section concerned *service*. I undertook this at the Highfields Day Centre where I helped people with reading problems and assisted generally in the kitchen.

The fourth covers *adventure*. This usually takes the form of an expedition and endurance test, but I was given the alternative of doing a worthwhile project. I was able to count a holiday in Ireland with a group of physically handicapped people. We stayed in an adapted coach-house and I shared a room with a severely handicapped girl for whom I was responsible at night, reporting if she needed attention.

The final part of the award is the *residential qualification*; this tests the candidate's ability to relate to total strangers. My effort towards this was a holiday with the disabled Christians' Fellowship in Cheltenham. My ability to relate to strangers perhaps had its greatest test at Cheltenham Coach station where the coach arrived an hour before schedule. The driver had not made any stops en route. The secretary of the Disabled Christians' Fellowship was meeting me and I didn't know her from Adam apart from a few letters. Anyway, in the end she found me.

My efforts were more than amply rewarded when I went to Buckingham Palace. There were eight hundred award winners beside parents and instructors. Here I should say that as a general rule only one parent was allowed to accompany the award winner however as my mother had helped me with some of my activities she was invited as an instructor and Dad was also invited as the parent, and most important chauffeur. We were dispersed over four rooms and the Duke with co-ordinators of the scheme visited each room in turn.

I was delighted when the Duke spoke to me. He said "You must be Jennifer from Wales".

The sun was shining in London that day, a lovely spring day which was one of the most memorable days of my life.

In conclusion, I must add that this award is open to anybody between the ages of 14 and 25; so I would encourage any young person reading this who wants a challenge to have a go. It may be a tough battle but it's worthwhile in the end.

**JENNY HILL, Cardiff**  
— a member of the  
newly formed hydrocephalus  
support group.

FURNITURE grants are more-or-less a thing of the past (as from July this year). New rules now mean that unemployed supplementary benefit claimants are entitled only to a bed, cooker and heater. When moving into an unfurnished home. It is not possible any more to apply for money for dining chairs, carpets, curtains and the other 'miscellaneous items' — as the DHSS call them. Claimants who are not unemployed will be able to get £75 towards these items which will be a once and for all payment.

● Banstead Place, Park Road, Banstead, an assessment and further education centre for young people with special educational needs is the first such establishment in the country to receive accreditation by the British Accreditation Council for Further & Higher Education.

The "award" follows reports made by two independent inspectors.

"Although we were sufficiently immodest to consider that we were on the right lines it is good to have this confirmed by professionals taking a long, hard look" said Principal, Alistair Kent.

"The accreditation will have the dual effect of improving our standing with sponsoring authorities and of helping to ensure that students with special needs have some guarantees as to the quality of the further education they receive.

● Nine Flying Scholarships for disabled people are offered each year by the RAF Benevolent Fund's International Air Tattoo in memory of Sir Douglas Bader.

The Scholarships provide residential five week flying courses at an approved CAA flying school to enable disabled people to qualify for the Private Pilot Licence. Candidates must be aged 17-40 and registered disabled. The closing date for applications is January 31.

## Newsline NEWSLINES Newsline



**Careline — a new bus service took to London's roads on July 20 — one specially designed to cater for disabled and elderly people.**

**The service provides a link between the major mainline railway stations but its ultimate destination is Heathrow Airport.**

**Seven days a week there is a bus every hour to all four terminals at Heathrow calling at Paddington, Euston, Kings Cross, Waterloo and Victoria Stations and at Victoria Coach Station. Passengers can travel between stations as well.**

**Conventional buses have been converted by Alder Valley North, a National Bus Company subsidiary, who are operating the service. Each one has a front entrance lift which reverts to normal steps when not in use, and spaces for up to eight passengers in wheelchairs and for luggage, as well as 21 ordinary seats.**

**A special team of drivers from the company's Maidenhead depot has been trained to look after passengers' needs on the new service.**

**The fares are: station-to-station £1, station-to-Heathrow £5.**

**For more information telephone Alder Valley North 0734 794875.**

Details and application forms from John Patterson, Co-ordinator, Flying Scholarships for Disabled People, Building 1108, RAF Fairford, Cirencester, Gloucestershire GL7 4DL. Tel: 0285 7133300.

● A discussion paper — 'The Future of Social Services' — has been produced by the Voluntary Organisations Personal Social Services Group, c/o Mind, 22 Harley Street, London W1N 2ED. Price £2.

*For details of other books and guides see page 22.*

● Manpower Services Commission have produced a 20 minute video aimed at Managers and Supervisors. It shows four disabled workers in different work situations. They discuss their problems and show how management had acted positively to help them overcome their difficulties, enabling them to emphasis their abilities. The video encourages managers to reassess their attitudes to existing disabled employees and to potential employees at interview stage and when newly recruited.

Available from MSC, Moorfoot, Sheffield, S1 4PQ.

● \*DIAL UK — The National Association of Disablement and Advice Lines — started in 1981 with 20 local offices. Now there are over 80 DIALs, and it is expected that in a couple of years there will be over 200 DIALs — one within reach of every disabled person.

The DIAL headquarters based in Derbyshire is to be enlarged, and steps are being taken to promote the profile of DIAL UK which will continue to work closely with other national voluntary and statutory organisations. Because training is most important if DIAL is to retain a credible image, training packages are being developed for use at regional and local levels.

In addition to the telephone service, DIAL is starting to produce information packages and fact sheets, to provide a complete and accurate information service.

DIAL UK's address is DIAL House, 117 High Street, Clay Cross, Chesterfield, Derbyshire S45 8DZ. Tel: 0246 864498.

● The British Surgical Trades Association is launching a Code of Practice to improve and maintain the standard of product and service offered by companies in this relatively new industry, and to protect and inform the consumer. Products offered by member firms include orthotic and prosthetic appliances, orthopaedic implants, surgical instruments, ostomy and incontinence products, powered mobility vehicles and aids to daily living.

● A freeloan service of second-hand electronic aids is offered by Electronic Aids Loan Service for Disabled People, Willowbrook, Swanbourne Road, Mursley, Bucks MK17 0JA. The loan period is anything from two months. The borrower must collect and return the item, pay for all maintenance and repairs, and insure it adequately. Although certain low value items may be posted.



Setting off on Mountain Express this year — an 'endurance march' through the Brecon Beacons.

**D**URING this year there has been a great deal of fund raising activity, not only events organised by ASBAH's own staff such as the Ripon Race Day, the Chatathon, the Monopoly Marathon, a windsurfing event at Chertsey, and Mountain Express, but also those organised by others for the benefit of ASBAH.

Once again we have been the fortunate beneficiaries of the generosity of the Royal Pigeon Racing Association through the British Homing World Show of the Year which resulted in the presentation of a magnificent donation of £15,000. This brings to over £90,000 the money which has been raised for us over the years from the world of pigeon racing.

Over £3,500 was raised by crew members from a P & O cruise line by means of a sponsored run day on the banks of the Panama Canal, a unique and much valued contribution to our work (see photo).

We are one of the beneficiaries of a remarkable effort by Mr Lenny Denton of Southend-on-Sea who pushed a specially made wheelbarrow — ten feet in length — from John O'Groats to Lands End and from Lands End to London. Lenny was escorted on his last lap from the Law Courts to St. Bartholomew's Hospital by, amongst other people and things, a fire engine organised by Essex ASBAH.

Over thirty men and women, members of Ruskin House, Croydon, took part in a sponsored walk from Brighton to Croydon and raised the splendid sum of £750. Many of them had not taken part in a marathon walk before and we salute

## Willing helpers keep up the good work

with gratitude their generosity.

The Computer Industry Ball has already been reported but not the additional benefit — a day for ASBAH children at the Shuttleworth Air Museum in Bedfordshire where a range of airborne and ground entertainments is planned.

For the first time we were given the opportunity to take part in the Alexander Rose Day collection. We were allocated six sites, including the very busy one at the Mansion House in the City of London. We expect this to become a

regular feature of our year. A number of other events are pending as we write although some will actually have taken place by the time we go to press.

On August 25 we were being presented with a cheque at the Charity Shield match of the Vauxhall Opal League which takes place at the ground of Sutton United F.C.

On August 30 and 31 the finals of the Young Yachtsperson of the Year competition were taking place at the Plas Menai sailing centre, North Wales, followed by the presentation of awards at the Southampton Boat Show on September 13.

Also in September our second Fund Bike Day is being held at the Chessington Golf Driving Range, Surrey, and September 29 is the date for our third golf tournament, this time at the Coombe Hill Club, Kingston-upon-Thames.

On October 5 the Rotary Club of Peckham are organising the Dulwich 10 Km Charity Fun Run in Dulwich Park, for the exclusive benefit of ASBAH.

To round off this whirl of activity the Beaujolais Challenge will again take place on November 19 and 20, organised by the British Racing Automobile Club and underwritten by the Pearl Contract Company.

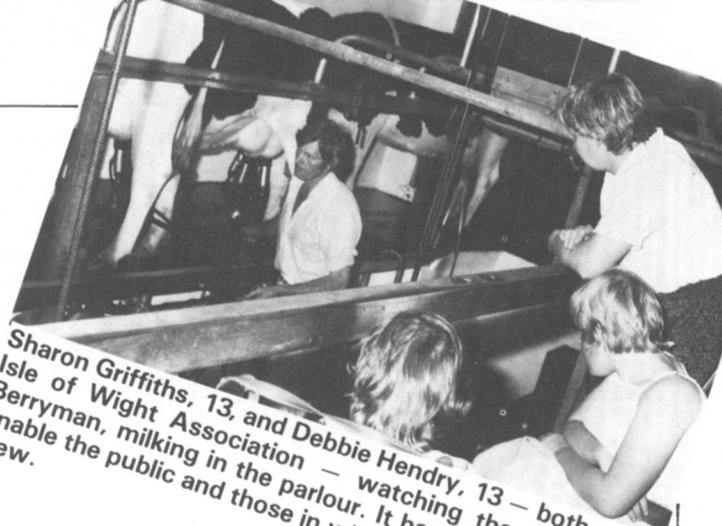
**Douglas Jack  
Appeals Director**



**Crew of the P and O cruise liner, Sun Princess — Fred Alderson, Frank Taylor, Neil Saxon and Peter Johnson — on their gruelling 50-mile run in tropical conditions alongside the Panama Canal which raised over £3,500 for ASBAH.**



Farmer's wife, Mrs Berryman, showing Sharon a lamb which had broken a leg and which had been nursed back to health.



Sharon Griffiths, 13, and Debbie Hendry, 13 — both of the Isle of Wight Association — watching the farmer, Mr Berryman, milking in the parlour. It has been designed to enable the public and those in wheelchairs to have a good view.

# Down on the farm in a wheelchair

**A**S ONE who has kept animals for some years, I know the joy which someone who has never had close contact with animals feels when they have the opportunity to see and even touch a farm animal for the first time.

For a disabled person, in a wheelchair, the chance to go "down on the farm" is often impossible. Mud, rough roads or tracks and lack of facilities, and almost certainly a degree of resentment from a very busy farmer who just has not got time to show you round can all be problems.

How wonderful then to find Hunnyhill Dairy Farm in Brightstone where Mr and Mrs M. Berryman have designed their farm so that they can welcome the public along to see their working Dairy Farm, and sometimes to take part in some of the activities. It's even better when one discovers they have made specific facilities available to make it easy for disabled and wheelchair bound people.

There are clean, level concrete pathways between the pens, no steps, no barriers — just a warm welcome awaits the visitor, anytime between 11.00 am and 6.00 pm. Between 3.15 pm and 5.15 pm you can watch at close hand the cows being milked. And after you have had a look around the farm you can stop off at the farm shop and buy cream teas, cakes, etc., and eat in a spotless converted barn, or sit outside and enjoy the fresh air.

"This is a working farm; it has to pay its way. We are not a country park." Mr. Berryman explained "We love our animals, and we like others who would not normally have the chance to see a working farm to come and join in with us".

Mrs Berryman commented "We welcome people in wheelchairs. We have provided special toilets also. The other day I was feeding the calves with milk from a bucket, and, as usual, they were splashing it all over the place, and I realised that one man in a wheelchair had been splashed all over — and he enjoyed it".

Weather permitting, visitors are taken on a wagon out to the fields to bring the cows in, and they can meet the pigs, calves, lambs, chickens, ducks, geese and now goats.

At last, here is somewhere different where disabled people are welcome. An admission charge is made, but it is well worth the chance to see a real live farm at work.

## A really good kid!

A VISIT to a farm — although enjoyable — is not that much of a novelty for Debbie Hendy.

At home, her foster mum, Sue Gully, has what is rapidly becoming a small-holding with horses, cows, heifers, a lamb, geese and goats.

Last Spring, Debbie visited local goatkeeper Val Morris and picked out her very own goat kid, when it was only a few days old. Having visited the Isle of Wight County Show with Sue the year before, and slept in the goat tent all night — as

good goatkeepers do when they show their animals — Debbie took a fancy to an Anglo-Nubian, and arranged to visit Val when her kids were born.

"I want that one" said Debbie as soon as she saw the kids, and when she was old enough to leave her mother, Tamilands Woodsorrel — "Sorrel" for short — came to live at Debbie's home. When this year's County Show came along in July, Sorrel took her place in a big class of kids. This was a Championship Show, and she was up against "some of the best".

Goat kids are difficult for anyone to show, and it was impossible for Debbie to "walk" her kid in the ring, so Sue did the honours, and — great news — Sorrel came out with a blue second prize rosette. She then went forward to the Best Kid line-up where Debbie was able to show her kid from her wheelchair.

When she eventually got home, Debbie said, holding up her rosette "That was the best day out I have ever had".

● Left: Proud Debbie with her prize-winning goat kid, Sorrel.



**DEREK SPRAKE**  
Secretary, Isle of Wight.

# Reading Matter

*The Disability Rights Handbook — 11th Edition.*

by the Disability Alliance.

THIS NEW edition gives practical and comprehensive guidance to finding a way through the jungle of social security benefits and other help available to people with disabilities. The Handbook is based on the extensive experience of the Disability Alliance's welfare rights service.

Price £2.60 post free from: *The Disability Alliance ERA* (address above).

*Access Guides*

by Pauline Hephaistos Survey Projects.

A RANGE of access guides have been thoroughly researched by groups of able bodied and disabled young people. They include *Access In Paris* (price £2.75 plus 75p post and packing, *Access In London, Jersey, the Loire, Brittany, the Channel Ports and Israel*. A contribution of £2 or £3 is requested for a copy of each of these to help with postage, survey and printing. *The London Guide* is published by Nicholson's and is available at most bookshops at £2.25 per copy.

Available from: *Pauline Hephaistos Survey Projects, 39 Bradley Gardens, W. Ealing, London W13 8HE.*

*Attendance Allowance — Going for a Review.*

by the Disability Alliance ERA.

THIS GUIDE is specifically aimed at people who have had their first claim for Attendance Allowance turned down. It explains the medical conditions for the benefit, outlines the steps in making a claim and what claimants can do if they

are turned down. According to latest figures, the success rate for people asking for a review of an Attendance Allowance decision was as high as 70% in 1984, so it is well worth asking for a review if you are turned down.

Price £1.50 post free (half price for claimants) from: *The Disability Alliance ERA, 25 Denmark St., London WC2H 8NJ.*

## REVIEWS

### *Physiotherapy Assessment (Second Edition)*

By Anne Parry

Ph.D., M.C.S.P., Dip.T.P.

THIS IS a well-written and very readable book which will be a valuable aid to therapy students, junior staff on rotational duties in physiotherapy departments and staff returning after a long break. It could be a starting point to further reading.

The importance of "on-going assessment" through the whole treatment span has been highlighted and the necessity for obtaining previous medical history; but this and the use of medical case notes could have been given more stress. A good point has been made about the influence social problems may have on recovery, but this could have been enhanced by a quick thumb-nail sketch of a case illustration.

The system by system assessment is good from the examination point of view. It would have been helpful to make more mention of some of the more common conditions in physiotherapy departments, eg multiple sclerosis.

The slight weak areas is — Chapter 9, p. 141 onwards — Guides to Assessment, is rather erratic as to what has been included and what has been omitted. There is no reference to aids and adaption required with the chronic conditions.

This is not such a useful book for paediatric therapists because there is no

reference in the different system assessments or the guides to assessment to paediatric and congenital conditions eg. cystic fibrosis in the respiratory system, and spina bifida or cerebral palsy in the neurological system. Perhaps this was considered to be an area for specialisation, but some reference in the text would have been helpful.

This is still a valuable addition to the reference shelf in a general therapy department.

**Mrs. Vanessa Manby, MCSP, Miss E. Mary Barton, MCSP (Disabled Living Adviser).**

Price £6.95, from *Croom Helm Ltd, Provident House, Burrell Row, Beckenham, Kent BR3 1AT. Tel: 01-658 7813.*

### *The World Walks By*

by Sue Masham

THE LAST SENTENCE on the dust cover says "This is the inspiring story of an amazing and courageous woman". It is also a courageous book, for this is a very personal account of how Sue Masham along with her husband, David, Earl of Swinton, have come to terms with disability.

Intimate problems are described openly and naturally and will help many disabled people.

There are also practical hints which the author has found useful.

Lady Masham works untiringly on behalf of all disabled people and her real concern shines through the modest descriptions of her significant contributions to the cause of disability. Her work in the House of Lords and with numerous voluntary organisations in no way prevents her from leading an active family and social life, and through everything she emphasises the importance of her religious faith.

Reading this warm book is like sitting having a wide ranging chat with Lady Masham.

**Moyna Gilbertson, Executive Director, ASBAH.**

Price £12.95. Published by Collins.

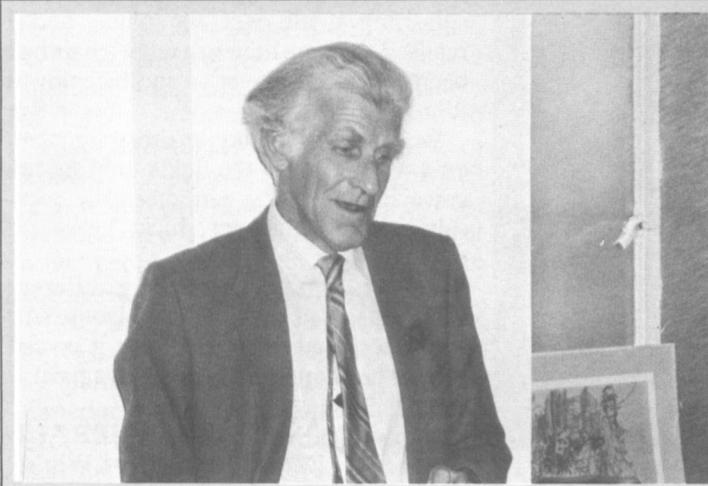
## Farewell to Frank

National ASBAH said goodbye in July with great regret to a man who has done so much to further the work of the Association — Frank Armour. At the Annual Meeting in September, the Executive Committee paid tribute to Frank by making him an Honorary Life Member of ASBAH.

After the birth of their daughter with spina bifida, Frank and his late wife, Betty, became involved in establishing and strengthening ASBAH in Sussex and nationally. Frank served on the Executive Committee from 1966 for several years, and then became Finance Officer in 1973. Ten years later he was made Finance Director.

He decided to wind down slowly towards retirement and in 1984 moved across to the Telesale Department as Accountant.

A presentation was made to Frank at a small office party and best wishes sent with him for a very happy retirement.



## FOR THE USE OF LOCAL ASSOCIATIONS AND OTHER READERS

Rate: £2.50 for 30 words max; £3.75 for 30-45 words; £5 for 45-60 words. Cheque or postal order payable to 'ASBAH'.

Adverts for next LINK (Nov/Dec) should be in by October 15. Send to: The Editor, Mrs Sue Gearing, The Gables, Long Lane, Wroughton. Avon, BS18 7NE. Tel: 0934 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.

**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.

**EXMOUTH Devon.** Fully equipped, self-catering, 2-bedroom bungalow (sleeps 7). Full central heating. Details: Herts and S. Beds Association. J. Harper, 70 Grove Road, Harpenden, Herts. Tel: 05827 69213 (evenings).

**CENARTH, W. Wales.** Luxury chalet adapted for wheelchairs. Sleeps 6. Colour TV. Heated pool, restaurant, shop, launderette. Details: Mr T. Noon, 14 The Chase, Leicester LE3 2WA. Tel: 0533 895691.

**WINTERTON-ON-SEA, Nr Great Yarmouth.** Chalet-bungalow. Sleeps six. Fully equipped. Bathroom—toilet. Accessible for wheelchairs. TV. Shop. Take-away. Club room (live music). Children's play areas. Heated indoor pool. Details: Mr R. H. J. Morris. Tel: 0494 32184.

**ISLE OF WIGHT.** Very well equipped chalet with easy wheelchair access at Brambles Chine, Freshwater. Sleeps 6. Indoor heated pool, club, shop. Details: Ring or write: Mrs S. Gully, Old Princelett, Apse Heath, Sandown, Isle-of-Wight. Tel: 0983 863354.

**LOOE, Cornwall.** Self-catering bungalow, suitable for wheelchairs. Sleeps 4/7. Well furnished and equipped. Colour TV. On holiday site with facilities. From £45 per week. Details: P. Cash, Farriers, School Road, Bransgore, Christchurch, Dorset. Tel: 0425 72055.

TWO specially adapted luxury bungalows, set in the heart of Clwyd, North Wales among magnificent pine trees, minutes from Mold town centre. Sleeps 4/6, each with additional separate bathroom for wheelchair users. South facing private gardens, patio, barbeque, central heating, colour TV, stereo, large drives, telephone.

Rates £135-£150 per week. Discounts available. Brochure from Mrs Lynne Dowling, 23 Gleneagles Road, Great Sutton, South Wirral L66 4NF. Tel: 051-339 5316 or 051-355 1005.

### EXCHANGE & MART

#### FOR SALE

**1978 Austin Maxi automatic**, 33,000 miles, has been well maintained. Right hand Feeney & Johnson push/pull controls, £1195 with 12 month guarantee. Contact: Mr Jo Lewis, Elgin Garage Ltd., 141 The Vale, Uxbridge Road, Acton W3. Tel: 01-740 9944/9990. Can be viewed at Acton or brought to your home.

**Two Nippies.** £1,600 each. Both are red. Contact: Robinson, Church Cottage, Escrick, York. Tel: 0904 87462.

**BEC Fireball electric wheelchair.** Child's model. Dual controls. New batteries and charger. £400. Tel: Hornchurch 54919.

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Printed pens, diaries, balloons, badges, etc. Ideas galore in our brochures. Free sample and price lists from **Shaw Fundraisers, Freeport, Rochdale OL12 7BR. Tel: 0706 342636 (evenings/weekends).**

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### WALES

**LLANELLI**  
Mr P Williams,  
8 Glasfryn Road,  
Pontardulais,  
Swansea, SA4 1LL.  
Tel: 0792 841930.

**MID-WALES**  
Mrs J Carter,  
1 Meadow Road,  
Craven Arms,  
Shropshire.

**NORTH WALES**  
Mrs E Boddy,  
Canolfan Yr Orsedd,  
Fford Orsedd, Llandudno,  
Gwynedd. Tel: 0492 78041.

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

## SCOTTISH SPINA BIFIDA ASSOCIATION

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

## NORTHERN IRELAND

Mr J. Rippey,  
Long Eaves,  
24 Tulleywigan Road,  
Cookstown,  
Co. Tyrone.  
Tel: Cookstown 62290.

## IRISH ASSOCIATION

Mr Michael Neville,  
Old Nangor Road,  
Clondalkin,  
Dublin 22.  
Tel: Dublin 01-572326.

Please will all local  
Secretaries who  
want entries  
changed contact:  
Mrs Sue Gearing,  
LINK Editor at  
National Office:  
ASBAH, 22 Upper  
Woburn Place,  
London WC1H 0EP.  
Tel: 01-388 1382.