

# Link

Association for Spina Bifida and Hydrocephalus/ASBAH

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March/April 1987

Issue Number 109

# 21

21 YEARS 1966 - 1987

**ASBAH**

STILL LOOKING FOR THE KEY



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

Registered Charity No. 249338 TEL: 01-388 1382/5

Patron: HRH The Duchess of Gloucester

Chairman: Mr R. R. Mackenzie Hon. Treasurer: Mr A. K. Stewart-Roberts

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

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**Accommodation Officer:** Miss Carolyn Smith    **Disabled Living Adviser Co-ordinator:** Miss Clare Michelmore, *RGN, HV*; Mrs Leonie Holgate, *MCSP.*  
**LIFT (Young ASBAH) Organisers:**    **Link Editor:** Mrs Susan Gearing  
Miss Ann Monaghan; Mr Andrew Neale    **Development Officer at Five Oaks:** Mr Paul Cooper *BA (Hons)*  
**Manager at Five Oaks, Ilkley, Yorks:**  
Miss Joan Pheasant, *NNC*

## ASBAH Publications

All available from National Office.  
Cheques payable to 'ASBAH'

Young People with Spina Bifida and/or Hydrocephalus — Learning & Development (1985) <i>Leonie Holgate</i> .....	£1.60p	Five Oaks leaflet. ....	Free
The Handwriting of Spina Bifida Children (1979) <i>Joan Cambridge, Eliz. M. Anderson</i> .....	£1.60p	<b>Fact Sheets</b> .....	up to 10 copies free
Spina Bifida and You — a Guide for Young People (1985)	£3.50p	Translations of fact sheets are available into Bengali, Gujarati, Hindu, Punjabi and Urdu, and into Welsh. <i>Please send at least 30p postage.</i>	
Sex for Young People with Spina Bifida or Cerebral Palsy (1984) .....	£1.75p	<b>Films and Slides</b>	
The Nursery Years (1983) <i>Simon Haskell, Margaret Paull</i> .....	60p	Appeal for ASBAH (for hire) .....	£4.00p + 60p VAT 16mm colour film (8 mins)
Life and Death — thoughts on bereavement (1983) .....	75p	<i>Living with Spina Bifida</i> Slide sets and notes (12 slides) .....	£8.62 inc. VAT
Making our Way — individual experiences of young people with Spina Bifida and Hydrocephalus (1984) .....	£1.20p	<b>Magazines</b>	
<b>Booklets/leaflets</b>		<b>LIFT</b> — for members of LIFT (young ASBAH) .....	Free
General leaflet. ....	5p	Causeway — for contributors to ASBAH's work .....	Free
Housing: general advice for young people. ....	Free 60p for professionals		

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## Editor's Note

### BIRTHDAY ISSUE

THIS ISSUE of LINK makes special efforts to celebrate ASBAH's 21st birthday. We are delighted to have a message from one of our Vice Presidents, Jeffrey Tate, and from the Minister for the Disabled, John Noble.

Of course, it's a special year not only for National ASBAH, but also for several local associations who are also marking 21 years. They are having celebrations of their own, and national ASBAH, too, has a number of different events planned which will be reported on in future LINKS.

ASBAH's official birthday is April 28, marking 21 years since the incorporation, and there will be a special reception at Five Oaks. ASBAH is pleased to announce that Peter Bottomley, Under Secretary of State for Transport will be there. He is visiting Five Oaks especially at that time to take a look at one of the carner/driver courses for young adults with spina bifida and/or hydrocephalus (see page 18).

SUE GEARING, Editor

#### STOP PRESS

One of ASBAH's fieldworkers reports that an adoptive home is wanted urgently for a 5 month old baby boy with spina bifida and hydrocephalus; preferably a home in the Lancashire / Cheshire / Merseyside area.

Contact Fieldwork Department at National ASBAH.

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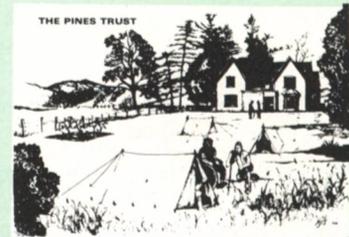


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**Link** is published by ASBAH (The Association for Spina Bifida and Hydrocephalus)

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

21 YEARS 1966 - 1987

ASBAH

STILL LOOKING FOR THE KEY



DEPARTMENT OF HEALTH AND SOCIAL SECURITY

Alexander Fleming House, Elephant & Castle, London SE1 6BY

Telephone 01-407 5522

*From the Minister of State for Social Security and the Disabled*

**I** AM delighted to have been asked to contribute a leader for this issue of LINK which coincides with ASBAH's 21st Birthday.

I cannot stress enough the vital role played by voluntary organisations such as ASBAH in the provision of support for disabled people and their families and friends.

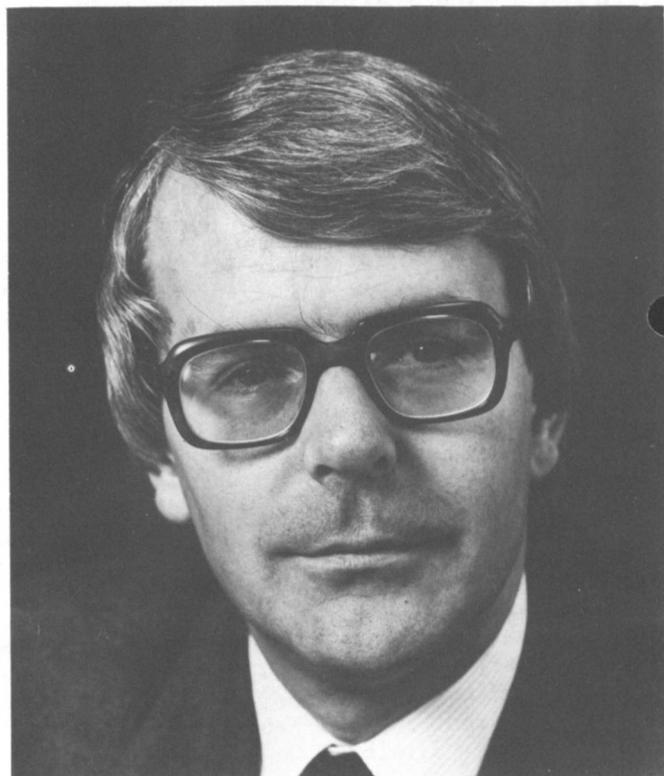
Voluntary organisations can provide flexible and personalised care and are able to intervene quickly to assist individuals in a way that is not always possible for the statutory services. Organisations, like ASBAH, concerned with specific disabilities are able to train staff to develop specialised knowledge and skill about a particular disability. This provides a rich source of expertise and experience which is of real value to the personal social services system. It is essential, therefore, that there should be close co-operation between Government, the statutory authorities and voluntary organisations to ensure that we provide the services people actually want and need and do so in the most efficient way.

The Government is particularly concerned that disabled people should have a greater say in the services provided for them. Indeed we hope that implementation of section 10 of the Disabled Persons (Services, Consultation and Representation Act) 1986 will encourage this process. This particular section of the Act is concerned with the arrangements for co-option to committees dealing with the particular needs of disabled people. As such, Section 10 requires appointments to any such committee to be made only after consulting organisations of disabled people.

I am sure that from the way ASBAH has sought to encourage its members, especially the young people, to take an active part in its own organisation, that it will wish to draw attention to the advantages offered by this new consultation requirement.

Turning to ASBAH's own activities, I am pleased to see that developments such as LIFT and FIVE OAKS provide valuable opportunities for young people to gain confidence in their own abilities and experience in running their own lives. This is important if they are to develop their potential, achieve independence and take their rightful place in society. In particular, I am encouraged to learn that LIFT has formal representation on ASBAH's committees.

I am also pleased to see that parents, who originally started



John Noble, Minister of State for Social Security and the Disabled.

the local groups to provide each other with support, are willing to support their children to take an active part in these groups even though this can lead to a clash of ideas. It is inevitable that the young will wish to implement reforms and we should listen to their voice and respect their views. It is their future that is at stake.

Over the past 21 years ASBAH has changed its role according to the needs and wishes of its members. It has progressed from concentration on the care of the young child towards and emphasis on the needs of young people in their transition to adulthood.

ASBAH's success results from its adaptability and the enthusiasm and commitment of its members and staff, who work together to raise funds and to ensure that the many other administrative tasks are carried out with skill and efficiency. I am sure that you will all work hard to develop ASBAH's services still further.

**I would like to take this opportunity to congratulate you on your work over the last 21 years and wish you every success for the future.**

JOHN MAJOR

21 YEARS 1966 - 1987

ASBAH

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**M**ANY ASBAH members up and down the country watched with interest and delight the Central TV film shown on Channel 4 in January: 'Let's take that infernal risk' about the conductor, Jeffrey Tate.

*The film showed the career of Mr Tate, who has spina bifida. He was a doctor first, and then came later to music, virtually as an amateur. He has now become the first ever Resident Conductor of the English Chamber Orchestra and first ever Principle Conductor to the Royal Opera.*

*Many young people with spina bifida in particular were impressed by the fact that Mr Tate's actual handicap was not mentioned.*

*Mr Tate is one of ASBAH's Vice Presidents, and for this 21st birthday issue, Link is delighted that he has written this short message especially for young people.*



## Royal Opera House

Royal Opera House  
Covent Garden London WC2E 9DD  
Telephone: 01-240 1200

Cables: Amidst London WC2 Telex: 27988 Covgar G

**Jeffrey Tate**  
Principal Conductor

**I** FEEL a little fraudulent in talking to many of you, perhaps the majority, so much more afflicted physically than myself. Of course, to each of us, our own disability seems enormous when one compares it with 'normality' — that apparently enviable state which none of us will ever know.

We are only humbled by the thought of others much further away than us; disability can make us curiously arrogant. But 'otherness' has its rewards. We can (and often do) see just a little more objectively, a little more obliquely, with a little more compassion if we allow it. I've always tried to see my differences as a tool to sharpen my sensitivity, and the latter is a pre-requisite of my trade.

In the beginning conducting seemed beyond the limit of my own endurance. It has now become the weapon with which I fight those limits, and they have receded. There must be similar weapons for all of us. Not all bring the same kind of publicity that mine does.

I'm not sure that I always greatly like the public nature of my fight, but if it can help any of you to do just that bit more, it has been worth it.

## QUITE A PARTY!

Let's hope that the celebrations this year for the 21st of National ASBAH and some local associations won't leave us all feeling like this!

Haley Price, 4, a member of the Isle of Wight association at the Christmas fancy dress party run by the association in Cowes. Secretary Derek Sprake, reassures readers that Haley's red nose was make up and not a case of having had one too many!

ASBAH has received birthday wishes and messages from members from all parts of the country. LINK will carry a few of these in the next issue.



21 YEARS 1966 - 1987

# ASBAH

STILL LOOKING FOR THE KEY



## An impressive growth

The first 21 years of the ASBAH movement as seen by Frank Armour who was involved right from the very earliest days. Frank went on to become a member of Executive and later Finance Director before retiring in 1986.

**J**UST over 21 years ago, I was given a list of 16 names and asked to call a first meeting to form a local association in Sussex. Last December, Princess Diana opened the Sussex Association's new residential home in Worthing, as part of the services for its 450 members.

An equally impressive growth has taken place in national ASBAH's first 21 years. From a few parents and surgeons striving to create a national charity, very much on a DIY basis, we now have ASBAH established as the accepted authority in its own field, and as an influential voice amongst those working for the disabled in general, both at home and abroad.

The early ambitions and idealistic hopes which inspired ASBAH's founders have not yet been fulfilled, for ideals are signposts, not goals. But a very great deal has been achieved, and the whole venture must be regarded as a success story.

The words "spina bifida" and "hydrocephalus" now have meaning to most people and appear in the new dictionaries. This is the work of ASBAH. Despite all the difficulties, vast amounts of good work are regularly done by the Field Work teams. Five Oaks provides a centre for numerous activities despite the expense involved. LIFT provides opportunities for many young people to broaden their lives. Various employment and housing projects up and down the country, together with the work on Independence Training, are invaluable to those involved in them. ASBAH plays a leading role in the development of the International Society. Medical research, research in the fields of education, employment aptitudes, psychological problems, etc., continue, and will continue, to make demands for expertise and for funds. It is true these schemes and many others barely scratch the surface of the problems and no doubt they all have their shortcomings. But they are all worthwhile achievements, in which all our members can and should take pride.

Co-ordinating and expanding all these various activities naturally create problems. These will always exercise the minds of the Committees and of senior management. Miss Gilbertson, like Miss Oughtred before her, has to wage constant war against pressure for administrative expansion in all departments. We all expect full efficiency in each section, but we do not expect any money to be spent on such supervision! Every charity is rightly concerned about the cost of fund-raising, but more funds still have to be raised by new and efficient methods — preferably free of charge! Problems of this sort will always be with us.

The emphasis of the work has changed greatly in the last 21 years, and it will change again in the future. What we have now is a worthwhile organisation geared to handle the work which urgently needs to be done. Let us ensure it retains the flair, ambition and ideals which were evident at its birth.

## OUR ROYAL PATRON

**T**HE support of HRH The Duchess of Gloucester as Royal Patron since 1973 has played an important part in the development of ASBAH.



Visiting a playgroup run by N. Hants., W. Surrey and S. Berks. ASBAH in December 1983.

Above right: HRH The Duchess of Gloucester with ASBAH's Executive Director, Miss Moyne Gilbertson, at a special reception at London's Forum Hotel in 1985, when she met LIFT members.

## INVALID CARE ALLOWANCE: IMPORTANT!!! Read this if you are a woman on supplementary benefit and your partner is having to sign on . . . . .

YOU MAY HAVE been told that it is not worth your while claiming ICA as it would be automatically deducted from your supplementary benefit. Whilst this is true and the only direct benefits would be Class 1 contribution credits and the £10 Christmas bonus, you *can* increase your income from supplementary benefit by applying, so act now . . . . .

1 Claim ICA, asking for it to be back-dated to 22.12.84 or the date of your child's second birthday if that is more recent. Although you will be credited with ICA, no arrears will be paid for periods when your partner was claiming Supplementary Benefit for you.

Request a review of your family's Supplementary Benefit stating:

- that you have claimed ICA and wish to become the claimant for your family. There will usually be a period of 6 months from the date you are credited with ICA to the date when you are recognised as the claimant. (e.g. if you were eligible for ICA on 22.12.84, you

## One way to boost the family budget by £12 each week

would be recognised as the claimant on 22.6.85).

*Quote Regulation 1A(6) of the Supplementary Benefit (Aggregation) Regulations 1981/1524 stating that you have good cause for delay in back-dating your choice of claimant as there has recently been a change in the law regarding entitlement to ICA.*

Add the following to your request for a review:

- that as a recipient of ICA you do not have to sign on as available for work and should be assessed on the long-term rate of Supplementary Benefit. For a couple, this is £60.65 per week as opposed to £48.40 on the ordinary rate.

- that you wish to claim arrears of the difference between the long-term and ordinary rate of Supplementary Benefit from the date 52 weeks after you were first awarded ICA (e.g. if you first became eligible for ICA from 22.12.84 you should ask for your arrears to be back-dated to 22.12.85).

**In short, you should be able to increase your supplementary benefit by £12.25 per week and obtain some arrears of benefit.**

Totally confused? Information sheets and a sample draft letter to the D.H.S.S. are available from our Fieldworker office, at National Office.

## New Hall Riding Centre

hopes ASBAH keep on the right track in its superb work

**New Hall School, Boreham  
Chelmsford, Essex, CM3 1HL**

(S114)

## Careline keeps running

CARELINE — the London bus service for the disabled (reported in LINK Sept/Oct 86) — very nearly shut down because of under use, and consequent heavy financial losses by the operators, Alder Valley North. Now however it has been reprieved by London Transport. They hope to turn it from a £9,000 per week lossmaker into a profitable concern.

London Transport are doubling up the service which will be as follows: Service A. runs from Victoria to Heathrow (£3). Service B. starts from Victoria and picks up at Paddington, Euston, Kings Cross and Waterloo main line stations, and then returns to Victoria where there will be a connection with Service A out to Heathrow. The Fare for Service B is £1.

For details tel: 01-222 1234 (be patient!).

## More taxis on the road

MORE GOOD news for disabled travellers in London. There should be about 30 additional converted London black taxis (FX4) operating in London from this Spring.

It's all thanks to the London Taxi Drivers Association and Computer Cab — London's biggest radio circuit — which raised £50,000 for the conversions at their Annual Ball in London just before Christmas.

Amongst the donations that were received in response to the cabbies' appeal, was a brand new taxi cab presented by Mr Barry Widdowson, Deputy Chairman and Chief Operating Officer of London Taxis International who are responsible for the conversions. It will be raffled amongst the taxi trade and should raise £20,000. Cabs are also being sponsored by companies.

The United Nations has designated 1987 as the International Year of Shelter for the Homeless. Its aim is to help homeless and poorly housed people improve their living conditions and environment.

The IYSH Trust and Council have been set up to co-ordinate the year's activities in the UK.

The long term aims of the Trust are to raise awareness of housing problems, provide practical advice and information and encourage co-operation between private and public bodies in dealing with homelessness.



## What has homelessness got to do with me?

**A**LMOST all young people with disabilities, and their families, will, at some time, experience difficulty with housing.

There could be difficulty in adapting a property for a disabled child or the difficulty experienced by a young adult who is looking for independent accommodation. People with disabilities continue to face a severely restricted housing choice often resulting in young disabled adults having to remain within the family home or within accommodation which is neither suited to their needs or desires. This is tantamount to homelessness.

The International Year can provide the opportunity to express the concern that many of us feel for the severe lack of suitable living options available for people with disabilities and their families. The IYSH Trust is to organise national events, exhibitions, conferences and media promotions to raise awareness of homelessness in the U.K. and overseas.

On a local level, groups are being formed throughout the U.K. to implement programmes to highlight the particular housing problems faced by their community.

If you would like to support the International Year of Shelter for the Homeless and encourage housing for people with disabilities in your area, contact me, Carolyn Smith, ASBAH's accommodation officer, for details of local groups and contacts.

**CAROLYN SMITH**  
Accommodation Officer, ASBAH.

## Professor Zachary Fund

The Fund set up in 1977 helps young people with spina bifida and or hydrocephalus to pursue a special hobby or ambition.

Prof. Zachary, a founder member of ASBAH and a Vice President, is living in Australia at present, but continues to take a personal interest in the ways in which the fund has been able to help young people. He sends his best wishes to everyone who has benefited from the fund.

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Name

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## Local Association Round-up

Please send in news of your local association or of one of its members. It might make interesting reading! Contributions for the next LINK by April 10.

### Suffolk

KAREN DAVIES, 22, of Ipswich is to receive £1,200 in the 1986 Snowdon Award for Disabled Students.

Karen will use the cash to cover extra expenses while she studies for a degree at Nene College in Northampton.

Lord Snowdon set up a trust fund in 1981, on which the awards, totalling £23,000, are based.

### Gold standard



Trudy-Anne Bush, 23, triumphantly holding her Duke of Edinburgh Award Gold Standard certificate, which she achieved after a great deal of determination and dedication. Trudy-Anne, of Tadworth, Surrey, is in regular employment — working on the switchboard at Tadworth Court Children's Hospital — and doesn't have a great deal of time to spare, but she found time to fit in all the various sections of the Award. Trudy-Anne has spina bifida and is able to walk with the aid of sticks.

She drove herself up to St James's Palace to collect her award, and was singled out to have a special word with the Duke. She told him of her project which included a four day tour of the New Forest, staying in youth hostels and collecting information for her project about local craftsmen and women. She visited a lace maker, glass engraver and a maker of shepherd's crooks. Other achievements which helped towards the award included learning to ride, editing a magazine for handicapped youngsters, and helping her mother to sell Christmas cards.



## LIFT WEEKEND 1987

LIFT will be holding a Sports/Leisure weekend at Owen's Park, Manchester University from July 31 to August 2, 1987.

The Weekend will be an opportunity for you to 'have a go' at various activities, some of which you may never have had the chance to try before!

A panel of speakers from the world of leisure and sport will discuss how you can get involved and what is available. Throughout Saturday there will be a series of Workshops — Archery, beer-making, computers, photography, drama/video, basketball, fashion/make-up, D.J. course, self-defence. (Full programme to be finalised later.)

A disco will round off Saturday and on Sunday there will be a final session, and a chance for you to offer suggestions on the programme for the 1988 Conference — LIFT's 10th Birthday Conference.

Above this will be a great chance to meet old and new friends, and of course, the LIFT staff.

It is hoped to keep the price down to a minimum, probably in the region of £40-£45.

If you would like more details about the LIFT Weekend please contact as soon as possible the LIFT office, at National ASBAH, 22 Upper Woburn Place, London WC1H 0EP. Tel: 01-388 1382.



### Somerset

Matthew Jenkins, 15, of Wellington in Somerset receiving his Child of Achievement award from Bob Holness presenter of Blockbuster TV Quiz.

Matthew earned the award through his determination to lead as normal a life as possible. His parents were told that he would never walk, and be unlikely to attend a normal school. But with the help of his parents — his mother's persistence and Matthew's dogged efforts — he did learn to walk. Recently he even managed to take part in a 10 mile sponsored walk for his school — Court Fields School in Wellington — an ordinary secondary school.

Matthew was one of 150 children to receive Child of Achievement Awards in London in February. He was nominated for the award by a teacher at the school, Peter Branfield.

Photo: Taunton Star.

## HAPPY BIRTHDAY

### Southampton

Happy 21st birthday to Southampton and District Spina Bifida Association. Members celebrate and line up for the camera with their birthday cake in the background (left).

## Better access in sight for Roman Baths

After receiving several complaints from ASBAH members about the impossibility of visiting one of Britain's premier tourist attractions — the Roman Baths at Bath if you are in a wheelchair — I wrote to the man in charge for his comments.

He replied very promptly, and we thought LINK readers would be interested in his reply.

Sue Gearing. Editor LINK

**T**HE problem of disabled access for wheelchair users to the Roman Baths Museum has been a matter of concern to us for a number of years. Unfortunately, as with so many ancient monuments, the route over the site necessitates frequent changes in level due to the presence of Roman walls together with the structural constraints imposed by the building above. We have, where possible, tried to reduce these changes in level to a minimum, or use ramps, but unfortunately the nature of the site has not been in our favour. As we are a scheduled Ancient Monument, it is most unlikely that we could obtain consent for removal of Roman fabric to improve access.

Unfortunately there is another problem, namely the insistence of the Fire Officer that we must provide a ramped emergency exit for wheelchair users to all levels in order that we can evacuate members of the public in 2-5

## Letters

minutes. This, once again, due to constrictions imposed on us by the site, has not been possible to achieve. However, there is a glimmer of light at the end of the tunnel. Commencing in June, we are undertaking major improvements to the ground floor and disabled access has been high on the agenda. The improvements will enable wheelchair users to gain full access to the Terraces\* overlooking the Great Bath and Kings Bath and the Pump Room restaurant. We are also providing, at long last, a disabled toilet on the ground floor.

As regards your members who walk with the aid of calipers, visiting the Roman Baths is possible, depending very much, of course, on the mobility of the individual concerned. Generally, we would advise that the peak summer months are avoided, where possible, simply because of the congestion caused by the large number of visitors into the building.

May I take this opportunity to bring to the attention of your members, the Museum of Costume in Bath which can be easily visited by wheelchair users and

other disabled persons. The Museum is on one level and is serviced by a disabled lift. It also has a disabled toilet.

**S Hunt**  
Museum Curator and  
Assistant Director,  
Baths Museums Service.

*\*The Museum Committee is now looking at the question of whether someone in a wheelchair can actually see anything worthwhile from the terraces, bearing in mind the height of the parapet walls! LINK will keep you posted.*



Hat trimmed with a stuffed pheasant c 1908. In the Museum of Costume.

## CONGRATULATIONS . . .

. . . to Contact, the friendship organisation for elderly people which is also 21 this year. It has 4,000 volunteers maintaining a personal link with the elderly.

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cautioned

ALLO 'ALLO TV star Gordon Kooze was cautioned yesterday for joking about parking spaces reserved for disabled people's cars.

Plea for girl trapped in a world of silence

on Mr. has a deaf ear towards young people forced to live in B.B.

Portsmouth rallies to aid disabled

REPORTERS, subs and other staff at *The News*, Portsmouth, have been fund-raising to help the paper's appeal for cash to save and expand a centre for the disabled.

*The News* 'Helpline Appeal' was launched in the middle of March to help fund a living centre at its premises —

CAN HELP

## People First

This campaign from the NUJ (National Union of Journalists) and CPBF (The Campaign for Press and Broadcasting Freedom\*) hopes to get journalists thinking more about the way they work, particularly with regard to "disabled people".

"And we're encouraging other people to expect more from the media. We want to see real people coming through the media. We want all journalists to break the mould" say the campaign organisers.

**A**T least one in ten of the population has a severe disability. Most of us will have a temporary or permanent disability at some time in our lives.

- People with disabilities include those with physical, mental, sensory, learning and speech difficulties. Sometimes the disability is not recognisable. People with disabilities should not therefore be seen as a homogenous group.
- People with disabilities are not "the problem" — it is society that handicaps people by its environments and attitudes. So how do the media contribute to the misrepresentation?

### Invisible and marginalised

- The media tend to assume that their audience are able-bodied. If people with disabilities are seen at all, the focus is on the disability even when the disability is irrelevant.
- Issues important to people with disabilities are often not seen as newsworthy, and are marginalised into specialist publications or programmes.
- News about disability is most often represented by able-bodied "experts". People with disabilities are the real experts on their own lives. The organised collective voice of people with disabilities is rarely consulted.

### Stereotyped

Stereotypes are insulting and can be damaging. The most common of those which purport to describe people with disabilities are:

courageous — pathetic — helpless — tragic victim — recipient of charity — eternally cheerful — grateful — abnormal — constantly searching for a cure or miracle aids — asexual. It is rarely acknowledged that they may also be black, lesbian or gay.

Stereotypes distort reality. They perpetuate false notions

LINK focuses on a new campaign to educate the media about disability. What do YOU feel about the treatment of disabled people and disability issues by the press, TV and radio? Is disability ignored, ridiculed, sensationalised, misunderstood? Write to LINK and let us have your views.

of "normality", emphasising the difference between "them" and "us". They lead people to fear that disability inevitably means a tragic end to a life of fulfilment. They focus on the personal aspects of disability that can be relieved by charity rather than the political and economic changes required to end discrimination.

### Language

Language used to refer to disability is often inaccurate and offensive.

- People with disabilities are people first — "the disabled" focuses only on the disability. Do not use words like "cripple" "deaf and dumb", "abnormal".
- Use the correct term for the disability, e.g. Down's syndrome, not mongol; cerebral palsy, not spastic. Misuse of language is unprofessional.
- Words associated with disability are frequently used perjoratively, e.g. lame duck, blind stupidity, deaf to reason. Avoid such usage.

### Access

- Blind, partially-sighted and deaf people's right to information is hampered by the lack of materials on tape, in large print and braille, and sub-titles and signing on television.
  - Complete access details should be given when publicising events.
  - People with disabilities rarely get the opportunity to work in the media. Yet no-one can represent people with disabilities better than they themselves.
- The media has both created and perpetuated the negative representation of people with disabilities which has led to discrimination against them. It must now work towards showing the real picture and redressing the balance.
- Include more positive and varied images of people with disabilities, even when disability is not the focus.
  - Responsible journalism demands accurate representation — contact representative groups.
  - Avoid sensationalism which exploits individuals.
  - Any audience will include people with disabilities — reflect their concerns too.

All members of the NUJ are bound by the Code of Conduct which is part of the Union's rule book. Clause 10 says: 'A journalist shall only mention a person's race, colour, creed, illegitimacy, marital status (or lack of it;) gender, sexual orientation or disability if this information is strictly relevant. A journalist shall neither originate nor process material which encourages discrimination on any of the above-mentioned grounds.'

For further information about the Campaign for Real People write to the Equity Council, the NUJ, Acorn House, 314 Grays Inn Road, London WC1X 8DP.

This leaflet is also available on request for the partially sighted, in braille and on tape.

The Campaign for Real People is supported by; the Campaign for Press and Broadcasting Freedom, 9 Poland Street, London WC1; Equal Opportunities Commission; Women's Media Action Group; Commission for Racial Equality; Campaign for Homosexual Equality; NUJ Lesbian and Gay Group; NUJ Race Relations Working Party; members of the London Liberation Network; National Union of Students; Arts Media Group; Women's Film, Television and Video Network; MIND (National Association for Mental Health); Age Concern; Association of Cinematograph, Television and Allied Technicians; Down's Children's Association; Campaign for People with Mental Handicaps.

\*The Campaign for Press and Broadcasting Freedom is a broad-based non-party campaign working for greater diversity, access and accountability, and against all forms of bias and discrimination in the media. It has a semi-autonomous group working on the issue of disability.

# The Beaujolais Challenge

## Rally round ASBAH on its 21st birthday

Please sponsor the ASBAH car and help to raise thousands of pounds towards its work in the UK.

It is ASBAH's 21st this year, and, therefore, we want to make the annual Beaujolais Challenge a very special one in terms of fund-raising and publicity for the Association.

A good friend of ASBAH, Mr Cyril Levy has entered the Beaujolais Challenge on ASBAH's behalf for the last four years, and has raised a considerable amount of money through sponsorship.

This year Cyril will be at the wheel of the special ASBAH car which appropriately will be entry number 21! He will cover a distance of about 1,000 miles during the Challenge — 500 miles from Calais harbour to the vineyard in Lacenas, France, and 500 miles back.

**Please could each of you sponsor Cyril for a set sum, or so much per mile. Could you also persuade friends, business colleagues and local businesses in general, to chip in too during this special year. 1p per mile could raise £10 for ASBAH, but smaller amounts are also welcome — so, too, are large ones!**

Young members of LIFT took a minibus on the trip last year and they managed to get local shops around ASBAH national office to sponsor them for a penny a mile. They proved it could be done.

To make things easier for you, please try to get sponsors to give you their money pledges as soon as possible — not necessarily after the event. It is often easy to get people to promise money, but sometimes not so easy to collect it in.



*The Beaujolais Challenge centres around the annual race to bring Beaujolais Nouveau to Britain in the Autumn. The aim of every car in the Challenge is to reach Calais in the shortest possible mileage from the vineyard at Lacenas, and be in time to catch the 9.15 ferry to Dover. The emphasis is not on speed — although competitors do have to drive pretty swiftly. The skill comes in choosing the shortest route — rough farm tracks and unmade roads are considered to be all part the fun! The winning car will clock up about 430 miles.*

Please do see if you can get sponsors. If everyone really rallied round it wouldn't be impossible to raise £100,000. How about that for a bumper birthday present to give the ASBAH movement a good start for the years ahead!

When sending back sponsorship forms and money, please print your name and telephone number, and your address if you have room, so we can include your name in the Prize Draw and send you a prize if you are one of the lucky winners.

Send to: Richard Poole,  
ASBAH,  
22 Upper Woburn Place.

*\*Please make cheques payable to 'ASBAH'*

**There will be 20 cases of Beaujolais Nouveau to be won as prizes for the first 20 returned sponsor forms (with money) to be drawn out of the hat. It could be cheers all round!**



**A**T a time when the tide is running strongly in the direction of mainstream college placement for students with special educational needs, it is essential to consider existing provision which has been developed over many years in specialist centres.

These centres have been built up with specialised facilities — buildings, equipment and a staff which is multi-disciplinary, highly trained and has an expertise which is not only unrivalled but has been acquired over many years of constant contact with the problems of young people with severe physical handicaps, sensory disabilities and/or learning difficulties. Independence for the disabled student is the aim of all these specialist centres; it may be that only relative independence will be achieved but the opportunity is available to those students striving for an independent life-style.

The arguments in favour of residential specialist provision have not been fully deployed. Fresh impetus to this debate has been provided by the recent publication of the report of the Fish Committee to the ILEA. This Committee had a remit to examine the range, nature and quality of provision within Inner London and to make recommendations to the Authority about responses to students with special educational needs. The Committee carefully examined the range and nature of current provision but avoided making any comment on its quality prior to recommending that students and pupils be placed within their neighbourhood school or college. Clearly this over-simplifies the situation for the report admits that many schools or colleges find it difficult to meet adequately the legitimate demands made by their existing pupils or students. It also assumes that what is going on in mainstream schools is worth making accessible to students with special educational needs. This assumption is false, particularly in relation to further education where much of the present special provision is designed for students with moderate learning difficulties and is, in many cases, under-funded in terms both of staffing and resources. To expect college lecturers to rise to the additional challenges of meeting the needs of students who may have motor impairment, specific learning difficulties, spatial and perceptual problems or other handicaps is, at best, unrealistic.

Clearly some mainstream colleges are able to respond to the demands made of them by students with physical or other disabilities. Where these conditions exist, then the local F.E. College is the

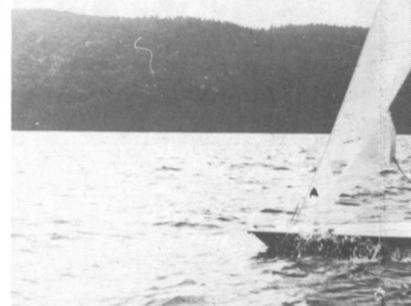
appropriate next step beyond school and every effort should be made to ensure that the environment, the curriculum and the social and pastoral aspects of college life are fully accessible. To suggest otherwise is indefensible. On the other hand there is a comparatively small number of students who, except in the larger metropolitan areas, are geographically isolated, and for whom a period of further education in a specialised residential college is the most appropriate way of meeting their needs.

It is to ensure that the needs of this particular group are met that the Association of National Specialist Colleges has been established. The members of this Association are all engaged in the provision of residential further education for students with severe and/or multiple disabilities and are, in the main, in the voluntary sector. They are all nationally known and recognised as the major providers of further education for this group of students and represent a concentration of expertise unrivalled anywhere in mainstream further education.

So why residential? There are many advantages, for the student and for the family. For the student there is the opportunity to live in an environment where physical needs can be understood and met in a dignified manner, respecting the individual's need for privacy as adulthood emerges. It is also an opportunity to experience maximum freedom of movement in a purpose-built or adapted environment and to try new experiences away from the often confining conditions that exist at home where, of necessity, much of the family life must be organised around meeting the physical care needs of the severely disabled member. This, in itself, is a distorting experience both for the individual and the other family members, tending to result in an artificial prolongation of the childlike state.

In the environment of a residential special college programmes have been designed to promote the development of an adult personality. These will ensure an understanding of how society operates and will enable real choices about life style to be made which take account of the limitations imposed by disability, intellectual ability, previous experience, maturity and so on and which also allow the student to exploit existing abilities and potential to the full.

This development is possible at a residential specialist college because of the availability of a wide range of specialist staff, not available in mainstream FE colleges. Such staff often includes physiotherapists, occupational therapists and other para-medical staff,



'A wide range of sports' — sailing at Beaumont College, Lancaster, a member of the National Specialist Colleges.

## THE OTHER Residential education for with special

by Alastair

Principal

Banstead Place Assessment

in addition to specialist teaching staff with knowledge of an experience in meeting the special needs posed by particular conditions. This range of expertise would be logistically impossible to provide outside a specialist college.

All specialist colleges have facilities not normally found at local FE colleges. For example, in residential colleges it is possible to be assisted and taught to drive a specially adapted car, to discover which micro-electronic equipment will enhance participation in education and community activities, gain direct access to on-site vocational training, discover potential through drama and a wide range of sports, and have complex medical needs met whilst continuing to study. All this in addition to following a wide range of courses, often individually designed, leading wherever possible to academic, technical or vocational qualifications.



...ing on Windermere for a student at  
r, a member of the Association of

# ER OPTION: ial further for students cial needs

stair Kent

ncipal

essment Centre, Surrey

Clearly not every specialist college is able to meet the needs of every potential student for whom a period of residential further education is appropriate and careful consideration must be given to choosing the one best suited. Yet this very diversity — a direct consequence of the flexibility of the members of the Association to respond rapidly to identified shortfalls in provision — is a great asset in that it makes it possible for, on the one hand, a very severely physically disabled student with high intellectual potential to follow an academic course leading to nationally validated examinations or, on the other hand, a physically and mentally handicapped student to accept responsibility and lead a more independent life than hitherto thought possible.

All the residential specialist colleges have a national catchment area and this makes close matching of college, courses and student a realistic goal. No local FE

college could hope to develop facilities which would enable it to provide anything of comparable quality for every student with special needs who might happen to live within its catchment area, for the numbers in question would be too small to justify such a vast increase in resources. If access to appropriate further education for students with severe or complex disabilities is to continue, the survival of healthy and expanding specialist residential colleges with a national intake is essential.

There are further advantages to residential provision over daily-based further education in that the extended hours of contact between staff and students mean that skills and knowledge can be taught at the appropriate time of day and "for real" rather than as an artificial classroom exercise. Thus students can be taught to dress themselves or to prepare their breakfast when they would normally do these things, thereby gaining understanding of how much effort and planning is involved in managing such fundamental aspects of daily living in addition to a normal college or working day.

Residential further education also has benefits for parents and other members of the disabled student's family in that it allows them to re-assess their own relationships and often re-discover each other. It further permits parents to appreciate the essential normality of their children growing up and leaving home — and to discover that a severely disabled child does not have to mean a lifetime's care.

The Association fully supports the principle of integration but for a number of students, unable to move directly from school to a mainstream college, a period of residential further education will be essential as a bridge into community provision. Underlying many of the statements made about integrated education is the assumption that somehow it is better simply because it takes place in the community in which

the student has grown up. This sidesteps the question of those who have not been accepted within their local community — every specialist college could tell tales of the students who only really began to develop once their "differentness" was no longer a problem. More importantly, it also fails to recognise that in many respects the residential colleges are far ahead of the community in terms of the attitudes and expectations that are held about the abilities, rights and life chances for adults with severe or complex disabilities. Regrettably it is all too common that community resources fail to match up to the expectations, based upon realistic self-assessment of students at the end of a residential college course.

The Association of National Specialist Colleges lays strong emphasis on the quality of residential further education for students with special educational needs. Since the withdrawal by the DES of inspection and recognition by HMI, the Association has been working closely with the British Accreditation Council for Independent Further and Higher Education to develop a system for the independent accreditation of colleges. In this way students, their families and statutory bodies can be assured of a professional service, properly funded, adequately staffed, and able to offer a well developed curriculum designed to meet the specific needs of particular individuals referred to them.

*For more information about the Association of National Specialist Colleges please contact Alastair Kent, Hon. Secretary, Association of National specialist Colleges, Banstead Place, Park Road, Banstead, Surrey SM7 3EE.*

*The Association's current members are: Banstead Place, Beaumont College, Dene College, Derwen College, Hereward College, Hinwick Hall, Lord Mayor Treloar College, National Star Centre for Disabled Youth, Portland Training Centre, Queen Elizabeth's Foundation for the Disabled, St Loyes College, The Spastics Society.*

A Beaumont college student using a BBC computer keyboard by-pass.



**This article first appeared in Educare the magazine of the National Bureau for Handicapped Students.**

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# TOWN & COUNTRY

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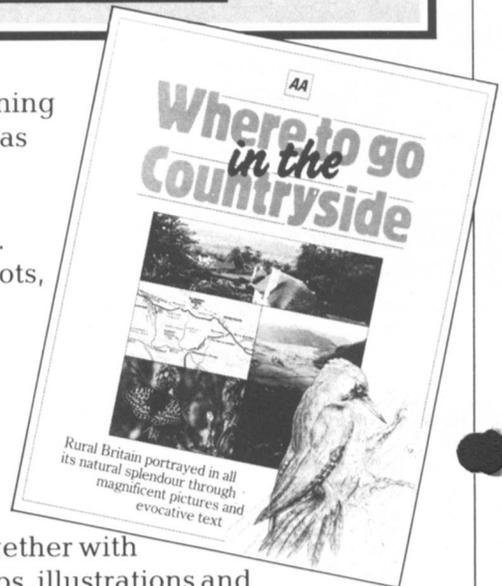
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# HOLIDAYS

## SNAPSHOTS

☀ A series of holiday courses are being run in Scotland by PHAB and Grampian Community Education Service. They will be based at the Sir Arthur Grant's Residential Centre, Monymusk, Inverurie, Aberdeenshire. There will be 3 separate General Activities weeks, an Over 18s, and a Junior PHAB week.

*Details from: David Denoon, Gordon House, Blackhall Road, Inverurie AB5 9WB or from Joan Felthan. Tel: 0467 21291. Ext 212.*

☀ Music and theatre are the subjects of a residential course designed for participation by disabled people, which will be held in Northern Ireland July 5-15. The course for those with a physical disability aged 14-40 is being held at the SHARE centre in Co. Fermanagh.

The fee of £150 will cover accommodation, meals, tuition and the use of all the centre facilities for 10 days. The course is sponsored by Marks and Spencer and the Carnegie UK Trust.

*Details: Dr Michael Swallow, 15 Deramore Drive, Belfast BT9 5JQ. Tel: 0232 669042.*

☀ Three fully accessible holiday cottages converted from an old barn are available on a working farm in Devon. Each of the cottages — Bluebell, Hawthorn and Princess sleeps up to 6 people (plus a cot).

The cottages have ramps and lifts, and the kitchens are designed for use by people in wheelchairs as well as the able-bodied. Prices from £100-£260 per week.

*Details: Glebe Farm, Charles Brayford, Nr Barnstaple, North Devon EX32 7PT.*

☀ LINK mentioned RADAR's British holiday guide 'Holidays for Disabled People' in this column last time, but forgot to add that there is a separate RADAR guide for overseas holidays. It's the second time that 'Holidays and Travel Abroad' has been published as a separate book, and the enormous amount of information certainly warrants a publication to itself. It is incredible value for money and gives very useful addresses and basic information to start you on your plans for a holiday abroad. It has information on travel of all kinds, gives country by country information on accommodation and contact addresses and offers useful hints such as where to hire and repair wheelchairs.

*Price £1.50 (to include p&pp) from: RADAR, 25 Mortimer Street, London W1N 8AB. Tel: 01 637 5400.*

☀ The Pines Trust at Bishop's Castle offers self-catering accommodation for disabled person in groups or families in attractive specially adapted houses in the incomparable South Shropshire countryside. Indoor and camping accommodation available from March to December. £3 per person per night, and £3 per night for caravan (plus 2 people).

### THE PINES TRUST



☀ Threshold Travel not only have a full programme of overseas holidays for disabled people, but also a selection of coach tours covering parts of the United Kingdom. All travelling and sightseeing is by touring coach specially adapted for wheelchair passengers and their friends. An electric lift and wheelchair tie-downs assist those unable to transfer to a conventional bus seat, and of course all hotels have been vetted and tested so that bedrooms, bathrooms and public areas are totally accessible.

There are three tours covering different parts of the country: the "Highland Fling" to Scotland, the "Roses Country" Tour covering such places as York, the Wigan Pier complex and the Lake District, and the "Southern Explorer" to Kent and Sussex. This also allows a couple of days in London.

*Brochures of overseas holidays, and coach tours here are available from Threshold Travel, Wrendal House, 2 Whitworth Street West, Manchester M1 5WX. Tel: 061-263 9763.*

Swimming, fishing and a wide range of countryside activities available within easy distance. Own transport essential.

*Details from: Mrs. Maureen Jones, The Bungalow, The Pines, Bishop's Castle, Shropshire, SY9 5JY (Tel: 0588 638234); or the Secretary, The Pines Trust, The Shirehall, Shrewsbury, SY2 6ND (Tel: 0743 252728).*

☀ For people with severe physical disabilities, a holiday with the Winged Fellowship may be, 'just what the doctor ordered'.

Specially designed holiday centres in Essex, Surrey and Nottinghamshire provide the perfect hotel-like base for excursions, all in the comfort of adapted coach/ambulances, to various places of interest.

Guests enjoy all the comforts of a hotel, for example, licensed bars and good food, along with the more specialised facilities of hoists and hydrotherapy swimming pools.

Staff at the centres are experienced and include trained nurses, so carers do not need to accompany guests. A large number of volunteer helpers are on hand to provide the personal care that is required and to add to the enjoyable yet caring atmosphere of the holidays.

Each holiday is subsidised by Winged Fellowship but guests are asked to make some contribution to the cost where possible.

*Details from: Michelle Cronin, Winged Fellowship, Angel House, Pentonville Road, London N1 9XD. Tel: 01 833 2594.*

ASBAH is increasingly receiving requests from overseas. Here are two recent letters which may be of interest. Can you help?

A Dutch father and his 7 year old daughter with spina bifida would like to exchange houses during the Summer holidays. A bungalow in the Devon or Cornwall area is preferred. If anyone is interested please contact Mrs Pat Corns at National ASBAH.

A request for an au pair girl for the Summer holidays (July and August) comes from a family in Bobigny, France. There are 2 daughters, aged 1 and 7 and the eldest has spina bifida. She is described as being independent.

*Details from: Madame Martine Gavaud, 29 Rue du 8 Mai 1945, 9300 Bobigny, France.*

# Determined to survive

**O**NE little boy who had a whale of a time during the thick winter snow was 18-month-old Matthew Dean of Bussage in Gloucestershire. No-one could have enjoyed himself more than Matthew as he whizzed down the hill with his father on his brother's sledge, and was then dragged back up again for another go.

LINK heard all about this and other happy family experiences when Editor Sue Gearing visited him at home recently with his brother Philip, aged 3 and his parents Colin and Lesley. He's a lively bright little lad, saying a few words — able to join in with 'How much is that doggy in the window' and generally to communicate. He can get around the house very well in his own crawling style, is soon going to attend the local playschool, and generally life looks good for him and his family.

But 18 months ago the story was very different. Matthew was born with spina bifida and given little chance of life. He nearly died twice and his parents so shocked and unprepared for his birth didn't want him at all. Matthew was one of the spina bifida babies who did not show up in a blood test or pre-natal scan. His mother Lesley had every reason to believe that he would be completely 'normal'.

## Here Colin and Lesley tell Matthew's story in their own words:

"HE SPENT the first seven weeks of his life in Gloucester Special Care Baby Unit. For the first few weeks we were waiting for 'nature to take its course' after being told that his disability was such that his life wasn't worth saving. Despite having a severe infection in his back and being given morphine, and us being told that it wouldn't be long before he passed away, he fought back with the little strength that he had.

When it became obvious that he was going to survive he was transferred to another hospital. There we met a doctor who painted the worst possible picture. We came away absolutely devastated and a few days later we both broke down and were put on anti-depressants by our GP.

Matthew was showing signs on the brain-scan of developing hydrocephalus. The surgeon was reluctant to give him a shunt and performed a fairly new operation on him.

In the week that we stayed at the hospital we got to know Matthew and talking to the staff thought that perhaps life with a handicapped child wasn't the end of the world after all.

A few weeks after his first operation they decided, rather reluctantly, to close his back. It seemed to be a success until a few days later he became very ill with meningitis and started suffering with convulsions. He didn't respond to the antibiotics . . . on top of the disability he already had it was very likely that he could suffer brain damage and/or blindness and deafness.

For the second time in his short life we sat waiting for the phone call telling us that he was going; only to be told a week later that he was pulling through yet again.

The mixed feelings we had then were terrifying. We went to visit him and I hated him for what he was doing to us. I wanted him to die for his own sake and for ours too.

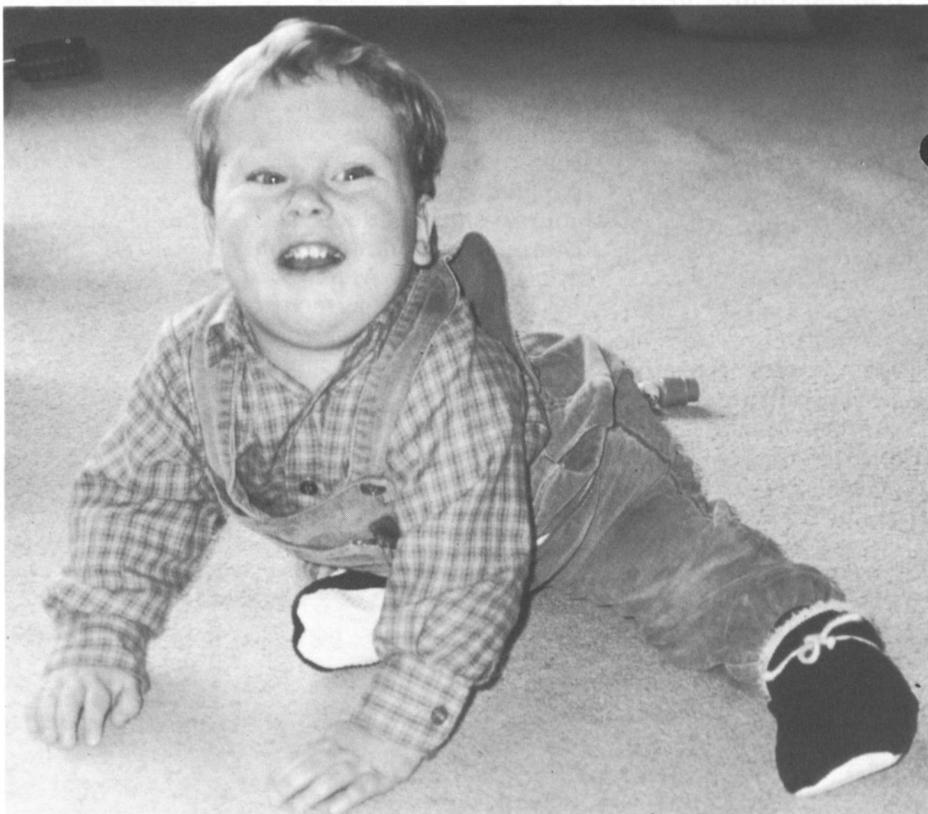
But he didn't. He got stronger and then developed hydrocephalus. By this time we began to think that we had some sort of miracle child on our hands, who despite all the odds was determined to survive.

The day the surgeons operated to put the shunt in, we prayed that nothing would go wrong yet again. It was a fairly routine operation for the staff at the hospital. Even they wouldn't comment on his chances as he had been so unpredictable!

All the time that Matthew was in hospital they never put any pressure on us to have him home. I think they realized what a shock it had been for us, and with Matthew nearly dying twice and the strain it had put us under, the decision about his future was something we had to make by ourselves. We were still very frightened and unsure of the future but felt that *our* son had fought so hard for his life that the very least we could do for him was give him a chance to be part of his family and to try and lead as normal a life as possible.

Exactly a week after his third operation, on December 13, at the age of 16 weeks, he finally came home.

*Continued on next page*



A happy little boy — Matthew Dean



## CHAIRMAN ASTRA

The Chairman Astra, the latest addition to the popular Chairman range of converted cars for wheelchair passengers. It has been developed by Gowrings Mobility and was launched at the Autumn Naidex at Alexandra Palace.

The choice of Astra model is up to the customer and there are options available including automatic transmission, power steering diesel or with simple modifications it can be driven by a disabled driver.

At the press of a button the car lowers itself nearly to the ground. It's then no problem to get in if you are in a wheelchair, and then fasten your chair for complete stability and safety. The belts are specially designed electric

*Continued from previous page*

Since then it seems as though he is doing everything he can to prove everyone wrong! He sat up on his own at 6½ months, said 'dad da' at 7 months, 'mum mum' at 10 months, started pulling himself around at 8½ months, waved bye bye at 9 months and did pat-a-cake at 10½ months — not bad for a late starter would you say!

Now at 18 months he is such a healthy, happy, fun loving child, always smiling, he's an absolute joy, and everyone loves him.

He has no movement in his legs, although his toes wriggle slightly and if you look carefully you can see his feet moving . . . it may mean that he will be able to walk with calipers to the knees and elbow crutches.

We try not to get our hopes raised too high as we're still frightened of Matthew's unpredictability. We are now taking one thing at a time and feel that if Matthew has got it in him to do something then we are sure nothing will stop him. We will just wait and see.

Philip adores Matthew and is very possessive and protective towards him when other people or children are around. However, it doesn't stop Philip from giving him a clout when he feels like it! . . ."

Colin and Lesley Dean.

non-return belts, fastened to the wheelchair to prevent roll-back. Quick fit four point fastenings hold the chair securely in place, and there is a lap belt for the person in the chair too.

The Chairman Astra is roomy. There's plenty of space for shopping, a folded wheelchair and holiday luggage too. In addition to the front passenger seat there is a foldaway occasional seat in the back.

Other vehicles in the Chairman range are Chairman Metro and Chairman Escort. Gowrings offer a home demonstration without cost or obligation.

*Details from Gowrings Mobility International, The Grange, 18/21 Church Gate, Thatcham, Berks RG13 4PH. Tel: 0635 64464.*

## AUTOCHAIR

The Autochair is now the only British car roof wheelchair hoist, since the Chair-up was withdrawn from production.

There is a nationwide team of agents who each have an autochair to give local demonstrations with no obligation to buy.

*For details of your nearest agent contact Autochair, Mobility Techniques Ltd., Bagshaw Hill, Bakewell, Derbyshire, DE4 1DL. Tel: 062981 3493.*



## MOBILITY ROADSHOW

Talking of cars and motoring, a good chance is coming up to try out a range of adapted cars, and look at special vehicles, wheelchairs, caravans, vans, and many mobility aids. It's the Dept. of Transport's Mobility Roadshow, June 12, 13, 14 at the Transport & Road Research Laboratory, Crowthorne, Berks (Opens 10 a.m. each day). Free admission.

*More details from the Dept of Transport: 01-212 5257.*

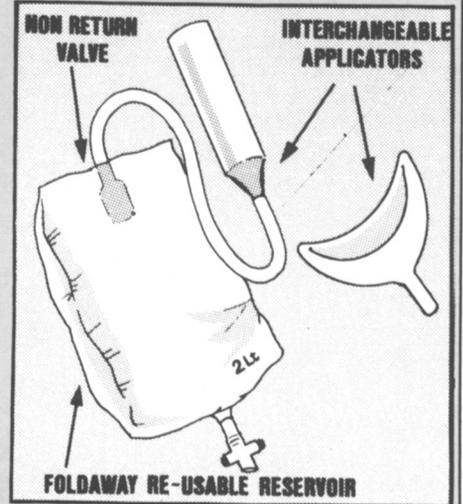
## RAMPS

A number of readers have enquired about ramps. You might like to look at the range offered by Rolac. They include lightweight, portable ramps, others that can be wall-mounted and folded away when not in use, or more permanent ramps. They have anti-slip surfaces and are made of a mixture of aluminium and steel with stove paint finish.

Prices range from £190 for a Bison lightweight telescopic ramp for a variety of cars and vehicles, and £190 for a Panda, a portable ramp for buildings (in a carrying bag).

*Details and leaflet from Rolac Ltd., Unit 16, Enterprise Centre Two, Chester St., Stockport SK3 OBR. Tel: 061-429 8477.*

# Daily Living



## PORTABLE 'LOO'

WE ALL have those embarrassing moments when your protesting bladder demands stopping the car and finding a roadside bush to go behind — but this is impossible if you are a wheelchair rider or have limited walking ability. I have been relieved(!) on several occasions recently to use the 'Convenient' portable loo which is now a permanent part of our emergency kit in the car. It is of course of equal value to ablebods in a car caught in a traffic jam. The urinal is hygienic, totally self-contained, unspillable, odourless and re-usable. Used in home nursing it gives the patient independence and could reduce the need for lifting by the caring relative. The 2 litre reservoir is vacuum packed so it will draw liquid into itself and it has a non-return valve. For re-use the reservoir should be sterilised with Milton 2. There are models for males and females and a family pack. Write to C. C. Products, 152 Markham Road, Charminster, Bournemouth Dorset BH9 1JE. (tel: 0202 522260).

*Reproduced from Pat Saunders' column in Caring magazine (available at bookstalls).*

## MEETING POINTS

### RADAR CONFERENCES.

#### The 1986 Disabled Persons Act — Benefit or Burden?

A series of conferences from March until June, being organised jointly with MIND, to discuss the Tom Clarke Act. The first will be in the West Country in mid March and others will be in London, Birmingham, Chester, Barnsley, East Anglia and Newcastle. They will be held on one day each. If there is demand it may be possible to repeat them elsewhere.

#### New Technology.

What has new technology done for disabled people? This conference is being held with the British Computer Society Disability Group. Proposed venue: 336 Brixton Road, London, or the City University.

*Details of both conferences from: Jane Morrison, RADAR, 25 Mortimer Street, London W1N 8AB. Tel: 01 637 5400.*

### DISABLED LIVING FOUNDATION COURSES

#### Aids and Equipment Centre courses:

May 7 or 8 — Kitchen Design; July 2 or 3 — Children's Equipment; Aug 6 — Visual Handicap; Sept 3 or 4 — Electric Wheelchairs; Oct 15 or 16 — Personal care, Bathroom and Designs; Dec 3 or 4 — Manual Wheelchairs.

Venue: 380/384 Harrow Road, London, W9 2HU. The courses include practical demonstrations, sessions and lectures on equipment etc. of interest to professionals and others concerned with the care of disabled people in the community or in residential care.

Cost: £25 inclusive of VAT, to include coffee, lunch and tea (Expenses may be claimed from employing authorities).

*Details: DLF, 380/384 Harrow Road, London W9 2HU. Tel: 01 2896111.*

### TRANSITION TO HIGHER EDUCATION

#### April 6-9. University of Reading.

This course, run by the National Bureau for Handicapped Students, is for students with disabilities hoping to go on to university or other higher education. This is the first course of its kind to be held in England and Wales. A similar one has been held for the past two years in Scotland. It aims to give students some idea of the kind of environment they are likely to find themselves in at university etc. 24 hour care help can be arranged if necessary.

Cost: £7.50.

*Details from Isabelle Redfern, NBHS, 336 Brixton Road, London SW9 7AA. Tel: 01 274 0564.*

### 2ND INTERNATIONAL PRIMARY HEALTH CARE CONFERENCE Sept 21-23. Queen Elizabeth II Conference Centre, London.

Organised by the Nursing Times and the Queen's Nursing Institute in association with the Royal College of Nursing. There will also be an exhibition in conjunction with the conference.

*Details: Deborah Jones, Nursing Times, 4 Little Essex Street, London WC2R 3LF. Tel: 01 836 6633.*

### SHORT DRAMA COURSE

#### July 22, 23, 24. National Bureau for Handicapped Students, in London.

The course aims to encourage people with a disability who want to enter the world of dramatic art, to inform and to help them, and to give as much encouragement and support as possible. It is being held in conjunction with Graeae, Shape and Carnegie.

*Details from Helen Bremner at NBHS, 336 Brixton Road, London SW9 7AA. Tel: 01 274 0564.*

### EXHIBITION

#### Alarm Systems for Disabled and Elderly People.

May 12 and 13 (10am-3.30pm) William Merritt Disabled Living Centre, St. Mary's Hospital, Greenhill Road, Armley, Leeds 12.

An exhibition featuring simple and portable alarms and remote control systems. Open to the public and the professional visitor. Free.

*Details: Clare Scott. Tel: Leeds (0532) 793140.*

### LEARNER DRIVER COURSE

#### Five Oaks, Ilkley, West Yorks. April 26-May 3, and Nov 1-8

Run by LIFT and Banstead Place Mobility Centre, this course gives participants driving tuition, manoeuvring tests, and there are sessions on car maintenance, methods of entry and exit, wheelchair stowage, financial commitment etc., and talks on the legal aspects of being a road user. The participant's physical and learning ability and visual perception are looked at and areas of difficulty identified. Tuition can then be tailored to take into account these problems. There will also be time to relax and social activities are organised.

*Details from: Ann Monaghan, LIFT, at ASBAH National Office.*



Angler's luck — on a Five Oak's course.

### FIVE OAKS ASBAH's centre, Ilkley, Yorks. HOLIDAY COURSES 1987

April 15/19	DJ Course
April 26/ May 2	Driving Course
May 8/10	Walking Weekend
May 15/22	Outdoor Pursuits
May 23/30	Dance and Drama
June 5/7	Pot Holing Weekend
June 12/14	Climbing Weekend
June 19/21	Fishing Weekend
June 22/26	Driving Assessment
June 26/ July 1	Wildlife Course
July 3/10	Outdoor Pursuits
July 10/17	Outdoor Pursuits
July 17/24	Outdoor Pursuits
July 24/31	Outdoor Pursuits
Aug 21/30	Canoeing Holiday, Scotland
Sept 6/12	Jewellery/Make-up Course
Sept 13/20	Day Trippers Week
Sept 26/ Oct 4	International Fashion Course
Oct 9/11	Mobility Weekend
Oct 16/18	Train Enthusiasts Weekend
Oct 18/24	Clothes-making (parents)
Oct 24/31	Fashion Course
Nov 1/8	Driving Course
Nov 9/13	Driving Assessment
Dec 2/6	DJ Course

Week course: £141.75. 4 day: £77.70  
Weekend: £26.25

Contact: Paul Cooper, Five Oaks, The Drive, Ben Rhydding, Nr Ilkley, West Yorks (0943) 603013).

RADAR (The Royal Association for Disability and Rehabilitation) has issued a challenge to the next government to be accountable to the needs of people with disabilities.

In a questionnaire sent to each of the four major political parties, RADAR hopes to gauge which political party will bring the greater benefit to those people who have disabilities. As the country approaches a general election many people are beginning to consider how each political party can improve their lives so that they can vote accordingly. Disabled people are, no exception.

One of the most recent developments in the disability field has been the passage of the Disabled Persons (Services, Consultation and Representation) Act of 1986 which when implemented will be of enormous benefit to people with disabilities. Measures such as this cost money.

RADAR has asked the parties to outline in detail the allocation of specific funding to enable full implementation of the 1986 Act and of Section 2 of the 1970 Chronically Sick and Disabled Person Act. RADAR is also demanding to know how each party will improve the lives of disabled people through provisions in the fields of education and employment and improved access to transport facilities and public buildings.



## LIVING OPTIONS

● The Living Options project\* with which ASBAH is involved is aiming to produce a report by the end of 1988 about the range of accommodation and support services which are run by both statutory and voluntary bodies.

# Newslines NEWSLINES Newslines



Mark in action in his Wheelchair Adventures

## Mark's Wheelchair Adventures

by Camilla Jessel

MANY readers will remember this book when it first came out in hardback in 1975 and received wide-spread acclaim. This new edition is in paperback and just like the first immediately attracts the readers through the bold and imaginative photography by Camilla Jessel. Indeed the whole story — about Mark, a boy handicapped with spina bifida, is told through the medium of pictures and words. The book does much to explain some of the everyday problems encountered by disabled children, and at the same time emphasises how they can take a positive part in the life of their neighbourhood.

It's a book for children of all ages, and likely to be a firm favourite with teachers.

Price £4.95. Published by Methuen, 11 New Fetter Lane, London EC4P 4EE.

To gather information for the report, visits will be made during 1987 to all parts of the country to see the various facilities at first hand. Suggestions from disabled people of any innovative or effective schemes which are enabling them to live as they wish — either in residential settings or in their own homes — are welcomed. If you feel there is something good and special about where you live why not get in contact with ASBAH's Accommodation Officer, Mrs Carolyn Smith. She will

then be able to gather the information from ASBAH members and pass it on to the Living Options committee.

\* *Living Options* has grown from a venture undertaken by more than 30 voluntary agencies of and for disabled people — including ASBAH — brought together through the Prince of Wales' Advisory Group on Disability. In 1985 (February) a document 'Living Options' was produced which neatly expressed how local services for people with physical disabilities could be improved.

● The newly defined aim of the careers service in England and Wales does not take account of the needs of disabled young people, states RADAR, in response to new guidelines on the Careers Service issued by The Department of Employment to Local Education Authorities.

RADAR has drawn attention to a number of points in the guidelines which could adversely affect disabled young people. It is pressing the Department to recognise the important role played by Careers Officers in supporting young disabled people.

Further information from David Sindall at RADAR: Tel: 01 637 5400 extn 325.

● Powys Helping Hand Services employs people to carry out jobs for elderly and disabled people and single parent families in the area. It has proved so successful, particularly in Brecon, that it will be expanding to more areas of Powys. The scheme, funded by MSC, is provided free to the recipients (except for the cost of materials, etc.). Some other organisations have backed the scheme by providing the materials and tools for those in real need.

Have you taken part in adventurous sports such as parachuting, power boat racing, white water canoeing, absailing, orienteering?

If so, Martin Duffy, a disabled TV presenter would like to hear from you.

He has established his own company The Ideas Factory, and has been commissioned by Channel 4 to develop an adventure sports programme for disabled people which encourages disabled viewers to take an active part in the programme instead of passively sitting at home and watching the presenters have all the fun.

Contact Martin Duffy, The Ideas Factory, 4th Floor, Central Buildings, 11 Peter Street, Manchester M2 5QR.

## PERSONAL STORY

I LEFT school just before I was seventeen (1983). I was accepted for a Foundation course in Music at Salford College. Having broken my leg in July before leaving school, it was December before I was able to start College. Even then, I was walking on sticks.

I left school with no academic qualifications so I was literally thrown in at the deep end. I had to sink or swim. I decided to swim, although I was scared witless.

My first difficulty was the stairs, which I had to negotiate several times a day to be on time for my lessons, not to mention carrying my trumpet case, brief case and lunch bag. I was offered help by my fellow students, but I knew I had to do it for myself. How I longed to be back at school; I didn't really want to be an adult.

After my first week, I realised I had a lot of catching up to do. Looking back I wish I could have had the chance to be educated in an able bodied school. However, catch up I did with help and encouragement from my mother.



## Blow your own trumpet!

My fellow students and tutors were curious about my disability and I found they were too embarrassed to ask, so it was left to me to break the ice and explain that although my legs and feet were different, my mind was just like theirs, and gradually I was accepted as part of the scene. In no time at all, the first year passed and I had caught up with the rest of the class. Sighs of relief! I could enter my second year feeling much more confident, but I still hadn't grown up.

The second year was truly great. I wanted to get at least an O level (in English). It was confusing at first . . . comprehension I just couldn't do,

although I found writing essays easy. But I got the hang of it in the end and managed to pass with C grade. I did my grade VII theory that year and grade VI trumpet. Both of which I passed, I am pleased to say. At least I was on equal terms with the rest of the students. I must say, I was a bit of a swot and spent all my spare time practising. I was asked out to parties, but I still felt self conscious about my disability. That year I got my first car through Motability and passed my driving test at the fourth attempt, so I was on the way to my independence. Many of the first year students would ask for my help in lessons. This boosted

my morale no end. I was nearly there!

I am in my final year now and I am doing my finals. After that I can get down to playing my kind of music — swing and jazz.

One final comment—don't be afraid you readers with spina bifida. Get in there; grab the bull by the horns and tell the world you are there. I know I can do it and I will do it.

So can you — good luck!

**Rebecca Leister**  
Trafford & Salford ASBAH

*\*Incidentally, Rebecca passed all her exams.*

*Reproduced from  
Trafford & Salford  
ASBAH's Year Book.*

## Wisley welcomes wheelchair visitors

DURING recent years facilities and routes suitable for visitors in wheelchairs have been laid out through the Royal Horticultural Society's Garden at Wisley in Surrey.

To the east of the herb garden a garden for disabled people has been developed in association with the Disabled Living Foundation; accessible toilets have been built, and a small parking area allocated.

A simple map outlining areas of the Garden accessible by wheelchair is available on application with s.a.e. to the Director, RHS Garden, Wisley, Surrey, or on arrival at the Garden, from the gatehouse staff. The *Guide to Wisley Garden* includes plans showing routes suitable for visitors in wheelchairs.

Of the Garden's 22 wheelchairs available on loan, many have been received as gifts.

Entrance charges to Wisley:—

**January-March, November & December**

*Mon to Sun:* adult £2; children and disabled visitors £1.

A 10% discount for parties of 20 or more visitors operates all week.

**April to October**

*Mon to Sat:* adult £2; children and disabled visitors £1.

*Sun p.m.:* adult £2.50; children and disabled visitors £1.25.

A 10% discount for parties (of 20 or more) operates from *Mon to Sat*, but on *Sun* no discount will be given.

### Liberation Service

THE CHALFONT LINE, a coach company providing transport for disabled people has launched the 'Liberation Service'.

The Service provides group holidays for disabled people and their family and

friends. The excursions can vary from day trips to the sea, France and the sights of London, to longer holidays in Europe, the Far East and Australia. Other venues can be organised as the group wishes.

The Chalfont Line will organise all the travel and hotel accommodation. Travel is by coach, either a 45 or a 16 seater, and a large number of people can remain in their wheelchairs. All vehicles have a tail lift, so all lifting, coaching look like any others.

If you belong to a group, i.e. a local ASBAH or LIFT group, and want to organise a short or long holiday this the transport could be ideal. Prices are reasonable and the drivers and friendly. Helpers can be provided if required.

An individual programme will be available in August, if you would rather not go in a group.

*Enquiries to Chalfont Line: 01-997 3799.*

Vicki Raymond B. Ed,  
Field Work Assistant.

# Fund Raising

## Getting together

At the ASBAH Council meeting in Sheffield in September following the AGM, there was a lengthy discussion on increased co-operation between the National Appeals Department and Local Associations.

This has resulted in a series of meetings, some of which have already taken place and some of which have been arranged, to examine possible ways which benefits might accrue from closer relations. There are also some areas not covered by local associations or where the local association has been compelled to disband.

All this creates opportunities for national fund raising but increases the pressure, which is as it should be.

The ways in which opportunities in particular localities are exploited varies according to local circumstances. One method of fund raising which is proving to be of particular interest is through charity shops.

Our first significant venture is in the city centre of Southampton. We were fortunate to obtain the tenancy of much larger premises than is usual for charity shops and with the help of many enthusiastic and capable volunteer helpers we have built up a thriving trade in clothes, books, toys and a variety of other goods. The Southampton shop is in a development area and our occupation is likely to cease in July 1987. We have, however, opened another shop at Fareham, and at Southsea and at Risca (South Wales), two more shops open this Spring.

A really big boost for ASBAH both in terms of income and publicity will be the BBC TV Appeal for the Association on Sunday evening, May 17.



Talking her way to the title of Conversationalist of the Year 1986, Kate Holmes (left) with runner up Michael Gardner (right). Hanging on their every words is a distinguished panel of judges — Willie Rushton, Claire Rayner, William Hall (1985 winner), Barry Cryer, Auberon Waugh and Brian Hayes.

## Could you be the Talk of the Town?

**H**AVE you the gift of the gab, a real way with words, and the ability to hold your own in any conversation?

If so then you're just the person to enter this year's LBC Radio CHATATHON to find the 1987 Taylor's Conversationalist of the Year. If not you — perhaps you've a friend who could enter this marathon of words.

Organised to raise money for ASBAH, the sixth Chatathon takes place on Saturday May 9 at the Glaziers Hall, London, when a hundred or so contestants will gather to prove that the art of conversation is not dead. The conversationalists will talk in pairs on topics as diverse as Taste, Holidays and Happiness. There will be a judge for every round.

Each contestant will be asked to donate £100 in sponsorship to support ASBAH. Teams of four entrants are very welcome to compete for the team prize.

On Sunday May 10 the quarter finalists will gather at LBC's studios off Fleet Street, to converse with a team of "talkative" celebrities.

For the finals which will be broadcast live on LBC, listeners will be asked to vote direct. Making the casting votes will be a panel of celebrity judges.

And there are prizes for out-talking everyone! As well as the coveted title of 'Taylor's Conversationalist of the Year', there is a case of vintage port, a signed and personally dedicated print by Patrick Prockter, and an unforgettable private visit to one of the most remote vineyards in Europe, as a guest of Taylor's Port.

So if you're feeling chatty, why not give Stewart Morrison a ring at ASBAH: 01-388 1382. He will tell you how you can enter.

## Winning ways

The Data Solve company organised a Carol Service at St Peter's, Eaton Square, just before Christmas at which Claire Rayner, Barry Cryer, Andrew Gardner, Lord Miles, Patricia Hodge and Gwen Watford gave readings.

Also at Christmas we once again benefitted from a Carol party held by Mr and Mrs David Mitchell of Chelsea.

In January the British Homing World 'Show of the Year' organised by the Royal Pigeon Racing Association took place at the Winter Gardens, Blackpool, and proved to be more popular than ever. This event, of which we are joint beneficiaries with the British Heart Foundation, has produced more than £100,000 for ASBAH over the years. ASBAH is indeed fortunate to enjoy such magnificent support. We were glad

to be able to donate a cup in memory of Major Edward Camalleri's predecessor as Show Manager, the late Major Len Lewis MBE.

February 24 was the date for a Charity Greyhound meeting at Wimbledon Stadium, the first venture of its kind for ASBAH, which we hope will have proved enjoyable and successful.

Other activities planned for this year include: Wine Tasting Evening at Kidbrook School, Blackheath organised by Doug Endersby, a member of ASBAH Executive, on Saturday, April 4; Ripon Race Day, Saturday, May 2, Chatathon, May 9 (see article on this page); Fun Bike Day near Newmarket, Saturday/Sunday, September 5 and 6; Beaujolais Challenge, November 19, 20, (see enclosed sponsorship form).



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# Advertising

## FOR THE USE OF LOCAL ASSOCIATIONS AND OTHER READERS

Rate: £3.00 for 30 words max; £4.25 for 30-45 words; £5.50 for 45-60 words. Cheque or postal order payable to 'ASBAH'.

Adverts for next LINK (May/June) should be in by April 15. Send to: The Editor, Mrs Sue Gearing, The Gables, Long Lane, Wrington, 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).

**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.

**MABLETHORPE, Lincs.** Well equipped chalet. Sleeps 6. Two bedrooms. Fully adapted for wheelchairs. Fitted with automatic washing machine. On holiday site with facilities. A few minutes from town centre. Easy wheelchair access to beach. From £85 per week inclusive. Details: Jean Lupton, 36 Arran Drive, Horsforth, Leeds LS18 5SW. Tel: 0532 587654, evenings.

**PRESTATYN, N. Wales.** Large chalet-type caravan. Sleeps 6. Two bedrooms, bathroom, toilet. Fully equipped. Suitable for wheelchair users who live independently or families. From £85 per week, inclusive. Details: Jean Lupton, 36 Arran Drive, Horsforth, Leeds LS18 5SW. Tel: 0532 587654, evenings.

**PRIMROSE VALLEY.** Fully adapted luxury caravan. Sleeps 6. Bath/shower. Ramp. Many facilities on site. Details: Mr J. Adams, 105 Blakey Close, Redcar, Cleveland. Tel: Middlesborough 472920.

**RYE HARBOUR, Sussex.** Fully equipped mobile home, adapted for wheelchair users. Sleeps 4. Clubhouse on site. Details: Mr P. Borthwick, 170 Hollington Old Lane, St Leonards, E. Sussex. Tel: 0424 51145.

**SELSEY, Sussex.** Purpose built 7-berth mobile home fully adapted for wheelchair users. Cot available. Licensed site. Details: Mrs M. Holmes, 11 Grove Rd., Ashted, Surrey KT21 1BE. Tel: Ashted (03722) 76730.

**SELSEY, Sussex.** 6 berth purpose-built fully equipped mobile home. Ramp access. Site near sea. Pool, club, etc. Details: Mrs C. Bugden, 27 The Grove, Sholing, Southampton SO2 9LT. Tel: 0703 444921.

**SOUTH COAST.** Very well equipped chalet with easy wheelchair access at **Romney Sands Holiday Village.** Sleeps 6. Many facilities including heated indoor swimming pools, large club house and entertainment. Very reasonable rates. Details: Ring or write to Mrs H. McLeod, 23 Harvest Ridge, Leybourne, nr. Maidstone, Kent. Tel: West Malling (0732) 840868.

**WESTWARD HO. North Devon.** Holiday bungalow. Sleeps 6. Excellent club, swimming pool, shop on site. Near Sandy beach. SAE to: Mr G. L. Oakley, 12 Farleigh Rd., Perton, Wolverhampton. Tel: Wolv. 751484.

**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.

### EXCHANGE & MART

**The Outrider** gives you 'outdoor mobility'. Two years old. Petrol driven. Surmounts 5" kerbs with care. Equally at home on road or rough ground. For sale: £600 ono. Tel: Swansea 75784.

**Escort 1.3** Popular V Reg automatic. Fitted with hand controls. Low mileage. New engine. Used daily. In very good condition. New tyres, exhaust. MOT. Wide doors. for sale: £1100. Tel: Cambridge (0223) 860912.

**Marketability Travel Seat** for Metro (but can be adjusted for any car except an Allegro). Swivels to give easy access. Used only once. £300 o.n.o. Tel: 021-472 0435.

**Braun Batricar.** Very good condition. Hood, lights and indicators. No tax required. All reasonable offers considered. Contact Mrs E. M. Caton. Tel: Barnsley 746031.

# Directory of local associations

**BARNSELY**  
Mrs Marlene Haigh,  
3a Birk Avenue,  
Kendray,  
Barnsley, S. Yorks,  
S70 3AE

**BEDFORD**  
Mrs Delia Smith,  
9 Alwen Walk,  
North Brickhill,  
Beds. MK41 7AY

**BOURNEMOUTH,  
CHRISTCHURCH &  
DISTRICT**  
Mrs W Holder,  
22 Nutley Way,  
West Howe, Bournemouth  
Tel: B'mouth 572139

**BRISTOL**  
Mr G 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**  
Mr Trevor Barnett,  
(Chairman),  
58 Furlong Road,  
Bourne Edn, Bucks

**BURNLEY & DISTRICT**  
Mr J Walton,  
36 Fairways Drive,  
Burnley, Lancs.

**BURY & BOLTON**  
Mrs Eve Clyne,  
51 Cuckoo Lane,  
Whitefield, Manchester,  
M25 5WQ.

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

**CAMBRIDGESHIRE**  
Mrs Janet Douglas,  
85 Kent Road,  
Huntingdon, PE18 7JQ.  
Tel: 0480 56052.

**CHESTER & DISTRICT**  
Mrs P. Ithell,  
34 King Edward Street,  
Shotton, Deeside,  
Tel: Deeside 811074.

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

**ESSEX**  
Mrs V. Roffe,  
106 Thorpe Hall Ave.,  
Thorpe Bay, Essex  
SS1 3AS  
Tel: 0702-584817.

**GLOUCESTERSHIRE**  
Mrs B. Howe,  
60 Monks Croft,  
Cheltenham,  
Gloucs. GL51 7TO  
Tel: 0242 32287.

**GRANTHAM**  
Miss Louise Shanahan,  
31 East Avenue,  
Grantham, Lincs. NG31 7PZ.  
Tel: 0476 66109.

**GREENWICH**  
Mrs M Stredwick,  
Tower View,  
17 Rusheynead, Brockley,  
London SE4.  
Tel: 01-690 3086.

**HAMPSHIRE NORTH,  
W. SURREY & S. BERKS**  
Mrs Liz Selby,  
The Old Police Station,  
Woodbridge Road,  
Guildford.  
Tel: Guildford 571736.

**HAMPSHIRE SOUTH**  
Mr S R Baker,  
12 Moorings Way,  
Southsea, Portsmouth,  
Hants. POY 8QW.  
Tel: 0705 819075.

**HERTS. & S. BEDS.**  
Mr C Murphy,  
68 Derwent Road,  
Harpenden, Herts.  
Tel: Harpenden 69630.

**HILLINGDON**  
Mrs B. Brannen,  
30 Fairey Avenue,  
Hayes, Middx. UB3 4NY.  
Tel: 01-573 5488.

**HUDDERSFIELD**  
Mr B. K. Swiffin,  
7 Jos Way, Shepley,  
Huddersfield HD8 8DP.

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

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