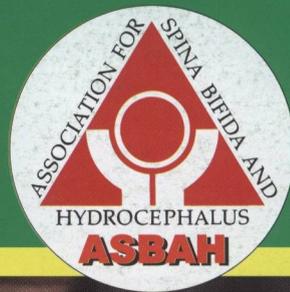


LINK

The magazine for people
with Spina Bifida and
Hydrocephalus



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lifetime!**

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OF
NEWS
INSIDE**

JULY/AUGUST 2001

ISSUE 194

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Customer satisfaction that exceeds expectations



COVER:
Louise Hunt triumphs in London's Mini-Marathon — and she was under-age, too!
Photo by Graham Bool.
Story on page 4

Editorial

ACCESS to the new low-floor buses in Sheffield is not all it's cracked up to be.

The new buses now make up a quarter of First Mainline Sheffield's 400-strong fleet — yet many people in wheelchairs still cannot get on to them because many drivers won't work the ramps.

Unless wheelchair passengers are lucky enough to live near one of four designated low-floor routes, they face the indignity of having their wheelchairs manhandled on and off the buses by public-spirited fellow passengers.

Wheelchair passengers assume that — when they come across a low-floor bus — the driver will work the ramp for them. How wrong can they be? There's a strong sense of grievance when drivers won't help.

Bus company First Mainline Sheffield puts the problem down to training. It's had the new buses for 18 months, but many of its 1,000 drivers have still not been trained to operate the equipment.

We've been hearing complaints about this for months. Come on, First Mainline! Give us a company Sheffielders can be proud of by training your drivers to operate a technology which will make your service truly inclusive.

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Editor in Chief: Tony Britton **Editor:** Liz Cawthorne **Designer:** Tony Nero
 LINK is published by ASBAH, National Centre, 42 Park Road, Peterborough PE1 2UQ

Subscriptions, Editorial, and Advertising inquiries to:

Liz Cawthorne, Link Editor
ASBAH National Centre, 42 Park Road
Peterborough PE1 2UQ
Tel: 01733-555988 Fax: 01733-555985
lizc@asbah.org

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ASBAH exists to provide advice, support and advocacy to people with spina bifida and/or hydrocephalus, their families, and their carers.

ASBAH aims to empower its service-users by providing up-to-date information, extending their choices, and maximising their opportunities for independence.

postmaster@asbah.org
www.asbah.org

news

Blue Badges – still phasing-in

NEW Blue Badges for on-street parking will be phased in by 1 January 2003 – replacing the existing Orange Badges. Until then, disabled people can use either type of badge.

The Blue Badge is being introduced to create a standard, easily recognisable design throughout Europe. They look the same throughout Europe, except for the initials of the issuing member state.

The badge gives free and unlimited-time parking in some on-street metered areas to drivers or passengers with severe walking difficulties. But it's not a licence to park anywhere.

Drivers or passengers entitled to a Blue Badge include: people who get the higher mobility rate of Disabled Living Allowance (which can be put towards payment on a Motability vehicle); people who are registered blind; and those with a severe disability in both arms, regularly drive a motor vehicle but cannot turn the steering wheel of a vehicle by hand, even if that wheel is fitted with a turning knob.

The badge is also for people whose disability is that they cannot walk or who find walking 'very considerably' difficult. These claimants may face questions from their local authority to help determine eligibility.

● Details from your local Social Services.

ASBAH won a battle to have the packaging on a brand of breakfast cereal scrapped – after a Northamptonshire member found a cheap, abusive joke about hydrocephalus on the back of the box.

Gary Hambly, whose six-year-old daughter Katie-Rose has hydrocephalus, complained to us that the makers of *Cinnamon*



Cereal giant scraps 'bad taste' cartons

Grahams gave him the brush-off when he complained about an offensive joke linking 'water on the brain' to 'freaks of nature.'

"I was appalled but would have given them the benefit of the doubt if they had agreed to withdraw the packaging. Instead, I got an arrogant letter back from their marketing people saying that – because mine was the only letter of complaint they had received – they did not intend to remove the packaging but would pass the complaint on instead to their brand manager."

So Gary asked ASBAH to take up his complaint, which we did. With the help of some well-placed publicity, we found the right level to complain to within the company and – within two days – the makers of *Cinnamon Grahams* announced they would destroy all stocks of the offend-

ing packaging immediately.

Derek Timmiss, marketing director of Welwyn Garden City-based manufacturers Cereal Partners, said the company had been unaware of the implication of 'water on the brain' when the packaging was designed and it was never their intention to insult people with disabilities.

Mr Timmis said: "We have decided immediately to destroy all stocks of the offending packaging at the factory so no more will go out. We will certainly be much more vigilant when considering package design, recognising that what may be considered 'harmless fun' by some may cause offence to others."

ASBAH publicity manager Tony Britton praised Cereal Partners for its speedy re-think, and said the firm had "done the decent thing."

FLORA



THERE were some good results in April's London Marathon – particularly from *Link* cover girl winner Louise Hunt who was, technically, too young to enter!

Novice Louise Hunt, from Swindon, won the Mini Marathon, 11-13 class, despite only being 10!

For Tanni Grey-Thompson it was an easy fifth marathon victory due to a weak women's field.

Brian Alldis, of Bury St Edmunds, went up to the 14-17 class of the Mini Marathon this year, and was pleased with second place. He beat his personal best by just under a minute and is setting his sights on the 2008 Paralympics in Beijing, China.

ASBAH contacts

● NATIONAL CENTRE

42 Park Road
Peterborough PE1 2UQ
Tel: 01733-555988
Fax: 01733-555985
postmaster@asbah.org

● ASBAH EAST

42 Park Road
Peterborough PE1 2UQ
Tel: 01733-555988
Fax: 01733-555985
marym@asbah.org

● ASBAH NORTH

64 Bagley Lane, Farsley
Leeds LS28 5LY
Tel: 0113-255 6767
Fax: 0113-236 3747
nro@asbah.org

● ASBAH N. IRELAND

Graham House
Knockbracken Healthcare
Park, Saintfield Road,
Belfast BT8 8BH
Tel: 028-9079 8878
Fax: 028-9079 7071
margarets@asbah.org

● ASBAH SOUTH EAST

209 Crescent Road
New Barnet, Herts EN4 8SB
Tel: 0208-449 0475
Fax: 0208-440 6168
sero@asbah.org

● ASBAH IN WALES

4 Llys y Fedwen, Parc
Menai, Bangor, Gwynedd
LL57 4BL
Tel: 01248-671 345
Fax: 01248-679 141
elini@asbah.org

Thousands asked to join the genes study

THOUSANDS of *Link* readers with spina bifida in England and Wales should by now have received a leaflet and letter inviting them to take part in a cheek swab survey – joining a genetic study designed to solve the riddle of spina bifida.

People in Cumbria may be excluded in the mail-out as researchers are already in touch with many service-users there.

As reported in the last *Link*, researchers want ASBAH service-users with spina bifida and, if possible, one or both of their parents to swab inside their cheeks and upper lip with cotton buds for at least 10 seconds. These samples will help scientists build up a picture of the genes which are implicated in spina bifida and other neural tube defects.

To take part, simply fill out an acceptance card and post it in a pre-paid envelope, both of which are enclosed in the mailing. You will then receive, by courier, a home-testing kit and instructions about how to use it.

If you don't want to take part, simply ignore our mailing.

The research is being carried out by the Health Research Board in Dublin. Another study, by the University of Newcastle Upon Tyne, may also invite North of England service-users to participate in a separate, more detailed study involving a visit from a nurse, who will take a blood sample and interview the family.

● Anyone who hasn't been mailed in England and Wales but would like to take part, should contact Gill Winfield on 01733-555988 or gillw@asbah.org



Churchtown centre saved

AN INTERNATIONALLY recognised activity centre, popular with ASBAH service-users and staff, has been saved from closure.

Churchtown Farm at Llanlivery, near Bodmin, Cornwall, is to be managed by holiday charity the Winged Fellowship Trust – after Scope decided it could no longer afford to run the centre.

The Winged Fellowship has pledged that Churchtown's management team, led by David Owens, and the centre's Friends' group will continue.

Negotiations are still being held over ownership of the centre, which caters for about 1,500 people a year. A large local company has stepped in to offer £100,000 in working capital, which is about half the amount needed to secure its future.

news

They've got the technology – but not the training!

LOW-FLOOR buses are being phased in all round the country so it's doubly annoying when drivers of accessible buses refuse to carry passengers in wheelchairs because they have not been properly trained.

Allina Elliott (21) has been refused entry to low-floor buses several times on a journey with her mother into Sheffield.

This route is not advertised as wheelchair-accessible – yet low-floor buses, which make up a quarter of First Mainline Sheffield's 400-strong fleet, are mixed in with the old-style, inaccessible variety.

On several occasions, drivers of low-floor buses on this route have refused to put down the ramp, saying "I'm not insured to do that." The Elliotts have

had to rely on the kindness of fellow passengers to help Mrs Elliott lift Allina and her electric wheelchair on board.

Allina's father, Alan, is incensed and says it is not good enough for Sheffield's biggest bus company to have had low-floor buses for 18 months and not trained all of its drivers to operate the ramp.

He said: "I can't believe they can't train drivers in that time. If



drivers reject someone in a wheelchair that person is, in effect, housebound. It also amounts to discrimination and is very distressing."

Mr Elliott has taken it up with Sheffield ASBAH, of which he is a committee member.

Bob Hamilton, director and general manager of First Mainline Sheffield, said one day all buses would be low-floor and all 1,000

drivers would be trained to operate them. But, currently, only four routes were advertised as accessible for wheelchairs.

"If passengers see a low-floor vehicle on a route that's not advertised as accessible, it's due to an internal logistical problem," he said.

● *Photo shows Allina Elliott waiting for one of Sheffield's new low-floor buses.*

10-pin league for London

CALLING all Londoners – a multi-disabled ten pin bowling league, involving teams going to their local bowling centre once a fortnight, is being set up by the London Sports Forum.

Details from:

Caroline Argent, tel: 020-7354 8666; email: lsf@disabilitysport.freemove.co.uk

ChairAbility – the big event latest

ASBAH'S big annual awareness day on Saturday 13 October fast approaches – with many local ASBAHs now working out how to make the most out of the event.

Now the General Election is over, local MPs can be invited to take part in games of wheelchair basketball against regular players and basketball courts can be booked.

In many areas, local wheelchair basketball teams will be only too willing to grab the opportunity for more publicity. So, if local ASBAHs

face a shortage of players in their own ranks, don't be put off. There could be a whole team only too keen to take part, in an event organised by a local ASBAH.

ASBAH Publicity in Peterborough is co-ordinating the event. For info, phone Tony Britton on 01733-421316, tonyb@asbah.org

Kent ASBAH gained massive publicity around the event last year. Ask their Fiona Godfrey all about it. Tel: 01797-366894, Kasbah@fgodfrey.fsnet.co.uk

Pots of off-road wheelpower!

OVER the years, there's been a lot of technology to improve the lives of the 400,000 wheelchair-users in the UK but, until now, nothing that offers safe and easy off-road access.

Inventor Vincent Ross (pictured) has come up with a clip-on motorised bike wheel, the PowerTrike, that can take the average wheelchair to places it's never gone before.

It takes around 10 minutes to fit a metal tube

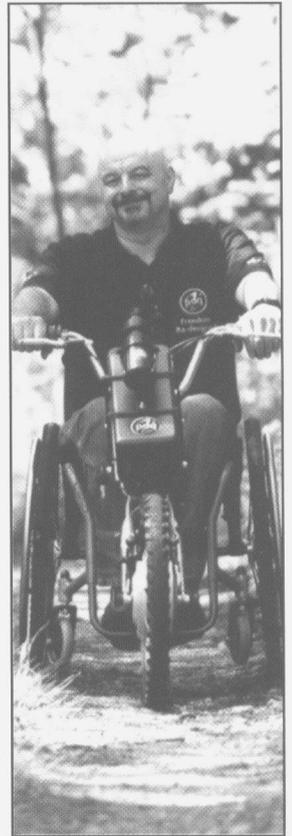
under the seat of the wheelchair and literally seconds to install the front wheel and handlebars. Slide a battery into the front basket to power a motor in the hub of the front wheel and, with a simple twist of the throttle on the handlebars, you're on your way.

This off-road 'trike' can move along at up to 17km per hour, it weighs 18kg including the battery and can tackle gradients of up to 11%. Crucially, it can

run for 25 – 35km on one battery, which can be recharged in just four hours.

Made by pdq mobility Ltd, Royston, Herts, it was launched on BBC1's *Tomorrow's World* programme, and shown off at the Mobility Roadshow in Crowthorne in June. The clip-on machine retails at a tad under £1,000.

For info, tel: 01763-244 288, email: info@pdqmobility.com



CIVIL servant Simon Figg had the pleasure of showing Princess Anne how his new home had been adapted for his needs.

The princess officially opened the Prideaux Gardens development at Ockley, in Surrey's Green Belt.

Simon (30), who works for the Ministry of Agriculture, said: "When Her Royal Highness looked around the bungalow, she was very interested in how my bathroom had been made into a shower room with a wheel-in shower rather than a bath.

"She was also very interested in how my kitchen had been designed so that all the work surfaces are down at wheelchair level rather than at 'normal' height.

"She noticed that I could not see out of the bottom of the door into the garden and asked if this could be changed."

Simon, a life-long Ockley resident, is delighted to have his own place at last. He previously lived with his parents, Surrey ASBAH chair Jim and his wife Maureen.

Prideaux Gardens provides affordable houses for young villagers who would otherwise be forced out by high property prices. Ockley Housing Association and the Rural Housing Trust had to obtain special consent for the Green Belt development.

Princess pops in to see Simon!



Health lottery is 'on the way out'

ASBAH has welcomed government plans to end the postcode lottery in health services for people with neurological conditions.

In a bid for more even-handedness, the government has said it will develop a National Service Framework (NSF) for people with long-term neurological conditions.

In this, we rank in priority close to cancer, heart conditions and care of the elderly – all of which are being sized up for treatment.

ASBAH executive director Andrew Russell said: "Too often, people with spina bifida and hydrocephalus are denied access to medical and neuropsychological assessments, elective surgery, equip-

ment, continence supplies and wheelchairs because of where they live.

"We're pleased that the government has at last woken up to the fact that, without investment in consistent policies to improve essential healthcare support to people with neurological conditions, many will continue to be stuck on a downward spiral of deprivation from which they find it impossible to break free.

"The sooner this framework is in place the better, and ASBAH would welcome opportunities to be involved

with the government's long overdue battle against health inequalities. We want to help train NHS staff, in particular in the less visible impacts of long-term medical conditions on individuals and their families, so that a framework can be delivered of which we can all be proud."

Alan Milburn, when he was Health Secretary, predicted that the new NSF would not be in place until 2004-5.

He identified specific targets for ante-natal and post-natal care, neonatal intensive care, new standards for children's services, and more support for parents. ASBAH and other organisations involved said the NSF should also end the postcode lottery on adult access to health services.

Your Voice discuss programme preferences

MEMBERS of our Your Voice disabled members' steering group are working on their programme for the year.

On 2 June, the steering group heard that 24 replies had been received to the recent questionnaire on members' preferences, sent to the 250 members on the group's database.

Of those who replied, two members said they would prefer day courses, 14 preferred weekend courses and eight expressed no preference. Most members would travel 50-100 miles for an event, with several saying that distance was no problem providing the venue was accessible by train.

Only five people said they would need a personal assistant to enable them to attend.

Alternative therapies was the most popular suggestion for a workshop. Other top ideas included mobility issues, assertiveness, hobbies, and disability rights.

● The rotating chairmanship of *Your Voice* is currently shared by David Nicholson and Kevin Towner.

H-topic sheets – now in booklet form

OUR 10 highly detailed Hydrocephalus and Education topic sheets have now been published as a booklet, which is available for £3 inc p&p from Information at National Centre, tel: 01733-555988, email: gillw@asbah.org

The new booklet is for readers in England and Wales. Topics covered are: Physical abilities – motor skills and co-ordination; Behaviour (separate sheets for teachers and for parents); Literacy and Thinking Skills; Mathematics; Information and Communications Technology; Literacy and Thinking Skills; Numeracy; Educational Statementing in England and Wales; Observations for Support Workers.

The publication of this booklet has been funded by the Mencap City Foundation and the Baily Thomas Charitable Fund as part of our on-going Hydrocephalus Information Campaign.

The original set of leaflets was written for teachers and parents in Northern Ireland. These are still available free from our regional centre in Belfast.

achievements

When a 'great day' means leaving before the end...

A FEW months before she was due to take a psychology degree, Lynn Proctor was told she had benign intracranial hypertension – one of the least understood conditions involving fluid build-up in the brain.

For years, the special school teacher from Leek, Staffs, had felt below par. Doctors had removed an ovarian tumour, her migraines were real hum-dingers and generally she felt washed out.

"I had been feeling quite ill in February last year but had put it down to being continually tired," said Lynn. "When I went to the optician, he looked in my eyes, said I had papilloedema and that

I must see my doctor next morning.

"My GP phoned the North Staffordshire Hospital and told them I had a neurological problem. The hospital said come into A and E and a neurologist looked at me.

"They kept me in for two weeks and I found out I had benign intracranial hypertension."

At last Lynn could put a name to her condition and obtain appropriate treatment. But with the help of the university's special needs service, she fitted her studies round the condition, which affects only one or two in every 100,000 people. Papil-



● Lynn Proctor on graduation day with husband Steve and sons Andrew and David

loedema (swelling of the optical discs) is a frequent symptom.

She was awarded a 2.2 BA (hons) psychology degree at an Open University ceremony at the Derby Assembly Rooms in April this year.

Lynn wrote this after receiving her degree: I had a wonderful day for my graduation but it was totally exhausting and took me four days to recover from. The bright lights, camera flashes and general noise aggravated my headache dramatically and I had to leave before the end of the ceremony. But I had a great day...

Treloar's

is one of the UK's leading centres for young people with physical disabilities providing education, therapy and care all under one roof.

At Treloar School (pupils 7-16) and Treloar College (16+) all staff have experience working with students with Spina Bifida and Hydrocephalus.

- **Education** – for all abilities – in small classes
- **Therapy** – occupational, speech & language and physio
- **Independence training** – personal and life skills
- **Opportunities** – art, sport, music, drama, photography, social...
- **24-hour** – medical facilities
- **Specialist services** – educational psychology, counselling, rehabilitation engineering
- **High quality care and FUN!**

With all this in one place, Treloar's provides a complete package for residential and day students. For more information or to arrange a visit, call Helen Burton, our Admissions Officer, on 01420 547425, or e-mail her on admissions@treloar.org.uk.

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www.treloar.org.uk


Enabling Education

Treloar School and College are supported by the Treloar Trust, registered charity number 307103

More rights for parents over choice of schools

PARENTS will have stronger rights to choose schools for their disabled children under the new Special Educational Needs and Disability Act.

Under the new law, mainstream schools can no longer override parents' preferences by saying the school cannot meet the child's needs or that the presence of the child at the school would be an inefficient use of resources.

Soon, the only leeway given to schools will be if it can be proved that the education of other children will be adversely affected.

The new law, due to come into force in September next year, gives LEAs a time-limit in which to comply with orders of the Special Educational Needs Tribunal. LEAs are also

obliged to tell parents when they are making special educational provision for a child.

The Special Educational Needs Tribunal becomes the Special Educational Needs and Disability Tribunal with an extended brief to deal with discrimination allegations.

This dual role has been welcomed by disability education specialists, who say it will herald further advances in the rights of disabled children. Many schools and colleges will have to review their policies and procedures as a result.

Although cash awards cannot be made

by tribunals to children, money could be awarded to students winning discrimination cases against education colleges.

● The umbrella group, Action on Entitlement, of which ASBAH is a member, is still anxious to see the Code of Practice for Special Educational Needs, which will run alongside the new law. They want to be sure that the legal rights of disabled children at school have not been weakened.

They want the as-yet unpublished Code to enshrine requirements for Statements of Special Educational Need to specify and quantify the amount of support. The group fears that, unless this happens, statements will be too vague to mean much.

New rights on campus and in the classroom

DISABILITY rights in classrooms and college campuses in England and Wales are to be enforced by law.

That will be the effect of the new Special Educational Needs and Disability Act – which got the royal assent just before the General Election.

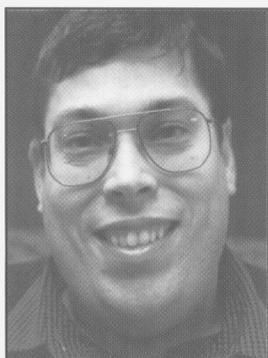
The new Act extends the Disability Discrimination Act into education, making it unlawful for a college or university to turn a disabled person away from a course, or mark them down in an assessment because of a disability.

If a disabled person is at a 'substantial disadvantage', reasonable steps must be taken to prevent that disadvantage.

The new law comes into force on 1 September 2002, except for the provision of auxiliary aids and services which will be covered a year later, and alterations to physical features which will be covered from 1 September 2005.

The new Act covers schools and colleges, residential accommodation, leisure facilities, catering and library facilities, and careers and welfare services.

Jon's new position



FORMER Your Voice co-ordinator Jon Burke has been appointed student support officer (disability) by the University of Huddersfield – the university where he hopes to gain a degree in November.

Jon (34) took on the full-time post earlier this month. His office, together with social life attached, is just eight minutes drive away from his home.

He said the position will involve a lot of one-to-one work on ensuring equal access to courses, exams, and accommodation and on helping students to find funds to cover the extra costs of being disabled. There might also be input into future disability policies for the university.

hydrocephalus

Nightmare when our family doctor ignored failing shunt

OUR twin boys, Michael and Andrew, were born almost 15 years ago, quite prematurely. Shortly afterwards, Andrew was unlucky enough to suffer a brain haemorrhage and develop hydrocephalus, for which he was given a VP shunt.

All seemed well for almost the next 15 years, despite the fact that Andrew was slower to develop than his brother and had moderate learning difficulties. His big, loving personality endeared him to many and, as time went on, we became as parents slightly complacent, in that he was a healthy, active and happy child.

A few weeks ago, he

developed headaches and vomiting, periodically, which were treated by our GP as migraine. The onset of puberty for Andrew seemed a logical reason for this.

Several visits later, and an increase in the frequency of the headaches and vomiting, soon made us begin to think the worst – that the shunt was not working properly. We were assured that, because Andrew was so well between the incidents, that it was unlikely to be the shunt, although we were put on a waiting list for a CAT scan.

How wrong this proved to be. After a whole night of severe vomiting and headaches, we made the

decision to take him to the accident and emergency unit of the hospital from where he was transferred to the local neurological centre. It was found that the shunt was not working at all and a new shunt was fitted. Andrew has since recovered well.

I know that each individual case may be different, but I hope that any parent reading this may learn from our experience and, if in any doubt, seek specialist help from a hospital or neurological centre.

Name and Address supplied

PS Speaking to other parents at The Walton Centre Neurological Centre, this response from GPs is very common.

Hydrocephalus focus day in Luton

LIVING with hydrocephalus will be put under the spotlight by both professionals and people with the condition at an ASBAH study day in Luton later this year.

The day – co-sponsored by The Rotary Club of Luton and the venue hotel – will cover education, employment, medical treatments and some personal success stories on achieving a good quality of life.

It will be held from 10am–4pm at The Chiltern Hotel, Waller Avenue, Luton, on Thursday 1 November and costs £10. Speakers will include Dr Richard Morgan, consultant physician at London's Chelsea and Westminster Hospital, an expert in disability rehabilitation.

● *Details/booking forms: Shirley Large, ASBAH East, tel: 01733-555988. shirleyl@asbah.org*



THE CHILTERN HOTEL
above: the event co-sponsors

TO BE USED IN AN EMERGENCY

I have Hydrocephalus which is controlled by a
VP / VA
(delete which does not apply)
shunt

ASSOCIATION FOR SPINA BIFIDA AND HYDROCEPHALUS
A Registered Charity

Name _____
Date of Birth _____
Address _____

TO BE USED IN AN EMERGENCY

Take ASBAH's Shunt Alert card to college

GOING off to college or university this autumn?

Don't forget to apply for an ASBAH Shunt Alert Card NOW so it's ready to take with you, if you don't have one already.

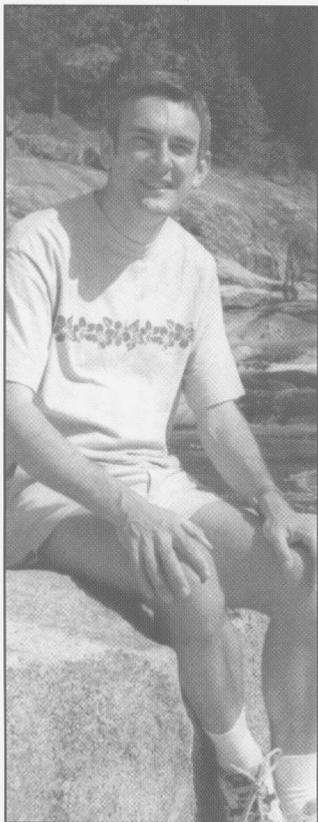
The cards – now carried by 2,578 people with spina bifida and hydrocephalus, or hydrocephalus alone – could be a life-saver in the event of an emergency as they explain the symptoms of shunt failure to passers-by.

Information on the card includes your name, type of shunt, the name of your specialist, their hospital and phone number.

There is also an accompanying GP leaflet which can be handed over to your new doctor whilst at college, to familiarise him or her with the condition.

people they make us tick!

After bagging the Munroes, Marathon was easy street!



IT WAS the third London Marathon for technical manager in engineering software, Chris Carey, and the second time he has raised money for us.

Chris (pictured left), a keen runner and mountain walker joined the throng on 22 April and raised more than £700 for ASBAH.

The 43-year-old has also notched up the outstanding feat of bagging all 284 Munroes – Scottish mountains over 3,000 feet – in 22 years.



Chris, of Nottinghamshire who works for a company based at Sheffield Airport, said: "All went well – in fact, quite unexpectedly, I improved my personal best by three whole seconds! The exhilaration of running with a huge number of people is hard to describe. The after-effects are rather less pleasant!"

He found out about ASBAH from a relative who has spina bifida.

● Thanks also to Cardiff runner Richard Covington who also turned out for ASBAH.

Different accents

PAM ADAMS, liaison officer with the SB and H Association of S Australia, is good at covering her tracks.

She was over in England for six weeks this summer – oozing post-Olympic chic and sounding as though she had been born in



Adelaide, as well as living there.

In fact, Pam and her husband Gerry emigrated 30 years ago. She moved from High Wycombe, while Gerry hails from Norfolk, where his parents still live.

Their daughter, Kate, was born in Australia.

There was a lot of catching-up to do, not least on the differences between our two organisations.

Different accents, certainly, but we have much in common!

RAW enthusiasm pulled one local ASBAH back from the abyss.

Herts and South Beds ASBAH started jumping again when Lorraine Watson took the helm.

Mrs Watson became chair of Herts and South Beds in 1995. "The group was stale. We took the bull by the



Lorraine pulls them back from the abyss

horns by holding a Christmas disco. We chatted to people and they said they wanted more like this."

Informal contact is the name of the game with get-togethers now organised twice a year – the Christmas disco and summer barbecue. For more regular contact, there's a South Bedfordshire Support Group in Luton.

In just five short years, the group has tripled membership to 82 people.

Lorraine, whose own son Andrew died 20 years ago, plans to stay active as long as she's wanted. She retired from social work when a knee stayed painful after surgery.

Secretary, Jennifer Hammond, said: "Lorraine gets to know each of our members and their families. She will call round whenever they need help and even takes some members to the airport for their holidays in her people carrier."



People's piper

BUSKING regular Russell Homer brings a touch of James Galway to shopping centres in Weston-Super-Mare, Broadmead and Bath.

For 15 years, Russell has entertained shoppers with popular melodies on his flute.

Just turned 37, he still wants to make a recording. That dream came closer to reality after a chance meeting with a local record producer, who has since become his mentor.

Russell, who lives in Bristol, said: "I have always been inspired by James Galway who showed how versatile the flute is. I've been playing for 21 years after switching from the recorder at school."

"I get a pretty good response from people. I regard my playing as a gift, I don't think it's particularly difficult."

Russell is mainly self-taught and can read music, but he plays mostly by ear. His repertoire includes: *Wind Beneath My Wings*, *Angels*, *My Heart Will Go On* and *The Air That I Breathe*.

His mentor, Jonathan Akerman-Livingstone, advised Russell to get a bit of street cred into his act – introducing a portable PA system and CD backing track.

Jonathan commented: "It's been a privilege to watch Russell's music grow."

Watch it, Sheffield! Neil's on his way

LOCAL politician Neil Lewis is hoping for bigger and better things now that he's moved from his home town of Oswestry to Sheffield.

He made the change, giving up all his borough and parish councillor activities, to stay reasonably close to his parents who moved to the city at the end of last year.

As a city newcomer, he has joined the Sheffield Labour Party and applied to stand as a local councillor.

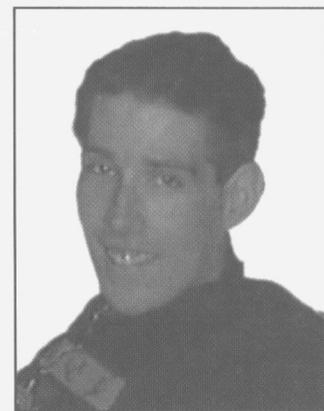
"With it being a bigger place, there is a stringent and lengthy selection process but the fact that I've had experience before will go in my favour. As well as filling out an application form, I been through a face-to-face interview."

In the meantime, there was lots to do as the Sheffield Labour Party General Election

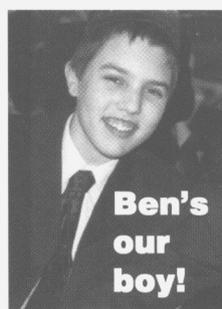
campaign went into full throttle.

"My ward of Mossborough is Lib Dem but we hope to wrestle it back this year."

A big advantage of living in South Yorkshire, he says, is the public transport system which helps keep him to the annual car mileage limit set by Motability.



"I go on the trams an awful lot," he said, "and the majority of buses in Sheffield have low floors, as opposed to one or two in Shropshire, so from a car mileage point of view it's a better place to be."



BARMITZVAH boy Benjamin Spiro-Hughes, from Greater Manchester, gave £25 of his 13th birthday money to ASBAH. Benjamin, who has hydrocephalus, is a pupil of Hulme Hall School and enjoys playing cricket, football, squash. He loves watching sport on TV.

'I've made my own choices: I've had to fight my own battles'

Independent Diane is relishing life on her own

I GET up around 8.30am. My carer comes for around half an hour to help me out of bed and supervise me while I have a shower because if the water became too hot on my feet I wouldn't feel it.

I have no feeling from the waist down and I have very frail skin which blisters easily and takes a long time to heal. I dress myself, although I might need help pulling up my trousers.

I can get my own breakfast now. For the past 14 weeks I've been staying at Plas Tre Marl home for the physically disabled at Llandudno Junction to learn basic independent living skills. I lived at home before and had never cooked. I couldn't even boil water.

My carer checks that I have everything I need for the day. I have my own Popemobile in which my mum or a companion drives me to work, to charity meetings, or collecting for charities like the Carers' Association, Christian Aid or the Spina Bifida Association.

If I am using my electric wheelchair someone helps transfer me to it, and I rely on community transport. It has to be booked a fortnight in advance so I have to be very organised.

I work two or three full days a week as a volunteer in the SCOPE charity shop, Madoc Street, Llandudno. I make sure their clothes are presented properly, with no holes and the creases steamed out, and I deal

with customer enquiries. I can't go on the till because I can't reach it from my wheelchair.

People in the shop don't view my disability. If I do something wrong I get told off, and if I do something right I get praise. Working there has made me feel more accepted.

Other days or in the evenings, I have meetings. I'm on the executive committee of North Wales Spina Bifida Association, which has around 200 members. I'm on the transport for the disabled committee of Community Voluntary Services, and I am secretary of the local Equipment and Adaptations Group.

I enjoy going out so I belong to the Llandudno and Colwyn Bay Endeavour Clubs – social clubs for disabled people. I am also chairman of the local Smile Club for ladies between 20 and 50 with disability. We meet once a month and go on outings or to the theatre or local pubs.

Other evenings I might be selling programmes or counting money at North Wales Theatre, where I am a steward. I love working there and when the theatre opened I met Prince Charles.

I am also taking computer lessons – I don't want to become a vegetable!

On Sundays I sometimes read the lessons at Trinity

● *Spreading her wings: Diane Salisbury prepares for a new life in her own home.*

GWYN ROBERTS



Church, Llandudno. We always went to Sunday School and it's made me strong. I have never felt sorry for myself.

My carer comes around 5.30pm for about an hour. If I need to get to bed early, she helps. Or if I am going out she helps me get changed. I love shopping for clothes in Llandudno, although the access is sometimes poor. I like to be smart all day and wear glittery tops in the evening.

My life has changed completely since I celebrated my 40th birthday with a bang in March. I was very poorly last year because of my hydrocephalus and had convinced myself I was not going to see 40. I had a serious operation in the Walton Centre in Liverpool.

Once I had the operation and knew I was going to be all right, I think I grew up suddenly, and I took stock of my life.

I was christened in hospital as they did not expect me to live more than a few days. My mother Audrey did everything for me. Because there wasn't a suitable local school, I went to boarding school at nine – the first step towards independence. Later I learnt clerical skills at Derwen Training College for Physically Handicapped People in Oswestry.

I have always worked, first for my father Ken in the motor trade, handling communications. In 1979 we moved to Llandudno and I worked in Canolfan yr

GWYN ROBERTS



● *Culinary delights: Diane is happy to be preparing and cooking meals herself for the first time in her life*

Orsaf Workshop for eight years, then did clerical work in Ysbyty Glan Clwyd resource centre before joining SCOPE nine years ago. Work is very important to me.

I always lived with my parents, at home on West Shore. We are a very close family, but my dad has Parkinson's Disease and is deteriorating and my mum has osteoporosis. There is no way you can cope with two wheelchairs in the house.

It was very difficult at Plas Tre Marl at first because I suddenly realised I could not go back home. As my domestic skills got better, it felt

as if I was achieving goals. We all help each other: you can be someone's eyes, they can be your hands.

I've learnt to do my own laundry and ironing. I had never cooked anything and found it very difficult, not just the cooking, but also budgeting and little things that people take for granted like peeling vegetables

because I have a weak grip. A carer lifts the food out of the oven, but I do all the cooking myself.

I've done the independent living course, made my own choices. I've cooked my sort of food. I've burned it. I've thrown it in the bin. I've put the wrong plate in the microwave. I have cried and phoned home. I've learnt to cook and done it my way! Today I cooked mum roast turkey, potatoes and all the trimmings.

I have had to fight my own battles. There is not enough accommodation for disabled people in North Wales. Now I am having a flat converted by RP Roberts Homes, near my family, with a specially adapted kitchen and bathroom. When I move in I'll have a sleep-in carer for the first few months. I've never slept in a building on my own.

I will have my own flat and my own life, but I will always see my disabled friends. If I have an evening in I read romantic novels or watch soaps – I'm a *Coronation Street* fan. I like jigsaws, but there's been a half-done puzzle on the table for a month now. I just don't have the time!

DIANE SALISBURY, who has spina bifida, is spreading her wings. She tells the NORTH WALES WEEKLY NEWS how life began at 40 as she mastered the mysteries of boiling a kettle, roasting a turkey and ironing a blouse in preparation for a life of her own in her first flat.

equal opportunities

Court warning on website design

ONE OF the most powerful women on the web issued a warning to Britain's website designers – make your windows on the world accessible to everybody or you could end up facing her in court!

Julie Howell, who runs the Royal National Institute for the Blind's internet access programme, slammed badly-designed websites which fail many disabled people. She said she was scouting round for an example to take to court to create case law.

"There's a legal case for making websites accessible. We have the 1995 Disability Discrimination Act. Web designers and their representatives ask me everyday what they have to do to be compliant", said Julie.

"Well, I don't know yet! The DDA is based on case law and, at the moment, there are no cases regarding websites in the UK. But

I do have a watching brief to look out for one."

Speaking on General Election day, she said the 10 Downing Street website was littered with design errors which made it difficult for visually impaired people to use it to the full. It had failed to come up to par, for instance, on audio-description of images, when she had run it through a special web-checking programme.

Abroad, the AOL internet service provider faced imminent legal action by militant blind lobbyists for failing to ensure that their service was fully inclusive. And the Sydney Olympic Committee of the Olympic Games had

been ordered to pay \$20,000 to an aggrieved individual whose enjoyment of the games had been affected when his own specially-ordered computer equipment failed to interface with the SOCOG site.

Julie awards special RNIB 'See it Right' website symbols to those websites which achieve acceptable standards of accessibility.

She praised sites run by QVC, the television shopping channel, and Tesco for providing liberating experiences for people with visual impairments and other disabilities. Tesco had even gone one stage further, and designed a new site specially for people with visual impairments.

Sites must have adjustable interfaces so that people can control colour contrast and font size. And, to be really accessible, they should also be designed for people who cannot use a mouse.

Attack on opening speaker's credibility

OPENING speaker Femi Otitoju, who runs her own consultancy, found herself in the firing line when a promotional leaflet produced by her company was described as "appalling".

Dermot Ryan, campaigns officer (accessible information) for the RNIB,

said her leaflet failed tests for legibility with text laid over graphics and too many fonts and front sizes. He had picked up the leaflet from the registration on arriving at the event.

Femi had left the conference by that stage, so she was unable to defend herself.

Top talent discusses world of publications

A FEAST of big names from the equal opportunities world discussed equal opps in communications at a conference in London on 7 June.

The event, arranged by the publishers' forum of the National Council for Voluntary Organisations, attracted dozens of journalists, communicators and editors from the voluntary sector.

Speakers included consultant Femi Otitoju, from Challenge Training, David Sindall, head of practice development at the Disability Rights Commission and consultant Sue Maynard Campbell, from Equal Ability Ltd.

TONY BRITTON presents a couple of highlights.

THE GENERAL message was keep design of publications clean and simple, understand the use of colour contrast and, above all, think about the people who have to read, watch or listen to your communications.

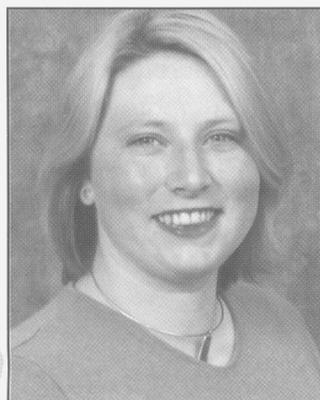
A report on the event is being prepared for our "Your Voice" disabled members group.

fundraising

These Irish eyes are smiling!

THESE Irish eyes are smiling! Enjoying the craic while making an honest buck is Ana Wilkinson – ASBAH’s first-ever dedicated fundraiser in Northern Ireland.

The lady’s no wall-flower, having sung easy-to-listen-to choral music on Ulster TV and on stage at the Ulster Hall, Belfast, and at the London Hippodrome. Since motherhood beckoned, though, she



is more likely to be found telling bedtime stories to her two children, four-year-old Lauren and Tom, aged two.

“When the occasion

calls for it, I can be persuaded to get up and do a turn at karaoke for a bet. Ever the fundraiser...”, she says.

Ana (27), who lives in Bangor, comes to ASBAH from frontline fundraising with Disability Action, Concern and UNICEF. She’ll be working from our Belfast centre to build up corporate and trust income, while stretching out into the community to involve more groups and individuals in our success.

“We support 700 children and adults here, and have one of the highest incidence rates in the world. I’m excited about raising money to support members of my own community. It’s a challenge –but that’s the way I like it!”

If you want to help Ana raise money for ASBAH in Northern Ireland, phone her on 028-9079 8878 or email: anaw@asbah.org

THERE’S still time to put in a bid for your child to enjoy a dream ride in a sporting supercar at

Brooklands, Surrey, on 28 July –

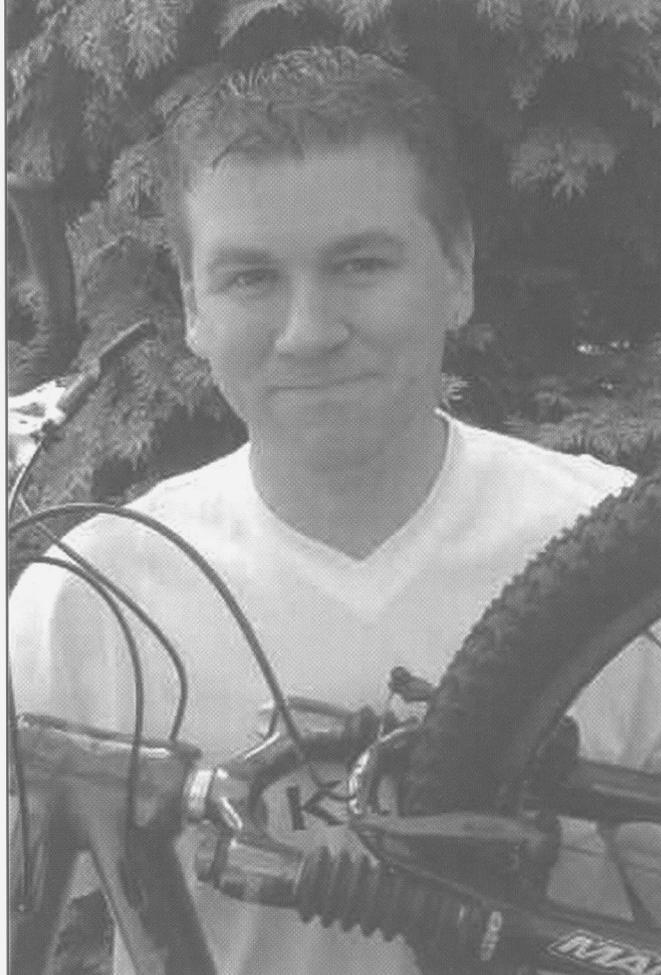
at a family day out run by the Sporting Bears Motor Club.

Contact ASBAH Publicity, tel:

01733-421316, tonyb@asbah.org

and help raise money for ASBAH.

Dream Rides event



Shaun lays his job on the line

FULLTIME charity fundraiser Shaun Pitchers is to lay his job on the line – all the way from the west to the east coast of England.

Shaun, who slaves away by day raising money for ASBAH in our telemarketing department in Peterborough, will be turning his work into play when he moves out on to the open road in September.

He will be riding his new mountain bike 140 miles across the Pennines from Whitehaven in Cumbria to Tynemouth, Tyne and Wear – in a bid to make £1,000 for ASBAH.

Shaun (31), who’s worked for ASBAH for eight years, said: “I’ve ridden mountain bikes for the best part of 18 years, most recently in 110 degrees of midday sun up a mountainside in Lanzarote, but never before for kids with spina bifida.

“I must be mad taking my work out with me. But fundraising and mountain bikings are things I enjoy, and I might as well have an incentive to finish the coast to coast ride.”

Shaun will take two days at the beginning of September to complete the course, over some of the steepest, fog-shrouded peaks in the Pennines.

Brenda Sharp changes gear in South Wales



A LONG-SERVING local association secretary has finally decided to call it a day by handing over to someone else.

But Brenda Sharp (*pictured with husband Mike*) – the first point of contact for South Wales ASBAH for 20 years – has not got away scot free as she has been made chairman instead!

She also continues to serve on national ASBAH Services Committee and is up for re-election this year as a national trustee.

She said: "I thought 20 years was enough and it was time someone younger took over – I've spent a third of my life as secretary which is a long time to do a voluntary job. But I didn't just want to walk out of the local association after all this time so I agreed to be chairman for a while."

Brenda takes over chairmanship from early folic acid pioneer Professor Michael Laurence, who now becomes president. The new secretary for South Wales ASBAH is Angelina Humphreys.

End of the road for Hants North ASBAH

A LOCAL association has folded after 35 years, due to dwindling membership.

By sad coincidence, the decision to close Hants North, West Surrey and South Berks ASBAH was made a month after the death of founder member, Sqn Ldr Ivor Davies, who was no longer involved.

In the last few years, the association had changed from being parent-led to

one in which young adults with spina bifida and/or hydrocephalus had a prominent role.

Outgoing administrator Gill Beken, said: "Most of our service-users are young adults now and their needs have changed from parent-based support to advocacy support in dealing with other agencies for independent living, mobility, housing and health aspects".

SURREY ASBAH has rung the changes with the election of a new chairman. Alan Twyford has stepped down, due to the pressure of other commitments. He has been succeeded by Jim Figg.

Jim said: "I'll be keeping the group on the rails and expect to be chairman for two or three years as it's very difficult to get someone to take it on."

Alan and his wife, Margaret (*pictured right*), continue to be active members of Surrey ASBAH. As a national ASBAH trustee and Services Committee member, Alan gives a local ASBAH view when appropriate and is in close touch with our SE Region.

The Twyfords also keep busy with local disability initiatives.

Change at Surrey's top



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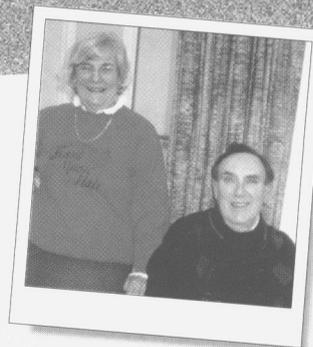
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dates for your diary

Come fly with Liz Clayton!

IN A BID to make hydrocephalus more widely understood, Liz Clayton wants her conference at Heathrow in September to fun as well as educational.

In an unusual twist to the organisation, she's adopting an aviation theme: so instead of registration, for example, there will be embarkation. But there is serious intent beneath.

Liz said: "Children with hydrocephalus frequently 'go to hell and back' most school days unless we can educate those working with them."

Saturday focuses on professionals working with children and adults with hydrocephalus and/or spina bifida, and their parents.

On Sunday, two adults with hydrocephalus discuss how it affects their daily lives, education and employment.

The cost for professionals is: £40 (day rate), £105 (24-hour stay, including dinner/bed and breakfast, one conference day), £145 (two conference days, plus overnight stay and all meals).

The cost for parents and people with hydrocephalus: £10 (day rate), £25 (24-hour stay, as above), £35 (two conference days, as above).

Drop-ins spread

REGULAR drop-in days are being extended by our Northern Region team to Wakefield, Hull, Manchester and Middlesborough. Details from Rachael, tel: 0113-255 6767.

Upcoming events

Dream Rides

Saturday 28 July, Brooklands
Dream rides for ASBAH kids at Brooklands motor race circuit, Surrey. Organised by the Sporting Bears classic car club. For invitation and to book your 2-mile ride, contact ASBAH publicity on 01733-421316 email: tonyb@asbah.org

Activity weekend

28-29 July, Surrey
Surrey ASBAH activity weekend, High Ashurst, Mickleham, near Dorking. Attend as day-visitor (bring a picnic), or stay overnight (bring tent). Jackie Cowl, ASBAH Adviser, tel: 01293-436164.

Leeds drop-in

Wednesday 1 August
Northern Region monthly drop-in, ASBAH House North, 64 Bagley Lane, Farsley, Leeds. 10-noon. Bernadette Baldwin or Rachael O'Brien, tel: 0113-255 6767.

Bromley Coffee

Monday 13 August
Coffee morning organised by South Thames ASBAH, 10-noon, United Reform Church, Bromley. Peter Winterton, tel: 0208-462 3011.

Leeds drop-in

Wednesday 5 September
Monthly drop-in, ASBAH House North, 64 Bagley Lane, Farsley, Leeds. 10-noon.

Hydrocephalus conference

8 - 9 September, Heathrow
ASBAH two-day conference on education, daily living and employment. Le Meridien Hotel, Heathrow. Liz Clayton, ASBAH Adviser, tel: 0118-972 4013, email: liz@nickel-free.freeserve.co.uk

ChairAbility Challenge

Saturday 13 October
ASBAH's 2nd annual ChairAbility Challenge, national awareness day promoting the ability not the dis-ability of disabled people. MPs and celebrities challenged to games of wheelchair basketball. Details: 01733-421316, tonyb@asbah.org

ASBAH study day

Sat 13 October, Ipswich
ASBAH study day, Hydrocephalus and its implications for learning and behaviour, The Barn Restaurant, Alder Carr Farm, Needham Market, near Ipswich, Suffolk. Booking forms, returnable by 28 Sept: Valerie Meyer-Hall, ASBAH Adviser, tel: 01379-871071 or ASBAH East Region, tel: 01733-555988.

Hydrocephalus day

Thursday 1 November, Luton
ASBAH study day, Living With Hydrocephalus. Chiltern Hotel, Waller Avenue, Luton, 10am-4pm. £10 inc lunch. Sponsored by Rotary Club of Luton and the Chiltern Hotel. Shirley Large, ASBAH East, tel: 01733-555988, shirleyl@asbah.org

DAVE'S DIARY

david.fulford-brown@ntlworld.com
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THERE'S an old saying about pride going before a fall. For me, pride goes before a huge escalator! In past Diaries I mentioned that I have a chronic fear of heights and falling. As phobias go that's probably quite reasonable, considering the state of my legs. Because of this fear, riding on an escalator was either totally impossible or gave me the screaming heeby jeebies! Then one day I got a job in my local shopping centre.

To do my job properly I needed to use the escalator. So one day, to the great confusion and amusement of the staff there, I spent the whole morning going up and down the escalator! Eventually, I felt not exactly comfortable with the escalator, but capable of riding it without throwing up. I smugly announced that my fear was overcome. That was until I met the 'daddy' of all escalators when I went shopping in London with my brother.

My local shopping centre has just two floors with a little escalator between them. Canada Square mall in London has six floors with huge escalators for each one. Of course, the shop my brother needed to visit would be on the very top floor!

Anthony asked me if I was OK with the escalators. But, having just told everyone I'd

conquered my fear, I didn't want to look a wimp in front of him. So I just smiled and said yes.

By the third floor my fixed grin was crushing my back teeth. I stared rigidly at Anthony's back and not at the huge drop behind and below me. By the fourth escalator I was sweating like a waterfall. By the fifth floor I was leaving my fingerprints in the escalator's rail!



FREEFOTO.COM

Finally we got to the top. Of course, after all that the shop didn't have what my brother wanted! "Never mind," says my brother, "there's a great view up through the roof. That building looks like it's going up through the clouds." I took a quick peek at this looming sight.

And narrowly avoided throwing up over the balcony onto the people below!

I'd had enough walking about, so Ant suggested a nice relaxing trip on the Docklands Light Railway. Great! Except I'm suddenly in the front of a train with no human driver, travelling on little rails that are getting higher and higher above the ground! Worse, I'm sitting in front of the 'Small Child From Hell!' The dear little soul spent the whole journey saying things like: 'Look at all the little buildings!', 'This is just like a roller coaster. Are we gonna go upside down?' and 'What happens if we fall off the rail?' Really not what I wanted to hear!

From the train we drove straight to the nearest pub and I think that was the most welcome pint I've ever drunk!

But, all things considered, it was a good weekend. I always enjoy being with my brothers. And I did actually survive and overcome the trauma of travelling on huge escalators. Still, next time I overcome one of my fears and phobias I think I'm going to be just a little less smug about it in front of friends and family.

Volunteers needed in childcare equipment trials

CHILDCARE equipment is being tested by disabled parents to see how easy it is to use.

Parents with babies under two are needed for the first project on baby slings and back carriers. But independent research charity Ricability would also like to hear from pregnant mothers through to

parents with three-year-olds for the longer-term programme of six other types of childcare equipment. The findings will be published as consumer guides.

Phone Dylan Simanowitz on 0207-427 2463, mail@ricability.org.uk

e-mail contacts

CALLING all emailers. We are continuing our regular listing of contacts in the UK and around the world, who would like to exchange e-mails. If you wish to go on this list in a future *Link*, please write to lizc@asbah.org
Tina Guy (mum)

ABBEYGUY@aol.com

Karen Hall, age 38

i.hall4@ntlworld.com

Graham Hudson, age 28

ghudson@oldbothwell.

freeserve.co.uk

Paul Manning, Mid Wales ASBAH

Maesafallen60@cs.com

Mark Riley, age 45 (SB)

Minnol22@btinternet.com

Debbie Sanderson, age 29 (H)

debbie@sanderson85.

freeserve.co.uk

Daniel Storr, age 23 (Bucks)

danrose@astonclinton36.

freeserve.co.uk

Lorraine Watson (chair, Herts
and S Bedfordshire ASBAH)

lorraine701@hotmail.com

Patrick (Ecuador, English as
second language or Spanish)

patrickohn@hotmail.com

Shirley White, age 55 (USA)

shirleyw@hp9000.

macc.cc.mo.us

Tora Wilson, age 30

torawilson@aol.com

Is this a record?

CAN anyone beat this record?

I can make 236 words (including plurals and proper names) out of the word 'hydrocephalus.'

Carolyn Hughes

3 Alexandra Road, Parkstone

Poole, Dorset BH14 9EL

Send your list of words to the Editor.

She's right – there is no quick fix

I would like to congratulate ASBAH Adviser, Angela Lansley, on her article in last issue of *Link*.

We have made great strides in the field of continence management in spina bifida but Angela is right to remind us that, for some families, the 'cure' is proving to be almost as bad as the 'disease' with management systems too complicated and difficult. There is no quick fix and, for some, the road to success is long and hard.

Many children and young adults do enjoy a much improved quality of life post-operatively while others continue to struggle. It does not seem fair and the sense of failure is difficult to avoid if wetting and soiling persist.

Her article provides us with yet more evidence of the importance of multi-disciplinary assessment and management. The need to make sure that facilities are in place at home as well as at school or in the work place is paramount, the need to provide the right level of ancillary support geared towards independence rather than increased dependence and above all a professional desire to work towards a system of shared responsibility between the agencies.

When we get it right, we give the young person appropriate information, the opportunity to take responsibility for him/herself, increase their self-esteem, develop a sense of body ownership and realise that they, like their siblings, do have the right to say 'No'.

Angela has eloquently expressed a point of view which should make us feel far less complacent and aware that there is still a lot of work to do.

Mary White, Clinical Nurse Specialist, Continence

No fears about the cheek swab test

WE WERE delighted to read in *Link* 193 that we may be invited to take part in the latest DNA search for a genetic link in spina bifida. We would endorse the research, whilst acknowledging people's rights to decline taking part. We hope many will send in samples for the research.

We are impressed by the simplicity of collection of DNA material. The research is of the kind which should be welcomed by many people, but particularly people like ourselves with spina bifida. If ways can be found to minimise, pre-conceptually, the risk of NTDs occurring, this seems to be research which still values those of us with spina bifida as individuals.

It is important, however, that where ASBAH is involved in promoting or facilitating medical research, care is taken to give the full facts as early as possible in the process. The DNA research proposal has been under discussion for some time, and now the complete process has been described in *Link* the fears about what might be involved should be reduced.

We look forward to reading some exciting and useful conclusions to this.

Alan & Margaret Twyford, Tolworth, Surrey

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Please send to:
Editor, ASBAH
42 Park Road
Peterborough PE1 2UQ
Tel: 01733-555988.
lizc@asbah.org
- Display rates on application from Publicity Manager, ASBAH.
Tel: 01733-421316.
tonyb@asbah.org

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BERWICK COTTAGE, EAST HARLING, SOUTH NORFOLK (CATEGORY 1)

Modern, purpose-built, self-catering cottage. Ground floor accommodation for up to 2 people (single beds) with disabilities. Scan 700 beds: Clos-o-Mat; overhead track hoist bedroom-to-bathroom, wheelchair shower and much more. Up to 4 carers/family/friends upstairs. Awarded Grade 1, Holiday Care. Open all year. Low rates Winter/Spring (£250 to £350 per week) – full central heating. Helpful caretakers demonstrate equipment, but otherwise total privacy in pretty village with accessible pub, GP, shops. *Cottage brochure, Lin Berwick, (tel: 01787-882111). Booking forms and full information, George Tickner, The Lin Berwick Trust, (registered charity), 0208-595 7056.*

ORLANDO, FLORIDA – House with a heart for disabled travellers! Spacious, luxury, adapted bungalow situated on golf course. Three double bedrooms, two bathrooms (Mangar bathlift installed), cable TV, free local telephone calls, free Country Club membership. 24-hour 'on-call' management company. 15 minutes Orlando Airport; 20 mins Disney. Paraplegic owner. *Sue Fisher, 5 Park Lane, Broughton Park, Salford M7 4HT, tel/fax: 0161-792 3029.*

NAISH HOLIDAY VILLAGE

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GRANGE COURT

HOLIDAY VILLAGE – Park with "good" status. Goodrington Sands, Devon. Excellent site facilities within short walk, with indoor/outdoor pools, restaurant, bar, take-away. Fully equipped, 2 bedroom, fully wheelchair accessible mobile home. Sleeps 4-6, well appointed. Free club membership. (Purchased with funds from the National Lottery).

MILENDREATH HOLIDAY

VILLAGE – Excellent seaside site with good facilities, just outside Looe in Cornwall. Restaurant, clubhouse, indoor pool. Fully equipped and wheelchair accessible 2 bedroom chalet accommodation. Sleeps 6 – well furnished and comfortable. Free club membership.
Details: Mr P Cash, tel: 01425-672055, email: petercash1@talk21.com
Bournemouth Spina Bifida Association, registered charity no. 261914.

FOR SALE

TOIRIER manual wheelchair, blue, vgc, 10 years old, solid tyres, 16" seat. Will give it away if donation made to ASBAH. *Mrs Chapman, tel: 01763-245070 (Royston, Herts).*

BOOSTER Roadmaster 128, 4-wheeler; used 11 months; new

battery; battery charger; puncture-proof tyres; £2,000 ono. *Tel: 01234-307970 (Bedford).*

BOOSTER Tetra Roadmaster, 4-wheels, new puncture-proof tyres, 8mph, Class 3 scooter. 6 years old. £1,300 ono. *Tel: 0208-521 0463 (Walthamstow).*

AFFILIATED ASSOCIATIONS**BARNSELEY**

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12 St Leonard's Way
Ardley, Barnsley
S Yorks S71 5BS
Tel: 01226-292546

BEDFORD

Mr R C Simmonds
16 Parkstone Close
Bedford MK41 8BD
Tel: 01234-400068

BOURNEMOUTH, CHRISTCHURCH & DISTRICT

Mrs Gill Lanning
43 Rothsay Drive, Highcliffe
Christchurch, Dorset, BH23 4LD
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Knowle, Bristol BS4 2DT
Tel: 0117-9779942

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Peterborough
PE7 1YX

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Clwyd CH5 1DW
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Cheylesmere
Coventry CV3 5ES

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St Merry, 20 Burley Hill
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West Midlands WV11 2HF
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GRANTHAM

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Grantham, Lincs NG31 7QB
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Tel: 0208-244 3526

HERTS AND SOUTH BEDS

Mrs Jennifer Hammond
28 Gladeside
St Albans, Herts AL4 9JA
hamrock@supanet.com

HUDDERSFIELD

Mr Stephen Bolton
361 Bradley Road
Huddersfield
HD2 1PR
Tel: 01484-424479

KENT

Mrs S Stevens
7 The Hive
Northfleet
Kent
DA11 9DE
Tel: 01474-536202

LEEDS & BRADFORD

Fiona Bryett
c/o ASBAH North
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Farsley
Leeds LS28 5LY
Tel: 0113-255 6767

LEICESTERSHIRE

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Market Harborough
Leicestershire
LE16 7JJ
Tel: 01858-432967

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Tel: 01704-542589

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Joanne Barrett
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St Helen's WA10 2DE
Tel: 01744-612860

SHEFFIELD

Mrs Barbara Clark
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Tel: 0114-269 9299

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3 Court Gardens, Yeovil
Somerset BA21 3LZ

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Mr Peter Winterton
35 Paynesfield Road
Tatsfield, near Westerham
Kent TN16 2AT

SOUTHAMPTON & DISTRICT

Mr S J Fitzgerald
32 Ellis Road, Thornhill
Southampton SO19 6GR
Tel: 023 8040 2644

STAFFORDSHIRE

Mr Reay Pearman
2 Spode Grove
Westbury Park, Clayton
Newcastle-under-Lyme ST5 4HF

STAINES, HOUNSLOW & DISTRICT

Mrs Pamela Page
237 Upper Halliford Road
Shepperton, Middx TW17 8SP
Tel: 01932 783991

STOCKPORT & TAMESIDE

Mrs Tracy Ryan
265 Adswood Road, Adswood
Stockport SK3 8PA
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SUNDERLAND

Mr J Pounder
42 Gowanburn
Fatfield, Washington
Tyne & Wear NE38 8SG
Tel: 0191-415 1725

SURREY

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Ockley, near Dorking
Surrey RH5 5TG
Tel: 01306-627572

SUSSEX

Ruth Hodges
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Tel: 01323-641472

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Warrington, Cheshire WA1 4PD
Tel: 01925-819329

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123 Gerrards Green
Beaminsters,
Dorset DT8 3EA
Tel: 01308-862614

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24 Greendale Crescent
Leigh WN7 2LQ
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WIRRAL

Mrs M Appleyard
28 Stavordale Road
Moreton
Wirral, Cheshire CH46 9PR
Tel: 01516-784409

WORCESTERSHIRE

Mrs Ann Cotter
49 Brueton Avenue
Fringe Green
Bromsgrove
Worcs B60 2AW

YORKSHIRE NORTH

Miss Faith Seward MBE BA
45 The Paddock
York YO2 6AW
Tel: 01904-798653

WALES**Llanelli**

Mrs Anthea James
61 Westland Close
Loughor, Swansea SA4 2JT
Tel: 01792-428004

Mid Wales

Paul Manning
60 Maes Afallen
Aberystwyth SY24 5BL
Tel: 01970 820581

North Wales

Mrs V Conway
4 Ewloe Drive
Bodnany Road
Llandudno
Tel: 01492-878225

South Wales

Angelina Humphreys
22 Heol undeb, Yorkdale
Beddau, Mid Glam
CF38 2LB

NORTHERN IRELAND

Mr J Rippey
Long Eaves
24 Tullywigan Road
Cookstown
Co Tyrone BT80 8SD
Tel: 028-8676 2290

NON AFFILIATED ASSOCIATIONS**Blackpool & Fylde**

Mrs Diane O'Hagan
83 Boothley Road
Blackpool
Lancs FY1 3RR

Calderdale

Mr A L Crowther
12 Elm View
Huddersfield Road
Halifax HX3 0AE
Tel: 01422-341497

Cannock & Walsall

Mr Ken Hall
17 Wallhouse Street
Cannock, Staffs
Tel: 01543 -504847

Chesterfield

Mrs K Tomlinson
23 Hathern Close,
Brimington Common
Chesterfield, Derbys
Tel: 01246-272724

Cornwall

Helen Youngman
13 St Petry, Gears Lane
Goldsithney, Penzance
Cornwall TR20 9LA
Tel: 01736-710261

Association secretaries requiring changes to this list should contact: **LINK EDITOR, ASBAH, 42 PARK ROAD, PETERBOROUGH PE1 2UQ Tel: 01733-555988 Fax: 01733-555985.**

Devon

Charles Harper
23 Sturcombe Avenue
Paignton
Devon TQ4 7EB
Tel: 01803-522256

East Anglia

Mrs L Turner
7 Stow Gardens
Wisbech
Cambs PE13 2HS
Tel: 01945-466205

Essex

Mrs R McCarthy
26 Brixham Gardens
Ilford, Essex IG3 9AX
Tel: 0208-594 1852

Isle of Wight

Mr D J S Sprake
Springfield, Town Lane
Chale Green,
Ventnor
I W PO38 2JS
Tel: 01983-551234

Lancaster, Morecambe & District

Mrs M Dyson
25 Royds Avenue, Heysham,
Morecambe LA3 1PA

Nottinghamshire

Mr Allan Barratt
127 Limetree Road
Hucknall, Notts NG15 6AW
Tel: 0115-953 7291
Fax: 0115-953 2081 (8am - 6pm)

Rochdale

Mrs Anne Lawton
20 Spencer Street, Chadderton
Oldham, Lancs
Tel: 0161-6524487

Whitchurch (Salop)

Mrs E Calder
Southfork, Sedgford,
Whitchurch, Salop SY13 1EX
Tel: 01948-663627

OTHER ASSOCIATIONS**SCOTTISH SBA**

Executive Officer:
Mr Andrew Wynd
190 Queensferry Road
Edinburgh EH4 2BW
Tel: 0131-332 0743

IRISH ASBAH

Ms Claire Gill
Hon Secretary, Irish ASBAH
Old Nangor Road
Clondalkin, Dublin 22
Tel: 00 3531 4572326

JERSEY, Channel Islands

Mrs Ursula Emmanuel
Priory Gardens
La Grande Route de St Clement
St Clement
Jersey, JE2 6QQ
Tel: 01534 -853019