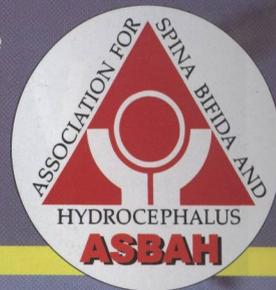


# LINK

The magazine for people  
with Spina Bifida and  
Hydrocephalus



**Shunt card**  
**Travel tips**  
**Users get more say**



**Tennis pair  
get hitched**

JULY/AUGUST 2002

ISSUE 200

**PRICE**  
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## ASBAH's **LINK** magazine



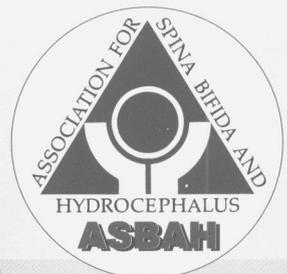
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# LINK



Cover: Peter Bryant, general manager of The Royal Pigeon Racing Association welcomes ASBAH fundraising manager Donna Treanor to it's HQ. Story on pages 18-19.

## Editorial

WE are celebrating this issue – albeit in a small way – that *Link* has reached its 200th edition. Flip over to the back cover and you'll see what I mean!

Over 35 years, *Link* may have radically changed in its appearance and style, but I hope the subject matter has stayed the same – that it continues to reflect the lives of people associated with ASBAH, allows you to share ideas and experiences, communicates important developments in ASBAH and includes some relevant information from the wider world.

Celebrating life is what magazines are all about and this issue is no exception. We are unashamedly pleased to celebrate the achievements of a few people and organisations who have done us proud financially – service-users like teenagers Michael Chambers, from Cornwall, and Brian Alldis, from Suffolk, and our all-time biggest donor, The Royal Pigeon Racing Association, who we caught up with recently at its headquarters in Cheltenham.

If you have a fundraising idea that will benefit ASBAH, please contact Ian Morley in our Fundraising Department and he will be delighted to help – tel: 01733-421328; email: [ianm@asbah.org](mailto:ianm@asbah.org)

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Our new leaflet ● p 10



People ● page 11

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ASBAH's vision is a future where everyone with spina bifida or hydrocephalus can get the most out of life.

ASBAH's mission is to work with people with spina bifida and/or hydrocephalus, their families and carers to promote individual choice, control and quality of life.

[link@asbah.org](mailto:link@asbah.org)

[www.asbah.org](http://www.asbah.org)

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## Redundancies – how ASBAH's advisory services will be affected



**ASBAH's executive director, Andrew Russell, writes:** We are keen to help every-

one who needs our support, so the recent loss of three (full-time equivalent) Adviser staff, through redundancy, has been a blow to ASBAH. The posts made redundant will directly affect Cumbria/North Lancashire, South-west London, Cambridgeshire, Staffordshire/Wolverhampton, the Foyle/Lakeland area of Northern Ireland and Belfast.

Inevitably, other staff will feel the knock-on effects in their workloads, and may have to re-examine their approach as they are already fully stretched.

Many people with spina bifida and/or hydrocephalus and their families are more than capable of representing themselves, but may need key information, or clarification of what services they are entitled to. We provide information by telephone, and leaflets on a wide range of subjects to help in this way. But we are very clear that personal contact with ASBAH staff remains necessary in some cases and the job of an Adviser will continue to involve face-to-face contact.

Often our service-users need to express their views or prob-

lems and ASBAH can help by suggesting a way forward, or direction-pointing towards other agencies. Statutory agencies, such as the NHS or Social Services, with responsibilities for disabled people, must be encouraged to play their proper part, and we are pleased to advise on this wherever we can. Advisers have always aimed to 'empower' and encourage those they work with to address their own needs and, if necessary, to

be an ally to them in fighting their battles. Equally, it is as important as ever for parents to encourage young people with spina bifida or hydrocephalus to grow up into confident adults who can take control of their own lives.

Although we have been forced to reduce our Adviser staff, for financial reasons, ASBAH will continue to listen, inform and help to advocate for our service-users.

---

## Disabled users get more say

ELECTED disabled users have met for the first time as an ASBAH committee, which will have a direct influence on the decisions made by our trustees and the Association generally.

The move is part of ASBAH's Strategic Plan to ensure that disabled members' ideas, involvement and influence have an official channel to go through.

The new group, known as the Disabled Users' Advisory Committee (DUAC), formally represents the workings of Your Voice (previously known as Your Voice in ASBAH or YVIA).

Your Voice has been in existence for 10 years and has been involved in: informing/drafting policy responses to government or national bodies; suggesting nominations to ASBAH committees, so that disabled members are represented; organising training and activity events to interest and develop new members; commentary on ASBAH policies etc. However, its meetings were not a formal part of ASBAH proceedings.

The DUAC will run two training events this year, funded by a European Social Fund grant, and proposals for social research into aspects of disabled living are being debated.



Mary King, chair of ASBAH's new DUAC

## New 'Alert' card insert for programmable shunts

PEOPLE with programmable shunts will soon be able to obtain from ASBAH a special insert for their Alert Card.

This insert can be used by people with programmable shunts at airports as proof that they should not go through scanning equipment in case their shunt is accidentally reset.

We also recommend that people with programmable shunts should not accompany others to MRI scanners. If you need an MRI scan yourself, the setting *must* be checked before and after the procedure by a skull x-ray, and a neurosurgeon must be available to reprogramme the shunt (if required) immediately after the scan.

Some types of lift with a heavy magnetic field have also been known to reset programmable hydrocephalus shunts.

The special insert for our Alert card is the size of a credit card. It has been rushed through by our Medical Advisory Committee following new guidelines being issued by the Medical Devices Agency – Programmable Hydrocephalus Shunts: *Risk of Reprogramming during MRI Procedures*.

Both cards should be carried at all times.

Rosemary Batchelor, ASBAH's senior adviser (health and policy issues), said: "As a rule of thumb, people with programmable shunts should follow the advice issued to people with

pacemakers at airports and ports.

"Although the manufacturers of programmable shunts say they can't be reset accidentally, we, and neurosurgeons we have contacted, have heard instances

where they have been."

● **To register for an Alert card and/or the new insert for programmable shunts, call Carol Kennedy (ASBAH Services) on 01733-421313 or email: [carolk@asbah.org](mailto:carolk@asbah.org)**

Name of next of kin \_\_\_\_\_  
Address \_\_\_\_\_  
Telephone No \_\_\_\_\_  
Relationship to card bearer \_\_\_\_\_

**If available, please supply the following facts about your shunt**  
What model (Manufacturer) is it? \_\_\_\_\_  
Serial Number \_\_\_\_\_  
When was it put in place? \_\_\_\_\_  
Who performed the operation? \_\_\_\_\_

ASBAH, 42 Park Road  
Peterborough PE1 2UQ  
Tel: 01733-555988 Fax: 01733-555985

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

## Snap to it for childcare

A CHILDCARE agency has expanded and is now able to provide au pairs, classroom assistants, respite carers, nannies and mother's helps with experience of looking after children with special needs.

SNAP! Childcare offers a nationwide placement service and produces a newsletter aimed at everyone interested in children with special needs. Its March issue ran articles on the charities Changing Faces, The Family Fund Trust, Cued Speech and the London Early Autism Project.

**SNAP! Childcare Ltd, 91-93 Great Eastern Street, Shoreditch, London EC2A 3HZ, tel: 020-7729 2200.**  
**Email: [snapchildcare@aol.com](mailto:snapchildcare@aol.com) or download a registration form at [www.snapchildcare.co.uk](http://www.snapchildcare.co.uk)**

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elini@asbah.org

## news

# Cornish rally to fundraising cry

SERVICE-USERS in Cornwall have rallied round to help secure the future of their Adviser by organising fundraising events.

Lynne Young has worked in Cornwall for ASBAH for the last 14 years and is highly valued by individuals with spina bifida and/or hydrocephalus and their families.

Young married couple Neil and Jane Carmichael organised a prize bingo night at Trewoon village social club and the event was 'packed to the rafters'. With prizes donated by families and companies, such as free tickets to the Eden Project, this event alone raised £370.

Seventeen-year-old Michael Chambers (*pictured below*), from Falmouth, his brother Leon and sisters Kizzy and Shelby raised £150 at a coffee morning they organised at home. They baked

cakes and biscuits and held a raffle, lucky dip, guess the number of marbles in a jar and a name the teddy bear competition.

Michael raised a further £49 in a Bonus Bunny competition. Forty-nine tickets were sold for £1 each using that week's National Lottery Bonus Ball number as the winner.

Twenty Cornish families were expected to take part in a sponsored wheelchair and walk challenge in June. The five or 10-mile trek followed a private road from Par to Fowey with a bus waiting at one end for those not up to making the return journey.

Mrs Young said: "The families here have been rallying round since they heard about the cuts to ASBAH services. It's nice to feel appreciated."



*Michael Chambers and his sister Kizzy hold a 'Name the Bear' competition at their coffee morning in aid of ASBAH*

## Your views count in new health study

HEALTH and social services for people with spina bifida and/or hydrocephalus must be continuous, well-coordinated and work in partnership with the user.

These were the main findings of an ASBAH-sponsored study to help the Government shape the future (see panel below). Researcher Sue Thompson set out to provide evidence of the health and social needs of people with SB/H and their families, and their experiences of services. The results will form part of ASBAH's contribution to the new National Service Framework for People with Long-Term and Neurological Conditions, which should become effective from 2005. This is the Government's method of setting standards in services (including health and social services, but also affecting education and other matters) for people with neurological conditions. ASBAH is working hard to influence the Framework.

116 people across England and Wales were involved – 44 professionals and 72 service-users, of whom 22 were parents. Contributions were encouraged from people with close contact with ASBAH as well as those who had little or no contact with us. Thanks to everyone who took part.

Sue, working under the auspices of Sheffield University, told *Link*: "I'd expected a very wide range of views, whereas despite a huge range of experiences of disability, of impairment



and of service use, there was strong agreement between professionals and service-users on the main issues, and in particular on the importance of how services are delivered."

Difficulties with services currently experienced included: poor coordination, lack of continuity and communication; services that fail to treat people holistically; services that demonstrate little knowledge or understanding of spina bifida or hydrocephalus especially where there is a high staff turnover; long waiting times for assessment for equipment and adaptations to accommodation, reducing people's mobility, independence, and quality of life.

Sue found that problems are particularly acute for young people undergoing transition to adult services, older adults, and people with hydrocephalus.

### At a glance

HERE are the three main findings of Sue Thompson's research for ASBAH into the health and social needs of people with spina bifida and/or hydrocephalus and their families:

- Health and social services for people with spina bifida and/or hydrocephalus must be continuous and well-coordinated and work in partnership with the user.

- Services need to have knowledge and experience of both conditions and take a holistic approach to users.

- Access to services must be clearer and more straightforward, and people should not have to feel that they have to fight for them.

# your voice

ASBAH's Disabled Users' Working Group

ASBAH service-users tried activities they had never done before at an inspirational weekend organised by our Disabled Users' Working Group.

Set in the idyllic surroundings of Nene Park in Peterborough and blessed with superb spring weather, 25 service-users of all ages spent two days choosing from a programme



*Sam Ahlstrom with Billy Big Beard on motorbike*

## Anything you can do!

of activities at a high class hotel.

Aromatherapy, archery, tennis, t'ai chi and the chance to ride pillion on a trike behind Billy Big Beard, from the Association for Bikers with a Disability, were

on offer on the Saturday.

On Sunday, presentations were given on skiing and sailing – showing that, with opportunity and the right support, even adventurous activities like these

are possible.

Anything You Can Do! was organised by Your Voice – ASBAH's Disabled Users' Working Group members Mary King, Zem Rodaway and Lisa Cain. Administrative

support was given by Sam Ahlstrom, from Sweden, who is doing work experience at national ASBAH.

The weekend also saw the welcome participation of ex-Your Voice in ASBAH co-ordinator, Jon Burke.

Sam Ahlstrom, who admits he's not very sporty, told *Link*: "I thought it was a very good weekend as I got the chance to meet a lot of new people in the same situation as myself. It was mainly great fun though I would have liked to see more choice of activities. Basketball and boccia have been suggested as options for a future sports weekend."



*Janet Waugh chats to ASBAH vice-president Patrick Daunt*

# We did it:



*Hannah Bickerdike tries her hand at tennis*



*Marshall Thomas leads the tennis session*

*Main photo: Janet Waugh takes aim in the archery session*



## Good news for N Ireland service-users

LIFE skills courses for young service-users in Northern Ireland will continue – thanks to continued funding by the Rank Organisation.

As development worker, newly appointed Clare Heyland (*pictured*) will deliver the popular wheelchair skills clubs and residential challenge weekends set up by Linda Maxwell. Clare will also develop new courses to meet newly identified needs, bringing benefits to those service-users who may find it harder to achieve independence.

Young service-users will further benefit from Clare's work as she will be identifying models of good practice so that ASBAH staff can take a more proactive approach in supporting pupils in mainstream schools, and all young people in their transition to adulthood.

The wheelchair skills clubs continue at McKinney Hall in Musgrave Park Hospital, Belfast, and more residential challenge weekends are being planned.

## New leaflet for Fundraising drive

THE FIRST stages of ASBAH's new fundraising strategy have been implemented with a mailing to all our regular donors.

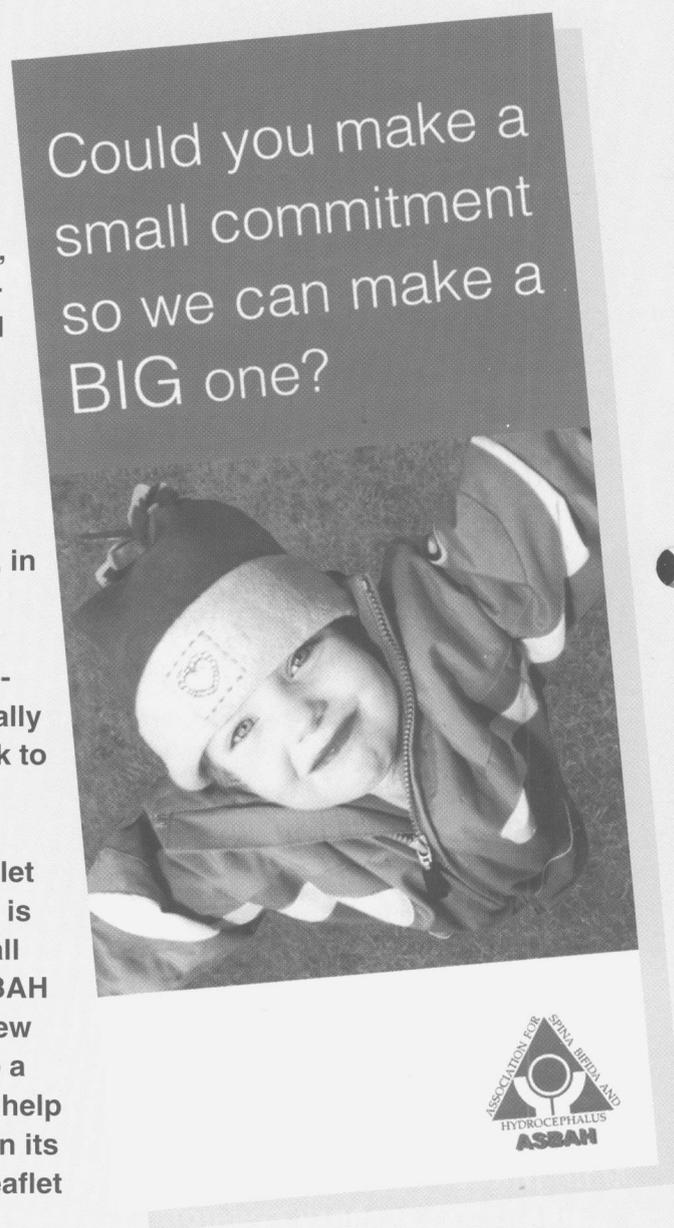
The results have been very encouraging. The aim is to introduce a 'Friends of ASBAH' scheme which is asking its 'best friends' to support and donate monthly by bankers' order.

This summer, we will be sending updates and information regarding the work of ASBAH and how the donors' money has been spent, in the form of a newsletter. The newsletter is designed specifically to give feedback to regular donors.

The new fundraising leaflet (*pictured right*) is being used by all staff within ASBAH to encourage new donors to make a commitment to help ASBAH maintain its services. The leaflet

briefly outlines our work and shows how a monthly pledge of £5 can help us plan for the future.

*If you would like to become a Friend of ASBAH, please contact Ian Morley on 01733-555988 or email: [ianm@asbah.org](mailto:ianm@asbah.org)*



# people

## Alison is Clarins' most 'Dynamisante' woman

A WOMAN with spina bifida, who has helped scores of poverty-stricken disabled children in India, has won a national award promoted by *The Mail on Sunday's* *YOU* magazine.

Among eight women short-listed for the title, Alison Davis was selected to become Clarins' Most 'Dynamisante' Woman of the Year.

The £30,000 prize money will help bring the total number of disabled children cared for through her charity Enable (Working in India) to 175.

The charity

work which, she says, helped her live again after years of at times overwhelming pain, all started when she visited two boys she had sponsored at a small orphanage.

On returning home, she began to persuade friends to sponsor other children at the orphanage and then began to set herself the first of a series of fundraising goals.

Flurries of local publicity around her Dorset village raised people's awareness of the hopeless plight of disabled children in India, and donations trickled in.

Since 1995, when she registered the charity, she has raised more than £170,000.

This has improved and



extended the small orphanage in the hamlet of Kanigiri and funded a new orphanage for girls in the nearby town of Ongole which has been named after her.

As well as providing housing and nutritious food for the children, operations have been paid for and the children have been given education opportunities and the chance to learn skills such as needlework.

Alison, who works as

a full-time researcher into medical ethics, told *YOU*: "One thing is certain: none of our children are going to end up begging."

Her prize money will allow the top floor of the Alison Davis Millennium Home for Disabled Children – for blind children – to be opened.

---

● CONGRATULATIONS to Hannah Bickerdike, from York, who has broken two world records in swimming.

Hannah (22), who has spina bifida and hydrocephalus, swam 50 metres of breast-stroke in one minute 31.4 seconds, and the 100 metres medley in two minutes 45.6 seconds. Both were achieved at the National Short Course Championships in Sheffield.

● Turn to page 16 for Hannah's experience of caravanning in Europe.



ALL the glitz and glamour of Hollywood was enjoyed by 16-year-old Kayleigh Gibaud when she dressed up in a shimmering red number for a school leavers' ball.

As well as donning the dress her parents bought for her while on holiday in the States last year, Kayleigh was treated to a special trip to the hairdresser's and make-up session at home.

Hollywood was the theme of the grand event at Penrice Community College, St Austell, Cornwall, with 270 pupils plus staff attending.

Kayleigh's mum, Verena, said: "Kayleigh really enjoyed being pampered and being made a fuss of. She thought she was the belle of the ball."



## Disney for child achiever

AN ASBAH family in West Sussex are on their way to DisneyWorld in Florida following the eldest son's win of a national award. It will be the first time the family have been abroad.

Since the last issue of *Link*,

we've heard that John Howard, from Littlehampton, also won the national Child of Achievement Award.

Part of the prize was £2,500 in Airtours vouchers and the family have booked a holiday to Florida in September.

Eleven-year-old John was nominated by his

teacher at Rustington Community Primary School because of his willingness help others and take part in anything.

He is goalie in his class's hockey team, for which he stands, and plays basketball in his wheelchair.

His award was presented at the Hilton Hotel by Kirsty Gallacher and Matt Lorenzo from Sky Sports and actress Cheri Lunghi.

His mum, Julie, said: "When I heard his school had nominated him, tears came to my eyes, but to dream he'd got through to the finals was really brilliant."

*John is pictured above with a Sky TV presenter.*

## Hat trick

IT WAS the third consecutive win of the 2.2 mile London Mini Wheelchair Marathon for Brian Alldis.

The 15-year-old, from Bury St Edmunds, Suffolk, bettered his



previous time by 40 seconds, finishing in eight mins and 57 secs.

He also raised cash for charity and donated £150 to ASBAH.

## Repeat win



ELEVEN-year-old Louise Hunt, from Swindon, won the girls under 13s section of the London Mini Wheelchair Marathon for the second year running.

She finished in 13 mins 32 seconds.

## Swedish supporter

FROM SWEDEN to England is a long way to go to get work experience but that is exactly what Sam Ahlstrom did when he came to ASBAH.

Lucky for us and for Sam, the Swedish government is prepared to pay unemployed people under 30 to broaden their experience overseas.

Sam (25) knew about ASBAH through *Link* and, after gaining a place on the government scheme, he wrote to us 'on spec'.

He said: "I was interested to know how

ASBAH is run. It is my ambition is to work for the disability movement in Sweden."

He has made many friends since his arrival at national ASBAH in April. But, as World Cup fever swept Britain, he didn't forget his true loyalties – wearing the Swedish yellow shirt with pride.

Sam will be working at ASBAH House until the end of August and can be emailed at

[samuella@asbah.org](mailto:samuella@asbah.org)





## Love all for tennis pair

THE WEEK before Wimbledon, world-ranking tennis player Debbie Simms got hitched to former *Link* sports columnist Marshall Thomas.

Romance blossomed for them at tennis venues around the UK as Marshall is press and promotions officer for the British Tennis Foundation, which governs the sport for people with disabilities.

The 31-year-old said: "We met more than two years ago at a social function on the Friday night during the National Wheelchair Tennis Championships in Sheffield and we clicked, but it was another six months before we became 'an item'."

Their wedding took place at St Stephen's Church, Prenton, on the Wirral. Debbie's nine-year-old daughter Ellie, and doubles partner Debbie Brazier, were among five bridesmaids dressed in gold.

Marshall, formerly based in the South-East, said: "It was a very special day for us – you only get married once, we hope."

Debbie (35) started playing tennis just five years ago but now ranks in the UK top five and about 74th worldwide. In July, she'll be competing abroad for the first time in Paris – the French Wheelchair Tennis Championships.

No honeymoon is fixed but the couple have plenty of tennis events to look forward to, including weekends away.

For the French tournament, though, Marshall will be staying put in Prenton to look after Ellie!

## Thrills and spills

COMBINE speed with an element of danger and you have the perfect activity for Newmarket-based Paul Johnson.

So he was thrilled when his ASBAH adviser Val Meyer-Hall offered him the chance to go up in a glider which she arranged through an old friend.

Paul (31), who has only five per cent vision in one eye as a result of hydrocephalus, was able to take control of the glider from the instructor as it sailed down from 4,500 feet.

Making the trip from his Newmarket home to the Cambridge Gliding Club, he said: "It was really cool. It's so peaceful up there. You

can hear the odd bluster of wind around you, but part from that, it's very calm and unreal.

"I've always been one for doing dangerous stuff. I've done rock climbing, abseiling and canoeing and I've been a car fanatic since I was a child. I get a buzz from anything that can do more than 100 mph."

A veteran of motor racing, Paul's next big challenge is to break the 140 mph land speed record for a blind person. "I think I could beat that, and I have a friend who works at a garage who thinks he can get me a car which I would drive on a run-way," he said.

*Paul (left) with instructor Kevin Moloney*



## One-stop travel guides

HOLIDAY information for three areas of the UK has been published as travel packs.

Produced by the charity Holiday Care, there are packs for London, Wales and South East England. Each one gives details of the accessibility of transport, accommodation, visitor attractions, equipment hire and useful contacts.

Attractions in the London guide include: Buckingham Palace, Madame Tussauds and British Airways London Eye, while the South East Guide has 64 attractions like Chichester Cathedral and Leeds Castle. The Wales Guide includes Cardiff Castle, Alice In Wonderland Centre and Celtica, Powys.

Each travel pack costs £5 from: **Holiday Care, 2nd Floor, Imperial Buildings, Victoria Road, Horley Surrey RH6 7PZ. Tel: 01293-774535. Email: [holiday.care@virgin.net](mailto:holiday.care@virgin.net) [www.holidaycare.org.uk](http://www.holidaycare.org.uk)**

## Business access

A NEW set of guidelines to help businesses and service-providers make their premises more accessible and inclusive to all was issued in May.

The statutory Code of Practice on Rights of Access outlines the final set of access duties under the Disability Discrimination Act 1995 (DDA) which comes into force in October '04.

[www.drc-gb.org](http://www.drc-gb.org)

# The great escape

IMAGINE being shipwrecked on a deserted island and having problems to solve to get off it.

This is exactly what a group of young people did on *Well Away!* – a two-day event organised by our Northern Ireland Region. Some participants had not stayed away from home before.

“We stayed near the mountains and the sea at Kilkeel – it took a long time to get there. There was a big house with lots of rooms. I shared a room with Christopher and Matthew,” said David Spence from Belfast.

“We had a treasure hunt. There were different coloured blocks of wood hidden all round the grounds. Each colour had a different amount of points. They were hidden in some funny places. A couple were stuck up drain pipes and even up trees! That was great fun,” said Emma Frecknell (11).

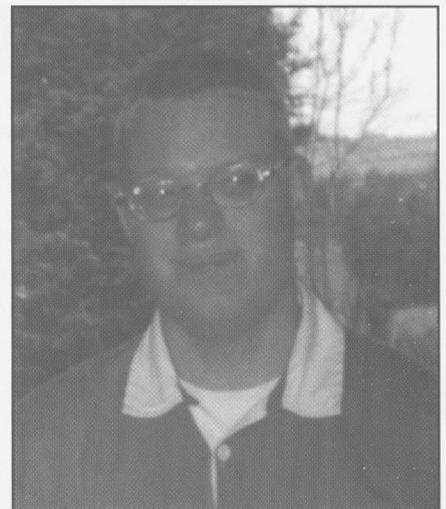
“On the last day, all of us made kites and then we were given a prize before we left. I enjoyed myself that much I would have like to have stayed longer,” continued David.

Emma (pictured right) added: “Pat, one of the leaders,

“It was good to get away from my mum and dad for a while and my annoying brother.”

kept me going at breakfast because I was resting my head on my hand, which just happened to have a spoon in it. He asked me who I was on the phone with. Funny!

“Every time he saw me after



Nicholas Bagley, participant

that he would run after me with a spoon and say ‘Someone on the phone for you, Emma.’”

Funded by *Right Fit* – a Barnardo’s/Glaxo/Smith-Kline initiative – *Well Away!* gave 11 youngsters aged 11–16 the



Emma Frecknell



*Above: kite-flying. Below: working in groups at the centre*

opportunity for personal development through skills-building and problem-solving. It followed on from our Northern Ireland Region's Right Well project, which gave two groups of young people – one in Belfast and one in Londonderry – an opportunity to learn about healthy eating and try out physical activities new to them.

Margaret Young, manager of our Northern Ireland Region, said: "We couldn't take everyone who applied, and hope to repeat

the weekend at a different venue so that young people in the north of the province will find it easier to attend."

**"The best thing about the weekend was meeting new people. I made many new friends and the leaders were good fun."**



## Switch off water leaks

DETAILS about Surestop – a device allowing the mains water supply to be turned off by a switch – are now available on a helpline run by the Disabled Living Foundation (DLF).

DLF has also introduced the valve at some of its 40 demonstration centres.

Priced from £29, Surestop works in seconds on water pressure alone and can be used to isolate kitchens, bathrooms or utilities, or to isolate the supply to the entire property.

**To find out more about SureStop, or any of the hundreds of other products on display at the DLF equipment demonstration centres, phone the DLF helpline on 0845-1309177 or download free factsheets at [www.dlf.org.uk](http://www.dlf.org.uk)**

**For more details of SureStop, go to [www.surestop.co.uk](http://www.surestop.co.uk) or email [sales@surestop.co.uk](mailto:sales@surestop.co.uk)**

## Accessible loos

A DIRECTORY listing about 4,000 accessible loos is now available. Various features, such as nearby parking, opening hours and degree of accessibility are indicated by symbols.

*Directory of Accessible Loos in England* is £10 plus £4.50 p&p.

**Contact: Inclusive Media Ltd, 170 Benton Hill, Wakefield Road, Horbury, West Yorkshire WF4 5HW. Tel: 01924-270335 (voice/text).**

## Caravan get-away

GOING abroad can be a daunting prospect for families with a child, or for an independent adult, with hydrocephalus and/or spina bifida. Staying in a caravan when one member of the party is a wheelchair-user could pose even more of a challenge.

Twenty-two-year-old **HANNAH BICKERDIKE**, who has spina bifida and hydrocephalus, has been with her parents on caravan holidays in many parts of Europe since she was a toddler. Here she talks about the pros and cons of staying in a mobile home.

HOLIDAYING in a caravan is something my family and I have enjoyed since I was very young. We live in York and have motored to Norway, Germany, Switzerland and France. Lucky for me, I've experienced no real problems.

The most important thing about travelling – whether or not you have a disability – is to keep an open mind and be prepared for anything.



I have been travelling for 20 years and nothing has worried me. If I've met with a problem, I've found a solution.

For example, though generally a wheelchair-user, I transfer from my wheelchair when entering the caravan and shuffle.

If our 'van is parked in a field and the rest of the family decide to go walking locally on some rough terrain, I generally choose to stay behind and do something else I enjoy, like needlework or listening to the radio.

I find it's great to get away from home and being in a caravan means you can go to more remote places that are quiet, which my family generally prefer.

● Hannah Bickerdike (*pictured left*) is also featured on this issue's *People* pages for breaking two swimming world records.

## Travel tips

### ASBAH says:

● Make sure you take out travel insurance that includes being flown home in case of an accident or medical emergency. The cover given by the E111 form is not enough.

● Don't forget to take your Shunt Alert Card.

● Your neurosurgeon may let you have a copy of your most recent scan (there may be a charge). This will be a useful 'baseline' for doctors if you have a shunt/hydrocephalus problem.

● If you don't have an ASBAH Alert Card, make a note yourself of the names and phone numbers of your consultant(s) and the hospital(s) you usually attend, just in case they have to be contacted by foreign medical professionals.

● Try to find out if there is a neurosurgical centre in the area.

● Make sure you have enough medication/supplies with you for the duration of the holiday. It is useful to carry extra supplies just in case you are delayed on the return journey.

● Keep a note of any medication taken, including dose and frequency. If going abroad, take a copy of your prescription.

● In hot climates, keep drinking clear fluid – don't become dehydrated as is it difficult to tell the difference between a dehydration headache and a headache due to shunt/ventriculostomy malfunction. Drink every hour if it's very hot – an ice lolly counts as a drink, ice-cream does not.

### Useful organisations

**Holiday Care** – provides information enabling disabled people to take a holiday in a mainstream environment with family and friends. **Helpline: 01293-774535 (Mon–Fri, 9am–5pm); website: [www.holidaycare.org.uk](http://www.holidaycare.org.uk)**

**Tripscope** – advice and information service on travel and transport for people with impaired mobility, wherever they live and whatever their destination, and to deal with any question on a transport-related topic. **Helpline: 08457-58 56 41 (Mon–Fri, 9am–5pm); email: [tripscope@cablenet.co.uk](mailto:tripscope@cablenet.co.uk)**

# down your way

## Charities warned of financial scam

CON-ARTISTS are now targeting charities, as well as wealthy individuals and businesses, in a well-established scam that is becoming more sophisticated.

The swindlers either pretend to be overseas government officials or bogus representatives of companies with names similar to well-known large corporations – giving them an air of respectability.

The scam revolves around the need to transfer a large sum of money from a deposit account in their own country to another account overseas.

All you have to do is provide your bank details and the money

will arrive in your account to be shared out between you and them at an agreed split.

Sounds too good to be true. It is!

Once you have passed on your account details, you will be asked to sign a letter/agreement document.

The con-artist now has your bank account details and your signature. Very quickly your bank account is cleaned out.

● **If you have any concerns or questions about the above, please contact Mr Deffee at ASBAH national centre on 01733-555988 or email [briand@asbah.org](mailto:briand@asbah.org)**

## Transport troubles

TRANSPORT is the main concern for nearly half of disabled people. But only a fifth believe those responsible for transport planning and development pay about the right amount of attention to disabled people.

MORI questioned 989 disabled people on their attitudes to public transport for the Government's adviser on disabled people's transport needs.

*Attitudes of Disabled People to Public Transport in England & Wales*, published by the Disabled Persons Transport Advisory Committee, also shows:

● Disabled people travel a third less often than the rest of the general public.

● Around half say they would go out more if improvements were made to walking conditions.

[www.dptac.gov.uk](http://www.dptac.gov.uk)

## Setback for folic acid fortification

THE Food Standards Agency decided *not* to recommend to health ministers that flour be fortified with folic acid at its board meeting in May.

As a result of a press release, ASBAH was

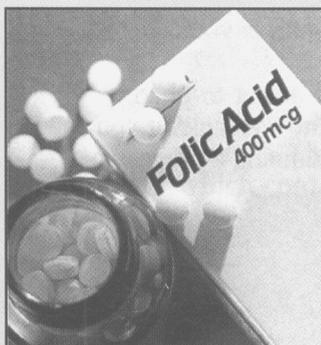
asked for our views by six radio stations, two national newspapers and the local Peterborough press, and we expressed our disappointment at the decision.

ASBAH's information manager, Gill

Winfield, said: "We don't know, just yet, how long it will be before the issue comes back to the Food Standards Agency but we will continue to ensure that folic acid fortification of flour remains a live issue."

It's now more than two years since the Government's advisory committee (COMA) concluded that fortification of flour would result in a 40% decrease in pregnancies affected by spina bifida. Since then, there has been further consultation and a public stakeholder meeting on this issue.

Despite sustained pressure from ASBAH, and the increasing evidence of the additional benefits of folic acid in preventing heart disease and strokes, the Food Standards Agency has called for more information. It will be monitoring the effects of fortification in Chile where folic acid has been added to flour at a similar level to that suggested for the UK.



## 30 years and counting

HUNDREDS of racing pigeons, including two from the Royal lofts, will end a 145-mile journey across England at the headquarters of ASBAH's largest and longest-serving donor.

The Royal Pigeon Racing Association, which has generously donated almost £381,000 to ASBAH over 30 years, is organising the event as part of The Queen's Golden Jubilee celebrations. Her Majesty is the RPRAs patron.

Our fundraising manager, Donna Treanor, gained a sneak preview of the spot the racing pigeons will be aiming for when she visited the RPRAs headquarters at Cheltenham Racecourse.

The photos on these pages and the front cover show Donna accompanied by RPRAs general manager, Peter Bryant. Donna also saw the racecourse lofts and the birds being trained by Nick Orchard.

The setting was very different from the one we normally meet the RPRAs – at its Show of the Year in Blackpool.

Donna said: "It was great to see the offices and all the staff at RPRAs, especially Mrs Curnock (better known as Mrs Mac), who has worked for the Royal Pigeon Racing Association for over 30 years."

Mr Bryant said: "We are always pleased to see visitors to our headquarters who are often amazed about just how much there is to pigeon racing administration. I think Donna had her eyes opened as she has only seen the Show of the Year element before."

ASBAH sends our very best wishes to all the fanciers



LEFT: RPRAs general manager, Peter Bryant, with trainer Nick Orchard.  
RIGHT: view of racing pigeon lofts at the RPRAs Cheltenham headquarters

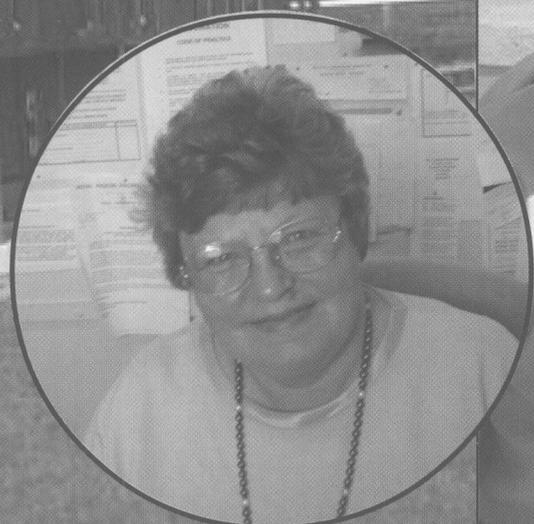
involved with the RPRRA including its regional offices and young fanciers, and wish you all the very best of luck with the race.

Our very special thanks go to Peter and the Committee for their continuous support of ASBAH's work with children, young people and adults with spina bifida and hydrocephalus.

- The liberation of birds at York Racecourse on 21 August will be televised by Channel 4 Racing and the winning bird will be filmed arriving back at Cheltenham Racecourse.



*RPRRA trainer, Nick Orchard, handles a racing pigeon*



*Mrs Curnock alias 'Mrs Mac'*



*Peter Bryant and ASBAH fundraising manager, Donna Treanor, outside the lofts*

# dates for your diary

## Herts group re-launch

A CHANGE in location is being tried by one ASBAH adviser who is trying to get a county support group off the ground.

John Richards would like families and individuals in Hertfordshire who are affected by hydrocephalus and/or spina bifida to have regular opportunities to meet each other to gain local information and give mutual support.

He set up the June meeting in Welwyn Garden City after a series of meetings in Hertford failed to attract sufficient numbers last year.

The latest meeting at Lakeside School was addressed by Annabel Waterfield, chief executive of Hertfordshire Action on Disability. It was an opportunity to meet others and look at literature produced by ASBAH, and the local Disabled Information Service.

● **Interested in Hertfordshire meetings? Please contact John on 01908-610611 or email [suerich@dircon.co.uk](mailto:suerich@dircon.co.uk)**

## Spill the beans about your event

IF you know of an event coming up, that you think would be of interest to other *Link* readers, please send it, at least two months in advance, to: *Link*, ASBAH, 42 Park Road, Peterborough PE1 2UQ, or email: [link@asbah.org](mailto:link@asbah.org)

## Upcoming events

### Dunstable meeting

**Monday 8 July**

Monthly meeting for parents/carers of children/young people with SB/H, organised by the South Bedfordshire Support Group. 1–3pm, Disability Resource Centre, Poynters Road, Dunstable. **Valerie Bottoms, tel: 01582-757745.**

### Epilepsy day, Surrey

**Thursday 11 July**

Behaviour Problems Relating to Epilepsy, National Centre for Young People with Epilepsy, Lingfield, Surrey, 9.30–4pm. Seminar for those who work with/care for young people with epilepsy. £80 professionals; £40 parents (lunch included).

**Booking deadline: 4 July. Tel: Katie Laird 01342-831 237, [klaird@ncype.org.uk](mailto:klaird@ncype.org.uk)**

### Leeds drop-in

**Wednesday 7 August**

Regular drop-in on first Wednesday of the month at our Northern Regional Office from 10–12. **Tel: 0113-255 6767.**

### Contenance, Derby

**4 & 5 September**

Incontact Conference 2002. Bringing together consumers and carers, health professionals, companies and manufacturers; providing information and advice, exhibition and

displays, discussion and support; looking at treatment and cure, products and management, consumer involvement and support. Accommodation available. **Tel: 0870-770 3246 or [info@incontact.org](mailto:info@incontact.org)**

### International meeting

**6–8 September**

YOU are my world – inclusion of children and adults with SB/H. Organised by International Federation for Hydrocephalus & Spina Bifida (if). Mercure Fryderyk Chopin Hotel, Warsaw. **Email: [if@wanadoo.be](mailto:if@wanadoo.be) or fax: \*32/2 502 11 29. Website: [www.ifglobal.org](http://www.ifglobal.org)**

### Independent living, Wembley

**18–19 September**

More than 140 exhibitors at this year's Independent Living Exhibition. Opportunity to test and compare. 'Information village'; relaxation zone; fully equipped gym and singles' bar. Entry, seminars and activities all free. **Free ticket hotline: 0870 429 4372**

**or email [briony.mansell-lewis@emap.com](mailto:briony.mansell-lewis@emap.com)**

### Contenance, Salford

**Thursday 24 October**

Contenance Information Day, organised by ASBAH, Hollister Ltd and the Brain and Spinal Injury Charity (BASIC), Neurocare Centre, 554 Eccles New Road, Salford M5 2AL. 11am–7pm; free entry; up to 17 stands; chance to look at new products and find out how they work. **Details: ASBAH North, tel: 0113-255 6767.**



# DAVE'S DIARY

david.fulford-brown@ntlworld.com

I'VE been talking a lot about my brother's wedding and being a best man. The wedding has been on my mind for months! Every day something had to be done. So it's a bit of a shock to realise it is all over. The day is done: plans completed, speeches made, suits returned (with some grovelling apologies for various unidentifiable stains) and hangovers recovered from.

Despite my miserable predictions for the stag night, we had a great time! Though I'm not keen on sports I did enjoy the shooting and eventually (despite some people suggesting I have the target taped to the end of the gun) I started hitting targets more often than clouds!

After shooting came a pub dinner. Memories of events thereafter are a touch vague! There must have been many pints and many pubs. I don't remember what I was drinking before I was poured into a taxi but I do know it was green!

Next morning I vowed never to drink anything alcoholic ever again no matter what colour it was! Despite life's assorted aggravations I have rarely wished that I was dead, or had never been born. But the morn-

ing after the stag, death would have been a blessing. I'll draw a veil over the details except to say *big* thanks to mum who nursed her disgusting drunken offspring and cooked us breakfast when we couldn't have opened a bottle of milk!

But, as promised to myself and Hannah, Nick got through the stag night without blue hair or tattoos and two weeks later we all walked into the cathedral on time.

My walking was greatly improved after ditching the braces that came with the suit. I am not a suit wearer and think they should come with an instruction manual. That would have stopped me looking like a guy that had lost a fight with a jacket! Oh, and if you wear a suit with tails and need the loo, do check they don't drop in the water. I didn't!

In the cathedral we sat on four special seats set by the altar at which point I realised I was on full public display for the whole service. The urge to fidget, cross my legs and/or scratch my nose became unbearable!

The service passed and I tried to

remember whether the hymn went up or down! Eventually, we got to the rings. Every 10 minutes Ant and I had checked the rings were safe in our suit pockets. I was convinced I'd lose mine and felt it should be attached to something bigger. Like an elephant!

Finally, the rings were put on, vows repeated and the marriage announced. Nick and Hannah couldn't stop smiling!

Nick even kept smiling through the speech Ant and I gave where we cheerfully took him down a peg or three at the reception. Well, what are brothers for? That'll teach him to ask us to be best men! The fear of public speaking and the thousand speech practices will teach me not to volunteer so quickly next time!

Joking aside, seeing Nick and Hannah, finally married, all smiles and kisses, was wonderful and a memory I will treasure when all the problems fade away. I wish them both great happiness!

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## Made-to-measure for children

SIMPLE alterations can be made to children's clothes allowing them to wear smart, new, fashionable gear.

Hansel & Gretel is a small clothing company established 11 years ago which has begun to offer an alteration service to youngsters with disabilities.

Brochure available by post or view the website [www.hansel-and-gretel.co.uk](http://www.hansel-and-gretel.co.uk) Hansel & Gretel, Upper Largo, Fife, Scotland, KY8 6EA, tel: Caroline Trotter 01333-360 219.

## Penfriend website

WRITE-AWAY, the national penfriend organisation, has a new website.

If you are interested in making new friends and would like to join its growing list of members, visit the site [www.write-away.org](http://www.write-away.org) for more information.

**Got a strong opinion on any of the stories in *Link*? Email [link@asbah.org](mailto:link@asbah.org) now**

# holiday lets

When booking, check to make sure the accommodation suits your particular needs.

## **SELSEY, WEST SUSSEX (SASBAH)**

Fully equipped, purpose-designed for wheelchair access, mobile home. Sleeps six, ramp and large veranda, payphone, colour TV, midi stereo etc. Clubhouse entertainment, heated swimming pool, free site bus service. Nature reserves and places of interest nearby. *Details from Julie Parks, tel: 01273-472298.*

## **ISLE OF WIGHT ASBAH HOLIDAY BUNGALOW**

Fully-furnished and equipped two-bedroomed bungalow. Beautiful area. Wheelchair-accessible. Site

clubhouse, shop. Local indoor heated pool. Transport advisable. Excellent rates. Offers early/late season. *Details: Mrs S Griffiths, 3 Western Road, Shanklin, Isle of Wight PO37 7NF. Tel: 01983-863658 www.iwasbah.co.uk*

## **ORLANDO, FLORIDA**

Purpose-built vacation homes for the disabled of all ages. 3, 4 & 5 bedroom luxury villas. All villas are wheelchair accessible, with roll-in showers and hydraulic lifts for access to the private pool. Situated 20 minutes from Disney and close to all amenities. Wheelchair accessible transport available. *For further information, contact David & Elaine Foley, tel: 0191-488 6845, email: david\_foley@lineone.net www.floridadream.sagenet.co.uk*

## **TORREVIEJA, SPAIN**

Fully furnished wheelchair accessible 3-bed 2-bathroom apartment. Will sleep up to 8 people. Shops, town centre, medical unit, beach etc all within 10-minute walk. Quiet family location. Ideal for group holidays. Available all year. Rates are £250-£430 per week. *For further details/bookings, contact Julie on 0775-3684708 or Pete on 0780-3614770.*

## **ORLANDO, FLORIDA**

Home with a heart for disabled travellers! Spacious, luxury, adapted bungalow situated on golf course. Three double bedrooms, two bathrooms (Mangar bathlift installed), cable TV. Telephone. 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,**

**NEW MILTON** – Clifftop park with "excellent" status at New Milton, Hampshire. Excellent site facilities within 100 yards, with indoor/outdoor pools, restaurant, bar, take-away. Fully-equipped, two-bedroom, fully wheelchair accessible log cabin accommodation. Sleeps six, well-furnished. Free club membership.

## **GRANGE COURT HOLIDAY VILLAGE**

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

## **MILLENDREATH HOLIDAY VILLAGE**

– Excellent seaside site with good facilities, just outside Looe in Cornwall. Restaurant, clubhouse, indoor pool. Fully-equipped, and fully wheelchair accessible, two bedroom chalet accommodation. Sleeps six – well-furnished and comfortable. *Details: Mr P Cash, tel: 01425-672055,*

*petercash1@compuserve.com*

*Bournemouth Spina Bifida Association, registered charity number 261914.*

## **FOR SALE**

**MUCH-LOVED** Kitten Trike, suit child 2-5 years; includes thoracic straps and footplates/straps. Cost: £650; accept £75. *Tel: 01922-634663 (Walsall).*

## Advert rates

### ● Classified Rates:

£3.75 for 30 words max.  
£5.50 for 30-45 words  
£6.75 for 45-60 words

### ● Cheques and p/o should be made payable to 'ASBAH'

### ● Classified adverts for the next issue of *Link* (Sept) should be submitted by Wednesday, 31 July.

Please send to:  
Editor, *Link*, ASBAH  
42 Park Road  
Peterborough PE1 2UQ  
Tel: 01733-555988.  
link@asbah.org

### ● Display rates on application from Tony Nero, *Link*, ASBAH, Tel: 01733-555988. tonyn@asbah.org

**AFFILIATED ASSOCIATIONS**

**BARNSELY**

Mr Geoff Jenkinson  
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 Rothesay Drive, Highcliffe  
Christchurch, Dorset, BH23 4LD  
Tel: 01425-276820

**BRISTOL & DISTRICT**

Mr G Egan  
64 Rookery Road  
Knowle, Bristol BS4 2DT  
Tel: 0117-9777942

**BUCKS & EAST BERKS**

Mrs Abigail Biscoe  
15 Elm Road  
High Wycombe  
Bucks HP12 4TA  
Tel: 01494-639773

**BOLTON & BURY**

Mr David Clyne  
51 Cuckoo Lane, Whitefield  
Manchester M45 6WD  
Tel: 0161-798 7804 (after 4pm)

**CAMBRIDGE & DISTRICT**

Mrs G D Greville  
38 Thongsley  
Huntingdon  
Cambs  
PE28 7NX

**CHESTER & DISTRICT**

Mrs P Ithell  
34 King Edward Street  
Shotton, Deeside  
Chwyd CH5 1DW  
Tel: 01244-811074

**COVENTRY**

Mrs N Newman  
11 The Earls Court  
Cheylesmere  
Coventry CV3 5ES

**DUDLEY & WOLVERHAMPTON**

Mrs Lorna J Wootton  
Leveson Road  
Wednesfield, Wolverhampton  
West Midlands WV11 2HF  
Tel: 01902-738724

**GRANTHAM**

Mrs J Asken  
88 Goodliffe Road  
Grantham, Lincs NG31 7QB  
Tel: 01476-401643

**GREENWICH & DISTRICT**

Mrs M Mears  
29 Wellmeadow Road  
London SE13 65Y  
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**

Office address:  
7 The Hive  
Northfleet  
Kent  
DA11 9DE  
Tel: 01474-536202

**LEEDS & BRADFORD**

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

**LEICESTERSHIRE**

Mrs A Twomlow  
29 The Crescent  
Market Harborough  
Leicestershire  
LE16 7JJ  
Tel: 01858-432967

**LINCOLN & MID LINCS**

Mrs P Malson  
"Pinfold"  
Chapel Lane  
North Scarle  
Lincoln  
LN6 9EX  
Tel: 01522 778781

**LINCOLNSHIRE SOUTH**

Mrs P Mason  
67 Boston Road  
Heckington  
Sleaford  
Lincs  
Tel: 01529-460322 (after 6pm)

**LONDON NORTH WEST**

Mrs H Prentice  
37 Milton Road  
Hanwell  
London W7 1LQ  
Tel: 0208-579 4685

**LONDON SOUTH**

Mrs S Cudd  
15 Woodvale Walk  
Elder Road  
W Norwood  
London SE27  
Tel: 0208-761 2400

**NORTHAMPTONSHIRE**

Mrs Maggie Nichols  
11A West Street  
Weedon  
Northants NN7 4QU  
Tel: 01327-340732

**PRESTON**

Mrs S Thompson  
Flat 3  
62 Alexandra Road  
Southport  
Merseyside PR9 9HH

**SHEFFIELD**

Mrs Barbara Clark  
35 Woodhouse Lane  
Beighton  
Sheffield S20 1AA  
Tel: 0114-269 9299

**SOMERSET**

Mrs Iris Coton  
3 Court Gardens  
Yeovil  
Somerset BA21 3LZ

**SOUTH THAMES**

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  
Tel: 0161-474 1299

**SUNDERLAND**

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

**SURREY**

Maureen Figg  
4 Brickyard Copse  
Ockley, near Dorking  
Surrey RH5 5TG  
Tel: 01306-627572

**SUSSEX**

5A Grand Avenue  
Worthing  
West Sussex BN11 5AP  
Tel: 01903-507000  
email: sasbah.office@tiscali.co.uk

**TRAFFORD & SALFORD**

Mrs T Gaynor  
Davis Court, Cyprus Street,  
Stretford, Manchester  
M32 8AX  
Tel: 0161-865 0222 (am only)

**WARRINGTON & DISTRICT**

Mrs S Lawless  
4 Astley Close  
Warrington  
Cheshire WA4 6RB  
Tel: 01925-573708

**Whitchurch (Salop)**

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

**WIGAN, LEIGH & DISTRICTS**

Mrs Pat Stridgeon  
24 Greendale Crescent  
Leigh WN7 2LQ  
Tel: 01942-676091

**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  
10 Cae Clyd, Parc Clarence  
Craig y Don  
Llandudno,  
Conwy  
Tel: 01492-878225

**South Wales**

Angelina Jones  
22 Heol undeb, Yorkdale  
Beddau  
Mid Glam  
CF38 2LB  
Tel: 01443-218921  
angiceri@btinternet.com

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101 Coolreaghs Road  
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Co Tyrone BT80 8QN

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**Calderdale**

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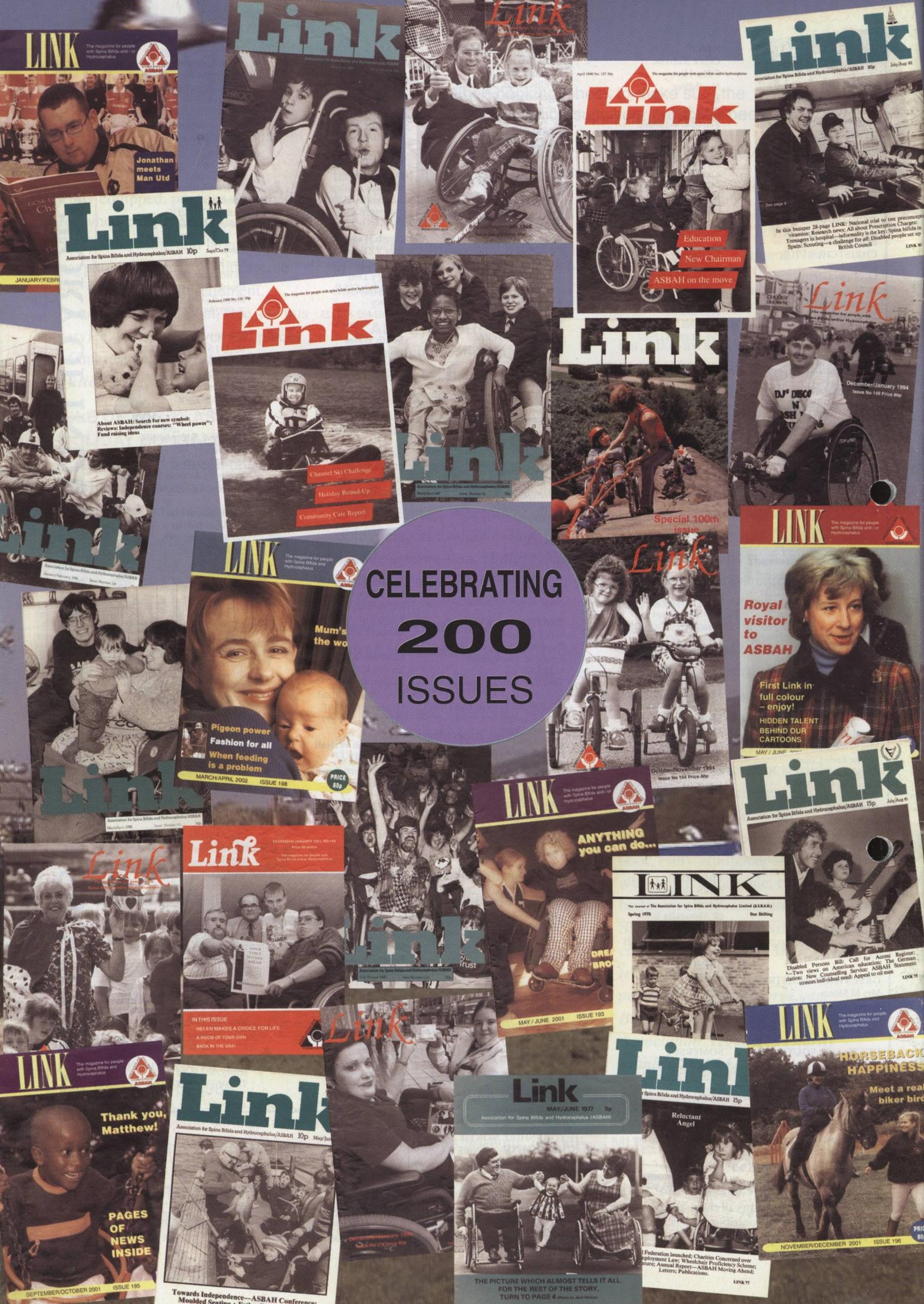
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