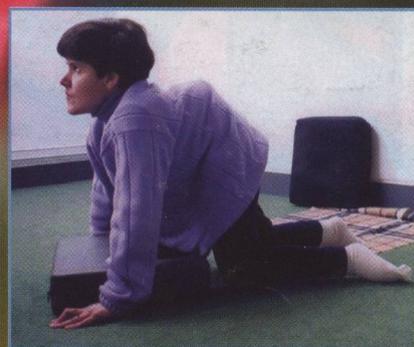


LINK

The magazine for people with
Spina Bifida and Hydrocephalus



Superman & Po
Simon loses car
Yoga for all



Slimming story
Driving and third
ventriculostomy

SEPTEMBER/OCTOBER 2002

ISSUE 201

PRICE
80p

LINK



Cover: Our Superman Ashley Mulligan organised a sponsored walk at the school where he works and raised a fantastic £7,400. Story: page 19.

Editorial

WELCOME to another issue. With the features on yoga and losing weight, and a page of sport written by our columnist of old, Marshall Thomas, there's a lot about healthy lifestyles.

Other themes taken up are housing, with special attention given to our new Living in London Forum; DLA with a report about one individual's nightmare experience when he temporarily lost the Mobility Component; and how singing helped a man diagnosed with hydrocephalus and how the choir he sings with helped us!

On page 5 we report that ASBAH is ready to battle on with the fortification of flour with folic acid.

For those involved in local Associations, there's the start of a new series on page 11, designed to share information and celebrate your achievements.

Thanks to local ASBAHs in Sheffield, St Helens, Yorkshire North and Leeds & Bradford, and the Birchington Convalescent Benefit Fund for giving financial support for our Summer Experience (see pages 12-13).

Whatever your interest, we hope you enjoy reading *Link*!

contents

Simon loses his car	4
News from London	6
Slimmer with BIH	8-9
Games, set and match	10
Focus on a local ASBAH	11
Summer Experience	12
People	14-15
Yoga for everyone	16-17
Fundraising news	18-19
Diary dates	20-21
Holiday lets	23



Car loss • Page 4



Singer • Page 7



Slimmer • Page 8



Princess • Page 16

Editor: Liz Cawthorne Designer: Tony Nero
LINK is published by ASBAH, 42 Park Road, Peterborough PE1 2UQ

All *Link* inquiries to:

**Link, ASBAH,
42 Park Road**

Peterborough PE1 2UQ

Tel: 01733-555988 Fax: 01733-555985

link@asbah.org

Subscriptions (six issues per year):

UK £4.80

All European and Air Mail £15.00

Outside Europe, surface mail only £7.50

Audio-tapes available

ISBN 1360-323X

Patron: HRH The Duchess of Gloucester GCMG

President: Jeffrey Tate CBE

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

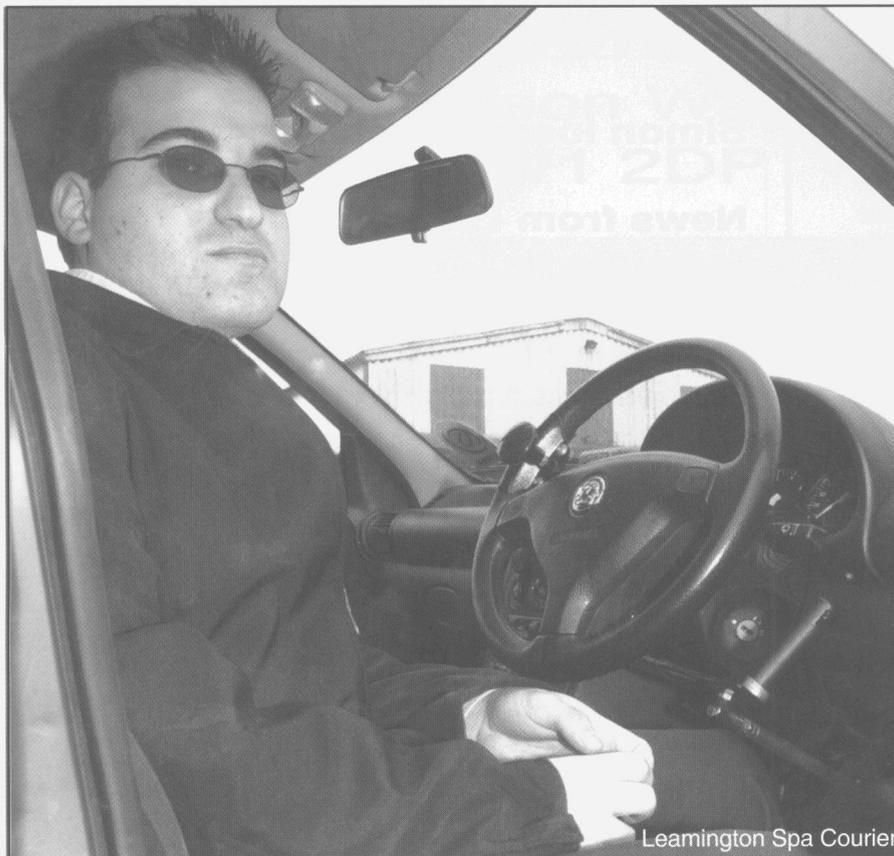
ASBAH's mission is to work with people with spina bifida and/or hydrocephalus, their families and carers to promote individual choice, control and quality of life.

**link@asbah.org
www.asbah.org**

**Registered Charity
No 249338**

 **ASBAH**
Association for Spina Bifida and Hydrocephalus
Getting the most out of life

Car taken away in DLA mix-up



Simon at the wheel before his car was taken away

A 21-year-old lost his independent lifestyle after a GP gave misleading information in a review form for Disability Living Allowance (DLA).

Disheartened Simon LaBarbera, who has spina bifida and hydrocephalus, was without his Motability car for nearly three months before a wrong decision about his entitlement to DLA Mobility Component was overturned.

He was forced to rely on his mum as taxi driver to take him to work and other places in a vehicle loaned to them by a friendly car dealer.

Simon – a clerical assistant at Warwick Hospital – said: “As far as I’m concerned, the system stinks. The inconvenience and uncertainty were the worst thing. Even my job suffered because I couldn’t think about anything else.”

The GP in Leamington Spa, who had met Simon only once, gave the impression that Simon could walk half a mile, simply saying he had a weak right knee.

Further misunderstanding occurred when a DLA officer, who came out to see Simon, asked if he could walk to the

main road. Simon answered ‘yes’, thinking he meant the road outside his house when in fact the assessor meant a bigger road about half a mile away.

Simon said: “I was brought up to push myself and get on with it. But my mobility has deteriorated and my balance and co-ordination are very poor. If I keep up momentum, I can walk quite a distance, but I would be sweating a lot with the effort. By the time I’d sit down, my legs and back would have collapsed.”

DLA mobility component was declined in March and Simon lost his Motability car in June when the lease expired.

Assisted by Warwickshire Welfare Rights Service, Simon and his mum Jane promptly appealed against the decision. But it wasn’t until late July (after writing to his MP James Plaskett) that the case was heard. Another whole month elapsed before Simon got a car.

ASBAH Adviser, Jenny Green, who supported the family, said: “Simon’s situation shows that even if you complete your application form with great care and clarity, it is important to encourage the doctor giving supportive medical evidence, to do likewise! It is advisable to nominate the GP who knows your situation well, to brief them about the effects of your condition and to consider asking the practice manager to ensure that the nominated GP completes the form.

“I share the family’s relief that Simon’s active lifestyle, which he has worked hard to achieve, has been restored.”

● **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: 020-8449 0475
Fax: 020-8440 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

ALL women with a family history of spina bifida or anencephaly should remember that eating fortified foods will NOT provide them with enough folic acid for pregnancy. They still need to take 5 mg of folic acid daily for at least a month before conception and up until the end of the 12th week of the pregnancy. This dosage is only available on prescription in the UK.

news

Long road to fortification – we're up for it

ASBAH is teaming up with Maternity Alliance, to reinvigorate our campaign to get flour fortified with folic acid.

Meanwhile our executive director, Andrew Russell, meets the new health minister this autumn to press home the many advantages of fortification.

Although new evidence of the health benefits of folic acid in preventing heart disease, stroke, and certain cancers was emphasised at a special conference in May, the Food Standards Agency (FSA) decided not to implement its predecessor COMA's recommendations of a modest level of folic acid fortification in flour.

This setback occurred despite ASBAH arranging national symposiums and Commons and Lords receptions, as well as carrying out extensive correspondence with government ministers and officials.

One of the main and longest-standing arguments in favour of flour fortification is that it prevents about three quarters of neural tube anomalies from ever occurring.

In our view, this is much better than the present situation where about nine out of every 10 spina bifida pregnancies are terminated through elective abortion, following ante-natal diagnosis.

European governments seem

cautious about introducing compulsory measures of this kind. We believe it is the only effective way of bringing enough folic acid into the diets, particularly of those women who do not plan their pregnancies, and those who do but are not sufficiently health aware to take daily supplements.

Professor Godfrey Oakley, a great supporter of the fortification that has taken place in the

United States and based

at the Department of

Epidemiology,

Rollins School of

Public Health of

Emory University,

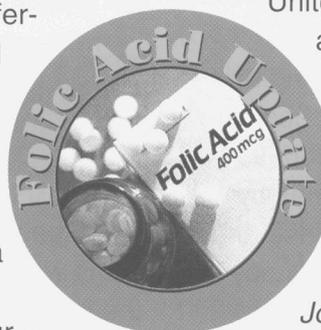
Atlanta, wrote in the

British Medical

Journal recently: "It is

ironic that the United Kingdom has not required fortification, as it was a randomised controlled trial from the United Kingdom that conclusively proved that supplementation with synthetic folic acid prevents about 75% of spina bifida and anencephaly – common and serious birth defects. This study provided the primary scientific basis for the United States, Canada, Chile and other countries to require fortification."

ASBAH continues to campaign. We have an Early Day Motion in the House of Commons, gathering MPs signatures, proposed by our local MP Helen Clark. Also Ms Clark has asked a series of Parliamentary Questions for us.



Living in London

MOVING into independent living is a big step for anyone and needs to be carefully planned and so we have formed the Living in London Forum. Here service-users can share ideas with the two project workers (Lucy Hughes and Judy Hunt), funded by the Bridge House Estates Trust. The main purpose of this group is to develop information systems that will aid the independent living initiatives of disabled people who turn to ASBAH for advice.

By May, the Forum was having its second meeting and our discussions were becoming much more open. Most of us knew each other's names by then and felt more at ease and able to join in. Judy and Lucy had done a lot of foundation work which was helpful.

At our meetings we discussed what we knew about information resources that are available. Based on experience, forum members felt that it would still be very useful to develop some simply worded, ASBAH leaflets, for when people first set out to live independently, and so we went on to consider this in more depth.

We have come up with a range of subjects for Independent Living leaflets and formed ourselves into two leaflet writing sub-groups. These will be doing some work before our next full forum meeting in September. As a starting point, one of these groups will give further thoughts on how to present the informa-

tion in a leaflet that has already been written about direct payments, which was felt to be too wordy. The other group will develop a more general leaflet on 'what one needs to know when moving into independent living.'

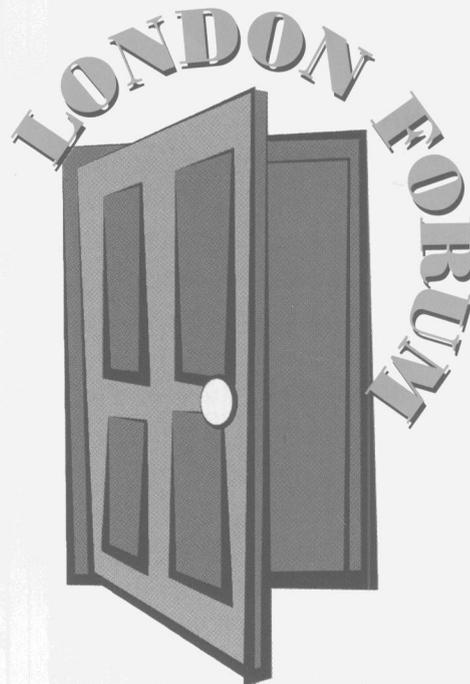
When we are ready, we plan to move on to other topics such as: how to make a complaint; housing options and how to get rehoused; how to find out about employment, and entitlement to benefits.

By Keith Marshall
South Thames ASBAH

In the course of our discussions we have also considered the issue of social isolation and how we keep in touch between meetings and also how we attract new people to the forum.

Additionally, members felt that a training day on using direct payments would be very welcomed, and so it was agreed that one would be organised for the autumn (*see page 2*).

By the time we last met, redundancies of several Advisers' posts had already been decided. This meant that very soon many ASBAH members would be losing their support services and there was some discussion about how to encourage people, around the country, to get more involved and raise support so these services are restored. People stressed how important the adviser service is



to people who are striving to live independently.

At the last forum meeting the final topic of discussion was the public image of disability. People felt the media is still far too fond of words such as "brave", "sufferer" and "tragic" and we need to get away from that image. In our own information we need to make it clear that disability is a social problem rather than a medical one.

The meeting closed all too quickly, and I left feeling very encouraged. Getting together with other members is always a good way to recharge your batteries – you should try it some time!

Contacts for the Living in London Forum

- Lucy Hughes,
tel: 0118-9346783;
lucyh@asbah.org
- Judy Hunt, tel: 0208-363 4110;
judyh@asbah.org

news

SINGING with a choir helped put Alan Fletcher back on course after he was diagnosed with hydrocephalus 10 years ago. And now Carlton Male Voice Choir has helped ASBAH, too, by giving us £1,000 from the proceeds of its Festival Concert at Nottingham's Albert Hall.



They're singing us a happy tune

As well as performing to large and small audiences in Nottinghamshire for almost a century, in recent years the choir has performed further afield and has made successful 'exchange' visits abroad.

It has also sung with many celebrities like Helen Shapiro, and Humphrey Lyttleton; and splendid bands like The Band of the Royal Marines.

For Alan, it all started when his ASBAH Adviser suggested he attend a local day centre and and he enjoyed singing with the choir there. Shortly afterwards, he replied to a newspaper advert for new members of Carlton Choir.

On being accepted, Alan was determined to make a success of it though, for the first three months, he couldn't remember the words.

After sterling perseverance, his determination paid off, and the enjoyment of singing, making new friends and joining in the choir's social activities, have all helped with his rehabilitation.

After working a demanding 50-hour week as a works manager in engineering, it has been quite a challenge for Alan to adapt to living with a disability.

His wife, Joan, said: "When he was running a factory he had a lot going on in his head but now he finds it best to concentrate on one thing at a time. But he has great motivation to do things and has come quite a long way.

"As a second tenor he sings the accompaniment part most of the time, rarely the melody, so it's quite a hard thing to do.

"They are superb people in the choir. They appreciate Alan has a problem but treat him as though he doesn't have a problem."

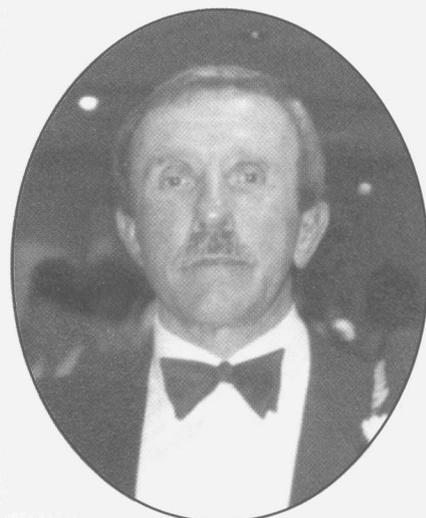
Once Alan and Joan had got through some of the difficulties sometimes associated with hydrocephalus – blinding headaches, fits and short-term memory loss – they started thinking about the future and it was then that they turned to ASBAH.

Joan said: "We still phone Janet when a question arises – I'm not sure what we'd have done without her."

Before travelling in Italy, not long after Alan had his first shunt, they contacted Rosemary Batchelor, our Senior Adviser (Health & Policy Issues) for advice about flying. This paved the way for them receiving offers of help from the Italian Association and a surgeon in Verona.

We extend our thanks to Carlton Male Voice Choir for its generous donation and thank the Fletchers for nominating us – we are delighted to help.

● *If you would like to join Carlton Male Voice Choir, please contact the secretary, John Senior, tel: 01623-633881; email: jnsars@ntlworld.com*



Alan at the Festival Concert

Everything to gain by

I HAVE always been big but it really started putting on the pounds during my first pregnancy when I gained four stone. I went to a slimming club afterwards, but when I got pregnant again, the weight piled on. At my biggest, I was a size 28–30.

One day I had a go on a bouncy castle at a children's birthday party and I felt giddy and sick. I thought I shouldn't be feeling like this in my 20s. I decided I must do something.

No diet had ever worked for me so I joined a gym, checking with my GP first. I got very addicted and ended up going seven days a week, sometimes twice a day.



Before joining Weight Watchers

CLAIRE DRIVER is on the crest of a wave after shedding three and a half stone and shrinking four dress sizes with Weight Watchers. The biggest boost was to find that her symptoms of Benign Intracranial Hypertension – chronic headaches, dizziness, balance and co-ordination problems – disappeared almost as soon as she began to lose weight. After years of ill-health, she now looks to the future with more confidence – hoping to embark on a new career as a driving instructor. This is her story.

Then, 30 minutes after I'd stopped exercising, I'd get a thumping headache and would feel sick and giddy. The nurse said my blood pressure was OK so I carried on.

In August 1999, my daughter was to have an eye test and I decided to have mine checked too. When the optician found something at the back of my eyes, I was devastated, as this was how my mum had been diagnosed with a brain tumour, at the same age as I was then.

After a nightmare fortnight, waiting to hear from the hospital, I had an emergency brain scan. Benign intracranial hypertension was diagnosed.

I was continually advised to lose weight but I argued – if my BIH was caused by my weight, why didn't I get it when I was at my biggest?

In October 2000, the headaches were back with a vengeance. They were so bad, I couldn't lift my head off the pillow. Or I would feel giddy and start to sway. I also suffered from short-term memory and I couldn't dial the phone any more

because I kept missing the buttons. When I was really bad, my daughter Emily would have to phone daddy at work to ask him to take them to school.

My husband wanted a second opinion as we were still not happy that it was my weight and I couldn't control my headaches or the giddiness. If I rubbed my eyes or bent down, everything would go black.

I went through a barrage of tests in London the following February. The conclusion was that I had BIH with stress migraines and, after March, the headaches eased – perhaps because I was relieved to know that it really was BIH.

I was always convinced the doctors were picking on me about my weight but I was encouraged to try and lose some by a lady at work who had lost seven and a half stone with Weight Watchers. She was now the leader of the local group. When I decided to slim, it was not for my illness but for myself.

At first, the weight came off quite easily and I lost three and a half stone in the first year. After

Spotlight

losing

that my weight loss 'yo-yoed' from a half to two pounds a week until I got into it.

I'm now size 20 so I have shrunk four dress sizes. The swellings at the back of my eyes have gone down and I don't feel sick or giddy any more.

It proves that my weight had a lot to do with my problems. I was about 22 stone when I started and my aim is to go under 17 stone and get into a size 16.

My whole life has changed. I'm doing more – Weight Watchers, darts, dog training – and I'm working 20 hours a week.

I'm never going to put it all back on again. When I recently put on three pounds, the children and I got our bikes out and rode to school to help get it off again.



Weight Watchers'
meetings hotline:
08457-123000

www.weightwatchers.co.uk

The secret of Claire's success

● With Weight Watchers, everything you eat has a number of points except salad and raw veg which are free. Claire was given 26 points a day so she could still have a McDonalds, a Kentucky or an ice-cream with the children but she would have fewer points left for the rest of the day. Claire says: "I have never eaten so much on a diet before."

● She doesn't touch her children's leftovers any more – they get up and scrape their own plates into the bin. Her husband prepares some of the meals so Claire doesn't have to go anywhere near the food until it reaches the table.

● Claire now prefers the low fat products and diet drinks.

● She gets paid for attending Weight Watchers! She earns £3 and has a free weigh-in as the meeting clerk.

Editor's note: Well done Claire! We know it is very difficult to lose weight when you've got BIH but we recommend it. If you have a similar story, let us know.

Sporting life

THE 17th Commonwealth

Games in Manchester was the

first ever wholly-inclusive multi-sport event.

This meant that, for the first time ever, medals

won by 'Elite Athletes with a Disability' (EAD) counted towards the final medal tally.

Five Commonwealth sports had events for Elite Athletes with a Disability in Manchester – Athletics, Lawn Bowls, Swimming, Table Tennis and Weightlifting. The British EAD athlete with the highest profile, Tanni Grey-Thompson, competed for Wales on the track, but even before she got into competition mode she had the honour of carrying the Welsh flag into the opening ceremony.

After finishing second in her semi-final, Tanni went on to

By
Marshall
Thomas



finish fourth in the final behind Canada's Chantal Petitclerc and Australian Louise Sauvage and Eliza Jane Stankovic. Despite being a second and a half away from a medal, Tanni was very pleased with her performance, which represented her fastest push since the birth of daughter Carys just six months ago.

Tanni was not the only athlete with spina bifida to be representing the home countries in Manchester. In Weightlifting, England's world record holder and Paralympic medallist Nick Slater did not get the chance to compete, despite initially being selected for the Men's Open Bench Press. However, Welshman Greg Sadler did compete, eventually finishing twelfth after lifting a little below what had been expected.

The first inclusive Commonwealth Games was a great success, with the crowds really getting behind the EAD athletes.

● If you would like to take up any of the five sports which had EAD representation in Manchester, contact the British Wheelchair Sports Foundation at Stoke Mandeville on 01296-395995; email: enquiries@britishwheelchairsports.org

Eighth tennis doubles win for Jayant

BRITAIN'S number one men's wheelchair tennis player Jayant Mistry (pictured) won his eighth international doubles title when he teamed up with Dutchman Robin Ammerlaan at the British Open Wheelchair Tennis Championships at Nottingham Tennis Centre.

Top seeds Mistry and Ammerlaan beat the second seeds, Satoshi Saida of Japan and Tadeusz Kruszelnicki of Poland, 6-4, 7-6 to successfully retain the Men's Main Draw Doubles title they won last year at the British Open.

The British Open is one of three tournaments on the international NEC Wheelchair Tennis Tour to have Super Series status, the equivalent of Grand Slam, and is sometimes described as the Wimbledon of wheelchair tennis.

Two weeks before, Mistry and Ammerlaan, who both have spina bifida, had the chance to compete in a Men's Doubles wheelchair demonstration on the hallowed grass at Wimbledon, playing in front of packed stands on Court No 14.

Mistry has been playing wheelchair tennis, one of the world's fastest growing wheelchair sports, since he was 19.

● If you'd like to have a go yourself, contact Lynn Parker at the British Tennis Foundation (BTF), on 020 7381 7051 or Lynn.Parker@btf.org.uk

The BTF runs NEC wheelchair tennis championships for beginners, juniors and ladies, and application forms for the next round of camps should be available to download from September from the BTF's new website



www.britishtennisfoundation.org.uk

Spotlight on the South-West

AS we surge onward in the new millennium, how are local associations changing with the times? Many have been going for more than 30 years; several have folded due to lack of support; one or two have started up for the first time.

A new series in *Link* looks at a different group each issue to see what they're about. We will be finding out what each group is good at, as well as what they wish was different.

We begin with a medium-sized group – Somerset – which, in recent years, has seen a gradual 'take-over' of main committee posts by disabled members.



Chairman Matthew Jenkins



Adviser Rachel Clark

SOMERSET ASBAH and the ASBAH Adviser for the county enjoy a fruitful relationship.

Rachel Clark receives moral and financial support when planning an event. Being in constant touch with service-users, she often takes the lead in identifying themes for events or will develop her ideas through discussion with committee members.

As well as that, Somerset ASBAH has pledged to pay one-third of the Adviser's salary for the next three years.

Now that financial commitment has been made, Somerset needs to raise more money for grants to individual members.

To raise more money it needs more members to be involved in fundraising, but this is often difficult to achieve.

Raising money

Street and supermarket collections are the main fundraising activities. Approaches to local businesses are

limited to when sponsorship for specific projects is required.

Matthew Jenkins, who, at 30, has recently taken the helm as the group's youngest ever chairman, said: "I see Somerset ASBAH as a support for the Adviser and to endeavour to provide support and equipment to improve the quality of life for our disabled members. But to do all this we must be raising money continuously."

Changing venues

Set in a large county like Somerset with members reluctant to travel far, one possible solution is to rotate meetings in different areas, generally in people's homes. As well as this, Rachel has been working hard to get small groups together in one area. Vice chairman and parent, Iris Coton, commented: "We let Rachel take the lead and support her in any way that we can. Any-

thing we have been doing of any impact has been done by Rachel."

Getting new people to attend committee meetings is difficult – even when there's a social attached.

Rachel told *Link*: "For families to attend an event, there has to be a real incentive, as life is often pretty hard for them. When we organise a bowling event, we offer a deal that Somerset ASBAH pays for everyone's first game, then if other games are wanted, people pay for them themselves. It works well."

Somerset ASBAH also gave financial help to a parents' support group for children with hydrocephalus.

A young people's activity day was part-funded by Somerset ASBAH and local trusts. This gave young people the chance to try something new; have a 'make-over' by staff of The Body Shop and join in discussions on

healthy living.

An adult social event at a pub in Taunton had a limited success. But Rachel thinks the low turnout could be worked on. "People respond to being personally invited."

Member benefits

Somerset ASBAH has 40 members but provides support for more than 130 people. For £1 per year, members receive:

- Free copies of *Link*.
- A quarterly newsletter.
- Notification of local ASBAH activities.

Contact: Peter Harling 01278-780946.

feature

The lure of Lakeland



*Waiting for the girls to get ready
(Arren and Brendan)*



*Where did you say the lads
were? (Shuma & Lucy)*



That's what I call a good shot (Chris)

Sitting it out! (Laura)



*Almost on dry land!
(Emma, Jenny and Vicky)*



Team challenge (Shuma, Arren, Lucy and Brendan)

ENDLESS opportunities for adventure, learning, challenge and relaxation were on offer for 15 teenagers at a four-day residential in the wonderful Lake District National Park.

ASBAH's Summer Experience, organised by our Northern Region, was held for the first time at the Keppleway Centre, Broughton-in-Furness.

Activities available included: archery, fishing, guided hill walks, orienteering, canoeing, climbing, abseiling, hand-propelled cycling, pond-dipping, mini-beast safari, kite-flying and a music workshop. There was also a team challenge and a trip on Lake Windermere and the opportunity to go shopping to visit an aquarium.

Regional manager, Joan Pheasant, said: "We aimed to provide the correct level of staff/support so that all

applicants could be considered for a place on the course."

One participant, Vicky Keeler (15), of Sheffield, who has hydrocephalus, said: "Life can be very hard when you always feel like the odd one out and have a history of being picked on at school.

"I do have some good friends who look out for me but, even so, life sometimes gets me down. I was feeling particularly low this

spring and it was suggested that ASBAH might be able to find me a place at the Keppleway Centre.

"I am very wary of anything new but, luckily, ASBAH put me in contact with Emma, a girl who was also going.

"I was very apprehensive and quite nervous when I arrived although it helped to know I would be sharing a room with Emma."

Another 15-year-old participant, Chris

Murphy, from Carlisle, said: "The best bits were the canoeing and archery and meeting lots of new people. It was great fun."

Vicky added: "Keppleway was another life for me: a world of equality, kindness, warmth and friendship in the lovely countryside of the Lake District. The question on everyone's lips was 'can we come again next year.' I think that says it all."



Now we have to build the mast and sail back!



David on TV

TV stardom once again beckoned for David Proud as the nine-day holiday he took with his sister was filmed by *Wish You Were Here*.

Granada TV captured the 19-year-old civil servant on film as he helped crew a tall

ship around the Hebrides. The most exhilarating moment was being hoisted to the crow's nest at the top of the central mast.

Four years ago, GMTV's *Get Up & Give* portrayed David's active lifestyle in a week-long appeal to persuade viewers to dig deep for

ASBAH.

The Lord Nelson is owned by the Jubilee Sailing Trust.

David, of Whittlesey, Cambs, said: "When not on watch or mess duty, Dawn and I enjoyed the sights of Scotland, and in the evening joined in the parties and celebrations."

Thrill of basketball

CHRIS Greenhalgh, of Bolton and Bury ASBAH, reached the quarter finals of the Men's B Singles at the British Open Wheelchair Tennis Championships in Nottingham.

A few weeks' before, he had travelled for the fifth year running to an international

camp for junior and senior tennis players.

Chris started playing at 12 when his comprehensive school brought in a teacher specially for



him to learn wheelchair basketball and tennis.

Last year he was the UK's number three under-19s tennis player and went to Switzerland with the UK under 19s wheelchair tennis team.

And he plays Division One basketball with Liverpool's The Meteors.

Chris said: "It takes a lot of time and dedication to play well. It's a matter of getting the basic skills and developing them."

Three medals

YOUNG sports all-rounder, Michaela Woolhouse, pocketed three medals this summer at two separate events for disabled youngsters.

The Kent 13-year-old has hydrocephalus and cerebral palsy which has left the right side of her body very weak but she enjoys a challenge.

For the second summer running, Michaela was placed first or second in shotput and sprinting in Croydon's London Heathrow Games and Bexley's Inter-Borough Games.



Speaking from their Crayford home, her mum Annette Gordelier said: "Michaela does enjoy sports even though she can only use one hand and last year her PE teacher suggested she try shotput."

Michaela attends Woodside School for Children with Moderate Learning Difficulties in Belvedere and also enjoys trampolining, cricket and walking.



11-year-old ● makes history

IT WAS a brilliant summer for Louise Hunt who helped make history by carrying the baton for the Commonwealth Games in the Queen's Jubilee year and shortly afterwards was picked to join an international tennis camp in Rotterdam.

But the icing on the cake was still to come when the 11-year-old won two silver medals in the junior section of the British Open Wheelchair Championships – one in the singles and one in the doubles with partner Stephen Holt.

It was the first time she had entered the Nottingham national championships – so the training in Rotterdam paid off – and she was 'chuffed to bits.'

● Despite having a fraction of the coaching of her Dutch and German counterparts, Louise did herself proud at the junior camp for wheelchair tennis players aged 11-18. She has been playing since she was five.

Running alongside the camp was the Dutch Open which attracted 18-year-old Chris Greenhalgh and Britain's number one tennis player Jayant Mistry, both of whom also have spina bifida.

Louise's mum, Linda, who joined her on the trip, said: "It was amazing. The players were worked hard with coaching in the morning and competitions in the afternoons, and their disability became so small, it almost disappeared."

Louise applied to carry the Commonwealth Games baton on the Internet – the honour being open to anyone of any age or background.

Linda said: "I encouraged her to go for it as it was a one-off and history in the making."

Princess for a day

Nine-year-old Sophie Johnson was crowned princess for a day.

Sophie, who has hydrocephalus, and her prince, Nick Peterson, headed the carnival through her home village of Montacute in Somerset.

It was a well-deserved treat for Sophie as she has been diagnosed with arachnoiditis.

● *If you have been diagnosed with arachnoiditis which you think resulted from e-coli meningitis and would*

like to talk with other people in the same situation, contact Link and we will put you in touch with Mrs Johnson.



Flowers and champagne

A BOUQUET of flowers and a bottle of champagne awaited Hazel Rawlings and her partner Jason Carvill – as the first customers of a new, accessible holiday cottage in Cornwall.

Hazel, of Eastleigh, Southampton, (pictured) was delighted with the cottage at Trenerry Farm, Mingoose.

ASBAH's Cornwall adviser, checked it out for *Link*. She said: "Although the kitchen is not fully adapted, there's a dishwasher, and the cooker can be used by a wheelchair-user.

"The cottage is very

well equipped and all doorways are extra wide. There is a decked veranda, with gas barbecue and stunning views over the countryside."

● *The cottage is advertised on page 23.*



feature

Ya go to yoga for a healthier way of life

YOGA has given 30-year-old Michelle McCann more control over her body and improved her general health, since she started to practise on a regular basis.

Michelle started classes three years ago with a group of people with a wide range of physical disabilities. Previously she was troubled with chest and kidney infections, but

has had fewer of these after several months of consistent practice. She is in more control of her body – for example she finds transferring from her wheelchair much easier – and this has increased her self-confidence.

She says she never expected to be able to do some of the things she can do in yoga and is now encouraged to try new things.

Her instructor, Alistair Livingstone, explained that yoga is a way of integrating the mind, body and spirit, leading to a healthier and more fulfilling life. Michelle practices Hatha yoga which includes: Asanas (postures), Pranayama (breathing), Relaxation and Meditation. She attends weekly classes, which are supported by Armagh College of Further Education.

Michelle told *Link*: “I really enjoy doing yoga. I try to do a bit every day and encourage other members of the family to join in whenever possible.”

In 1972 Alistair was severely injured in a traffic accident, which left him in hospital for many months. During his rehabilitation he became interested in many alternative therapies. He has studied the use of yoga to treat medical conditions and has been working as a qualified yoga instructor for five years. He now offers general yoga classes, sees clients privately and facilitates workshops for groups with special needs in Ireland, the UK and Australia. He is particularly interested in training other people to use yoga in their work with adults with special needs.

Alistair said: “I treat people as they come and try not to make any presumptions about a student’s ability or disability. I always



encourage individuals to work at their own pace, whatever class they attend.”

The benefits

As with all serious yoga students, Michelle has progressively extended her range of movements beyond her previous limitations. At first, she extended her range of arm movements, then her head and neck. As her confidence increased, she was not frightened to try moving her legs, albeit with support from her hands and arms and then using a belt.

Eventually, after some months she tried getting out of the wheelchair onto a mat on the floor. Alistair said: “That’s when the real work began! It must have been another eight or nine months and then Michelle decided to turn on to her stomach and to attempt quite difficult postures like The Cat and The Cobra.”

Asanas (postures):

The Cat (Marjari-asana) – which Michelle is pictured doing opposite – is a wonderful posture. It improves flexibility in the back and shoulders and helps to link the breath to the movement. It is a safe posture for practically everyone.

The Cobra (Bhujangasana) – this posture also helps to make the spine supple, but also strengthens lower back muscles, improves circulation in the back and tones the spinal nerves. Michelle now practices Cobra with great success. In this pos-

ture the lower limbs lie on the floor and this is easier for her than The Cat, in which she has to support herself on her hands and knees.

Pranayama (breathing):

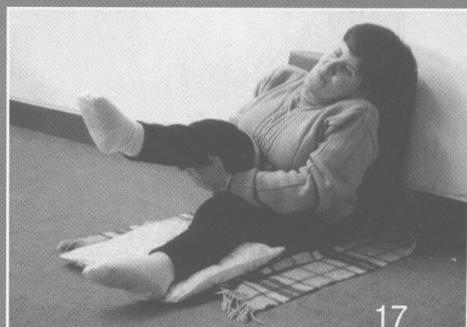
Attaining the postures in yoga is much more than just learning to control your breathing. The Sanskrit word ‘Prana’ can be translated as ‘Life Force’ and so these practices work at a very subtle yet powerful level.

Yoga is an holistic system designed to bring harmony to the mind, body and emotions and is not so interested in isolated symptoms, in the way Western medicine is.

● To find out about Alistair’s yoga classes in Northern Ireland or for more information about his approach and availability email: alistair.livankha@boltblue.net
Forthcoming website: www.kirei.org.uk

Alistair trained at The Yoga Therapy Centre in London. Graduates from the centre have a good medical training and an understanding of students’ particular needs. Information and a list of qualified therapists can be obtained from: **The Director, Yoga Therapy Centre, 90–92 Pentonville Road, Islington, London N1 9HS. Email: enquiries.yogatherapy@virgin.net Website: www.yogatherapy.org**

PHOTOS: Michelle practising The Cat and other stretches. Also: ASBAH Advisers Marie McGonnell and Janet Davidson doing The Cat.



Editor’s note: Prospective yoga students should ask their GP for advice first and then find a trained yoga therapist.

fundraising

United they stand



FIFTY people from all over Cornwall completed a nine-mile wheel and walk – and raised £2,500 for ASBAH.

Twelve children and their families and friends made the return journey along the Imerys

Par to Fowey haul road – even though the weather was not ideal.

One of the most exciting parts was when the road went through a mile-long tunnel under a hill and water dripped off the roof on

to the participants!

The sponsored walk was masterminded by Verena Gibaud to help ASBAH in the face of financial difficulties. Verena's daughter Kayleigh was featured in the last issue of *Link*.

Mrs Gibaud said: "ASBAH is a small, little known charity and it doesn't get the same funding as bigger charities like SCOPE.

"We were worried about losing our area adviser, Lynne Young, who gives invaluable information and advice to over 200 families throughout Cornwall and parts of Devon.

"It was pouring with rain, but we knew it was clearing further west so we delayed starting by an hour. Apart from some drizzle it was dry, until we arrived back on Par beach, when the heavens opened, so it was perfect timing!

"We've had a wonderful letter from ASBAH head office to thank us for our efforts.

"We know the money will be used in this area and others to give some support to families like ours."

Lynne said: "It is very heartening to have such support."

Family affair

YET more money was raised for ASBAH by a grateful family in Cornwall who organised a coffee morning and then a garden fete.

Single mum Cindy Chambers and her four children made their garden the place to be one July Saturday from with plenty to do, space to relax and plenty of

homemade fare.

The family, in Falmouth, had let friends and neighbours know of their fete for ASBAH by delivering leaflets locally – and the day brought in a wonderful £436, bringing the total they have raised for us this year to £586.

Michael (17), who has spina bifida and hydrocephalus, and 13-year-old Kizzy helped their mum prepare flapjacks, chocolate crispie cakes, hot dogs, coffee, tea and squash.

Leon (14) and grandfather Fred ran a tombola; Kizzy did face-painting; Shelby (7) did a name the chick competition and Michael did a raffle. There was also a table top sale and guess the number of marbles in the jar competition.

"We had a really nice day," said Cindy, "and are pleased to be able to help."



THE SPICE Girls, David Beckham, aliens and The Queen were all represented in a school's sponsored walk for ASBAH when pupils dressed up as their favourite famous people of the last 50 years.

The walk, which also celebrated Her Majesty The Queen's Golden Jubilee, raised us a tremendous £7,400.

It was masterminded by Ashley Mulligan, a teacher at Holywood Primary School, County Down, whose toddler

● Scott has hydrocephalus. He and his wife Sherryn wanted to thank ASBAH Advisers in Northern Ireland and knew the region was struggling for cash.



Ashley's our Superman

Some 450 pupils took part with the Infants doing a two-mile walk to a local park and the Juniors taking a train to the coast and following an eight-mile coastal path back to Holywood.

● They were joined by 100 school staff and parent volunteers.

By popular demand Mr Mulligan dressed as Superman and Scott became his favourite Teletubby, Po.

Mr Mulligan said: "Everyone had a brilliant day. I took Scott in his pram and he toddled the last half mile and all the children flocked round him.

"One child alone raised £180 and people were donating money on the day, and friends of some staff did a sponsored lunch-time run as well."

A special golden badge showing the school crest was presented to each pupil at the

end of their walk.

Mr Mulligan continued: "I knew I could only organise something like this once at the school so I wanted to do it right, but I never thought we could raise that much.

"I wanted to give something

back to ASBAH as my wife and I have had a few queries."

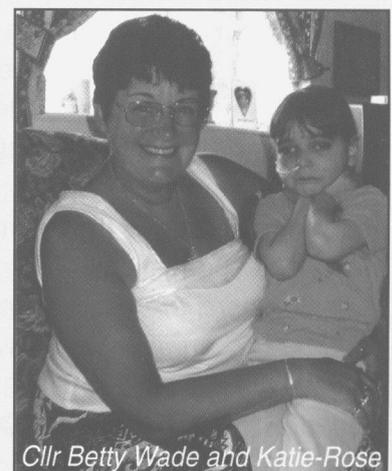
● Last year, Mr Mulligan's niece Rebekah Mulligan (10) and her friend Kelsey Wilson of Pond Park Primary School raised £78 for us in a 'guess the name of the teddy' competition.

Special relationship

FORMER Corby mayor, Cllr Betty Wade, handed over £664 to ASBAH as one of her charities of the year.

Cllr Wade has a personal interest in ASBAH because her youngest grand-daughter, seven-year-old Katie-Rose Hambley has spina bifida.

The money was raised through raffles, a fete at the Church of St John the Baptist, the Mayor's Charity Ball and a Brownies sleepover in the mayor's parlour.



Cllr Betty Wade and Katie-Rose

Driving and third ventriculostomy

LICENCE holders who have had third ventriculostomy are individually assessed on the best time they can start driving again.

The first step is for the licence holder or their GP to inform DVLC Swansea about having had surgery. The individual may inform them by phone but the GP (or any third party) must do so by letter. The licence holder and the GP then receive a medical questionnaire.

The DVLC's medical expert will make investigations and make an assessment, and the licence holder will be told of the decision.

Reader response to US survey

FIFTEEN *Link* readers responded to an appeal from the USA for people to take part in a hydrocephalus survey.

The National Hydrocephalus Foundation extended its survey to people with hydrocephalus (with or without spina bifida) in other parts of the world through *Link* for a bigger sampling.

So far, the total number received has been 150. Executive director, Debbi Fields is very grateful for the response from the UK. She said: "The people I've had contact with in the UK are very knowledgeable about their hydrocephalus and I am doubly impressed by their comments and suggestions!"

● For more information, email hydrobrat@Earthlink.Net or write to: Mrs D Fields, 12413 Centralia Road, Lakewood, CA 90715-1623, USA.

Upcoming events

Photo exhibition, Belfast 5–12 September

'Getting it Straight' photo exhibition by the Earl of Lichfield of celebrity backs as well as members of Scoliosis Association (UK) at the Belfast Waterfront Hall Conference & Concert Hall, Lanyon Place. **Details: 020-8960 7110;** www.sauk.org.uk

Stockport coffee

Saturday 14 September
Coffee morning 10–noon, Newbridge Resource Centre, Newbridge Lane, Stockport. ASBAH Adviser Marcia Conroy present. Organised by Stockport & Tameside ASBAH. All welcome. **Details: Jean Evans 0161-3378163.**

Independent living, Wembley

18–19 September
More than 140 exhibitors. 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.**

National ASBAH AGM Peterborough

Saturday 21 September
Annual General Meeting at ASBAH House, Park Road, Peterborough. 11am. Speaker:

dates

Mr Richard Howett MEP, President of the All-Party Disability Group of the European Parliament. **Lyn Ry lance 01733-555988.**

Leeds drop-in Wed 2 October

Drop-in on first Wednesday of the month at ASBAH's Northern Regional Office from 10–12. **Details: 0113-255 6767.**

Photo exhibition, Cardiff 3–9 October

'Getting it Straight' exhibition of photos by the Earl of Lichfield of celebrity backs as well as members of Scoliosis Association UK at The Norwegian Church Arts Centre, Waterfront Park, Harbour Drive, Cardiff. **Details: 020-8960 7110;** www.sauk.org.uk

Your Voice, Huntingdon 4–6 October

Benefits For Work Rest & Play, information weekend organised by Your Voice, ASBAH's Disabled Users' Advisory Committee, The Marriott Hotel, Huntingdon. £55. Deadline for receipt of applications: 21 September. **Application forms/details from: Lyn Ry lance, 01733-555988; lynr@asbah.org**

ASBAH conference, S Wales 5–6 October

Planning for the Future, an opportunity for people with SB/H, aged 21 and over, to think about the future and try alternative therapies at Aberavon Beach Hotel, Neath Port Talbot. **Margaret Stanton, ASBAH in Wales, tel: 029-2075 2922.**

for your diary

Truro basketball

Sunday 5 October

Basketball session on the first Sunday of the month for teenagers with SB/H run by ASBAH's Cornwall Adviser, Lynne Young. 11am–1pm, Truro Sports Hall.

Details: 01726-861 062.

Dunstable meeting

Monday 14 October

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.**

Continance day, Salford

Thurs 24 October

Continance Information Day, organised by ASBAH, Hollister Ltd and the Brain and Spinal Injury Charity (BASIC), at 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.**

ASBAH workshop, London

Saturday 26 October

Full day training workshop for people with SB/H who would like to know more about using direct payments for help to support them with their day-to-day, independent living. Charity Centre, 24 Stephenson Way, London NW1 2DP. Free to people living in Greater London; small charge for people living outside London. Application

forms from: **ASBAH South-Eastern Regional Office 0208-441 9967;**

sero@asbah.org

Truro basketball

Sunday 3 November

See October entry.

Exhibition, Bolton

Wednesday 6 November

KIDZUPNORTH, free, annual exhibition of children's disability equipment suppliers along with fun things to do. 10–6.30pm, Reebok Stadium, Bolton. Celebrities, 'round tables', fashion show with George from ASDA. Main focus: football. **To register, call 0161-214 5959 & ask for Dympna Harrison.**

ASBAH Feel-Good Weekend, Llandudno

22–24 November

If you're 18 or over and have SB or H, brighten up your November and get in the mood for Christmas at West Shore Hotel. Shopping, makeovers, bowling, nightlife, alternative therapies, cinema, relaxation. £50. Accessible transport may be possible from some areas.

Marcia Conroy 01928-779784; Angela Lansley 0151-733 8392 or Elizabeth Miers 01490-450360.

Share Music, Devon

30 November – 6 December

Residential music course for people with physical or sensory disabilities. **Details: Chris Shurety 020-8981 9405, chris.shurety@virgin.net website: www.calvert-trust.org.uk**

Driving theory practice

BSM driving school is offering an online facility for disabled people to practice answering their driving theory test.

The system, which costs £5.99 for a month's access, enables learners to make an unlimited number of attempts at the theory questions via BSM's website.

The online test presents a random selection of 35 multiple choice questions from the Driving Standards Agency list of 1,000 and shows whether the learner would have achieved a pass – which requires 30 correct answers.

www.bsm.co.uk (tel: 08457-276 276).

Charity accounts

THIRTY-FIVE per cent of charities failed to submit their 2001 accounts to the Charity Commission by the end of March 2002.

The Charity Commission has advised that it treats such a failure as evidence of mismanagement.

ASBAH's finance director and company secretary, Brian Deffee, recommends that trustees ensure their charity's accounts are sent to the Charity Commission within 10 months of their year-end – and, of course, to ASBAH if you are an affiliated association.

Local websites

IF any local associations or individuals have a website and are seeking to include any ASBAH financial statements please ensure that you contact the Company Secretary of ASBAH (Brian S Delves-Deffee) at ASBAH House before such information is published.



DAVE'S DIARY

david.fulford-brown@ntlworld.com

copyright 2002 all rights reserved!

SOON I'll be travelling half way across the country for my annual check-up. I've spent a great chunk of my life travelling to one kind of medical appointment or another, seeing doctors, dentists, etc.

Annoyingly, they always waste time by doing the same tests and asking the same questions. My blood type is O-negative? Amazing! Just like it was last time (and the time before).

I'm overweight? Well, I'd never have guessed!

My eye pressure is not normal? Yes, Mr optician you can stop prodding. *I know*. It's the hydrocephalus. What's that? Well, hydrocephalus...

But, in future, it looks like there may be a way of avoiding the tedious travelling and questions, thanks to something called telemedicine. Basically, it's about using sensors to monitor your body and transmit information to the hospital without you having to go there. Telemedicine has been around since the 1960s when NASA

used to monitor astronauts. Apart from that it has never really taken off. But now there's a heart monitor implant for people who've had heart attacks. If it detects a problem it automatically alerts the doctor.

Although I probably don't need a monitor for my heart (just fewer cream cakes), there are other parts of me I do want to keep an eye on. Like my shunt, for instance.

If you can build a monitor for hearts why not for other organs? Sending a running report on my entire body would save me from seeing anyone except in an emergency.

But rather than alerting the doctor there's a problem, *I need it to tell me!* Below my chest I don't have many nerves for pain or heat and since I was a baby I've bashed or burnt myself a dozen times and I'm always at risk of doing it again. It looks like trying to grow real nerves is never going to succeed. So why not use artificial sensor implants to warn me I've cut myself

or I'm about to toast my toes? A heat sensor, battery and bleeper would do the job!

Of course, I should be able to take care of myself. And yes, after years of burns, I am more careful. I check myself routinely and use mirrors when I need to. If I really concentrate I can pick up the whispers and fragments of sensation. But everyone gets careless.

I've been working six-day weeks for more months than I remember. Great for the wallet, bad for the health. I got sick and dizzy but convinced myself I was just tired. Finally mum dragged me to the doctors. When your urine sample starts foaming and melting the tube, you know you've got a kidney infection! Having the 'mother of all sensors' watching out for me was great. But a week in bed on submarine-sized antibiotics could have been prevented by a small sensor and alarm.

Bellringer is hunchback no longer

A TOURING theatre company has re-titled its performances of *The Hunchback of Notre Dame* to avoid offending people with spina bifida or scoliosis.

Oddsocks Productions is on a nationwide tour with its production of Victor Hugo's novel, which was turned into a Hollywood blockbuster.

However the troupe's play is being billed as *The Bellringer of Notre Dame* after discussions

with a disability adviser.

Victor Hugo, the leader of the French Romantic movement, wrote the acclaimed work in 1831 under the title *Notre Dame de Paris*.

Set in 15th century Paris, it tells the story of Esmerelda, a gipsy girl, who is befriended by Quasimodo, the bellringer, who protects her in Notre Dame cathedral after she is accused of stabbing a priest.

Got a strong opinion on any of the stories in *Link*? Email link@asbah.org now

holiday lets

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

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*

TREWERRY LODGE, ST AGNES, CORNWALL

New for 2002. Bungalow on farm, centrally situated for visits to all of Cornwall. Fully equipped and designed for wheelchair access. Large patio and garden, 2-bedroom, WC and shower room. Sleeps 4-6. Open all year. Home from Home. Green fields and Areas of Outstanding Natural Beauty. *Phone or fax for details: 01872-553755 (Mrs A Parsons).*

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.*

Advert rates

● Classified Rates:

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

● Cheques and postal orders should be made payable to ‘ASBAH’

● Classified adverts for the next issue of *Link* (November) should be submitted by Friday 27 September.

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

● Display rates on application from Liz Cawthorne Tel: 01733-555988. lizc@asbah.org

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-£400 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.*

FOR SALE

WHEELCHAIR-accessible power boat. 5 metres long, 2 metres wide. Winch down bow. 25HP, 4 stroke engine with electric start, PTT. £4,500 ono. Contact: *Steve, tel: 01872-276720 (Cornwall).*

Your Voice - ASBAH's Disabled Users' Advisory Committee (DUAC)
presents

Benefits for Work, Rest & Play

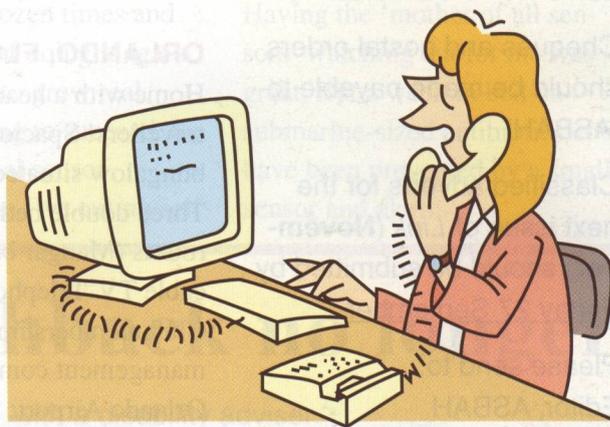
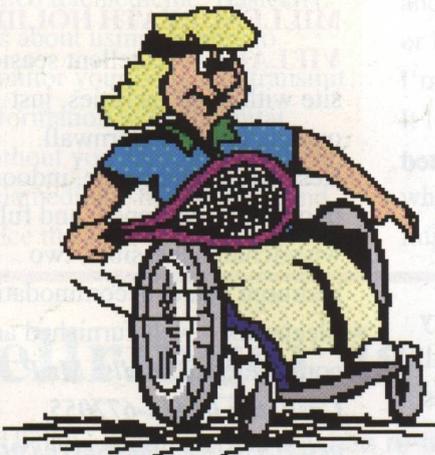
4 – 6 October 2002

**The Marriott Hotel,
Huntingdon**

4 star luxury accommodation and full board

Various workshops including:

- DDA
- Housing
- Disability issues
- Direct Payments
- Disabled Persons' Working Tax Credit



£55 for the weekend (£25 supplement for single room)

**Applications must
be returned by
21 September 2002**

Details and application
forms from: Lyn Rylance,
ASBAH House, 42 Park Road,
Peterborough PE1 2UQ
Tel: 01733 555988
email: lynr@asbah.org

 **ASBAH**
Association for Spina Bifida and Hydrocephalus
Getting the most out of life