

Link

The magazine for people with Hydrocephalus and Spina Bifida

**Win a
Power
Trike**

**Win
a CD**

**PRICE
80p**

SPRING 2003

ISSUE 204



ASBAH

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

InCare

SO MANY things
WEIGH
on your mind.
BLADDER
MANAGEMENT
SHOULDN'T BE
ONE OF THEM.



That's why there's InCare Advance Plus Intermittent Catheter from Hollister. We have focused the latest advancements in intermittent catheterisation into one solution that gives you every possible advantage.



- Ready-to-use anywhere at any time
- Sterile
- Non-latex
- No-touch insertion

InCare Advance Plus offers

No-Touch Insertion Through a Unique Introducer Tip to maintain catheter sterility and bypass bacteria commonly concentrated within the first 15mm of your urethra – and that helps reduce the risk of UTIs

Gel Reservoir* requires no water or additional lubrication and allows each person to regulate the amount of gel for optimum lubrication

Ultra-smooth Catheter Eyelets, formed with advanced ultrasonic technology, provide maximum comfort on insertion and removal for minimal trauma to the urethra

Protective Ring Cap maintains sterility of the catheter tip and helps prevent leakage after catheterisation

1500ml Urine Collection Bag is easy to use and allows secure and discreet catheterisation

*Patent Pending



A special message from
Marc Buoniconti
president, The Buoniconti Fund to Cure Paralysis

"I've used InCare products for over 10 years and I'm very pleased with the new Advance Plus Intermittent Catheter. Since my injury, my goal has been to get out of this wheelchair for good – but until that happens, it's gratifying that a company like Hollister can develop products like this to help me manage each day . . . until a cure is found."

Please send me information and a free sample of InCare Advance Plus.
Mail this form to the Freepost address listed to the right

Mr / Miss / Mrs

Name _____

Address _____

Postcode _____ Tel. No. _____

E-mail _____

Current Brand of Catheter _____

Size (ch) _____ Length (cm). _____

InCare Advance Plus

Intermittent Catheter

Technology for Confidence.
Innovation for Life.™



FREEPOST
Hollister Limited
Rectory Court,
42 Broad Street
Wokingham, Berkshire,
RG40 1AB
www.hollister.co.uk
FREEPHONE: 0800 521377

Hollister and logo, Hollister, InCare and InCare Advance Plus, are trademarks of Hollister Incorporated.
©2003 Hollister Incorporated.
All rights reserved.

Link



Cover: Karl Hassell is captivated by the underwater tunnel at the Blue Reef Aquarium, Newquay on the recent BBC Children in Need supported Family Weekend

Editorial

Spring - new beginnings, new growth and a buzz in the air!

Certainly this *Link* has some new growth, with a new 'Lifestyle' section keeping you informed of new products, places to go to and things to see. Our 'Legislative line up' will keep you abreast of what government - nationally and locally - is up to and how it affects you.

There are new prize draws too, with a Sony portable CD player and an amazing Power Trike to be won in this edition.

We do want to know what you think of *Link* - so do tell us!

What would you like to see more of, and equally, what you would like to see less of?

Readers often tell me they'd like to see more letters and stories of what people are doing and how they're overcoming their own challenges. This can only happen if you write those letters or send those emails to us.

We're always keen to hear your stories, your experiences and to have your photographs.

Thanks to our new editorial team of Pete, Cassandra and Nigel and also to ASBAH designer, Tony Nero, who all worked hard to produce this lively issue.

Enjoy your Spring and we'll see you in July

Best wishes,
Peter

Peter Farrall
Director Marketing and Communications
peterf@asbah.org

Editor: Pete Griffiths Designer: Tony Nero
LINK is published by ASBAH,
National Centre, 42 Park Road, Peterborough PE1 2UQ

All *Link* enquiries 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

contents

- 6 Our supporters
- 7 "Stars in their Eyes" fundraising night
- 11 WIN WIN WIN!
-a Sony CD Player
- 12 WIN WIN WIN!
- a Power Trike
- 13 Spotlight on
Leeds and Bradford
- 16 Cornwall family
weekend
- 20 Putting the 'fun'
into fundraising
- 21 Let's go fly a kite...
- 23 Legislative line up



Our supporters ● Page 6



Family weekend ● Page 16



Fundraising ● Page 20



Legislative ● Page 23

Patron: HRH The Duchess of Gloucester GCVO
President: Jeffrey Tate CBE

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
Number 249338

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

Stuart Bloor is no ordinary 15 year old. While other boys his age are busy playing PlayStation or watching TV, Stuart has his eye set on a bigger picture - winning a place in a future Paralympics.

Stuart's chosen sport is swimming and although he has been swimming since he was four, it's only in the last three years that he has taken it up competitively. But it hasn't been easy.

Like many people with spina bifida and hydrocephalus, Stuart has struggled with frequent medical problems - overall he has had 13 operations and has had to juggle his swimming training and school work with visits to hospital.

Stuart strives to swim for Great Britain (again!)



Stuart after another successful race

He's a member of numerous swimming squads, including the North West Disability Squad and the England Squad. Recently he has been selected for the World Class Potential Squad - an honour few can claim.

He trains six days a week after school for two hours each session and would swim before school too, given half the chance. His mother, Jackie, is incredibly proud of Stuart's

Treloar's

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

Both Treloar School (pupils 7-16) and Treloar College (16+) offer:

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

With all this in one place, Treloar's provides a complete package for residential and day students. For more information, or to arrange a visit, call Helen Burton, our Admissions Officer on: 01420 547 425, or Email her on: admissions@treloar.org.uk

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

Treloar's
Enabling Education

Treloar Trust

Upper Froyle

Alton

Hampshire

GU34 4JX

www.treloar.org.uk



Stuart grabs the Golden Jubilee Baton with both hands

achievements and amazed at how he fits everything in. She says: "He's very dedicated; he even does his homework at school in his lunchtimes - at least that's according to him!"

As if that wasn't enough time in the water, Stuart also swims with the Crewe Flyers and helps other disabled people swim at the Seahorse Disabled swimming club.

All this hard work has been worthwhile; Stuart has won over 25 medals at regional swimming galas and he's also picked up gold and silver for Great Britain at the Double Dutch Open in Holland last year.

Stuart is an active member of the Scouts and

is the instructor for the Scouts' life saving badge. His enthusiasm and spirit have led to him being nominated for many awards and in 2002 he won *The Crewe Chronicle* and Scottish Power's 'Champion of Champions' award.

Remembering the time Stuart was given the award, Jackie said: "It was an amazing night. He was given a standing ovation but I couldn't stand up for crying."

And it doesn't end there. Stuart was also runner up for the 'North West Sports Personality of the Year' and received more nominations than any other runner-up has in the history of the award.

Locally he is something of a hero: he won the 'Young Champion Oscar' at the Mayor's 'Oscars' evening, held at Nantwich Civic Hall, in February this year.

The Mayor of Crewe and Nantwich said of Stuart: "Stuart's swimming talents were soon apparent when he started swimming for his school. In no time at all he was competing at the Cheshire Youth Games, where he easily achieved the qualifying times to enable him to enter North West swimming competitions. Stuart is just one of the reasons to have pride in our borough. Through sheer commitment and enthusiasm, he's made sure his disability hasn't got in the way of his ambitions and he's achieved so much already."

One of the highlights for Stuart in 2002 was when he was selected to carry the Golden Jubilee Baton for Crewe. More recently Stuart attended the Disability Sport England (DSE) Junior Nationals in March. The event was hosted in Sheffield where he won six individual gold medals, a silver and a gold relay, as well as breaking the GB junior record in the 100 metre backstroke.

Stuart has two main aims in life: the first is to secure a place in the Paralympics, be it in 2004 or 2008, when he will hit his peak. The second is to meet Tanni Gray-Thompson, his heroine. And judging from his past record of achievement, we imagine he might just accomplish both.

Robin Hood's merry women

On 15th September best friends Helen Cooke and Hannah Matts donned their trainers and ran the 13 mile Robin Hood Half-Marathon in Nottingham to raise money for ASBAH. Helen decided to use her running hobby to help ASBAH in memory of her stepbrother Vincent, who had spina bifida, he died aged 32 in November 2001.

Helen started to train for the half-marathon about three months before the event. She was running around 30 miles a week and Hannah managed to fit in around 15-20 miles each week. The pair ran just over 13 miles and between them raised over £400 for ASBAH.

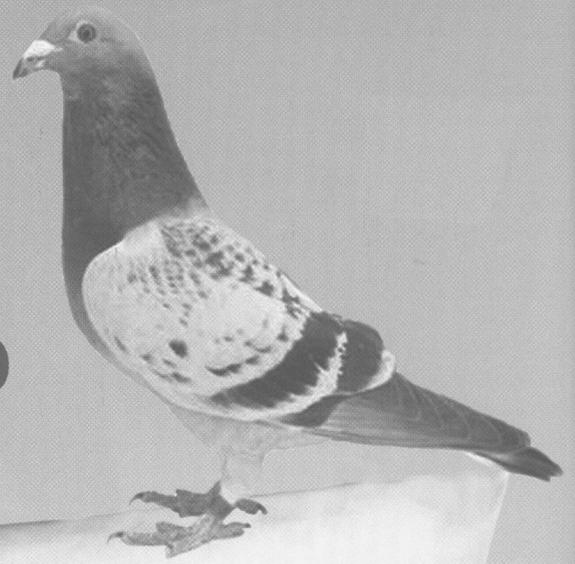
Both of them were surprised at how good they felt after running the 13 miles and when asked how she felt after the run, Helen said: "I felt pretty good, buzzing and quite lively!"



Hannah & Helen celebrate the finish

fundraising

A big thank you to RPRAs



A big thank you to the Royal Pigeon Racing Association (RPRAs), ASBAH's largest and longest-serving donor. Our relationship with the RPRAs goes back 30 years, to 1973, since when the RPRAs has raised a staggering £400,000 for ASBAH.

In January, we were invited back to the annual Homing World Show of the Year, held in Blackpool, to receive another fantastic donation of £15,000. This was boosted by a further £600 thanks to the generosity of many of the Show's visitors who called by at our tombola stand to try their luck!

Those looking on gratefully include ASBAH Adviser Anne Walton and her husband Reg.

Anne & Reg were making their 10th visit to the show as volunteer helpers – so many now that they



Peter Bryant, RPRAs General Manager

could almost become advisers on pigeon racing as well! One of the advantages of Anne helping out is that she is on hand to give expert advice to anyone at the show who wants to learn more about spina bifida and hydrocephalus.

We're extremely grateful to all the generous fanciers at the show, to the RPRAs's committee and to general manager Peter Bryant and his team. Long may their support continue!

Editor's note: by the way, did you know that there are some 60,000 pigeon fanciers actively involved in pigeon racing throughout the UK and that the RPRAs has around 3,000 racing pigeon clubs across 13 regions? The racing pigeons themselves can be worth anything from £20 to the highest price paid so far - £106,000.

Villagers get starry eyed!



Villagers in Wood End, Tamworth, Warwickshire, really shone when they took to the stage for two nights in a 'Stars in their Eyes' style event and raised nearly £4000 for ASBAH.

The event took place at the Wood End Working Men's Club in December last year and it is the fourth time the village has staged the event to raise money for charity.

The audience were treated to a variety of performances, ranging from Atomic Kitten, Olivia Newton John and Shania Twain to the Blues Brothers, Buddy Holly and even Englebert Humperdink!

Jenny Green, ASBAH adviser for the central region, went along: "It was a huge success. Highly entertaining and so professionally organised! Who would have thought there could be so much talent in a small village in Warwickshire?" she said.

Organisers Wal and Sue Dockray, from Wood End, first decided to host a charity night as a one-off event three years ago. But the night was such a success they have repeated it annu-



ally, choosing a different charity each year. This year villagers Colin and Julie Ricketts suggested ASBAH as the beneficiary.

Tickets went on sale at 7pm on 6 December and, due to the popularity of the event, all 360 of them sold out in 20 minutes!

Jenny said: "Our thanks must go to everyone in the community who contributed in some way, especially Sue and Wal who masterminded the whole event which raised £3,710, Colin Ricketts who nominated our organisation and Julie Ricketts, who found previously undiscovered musical talent while fundraising for ASBAH. Thanks also go to Gordon Smith of Self Select Kitchens, Tamworth, who donated £500 in support of the evening."



Photographs by Paul Barber, Tamworth Herald

Andrew Russell accepts a cheque for £3,710 from the villagers

You're made

Summer is fast approaching, which means more than barbecues, flip-flops and sunshine: it means new make-up! Here's how to shine...

The look seen on the pre-season catwalks is a heady mix of gleaming skin, sultry eyes and glossy lips. Think bronze, reds and lilacs and shimmering pastels.

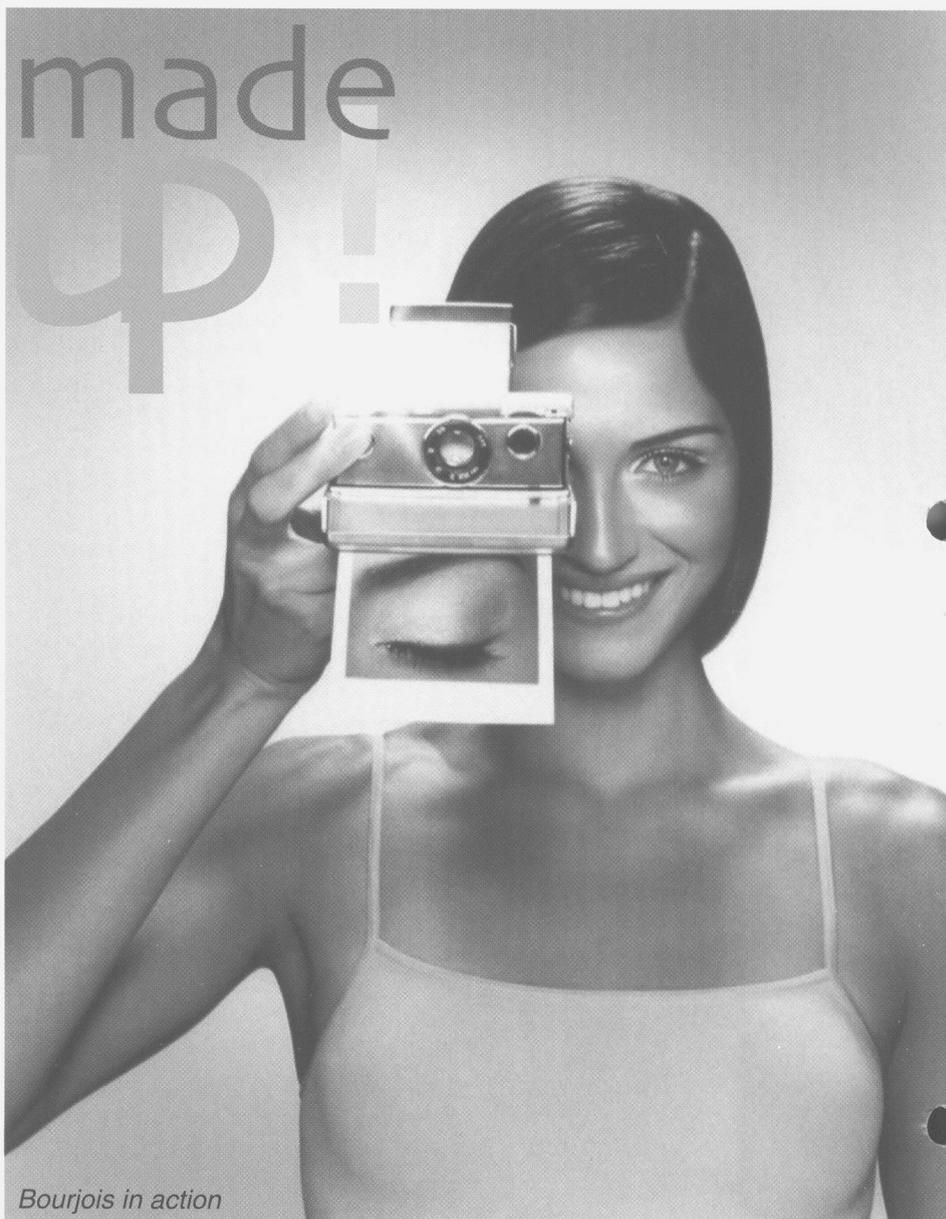
Here's how you could achieve it: prepare skin by using Rimmel's new *Gentle Exfoliator*, £4.99 for 125ml. The product contains apricot kernels to buff and polish the skin - giving you the perfect base for an even application of colour.

Then take your pick from their new range of self-tanning products. Try the new tan wipe *To Go Body Bronzer* for quick application. It leaves skin hydrated and glowing and costs a mere £1.49.



The Sunshimmer range

For the eyes try Bourjois's new shimmering loose powder *Suivez mon regard*. The dinky little pot gives you fast glamour in a brushstroke and is available in ten different shades. We like no.8, *Regard bleu trompe-l'oeil*. Simply brush all over the eyelid or use it as a highlighter on the inside of the eyelid and underneath the eyebrows, teamed with Bourjois's new *Pastel Lumiere Eyeshadow* in *Violet Fascinant* applied on the outer corner of the lid and under the lower lash line.



Bourjois in action

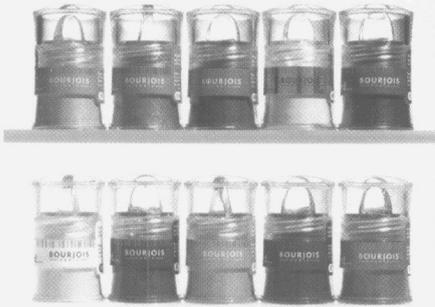
To make the most of your eye colour try:

- Green eyes** go for purple, mauve tones. Try *Regard Violine*.
- Blue eyes** go for pinky, brown tones. Try *Regard Praline Rose*.
- Brown eyes** go for green, gold tones. Try *Regard Rayon Vert*.
- Hazel eyes** go for gold, amber tones. Try *Regard Ambre*.

Finally slick on a coat of Miss Sporty *XX Waterproof mascara*, £1.99, to open up the eyes and keep you looking glam all day long.



Rimmel's new Lip Dazzlers



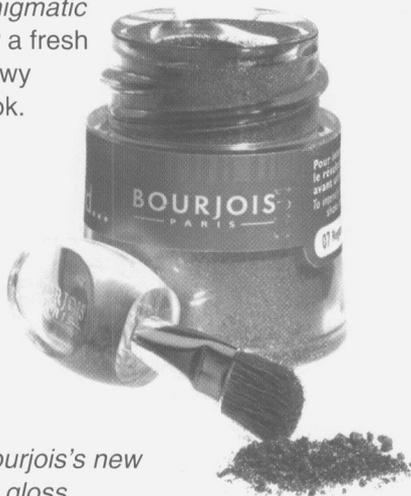
Lips are glossy and shimmering this season. For party glamour turn to Rimmel's new *Lip Dazzlers*.

Priced at £3.99 a tube, they come in three shimmering shades:

- **Crazed** (176)
- bronze
- **Summer Fever** (177)
- fuschia
- **Hot Head** (178)
- red.

They glide on easily, making lips look full and luscious and as an added bonus smell of sweets! Available from 21 May.

For a more natural day pout, take a look at Bourjois's new *Effet 3D Lip Gloss*. They come in four shades: *Rose Unic*, *Violet Magnific*, *Rose Enigmatic* and *Transparent Magic*. Unlike many lip glosses these aren't sticky or slippery and leave your lips feeling natural and moisturized. Try brushing on a thin layer of *Rose Enigmatic* for a fresh dewy look.



Bourjois's new lip gloss



Big brother Link goes in search of his sister!

Zelda fans will be happy to hear that Nintendo has released two classic Zelda games for the Nintendo GameCube.

The Legend of Zelda: The Wind Waker will include a bonus disk with two additional Nintendo GameCube games, the N64 Classic *The Legend of Zelda: Ocarina of Time*, and a previously unreleased title *The Legend of Zelda: Ocarina of Time Master Quest*.

The limited edition double disk set will be available from 3 May and is

priced around £40 while stocks last. To read a review visit www.nintendo-europe.com and go to 'games'.

Game Boy Advance SP

If you're thinking of changing your handheld console take a look at the new Game Boy Advance SP. Nintendo has given the console a completely new, ultra-stylish design to appeal to the hippest gamers out there. It takes pocket-sized to a new extreme, measuring only 84.6mm from front to back, 82mm wide and 24.3mm thin.

The console is in the shops now, available in three metallic finishes: silver, black and blue and priced around £90.



MUSIC *Sights & Sounds*

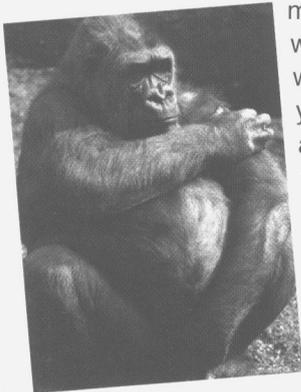


Westlife will be touring until 23rd July. They're playing various dates in London, Nottingham, Glasgow, Birmingham, Manchester, Newcastle and Sheffield. To find out more visit www.aloud.com. You can search for gigs by artist or keyword and if you want to be kept updated about the latest tour news, sign up for e-mail alerts. To make sure whether or not a venue is wheelchair accessible it's best to contact the venue direct.

Lifestyle

Bored with TV? Tired of playing computer games or worn out from too

much home-work? Then why not grab your parents and head out for the day. Here are a few fun places to go for the day:



Monkey World

Longthorns, Wareham, Dorset

Monkey World rescues primates from all over the world. You can see the largest group of chimpanzees outside Africa, orang-utans, gibbons and many more in a natural woodland setting. There is also an outdoor play

area, a pets encounter and other amusements.

For further information call Monkey World on 01929 462 537 or e-mail them at: apes@monkeyworld.org



Aquarium of the Lakes

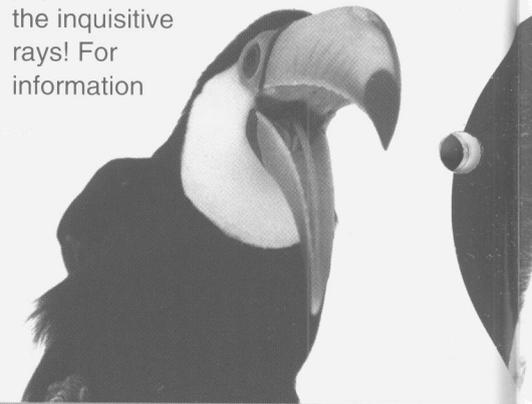
Lakeside, Newby Bridge, Cumbria

From eels to giant crabs, the Aquarium of the Lakes allows you to enjoy close encounters with hundreds of amazing creatures that bring the

Animal

These venues are all accessible to wheelchair users

natural history of the Lake District vividly to life. You can explore rockpools, play with interactive displays, see British sharks and even meet the aquarium's most popular residents - the inquisitive rays! For information



27 April

Bestly Behaviour St. David's Hall, The Hayes, Cardiff, Wales

Howie Watkins, from the BBC's *Really Wild Show*, will be giving an entertaining talk about wildlife for children. Packed with fun and facts you will learn to understand and communicate with animals, go on an animal blind date and travel to the rainforest without leaving your seat.

Doors open at 2pm on the 27 April and tickets cost £6.50 each or £24 for a family of four. For further details call 029 2087 8444 or contact Cardiff's Tourist Office on 029 2022 7281

4-5 May

Weymouth International Beach Kite Festival

Weymouth Beach, Dorset

Every year the coastal resort of Weymouth goes kite crazy as kite fanatics flock to the beach for Britain's biggest kite festival. Saturday is a casual kite flying day for non-competitors and on Sunday and Monday there will be stunts, displays and free workshops. Look out for night kite flying and the magnificent firework display on the Sunday night.

Further information is available by

magic

telephone the Aquarium on 01539 530153 or visit www.aquariumofthelakes.co.uk



Belfast Zoo

Antrim Road, Belfast

Belfast Zoo looks after and breeds some of the world's rarest and most beautiful animals. They specialise in species which are facing extinction including

cockatoos, monkeys and clouded leopards. Set in stunning natural surroundings, the zoo is open all day from 10am until 5pm. For general information phone 028 9077 6277 or visit www.belfastzoo.co.uk

The Natural History Museum

Cromwell Road, London, SW7

Experience an amazing world of natural treasures. The museum is free and gives you the opportunity to explore everything about and on the earth from dinosaurs, exotic jellyfish to a life size model of the blue whale. The museum is open Monday to Saturday 10am to 5.50pm - last admission is 5.30pm, Sunday

contacting the events hotline on: 01305 838 501 or e-mail: events@weymouth.gov.uk You can also contact the Weymouth Tourist Information Centre on 01305 785 747.

27 May - 4 June Imagine Children's Theatre Festival, Edinburgh

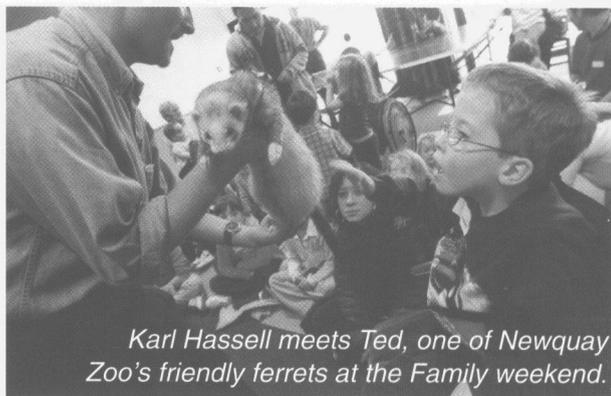
Britain's biggest performing arts festival for children. All of the shows are written and created for children aged 3-14, so it's likely there'll be



something for lots of families. The shows are performed at various theatres in the centre of Edinburgh and there will be

leading theatre groups from across six countries attending.

To request a programme of events or for more information you can call Imagine on 0131 225 8050 or take a look at www.imagine.org.uk



Karl Hassell meets Ted, one of Newquay Zoo's friendly ferrets at the Family weekend.

opening hours 11am to 5.50pm. Visit www.nhm.ac.uk or call 020 7942 5000.

Newquay Zoo

Trenace Gardens, Newquay, Cornwall

Newquay Zoo is home to more than 1,000 animals of all shapes and sizes. Many of the animals are threatened in the wild and Newquay Zoo tries to recreate their natural habitat. The zoo also has a rescue and rehabilitation centre for British wildlife and a children's farm that gives you the chance to touch and find out about all types of animals - from snakes to scurrying insects!

The zoo is open everyday from 9.30am until 6pm. To find out more call 01637 873 342 or visit the zoo's website:

www.newquayzoo.co.uk

Win win win!

For your chance to win this Sony portable CD player, simply tell us who your favourite pop band/artist is. Put your answer on a postcard with your name, address and telephone number and send it to:

Link Competition, Link Magazine, ASBAH, 42 Park Road, Peterborough, PE1 2UQ



The closing date for all entries is 12 June 2003. The first entry drawn from the postbag after the closing date will win the Sony CD player prize. The winner will be published in the next edition of Link.

Expanding the Horizons

Accessible Travel for All

Opportunities for the mobility-impaired traveller have never been so good and holidays have become more accessible - still far from perfect but light-years ahead of where we were.

Airlines, hoteliers and many other service providers are now beginning to recognise the needs of wheelchair users. The same can't be said of mainstream tour operators and travel agents. But help is at hand and there's an exciting planet out there just waiting to be explored - everything from lazy beach holidays in the



sun, to a wilderness experience in Alaska.

No one can promise 'no hassles', especially off the beaten track. But those who have felt the excitement and fear of a fresh challenge, and done it anyway, have invariably reaped the rewards.

Villas, apartments and hotel-based holidays in Europe are the most popular choice. And with adapted transport available in most major locations, getting to and from the airport has never been easier. Once in the resort, this same transport opens up many excursion and sight-seeing opportunities too.

America is a goldmine of holiday pickings and accessibility is virtually guaranteed.

A journey down-under is also now accessible to all. The long flight can easily be interjected with stopovers in

Hong Kong, Bangkok or Singapore

The delights of cruising are now being discovered by an increasing number of leisure seekers - today's super-liners offer what is arguably the most complete and barrier-free holiday environment there is.

Closer to home, Cyprus and the Canary Islands are popular, with accessible hotels, apartments and transport available in all these locations.

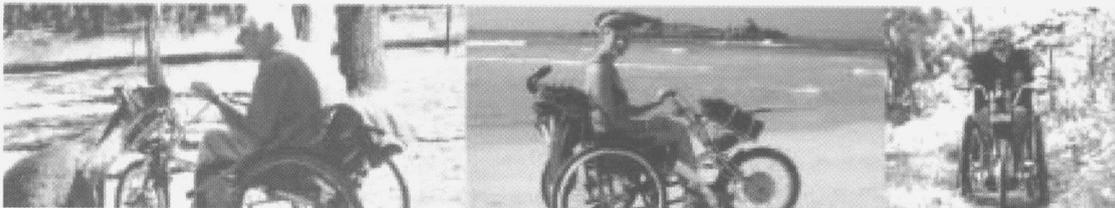
But how can holiday dreams be turned into accessible reality when, often, high-street travel agents are simply unable to comprehend your needs or have little information available to guide you? Accessible Travel & Leisure specialise in accessible travel

(www.accessibletravel.co.uk), and there are other travel companies out there who check their destinations are accessible. See also our Holiday lets section on page 28 for holiday ideas from Ilkley to Orlando. Time to turn your holiday dreams into reality...

Win a PowerTrike™ in our Spring Prize Draw



Adapts to fit most wheelchairs



Plus 50 runner up prizes of £200 and 100x £100 PowerTrike™ vouchers¹ - use it to your PowerTrike™

Add the PowerTrike™ to almost any wheelchair to create a useful tool for everyday living. For when life needs to be more exciting it has an off road speed of 11mph. PowerTrikes™ have transformed the lives of many. PowerTrikers take their PowerTrikes all over the world as you can see from the pictures above.

CHANGE YOUR WORLD, win a PowerTrike™ in our FREE Spring Prize Draw ENTER NOW!

Just fill in your details below and fax or post them back to Link Magazine, 42 Park Road, Peterborough PE1 2UQ by the closing date, June 12th 2003.

Name:..... Tel:..... Email:.....

Address:..... Postcode:.....

Send your completed draw coupon to: Link Magazine, 42 Park Road, Peterborough PE1 2UQ by the closing date, June 12th 2003.

Prize Draw Rules: One entry per household. No purchase necessary. Prize Draw is open to residents of the UK or NI except for employees and agents of pdq International Limited their families or anyone connected to this prize draw. Winners will be notified by post by the 16th June 2003. There is no cash alternative to prizes. Proof of posting cannot be accepted as proof of delivery. No responsibility can be accepted for entries that are delayed, damaged, mislaid, or wrongly delivered. The editors decision is final. Vouchers are valid until 30th September 2003.

Spotlight on ... Local association

Leeds & Bradford

Leeds & Bradford Association, like many other ASBAH local associations, has its origins going back to the 1960s when it was founded by parents as a self-help organisation.

300 families directly benefit from its work. A look at the figures shows just how much it can help: 2002 it raised £58,000 - and £56,000 of this was spent on a variety of activities including welfare grants. Not bad for an area that has a high proportion of low income families - and therefore, by necessity, families in need of its help.

A key to all this success has been the dynamic contribution of its current officers. One of these is Jo Baxter, whose own connection goes right back to 1971 when she and her late husband Geoff moved back to Shipley after a spell in Liverpool. Jo and Geoff's

involvement came about because one of their sons, Martin, was born with spina bifida and hydrocephalus. Sadly Martin died in 1993 aged 25. Geoff was first an honorary secretary and later, until his death in 2001, honorary treasurer. Jo remains absolutely dedicated to her work for ASBAH. She's been honorary secretary for three years, but such has been this dedication that there's hardly a committee post that she hasn't done: chairman and deputy chairman, amongst others. In fact the only position that she's stayed clear of is honorary treasurer - and that's very much by design!

When I met Jo to talk

about the association, it was clear that Leeds & Bradford has a woman who means business and gets things done. This experience alone she has put to excellent use as compiler of the association's handbook, a new edition of which comes out in April, sponsored by the Yorkshire

friends.

"But above all I am a Christian and there had to be a purpose to Martin's life. Helping others gives me that purpose."

Jo's a team player and she and the committee work closely with the northern region office, which is based at Farsley

will now need doing by others. Says Jo: "We desperately need new people and the future is really quite worrying. On top of that, chairman Michael Booth is determined to retire in two years' time."

Asked about the association's proudest achievement, Jo has no hesitation: "It has to be the activity clubs. These are the best things we've ever done. Getting these young people out of their homes socialising, and giving their parents a much needed break, is a wonderful thing for everybody. An added bonus is the way the co-ordinators and the Service Advisers work together: Advisers referring new service users to the clubs and the organisers acting as ASBAH's eyes and ears in ensuring that they, the members, speak to the Adviser when needed."

Another important area is the carers' groups. These have started up in Bradford and Harrogate, where mums (and dads sometimes) meet up and socialise. A new carers' group is being developed in Leeds this year.

Jo and Joan met together and gave *Link* a good idea of how closely the association and the region do work together. The association keeps much of its resources at the regional office for use by members and staff; and a committee member maintains the region's library and information area on its behalf.



Jo Baxter (left) Joan Pheasant

Building Society.

Jo's also the editor of the monthly newsletter, newlink, which has 480 subscribers, including medical professionals and carers as well as service users.

How does she do it all? Well it's clear that Jo gets as much out of it all as she puts in. She says: "I very much believe that you reap what you sow. The amount of support I got after Geoff died was an example of this. I really value the friendships I've made over the years and they mean a lot to me. I can count many of the service users as

near Leeds and is headed up by Regional Manager Joan Pheasant.

In fact, not only are all the association's committee and North Regional staff colleagues, working for the common goals of the service users, but they are also all friends too.

But it isn't all plain sailing. Several members of the committee are service users and inevitably they've had more than their fair share of health problems. The committee has already been hit by two deaths this year: those of Helen Hawcroft and Anne Barraclough. Their work

Continued on p14

Continued from p13

"We've got a good working relationship," Jo says. Joan echoes this: "I've worked closely with the Leeds & Bradford committee for many years and they've always been very supportive to the staff and the work of the region."

But Leeds & Bradford's relationship with national ASBAH goes even further than Farsley: Michael Booth, John Hawkshaw, and Janet Waugh all serve as ASBAH trustees.

Fundraising remains the key concern, especially with a vacancy for a part-time salaried fundraiser. While the highlight of the year is always the annual raffle, when this year's first prize will be a mountain bike, tin-rattling time is looming again. This takes place outside supermarkets

throughout the district, as well as for one week later in the year outside the Grand Theatre in Leeds. But maximum advantage of this can only be taken if there are enough volunteers to share the task when help is needed.

And what better way to help an association which really has worked wonders?

Stop press. Good news came following the AGM. Jill Wheeler was elected to be Jo's successor as honorary secretary, and three other new committee members were elected also - two of them service users. Further new blood could include two more who, if things go according to plan, will be co-opted at the next committee meeting. So the next generation of committee members is finally emerging.

Carers Week supported by Coronation Street star



The ninth annual Carers Week will take place from 9-15 June and this year Sally Lindsay, who plays Coronation Street pub manager Shelley Unwin, will be supporting it.

Sally Lindsay knows from her own experience of looking after her grandmother how hard being a carer can be and sees Carers Week as a time to pay tribute to the seven million carers in the UK.

Around 3,000 local events are expected to take place during the week, which aims to provide

information and support, campaign for better services, and raise awareness about the role and needs of carers.

This year's theme is 'opportunities for carers' and concentrates mainly on employment opportunities. Four million carers in the UK juggle work and care and many others give up work altogether to care for a relative, partner, child or friend.

For more information visit the website at: www.carersweek.org or call: 020 7566 7608



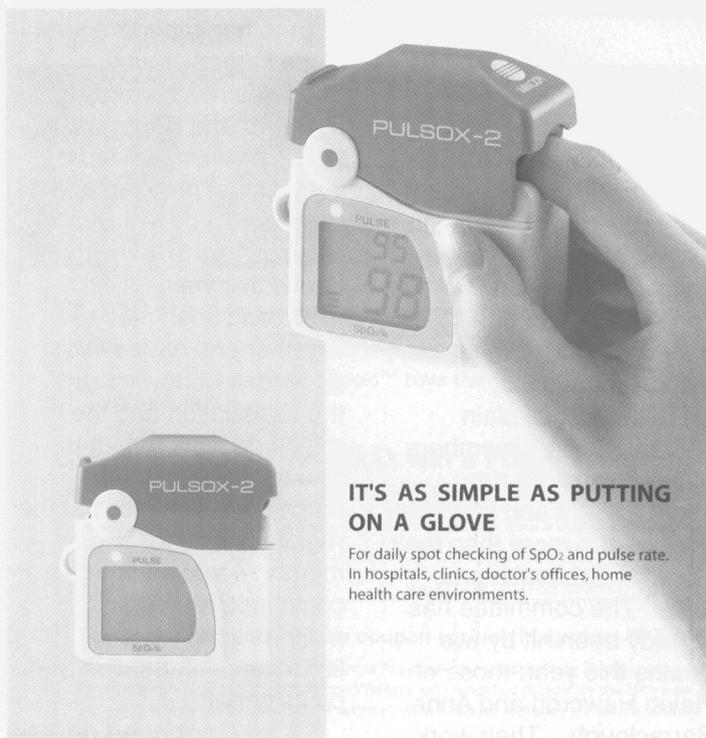
MINOLTA

With an international reputation for quality (all products manufactured to ISO9001 standards), and a long-term commitment to customer satisfaction, Minolta products are unmatched in performance and reliability.

OXYGEN SATURATION MONITOR PULSOX-2

The essentials of imaging

www.minolta.com



IT'S AS SIMPLE AS PUTTING ON A GLOVE

For daily spot checking of SpO₂ and pulse rate. In hospitals, clinics, doctor's offices, home health care environments.

In for the ride

"The Riding for the Disabled Association is a story about people, remarkable people - largely horsewomen - who had the vision, enthusiasm and ability to create and develop opportunities for disabled people to enjoy the companionship of the horse," has said President, The Princess Royal.

The Family RDA is a worldwide network of likeminded, dedicated, generous and caring people, who give their time and considerable efforts on a regular basis to help people of all ages enjoy extra quality of life through therapeutic riding.



The RDA helps everybody - helpers and riders alike. The medical profession now appreciates what regular riding can do. Riders look forward to their weekly sessions - it gives them an appetite, they sleep well after the exercise, they make friends with their ponies and their regular helpers, and above all, they rise from the level of a wheel chair to sit on top of and be in charge of the horse.

RDA has over 600 member groups in action throughout England, Scotland, Wales and Northern Ireland. Each one is a registered charity in its own right, operating under the RDA National umbrella, which in turn has eighteen regional chairmen, with a local County Chairman overseeing respective group interests.

Individual committees look after the specific disciplines of dressage and carriage driving, in addition to Training, Health & Safety, Horse & Pony Welfare, Holidays and Medical advice. A national conference is held in the autumn, and special championships in July. A regular RDA newsletter is produced and distributed quarterly.

Please contact The Riding for the Disabled Association at Lavinia Norfolk House, Avenue R, National

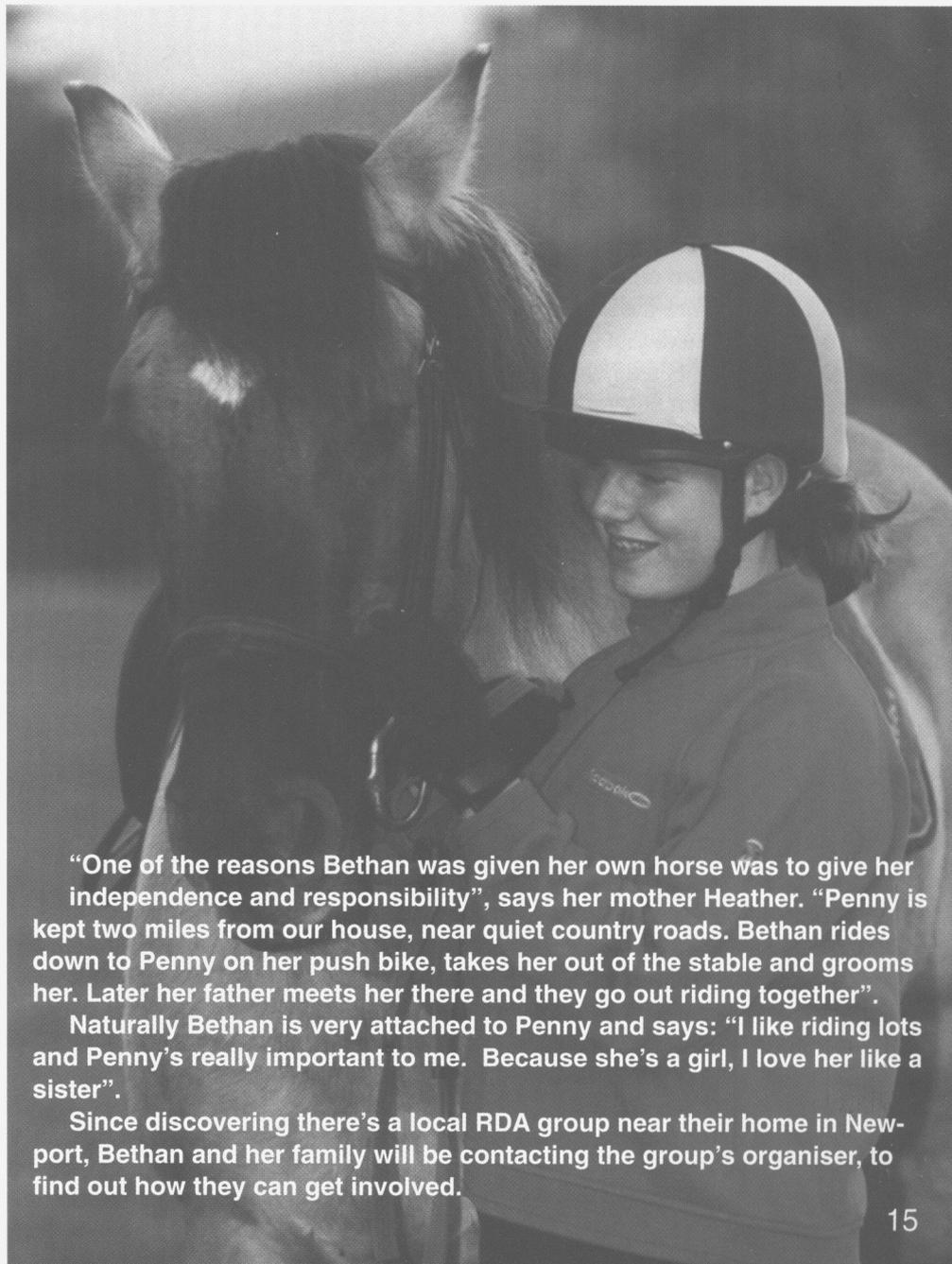
Agricultural Centre, Stoneleigh Park, Warwickshire CV8 2LY.

Tel. 02476 696510. Visit the web site at www.riding-for-the-disabled.org.uk

Bethan Williams started riding lessons when she was 10 years old. Now, four years on, she is still riding and even has her own horse called Penny.

Bethan has hydrocephalus and was eager to try riding lessons after riding a relative's horse. Soon afterwards she began riding lessons at a local riding school near her home in Newport, south Wales. Despite being nervous at first, Bethan really enjoyed the experience and began riding regularly.

However the local riding school didn't have a great understanding of the problems Bethan encountered with her co-ordination and balance, so on Bethan's 13th birthday, her parents bought her Penny.



"One of the reasons Bethan was given her own horse was to give her independence and responsibility", says her mother Heather. "Penny is kept two miles from our house, near quiet country roads. Bethan rides down to Penny on her push bike, takes her out of the stable and grooms her. Later her father meets her there and they go out riding together".

Naturally Bethan is very attached to Penny and says: "I like riding lots and Penny's really important to me. Because she's a girl, I love her like a sister".

Since discovering there's a local RDA group near their home in Newport, Bethan and her family will be contacting the group's organiser, to find out how they can get involved.



Supported by



ASBAH Family

by Rosemary Batchelor and Paula Thompson

ASBAH's long tradition of running family weekends continues thanks to Children In Need funding, and this year saw us back at Sands Resort at Porth in Cornwall.

We took 17 children with spina bifida and/or hydrocephalus aged six years or under: several were very disabled, others had associated epilepsy or behavioural problems.

In all, the group was made up of thirty nine children - including three teenagers - and thirty three adults.

Once again, we were overwhelmed with applicants and turned down nine families. Three families had to withdraw and we filled their places from our waiting list. Four families were those that we were unable to take last year.

As always, ASBAH staff were supported by a team of volunteers including a student doing her Duke of Edinburgh Gold Award, a trainee child psychologist and a young man with hydrocephalus. The newest member of ASBAH Board of Trustees was with us for the first time. Two "old hands" joined us, one a medical researcher, one a complementary therapist.

The children were divided into four age related groups - each group had a fish-themed name and its own group leader and base room.

The babies were Octopuses; the two to three year olds Flatfish; the four to six year olds were Turtles and the



siblings group (with children from five to fifteen) were Sharks.

While the ASBAH staff entertained and cared for the children, the parents had their own programme of lectures and time to swap experiences and ideas.

There was great appreciation for the baby-sitting each evening. There were several families who had never left their children with anyone before and it was good that they entrusted them to us.

Saturday started with a selection of animals from Newquay Zoo coming to say hello. ferrets, snakes and madagascan spitting cockroaches were all duly petted. After this excitement, the Sharks then left for the nearby aquarium; the Octopuses slept; the Flatfish had fun in the ball pool and the turtles played and painted.

Later, half the group went swimming with their parents: for the others there was face painting and collage, decorating boxes for mummies and quiet play and stories.

Our good natured driver piled the Turtles into the mini bus and took them to the aquarium. Blue Reef in Newquay is fully accessible and happily put on guided tours for our children. A happy, noisy crowd arrived back (a session on the beach hadn't worn them out!), they were desperate to show off their souvenirs, the staff were desperate for cups of tea!

Meanwhile, our parents were lively participants in all lectures and especially with our visiting neurosurgeon. At last, time and opportunity to ask those questions that they had never been able to ask their own surgeons, and even a chance for a quick consultation!

The neurosurgeon this year was Richard Edwards from Bristol speaking to a group of parents for the first time. What a baptism of fire! He emerged (thankfully!) unscathed when our families finally let him go - and we have since heard nothing but praise for his talk!

One advantage of using a



weekend

March 2003

hotel is that we can give the parents a treat on Saturday evening without the children.

So, children's high tea was at 5.30 pm, then at 7 with the "tinies" in their pyjamas, Chloe the Clown came to entertain both children and staff while the parents had a candle lit dinner in peace (and with wine courtesy of Codman UK, manufacturers of hydrocephalus shunts).

Roxanne had just had her 4th birthday so after Chloe produced a rabbit from a hat, we produced our Director complete with birthday cake and candles and a rousing chorus of "Happy birthday to you" and a present.

It was all a bit overwhelming for a little girl but, with encouragement, Roxanne decided that she quite liked being the centre of attention!

By the time the parents appeared, the disco was in full swing so most families took the opportunity to sit with our staff and continue asking questions. They certainly took advantage of every free minute to discuss their children while we were all at hand. And how encouraging for them to hear that Neil, our volunteer with hydrocephalus, has a full time job, drives a car and lives independently.

Sunday morning was bright and breezy - too windy to face the beach but the hotel maze and playgrounds were popular with the Turtle group.

Charlie, a four year old, loved the wind - trying desperately to take off and nearly succeeding.

Five year old Madeleine felt very superior when the adults, alleging that they were following Ciara (also five)

got lost in the maze and had to call her, to rescue them!

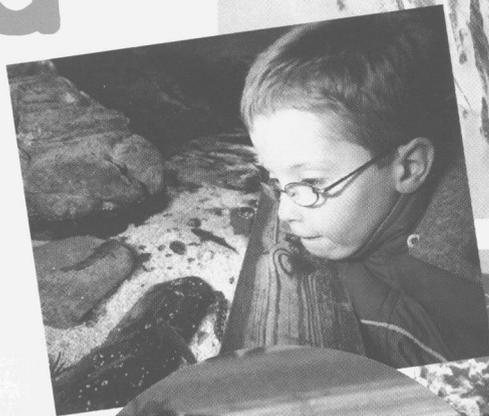
So, what lasting memories have we?

- Our Marketing Director jammed into the Wendy House with Elizabeth and happily playing tea parties.

- Gareth (three), Hollie (four) and Karl (six) having raucous wheelchair races with Marcia, our wheelchair service adviser, encouraging them (as if they needed it).

- Oliver (six) chatting to Kevin the giant cockroach from Newquay Zoo.

- Staff queuing to cuddle Chloe (8 months) who was so



good natured about being passed around.

- Luke (two) who is profoundly disabled laughing and enjoying play and cuddles with Martyn from ASBAH Telesales.

- Austin, our psychologist volunteer, and his train of adoring little girls.

- Learning that synchronised swimming in the shallow end does not work (just ask Emma, fifteen).

- The neurosurgeon's face before he started his first ever talk to a group of parents, his amazement at the questions they asked and his relief at surviving the experience!

- For one family, the weekend was so important that they slept in their car when they broke their journey from North Wales.

Once again, our thanks go to Sands Resort, Newquay Zoo and Blue Reef Aquarium but especially to BBC Children in Need whose generosity made this weekend possible.



Baby Adam - the apple of his mother's eye

Having a baby is one of the most joyful experiences a woman can have. But for Christina McCarthy it was especially poignant.

Christina, who is aged 32, has hydrocephalus, caused by a partial aqueduct stenosis which is complicated by stress related epilepsy. When she found out she was pregnant in February 2002, she was overjoyed and determined to give her baby the very best start in life.

To reduce the risk of her baby having spina bifida and/or hydrocephalus, she took a high dose of folic acid daily. She also made sure her epilepsy drugs were of the new-wave variety so the drugs wouldn't nullify the effect of the folic acid.

However at Christina's 20 week scan she was given some worrying news. She attended her local hospital, and was told it looked as though her baby might have a neural tube defect.

Christina's husband Liam was

extremely worried about the baby's health but Christina was determined to carry on with the pregnancy; more than anything she wanted a baby and this gave her the courage to stand her ground.

Christina also suffers from Meniere's disease and sometimes feels dizzy. Her mother, Mary Jennions, had been diagnosed with kidney cancer the previous autumn and had been told her condition was incurable. If the worst happened, she wanted to be sure Christina was settled in a more suitable home: one

without stairs.

Halfway through Christina's pregnancy they found the perfect place: a three bedroom bungalow in Brundall, Norfolk. But the stress of moving house triggered an epilepsy seizure - one more thing for Christina and her family to worry about.

Upset and worried about the doctor's prognosis, Christina decided to take action and telephoned ASBAH to talk to senior adviser, Rosemary Batchelor about her concerns.

Rosemary put Christina in touch with Professor Paul Griffiths, who is



Christina with baby Adam

Tribute to Alan Rance



Alan and Kathy Rance

Alan Rance, husband of Kathy and father to twins Matthew and William, was a well loved and highly thought of family man. His connection with ASBAH began when his son Matthew was born with hydrocephalus in 1997.

Tragically, Alan died suddenly aged 39 on 15 December following an unexpected viral infection. Donations to ASBAH of over £5,000 in his memory have been received to date and fundraising events are now being organised by his family, friends and colleagues.

Alan was athletic and a very good sportsman. His main love was cricket and he played for the Chenies and Latimer Cricket Club, near his home in Amersham. In honour of Alan the club is organising a benefit game against Alan's family and friends.

Alan worked at Xerox in Bucking-

hamshire as the sales operations manager for the Middle East, Russia and Asia, and many of his colleagues are planning to run in this year's London marathon. Another colleague is also planning a coast-to-coast sponsored cycle.

The twins' school, Chenies School, is building a play area with a special quiet spot and a weeping willow pear tree has already been planted in memory of Alan, with a dedicated bench.

All the money raised in Alan's memory has been extremely welcome for ASBAH. The fundraising team is working with Kathy to decide how the money should be spent.



Matthew Rance ready to bat

News letter from **Parents at work**

based in Sheffield and who, at the time was, conducting research on foetal problems. Professor Griffiths has an extremely efficient MRI machine that enables him to gain a clearer understanding of problems. Christina travelled to Sheffield and had an MRI scan that diagnosed her baby as having borderline ventriculomegaly. Sometimes this condition can resolve itself, other times it can progress into a more serious problem.

Three weeks before Christina's due date in October, baby Adam decided that enough was enough and made his entrance into the world.

Christina didn't have an easy labour; she had an epileptic fit while she was in the second stage of labour.



Against all the odds, baby Adam was born completely healthy and weighed 6lbs 13 oz. He is now the apple of his mother's eye. The family also had a second piece of good news last year: Christina's mother, Mary, in fact had non-Hodgkin's Lymphoma which was treated successfully with chemotherapy. She is now in remission and enjoying good health herself. Mary said: "Christina loves Adam to bits! She's a natural mother, a lovely mother, an excellent mother!"

Juggling family commitments and work is a struggle for any parent; but when your child has a disability it can be even harder.

The charity Parents at Work is well aware of this and has produced a newsletter called *Waving not drowning* to keep parents up to date with their rights and the latest government initiatives. The newsletter also includes parents' personal stories from time to time.

Parents at Work lobbies government on issues related to working parents. It highlights the added complications in the lives of parents who are combining paid work and caring for children with disabilities. To keep parents up to date it has produced a variety of free fact sheets.

These include topics on:

- childcare options
- childminders
- nannies and mothers' helps
- au pairs
- nurseries and nursery classes
- maternity rights
- flexible working
- working families tax credit
- parental and emergency leave
- negotiating with your employer
- fathers

- childcare for children with disabilities
- benefits and tax credits for families with disabled children
- shift workers and atypical hours
- debt

To get hold of the fact sheets you can download them from www.parentsatwork.org.uk or you can leave a message on Parents at Work's 24 hr answerphone: 020 7490 2414.

The *Waving not drowning* newsletter is available free. To join the mailing list contact: *Janet Mearns Waving not drowning PARENTS AT WORK 1-3 Berry Street, London EC2Y 0AA Tel: 020 7253 7243 Fax: 020 7253 6253*

Or e-mail: info@parentsatwork.org.uk

What matters to you?

The *Issue* section of the magazine is devoted to covering the issues that really matter to you. Whether you want to know more about travel, parental problems or health issues; let us know about issues that concern you and we'll try and highlight them in future editions of *Link*.

You can write to *Link* at: *The Editor, Link, ASBAH, 42 Park Road, Peterborough, EC1V 0AA or e-mail: link@asbah.org*

Tanni named one of Britain's most influential women

Tanni Gray-Thompson has been named one of Britain's 100 most influential women by the Daily Mail. Acknowledged as someone who has revolutionised attitudes to disability, she says in the newspaper: "I've never had to make a sacrifice, but other people have had to make lots of sacrifices, so that I can be selfish. People stop me in the street and 90% of them say nice things. They say, 'You're really brave.' But it's not brave. I know what I'm doing. I train for it. I'm an athlete. My impairment is part of whom I am. I have spina bifida, but I live with it and I don't suffer from it."

Well said, Tanni! And well done!



New packs help put the **fun** into fundraising

Over £2 million is raised by ASBAH supporters each year to help thousands of families cope with the pressures of spina bifida and hydrocephalus. Hundreds of fundraising events around the country each year help us to help those in need.

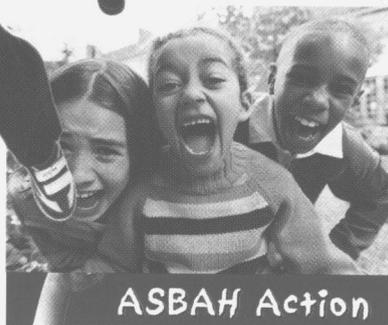
At ASBAH we've been working hard to help you help us. We've put our heads together and come up with two brand new fundraising packs which will show you how to get the best out of an event and much, much more...

General Pack

This general pack shows the individual how to organise their very own fundraising event. It's full of facts about ASBAH and tips and ideas to maximise the amount of money

raised. It also contains ASBAH blank posters (the most successful events are those that everyone knows about).

Whether you fancy bouncing on a sponsored space hopper or climbing Kilimanjaro, these packs will tell you where to start and how to make your event a success.



School Pack

This bumper pack gives you all the information your school might need about ASBAH. Aimed at the younger fundraiser, it's packed full of helpful tips and hints on how to raise funds in new and enjoyable ways and gives suggestions for prizes, pointers on getting organised and even comes with some ASBAH blank posters (to help you publicise your fundraising event) and sponsorship forms!

Because ASBAH receives no central government funding, we survive solely on grants and donations and the goodwill of volunteers. So why not get together with a group of friends and devise a new and exciting way to add **fun** to fundraising.

To get your hands on either one, or both of these packs, contact **Ian Morley** at ASBAH, Tel: 01733 421 328 Fax: 01733 555 985 Email: ianm@asbah.org

ASBAH contacts

● ASBAH

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

● ASBAH EAST

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

● ASBAH NORTH

64 Bagley Lane, Farsley
Leeds LS28 5LY
Tel: 0113 2556767
Fax: 0113 2363747
Email: nro@asbah.org

● ASBAH SOUTH EAST

209 Crescent Road
New Barnet, Herts EN4 8SB
Tel: 020 84490475
Fax: 020 84406168
Email: sero@asbah.org

● ASBAH IN WALES

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

● ASBAH N. IRELAND

Graham House
Knockbracken Healthcare
Park, Saintfield Road,
Belfast BT8 8BH
Tel: 028 90798878
Fax: 028 90797071
Email: niro@asbah.org



Yasmin Stewart

Our grateful thanks to Ian McCartney of BCA Ltd. for sponsoring the day



Bethany Butler

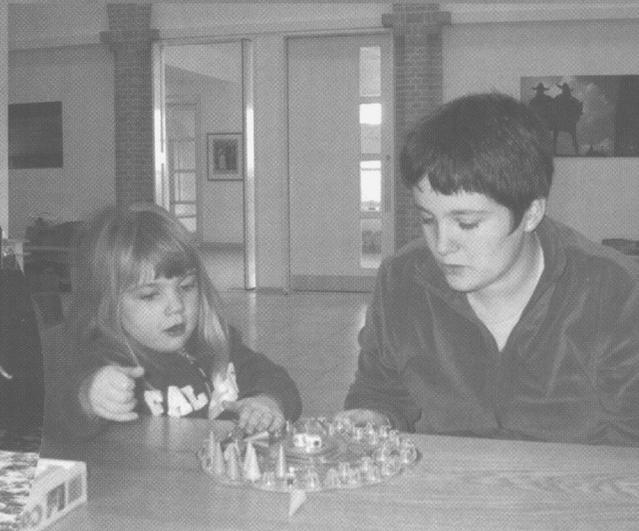
Children have *fun* at

Northern Region's family day

Northern Region held one of their family days in February at Bede's World in Jarrow. Attended by 26 kids with their families, here are just some of them enjoying a packed day of activities which included kite making, painting, a museum tour, outdoor games and chance to feed the animals on a farm tour.



Simon Carney



Gillian Butler with volunteer Eleanor Arundell



Greg Mantini with Northern region secretary, Denise Richardson



Parents and children at the kite flying



DAVE'S DIARY

david.fulford-brown@ntlworld.com
copyright 2003 all rights reserved!

RIGHT now my life seems nothing but repeats. At work I do the same thing and see the same people. At home I watch TV and it seems mostly repeats. Even the news, with a second Gulf War brewing, (as I write this) seems a repeat! I went to the cinema hoping to escape this feeling and guess what happened? The new Trek film seemed just a repeat of previous ones.

I like *Star Trek* but my family don't. So I was greatly surprised and thrilled when my brother Nick and sister-in-law Hannah got me tickets to a *Star Trek* exhibition in London. Nick also volunteered to come with me, in case I needed a hand. Way beyond the call of brotherly duty!

Repeating my every journey through London, getting to the place was the usual nightmare. Ant dropped us off, claiming it was impossible to park. True, but also a good excuse for him getting out of rubbing shoulders with Trekkies.

At the exhibition, I swiftly saw Ant's point. Standing by a screen showing a map of the Trek universe we were approached by a guy who, with something approaching outrage, told me the map was wrongly laid out! This devotion to (fictional) detail was too much for Nick who hurried away, trying to hide his laughter as a cough in case he got stoned to death for being an unbeliever.

OK, it wasn't all die-hard Trekkies. Mostly it was families in casual clothes. OK, there *was* a family all dressed in uniform (including the baby). Though I didn't see him, there was also apparently a Klingon Warrior in full leather uniform and facemask. He must have been boiling!

I was pretty hot myself, just walking around in a shirt. Nick wanted to go back and get me a wheelchair but with a two-hour time limit I didn't want to waste a moment. So we recovered our spirits at the *Star Trek* café



Advertisement

Kidd's stuff as Eddie gets back on the road

FIVE YEARS after the freak accident which ended his career as one of the world's greatest ever motorcycle stunt riders, Eddie Kidd says he has found the ideal vehicle to give him some freedom, independence and excitement.

He has just taken delivery of one of the first revolutionary PowerTrikes, a state-of-the-art powered third wheel which will convert his wheelchair into a high performance, versatile trike in just seconds.

It will mean new-found freedom for Eddie, his partner Olive and the latest member of the family, new son Callum.

"It's wicked," he said. "We've been wondering how we would cope with a new baby and the wheelchair, but the PowerTrike will not only make life easier, it will also open new horizons and that's really important. We're going to be able to do much more together as a family."

Eddie's new PowerTrike will also be good news for former mechanic and friend Ron Templeman, who explained:

"We've been looking for a long time for something that's simple and can

tackle everyday wheelchair obstacles like gravel, grass, mud and steeper gradients. Until now we've found nothing which works remotely as well as this new product."

Eddie saw the PowerTrike on BBC's *Tomorrows World* programme and took delivery of his, courtesy of manufacturers pdq

mobility, at this years Independent Living Show.

The Dark Knight as he was known, made more than 12,000 spectacular bike jumps during his career and had never broken a bone until the well-publicised crash in 1996 that left him with a broken pelvis, collar bone and six vertebrae.

Currently on a tour to promote his new autobiography *Climbing From The Wreckage*, Eddie is confident about the future.

"The PowerTrike has come at just the right time. It could dramatically change my quality of life and help me gain significant independence, which has really just been a dream since the accident."



● Eddie Kidd with Olive and son Callum

and bar. Nick got us a couple of 'Romulan Ales' that I was disappointed to read were not brewed beyond Alpha Centauri but somewhere near Wigan.

Looking around me I noticed that I wasn't the only disabled person taking a breather. There were many of us there. Perhaps *Star Trek's* hope for a better and more equal future draws us in? I don't know. But I would certainly like to live in a world where the most severe disability can be cured with a laser and a glowing pepper pot.

Sadly, I couldn't see any sick bay display. But Nick and I did get pictures (which *will* be used for blackmail when he becomes chair of some huge company) of us in the Transporter Room 'beaming down.' There were also loads of props – embarrassingly, I could name almost all of them. Well, I'd seen them all before.

Best bit was the final exhibit – the full 'Enterprise Bridge.' Although the Uniform Family rather hogged the Captain's chair I eventually got a go. I have to say, I did feel a load better after sitting in that chair. I *so* want a big chair like that at work! And, in future, I want less 'I'll be sure to pass that message on' and more "fire photon torpedoes!". Time to go make it so!



New rights for **disabled children** at school

New legislation that gives rights to disabled children at school came into effect last September.

The disability provision of the Special Education Needs and Disability Act 2001 makes it unlawful to discriminate against disabled children in education. It strengthens the right of disabled children to participate in all aspects of schooling.

One in three children (34%) are being discriminated against in the education system, according to parents of disabled children who took part in a survey carried out by Contact a Family.

A slightly higher percentage (35%) do not believe their child gets all the extra help they need to make the most of their schooling; and 36% of parents describe themselves as very unaware or not very aware of the disability discrimination laws in education.

Contact a Family has

produced an easy to understand pack that helps parents find their way around the new legislation. It contains a series of individual leaflets which explain the disability provision of the Act and serves as a guide to education rights - from nursery all the way to university.

Each leaflet covers a stage of disability provision.

For instance, the pre-school leaflet gives information about the outside specialist support services available and examines the process of local education authority assessment.

Topics covered in other leaflets include:

- getting your child into the school of your choice
- statutory assessment

and statements of special educational needs

- complaints and appeals
- financial help
- careers advice
- the transition to further and higher education
- exclusion and educating your child at home.

The pack is available free of charge from the Contact a Family Helpline: call 0808 808 3555.

Two new **tax credits** introduced

From April 2003 working families' tax credit and disabled person's tax credit is being replaced with two new tax credits. The government claims the new tax credits will provide an extra £2.7 billion to support families with children and tackle poverty among

working people.

Working Tax Credit will provide a guaranteed income for those in low-paid work. It's for people who are employed and usually work 16 hours or more a week. To qualify you have to be:

- aged 16 or over,

responsible for at least one child and working at least 16 hours a week; or

- aged 25 or over and usually work for at least 30 hours a week; or

- aged 16 or over, be disabled and work for at least 16 hours a week.

Continued on p24

Child Tax Credit is for people aged over 16, who are either responsible or the main carer for at least one child; it's in addition to child benefit.

Working Tax Credit is paid to the person working at least 16 hours per week. Couples that are both working at least 16 hours a week will have to decide who will receive it. You cannot receive Working Tax Credit if you're not working.

There is also a childcare element of Working Tax Credit. If you qualify for this it will be paid direct to the primary carer of the child or children, in addition to payments of Child Tax Credit.

Families receiving Income Support or income-based Jobseeker's Allowance (IC/JSA) will automatically receive full Child Tax Credit. For them, the main advantages are:

- greater generosity - compared to the child allowances in IS/JSA. For example, most families with two children on IJ/JSA will gain over £9 a week from the Child Tax Credit; and

- more security on the move into work - families continue to receive Child Tax Credit when they return to work without the need to reapply. The Child Tax Credit will be paid at the maximum rate for all families until income reaches £13,000 a year, delivering a secure stream of income for families moving off welfare and into work.

Compared to the current Children's Tax Credit, the new tax credits will offer a number of advantages:

- payment to the main carer - the Child Tax Credit will be paid direct to the main carer, usually the

State Second Pension

The State Second Pension, effective from 6 April 2002, allows certain carers and people with long-term illnesses or disabilities to build up additional State Pension and therefore get more State Pension when they retire.

At the end of the current tax year carers should review their circumstances to ensure they benefit from the State Second Pension. Some carers may need to make a claim for Home Responsibilities Protection (HRP) to make sure they don't miss out when they

reach State Pension age.

Carers who are not working or earning less than £3,900 in the 2002/2003 tax year and are not in receipt of:

- Income Support as a carer
- Invalid Care Allowance (from 1st April 2003, known as Carer's Allowance); or
- Child Benefit for a child under six.

throughout the tax year, may need to take action to ensure they protect their basic State Pension and also build up State Second Pension. You can do this by making a claim for HRP.

To find out more about the State Second Pension and HRP see *State Pensions for carers and parents - your guide* (PM9). To get a copy call 0845 731 3233

Calls are charged at local rates and the line is open 24 hours a day. People who have difficulties with their hearing or speech can call 0845 604 0210 using Tynetalk.

Web users can download a copy of the guide by visiting www.pensionguide.gov

mother, providing a secure and regular stream of income; and

- a fairer system - awards will be based on the income of the family, so one and two earner couples on the same income will be treated the same. For example, under the Child Tax Credit a single earner family on £40,000 will receive £545 a year, the same as a couple where both earn £20,000 and £320 a year more than they would have received from the Children's Tax Credit.

The amount of tax credits you can receive will depend on your annual income. To find out more or apply online visit www.taxcredits.inlandrevenue.gov.uk or call the Working Tax Credit/Child Tax Credit Helpline. It's open from 8am - 8pm, seven days a week.

Tel: 0845 300 3900 (textphone 0845 300 3909) for Great Britain.
Tel: 0845 603 2000 (textphone 0845 607 6078) for Northern Ireland.

Flexible working & the right to request and the duty to consider

Working laws have changed: from 6 April, parents of children under six and parents with disabled children under 18, will have the legal right to request a flexible working pattern and their employers will have a duty to consider their applications seriously.

New mothers can now take six months paid leave and up to six months more unpaid leave if they want it and new fathers can get two weeks paid paternity leave (at £100 a week) for the first time.

Statutory Maternity Pay will be increased by £25 to a maximum of £100 a week and parents who adopt will also get new rights for the first time similar to maternity and paternity pay and leave.

The charity, Disability Pregnancy & Parenthood international, welcomes this new legislation saying: "Now a worker's parental responsibilities as well as disability will need to be considered by employers. All families should benefit from the new approach".

These new rights, together with existing rights to parental leave and time off for dependents, will provide parents with more choice to balance work and family life and requests will have to be considered by employers against the needs of the business as a whole.

To find out more visit www.dti.gov.uk/workingparents or call the helpline on: 08457 47 47 47

Sporting life

By
**Marshall
Thomas**



With the Athens Paralympics now less than 18 months away, a lot of athletes in both individual and team sports will be concentrating on meeting qualifying standards and selection criteria this year.

The GB Women's Wheelchair Basketball team have secured their passage to Athens after finishing third in the 8th Women's European Championships in Hamburg, Germany, at the beginning of March.

GB captain, Ann Wild, (a name familiar to Link readers and ASBAH as an ex staff member), Sue Conroy and Louise Sugden all played their part in the performance, with Louise making her debut at a major senior championships.

The tournament began with a 61-15 victory over Spain, the first of three victories for GB in their five pool matches. Their only losses were to Germany and the Netherlands, the two teams that went on to claim Gold and Silver, and left GB with a second place against France for the Bronze medal. After beating the French 59-26 at the pool stage, the 3rd/4th play-off was a tighter affair with GB prevailing 48-36 to maintain their ranking as the third best team in Europe. To top a successful week for GB, Ann Wild was also one of five players voted on to the 'All Star' team at the end of the tournament.

"It was a great tournament for us," said Ann afterwards. "Although we have maintained our ranking, the standard of the other countries is increasing all the time, which shows that we are continually improving."

April sees one of the biggest TV showcases for disability sport in this country, the Flora London Wheelchair Marathon, with many athletes previously featured in Link set for the start line. Defending men's champion David Weir has already had one big

event this year, the arrival of his new baby daughter, Ronie. David, 23, from Surrey, will again be hoping to fend off all comers in London on Sunday 13 April.

David is one of several athletes featured in a recently released video for 'Get Kids Going', a national charity which gives disabled children and young people up to the age of 26 years the opportunity of participating in sport by providing them with sports wheelchairs and grants towards sporting costs.

Also featured in the video and supported by Get Kids Going are Brian Alldis and Louise Hunt. Brian, winner of last year's Junior Great North Run wheelchair race, will be aiming to win the Boys 14 - 17 age category in the London Wheelchair Mini-Marathon. Louise, is a rising wheelchair tennis star as well as an

accomplished racer. She will be looking to repeat her victory of last year in the Girls 11-14 category of the Mini-Marathon, her date in London comes a week after she attends an NEC Wheelchair Tennis Junior Camp at Nottingham Tennis Centre along with 30 other young people.

Of course, also on the start line for the London Wheelchair Marathon will be Tanni Gray-Thompson. Multiple London Marathon winner Tanni had a recent challenge of a different sort when she faced Anne Robinson in a sporting edition of the "Weakest Link". She did superbly well to reach the final, just missing out on a large pot of money for the British Wheelchair Racing Association when she was pipped by Olympic rowing champion Matthew Pinsent.

For more information, log on to www.getkidsgoing.com or telephone Get Kids Going on 020 7481 8110.



Get Kids Going Vice-President Tanni Gray-Thompson

demonstrating more understanding*

While the news is full of stories about mix-ups in fertility clinics, the Courts have become preoccupied with the costs of bringing up disabled children.

It is now established that a hospital ultrasound scanning department should be able to pick up an open spina bifida lesion on a routine anomaly scan. If the scan is not conclusive, it should lead to a prompt referral to a better equipped unit. The Royal College of Obstetricians and Gynaecologists has laid down guidelines to make sure that any such problems are not missed but these are sometimes ignored or not followed.

Both the emotional and financial costs to families can be considerable. It is often hard to obtain vital equipment and care. We have often been asked to investigate whether the hospital should compensate families in such a position. It can lead to a wealth of other issues relating to the provision of services by Local Authorities, educational requirements and the need for re-housing.

The medical and legal issues in relation to care during pregnancy along with the complex and sometimes daunting problems that follow often require specialist advice.

If you require advice you should contact Anthony Fairweather on freephone

0800 652 9947

or via email at medicalenquiries@clarkewillmott.com

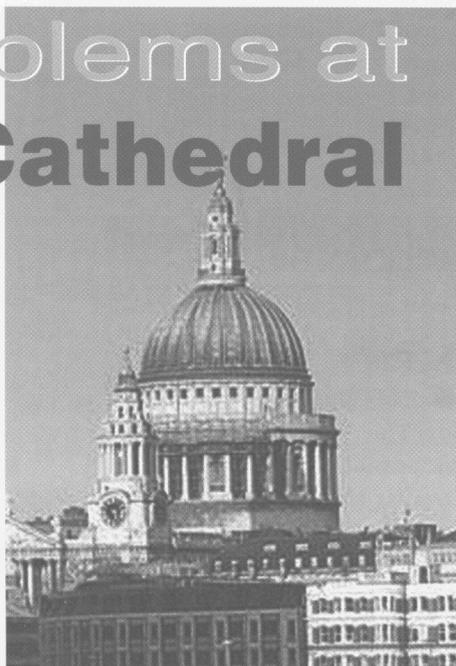
*
clarke
willmott

Latex problems at St Paul's Cathedral

St Paul's, Christopher Wren's masterpiece cathedral in London, is undergoing a £40m clean-up which isn't due to end until May 2005. But the use of a latex paste which, with three other chemicals, is being sprayed onto the stonework and left for four days to "fix" before being pulled off like a face mask, could cause problems for service users visiting the building.

The stone being treated is in fact covered with plastic sheeting, but gaps have been left; St Paul's staff fear that fumes may leak through these gaps. Several of their members have been taken ill, complaining of skin rashes and respiratory problem, and are being patch tested for latex allergy.

Latex can cause allergies that, at worst, are life threatening. The symptoms also include skin redness, hives, itching, sneezing, a scratchy



throat and asthma. In extreme cases anaphylactic shock may occur, with symptoms identical to those from nut allergies. People who've had lots of operations, including people with spina bifida and hydrocephalus, are especially prone.

Says Rosemary Batchelor, ASBAH's senior adviser on health and

policy issues: "I think it would be really sensible to advise service users to avoid St Paul's when visiting London as tourists and on school trips. Even after the work is finished in 2005 chemicals will remain in the stone, which means it probably shouldn't be touched even then."

The cathedral authorities have already been criticised for using the process because it is prohibited by national museums and galleries as being too damaging for sculpture.

New disposable catheter launched

A new disposable catheter which reduces the risk of infection has been produced by Hollister. Called the InCare Advance Intermittent Catheter, it features:

a unique gel reservoir:

- the self-contained gel lubricant needs no water or additional lubrication
- designed to be easy to hold and manipulate
- allows each person to regulate the amount of water-soluble gel on the catheter for optimum lubrication and maximum comfort;

a pliable inner sleeve:

- folds like a concertina as the catheter is lubricated and inserted into the urethra
- allows no-touch catheterisation, reducing the risk of infection;

a protective ring cap:

- maintains sterility of the catheter tip
- easy to remove and hold, even for those with limited dexterity;

and ultra-smooth catheter eyelets:

- maximum comfort on insertion and removal
- minimal trauma to the urethra.

To find out more call Hollister's helpline on 0800 521 377.



letters

We welcome letters for publication, which should be sent to :
Editor, Link, 42 Park Road, Peterborough PE1 2UQ.
The Editor reserves the right to edit letters, so please keep them short.

I am a 40 year old man and three years ago I was diagnosed with hydrocephalus. I had three shunts fitted which didn't work and then had a third ventriculostomy. I would love to get in contact with anyone who has had the same condition to share experiences. Please e-mail me at: clive.airey2@ntlworld.com or write to: Mr Clive Airey, 32 Congreve Road, Ipswich, Suffolk, IP1 6AH.

Clive Airey

I would be grateful if you could print this letter of appreciation about my adviser Anne Walton. She helped me regain my confidence after my last shunt revision in May 1997. She comes to see me and takes time to listen to me and understands the points I make. She cares for, and takes an interest in, all her clients. I feel I can speak to her as if she was part of my family. She has helped me to seek more medical help after the treatment from my neurosurgeon ended - he believed I was well enough as far as he could tell, but I didn't agree. I know my health could be improved further. Thank you Anne for being there for me.

Patricia Conlon

holiday lets

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

TRENERRY LODGE, ST AGNES, CORNWALL

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) or email babatrenergy@btopenworld.com*

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

3, 4 & 5 bedroom luxury villas, all wheelchair accessible. All villas are within 20 minutes of Disney and all have private screened pools. Flights and specialist car hire can be arranged.

For more information contact David or Elaine Foley, tel: 0191-488 6845 or check out our website on www.florida-dream.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-£400 per week. October til March £550 per calendar month. *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.*

ILKLEY, WEST YORKSHIRE -

3 bedroom groundfloor wheelchair accessible flat now available. Part of Five Oaks Housing Scheme which provides general counselling and support from two ASBAH housing support staff. Also benefits from: community alarm system with mobile warden service; fire monitoring; communal laundry; communal lighting; gardening and window cleaning. There is also a communal activity room on site. *Further Details: Mark Best, Five Oaks Housing Scheme, Ben Rhydding Drive, Ilkley, West Yorks LS29 8BD Tel/Fax: 01943 603013*

WINTERTON ON SEA, NORFOLK

Fully adapted well equipped holiday chalet, 2 bedrooms, sleeps 4/6. Overlooking sea. Ideal base for touring Norfolk. Transport essential. *For further details contact LASBAH on 0116 2517462*

FOR SALE

MOBILITY Scooter, 3 Wheels, basket, good condition, £200, 5yrs old. Contact tel: 01306 500984, Dorking

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* should be submitted by Friday, 30 May 2003.

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

● Display advertising: Scorpio Media (Elaine Moss) Email: linkmag@aol.com Tel: 01977 555312

Next edition Keep'em coming

Link wouldn't be *Link* without stories about our readers. But we need you to tell us what you've been up to - whether you've managed to raise money, are experiencing particular difficulties or just have some happy news to share!

And we love pictures. So why not send those also? We'll naturally return them afterwards, but e-mailed images (jpeg) are great too.

Deadline for the next edition is 30 May

The Editor, *Link*, ASBAH, 42 Park Road, Peterborough, PE1 2UQ; or email link@asbah.org

dates for your diary

Upcoming events

Saturday 26 April - Saturday 31 May
Wheelchair skills, Ealing, London
Free Whizz-Kidz course over six Saturdays for manual/powerd wheelchair-users aged up to 18 at Elthorne Park High School, Hanwell, Ealing, London. Each Saturday is split into three sessions so children/young people can learn skills in their own peer group. Emphasis on developing independence, making new friends and having fun!
Places allocated on a first come first serve basis. **Details: Sarah Jeffkins, tel: 020 7233 6600 or e-mail: s.jeffkins@whizz-kidz.org.uk for a registration pack.**

Monday 12 May
Support group, Dunstable
Regular meeting for parents/carers of children/young people with SB/H organised by the South Bedfordshire Support Group. 1-3.30pm, Disability Resource Centre, Poynters Road, Dunstable.
Details: Valerie Bottoms, tel: 01582 757745 or e-mail: valerie.bottoms@ntlworld.com

Tuesday 13 - Thursday 15 May
Naidex, Birmingham
The UK's largest exhibition for disability and rehabilitation products at Birmingham NEC.
Further information: 020 8332 0044 or visit www.naidex.co.uk

Visit our web site
www.asbah.org



Saturday 17 May
Wheelie Club, Belfast.
Opportunity for young people to improve their wheelchair skills at McKinney Hall, Musgrave Park Hospital, Belfast. Three groups: Wheelie Kids (10-11.30am), Speedy Wheelers (11.30-1pm) and Wheelie Power (2-3.30pm). Free maintenance by Gerald Simonds Healthcare Ltd.
Contact: ASBAH Northern Ireland, tel: 028 9079 8878 or e-mail: niro@asbah.org

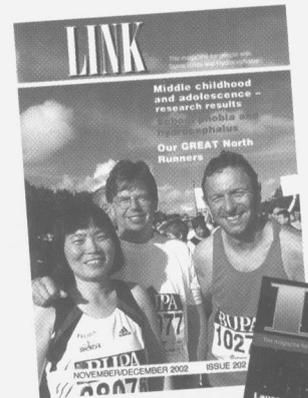
Thursday 12- Saturday 14 June
Mobility Roadshow, Leicestershire
2003 Mobility Roadshow, Castle Donnington Race Circuit, Leicestershire. 10-5pm daily. Contact: **Mobility Choice, tel: 0870 770 3222.**

Monday 9- Sunday 15 June
Carers Week
Contact: Paul Matz: tel: 020 7566 7619; fax: 020 7490 8824; mobile: 07850 920899, e-mail: paulm@ukcarers.org or visit www.carersweek.org

21 June - 19 July
Wheelchair skills, Greater Manchester.
Dates/venue in Bury to be confirmed. Free Whizz-Kidz course over five Saturdays for manual/powerd wheelchair-users aged up to 18. Each Saturday is split into three sessions so children/young people can learn skills in their own peer group. Emphasis on developing independence, making new friends and having fun! Places allocated on a first come first serve basis.
Contact: Sarah Jeffkins, tel: 020 7233 6600 or e-mail: s.jeffkins@whizz-kidz.org.uk for a registration pack.

September 2003
Your Voice Activity Week
Further details will be published in the next *Link*.
Further details from Lyn Ryland. Tel: 01733 555988 Email: lynr@asbah.org

Keep in touch with ASBAH's *Link* magazine



The magazine for people with Hydrocephalus and Spina Bifida

To subscribe, please complete the form and return

it with your cheque/PO for:

UK £4.80 Air Mail £15.00

Surface Mail £7.50

Audio-tapes available

Cheques/PO made payable to ASBAH

Link Subscriptions
ASBAH, 42 Park Road
Peterborough, PE1 2UQ



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

Registered Charity
Number 249338

ORDER FOR LINK

Yes, I would like to receive *Link* and enclose my cheque/postal order for £ (made out to ASBAH)

NAME: _____

ADDRESS: _____

POST CODE: _____

TEL: _____

DIRECTORY OF INDEPENDENT LOCAL ASSOCIATIONS

AFFILIATED ASSOCIATIONS

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: 0117-977942

BUCKS & EAST BERKS

Mrs Karen McClean
5 Candlemas Mead,
Beaconsfield
Bucks HP9 1AP

BOLTON & BURY

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

CAMBRIDGE & DISTRICT

Pauline Desborough
Summerlin Farm
Boxworth Road, Elsworth,
Cams, CB3 8LJ

CHESTER & DISTRICT

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

COVENTRY

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

DUDLEY & WOLVERHAMPTON

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

GRANTHAM

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

GREENWICH & DISTRICT

Mrs M Mears
29 Wellmeadow Road
London SE13 6SY
Tel: 0208-244 3526

HERTS AND SOUTH BEDS

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

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 & RUTLAND

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

Mr Matthew Jenkins
8 The Gables,
Waterloo Rd, Wellington
Somerset TA21 8JB

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

Ms Theresa Wild
41 Betley Road, Reddish
Stockport SK5 6SJ
Tel: 0161-443 2430 (after noon).

SUNDERLAND

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

SURREY

Steve Wallace
2 Carlton Crescent
North Cheam
Surrey SM3 9TS
Tel: 0208 641 7866

SUSSEX

5A Grand Avenue
Worthing
West Sussex BN11 5AP
Tel: 01903-507000
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
13 The Row, Market
Street, Hoylake, Wirral
CH47 3 BB

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

NORTHERN IRELAND

Mrs Elizabeth Graham
101 Coolreaghs Road
Cookstown
Co Tyrone BT80 8QN

NON AFFILIATED ASSOCIATIONS

Blackpool & Fylde

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

Calderdale

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

Cannock & Walsall

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

Chesterfield

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

Cornwall

Mrs Liz Pollard
Ropers Walk Farm
Mount Hawke
St Agnes
Cornwall TR4 8DW
Tel: 01209-891632

Derbyshire

Mrs A Hewitt
St Merryn, 20 Burley Hill
Allestree, Derby DE22 2ET
Tel: 01332-841893

Devon

Tony Sprague
52 Lorrimore Avenue
Stoke, Plymouth
PL2 1HZ
Tel: 01752-550430
devon_asbah@lineone.net
www.dasbah.be

East Anglia

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

Essex

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

Isle of Wight

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

Lancaster, Morecambe & District

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

Nottinghamshire

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

Oxfordshire

Mrs Shirley Dale
14 South Row, Chilton,
Didcot, Oxon
OX11 0RT
Tel: 01235 -834785

Wessex

Mr T Poole
123 Gerrards Green
Beaminster,
Dorset DT8 3EA
Tel: 01308-862614

OTHER ASSOCIATIONS

SCOTTISH SBA

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

IRISH ASBAH

Mairead Graham
Irish ASBAH
Old Nangor Road
Clondalkin, Dublin 22
Tel: 00 3531 457 2329

JERSEY, Channel Islands

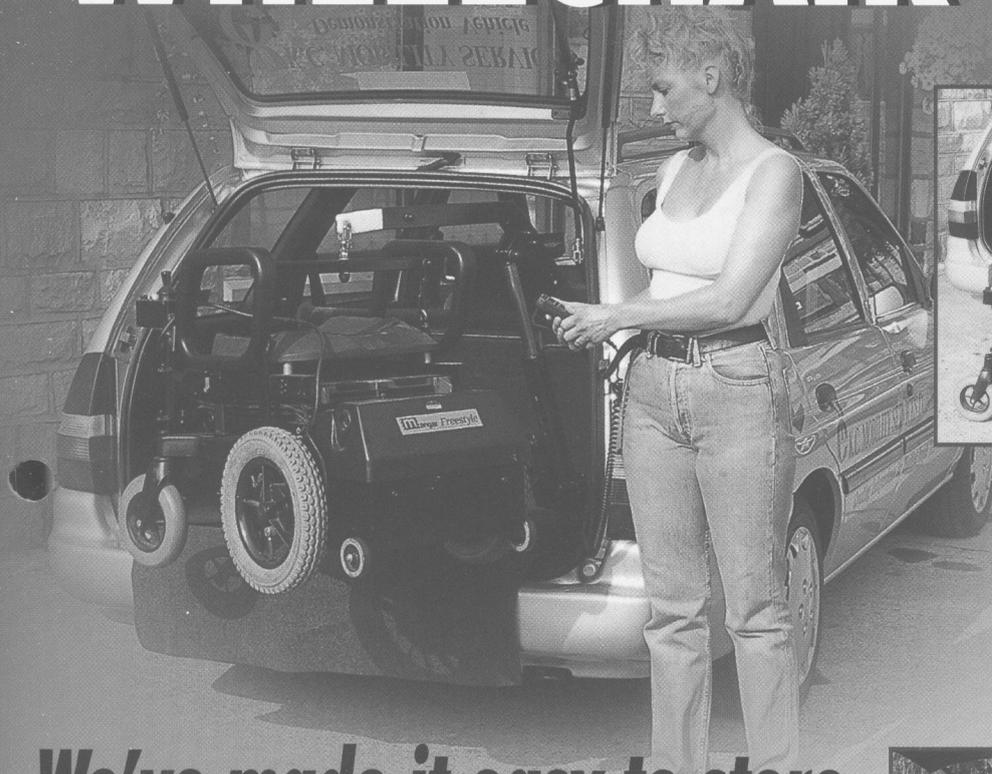
Mrs Ursula Emmanuel
Priory Gardens
La Grande Route
de St Clement, St Clement
Jersey, JE2 6QQ
Tel: 01534 -853019

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

Readers may reproduce any of the material in *Link* for their own purposes, except where permission has been expressly withheld. This will be indicated clearly when contributors wish to assert their own copyright. Opinions and views expressed in *Link* are not necessarily those of The Association for Spina Bifida and Hydrocephalus. While every care is taken to ensure accuracy of information published in *Link*, the publisher can accept no liability.

The unique KC Mobility Services Ltd

WHEELCHAIR HOIST



We've made it easy to store and unload wheelchairs and scooters in your vehicle.

Wheelchairs and even heavier scooters are not a problem to quickly and safely move in and out of vehicles - a great aid to your mobile independence.

- The Wheelchair Hoist is a superbly well designed, precision engineered piece of equipment.
- It is easy for us to install into Estates, Hatchbacks and some Saloon Cars.
- Easy to work - simply clip two chains to the chair, push a button and the chair is lifted for storage.
- Lifts weights of up to 150 kg / 330 lbs, to a height of 36 inches / 91.5 cm.
- Fully automatic model available for people who are unable to manoeuvre a chair into the vehicle.
- Universal design - can be detached and fitted to other vehicles when you change your transport.



If you have yet to choose a vehicle, wheelchair or scooter, let us advise you on suitability, to get the very best compatible equipment for you and your needs.

KC Mobility Services Ltd are one of the UK market leaders in specialist vehicle conversions for disabled people. We do expert, high quality conversions on a huge, ever-expanding range of vehicles - and no request is outside our range of experience.

KC Mobility Services Ltd are here to provide you with total independence and confidence. Telephone or write now for full details of the unique Wheelchair Hoist and our latest Price List detailing all our services and products.

KC MOBILITY SERVICES LIMITED

KC House, Carlinghow Mills, 501 Bradford Road, Batley, West Yorkshire, WF17 8LL

Telephone: 01924 - 442386 Fax: 01924 - 420183

E mail: sales@kcmobility.co.uk Website: www.kcmobility.co.uk



The Complete Conversion Specialists - Creating Independence for Disabled People

SIMPLE WAYS TO IMPROVE YOUR MOBILITY

The **MILFORD** ELECTRIC PERSON LIFT

THE MILFORD PERSON LIFT is designed to lift you into your vehicle and out again, quickly and easily. Call for a demonstration and find out how we can help you start enjoying greater mobility today.

- Fits all 2 and 3 door and most 4 and 5 door vehicles including estates, people carriers and 4x4s.
- Power is supplied by the car's 12 volt battery.
- Three sling sizes are available, with a four point connection for comfort and safety. Special slings also available.
- Lifts up to 20 stones (127 kgs).
- All slings fit around seated person.
- The lift mounting post is the only fixture to your vehicle and is simple to install.
- Simple to transfer to your next car, leaving your existing vehicle in its original condition.
- Can be used around the home. Mobile trolley available.



CALL FREE ON 0800 214 045 FOR FURTHER INFORMATION
FREE HOME DEMONSTRATION ON REQUEST. HOME FITTING AVAILABLE.

AUTOCHAIR

Automatic Wheelchair Carrier

Folds, lifts and stores manual wheelchairs



Autochair Products
www.autochair.co.uk

MINIHOIST

Wheelchair, Electric Wheelchair and Electric Scooter Lifts



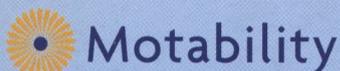
Scooters and Wheelchairs
www.mobilityvehicles.co.uk

MONO TRAIL

Single Wheel Wheelchair and Scooter Carrier



ServiceCall at Petrol Stations
www.service-call.net



AUTOCHAIR

FITTING THROUGHOUT THE UK

e-mail: info@autochair.co.uk

OFFICES IN
PORTSMOUTH
MATLOCK &
NORTHAMPTON

SAVE THE VAT ON NEW CARS
with most Autochair products.
FINANCE AND GRANTS POSSIBLE