



LINK-UP

AUTUMN 2002

LINK-UP is published Quarterly and distributed free of charge to members and professionals who work with them



Pam Hall, from Wrexham & Val Conway, from Llandudno

YSGOL GOGARTH

YSGOL Gogarth, Llandudno, celebrated its 40th Anniversary on 10th September. The occasion was marked by an extended assembly attended by over 100 ex-pupils and staff. An Ex-Pupils Association has now been set up which hopes to hold an annual reunion. Details from Huw Griffiths, 22 Llanerch Rd West, Rhos on Sea (01492 548518)

SUSIE SUNSHINE WALK

THE Susie Sunshine walk took place on the Prom in Llandudno on Sunday, 30th June. Brainchild of Val Conway in memory of her daughter, Susie, the group was piped-off from the pier by Stuart McDonald, Entertainments Manager at the Grand Hotel,

Far from 'flaming June', the intrepid walkers completed the route to the paddling pool in gusting wind and rain. Although there seemed to be more walkers than onlookers along the bleak Promenade, they managed to collect over £167. Sponsorship money and donations brought the total to well over £1,500!

The Craig-y-don Lions held a Social Evening and presented a trophy to the Highest Sponsored Walker, Stuart McDonald, seen below with two Sassenach supporters. Medals were awarded to the children who had taken part.

Stuart was so thrilled with his trophy that he decided to hold an auction to generate more funds for us. This took place in September, raising £512.



FOLIC ACID IN FLOUR

THE NEW Food Standards Agency discussed fortifying flour with the vitamin folic acid at its meeting in May. This followed ASBAH intensifying its efforts to focus government attention on the vitamin.

For more than a decade, folic acid has been known to help prevent babies developing spina bifida and anencephaly. It is now known that folic acid also helps to prevent heart disease and strokes and, possibly, bowel cancer.

ASBAH has been pressing the government and the previous Conservative government, to make it compulsory for flour millers to add a small amount of folic acid to white flour. Flour is already fortified with calcium and iron, as a public health measure, so there are clear precedents.

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ACCESS TO PUBLIC TRANSPORT

SINCE April, some disabled people have been able to travel free on local buses in Wales. However, not all buses are yet adapted to afford access and many people are therefore unable to take advantage of the scheme. Ken Mack, from Wrexham, offers this piece of advice.

'On 6 March 2002 I took this matter up with Dr John Marek AM, requesting to know if a voucher system could be introduced for those who are missing out, enabling them to use alternative modes of disability-adapted transport such as taxis. He in turn wrote to Sue Essex, Minister for the Environment, who replied on March 25:

"I know that for a number of years some authorities in Wales have offered alternative arrangements where conventional buses do not provide the level of service we would wish. The Transport Act 2000 retains this flexibility, so that a person eligible to receive the new minimum standard may agree with the local authority that, for example, he or she receives tokens as an alternative"

In the Minutes of Questions to the First Minister in the Welsh Assembly on April 16, First Minister Rhodri Morgan said in reply to a question from Janice Gregory AM:

"Disabled people can not only get a free bus pass, they can opt for vouchers if they are too disabled to access buses. That is their decision."

I would urge all aggrieved people with mobility disabilities who qualify for the concessionary travel pass scheme and who cannot access buses because they are not adapted and who live in the Principality to apply to their local councils for tokens or vouchers. If these people receive a negative response from their local councils, then I would suggest that they write in the first instance to either the First Minister, Rhodri Morgan, or Sue Essex, Environment Minister at National Assembly of Wales, Cardiff Bay, Cardiff CF99 1NA

DRIVING & THIRD VENTRICULOSTOMY

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

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



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

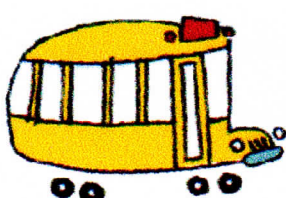
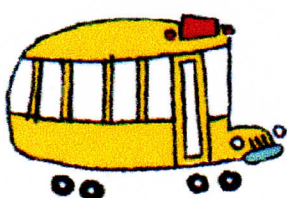
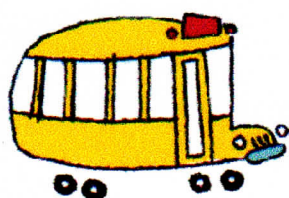
DRIVING THEORY PRACTICE

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

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

It costs £5.99 for a month's access and allows an unlimited number of attempts at the questions.

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NWASBAH



CAROLYN WOOD

It is with great sadness that we report Carolyn's death on 1st August, aged 39.

Carolyn was the inspiration behind the foundation of North Wales ASBAH by Pauline and Alistair Wood and a group of like-minded parents nearly forty years ago. With determination and vitality, she attended mainstream schools in Wrexham, and Hereward College of Further Education for the Physically Handicapped in Coventry.

Following a period of independence training at Five Oaks, ASBAH's former training centre in Ilkley, West Yorkshire, Carolyn moved to a flat of her own there in 1988. In her words, she had "made it". She became an active member of All Saints church and made many friends. Her faith was a source of great strength and support, as she vividly described to members of North Wales ASBAH through 'Link-Up' in 1994.

She will be deeply missed by her parents Pauline and Alistair, sister Katrina and her friends, but her spirit and attitude to life will not be forgotten.

SHEILA AND TREVOR HOBLEY

Our dear friend and supporter Sheila Hobley died in July. Although she had been diagnosed with Multiple Sclerosis some years ago, she continued to fundraise on our behalf, organising events and the purchase of goods from the Webb Ivory catalogue.

It was a great shock to us all when her devoted husband Trevor died on 27th September.

We extend our sincere condolences to their children Martin, Peter and Sharon

SHARRON MORRIS MEMORIAL BOWL

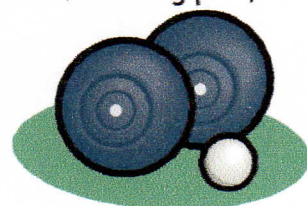
A BOWLING Match between the Victoria Club (Craig y Don, Llandudno) and the Colwyn Bay Cricket Club took place on 26th July and raised £111 for North Wales ASBAH.



Each Club donated £25 and the Cricket Club team won the trophy. Val Conway made a lovely cake and Adrian Jones donated a bottle of wine for the Prize Draw, raising a further £56.

An anonymous donor gave £5.

We would like to thank both Clubs for taking part, the Victoria Club for hosting the event and Mick and Doris Morris for arranging it. We look forward to a return match next year!



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WE need to attract volunteers to help with our activities and also to take part in decision-making by becoming members of the Committee. Meetings take place nine times a year in Llandudno and expenses are claimable. There is ONE vacancy, so if you think you might be interested, why not come along and 'sit-in' on a meeting. Contact the Office (01492-860140)

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STORE COLLECTIONS

...have done really well this summer, with a total of £2,769.59 raised. That's an average of £98.91 per collector. Just think how much more we could raise if MORE people took part.

We would like to thank all the volunteers who helped - some stayed ALL DAY! We would also like to thank the 'counters' - no mean feat as each collection takes several hours to tot-up.

100 CLUB WINNERS

July - September

1st: J. Bartlett, Mr & Mrs
Pritchard, P. Hall

2nd: D. Bayley, S. Williams, J.
Hardy

3rd: P. McGraw, P. Bennett,
B. Lewis



'LINK' ARTICLES

The following articles appeared in recent issues of ASBAH's magazine 'Link'. If you do not subscribe, your Adviser will be able to show you a copy.

May/June

Education: Inclusion or Isolation? Article by Bruce Graham and Joanne Grenfell, ASBAH Education Advisers.

Family Weekend. A report and photographs of the ASBAH Family Weekend held in Cornwall. Thirty-five children, from all over England and Wales, enjoyed their own personal programme of activities and outings while their parents had lectures and the opportunity to share experiences and ideas. A candlelit dinner was a high spot for parents on the Saturday evening.

Continence. ASBAH's perspective (p.17) and PromoCon products (16-17)

Sept/Oct

Yoga for a health. Yoga has given 30-year-old wheelchair user Michelle more control over her body and improved her general health. p16-17

Subscriptions (6 issues per year) cost £4.80 from: 'Link', ASBAH, 42 Park Road, Peterborough PE1 2UQ

HOSPITAL DOWNRATING RULES TO CHANGES

THE Government has announced its intention to amend the six week downrating rule, which reduces means tested, and some non means tested, benefits after the recipient has been in hospital for over six weeks. From April 2003, no reduction will occur until someone has been in hospital for 13 weeks.

N.W.A.S.B.A.H. MANAGEMENT COMMITTEE OFFICERS

| | | |
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| CHAIR MAN | Arthur Todd | 01492 870054 |
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| TREASURER | Jennifer Hayes | 01978 661054 |

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Registered charity no. 257828

DATES FOR YOUR DIARY LLANDUDNO.

ASBAH Feel-Good Weekend 22-24 November

If you're 18 or over, brighten up your November and get in the mood for Christmas at West Shore Hotel. Shopping, makeovers, bowling, nightlife, alternative therapies, cinema, relaxation. £50

Accessible transport may be available.

Contact Elizabeth Miers 01490-450360

DEVON.

Share Music 30 Nov - 6 December

Residential music course for people with physical or sensory disabilities.

Contact Chris Shurety 020-8981 9405

chris.shurety@virgin.net

www.calvert-trust.org.uk

BRITISH GAS SERVICE

BRITISH Gas has recently launched its Home Energy Care Register for customers with specific requirements.

The Register is confidential and offers a range of free services, including appliance controls, password scheme, nominee scheme, text phone service, advice booklets, quarterly meter readings, relocating gas or electricity meters and gas safety checks.

The scheme is also open to all eligible electricity consumers who purchase their supply from British Gas.