

## DOUBLE HONOUR FOR DIANE

**D**IANE Salisbury has received a double award in the 'Your Champions' competition organised by North Wales Independent Press & Scottish Power. Not only was she voted North Wales Woman of the Year, but so impressed the judges that they gave her a special award for her achievements.

For the last 10 years, Diane has worked 3 days a week as a volunteer in the Scope in Llandudno, ensuring that clothes are clean, pressed and mended before going on sale and helping customers.

Diane attends numerous committees and helps organise social events for the disabled. She spends one day a week at a drop-in centre at Llandudno Junction for people with disabilities - a facility she helped start last year and of which she is vice-chairman. It has filled a real need and about 25 people call in each week to listen to talks on issues of interest to them. She sits on the transport for the disabled committee run by Community Voluntary Services and is concerned about issues such as taxis charging a handling fee.

She is also on a panel advising Conwy Social Services on ways of improving life for people with

disabilities and, of course, has been a member of our own committee for several years.

Diane lives a full social life too. She is chairman of the Smile Club for ladies with disabilities and rarely misses a meeting of the Llandudno and Colwyn Bay Endeavour Clubs. She is a steward at the North Wales Theatre and

Actor Steven Pinder who plays Max Feldman in Brookside making the presentation at the St Georges Hotel Llandudno



on Sundays sometimes reads the Lesson at holy Trinity Church in Llandudno.

For the last two years, Diane has lived independently in her own flat. She is an avid *Coronation Street* fan and jigsaw puzzle addict - but admits that she finds it difficult to find the time to finish a puzzle!



## YOUR HELP IS NEEDED

**R**esearchers in Ireland studying the causes of spina bifida have found a further genetic risk factor.

A genetic variation in a folate-related gene is associated with an increase in the risk that a woman will have a baby with spina bifida or another neural tube defect.

These findings have been made possible by the cooperation of Irish families like yours taking part in the study. By including ASBAH members in England and Wales, the researchers will be able to verify if the same genes are involved throughout the UK and identify further risk factors.

ASBAH would like to encourage you to take part in the study, which asks individuals with spina bifida and, if possible, their parents, to collect their own DNA by taking cheek swabs using a home-testing kit. It is simple, quick and painless. All information given will be held in the strictest confidence.

So far, 582 ASBAH families have agreed to participate in the study and 364 families have returned their samples.

The more families who take part, the greater the chance of finding an important result.

For more information Freephone 0800-169-9050 or email Gill Winfield [gill@asbah.org](mailto:gill@asbah.org)

## E-MAILERS

Send us your address. It cuts costs and saves time [nwasbah@zoom.co.uk](mailto:nwasbah@zoom.co.uk)

## PILLBOX TIMER

**D**o you sometimes forget to take the pills you've been prescribed on time? Then a box that carries your pills and beeps when you need to take one could be particularly useful for you.

The 'Wonder Pillbox Timer' fits neatly into a shirt pocket and is being sold by Roy and Davinia Bensusan who searched world-wide for a supplier after their lives became dominated by Parkinson's disease.

The box costs £17.50 (inc. p+p) and has a year's guarantee. Contact: Dept RNB Supplies Ltd, 7 Daleham Gardens, London NW3 5BY. Helpline: 020-7435 2417

## 100 CLUB WINNERS

Dec - Feb

1st: P. Wood, M. Morris, M. Morris

2nd: Mr & Mrs Pritchard, D. Kynaston, D. Bayley

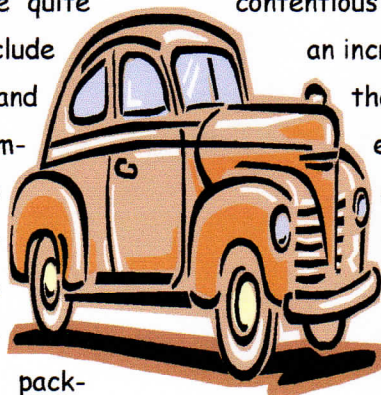
3rd: C. Buxton, Mr & Mrs Millington, E. Davies

**JOIN US! Contact the Office**

## MOTABILITY CHANGES

**T**here is now no charge for "genuine damage" to Motability vehicles caused by wheelchair or mobility equipment. Although it has been possible to argue such damage in the past, it became quite contentious at times.

New plans include an increase in the mileage allowance and the opportunity for contract customers to purchase their vehicles at the end of their contract. Interest rates on the hire purchase scheme have already been reduced and warranties/finance packages are under development.



## DIARY DATES

**Sunday 22nd June. Susie Sunshine Walk 2-4pm**

Come along to the Prom in Llandudno for the walk from the Pier to the Paddling Pool. Sponsorship forms available from the office. Fancy dress optional

**Sunday 29th June. Snowdon or Bust 2003**

Sponsored walk to the summit from Llanberis.

Details from the office





# JOAN BEE

JOAN BEE died on 25th December. The following extract is from a Tribute given by Mike Mason at Joan's funeral.

Joan and her husband Ron began their search for solutions to the immediate needs of children and parents of people with spina bifida and hydrocephalus, after the birth of their son, Will. They did so with a keen eye on the future, putting in place arrangements that would ensure that the needs of disabled children would be appropriately responded to; their rights would be promoted, they would be treated with respect and ultimately be enabled to take up their place in an accepting and integrated society.

It was when Ron and Joan joined forces with other parents that they were able to work towards a structure in North Wales that would provide support for parents, families and people with spina bifida and hydrocephalus and North Wales ASBAH was formed. Progressively, Joan was to make her own mark. She came to know the needs of members and the Association backwards holding, as she did over many years, the roles of Secretary, Treasurer and Chair.

True leadership can be evidenced in those who, without counting the cost, not only see a need, but do something positive about meeting that need, sticking at it, encouraging others along the way, but also protecting what has been created. Joan did all of this, quietly and yet with purpose.

She also had courage and vision. When there were financial challenges, she negotiated a closer relationship with the National body, resulting in financial support towards the Fieldwork service in North Wales that she had helped establish and knew was so valued by our members. When the spirit was weak and there was a "wobble" of confidence within the Association, we emerged energised by her courage in challenging the commitment of members regarding the very continuation of our efforts in North Wales. Joan's vision was perhaps most clearly seen in the effort she made many years ago by encouraging the Local Associations in Wales to share their experience and create a voice for ASBAH in Wales. Today we have a Welsh based organization, able to speak out on behalf of members, influencing service provision and policy development.

We give thanks for Joan, who through her compassion and tenacity did so much to positively influence the future for so many.

## FINANCE

*Nov-Feb*

### Donations

Woodturners of Gwynedd	648.65
In memory of Joan Bee	685.61
Other	320.00

### Fundraising

Body Shop Party	253.00
Colwyn Bay Cricket Club	203.50
Other	594.29

### Grants

450.00

Grants given to Members (8) 1,350.00

## BODY SHOP SWELLS THE COFFERS

Our thanks to Delyth Roberts, mother of member Gwen Angharad, who held a Body Shop Party at her home near Pwllheli and raised £253 for North Wales ASBAH.



Gwen Angharad and her dog, Nel



# 'LINK' ARTICLES

Nov/Dec 2002

## THE INNER SELF.

Results of an ASBAH study into the psychological development and behaviour in middle childhood and adolescence. Includes guidelines for parents. *p21-23*

If you do not have a copy of 'Link', ask your Area Adviser.

A subscription to 'Link' costs £4.80 per year (6 issues) and is available from:

Link, ASBAH National Centre,  
42 Park Road, Peterborough,  
Peterborough PE1 2UQ

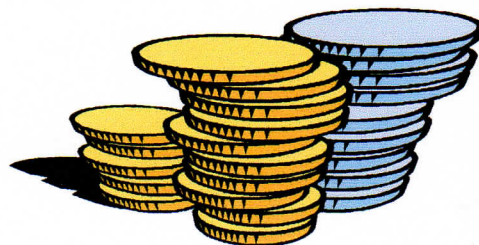
## SNAP! EXPANDS

SNAP! Childcare agency is now able to provide a nationwide placement service for au pairs, classroom assistants, respite carers, nannies and mother's helps with experience of looking after children with special needs. Contact: SNAP! Childcare Ltd., 91-93 Great Eastern Street, Shoreditch, London EC2A 3HZ

# MEMBERS RALLY TO FUNDRAISING PLEA

**N**ine new volunteers joined David Hallows to help with a collection at Sainsbury's store in Rhyl on 15<sup>th</sup> February.

This is a new venue for us and the collection, which



raised £374.76 would have been impossible without their support.

David would like to thank Tonie and Mrs Bewley, David and Mrs Hughes, Chris Shields, Jason Roberts, Sara Vine, Sharon Hodgekinson and Glyn Whitelam.

There will be collections at Tesco's in Llandudno Junction (August 30) and Bangor (26 July), Sainsbury's in Bangor (9 August) and Colwyn Bay (16th August) and Sainsbury's in Wrexham (24th June) **We really do need your help. JUST 1 HOUR** it will make all the difference to the Association's future. Contact Carol in the Office 01492 860140 or Email [nwasbah@zoom.co.uk](mailto:nwasbah@zoom.co.uk)

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

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### ASBAH AREA ADVISERS

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### ADMINISTRATOR & EDITOR OF LINK-UP

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