

## BEST MUM MENAI WINS STAR PRIZE

"Thanks a million" was the message from Daily Post competition winner Menai Williams.

Menai, from Llandaniel, Anglesey, gave up her career as a nurse to look after her daughter, Llinos, who has spina bifida and hydrocephalus. Twenty-year-old Llinos has undergone 65 operations and last winter Menai travelled to the Walton Centre for Neurosurgery in Liverpool nearly everyday for 10 weeks to be with her - clocking up over 16,000 miles!

"Until Llinos was 18 I was allowed to stay at a hotel in the hospital grounds. Afterwards it was £37 a night, so it was cheaper to travel



every day. I was able to help Llinos with physiotherapy because the nurses were so busy."

Menai was voted 'Community Hero for 2003' by Daily Post readers and received two tickets to hear bass baritone Bryn Terfel and tenor Jose Carreras sing at the Faenol Festival in August.

"It was one big thrill from start to finish. We had two of the best seats, six rows from the front - so close we could see the expressions on the singers' faces" said Menai.

Llinos comments "I'll never be able to thank Mum enough. She's worth her weight in gold".

## HELP US TO RECLAIM CASH FROM THE TAXMAN

North Wales ASBAH is always very grateful to receive donations from members and friends - over £8,000 last year. We'd like to make this money 'multiply itself' by asking donors who are taxpayers to Gift Aid their donation - at no extra cost to themselves. Here's how it works.

For every £1 donated, we can reclaim the income tax that has already been paid. So for every £10 donated, we can gain an extra £2.80. All the donor has to do is to sign a Gift Aid declaration or sponsorship form, available from our office.



Jennifer Hayes and son Paul taking part in the Susie Sunshine Walk. See p2

Last year, £1,056 million was reclaimed in Gift Aid from the Inland Revenue by voluntary groups. So if YOU are planning a fundraising event on our behalf, putting yourself forward for sponsorship or passing on a donation PLEASE REMEMBER GIFT AID - and get the Taxman to pay-up!

# THOSE CRAZY

Our second **Susie Sunshine Walk** was held on June 22<sup>nd</sup> in memory of Susie Conway and organised by her Mum, Val. The bright and sunny day brought many walkers to the Prom in Llandudno, some in fancy dress.

"We were overwhelmed by the generosity of spirit" said Val. The 'Dulux Dog' - Val's Goddaughter Lucy - came all the way from Accrington and raised £100 in sponsorship.



Ian Turner and the 'Dulux Dog'

Susie's friend Hilda Jones, severely paralysed through contracting a virus and a wheelchair user, managed to walk the length of the block of flats she lives in using a zimmer frame and raised £115. "Susie used to say 'Never give up' said Hilda, "and I haven't". Member Hecate McCulloch walked the 6-mile route without using her walking sticks and John Barber from Essex, who was on holiday in Bangor when he



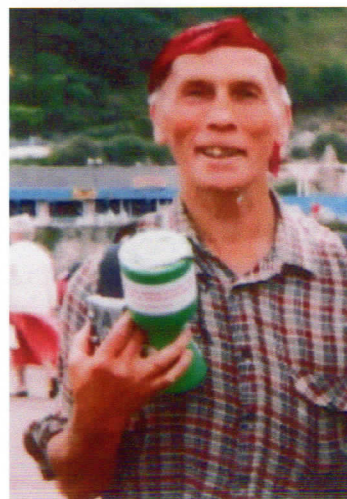
Chairman Arthur Todd , Doris Morris, Val Conway, Mick Morris and Hecate McCulloch

heard an Appeal for help on radio Marcher Coast, took a train to Llandudno Junction and walked all the way to Llandudno to join in the fun.

Ian Turner was a brilliant compere and a team of linedancers entertained the onlookers, helping to raise £367.60 in the collection along the route.

Llandudno's Mayor, Cllr Sylvia Barret judged the Fancy Dress and awarded the prize to 'Princess Mollie', aged 8.

A Social Evening was held at Gigolo's Pizzeria in August, where a cup donated by Craig y Don Lions Club was presented to the Highest Sponsored Individual, Mick Morris, who had raised £175. Everyone had enjoyed the fun and the proceeds of £1,419 are a great boost to funds



# HAZY, LAZY DAYS OF SUMMER

Val Conway reports:

The **Snowdon Climb** on June 29<sup>th</sup> celebrated two anniversaries - my 60<sup>th</sup> birthday and the Association's 35<sup>th</sup>. People came from near and far to take part, including my sister Robbie, from Buxton. Once again there was an abundance of generosity. En route, we met a man who was taking a day out from attending the Methodist

Conference in Llandudno. He carried my rucksack to the top and donated his return train ticket to the Association, choosing to walk down instead.

At the top we met other walkers - Area Adviser Peter Bennett and his wife Barbara from Wrexham, and two of Doris Morris' colleagues from the North Wales Housing Association. We were rewarded with the most breathtaking views, right down to the Llyn Peninsula, on a beautifully clear sunny day.

After a 3-and-a-half hour walk, we were pleased to rest on the train going down and watch the scenery slip past us. At the bottom it was good to meet Bryn Peters and his family, members from Anglesey, who had completed the walk and raised £585. The total for the day is £1,138. It was good fun, we met some lovely people and made them more aware of what the Association does.

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Val at the summit

## BUTTERFLY DAY

Mums (and Dads) and boys and girls enjoyed a day at Pili Palas, Anglesey organised by Area Adviser Jill Bartlett



# 'LINK' ARTICLES

Summer 2003

## ARE YOU READY FOR HIGHER EDUCATION?

The practicalities of preparing for studying.

## AGEING and SB/H

Useful information and advice from a doctor who has studied SB/H for more than 35 years.

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

## COOKING TEST...

The House of Lords has decided that a woman who was unable to prepare a main meal 1/3 days a week would have difficulty satisfying the cooking test for Disability Living Allowance.

## ...COOKING TIP

Stop potatoes from budding by keeping them in a plastic bag with an apple. This may sound bizarre, but it really does work!

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## ERIC HARDY

We are sad to report the death of Eric Hardy in September. Eric was a member of the Executive Committee for some years and a staunch supporter of the Association. We extend our sympathy to his wife Betty and daughter Jane.

### NWASBAH EXECUTIVE COMMITTEE

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# HELP WITH SCHOOL UNIFORMS

Grants are available towards buying school uniforms for children attending secondary school if you receive:

- \* income support
- \* income based Jobseekers Allowance
- \* child tax credit (not WTC) with an income below £13,230
- \* widowed parents allowance (in some circumstances)

The grant is £35 for each eligible child for the first year and £28 for each subsequent year. An application form can be obtained from the school or from the local education authority.

## EDUCATIONAL MAINTENANCE ALLOWANCE (EMA)

An EMA can be paid to parents who receive the benefits listed above and have children in the 6<sup>th</sup> Form. An EMA of £150 is paid for each academic year. It is intended to help towards the cost of books and other educational expenses. It is disregarded as income in the calculation of other benefits. Contact your local education authority.

## THE EXPERT PATIENTS PROGRAMME

This programme helps anyone with a chronic condition to learn important skills to:

- Manage their symptoms
- Deal with stress, depression and low self-image
- Manage pain
- Develop coping skills
- Relax
- Eat healthily
- Work more closely with those caring for them
- Plan for the future

It's a pilot scheme operating in Caernarfon and Pwllheli at the moment. If you would like to book a place at either centre, please contact Dawn Thomas or Ceri Isaac at Gwynedd Local Health Board 01286 674236 dawn@gwyneddhealth.org