



LINK-UP



Summer 2009

Extracts from Mike Mason' address at the May AGM. 'The Executive Committee continues to have three priorities: income generation, the level and range of support we give to members, and our Reserve Policy. We will not be immune to the effects of the current economic down turn, and neither will our partners who provide such generous financial support. This means that we have to be cautious and we have taken some belt tightening measures recently. As you know, toward the end of last year, we lost our dear friend and Chairman Arthur Todd. We miss him still and have many fond memories as we take the work of the Association forward. Maria Morris, our excellent Administrator left us to work as a translator for the North Wales Police. More recently, ASBAH closed its Office in Bangor and Elin Ifan suspended her retirement planned for March 2009 until October 2009, when hopefully ASBAH will be able to appoint a replacement. The good news is that Elin is now our Administrator, and brings a wealth of experience and knowledge to the role'. *Mr. Mason continued by thanking Peter Bennett for his excellent support to members over 15 years, and to Bryn Roberts, who has already doing a fantastic job, despite having to re-locate to another office in Llangefni in April, to the Committee for their commitment throughout the year, and to all funders who had supported the Association during the year. Lastly, he asked people to consider becoming involved in the work of the Association 'particularly if you don't have too many grey hairs showing yet! I firmly believe that the future of the Association lies with our younger members whatever their involvement with disability may be. This way we will do all that can be done to ensure that the important work that we currently undertake is able to continue'.*

It's All Change at the Top! (Again)

In April, several members of the Local Associations of Wales met with Wales's staff and ASBAH's new Chief Executive, Jackie Bland, to discuss how services should develop in Wales. Following on from this, a decision was made to appoint a Director for Wales, and interviews were held in July, which Mike Mason, as Chair of North Wales ASBAH, took part. We are delighted that the post has been offered to Kate Thomas, currently Training Manager at WCVA. Kate lives in Bridgend, but will maintain close links with NWASBAH. Kate will join ASBAH on the first of September, and Elin will retire on the 11th of September. We wish Kate and Jackie all success in their new roles.

FUNDRAISING



Susie Sunshine Walk On Sunday 28th June 2009, the 7th annual sponsored Susie Sunshine Walk took place along Llandudno Promenade. This also included the 2nd Fairy Fun Run – here we see the judges trying to choose the best dressed fairy from a wonderful selection of costumes! The weather was kind to us this year, and visitors to Llandudno enjoyed watching the fun. A presentation will be held at 7.00p.m on September 1st at The Royal British Legion, Llandudno. The sponsorship money is still coming in, and we hope to raise over £1000 from this great event. Our thanks to everyone for their support and donations towards this event **Thanks**

Store Collections

Thanks to all volunteers who collected for us at Tesco Bangor on 27th of June, raising £302.88, and £319.53 at Tesco Llandudno Junction on August 15th

If you are able to assist us with any future store collections / bag packing, please contact us on 01248352886. Your assistance would be much appreciated.

Yet again, Val Conway will brave the cold December sea on Boxing Day 2009 from Llandudno Prom (-11c last year!) If anyone is brave enough to join Val, or if you'd like to sponsor her, please contact us on 01248352886

The Little Orme Lions were welcomed at our AGM in May, and have been a great support to us throughout the year. Several members have accepted our invitation to attend our Executive Committee meetings, and have already given us sound advice, as well as generous donations to the Forty Dreams Project and the Susie Sunshine Walk.(see Sandy judging the best fairy costume in the picture above!) Thank you for your support!

Bryn says: I am here to help – contact me for information, advice, or support.
Bryn Roberts, North Wales Area Adviser, ASBAH Cymru, Unit 5, Parc Diwydiannol Bryn Cefni,
Llangefni, Ynys Mon, LL77 7XA TEL: 01248 729 944 email: brynr@asbah.org

Bryn Writes: Since taking up my post in September 2008, I have regularly represented ASBAH Cymru and its users at meetings of the Neurological and Long Term Condition Alliances.

These alliances are groups of individuals and representatives of other organisations that have an interest in neurology and/or chronic conditions. Currently, all the counties in the North Wales area, except Flintshire, have these Alliances. Some groups are combined e.g. Conwy and Denbighshire, Anglesey & North Gwynedd. There are separate groups in Wrexham, South Gwynedd and Montgomeryshire/North Powys. Both Wrexham and Conwy and Denbighshire are specifically aimed at people with neurological conditions; the other groups have a slightly wider focus to include individuals with chronic conditions that might not be neurological in nature.

I have attended the Wrexham group and the Conwy & Denbighshire group regularly and hope to contribute to others more often in the future. In terms of the work done, each group has commented on issues raised by the Neurosciences Review. They have also been working on issues unique to their geographical area.

Recently, with colleagues from the MS and MND societies, I facilitated a joint meeting of these Alliances. The purpose was to allow each group to feed in, via Kevin Thomas (MND Association), into the implementation process of the North Wales Neurosciences Review. It was also an opportunity to find ways the groups could work jointly on issues in common across North Wales. This is being taken forward at further joint meetings.

Each group is at a different stage of development. Some are regularly and well attended, with bank accounts and a constitution. Others are smaller, and just starting to look at how they can self-fund. The Conwy and Denbighshire group is particularly keen to attract new members that have a view on what services they think should be available. Contact me !

40 Dreams for 40
People Project
We are working our way through the
dreams applications – some have
already realised their dreams, but

others are more difficult to achieve! It has been
especially difficult to achieve dreams of meeting
favourite football stars – but we are still trying!
Thanks to Jen, who is not only our hard working
Treasurer, but also The Dream Maker!

Grants! Contact Bryn Roberts, ASBAH's North Wales Area Adviser, to discuss your request. It will then be submitted *in confidence* for discussion at an Executive Committee meeting. All grants will be considered by the Committee. Grants are available for:

Independence: courses and/or activities to promote independence, education and employment skills and opportunities.

Mobility: assistance to acquire driving skills and to support mobility. Financial support towards an appropriate wheelchair will be considered

Health and Wellbeing of the Member:

Household Items: to meet the specific need and/or disability

Holidays: subject to individual needs, assistance toward transport costs where necessary

Hospitalization: To ensure that carer contact and support is continued when in hospital.

Social Activities: To ensure that social networks are established and maintained for members and their families/carers.

Funeral Expenses: financial assistance to families following bereavement.

NWASBAH's 100 Club

The 100 Club provides the Association with a steady income, and gives members an opportunity to win one of three prizes in the monthly draw.

It's easy to take part – just set up a standing order with your bank.. Contact Elin for a form on 01248352886 or northwalesasbah@hotmail.co.uk . Each number costs £4 per month ,and you will be allocated your unique 100 Club number – why not gift a number to a friend or family member as a present!

Please consider supporting us in this way

Good news, and other!

First the 'other' – the Committee took the hard decision earlier on in the year to stop providing ASBAH's Link magazine free to members. We were really sorry about this, as it is such a good way of keeping in touch with the wider ASBAH world, but we felt that there were greater calls on our funds. Should you wish to subscribe to Link as an individual, the cost is £6.80 for a year's subscription. You can order on line at www.asbah.org or by sending a cheque/postal order , payable to ASBAH, giving your name, address and postcode, and, if possible , your telephone no. and email, and send to Link Subscriptions, ASBAH, 42 Park Road, Peterborough PE1 2UQ.

Enclosed with this newsletter is a leaflet giving information on the Utility Warehouse Discount Club, part of Telecom *plus*PLC. Should you join the Utility Warehouse as a customer, it will donate 5% of your invoice to North Wales ASBAH. It has given us a unique reference number **D34170**, so, should you decide to switch your household bills to the Company, you need to quote that number so that the donation is allocated to NWASBAH. We are grateful to Adrian Jones, a former NWASBAH Committee member, for nominating us as a worthy charity.

Safeguarding neurosurgery services access to the Walton Centre

You will remember that the Minister for Health and Social Services proposed that North Wales patients who needed elective neurosurgery should travel to South Wales to receive treatment. We are proud that our efforts (in partnership with other North Wales organisations) to ensure that established specialist services provided at Liverpool be continued were successful. In response to fierce lobbying, the Minister agreed to set up two Groups , one for North Wales, the other for South and Mid- Wales, to look at current neurology and neurosurgery services, and to identify gaps in provision. The Groups are about to report back to the Minister and make recommendations for the development of services in North Wales. One of the key features will be the training and employment of three Generic Specialist Neurosciences Nurses throughout North Wales, an increase in the number of neurologists from 3 to 6, and the planning and development of a dedicated rehabilitation centre in North Wales, within the next five years. The links with Walton are recognised and secured. So, thank you to all who wrote to Assembly Members, talked to the press, and generally made a fuss!