

LINK-UP

Autumn 2010

Welcome to the latest Link-up, the local magazine produced by North Wales ASBAH to inform members of its activities/ of local events, past and present, and giving local news of interest to you.



The Annual Susie Sunshine Walk was held in June on the Llandudno Promenade (North Shore). We were delighted that the Llandudno Mayor and her Consort were able to open this event. Supporters dressed up in great costumes, and member Emma sang 'Over the Rainbow' – a perfect ending to a lovely day. Thanks to Val who each year raises over a thousand pounds from this event in memory of Susie, her daughter, and to all who took part.



Editor's Note:

In the current economic climate, we are all 'feeling the pinch', and the Trustees of North Wales ASBAH, and volunteer fundraisers, continue to beaver away finding all possible sources of funding so that we can continue to support members, young and older, throughout North Wales. In May, we held our Annual General Meeting, and member Graham Catherall gave an enthralling account of his adventurous life as a photographer. Graham is now retired, and has become an active Trustee. Thank you, Graham. Michael Mason, in his Chairman's Report acknowledged the many people and organisations that support the Association's work, and we are especially grateful to the County Councils, Town and Community Councils that supported us financially during 2009/2010 – these are named, and acknowledged in the Annual Report. We also received many donations from individuals and groups, and also *in memoriam* of family members; although not named in this magazine, our heartfelt thanks go out to those who have contributed in this thoughtful way to our work. Volunteers also raised over almost £400 at Tesco Extra in Llandudno Junction in July.

I thought it might be useful to outline a few 'avenues' of support that may be open to our membership.

The Family Fund – it helps families with severely disabled children and young people aged 17 and under. It gives grants such as washing machines, driving lessons, computers, and holidays. Telephone them on 0845 130 45 42, or download an application pack from their website www.familyfund.org.uk or email at info@familyfund.org.uk

Turn2us is a charity founded by Elizabeth Finn Care to help access benefits and grants. Visit www.turn2us.org.uk or email info@turn2us.org.uk or ring 0808 802 2000. Anyone can contact them – individuals, or those acting on their behalf.

North Wales ASBAH continues to give grants to individuals, as previously advertised in Link-up. Contact ASBAH's North Wales Adviser, Bryn Roberts on -1248 724 944 or email him brynr@asbah.org

Do you live on your own? Did you know about *the 'Lions message in a bottle'*? The Lions Club support a simple scheme that helps emergency services obtain medical information and personal details of a person, so they can help them to speedier First Aid by shortcutting fact-finding enquiries about the person. You complete a simple form with your medical details, which you put in a plastic bottle supplied by the Lions, and put in your fridge. You are also given stickers which you can put on your fridge or window so that emergency services can help you quickly. This is a genuine simple support scheme approved by Ambulance, Police, Fire and Rescue, and Emergency Doctors. Find your local Lions Club from a list at www.lions.org.uk

Fundraising Activities – Marks and Spencer, Llandudno have granted us a day's back-packing on Friday October 29th – should you like to volunteer for this great way of raising money – please contact Sandy Halliday on 01492 875 733.

Tesco Extra in Holyhead has also given us a bag-packing day on the Saturday 13 of November. Contact Elin if you can help.

Boxing Day Sea Dip – Val Conway will be dipping into the cold North Sea again this year – join, or sponsor her – contact Val on 01492 878 225.

OUT OF HOURS SERVICE in Conwy and Denbighshire –new telephone number

From 6.30pm on 13 October 2010, the new telephone number for the Out of Hours Service for Conwy and Denbighshire patients will be:

0300 123 55 66

Calls to 0300 cost the same as calls to standard geographic numbers (those beginning with 01 or 02). Calls to 0300 numbers are included with mobile network inclusive packages.

NEWS FROM ASBAH

North Wales ASBAH works closely with its sister charity ASBAH to deliver services for members in North Wales, and we are pleased to pass on news from ASBAH in this edition of Link-up – below are some new developments that will be of interest to you

ASBAH, established in 1966, is the leading UK registered charity providing information and advice about spina bifida and hydrocephalus. The Facebook page (www.facebook.com/ASBAH.charity) has now been officially launched and offers members official sources and services that are unique to the organization. The web page also offers a discussion board, unique photos and details of forthcoming events throughout the country.

ASBAH is also inviting members of North Wales ASBAH to join its free membership scheme – contact helpline@asbah.com for more information, or go on line and sign up at www.asbah.org

Kate Thomas, ASBAH Cymru's Director is pleased to say that Carolyn Brain has been appointed as Volunteer Development Officer for North Wales and North Powys. Carolyn will work from home, three days a week from mid-October. Mike Mason, North,Wales ASBAH's Chair says: "*We welcome Carolyn as a new ASBAH partner to work together to develop member services in the area*".

Congratulations to Diane Salisbury and Kellie McCardle for winning the UK Best Volunteer of the Year Award for their work in the SCOPE Shop, Llandudno. A great achievement!

100 Club Results: we are grateful to all who donate £4.00 pounds per month to the 100 Club. Here are the winning numbers since June 2010:

June 2010: 1st – 31, 2nd - 40, 3rd - 25. July: 1st – 40, 2nd – 39, 3rd -14
August: 1st - 11, 2nd -47, 3rd -37. September: 1st -11, 2nd -5, 3rd - 37. October: 1st -16, 2nd -41, 3rd -45

If you wish to join the Club, please contact Elin for a form – you have a chance to win a cash prize each month, and help the Association at the same time!

The Association is managed by an Executive Committee of Trustees representing all parts of the membership. We are delighted to have the support of Little Orme Lions on the Committee, and to welcome new Trustees that were elected at our AGM in May 2010. Should you like a copy of the Annual Report 2010, please contact Elin at the number below.

NWASBAH EXECUTIVE COMMITTEE

CHAIR: Mike Mason ☎ 01745 825738
SECRETARY: Val Conway ☎ 01492 878225
TREASURER: Jennifer Hayes ☎ 01978 661054

COMMITTEE MEMBERS: Eleri Edwards Freeman, Pam Hall, Diane Salisbury
Maggie Griffith, Barbara Middleton, Tony Middleton,
David Hallows, Sandy Halliday, Jenny Halliday,
Paul Hayes, Graham Catherall, Gwen Catherall,
Gary Roberts, Sue Roberts

ASBAH ADVISORY SERVICE – full time

North Wales Area Adviser: Bryn Roberts ☎ 01248 724 944 ✉ brynr@asbah.org

NWASBAH Administrator: part time: Elin Ifan, 3 Trem y Castell, Garth, Bangor,
Gwynedd LL57 2TB

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