

## Spring 2012



elcome to the last edition of Link-up, the local magazine produced by North Wales ASBAH to inform members of its activities/ of local events, past and present,

### THE CHAIRMAN'S LAST GASP!

Dear Friends

In January I called into the well attended and supported SHINE Fun and Play Day arranged by our Volunteer Project Officer, Sally King – Sheard. Families gathered together, entering into the spirit of the occasion and joining in with a range of activities, whilst taking the opportunity to catch up with old friends and meet others for the first time. I know from the people that I chatted with, that people drew great benefit from drawing on the knowledge that people have obtained in particular circumstances, whilst others were so eager to share their experience.

This reminded me so much of how North Wales Association for Spina Bifida and Hydrocephalus had come into being in the late 1960s where parents gathered together to provide mutual support and encouragement to those facing similar issues.

The point was not lost on me that the need that the Association has addressed over the years continues, in terms of the provision of practical, emotional and, when necessary, financial support.

That is why I am so pleased that the North Wales Friends of SHINE Cymru (as a group of SHINE volunteers) from 1<sup>st</sup> April will continue the work of supporting the activities of SHINE staff through fundraising, social activity and raising our profile wherever possible.

I will be the point of contact with those currently involved as volunteers and I want to encourage your involvement in any way you feel you can take part or help. Do feel free to contact me on 01745 825738 or email me on [mason.m10@tiscali.co.uk](mailto:mason.m10@tiscali.co.uk)

As you know Link Up in its present format will be replaced by space within a new all-Wales SHINE Cymru Newsletter that will be produced in the next few months, so I look forward to writing to you again soon

With best wishes, **Michael Mason, Chair**





Boxing Day Sea Dip – yet again Val Conway (heavily disguised as Minnie Mouse) and friends braved the cold sea on Boxing Day in Llandudno to raise funds for North Wales ASBAH – thank you to all, especially Val, for raising thousands of pounds over many years in memory of her daughter Susie. Val will continue to raise money for SHINE Cymru – look out for an even more exciting Susie Sunshine Walk in June.

### *North Wales Social Group - The more the merrier!*

Come and join Shine Cymru staff and Shine Cymru members for a get together over **lunch**.

**When:** Thursday 29 March 2012

**Where:** Premier Inn Restaurant, Glan Conwy, Llandudno Junction, North Wales, LL28 5LB

**Time:** 12.30pm

**Cost:** Bar snacks and meals available from £5 a head.

**Contact** Bryn Roberts on [bryn.roberts@shinecharity.org.uk](mailto:bryn.roberts@shinecharity.org.uk) or 01248 724944 for further information. Otherwise, we'll see you on 29th March.

Interested in Volunteering? Shine Cymru is looking for volunteers to help with fundraising and/or running events in North Wales. Please contact Sally King-Sheard, Volunteer Development Officer, for further information on [sally.king-sheard@shinecharity.org.uk](mailto:sally.king-sheard@shinecharity.org.uk) or telephone 01745 889457



**Letter from Kate Thomas, Director SHINE Cymru**  
**Thank you, NWASBAH!**

31 March 2012 marks the end of an important and influential era in supporting people with spina bifida and hydrocephalus in North Wales. For many years, the North Wales ASBAH committee and volunteers have worked tirelessly to make a difference to people's lives.

They've raised thousands of pounds along the way to support members, but it hasn't been only about fundraising ;it has also been about making sure that others, such as those working in health and social care, education, the town and county councils and the general public know about spina bifida and hydrocephalus, and understand what life is like for us and for our families.

NWASBAH has seen many babies born, watched them grow into young children and teenagers, and has seen them flourish as they develop into adults - and it has offered information and guidance to them and their families to ensure that they move towards their goals. I know that there have been sad times but also many happy times, and NWASBAH has been there through the thick and the thin, lending support whenever it could.

I am delighted to have had the opportunity to have worked so closely with such a fantastic, dedicated group of people and can only but say a BIG thank you to everyone for the difference they have made to others.

Members may like to know that the dissolution of NWASBAH doesn't mean the end of services in North Wales: Bryn Roberts will continue in his role as Support and Development Worker, and the current NWASBAH volunteers have signed up to become North Wales Friends of Shine Cymru. They will work with us to continue to fundraise and help us organise events and information days for members across North Wales. How fantastic is that?

Thank you, NWASBAH

Best wishes, Kate Thomas, Director, Shine Cymru

**Big Lottery Wales supports Shine Cymru to develop its services and expertise in benefits advice and social activities**

In 2011, The Big Lottery in Wales granted funding for a 2-year project to support the development of information, advice and services to address the variety of member queries and questions surrounding benefits and changes to the welfare systems. Eri Mountbatten, Shine Cymru's Welfare Rights Adviser, says ' Shine has always supported members with anything to do with benefits and finances. Thanks to the Big Lottery in Wales, this project is allowing us more time to get to grips with the issues, particularly the Welfare Benefits reform so we can develop resources and make links to other services to ensure all our members have access to the information they need to secure the benefits they are entitled to'.

The project has also provided some funding for fun days and activities across Wales, encouraging members to come along, meet others, share experiences and have fun!

For further information, contact our 'First point of contact' on 01733 555988 or email [info@shinecharity.org.uk](mailto:info@shinecharity.org.uk)

**We will be joining the congregation of St. John's Church, Llandudno (next to Marks and Spencers) at 11.00 a.m on Sunday 29<sup>th</sup> of April to celebrate the work of North Wales ASBAH. We hope that many of you will be able to attend. There will be time afterwards to meet friends, old and new. Refreshments will be available.**

### **100 Club Results:**

We thank all who have donated £4.00 pounds per month to the 100 Club in the past and encourage all to join the new All Wales SHINE 100 Club – see enclosed leaflet.

Here are the winning numbers since 2011 October 2011 to March 2012

October 2011: 1<sup>st</sup> –23, 2<sup>nd</sup>–47, 3<sup>rd</sup> –40. November 2011: 1<sup>st</sup> –11, 2<sup>nd</sup> –2, 3<sup>rd</sup> –45.

December 2011: 1<sup>st</sup>– 47, 2<sup>nd</sup>–11 , 3<sup>rd</sup>–34. January 2012 1<sup>st</sup>–40, 2<sup>nd</sup>–10, 3<sup>rd</sup>– 2

February 1<sup>st</sup> 25 , 2<sup>nd</sup>5 ,3<sup>rd</sup> 23. March 2011 1<sup>st</sup> 14, 2<sup>nd</sup> – 46,, 3<sup>rd</sup> - 9

### **Contact Details:**

**Director Shine Cymru: Kate Thomas**

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