

**‘Please!
Help ASBAH
to give me a
sporting
chance’**



6 We were all born with spina bifida or hydrocephalus. Or both. 9

Spina bifida is a congenital abnormality, as a result of which the bones of our spines do not knit properly. The spinal cord is exposed and liable to damage and infection.

Today surgery over the lesion lessens the risk of infection but inevitably some degree of disability results. Some of us are paralysed from the waist down and confined to wheelchairs. Other are less severely

affected and can get about with the help of crutches or calipers.

Although hydrocephalus occurs independently of spina bifida about 80% of those of us with spina bifida also suffer from hydrocephalus. Hydrocephalus literally means 'water on the brain'. Excess fluid accumulates and if untreated can cause brain damage. Since the early 60s it has been possible to insert a valve to drain away the excess fluid and this brings some relief.

6 Today, about 12,000 of us in England and Wales have to cope with the problems of spina bifida and hydrocephalus. And every day new babies are born with one or both of these disabilities. 9

Up to 20 years ago the majority of babies born with spina bifida died in the first few weeks of their lives because of infections, meningitis or hydrocephalus. The shunt system to control hydrocephalus was introduced in 1958 and developments in antibiotics, increasingly sophisticated surgical techniques to close the spinal lesions and to deal with orthopaedic and other problems, have enabled many of us born since the 1960s to survive. Some of us are now school leavers or have started careers.

But we will always need some help to live our lives as fully as we can, according to our particular circumstances and the degree of our disability.



And that's where ASBAH comes in.

ASBAH is the Association for Spina Bifida and Hydrocephalus. It works and cares for those born with these two disabling conditions, encouraging and supporting their families to maintain them in their own homes, attending local schools wherever possible, growing up in the community and training them for rewarding employment or occupation. And, of course, as the children move into adult life ASBAH goes on helping as required.

The ASBAH welfare programme.

Residential Care

When mother is ill, or some other domestic crisis arises the Five Oaks Residential Care Home offers a most welcome breathing space. For children it is a holiday home where they are really wanted and cared for, where they can feel secure and gain the sense of 'belonging' that every child needs. There are also a few children who are long term residents at Five Oaks.

Specialist Field Workers

Inevitably the family as a whole is enormously affected by one member's handicap. ASBAH's specially trained field workers ease the strains and stresses and provide expert help and advice.

Welfare Fund

This fund provides grants for travelling costs to help parents to visit children in hospital; the replacement of clothing and footwear which wears out quickly because of friction from calipers and crutches; special appliances not available from statutory sources; recreational facilities; the cost of family holidays, often much needed when under stress, or independent holidays for young people suffering from spina bifida/hydrocephalus, when they can gain new experiences, ideally with able-bodied contemporaries.

Training and Employment

We are doing all we can to give our school leavers and young adults the means to enable them to look forward to an independent and rewarding life. A full-time Education and Training Officer travels throughout the country to give them every assistance. Independence Training Weeks help young people to look after themselves and manage their appliances. They are then well on the way to relating to other people, making their own decisions, helping those worse off than themselves, and knowing the joys of achieving something positive.



The ASBAH research programme.

In terms of human happiness the cost of spina bifida and hydrocephalus can be extreme. The causes are unknown and although research has done a great deal to improve the quality of life for those who suffer one or both disabilities there is at present no cure for either. We support projects for both prevention and treatment, and also research designed to improve apparatus and appliances.

ASBAH depends on you.

We can only help if you will help us. ASBAH is a registered charity and 97% of its work is financed by voluntary contributions.

How ASBAH spends its money.

Eighty one per cent of ASBAH'S income is devoted to field and welfare work, advice and training, research and the support of its residential home, Five Oaks. Only 5 per cent is used for administration and 14 per cent for fund-raising and appeals, despite the ever increasing costs of such activities.

The ASBAH shopping list.

Here are just a few indications of how we can use your gifts to help those stricken with spina bifida and hydrocephalus. But please remember that any contribution however small will be used to alleviate suffering.

£1,000 will sponsor a research project for six weeks.

£ 500 will adapt a motor car.

£ 100 will sponsor a child to attend an Independence Training Week.

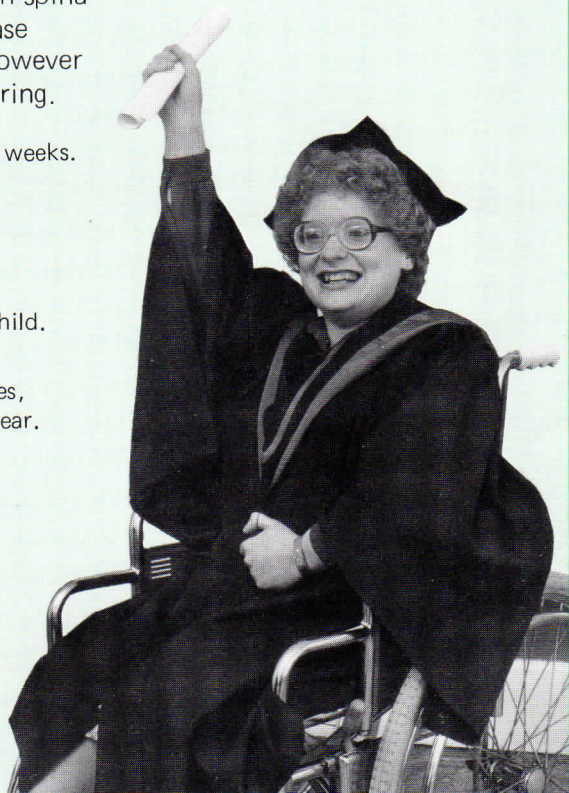
£ 75 will give a child a holiday.

£ 50 will buy a mobility trolley for a small child.

£ 25 will help with hospital visiting.

£ 10 will help towards that extra pair of shoes, needed because of abnormal wear and tear.

**You have been kind
enough to read about us —
NOW PLEASE BE AS
GENEROUS AS YOU
POSSIBLY CAN —
TODAY. Every penny
helps — even shoes need
shoelaces!**



**To: Association for Spina Bifida and Hydrocephalus
Tavistock House North
Tavistock Square
London WC1H 9HJ**

Please tick as appropriate

- I enclose _____ as my donation to the work of ASBAH.
- I should like to give _____ as my donation to the work of ASBAH. Please debit my Access/Barclay Card, Number _____ with this amount.
- I enclose a Banker's Order in favour of ASBAH (Banker's Order on the back of this leaflet.)
- I enclose a covenant in favour of ASBAH. (Form of Covenant on the back of this leaflet.)
- I should like details of the Deposited Covenant Scheme.*
- I should like to remember ASBAH in my will. Please send me an approved form of wording.
- I should like to organise a local fund-raising event for ASBAH. Please send me suggestions and support material.
- Tick this box if a receipt is not required.

*The donation of a lump sum on which we can recover the tax.

Signed _____

Name _____

Address _____



**FORM OF COVENANT
ASSOCIATION FOR SPINA BIFIDA & HYDROCEPHALUS
(LIMITED BY GUARANTEE)**

I, _____
(Block letters, and full names please)

of _____
(Home Address)

HEREBY COVENANT with the Honorary Treasurer of the Association for Spina Bifida and Hydrocephalus, Tavistock House North, Tavistock Square, London WC1H 9HJ, that for a period of four years from this date (A)

_____ or during my lifetime, whichever period shall be shorter, I will pay annually to the said ASSOCIATION such a sum as will, after deduction of tax at the Basic Rate for the time being in force, leave in the hands of the ASSOCIATION

the net sum of £ _____
(Amount in words)

such sum to be paid from my General Fund of Taxed Income, so that I shall receive no personal benefit in either of the said periods from the above-mentioned sum, or any part thereof.

IN WITNESS whereof I hereunto set my hand and seal this

(B) _____ day of _____ 19

Please note that the date at (A) should be later than the date at (B)

SIGNED, SEALED AND DELIVERED

by the said _____
(Signature of Subscriber)

in the presence of

Signature _____

Address _____

Witness to the Signature of Subscriber _____

Occupation _____

BANKER'S ORDER

To the Manager _____ Bank

_____ Branch

Please pay National Westminster Bank Limited, Tavistock Square, London WC1, Code No.

60-80-07, for the credit of ASBAH, A/C No. 36254444 on the _____

day of _____ the sum of £ _____ (in words)

_____ charging such payment to my account with you, and continue to pay this amount annually on the same day until this Order is cancelled by me in writing.

Name _____ Signed _____

Address _____ Date _____

When completed, this Order should be sent to:
ASBAH, Tavistock House North, Tavistock Square, London WC1H 9HJ.
Please do not send it direct to your Bank

