

# The running of Five Oaks

The running of the house is the responsibility of the Manager and her staff. **ASBAH** also has a Disabled Living Advisor who is based at **Five Oaks**, and who is responsible for Independence Training.

The activity courses are organised by the Development Officer.

**Five Oaks** stands in its own beautiful grounds and enjoys widespread views across Wharfedale, and yet it is not isolated. There are good shopping and recreational facilities in Ilkley, Leeds and Bradford and full advantage is taken of these.

## How to get there

**Five Oaks** is easily reached by British Rail (via Leeds). An hourly train service runs from Leeds to Ben Rhydding station (about 30 mins distance) which is about 1/2 mile from **Five Oaks**. Transport can be arranged from Ben Rhydding station or Ilkley which is easier for wheelchairs.

By road: **Five Oaks** is situated in Ben Rhydding Drive, a residential road in Ilkley.

## Fees

The cost of courses and care has been kept as low as possible whilst at the same time maintaining high standards and good facilities. Group bookings are accepted and rates are negotiable.

If you would like more details on training, holidays, fees or about ways in which you can help and support **Five Oaks**, please get in touch with:

The Manager	or Association for Spina Bifida &
Five Oaks	Hydrocephalus
Ben Rhydding Drive	22 Upper Woburn Place
Ilkley	London
West Yorkshire	WC1H 0EP
LS29 8BD	Tel: 01-388 1382
Tel: Ilkley (0943) 603013/	Regd. Charity No. 249338
609468 / 602743	

## Raising the Funds

Donations are always appreciated towards this very worthwhile centre which offers young people with spina bifida and/or hydrocephalus a chance to experience different ways of living 'more' independent lifestyles, or achieving their full potential on activity holiday.

We require funds

- To help with the daily maintenance and replacement of furniture.
- To buy equipment for Independence Training and Activity Courses.
- To help to assist with subsidising of courses.
- To help set up a fund to assist with individual payments for courses, holidays etc.

**Association for Spina Bifida and  
Hydrocephalus**  
22 Upper Woburn Place  
London WC1H 0EP

**Tel: 01-388 1382.**

**Regd. Charity No. 249338**

**ASBAH**  
**The Association for Spina Bifida and Hydrocephalus**

# Five Oaks

## Training, activity and holiday centre

Ilkley, West Yorkshire





# Five Oaks

was opened in 1976 by the Association for Spina Bifida and Hydrocephalus. Set in four acres of land on the edge of Ilkley, **Five Oaks** enjoys tremendous views across Wharfedale. It is situated below the famous Cow and Calf. The **Five Oaks** buildings are designed for access by disabled people.

**Five Oaks** has a friendly environment where groups of disabled young people can discover abilities which have been lying dormant, learn more about themselves, learn how to be more independent, or a place where they can simply unwind and have a break away from stresses. **Five Oaks** provides new challenges and a break from routine. Young people leave after a stay at **Five Oaks** feeling refreshed, stimulated and ready to face the future with renewed enthusiasm and confidence.

**Five Oaks** is owned and managed by **ASBAH**, the Association for Spina Bifida and Hydrocephalus – a National Voluntary Organisation – supporting and encouraging people who have spina bifida and/or hydrocephalus, their families and those professionals who try to help them.



FIVE good reasons  
for coming to

## Five Oaks

1. Independence Courses
2. Individual Training
3. Driving Courses
4. Activity Courses
5. Care

### 1. INDEPENDENCE COURSES

These are six day courses which help children and young people under the age of 16 become more independent. Particular regard is paid to personal care such as bathing and dealing with incontinence. There are talks on spina bifida and hydrocephalus and opportunities to try out basic daily living skills. Time is also given to more relaxing and social activities.

The courses are helpful and constructive and the mere fact of getting away from home can help children and young people make a new start and develop a more positive attitude to life.

Courses can be arranged for school or college groups to come as a residential experience with their own staff who can call upon the expertise of **Five Oaks** staff to help plan the course; to observe and offer advice and help each individual with their personal care programme.

### 2. INDIVIDUAL TRAINING

**Five Oaks** is able to offer 'tailor-made' independence training to meet individual needs and circumstances. It could be for a young person wishing to be more independent before moving to his/her own flat, or a physically handicapped young mother needing practical guidance on how to cope with her new baby.

### 3. DRIVING AND DRIVING ASSESSMENT COURSES

**ASBAH** organises one day Driving Assessments held at **Five Oaks**. These, plus week long Driving Courses are designed for young people with congenital neurological damage, such as hydrocephalus, who are not sure whether they will be able to drive.

The course gives them a concentrated introduction to driving, including fitness assessment, driving lessons, car maintenance and finance. At the end participants will know whether they wish to carry on learning to drive and how long it is likely to take, they will of course have had a boost to their training for driving.

### 4. ACTIVITY COURSES

The wide range of activities on offer cater for all abilities. The weeks are "holidays" rather than endurance tests. The emphasis is on 'trying out' with a view to possibly taking the activity up when the participant/s return home.

The activities available at **Five Oaks** include rock climbing, abseiling, potholing, canoeing, sailing, orienteering, raft building, swimming and a treasure hunt. All of these are included in the Outdoor Pursuits Courses. Wildlife watching can be included as part of these holidays, if prior notice is given.

**Five Oaks** also offers week long Wildlife Courses for groups, these include water fowl observation, moorland and lowland studies, pond and river dipping, a Land Rover cross country course, bird spotting and deer spotting (when it can be arranged).

Other courses on offer during the year include Fashion Courses, D.J. Courses, a Day Tripper Week and a Drama Week. Applications are accepted from groups or individuals.

### 5. CARE

The friendly atmosphere, experienced staff and beautiful surroundings make **Five Oaks** ideal as somewhere for a young person to live in times of stress or crisis at home, or to give parents a break, safe in the knowledge that their child or young person will be well cared for.