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LINK

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Spring 1971 5p

The Journal of **The Association for Spina Bifida and Hydrocephalus (A.S.B.A.H.)**

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LINK

SPRING Vol. 1 No. 18

The Journal of **The Association for Spina Bifida and Hydrocephalus (A.S.B.A.H.)**

Chairman: Mr. R. B. ZACHARY, F.R.C.S.,
West Lawn, 54 Clarendon Road, Sheffield, S10.
Honorary Treasurer: Mr. E. S. GOWER.
General Secretary: Miss M. E. OUGHTRED.
Appeal Secretary: Mr. B. W. RELF.
Editor: Mr. M. N. COUTTS.

All correspondence to
ASBAH
112 City Road, London EC1V 2ND
Tel. 01-253 2735

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Our Cover

Ian Thomas of Cilfynydd, Nr. Pontypridd with his pony.

EDITORIAL:

The long crusade

FIVE YEARS ago, in the spring of 1966, *Link* was launched. In the editions that followed, its pages reflected the hope, the courage and the thirst for knowledge of the family who had suffered spina bifida.

Most of all it linked those families together so that a strong united front was set up to fight the condition in every way.

Today *Link* stands at the crossroads of time. It has successfully played its role to date, and now as we head towards the 1980's, it must reflect and adapt to the changing pattern of progress.

To do this we must never lose sight of the facts—the reality that spina bifida takes its place in the National Health Service queue of priorities. It's a long queue, and if a child's happiness is at stake, no one wants to be at the end.

That is why, to a great degree, we must help ourselves. And use every means possible—with sustained effort—to help every single member.

THIS IS WHERE *LINK* MUST INCREASE ITS VITAL ROLE.

It must become more than an information sheet, more than a link between the groups. It must become a driving force in itself, a means to get through to everyone, government, individual M.P's., local government, hospital boards and general public alike, to do everything possible to fight spina bifida and, equally important, to do everything for the people who suffer from it today.

With this in mind—*Link* takes a new and brighter look. Changes have been made and will continue to be made, so that ultimately the magazine will play an even more important part in the service ASBAH gives its members.

One day it may be possible to produce *Link* on a more frequent basis and also increase its content. Much, of course, depends on costs and remember *Link* has been 1s. (5p) since it began—yet everything connected with its publication has increased.

But in making these changes, it is necessary to get your views, your suggestions, your contributions and your increased support because you, the readers, are the people for whom *Link* is published.

Mr. R. B. ZACHARY SENDS A MESSAGE FOR 1971

IN THIS first issue of *Link* for 1971 I would like first of all to send a message to all those with spina bifida and hydrocephalus and to their families. My hope for 1971 is that it will bring to you all the help you need, medical, welfare, educational and social, to develop to the maximum your abilities. Secondly I want to send a message of thanks and encouragement to all those many other readers of *Link*, who by their interest and hard work are doing so much to help our spina bifida members to achieve this purpose.

Let me give a specially warm greeting to those hundreds of officers and members of local committees as well as the stalwarts of the headquarters staff; through you all, our Association has grown and established itself, and is now all set for its advance in the seventies.

Direct participation

It is the intention that 1971 shall see the more frequent and more direct participation of all affiliated associations in matters of policy at special general meetings, with ample time for the representatives to put their views and give their experience for the benefit of all.

The start of the new year also witnesses the presentation to the public of our Association as THE organisation which accepts the responsibility to that group of the country's citizens who are disabled by spina bifida.

In this development we are delighted that Dr. Horace King, who has just retired as Speaker of the House of Commons, has agreed to become our first President. Dr. King has supported our cause both at local and national level since its beginning and was patron of our Association in its early public appeal.

New vice-presidents

We are also pleased to report that the Duchess of Norfolk and Baroness Masham are to be vice-presidents of the Association. We feel that with this distinguished support we have the opportunity and the challenge to make known to a wide group of those who *CAN* help, the precise fields in which that help is so urgently needed.

1971 will be a year of consolidation, but it will be more especially a year of progress and development, if everyone who reads this message puts his maximum effort into his work for spina bifida with courage, with forebearance and with stamina.

R. B. Zachary,
Chairman.

HUDDERSFIELD SCHOOL BUS A GREAT SUCCESS

THIS bus specially converted to take spina bifida children to school in Huddersfield has been such a success that the local corporation are now converting another one. The escort lady is Mrs. Bessie Bowyer, whose son Peter attends Rawthorpe Junior School for children from seven to 11 years.

Meeting People

MRS. OLWEN NETTLES

Born in Birmingham of English-Welsh parentage, Mrs. Nettles spent most of her early life in Wales. She returned to Birmingham to train in orthopaedic nursing and physiotherapy at the Royal Orthopaedic Hospital. Here she first met children suffering from spina bifida and hydrocephalus before the days of early operative treatment. She is married and has two daughters.

For many years Mrs. Nettles has worked in Sussex in the school health service, dealing largely with disabled children in the area, at pre-school clinics and in special schools. She is keenly interested in making the children behave as normally as their disability will allow.

She is author of "The Spina Bifida Baby."

THE CASE FOR COMBINED CLINICS —

The establishment of combined clinics where specialists can meet and discuss individual cases is vital in the provision of total care for spina bifida children . . .

AS our Association achieves a more truly national character with affiliated associations throughout the country, there is the opportunity at regional conferences and at national meetings for parents to meet others whose children are being treated at centres in various parts of the country.

There will always be differences in the quality of medical treatment from place to place. Most parents accept these differences between doctors, and their criticism is directed not so much to the specific medical treatment as to the apparently haphazard organisation of the treatment of the whole child.

They are concerned that their child may have to attend different hospitals on different days where, it seems to them, one specialist does not seem to know the plans of another, and some aspects of treatment seem to be overlooked altogether.

The treatment of spina bifida at first developed in a very few centres, where the idea of the treatment of the whole child was accepted. As various specialists became aware of the advances in treatment they did what they could to provide treatment in their own speciality for patients in the locality.

Already committed

It was often impossible to arrange for their specialist colleagues to see the child in the same place on the same day because they were already committed to operating sessions, ward rounds or out-patient clinics.

It has now become very difficult for these original centres to cope with increasing numbers. The authorities are aware of the need to establish more centres where treatment can be undertaken and to make provision for the child to be cared for by specialists in various fields.

Now is the time therefore to bring into the open any ideas which might contribute to better care of the whole child.

Ideally all treatment should be done in the same hospital where the out-patient clinic is held. This may not always be possible but we should at any rate plan for all those concerned in the management of the child to be present in the same clinic at the same time on the same day. This at least the hospital authorities owe to hard pressed parents.

Private fund raising

It may be said that there is no room available in the out-patients department, and if that is so more space must be provided. It is such an important matter to be able to hold a combined clinic of various specialists and auxiliary staff, that if it is going to be quite impossible for the funds to come from public sources, I would without hesitation support the raising of private funds for this purpose.

A more difficult problem is for the specialists to alter their time-tables to hold such a combined clinic: but if some effort is made to provide the suitable accommodation, it will certainly be an incentive to do so.

Moreover, when new appointments are made to hospital staff, the existence of a combined spina bifida clinic will make clear the need to allocate sessions to it.

Quite apart from the advantages of easy consultation between specialists at the combined clinic in the total care of the child, there is another aspect which makes such a clinic worthwhile.

It is difficult enough for the doctors to understand and to weigh-up the different aspects of the disease.

How much more difficult for the parent to grasp the significance of what one specialist has said, and many parents are reluctant to "waste the doctor's time" by asking him to explain more fully.

This may cause the parents to be unnecessarily anxious. They may also misunderstand so completely that when seeing a different specialist a couple of days later in another hospital he may be misled by what they tell him.

SO IMPORTANT IN SPINA BIFIDA CARE

In the combined clinic these difficulties are less likely. Moreover, the medico-social worker is an essential member of such a combined clinic and any difficulties which have come to her attention can be taken up and settled with the specialist at once.

Three ways

There are three ways of running a combined clinic:

One is for all the specialists and their colleagues, in the medico-social and other departments, to be together in one room and all see the child together. This is very wasteful of consultant's time and can only be done if the total numbers are few, or if only a few of them attending are selected for joint discussion.

The **second** method is for the children to be in various cubicles which open off a general clinic office, and for the various specialists to go into the cubicle one after another to examine the child and to make notes on treatment.

The **third** type of combined clinic is where the consultants are in adjacent rooms with examination couches or cubicles in each, and the child goes from one consultant to another.

In any of these three methods the specialists are in frequent and close contact with each other and can easily re-examine some aspect which needs further clarification.

The establishment of a combined clinic is an important stage in the provision of total care of the spina bifida child, but please don't blame the consultant in your area for its absence.

Almost certainly he would be delighted if someone would provide the facilities—space and staff—to be able to co-ordinate his work more closely with that of his colleagues for the benefit of the child.

by R. B. ZACHARY

We should like to acknowledge the help of Tatchbury Mount Hospital, and voluntary work of the members of Southampton and District Spina Bifida and Hydrocephalus Association to make this Trolley.

All enquiries to:—Mrs. K. Charrett, 2 Marchwood Road,
SOUTHAMPTON. Telephone enquiries TOTTON 3365
(Mr. Mortimer)

THE SHASBAH TROLLEY FOR HANDICAPPED CHILDREN

PATENT APPLIED FOR IN
U.K., Commonwealth Countries, U.S.A., Canada.

This Trolley was designed by Mr. Ken Charrett of Southampton for his daughter who was born with Spina Bifida. It was soon found that here was a chair that would enable a child paralysed from the waist down, to become mobile.

The Trolley weighing only 14lb. is strongly constructed completely manoeuvreable and easily propelled by the child. Due to the low centre of gravity and rear castor action it is virtually impossible to be overturned.

The Trolley is finished with foam upholstered durable vinyl and comes in a wide range of attractive colours, this is to give the child the impression it has a toy. The child soon learns to use the Trolley, and adds much happiness to the child's life.

Standard Model for children one to five years old cost £7.50p plus postage 55p approx. **Large Model** for children five to ten years old cost £9.50p carriage 75p approx. in United Kingdom. Overseas prices on application.

Produced by the
Southampton and District Spina Bifida and Hydrocephalus Association

NEWS FROM THE GROUPS

IN a special article written for *Link* by secretary and publicity officer Mrs. Jean Black, of the Stretford Urmston and District Association, we take a look at the changing face of the association and a rather novel way they have of raising funds . . .

The group recently changed its name from the Flixton Group of the Manchester and District Association to the title above. This does not mean we have severed relations with the Manchester Association in any way—only that we have affiliated to the National body separately to help our members more fully. In fact two of our committee members attend the Manchester committee meetings regularly, so that both organisations are aware of the activities of the other.

The group has until now been mainly for publicity and fund-raising, but we are now in the process of forming a welfare committee to work in liaison with the main committee on such subjects as assistance to members with equipment, advice and general information.

Talks have been given to many local organisations and where possible the film "What is Spina Bifida?" has been shown.

Miss Urmston

For the last three years we have participated in an annual United Children's Charities bazaar. This was our idea, and we feel quite proud that over the three years we have helped to raise well over £2,000 to be shared among the participant charities.

We have also sponsored the "Miss Urmston" beauty contest for the last two years—the winner spending her year of office helping to raise funds for our association. Last year, our first Miss Urmston raised about £750 for us and this year's winner has already topped the £100 mark.

Susan Goodwin, aged 19, was an excellent choice to be our first Charity Queen. She attended civic occasions on our behalf and organised coffee evenings, a jumble sale and a sponsored walk which alone raised £390. She helped us with our United Children's Charities bazaar and a charity ball and was invited as Miss Urmston to many other functions. One of her biggest successes was her pub collection and "swear box" campaign which raised nearly £100.

Our search for Miss Urmston 1970 began at Susan's charity ball and the Urmston Show again provided the stage for the Miss Urmston grand final. Susan crowned her successor, 16-year-old Janice Richardson. Janice began her year in office by forming a teenage association.

Janice Richardson with Mrs. Black, secretary of Stretford, Urmston and District ASBAH and members of the teenage committee.

The teenage association has formed its own committee and has already helped in many ways. Miss Urmston has already raised £60 with the aid of her own committee and has had a donation of £50 credited to her from the Flixton carnival in which she and the girls won first prize for the best dressed queen's float.

Janice has attended civic functions, carnivals, coffee evenings and her own "Pop-In".

Bristol

Thanks go out to all who took part in the "Pave the Way to Frenchay" draw which raised just over £475. Mr. Gordon Egan writes: "The dance at the Grand Spa was also successful—over 300 people attended and it was enjoyed by all. We were asked for more and with this sort of support it could become a more regular function."

Bookings for next summer are now being taken for the caravan. But it is pointed out that the group has had notice from the site owners that in future no more than six people (plus one baby under two years) can be permitted in the caravan.

Date to remember: Saturday, March 6—Parents' Social at the Salutation Hotel, Henbury.

NASBAH (Surrey)

Are distributing a new leaflet "What do you know about Spina Bifida?" It is to the point, well presented and will go a long way towards helping the group gain the understanding and support of the general public.

The secretary reports that the Christmas bazaar raised the encouraging figure of £195. However, the show "Make it a Date" was a complete flop. The group has received a gift of five large-size SHASBAH Trollies to add to their stock of loan equipment.

Staffordshire

Newsletter editor Mr. Ken Fletcher reports: "Everyone who came to the meeting on October 18 went away feeling that the National Association is becoming the sort of force we need to represent our interests at national level. They need our help and support and it was refreshing to hear Mr. Relf's positive attitudes to fund-raising and contact with local associations." Two gifts from two Round Tables in Stoke-on-Trent have enabled the association to buy a second holiday chalet at Mablethorpe. This will be ready for use by the Northern section next season.

Devon and Cornwall

Devon and Cornwall Association writes to apologise for having to turn away so many applications for a holiday at Looe last year. The association's new bungalow was soon fully booked. They hope some people will try again and be luckier this year.

Staines and Hounslow

They report that the playgroup sub-committee, set up to find out the needs of pre-school age children, has concluded that the local authority should set up and run playgroups for physically handicapped children. The London borough of Hounslow already has plans for this and it is hoped that a nursery for 20 children and a playgroup for 10 children will be opened at Martindale Road School early this year.

Miss D. C. Paige, of Invalid Children's Aid Association, 1A Church Road, Epsom, Surrey, hopes to begin discussion groups for mothers of handicapped children one afternoon a week in Staines. While the discussion is taking place a playgroup will be run for the children. Any member in the Staines area who would like to take part is asked to contact Miss Paige.

A donation has been made to John Groom's Association for the Disabled to buy and install a hoist. This will be of great value to chairbound young women and will help young people with spina bifida who may go to John Groom's.

Ealing

Bring encouraging news about giving the news. . . . They announce that the committee has made arrangements for the group's newsletter to be published quarterly. From the look of its first issue the group has been extremely busy over the past few months.

A new committee chairman, Mr. J. Barefoot, has replaced Mr. Mike Woodward who resigned because of pressure of personal commitments.

During the latter part of 1970 the Showbiz XI and Hayes F.C. played a very entertaining match at the Hayes Stadium. It is estimated that the total amount raised will be in the region of £150. Northolt Evening Women's Institute raised £35 for the branch at a recent bazaar.

The group is launching a stamp appeal with an initial target of £1,000. The appeal is to assist the group's aim of providing equipment and apparatus for children and others with spina bifida and/or hydrocephalus and generally to provide help to such people. So now many thousands of USED postage stamps are required including Commonwealth and foreign ones.

CASEBOOK: Helaine Marie Woolls Born March 9, 1969

I CANNOT really put into words the emotion my husband and I felt when we were told that Helaine (our first child) was born with something wrong with her back. I feel my husband took the situation into its proper perspective far more quickly than I did, he was marvellous from the first.

Helaine was born in a small nursing home which had no facilities to deal with her condition. It was decided to phone the hospitals. She was admitted to Great Ormond Street Hospital for Sick Children.

Michael went with her. At twelve hours our baby was being operated on to close up the hole in her back. My husband was told only less than a fifty-fifty chance could be given, even then it would not be possible to tell what sort of brain damage she may have. Also she was paralysed from the waist down at birth and of course there was no telling if this would be permanent.

Second operation

Like all mothers I found it hard to accept the situation. I waited eagerly every day for the hospital to 'phone me with its report even if it was only to say baby was feeding well. Somehow I knew she would pull through. Every day she grew stronger. Everyone told me not to have high hopes and that it was useless to visit the baby as often as I did.

At three weeks Helaine had her second operation, this time for the valve. This frightened me but for our baby it was the turning point. I continued to go to the hospital and give her her feeds and at six weeks exactly to the day, thanks to the wonderful staff at the hospital, Helaine came home.

We soon realised that she was very advanced in everything she did. At six months she refused a bottle and hasn't had one since. By this time she already had quite a few teeth and could sit unaided. After this she concentrated on perfecting her crawling, backwards first and then forwards. We found the baby walker a great help but Helaine wasn't too keen on it; she was happy to push the thing around instead of sitting in it.

We were all thrilled when Helaine blew out the candle on her first birthday cake, and now at 20 months she can say most of the children's rhymes, count numbers and sing snatches of pop songs.

What pleased us more than anything else was to see this little girl climbing up and down the stairs on her own with the speed of lightning. We have great hopes of her walking when she gets her calipers.

Feel very proud

Helaine is so full of determination and wonder at her own achievements that we can't help being amazed at her ourselves. I feel that a lot of her success is due to the fact that she plays with another little girl her age every afternoon.

Watching her tiny friend walking gives Helaine a great deal of incentive. I work in the afternoons and find this break from each other is very good for us both. Helaine loves to show me the new things she has learned during the afternoon.

My husband and I feel very proud to have Helaine as our daughter and realise that something we both thought could never happen to us has really taught us a great deal.

Mrs. M. Woolls,
73 Willow Way, Potters Bar,
Hertfordshire.

BOOK REVIEW

Living with Handicap: Published by the National Bureau for Co-operation in Child Care. 50s.

Members of ASBAH will like to know that the association has become a member of the National Bureau.

The book is a collection of the reports of a working party set up by the Bureau, consisting of many professionals who deal with the varying needs of the handicapped. The reports give an indication of the way in which the handicapped are being helped and also recommendations for possible future action.

To readers of *Link* the interest lies especially in the selection of replies from parents of handicapped children in answer to invitations in the national press. Although many parents described help they were receiving the majority of letters indicated that help was still urgently needed.

H.M.C.—Warwickshire Association.

'LINK' JOINS THE SALUTE TO GRAHAM'S COURAGE

by Michael Coutts

Spina bifida sufferer Graham Ayris spends most of his life in a wheel-chair. His legs have been paralysed since childhood.

But Graham at 21 is a man on the move . . . usually 100 m.p.h. of movement to be precise. And, although he is quite modest about it, his courage has gained him the respect of the country's top racing-drivers.

Graham, of Hullbridge, Southend, has driven his Mini Cooper S against top-line competition. At the controls of the car he is the equal of any autocross competitor. Since his enthusiasm for motor racing began Graham, an accountant, has travelled more than 4,000 miles to circuits all over Britain.

He told me from his home in Cedar Drive: "Three years ago I went to watch an autocross meeting. I realised I could compete on even terms with anyone in a car and decided to give it a go."

The brake throttle and clutch are all worked by special controls attached to the steering wheel of his 120 m.p.h. car.

He added: "What I would really like to do is to race on a circuit but because of my disability I cannot get a licence." Graham's success has already attracted the attention of sponsors. Several Essex garages supply him with petrol, tyres and facilities.

INSPIRATION

But he has still spent over £1,500 since taking up the sport. His father, Mr. Albert Ayris, commented: "My son is able to compete on absolutely equal terms with anyone when he gets into his car. Many experienced drivers have been given a real shock and admitted it when they have drawn against him."

Graham's story, I am sure, is an inspiration to everyone and *Link* joins in the salute to his courage.

YOUNG LINK

Plucky Lisa wants a British pen-pal

Dear Boys and Girls,

I have received the following letter from nine-year-old Lisa Coultas, of 8302 Morley, Houston, Texas, 77017, USA, who is keen to find a pen-friend in this country. I do hope that some of you will write to her and tell her about yourselves and your hobbies and perhaps send her some stamps.

LISA WRITES:

I am glad you have started a children's section. I hope you will include me even though I am across the ocean. I am nine years old, in the fourth grade at regular school and was born with spina bifida.

I am very fortunate in that I can do almost everything. Just last week I accomplished one of the greatest feats of my life—riding a two-wheel bicycle! My legs are pretty black and blue from the learning because I don't have the muscles to brake with my feet so when I stop I head the bike in one direction while I jump the other. A few times the bicycle and I landed in one great heap. I'm looking forward to getting a hand-brake.

I am partially paralysed from the waist down. I wear one short leg brace and one long leg brace with a twister. I think you refer to them as calipers. I use crutches because my doctor wants me to, not because I need them, though I admit I can run (in my fashion) better with them. I admit I also stand straighter with the crutches so I bow to my doctor's wishes.

I have fair bladder and bowel control. However, accidents are a daily problem I have to put up with.

I have two brothers and two sisters, all healthy. My daddy works for the space programme which is why we came to live in Houston, Texas. I was born in Los Angeles, California.

I am very enthusiastic about stamp collecting and would love to exchange stamps with anyone interested.

Most of all I like to receive mail and would love to correspond with anyone. My mother is writing this letter for me and she will correspond with the mothers of my pen-pals.

Lisa.

P.S. I will be anxious so write me soon and if you can, use the commemorative stamps, as I don't have any from England. Also, how do I get pen-pals in Scotland as I would like to exchange stamps and letters with them, too.

Stamps, please

Now I would like your help to swell the number of Green Shield stamps we receive. Miss S. Newham of Sheepcombe, Coombe Rise, Worthing, Sussex, collects Green Shield stamps on behalf of ASBAH and if every reader of *Link* sent her at least one book of stamps it would mean that ASBAH would receive over £4,000.

So get cracking and ask mum to let you send a book of stamps, more if possible. But even if you cannot manage a full book, any contributions are always gratefully received by Mrs. Newham who will stick them in a book for you. Other trading stamps—besides Green Shield—are also wanted, so let us see just what you can do!

A Happy New Year to you all,
William.

NEW RAMP IS LAUNCHED: BARONESS MASHAM GIVES DEMONSTRATION AND TALK

Parents and those concerned with welfare will be interested to hear of a new ramp recently introduced by the Disabled Living Foundation and the Bath Institute of Medical Engineering. The ramp is movable—as distinct from portable—which means that, unlike concrete, if a family moves house, the ramp can be re-sited either for them or for someone else requiring one.

Because the angle (of steel) is hinged to the runway section, the ramp is adaptable to any height of step. It has great advantages over timber, the steel mesh being selected for its strength-to-weight ratio, safe traction surface and self-draining properties. Handrails can be supplied to assist either the escort or the disabled member either in a chair or on calipers.

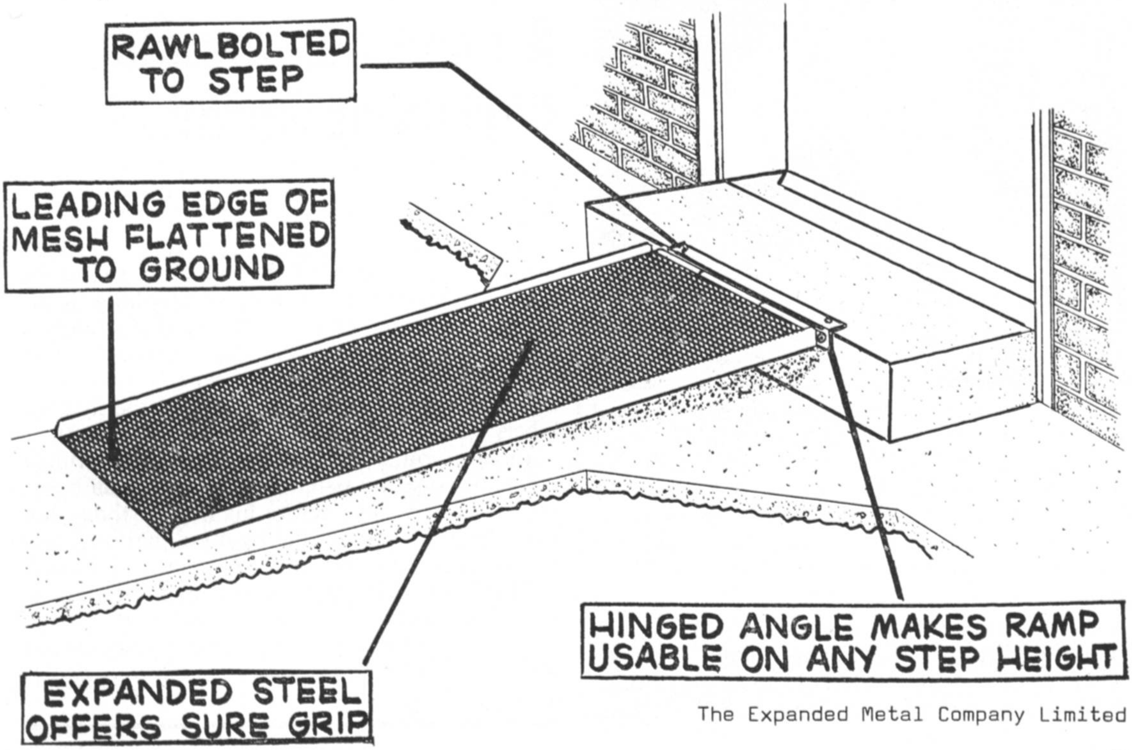
The ramp has been successfully tested in a London borough and is being produced by The Expanded Metal Co. Ltd., of 16 Caxton Street, London, S.W.1. The estimated price is £21 (indoor model) and £25 (outdoor model).

Link was present at the launching ceremony and it was particularly nice that Lady Masham, one of our newly-elected vice-presidents, demonstrated the ramp from her own wheel-chair and spoke briefly on the values of aids.

Further details can be obtained from ASBAH at City Road or direct from the Disabled Living Foundation, 346 Kensington High Street, London, W.14.

● WEST SUSSEX County Council has developed a quick and cheap method of making ramps. These are for sale and there are also working do-it-yourself drawings. Write for further particulars to Mrs. O. R. Nettles, c/o ASBAH.

● AT the Borough Polytechnic in London a design group has been formed under Mr. Bill Bond to design toys for disabled children. Mr. Bond is an engineer and lecturer at the Polytechnic and makes regular visits to Queen Mary's Hospital, Carshalton.



The Expanded Metal Company Limited

ANOTHER USE FOR THE PUSHCHAIR . . .

Mr. and Mrs. Hayes, of Kirby Muxloe in Leicestershire, have sent us a photograph of their son, John, on the push-chair they adapted for him while he was in a "frog" plaster. Mrs. Hayes says she found it a godsend and has a constant demand for it from other parents.

Mrs. Hayes says the push-chair can be used indoors (for pushing a child to meal tables or for playing) or outside. The tray underneath can also be used for shopping or for indoors if the child is incontinent, to hold a pottie and prevent wetting of the plaster. It can be folded for transport in the boot of a car.

● TO those within easy reach of London it might be interesting to note that an exhibition, "Playthings for the Handicapped Child" is to be held at the Gulbenkian Hall of the Royal College of Art, Kensington Gore, London, S.W.7, from March 30-April 8. There will be film material and slides apart from the exhibits and information stands on toy libraries for handicapped children and toys for bed-bound children.

Further details from: Mrs. J. Head, Child Research Unit, University Park, Nottingham NG7 2RD or Mr. J. S. Sandhu, research associate, Royal College of Art, London, S.W.7.

● ALTHOUGH many spina bifida children are incontinent, many are trainable. Mrs. A. Merry, of Putnoe, Bedfordshire, recommends the Beautex Terry Trainer pants. These are available in three sizes, contain two pairs per box and cost 9s. (45p), 10s. (50p) and 11s. (55p) according to size. They are available from Boots. Inquiries to: Mr. Peter Cottingham, Sundries Buying Dept., Boots Pure Drug Co. Ltd., Station Street, Nottingham.

If any reader has any problem he or she may wish to air or suggest any helpful ideas write to me, Olwen Nettles, ASBAH, 112 City Road.

A good use for old Christmas cards

Mrs. Hazel Patterson, of 59 St. Albans Close, Gillingham, Kent, has her own pattern for successful fund-raising.

She writes:

Last year I sent £1 3s. which I raised by making gift labels by cutting with pinking shears around old Christmas cards. Unfortunately I only had a few cards. This year, however, with the help of a local shopkeeper's wife who collected cards for me and also sold the finished labels I have donated the grand total of £10.

In case you wonder why I chose spina bifida it was because my sister had a spina bifida baby. He died a few days before his fifth birthday but I would like to think that by my donation I had helped other children not to suffer as Iain did.

Thank you, Mrs. Patterson, for your donation. I am sure many of our readers will make use of your idea for raising money. It's certainly a good way of putting those old Christmas cards to use—(Editor).

INTER-ASSOCIATION HOLIDAY OPPORTUNITIES

Selsey. Booking accepted from 1st January, 1971, for extremely well-appointed, self-contained 16ft. × 22ft. 6-berth caravan for families with spina bifida members. Sited at Selsey, Sussex. For full details please send s.a.e. to Miss G. M. Clarke, Badgers Copse, Rudgwick, Nr. Horsham, Sussex.

Hornsea. Well-appointed 7-berth caravan sited at Hornsea on the East Yorkshire coast. Further details from Mrs. Thornton, 87 Leeds Road, Liversedge, Yorkshire.

Mablethorpe. Self-contained 6-berth Chalet situated at Golden Sands Estates, Mablethorpe, Lincolnshire. Further details from Mrs. June Davies, 8 Oakhill Avenue, Oakhill, Stoke-on-Trent, Staffordshire, ST4 5JN.

Mablethorpe. 25ft. self-contained 6-berth caravan. Situated at Golden Sands Holiday Estates, Mablethorpe, Lincolnshire. Details from Mr. J. Cannon, 28 Deerpark Crescent, Wingerworth, Chesterfield, Derbyshire. Tel. Chesterfield 78952.

Cleethorpes. Three-bedroom Bungalow to accommodate 6/8 persons situated at Humberston, Fitties, Nr. Cleethorpes, Lincolnshire. Further information from Mr. J. Wright, 17 Pilgrim Avenue, Immingham, Nr. Grimsby, Lincolnshire.

Looe. Bungalow, two bedrooms, spacious accommodation, situated in Millendreath Holiday Village, Nr. Looe, Cornwall. Further information from Mr. J. Carter, 5 Culme Road, Mannamead, Plymouth.

Rhyl. Open Plan 6-berth caravan, partitionable into three, situated at the Robin Hood Holiday Camp, Coast Road, Rhyl, N. Wales. Bookings available 1st May-30th September to Liverpool Association, 46 Manchester Street, Liverpool 1.

PLAY GROUPS

A TV programme worth watching

A few *Link* readers may have watched the series "Improving your Play group" during the autumn, but this was screened at 11.20 p.m.—a bit late for some. I watched it whenever I could and warmly commend it to you—the repeat is to go out on Monday afternoons starting on 15th February (if you are not too busy with your NEW PENCE!) at 4.0 p.m. The book "How to form a play group" is 9s. (45p) from BBC Publications—we have a copy for reference at the office.

The series is about non-handicapped children, but so much is relevant that it is of great interest, especially to those who help with a group or are thinking of starting one.

M. E. Oughtred.

NATIONAL ASSOCIATION, PUBLICATIONS AND PUBLICITY MATERIAL

"Your child with Spina Bifida" by J. Lorber, M.D., F.R.C.P. 2s. 6d. each.*
"Your child with Hydrocephalus" by J. Lorber, M.D., F.R.C.P. 2s. 6d. each.*
"The Spina Bifida Baby" (published by the Scottish Association) by Olwen Nettles, M.C.S.P., O.N.C. 2s. each.*
"The Spina Bifida Child in School" by D. H. Lee. 2s. each.*
"Animals in School and Home" by Tom Ravensdale. 8s. 6d. each.*
"All about Buckingham Palace". 10s. 6d. each.*
* *Special rates available to members.*
General Information Leaflets: £1 per 100.
Future Bright posters with blank space for local use, 3s. 6d. per doz.
Future Bright posters, 3s. 6d. per doz.
"Wendy Craig" posters, double crown: 2s. 6d. each.
"Caliper" posters, double crown: 2s. 6d. each.
"Wendy Craig" hand-bills: 6d. per doz.
Flag Day emblems: 10s. per 1,000.
Illustrated descriptive leaflet: 10 for 2s.

LOCAL ASSOCIATIONS OFFER:—

SB Badges.—Silver and green enamel with pin fastening. Replica of the Spina Bifida emblem, 3s. 6d. each plus postage. (Single badges, please enclose s.a.e.). Enquiries from groups welcomed for quantities.

Apply: Mr. K. McKenzie, Badges Secretary, Salisbury and District A.S.B.A.H., Ballard Down, Gomeldon Road, East Gomeldon, Nr. Salisbury, Wiltshire.

Badges for Children.—Good quality, 1¼in. diameter, incorporating the SB symbol and the words Spina Bifida Children in black on green background. Available as under in the following quantities only: 25 badges—13s.; 50 badges—£1 5s. 6d.; 100 badges—£2 5s. Price includes p. and p. Cheques or Postal Orders should be crossed and made payable to "SASBAH", and sent with the order to Mrs. I. Olditch, 3 Stone Cross Road, Wadhurst Sussex.

Car Stickers.—"Support the Spina Bifida Campaign". Transparent stickers 1s. each plus postage from Staines, Hounslow and Districts Association, c/o Mr. E. G. West, 13 Princes Road, Ashford, Middlesex. (Minimum order 50.)

Ties—N. Hampshire, S. Berkshire and W. Surrey Association has ties for sale—the *SB* symbol on dark blue or darkgreen. The ties are washable terylene of a heavy weave and cost £1 each. Cash with order to Mr. Bernard High, 10 Woodruff Avenue, Burpham, Guildford, Surrey. Please state colour required.

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