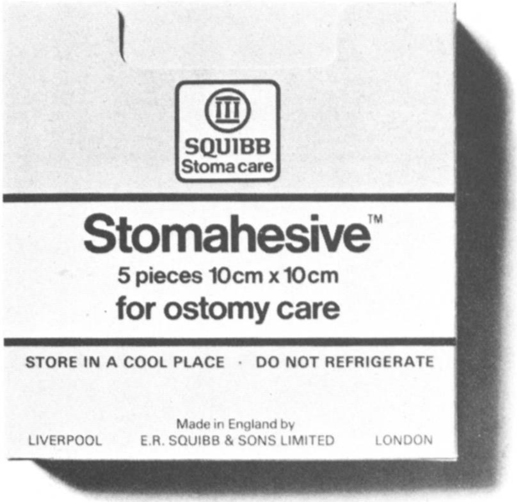
38

Link

May/June 1975 5p

Association for Spina Bifida and Hydrocephalus (ASBAH)


SQUIBB
Stoma care
Stomahesive™
5 pieces 10cm x 10cm
for ostomy care
STORE IN A COOL PLACE · DO NOT REFRIGERATE
Made in England by
LIVERPOOL
E.R. SQUIBB & SONS LIMITED
LONDON

Link No. 38

Association for Spina Bifida & Hydrocephalus (ASBAH)

Patron:
HRH The
Duchess of Gloucester

Chairman:
Mr. R. B. Zachary, FRCS
Hon. Treasurer:
Mr. E. S. Gower, FICS, FHA

Correspondence to ASBAH
at the National Office:

Devonshire Street House,
30 Devonshire Street,
London W1N 2EB
Tel: 01-486 6100 or
01-935 9060

General Secretary:
Miss M. E. Oughtred
Appeals Secretary:
Mrs. Kate White
Liaison Officer:
Mr. H. D. Macfarlane
Appliance Officer:
Miss F. A. Birkett
Link Editor:
Mrs. Susan Gearing

Contents

Editorial

"Medical science has added years to life; it is up to us to add life to those years."

A well-known and telling quotation from a Rehabilitation Centre in the U.S.A. Miss Mary Robinson quoted it for ASBAH's Spring Conference (Report starts on page 11) and perhaps better than anything else it illustrates what ASBAH was trying to achieve with the discussion on Hobbies and Leisure.

As we know, new opportunities are being created—not as many or as quickly as we should like—but we all know of handicapped people who have succeeded in overcoming all sorts of obstacles to do what they want to do. ASBAH's Spring Conference detailed some of the opportunities and those which might be established. To those who were not able to be at Owens Park we hope some of the ideas exchanged will come alive through LINK, and that groups and individuals will be inspired to "have a go" at something new to them.

The extension of the Orange Badge Scheme which is reported on page 5 is welcome news, and it is good to see that the London Borough of Islington is now to join the Scheme, following a reorganisation of its parking arrangements.

What is a great pity is that four other Inner London Boroughs still can't find it possible to join the Scheme. In the heart of crowded, busy London the problems facing the disabled driver and passenger are probably at their most formidable.

There are obvious difficulties facing inner city areas—not the least of which must be maintaining traffic flow. But Islington has given the lead, so let us hope the others will soon extend their parking facilities for the disabled, even if they feel unable to join totally in the Orange Badge Scheme.

FRONT COVER. A young disabled girl spending some of her leisure time in learning to throw the javelin. A scene from 'Not just a Spectator' a new film about sport for the physically handicapped. It is a fitting photograph for the front of this 'leisure' issue of Link which covers the ASBAH Spring Conference—with its theme of Hobbies and Leisure Activities. Delegates had an opportunity of seeing 'Not just a Spectator' on the first evening of the Conference.

This 16 mm colour film (35 mins) can be hired from Town and Country Productions Ltd, 21 Cheyne Row, London SW 3. Fee £3.24, including VAT. Please indicate if you require a speaker.

Local Association News

Professionally speaking . . .

A day conference for those professionally concerned with the care of spina bifida and hydrocephalics was organised by the Association's Greater London Liaison Committee at the Hammersmith Hospital on April 4. 130 attended, including doctors, nurses, teachers, therapists and social workers. Subjects included medical aspects, intellectual and psychological implications, family support, the management of urinary incontinence, and some needs of adolescents. There was a display of equipment organised by Miss Felicity Birkett, ASBAH's Appliance Officer.

Not only the lectures but the question periods, and the opportunity to make contact with fellow-workers made it a memorable and useful day.

This is the fourth Conference organised by the Liaison Committee, and each has been well supported. A similar Conference has been held in Manchester. Other groups of Local Associations may like to combine in planning such conferences.

Holiday hints

Useful hints for seaside holidays from Jersey Association:

Walking on sand with sticks or clumpers is very dodgy, and one of the parents solved the problem by screwing on to the bottom of a spare pair of rubber end stops, a rubber disc of about 4" diameter. A fairly stiff material is best—we used the discs used for drain cleaning! The job should be finished with a thick washer, to provide a "peg" to stick into the sand and stop the disc sliding. This adaptation can be removed when leaving the beach and normal rubber ends replaced.

Sand is highly abrasive, even soft sand can soon remove skin from ankles, feet and knees which are usually covered or protected. We find it best not to let our children crawl on the sand without some protection—boots and calipers are best removed because sand and salt soon damage them. Hockey boots are ideal beach wear—they unlace right down to the toe, and come up well over the ankle, and worn with a pair of long socks, they give good protection. Two pairs are preferable if your child likes the water—leave the boots on in the water, because wet skin scrapes even quicker than dry! Change to the dry pair immediately after your swim.

David's photo tells it all

This photograph (right) of seven-year-old David Wyke of Bournemouth, Christchurch and District Association, was seen by the many visitors to the Mall Galleries London from April 2-5. It was blown up to a much larger size and placed in the foyer of the galleries, because it explained far better than words what the exhibition was all about.

It was a show of over 250 paintings by young physically handicapped artists from the residential schools and homes of the Shaftesbury Society, including some from David, of course.

David who has spina bifida, is a pupil at the Victoria School in Poole and is a member of Bournemouth, Christchurch and District Association. Photo: J. W. Kitchenham.

Local Association News

Wendy wins dance awards

Ballroom dancing has given 9-year-old Wendy Allen a new confidence in life and the will to get up and walk!

Wendy of Kings Lynn, Norfolk is paralysed from the waist down and since she was three has worn a full ridged caliper. She had become bored with calipers, stifled by her lack of mobility and her lack of confidence when the principal of the Majestic Ballroom in the town suggested that Wendy should take dancing lessons.

In February, seven months later, Wendy confidently strode unaided into the ballroom using her sticks to face the examiner for the International Dance Teachers Association when with pride and confidence she danced the waltz, foxtrot and tango partnered by her teacher.

Wendy not only received a certificate and badge for passing the Popular Dance Test, but she was awarded the School's Junior Girl's Cup for effort.

Wendy Allen with her dancing teacher.

Going fishing

Southampton. The Association has been adopted for a year by the Shirley Sea Angling Club. Although they will collect money throughout the year, the major fund-raising event is an angling competition to be held on September 21. All the angling clubs on the South coast participate and ASBAH members will be welcome.

Children help

Hull. A special thanks from this Association to two groups of children who have been busy money-raising. Four Brownie packs raised over £70 in pennies in about a year from a penny-a-job campaign. The second group came from St John's Primary School, Newland. They ran a Lent project and raised over £55.

ORANGE BADGES

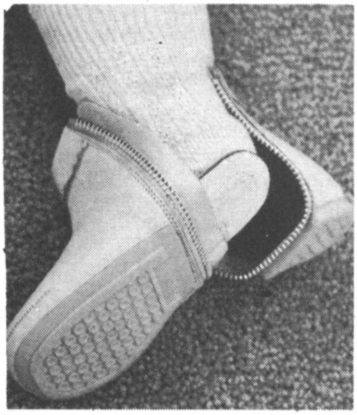
Orange Badges have been issued to disabled people (passengers or drivers) who have considerable difficulty in walking, entitling them to certain parking concessions i.e. exemption of payment at a meter and parking for indefinite periods at places where a time limit is in force.

As from June 1st, 1975 these badges will also be available to registered blind people, and holders will be allowed to park for up to two hours on yellow lines except where there is a ban on loading and unloading, or in a bus lane. (This concession has always been available in Scotland). However police or traffic wardens may request the removal of a car, or remove it themselves, if they consider it is causing an obstruction or is a danger to other road users.

The London Borough of Islington will join the scheme but the four other Inner London Boroughs will continue to be excluded.

Local Authorities now have a new range of brighter badges which can be displayed on the front and rear windscreens—you are only obliged to display one badge on the front. Parking discs can also be obtained from Local Authorities for use when parking on yellow lines—these are similar to those used by towns who operate a disc parking scheme.

Aids and equipment



Baby-Op Bootee

Baby Relax Nursery Products make a white leather bootee in infant sizes 2-6 which unzips down on one side and underneath the instep, allowing the heel and toe to be fitted separately. It is not suitable for caliper adaptations, but could be worn to protect the feet when crawling etc. . .

Baby Relax have now made this bootee available to Spina Bifida children on a mail order basis at a reduced cost of £1.75 per pair inclusive of packing and postage.

To obtain the correct size measure the sole of your child's foot from the back of the heel to the tip of the big toe, or draw round your child's foot and send the outline or measurement to Customer Consumer Service, *Baby Relax Ltd.,* 113 Wennington Rd, Rainham, Essex, RM13 9TL. State that your child has spina bifida and enclose remittance.

Standing boxes open up a world of play

Mr Wason of the *Toy & Furniture Workshop,* Isle of Wight has produced single and double standing boxes. The single ones can be used at home and the child can play happily while he is getting used to his calipers and learning to balance. The double boxes would be useful in playgroups where two children can play together.

Almost every part of the standing box is adjustable and can therefore accommodate all shapes and sizes of children from about 2 yrs to 6 yrs. The interior standing floor is adjustable for different heights; the box can be placed in three different positions on its base; the worktop can be fixed at two different heights. The boxes are made of wood and the back slides out so that you can place the child easily on the standing floor.

As with all equipment, please discuss the boxes with your physiotherapist or doctor before purchasing; in this way you can be sure that what you buy is the right thing for *your* child.

The single boxes cost £39.00 (small) and £50.00 (large). Double boxes cost £63.00 (small) and £77.00 (large). Cost includes worktop tables and carriage. For information write to me or to Mr Wason, *Toy & Furniture Workshop,* Church Hill, Totland Bay, Isle of Wight, PO39 0ET.

Boxed-in, and enjoying themselves

Aids and equipment

Swan necked mirror gives independence

Mr. Riley of Sheffield has designed the Riley Swan Necked Mirror— a mirror on a flexible arm to help those with ileal loop diversions (or stomas for other reasons) to apply their own bags. It has been designed as an aid to independence, and the younger the child learns to use it the better.

Most people find it easier to apply their bags when lying down—in this position you get rid of the 'spare tyre' which most of us have round our abdomens; the fewer wrinkles you have round the stoma the less likely you are to have leakage problems.

The mirror can be clamped onto the rails on a hospital type bed or clamped onto its own mattress fitment—a triangular shaped piece of metal tubing which fits between a divan bed and its mattress.

Having fixed the base of the mirror the flexible tube allows you to bend and manoeuvre the mirror until it is possible for you to see your stoma in the mirror while you are lying down.

The next step is to learn how to cleanse you skin and apply your own bag by watching your hand movements in the mirror. This will be similar to learning to do your hair in a mirror and at first you will probably get 'tangled up' but with a little patience and practice you will soon learn to be independent.

The Swan Necked Mirror fitted on a bed.

Before you settle yourself on the bed and arrange the mirror collect together the various components of your appliance, soap and water, gauze, plaster solvent etc. and place them on a table where you can reach them.

For those who prefer to apply their bags while sitting in a wheelchair the clamp at the base of the mirror will fit onto the side of a wheelchair.

The mirror and its attachments folds down flat and can be packed in a suitcase when going away. The box in which you receive it has been specially designed so that you can keep the mirror in it.

A floor stand is also available which may be more suitable for schools and hospitals.

The mirror is available from: **Marc Appliances Ltd., 15 Brookfield Road, Fratton, Portsmouth.** The cost, including packaging and postage is: mirror assembly, clamp and mattress fitting, £6.50, floor standing assembly complete, £13.50. These will not be subject to VAT provided you get your doctor to sign the order form.

Please mention Link when ordering.

Felicity Birkett

A clothing problem

Recently I had a request from a mother who needed trousers and a coat for her son writes Margery Thornton. She was having great difficulties since his chest was 34" and as he was 11 years old off-the-peg jackets were too long and impossible to alter satisfactorily because of the pocket line.

Have any other parents met with this or other clothing problems and how have they dealt with them? I would be glad to hear from parents who have had clothing problems or soluttions to such problems. Perhaps they would write to me. Margery Thornton, CBE, MA, JP Clothing Adviser, Disabled Living Foundation, 346 Kensington High St, London W14 8NS.

A MUM EYE VIEW

PART 3

A Mum's eye view. This is the third and final part of Mrs Ursula Emmanuel's very personal account of her experiences in coping with a family which includes a fairly handicapped spina bifida child.

The presence of a handicapped child is bound to have its effect on all the other members of the family. The father has the extra burden of providing for a child who will make more demands financially on the family's resources than the others, and perhaps he suffers more neglect, poor man, because mum has to give more attention to this little one. The problem baby needs extra nursing care, visits to the hospital and physiotherapist, and this affects the other children in the family.

Baby-sitting: This is sometimes a big problem. If you are lucky enough to have a mother or another relative who is not afraid to look after this baby with so many problems—count your blessings! For those less fortunate it may be hard to find anyone willing to undertake the responsibility. Friends are willing to look after 'normal' babies or toddlers, but are afraid of the unknown. So do let your friends help you, and they will soon realise that there is nothing to be afraid of—they are just normal babies with problems! It is so important to be able to get out for an evening or a day. It helps you to get things in perspective again.

This problem of baby-sitting also crops up when the spina bifida child has to go into hospital and you have to make arrangements for someone to look after your *other* children, and it is one of those times when you need all the support you can get from husband and family or friends. Don't be afraid to ask—and again, always try to keep your family and friends aware of all these problems.

Hospitals: Most spina bifida babies will require quite a lot of hospital treatment during the first five or six years of their lives.

Strange place

This causes problems firstly for the child itself. As a small child or baby, it cannot understand suddenly being taken to 'this strange place', where unusual and sometimes painful things happen, and being left when Mummy goes home just shatters everything. I found that the worst age for this was three and four—old enough to know what is going on but not old enough to accept that you will be back tomorrow. Some hospitals are far more understanding about visiting children than others. Our local hospital sticks rigidly to the 2-6 p.m. visiting regime. But in London it is quite a different story—visit as often as you can for as long as you can. It helps the child to settle down and get better.

The other problem is how to maintain your home and look after husband and other children, when the handicapped child has to be in hospital—perhaps a long car journey away or, as in our case, an air trip. It helps to have a capable husband at these times! It is important to make sure that the other children get an extra share of loving attention, and always give a little gift, however small, to the others when the child in hospital has something, otherwise they tend to wish they could go to hospital too, just for the presents.

Outings: Family outings with a disabled child tend to assume the proportions of a major campaign—travelling by public transport becomes a nightmare, unless you have someone to help you. With the disabled child, you can't whip them out of the pushchair and stand them on the pavement while you fold the pushchair and load everything on the bus, because the child can't stand up on his own.

So you have to plan every outing. Even if you have a car, you can't say to your disabled small child—"run and get your coat, dear, and go and get in the car". Even now that Cheryl is seven and walks reasonably well with sticks, it takes her five to ten minutes to get outside and into the car.

M'S

Cheryl, aged six years, with her hands full taking care of the 'sick'.

It is also advisable to find out about access in the places you are visiting—for instance the number of steps. In shops and car parks are there lifts? Toilet facilities are important too.

Having to cope during the week, it is lovely at the weekend or on holidays if you can just hand over to Dad and let him take charge of the outing—and you can just be another passenger for a change!

Diet: I think it is important for mothers to be aware, right from the early age of the child, that all children with a mobility handicap have a potential weight problem. With their reduced activity it is likely that they will tend to put on weight, and this is unhealthy and uncomfortable for them and makes life more difficult for you. So try to train them not to eat too much sweet food by not giving it to them as babies and small children—rather give them fruit instead of sweets and biscuits. Although Cheryl fortunately does not have a sweet tooth, she does like all the wrong things—her favourite foods are roast potatoes and bread and butter!

NURSERY SCHOOL AND SCHOOL

Spina Bifida children should be encouraged to mix as much as possible with other children. This is so important, because the child will inevitably lack much of the experience of a normal toddler as a result of reduced mobility. Encourage the child to do simple games and puzzles to make use of his hands; ball games etc. also help co-ordination of hands and eyes.

Balance is a problem, and Cheryl was always frightened of anything that was not rock solid. I once heard of a spina bifida teenager who described the sensation of walking on paralysed limbs as "like walking on a plate of jelly", which I thought was pretty apt, and helped me to understand how Cheryl must feel and why she was frightened of anything that felt unsteady.

A useful idea when the child starts to sit up is to sit him or her inside an inflated rubber tyre, which won't tip over and

A consultant once told me when Cheryl was still very small, not to expect her to develop at the same rate or following the same pattern as most babies. Because of the fight most spina bifida babies have during the first two or three months of their lives, you must give them time to catch up before they can start to develop. I found it so helpful to remember this, during Cheryl's first five years.

We found a nursery play-group willing to take Cheryl when she was three and a half, and although it took her a long time to get over her fear of strangers, it was well worth persevering and helped her tremendously when the time came to go to "big school".

We always encouraged her

Time needed

is nice and soft. We used to keep a large mirror around so that Cheryl could see herself, especially when she started crawling and then standing. We also made her a "standing-box" out of a small tea-chest, well padded with foam rubber and covered with Fablon. This was so versatile. She could stand *in* it and be able to hold on all sides (this was when she started wearing calipers); she could sit *at* it with a small chair and use it as a table or a desk: she could get *inside* it when it was on its side and use it as a "house"; and at the end of the day it was a wonderful place to throw all the toys.

Always consult your child's physiotherapist or doctor before using any equipment, and always be on the lookout for pressure sores or chafing.

Continued on page 11

A MUM'S EYE VIEW

(Cont. from previous page)

to play word games such as I spy, to make up little rhymes about herself, us, her dolls, etc., and I'm sure this has helped to produce her now very active mind.

Music is also important to her. Now she is learning to play the piano with a fair degree of success, and this is helping the general manipulation of her hands.

Cheryl started normal school at the age of four and a half. After a slow start, especially with her writing, she has got on extremely well. Cheryl has always had many friends at school; we have found that other children very quickly accepted her.

Soon she will be starting at a new primary school which has been built to incorporate a small unit for disabled children, so she will have a few friends with whom she can compete on a more equal footing. Whilst I am greatly in favour of integrating disabled children as much as possible, there are certainly many benefits to be derived from mixing with children who have similar disabilities.

WHAT OF THE FUTURE?

This is a very difficult one! Whilst by nature I am inclined to look ahead and make plans, having lived through seven years with a spina bifida child has taught me that this is not always a good idea! Just when you think the worst is over and everything is going smoothly, another crisis occurs.

Cheryl is now seven, and says things like "When I'm better . . ." and "When I've grown up and can walk properly . . .". It's very hard but far better to be honest and say that she may not get *completely* better, and may always need to walk with sticks or use a wheelchair —rather than build up false hopes. If things turn out better than expected, it's wonderful.

So we try now to live for the present, whilst at the same time trying to make some provision for her future. We try to save a little to enable us to give Cheryl whatever training and help she may need for her working life. We feel sure that she will be able to take some useful employment, and will indeed give a great deal back to life; with her happy nature and sense of fun, she should never lack for friends.

Adding life to the years

The fourth Spring Conference was held from 11-13 April, 1975 at Owens Park, University of Manchester with Hobbies and Leisure as its theme.

Once more we were priviliged to have the Lady Jean Mackenzie **as hostess and all who were present will know that Lady Jean interprets her role most liberally—she is unfailingly cheerful and available and is indefatigable in her efforts to ensure the happiness of everyone.**

An innovation was the showing of a film on the first evening—"Not Just a Spectator" commissioned by the Disabled Living Foundation. The film shows a wide range of sporting activities being successfully undertaken by disabled people. This was an excellent curtain raiser for the Conference and many Associations will find the film useful at general meetings to promote discussion. It does not, of course, deal primarily with spina bifida or hydrocephalus but it is full of interest (hiring details see page 2).

The opening speaker on the Saturday was **Miss Mary C. Robinson** who has many years' experience of helping young people in their leisure time including those who are handicapped. She pioneered holidays, courses and leisure time clubs in which those with a physical handicap and those who are able-bodied share equally.

The title of Miss Robinson's talk was "Purposeful living—the Range of Opportunities".

She said in the previous evening's film it was important to remember that "social life for each of us is **ours.** It is **our** leisure and we must make of it what we will". The activities of the film indicated some of the things that some people can do. The Conference must concern itself with opening doors to show the widest range of opportunities, and making the communiy aware of the need for the maximum number of facilaties to be accessible to the disabled in the fullest sense. This means not only being able to enter a hall or swimming bath, but being able to use it because the detail of the use by the disabled had been considered in the planning or adaption. In achieving this kind of access there was a place for vigilant and dedicated adults to ensure an ever improving degree of accessibility and provision.

Miss Robinson warned against the present trend of society which was perhaps more concerned with having than being, with a standard of living than with quality of life. The only way to be *interesting* people is to be *interested* people. The range of activities was wide. It was important to see that interests developed during school years could be carried on after leaving school. Most people needed companionship and enjoyed doing things in a group. Perhaps as a member of one of the uniformed organizations, in a PHAB Club or through taking part in the Duke of Edinburgh's Award. A first taste was often through a play scheme or a holiday course.

Miss Robinson illustrated her talk by many stories showing how young people had become interested in painting, in carving and in film making. The results of the latter heightened appreciation of what was seen on television. She spoke of one boy who, though confined to a wheelchair, being a radio-ham, could at the flick of a switch be in contact with fellow enthusiasts all over the world.

Angling was the most popular sport in the British Isles and one which with only a little careful planning could be fully enjoyed by those whose mobility was restricted. Another way of enriching life was through collecting whether it was stamps, match boxes, dolls or china. Many young people found great release in the world of poetry, others could be completely identified with a group of train spotters, some could make

Continued on page 12

Cont. from previous page

music, others enjoyed it as listeners. A very positive approach to sport came from participating in a team as a scorer or umpire.

Miss Robinson concluded with the now well-known quotation from the Rehabilitation Centre in the United States "Medical science has added years to life, it is up to us to add life to those years".

Everyday excitement

Mr. Peter Clason, a Lecturer at Westhill College of Education, spoke of the need to be significant, the need for a loving relationship, that is to be accepted, and the need to have a workable concept of self, saying that his own interests were creative drama and art.

Mr. Clason spoke of the patterns that surrond us in daily life, the variety of ways in which we carry out a task whether bed-making or wiping a table top. He added the things of daily living can become vibrant by consciously listening, tasting, touching. In the young child creative activity could be encouraged through finger-painting and through the use of various materials and oddments around the house.

Few of those present will ever again be able to look at a piece of polystyrene packing or an empty carton without considering its potential use in collage or as part of an abstract.

On Saturday evenings members of PHAB Clubs in Manchester joined the Conference and gave an inspired impromptu drama under Mr. Clason's leadership. This was something which was fascinating to the audience and may well have opened a new door for those who took part.

Exhibition visit

During Saturday afternoon members visited the exhibition which included knitting sewing (using a machine specially adapted by Mossbrook School, Sheffield), art and craft as well as sections contributed by the speakers. There were showings of the film "Riding towards Freedom" and the children present had the pleasure of riding two ponies kindly brought by the North West Riding Area Riding for the Disabled Association

6,000 riders

Four speakers contributed to the symposium chaired by **Mr. Robin Smith** (Director, Queen Elizabeth Foundation for the Disabled).

Miss Jane Wykeham-Musgrave, National Field Officer of the Riding for the Disabled Association who is also the overseas representative, spoke of the work of the Association which had grown from a small group with six ponies in South-Shields twenty-five years ago to its present size of over 260 groups with over 6,000 riders a week. Miss Wykeham-Musgrave emphasised the need for a medical recommendation before anyone with spina bifida took up riding. The loss of sensitivity, possible orthopaedic problems and lack of balance needed to be carefully assessed. Nevertheless for those where it was possible it gave a new interest, a fresh outlook and a great sense of achievement. For older members riding holidays and other adventures were possible.

Study centre 'unique'

Dr. Michael Cotton Warden of the Churchtown Farm Field Studies Centre which is to be opened next year near Fowey in Cornwall, said the Centre would cater for all ages and varied handicaps with courses suited to the individual. The range was wide and included nature studies, outdoor pursuits, home farming and such hobbies as photography, painting and the study of local history. He believed that the centre was unique.

Scouting: a warm welcome

Mr. Alan Hammond, the Headquarters Commisioner for Extension Activities of the Scouts Association spoke briefly of the development of Scouting from the day of its foundation in 1908 as a game for boys incorporating citizenship which was the vision of Lord Baden-Powell. There was a warm welcome within Scouting for handicapped boys. The aim was integration within the Company giving two way benefit and a sense of achievement. Special plans and staffing were arranged in order to give the best opportunities. Mr. Hammond said normally application should be made locally but he would always be glad to advise or help.

Joys of gardening

Mr. Stanley Betterton, the Horticultural Tutor at Ullenwood Manor (Star Centre for the Disabled Youth) gave a great deal of practical advice about the scope which gardening and the botanical sciences could give. At his centre only very basic equipment was used so that what had been started there could be carried on at home after leaving. Raised gardens, and indoor plants made a very satisfying hobby for those for whom many of the usual gardening postures were not possible. Simple tools were usually adequate and could be adapted to meet individual needs.

Mr. Betterton referred to some of the literature which gave greater detail than was possible in the short time available.

In questions following the talks the varying response from Local Authorities for help with courses and conferences was mentioned. It was generally agreed that there was a great pressure on the Local Authorities at the present time, but that every effort should be made to encourage them to give some assistance which could be augmented perhaps from Association or other sources.

Sport is available

On Sunday **Mrs. K. Bell,** M.C.S.P., who is closely concerned with the physical education and outdoor pursuits at Florence Treloar School, Alton, Hants, described some of the activities which she had found successful with spina bifida young people. She illustrated her talk with film showing the steps needed to become proficient in a canoe and the various safety precautions which needed to be taken. Work in the gymnasium was enjoyed and gave confidence. She said it is a very good preparation for joining in group activites after school including some of the keep-fit type work which was such fun in a group.

Photographs and film on riding linked well with the talk and the film of the previous day, and it was clear from Mrs. Bell that with the right encouragement and understanding a very wide range of sporting activity could be enjoyed in spite of fairly severe physical handicap.

There were two periods of group discussion during the Conference and reports of these will be synthesised and incorporated in both the planning of future Conferences and in the work of the Association as a whole.

Opening doors

In the closing session Lady Jean picked up the remarks of Miss Robinson the first speaker saying that doors had been opened not only to sport but to the many and various hobbies which could help to make life interesting and fulfilling. The Conference had shown that there was scope for doing things together and for doing things alone. The opportunity and challenge had been put before us. The challenge was not only to young people but to us all whether parents, teachers or others concerned to encourage and go on encouraging our young members to seize opportunities as they pass and make new experiences their own.

Guide to British Rail

An official *Guide to British Rail* for disabled people has been produced at last. It has been prepared and published by the Central Council for the Disabled in cooperation with British Rail.

After a short introduction with general information about travelling by train, the rest of the Guide is devoted to details of accessible facilities at stations. Every station in Britain is listed.

The Guide is FREE from CCD, postage 15p. CCD, 34 Eccleston Square, London SWIV IPE.

Appeals and publicity

Boycott's runs can pay dividends

Thanks to the initiative of our Leeds Association, who have been making up to Geoffrey Boycott, the Yorkshire cricketer, and the prompt action of the Don & Dearne Association who got in touch with me without delay, we stand a fair chance of BEING IN THE MONEY

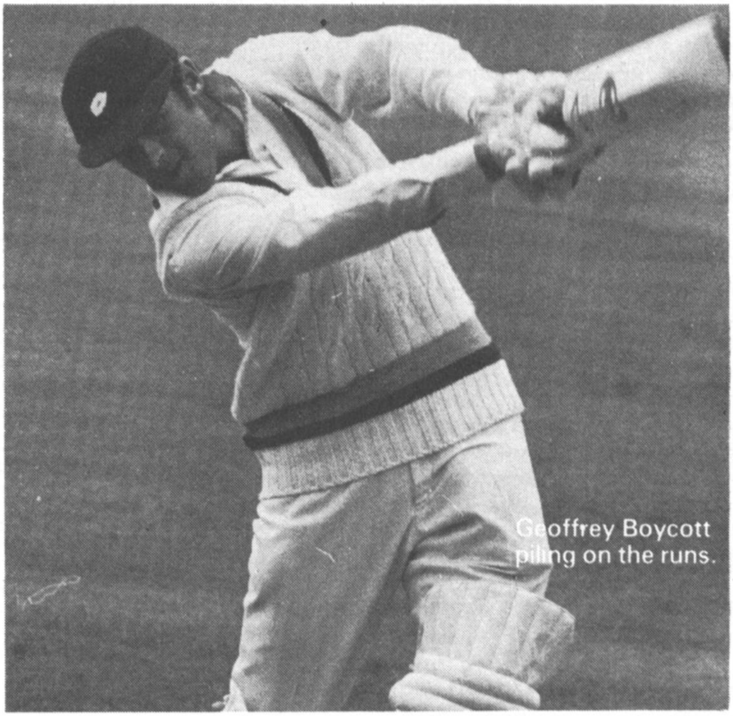
To begin at the beginning — the National Breakdown Car Recovery Club dreamed up an idea for sponsoring Geoff Boycott for £1 for every run scored in first class cricket matches this season, as a business promotion scheme, with all proceeds to a charity of his choice. Geoff, having heard about ASBAH and the proposed home in Ilkley nominated ASBAH, National Breakdown told the Don & Dearne Association, who told me and I talked National Breakdown into allowing us to use their idea to get sponsorships of our own.

WHERE DO WE GO FROM HERE?

Last year's score was 1875 — with luck and fine weather and no accidents the 1975 total could be 2,000.

IF we could get sponsorship of £25 for every run we could expect to collect £50,000 by the end of the summer — nearly all the balance of money needed for our Short Term Care Home.

I don't think it's a very big IF, do you?



Geoffrey Boycott piling on the runs.

We plan to work through collectors, who will obtain sponsorship — minimum of 1p for every 50 runs if under sixteen, or minimum of 1p for every 10 runs at sixteen or over.

Incentives are — for collectors with 10 sponsors — a souvenir lapel badge; for collectors with 25 sponsors — an autographed ballpoint; for collectors with 50 sponsors — an autographed T-shirt; for collectors with 100 sponsors — an autographed photograph; valuable prizes for collectors in each class returning the most sponsorship money.

With your help, we could bust the target!

If every one of the 10,000 readers to this magazine could collect sponsorships amongst friends, neighbours, at school and at work to total 1p for every run (i.e. 50 : 1p for every 50 runs from schoolchildren, or 10 : 1p for every 10 runs from adults) it would work out to a grand total **£200,000**!

Please write to me for full details and sponsoring forms. And do please spread the word around.

KATE WHITE

ASBAH publications and publicity

Your Child with Spina Bifida, 3rd Ed., by Dr. J. Lorber, MD, FRCP	20p
Your Child with Hydrocephalus by Dr. J. Lorber, MD, FRCP	15p
Equipment & Aids to Mobility by O. R. Nettles, MCSP, ONC. A folder of four booklets	complete set 25p
Clothing for the Spina Bifida Child by Barbara Webster, SRN, RSCN.	15p
The Nursery Years, by Simon Haskell, M.A., Ph.D., and Margaret Paull, Dip. Ph.H.	15p
Information leaflets	100 for £1

All available from: ASBAH, 30 Devonshire Street, London W1N 2EB. (Special rates available to Local Associations.)

Scottish Spina Bifida Association booklets

The Spina Bifida Baby by O. R. Nettles, MCSP, ONC	10p
Growing Up with Spina Bifida by O. R. Nettles, MCSP, ONC.	20p

Available from: The Scottish Spina Bifida Association, 190 Queensferry Road, Edinburgh, EH4 2BW (at special rates for bulk orders).

Posters. Double Crown, 5p each, "Future Bright", 10 for 20p.
Flag Day emblems. 1,000 for 50p.
Cards for notice boards. 10 for 10p.
Car stickers. 5p each. Postage extra.
Fund-raising items. Price list/details on request.

Local Association offers

Badges. Silver and green enamel with pin fastening. Replica of the Spina Bifida emblem. Bulk orders welcomed particularly. Price: 22p per badge. Postage extra. (For a single badge please enclose s.a.e.) Apply to: Mr. K. McKenzie, Badges Secretary, Salisbury & District ASBAH, 111 East Gomeldon Road, Gomeldon, Salisbury SB4 6LZ.

Special offer

Children's badges with S B symbol and the words "Spina Bifida Children" in black on green. Special reduction to clear—2p each. Good value for Summer Sales. Cheques and postal orders payable to "SASBAH". Send with order to Mrs. I Olditch, High Lea, Turners Green Lane, Wadhurst, Sussex.

Ties. Heavy weave washable terylene with SB symbol on dark blue *or* dark green. Sold by N. Hants, S. Berks and W. Surrey ASBAH. Price £1.10p plus postage, while stocks last. Reductions for bulk orders. Cash with order to Mr. B. High, 10 Woodruff Ave., Burpham, Guildford, Surrey. Please state colour.

Kitchen Sense for disabled or elderly people

Here is a book with a wealth of information to help those in wheelchairs or on crutches to be independent in the kitchen. It begins with ideas on kitchen planning and advice on cookers, fridges, sinks and store cupboards and also smaller appliances.

There is a section on diets, menus and recipes and it is full of handy hints for preparing food, eating out and shopping. There is a list of manufacturers and also a list of useful books. The book is illustrated throughout with clear line drawings.

Published by William Heinemann, the book costs £1.25 (including postage) from Disabled Living Foundation, 346 Kensington High Street, London W14 8NS (cash with order) or from your local bookseller.

Inter-association holiday opportunities

Camber Sands, nr. Rye, Sussex. New well-equipped chalet, on pleasant situation near the sea available for families with spina bifida members. Sleeps six. Please apply to Mr. S. Evans, 1 Coniston Gardens, Wembley, Middx. 01-904 7840.

Cotswolds, nr Stow-on-the-Wold. Small bungalow, short lets. Large bed-sitting room, kitchen and bathroom, all electric. (Access unsuitable for large wheelchairs). From £11 weekly. S.A.E. to Mrs. Bevan, Kingsland, Bledington, Oxford.

Great Yarmouth. Self contained 6-berth caravan at Caister Beach Caravan Camp, nr Gt. Yarmouth. Details from Mrs. E. N. Barefoot, 23 Marlborough Road, Southall, Middx. Tel. 01-574 5067.

Looe. Bungalow, two bedrooms, spacious accommodation at Millendreath Holiday Village, nr. Looe, Cornwall. Mr Keith Jackson, 202 Exeter Street, Plymouth.

Looe Holiday bungalow at Millendreath Holiday Village. Sleeps six. Fully furnished. Further details Mrs. Cook, 19 Winslade Road, Harestock, Winchester.

Mablethorpe. Self-contained 6-berth chalet situated at Golden Sands Estates, Mablethorpe, Lincs. Apply to Mr. Ken Hall, 17 Walhouse Street, Cannock, Staffs.

New Forest. Well-equipped chalet, sleeping six people. Within easy reach of Bournemouth, Beaulieu, etc. Swimming pool, paddling pool, restaurant and playground on site. Details from Mrs. A. Rae, 16 Clifton Road, Lee-on-Solent, Hants. Tel. Lee-on-Solent 550242.

Prestatyn: 2 six-berth luxury caravans, running hot and cold water, flush toilets, televisions, gas fires. £12.50 per week. No vacs. August. Apply: Mrs. E. Taplin, Colonial House, 63, Corporation Street, Manchester M4 3DT.

Prestatyn. 6-berth luxury San Capelle caravan situated at the Bourne Leisure Centre, Bastion Road, Prestatyn, North Wales. Bookings to Liverpool Association, Tudor House, Wood Lane, Netherley, Liverpool L27 4YA.

Selsey. New well-appointed, self-contained 16ft. x 30ft. 6-berth mobile for families with spina bifida members. Sited at Selsey, Sussex. For full details please send s.a.e. to Mr. R. V. Taylor, 20 Orchard Road, Horsham, Sussex. Vacancies 19th April—24th May, 20 Sept—25 Oct only. Booking for 1976 after 1st Nov 1975.

Winterton-on-Sea, Nr. Great Yarmouth. New well-equipped 6-berth chalet. Indoor swimming pool shop and play areas. Details from Mr. R. Morris, 127, The Pastures, Downley, High Wycombe, Bucks. Tel: High Wycombe 32184.

amendments

AFFILIATED ASSOCIATIONS – Hon Secretaries

BEDFORD AND DISTRICT
Mr. S. Odell,
9 Beauchamp Road,
Wootton, Beds MK43 9E2.

BOLTON AND BURY
Mrs. B. Grosvenor,
12 St. Peter's Road,
Bury, Lancs, BL9 9RB.

BOURNEMOUTH, CHRISTCHURCH & DISTRICT
Mr. D. D. Lanning,
1 Blythe Close,
Christchurch, Dorset.

BRISTOL
Mr. R. W. Mabbutt,
20 Bramble Drive,
Stoke Bishop, Bristol.

BROMLEY & DISTRICT
Mrs. J. Moore,
102 Westwood Park,
London SE23 3QH.

BUCKINGHAMSHIRE
Mrs. L. E. Tilly,
2 St. John's Drive,
Windsor, Berks.

BURNLEY
Mrs. M. Robinson,
266 Colne Road,
Slouth, Earby.

CALDERDALE
Mr. A. L. Crowther,
42 Marldon Road,
Northowram, Calderdale.

DARLINGTON AND DISTRICT
Mrs. D. Allan,
6 Lingfield Green,
Darlington DL1 1DD.

DERBY
Mrs. P. E. Broadgate,
11 Old Lane,
Darley Abbey, Derby.

DEVON AND CORNWALL
Mr. J. Carter,
5 Culme Road,
Mannamead, Plymouth.

DON AND DEARNE
Mr. T. J. Murphy,
43 Cutts-Avenue,
Wath-On-Dearne, Yorks.

EAST ANGLIAN
Mrs. P. Symonds,
28 Leys Road, Cambridge.

ESSEX
Mr. J. T. Saunders,
2 The Ruskins, Rayne,
Braintree, Essex.

GLOUCESTERSHIRE
Mrs. B. Symonds,
9 Collum End Rise,
Leckhampton, Cheltenham,

GREENWICH
Mrs. J. Goldsmith,
194 Dacre Park,
Lewisham SE13 5SH.

HAMPSHIRE NORTH, W. SURREY & S. BERKS.
Mrs. Selby,
The Old Police Station,
Leapale Road, Guildford.

HAMPSHIRE SOUTH
Mr. C. Bowen,
7 Brocklands, Havant.

HERTS AND SOUTH BEDS.
Mrs. S. M. McGavin,
21 Claygate Avenue,
Harpenden, Herts.

HUDDERSFIELD
Mrs. C. Carter,
32 Winget Avenue,
Cowlersley, Huddersfield.

HULL & DISTRICT
Mrs. G. D. Brown,
233 Cranbrook Avenue,
Hull HU6 7TX.

JERSEY (Channel Islands)
Mrs. U. Emmanuel,
Le Lavandou,
Gorey Village, Jersey, C.I.

KENT
Mrs. P. Fearn,
120 Mill Street, E. Malling.

LEEDS AND BRADFORD
Mr. G. Baxter,
38 Hoyle Court Road,
Baildon, Yorks.

LEICESTERSHIRE
Mr. P. Cusack,
39, Kings Walk,
Leicester. F.E.

LEIGH & DISTRICT
Mr. T. Power,
3 Taunton Drive,
West Leigh, Lancs.

LINCOLN AND DISTRICT
Mrs. P. Keyse,
Pinfold, Chapel Lane,
North Scarle, Lincoln.

LINCOLNSHIRE
Mrs. Blakey,
7 Shetland Way,
Immingham,
S. Humberside.

LIVERPOOL
Mr. P. A. Glennon,
LASBAH,
Tudor House, Wood Lane,
Netherley, Liverpool L27 4YA.

LONDON
Mr. J. Barefoot,
23 Marlborough Road,
Southall, UB2 5LW.

Barnet area
Mrs. V. A. Brooker,
6 Merrivale, Southgate,
London N14 4SH.

Ealing area
Mr. L. R. Mower,
59 Betham Road,
Greenford, Middx.

North East (Forest) Area
Miss. D. Baxter,
8 Keith Avenue,
Wickford, Essex.

LONDON SOUTH
Mrs. C. Byrne,
Flat 1, 10 Wexford Road,
London, S.W.12.

MANCHESTER AND DISTRICT
Mrs. E. Taplin,
Colonial House,
63 Corporation Street,
Manchester M4 3DT.

MANSFIELD, WORKSOP AND DISTRICTS
Mrs. E. Freeman,
23 Melbourne Street,
Mansfield Woodhouse, Notts.

NORTH EAST (Northumberland)
Mrs. E. Grant,
27 Redwell Road, Prudhoe,
Northumberland.

NORTHAMPTONSHIRE
Mrs. Aldwinkle,
38 Robin Lane,
Wellingborough.

NOTTINGHAM & DISTRICT
Mrs. S. E. Plant,
305 Foxhill Road,
Carlton, Nottingham.

PONTEFRACT, CASTLEFORD & DISTRICT
Mrs. N. Robinson,
4 Sandal Rise,
Thorpe, Audlin,
Pontefract WF8 3EX.

PRESTON
Mrs. B. H. Waring,
6 Demming Close,
Lea, Preston, Lancs.

ST. HELEN'S & DISTRICT
Mrs. N. Maddocks,
324 Warrington Road,
Rainhill, Prescot L35 9JA.

SALISBURY AND DISTRICT
Mrs. J. Renshaw,
195 Gainsborough Close,
Salisbury SP2 4HB.

SHEFFIELD
Mr. T. Robinson.
4 Longford Close,
Bradway, Sheffield S17 4LH.

SOUTHAMPTON & DISTRICT
Mrs. P. M. Trim,
20 Depedene Close,
Great Roman Way Estate,
Holbury, Southampton S04 1PQ

STAFFORDHIRE
Mrs. J. Davies,
8 Oakhill Avenue,
Oakhill,
Stoke-on-Trent ST4 5JN.

STAINES, HOUNSLOW AND DISTRICT
Mrs. C. Taylor,
3 Chester Avenue,
Twickenham.

STOCKPORT
Mrs. S. Silver,
1 Brookside Avenue,
Offerton, Stockport.

SUNDERLAND
Mr. W. D. Easton,
4 Irene Avenue, Grangetown.
Sunderland.

SURREY (NASBAH) DM
Mrs. Driscoll,
26 Limes Avenue, Waddon,
Croydon, Surrey.

SUSSEX
Mrs. J. Barrow,
1 Mill Close,
Lower Beeding,
Horsham, Sussex.

SWINDON AND DISTRICT
Mrs. J. Trembling,
3 Church Place,
Swindon, Wilts.

TRAFFORD
Mrs. A Bough,
9 Overdale, Crescent,
Flixton, Urmston.

WARRINGTON & DISTRICT
Mr. S. J. Charlton,
36 Park Avenue,
Latchford, Warrington.

WARWICKSHIRE
Mr. R. W. Chawner,
18 Finch Drive,
Sutton Coldfield, Warwickshire.

WESSEX
~~Mrs. N. V. Barnett~~ Wheller
~~6 Icen Road~~,
~~Radipole, Weymouth.~~

WIGAN AND CHORLEY
Mr. J. A. Hughes,
20 Kennedy Close, Standish,
Nr. Wigan, Lancs.

WIRRAL
Mrs. S. Keeler,
7 Church Road,
Upton, Wirral.

WORCESTERSHIRE
Mrs. M. Davis,
Lower Field,
Wynniatts Way, Abberley.

YORKSHIRE NORTH
Miss F. M. Seward,
45 The Paddock,
York YO2 6AW.

NORTHERN IRELAND BELFAST & DISTRICT
~~Mr. J. H. Blackwell~~,
~~132 Orangefield Cres~~.,
~~Belfast BT6 9GT~~.
Mr E.B.C. Green 169. Warren Gdns,
Lisburn Co. Antrim

SCOTTISH ASSOCIATION
Mrs. G. McIntyre,
General Secretary,
190 Queensferry Road,
Edinburgh EH4 2BW.

MID WALES & BORDER COUNTIES
Mrs. D. Brayne,
5 Woodcote Way,
Monkmoor, Shrewsbury, Salop.

NORTH WALES
Mrs. M. Messham,
47 Cherry Tree Road,
Bradley, Wrexham.

SOUTH WALES
Mrs. D. Cox,
28 Cromwell Road, Bulwark,
Chepstow NP6 5AD.

OTHER LOCAL ASSOCIATIONS

Blackpool & Fylde
Mr. L. F. Sharpe,
1 Broadfield Ave,
Poulton-Le-Fylde.

Cannock & Walsall
Mrs. W. Evans,
19 Drake Road,
Bloxwich, WS3 3LR.

Chester & District
Mrs. K. Jones,
19 Beech Hey Lane,
Willaston, Wirral.

Cheshire South
Mr. J. Bill,
4 Taxmere Close,
Sandbach, Cheshire.

Chesterfield
Mrs. K. M. Tomlinson,
56 Brooke Drive,
Brimington Common,
Chesterfield.

Consett & District
Mrs. M. Holmes,
30 Watling Street,
Leadgate, Co. Durham.

Dudley & Wolverhampton
Mr. B. Attwood,
1 Autumn Drive,
Lower Gornal, Dudley.

Isle of Wight
Mr. D. J. S. Sprake,
Springfield, Town Lane,
Chale Green, Ventnor.

Lunesdale (Lancaster)
Miss P. Crook,
Brananlor, Ball Lane,
Caton, Lancaster.

Rochdale
Mrs. Ann Lawton,
55 Wimpole Street,
Shaw Road Estate,
Oldham, Lancs.

Spenborough (Yorks.)
~~Mr. H. Lodge~~, Mrs Lods
~~38 George Street~~,
~~Cleckheaton, Yorks.~~

Teesside
Mr. J. Gray,
Marchesi Centre,
Tollesby Road, Middlesbrough.

NORTHERN IRELAND

Ballymena
Mrs. E. Kenny,
The Bungalow,
Teesham, Ballymena.

Lurgan & Portadown
Mr. P. A. Smyth,
Marymount,
North Circular Road,
Lurgan, Co. Armagh.

Mid-Ulster
Mr. J. R. Stafford,
26 Killymerron Park,
Dungannon, Co. Tyrone.

EIRE
Enquiries to:
Mrs. M. Kinsella,
66 Martello Hill, Carrick Estate,
Portmarnock, Co. Dublin.

---

21 17 19

Printed by David Green (Printers) Ltd, Kettering, Northamptonshire