

Link

September/October 1975 5p

Association for Spina Bifida and Hydrocephalus (ASBAH)



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Link No. 40

**Association for Spina Bifida
& Hydrocephalus (ASBAH)**

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Editorial

The Editorial for this issue of 'Link' is a particularly personal one - personal, that is, to you - Link readers - and to me - Link's Editor. It concerns both of us and I hope it may be a means of improving and enriching our relationship and the quality of the magazine.

As Editor I receive some bouquets and brickbats about each issue - most of them usually passed on to me by ASBAH national staff. It is good to receive any comments, whether good or bad, as it shows that Link is generating interest and it also means that I can gauge whether or not Link is doing its job well.

It has become increasingly clear that there is a very real case for carrying far more articles of interest to older spina bifida teenagers, young workers, housewives and married readers . . . articles that are more outward-looking, more controversial and of more educational value. 'Link is too baby-minded' is a not infrequent grumble.

I have carried more educational, adult articles in the last year, but it would seem not enough. Is this really the case? What kind of articles would you like to read? What subjects? Is there any specific topic you would like covered? Have you any interesting views or ideas on any subject concerning those with spina bifida and or hydrocephalus - whether controversial or not? Have you any problems that could be aired in the magazine? Are you starting a job and needing some advice?

And if you are starting work, or getting married or getting on well in your own particular field, please do write and contribute something of yourselves. It will make 'Link' more relevant to older readers. And remember good photographs are always valuable. I won't be able to publish everything, but I will consider all contributions and reply to you whether or not I am able to include the item.

ASBAH does have members of all ages - not just parents with young children - but maybe one reason why 'younger' articles have tended to be to the fore in the past is that parents have been more enthusiastic in sending in their views. Come on now you 'oldies' - how about you?

FRONT COVER: This is a photograph which we hope will soon be seen all over the country on various notice boards and billboards, putting forward ASBAH's name. It is the photograph for an appealing new poster (see Kate White's column page 14).

Send for your posters now to advertise local activities!

The two spina bifida children who kindly agreed to act as models are Helen Taylor of Canterbury and Simon Slingsby from Greenwich. Photo: Norman Brand.



Home of our own!

Five Oaks

It is good to be able to report officially that the Association has now been able to complete the purchase of a house near Ilkley in beautiful Wharfedale, Yorkshire which is to be adapted for use as a short-term care home for spina bifida and hydrocephalic children and young people.

The house, known as Five Oaks, is situated in a pleasant garden with lovely views and it is spacious, so that it will prove suitable for its new purpose. The installation of a lift is a major part of the conversion and fire regulations must be met in Preparation for the Association's young guests. It is hoped to be ready for the first visitors next summer.

Children and young people from all over the country will be welcome and we shall be giving more news as plans proceed.

Calipers

Readers of Link will have been interested in the article in the last issue by Mr. Fixsen - but some of you may have murmured 'all very well, but if only they were easier to get on time' or words to that effect!

Some of you will know that for several years we have been in touch with the Department of Health and Social Security about problems which do arise quite frequently in many areas about supply and repair.

The Department are aware of the problems and at the present time are looking into the matter "as one of urgency" - so if you really are having difficulties, do send details (name, address, age of child, hospital attended and supplier of appliance e.g. hospital or contractor for the Department) This will help with the efforts to get a better service for everyone.

M. E. OUGHTRED.

Mr R. B. Zachary ASBAH's Chairman launches a national competition:

Check-mate

Have you ever played chess?

If the answer is yes, here is your chance to become the Spina Bifida Chess Champion. If the answer is no, start to learn and enter the tournament for beginners.

Julie Whittaker tells me she knows at least five at Mossbrook School in Sheffield who play chess, and she wants to learn to play it herself. There must be many others who already play, or would like to learn, and I would like all those interested to write to me and I will see that a competition is organised.

The idea is to have local and regional heats and we might have the final at a nation-wide conference. There will be special groups for those under 14 years and beginners.

Children, young people, mums, dads and secretaries, write to me, R. B. Zachary, at ASBAH headquarters.

Pool opens

Link was at the opening of the Hydrotherapy Pool at the W. J. Sanderson Orthopaedic Hospital, Newcastle, by Baroness Masham, Countess of Swinton - an ASBAH Vice President. Part of the cost of the Pool was raised by North East Association. The special Swedish hoist was given through the Magpie Appeal. This pool is a splendid new aid for the hospital's well-equipped Spina Bifida unit. Pictured right: Lady Masham, Carol Lynch and Sharon Laskey. Photo: Newcastle Chronicle and Journal.



First steps

Less than a year ago little Sally Wilson, right, could only crawl about on hands and knees. Today she can walk thanks to her own determination and the work of the staff at Oakes Park School, Sheffield. Sally, six year old daughter of Mr and Mrs J. Wilson of Shiregreen, recently won the school's Richard Ford trophy for endeavour for mobility. Photo The Star, Sheffield.



British Rail makes the going easy!

Good news for travellers on some British rail trains - each of British Rail's new Mk 111 1st class coaches can take a disabled passenger in a wheelchair. A removable seat and table has been incorporated in each coach near the vestibule and toilet. The seat and table can be removed easily to accommodate a wheelchair passenger. The disabled passenger and companion may travel at the 2nd class fare.

These new coaches operate on some London/Manchester, Euston/Glasgow and Euston/Liverpool routes.

For a disabled passenger and companion who will still have to travel in the guard's van, British Rail now offer tickets at child/half rate of second class ordinary single fare. Please give the earliest possible notice - not less than 48 hours and 72 hours at weekends - to the Area Manager at the departure station if you plan to travel in either the new Mk 111 coaches or guards' vans. (Permits must still be obtained for travel in guards' vans).

New booklet

'Children with Spina Bifida at School' is a new ASBAH publication written by members of the Education, Training and Employment Committee, and edited by the Chairman, Dr Peter Henderson. It is aimed primarily at teachers and student teachers working with spina bifida and hydrocephalic children in ordinary schools. Parents of spina bifida children may, however, find it useful.

The price of the booklet is 30p plus postage (postage on one copy is 10p). Reduced prices for bulk orders.

Helping hand

At the last meeting of the ASBAH Council there was discussion about help for families whether or not they were members. All who spoke were strongly in favour of giving service, including grants and help with hospital visiting to all. It was felt that the public who give money in support of the Association give it for those with spina bifida and/or hydrocephalus and not exclusively for members of the Association.



Garage scheme means better service

As more and more petrol stations became self-service so the problems of those disabled motorists who are unable to operate the pump themselves multiplied. Even where there was an attendant in the background the need of the disabled motorist driving an outwardly normal car was not always apparent.

Sounding the horn, the obvious way to attract attention, could produce a reaction, but not necessarily the one the disabled motorist wanted.

Happily all this should soon begin to change.

Following an approach from the Parliamentary Under Secretary of State for the disabled, Mr Alf Morris, the

Petroleum Retailers Association launched a scheme in May to make sure disabled drivers get good service.

Garages taking part are displaying the sign reproduced here. It means that whether the garage is self service or not there is an attendant willing and able to serve petrol, and check air, oil and water. Garages are also being asked to advertise in a Guide which the PRA will distribute through organisations for the disabled in the Autumn.

As for the motorists, they can get display cards, indicating that they need help, either from a garage taking part in the scheme, or from the PRA, 937A Brighton Road, Purley, Surrey. (Tel: 01-668 9241).

Mr Alf Morris and the PRA



appear to be doing their bit. Disabled drivers must now do theirs to make the scheme work. It might be worth asking the garage if you can do anything to help it give you the service you want. For a start how about asking for those air, oil and water checks at off-peak times, when you can.

OPENING UP THE WORLD OF MOTORING

The Disabled Driver Training Centre provides a complete service to any disabled person who wishes to achieve travel independence. It offers:

Consultation and advice — by means of special equipment the Centre can assess your needs.

Demonstration and explanations of special adaptations to standard production cars.

Supply of vehicle whether it be new or secondhand. If you do not have access to a car the Centre will find one to suit your pocket and your requirements.

Conversion of your chosen car — depending on your needs the Centre can adapt, modify or convert any make of car to individual specifications.

Driving tuition on your own car with its conversion. There are also specially adapted cars, usually with hand controls instead of foot pedals at many of BSM's 150 branches throughout the country. In addition the Centre will help to make all arrangements for your driving test and will almost certainly be able to help with insurance cover and any other problems which may arise.

The Disabled Driver Training Centre provides advice and training to the DHSS, The

National Spinal Injuries Centre at Stoke Mandeville Hospital, the Roehampton Limbfitting Centre, the Wolfson Rehabilitation Centre and other specialist centres throughout the country. BSM undertake the majority of NHS driving tuition under the auspices of the DHSS. This training is carried out in invalid cars, tricycles and adapted production cars.

For an appointment at the Centre, or to arrange for a consultant to visit you at home write or telephone to:

The Disabled Driver Training Centre, BSM Specialist Services Ltd., 269 Kensington High St, London W8 6NA.
Tel: 01-602 6665.

Help and

There is strength and companionship in numbers. The Disabled Drivers' Association proves this daily. Run by the disabled for the disabled, the Association keeps the needs of the handicapped to the fore in contact with government, manufacturers and others.

Local groups - more than 70 of them - offer social and sporting activities. Technical advice is available and the Association publishes a magazine 'The Magic Carpet'.

The DDA owns Ashwellthorpe Hall Holiday Hotel in Norfolk, for all-the-year-round holidays. Fairly regular continental tours are organised, and members can take their invalid tricycles or adapted cars on some ferries free-of-charge.

Membership costs £1.50 per year, for details contact DDA, Ashwellthorpe, Norwich, NR16 1EX.

... advice

The Disabled Drivers Motor Club was founded in 1922. It offers technical advice and information important to the disabled motorist.

Membership brings with it the opportunity to take advantage of special concessions on ferries and a cheap rate RAC membership. A regular magazine keeps members up-to-date.

Membership is £1 per year. For further details contact: Disabled Drivers' Motor Club, 39 Templewood, Ealing, London W.13 8DU.

Banstead proves its worth

In its first year, Banstead Place, the Surrey residential assessment centre for severely handicapped school leavers, has already achieved encouraging results. Students have made major advances, and the need of very handicapped young people for detailed and long term assessment has become increasingly apparent.

Banstead Place, which is run by the Queen Elizabeth's Foundation for the Disabled, offers total assessment - educational, personal, medical, vocational and social. In the spring of this year there were 23 students there - the largest single group (5 students) had spina bifida.

FINANCIAL PRESSURE

Demand for places however, is still low - the centre will take 32 students. In its 1974/5 Report the Foundation accepts that it may take time to establish the centre, but says an additional problem is that Banstead Place has opened when there is considerable pressure on local authority finances. The Educational authority usually sponsors a student, although joint sponsorship between the LEA and the Social Services Department has been arranged and in some cases the latter have accepted full financial responsibility.

The Report says: "Yet in the long term, students will lead relatively active and infinitely more worthwhile lives and make a greater contribution to society as a result of their stay at Banstead Place, so that the ultimate cost to the sponsoring authority may well be less. By this argument it is hard to see how sponsors can afford *not* to support students

ROOM FOR MORE STUDENTS

at Banstead. Finally it is possible that the long-term method of Banstead's assessment procedure is seen as a slow process when a quick and permanent placement can be secured elsewhere: but this ignores the very *raison d'être* of the new unit, in that total assessment is essential if the right placement is to be achieved; and the Foundation's experience has shown up time and again the danger of short cuts and quick solutions to the problems of severely handicapped young people."

NO BARRIER

It was thought originally that students should come from London and the Home Counties only since close contact with the sponsoring authority is vital. However, distance has not proved a barrier to communication and students are now accepted from much further afield, even from the Channel Islands and Northern Ireland.

SALLY & CO. ARE LEA

Early this summer Sally Gray and her friends in class 5 at Coney Hill School, Hayes wrote to LINK. All of them were about to leave school and wanted to share some of their thoughts with readers of LINK.

Susan

I am Susan and I have been at Coney Hill School for just over eight years and I am leaving at the end of the term, when I will be seventeen, to go to Poole College of Technology. I have already passed my RSA typing and CSE arithmetic and I hope to get good grades in the rest of my CSE's.

I hope to do a further secretarial course at college and later to become a Medical Secretary. My latest venture is learning to drive and after two lessons I'm being let loose on the road - **so beware!**

Thinking back over the last few years I have achieved a lot physically. When I first came to Coney Hill I could hardly stand. Now I have been able to complete a four mile sponsored walk and can manage the stairs very well. I like to think I lead a full life. I enjoy swimming, going for walks and playing games.

Penny

Hello, I'm Penny. I'm sixteen and I am leaving school to go to St. Loye's College in Exeter.

There I will take some 'O' levels and then I hope to do a telephonist course.

I live a very full life and belong to an ordinary Ranger unit, which I enjoy very much. I go out a lot with the Rangers and the Venture Scouts! We have all been ten-pin bowling.

One of my greatest interests is photography. At school I belong to a photography club and develop my own pictures. In Rangers I am doing my Duke of Edinburgh's Award.

I also like camping with my family and in July I am going camping on my own with another Ranger unit.

At Coney Hill we have a new building which includes a flat. It is there the school leavers go to look after themselves. I have just been over there for two weeks. While there you have to do all your own washing and cooking.

When I go to college I will be learning how to drive.

Patsy

My name is Patsy Gay and I am 15 years old. I have been at Coney Hill for ten years and I am leaving at the end of term, to go to an ordinary school in Bishop's Stortford, where I live, to do 'O' levels. I have already done five CSE's and I hope to get good grades.

When I came to Coney Hill at the age of 5, I could not do

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much for myself, but now I can go upstairs and can get along at quite a speed. The reason I have improved so much is because I was taught from an early age. I think that if parents let children put their own calipers on and do as much for themselves as possible they will learn faster and will become more independent.

I have enjoyed myself at Coney Hill as I have been given a chance to do many things like swimming and photography. I have learnt to look after myself.

At Coney Hill we are encouraged to make decisions for ourselves and are also encouraged to join in outside activities which as well as being good for us is also great fun.

Julie

Hello, I'm Julie. I am also leaving school in July and I am hoping to go on to a technical college. I have just taken four CSE's and I am going to take RSA typing.

I have been at Coney Hill for almost five years and I have learnt to do many things. At the moment I'm learning to drive!

We do all sorts of sports, like swimming. We also have a football and cricket team and on Saturday mornings a group of us go to a school in

Orpington for sports. I do fencing and I have just won a bronze award for it.

Quite often we go out for trips and just before half-term

some of us had a lovely day in France. About two years ago a group of us went to the Isle of Wight for four days sailing.

Next Sunday two of us are getting baptised. We go to youth meetings at the church and I also go to the Girls' Brigade there, so you can imagine we have quite a busy time.

Each year we do a play and this year we are doing a production of the Mikado, which we hope will be good but it is quite difficult to find suitable costumes for all of us.

Sally

Hello, I'm Sally. I'm fifteen years old, and like the others I am leaving school at the end of term.

I haven't got anything fixed up for when I leave but I am going for an interview at Orpington College for further education. I did want to get a job, but I couldn't find anything as this year I believe, is one of the worst years for getting a job.

In the Easter Holiday I went on a three day course down at Orpington Hospital, I worked in administration, reception, casualty and out-patients.

I like sports and every Friday afternoon at school we have sports. I like playing football, tennis, badminton and swimming, which we do every Tuesday.

I also like music and I can play four instruments, the piano, guitar, violin and recorder. I hope to take a violin exam.

We wish ASBAH every success for the future.

“What will happen when Johnny (or Sarah) has to leave school?” Most parents worry but perhaps parents of handicapped children have greater cause for worry. They must, therefore, be given, well in advance of the time their child is due to leave, the opportunity to learn about the possibilities and help and advice about careers.

In most secondary schools there will be a teacher with special responsibility for careers education. This teacher will work closely with the Careers Service available for all school leavers. Many districts will have a specialist Careers Officer with responsibility for the handicapped. The Careers Officer should first see the handicapped child about two years before he is due to leave school. This is important, for adequate time is needed for the Careers Officer to get to know the child, his parents and all the circumstances of his handicap. The Careers Officer acts as the coordinating and bridging agent between school, further education, training and employment or other settlement.

THE OPTIONS

What alternatives are there? As for any school boy or girl much will depend on the academic ability, the ambition and the range of interest of the person concerned. A traditional sixth form course, followed by professional training or university will be possible for a few young people with spina bifida. Others may find suitable courses locally available at colleges of further education, especially where problems of access have been overcome. Still others may find that residential courses at one of the colleges for the physically handicapped are more suitable. A few may move directly from school into open employment. For others sheltered employment, perhaps at a Remploy factory, is indicated. Some may need more time to learn to be independent and to adjust to adult life and these may be helped by attendance at residential establishments such as Banstead Place Assessment Centre in Surrey or at the Star Centre for Disabled Youth near Cheltenham. The Work Orientation Unit at the North Nottinghamshire College of Further Education at Worksop offers great scope for those in that area.

What comes after school?

by **PETER JOHNSTON SMITH**

Some young people will not benefit either from further education or vocational training, yet they need the stimulation of meeting people. Some of these may be recommended for placement at one of the Day Centres (or Occupation Centres) run by the Social Services. Alternatively residential accommodation with a diversionary or welfare workshop, run probably by a voluntary body, may be recommended for others. Of course no placement should be regarded as final, and regular reviews should be made.

Decisions about any young person's future are not to be taken lightly. Many people are involved but there is no doubt about the importance of the Careers Officer. Later - and there is no exact age at which this happens - the Employment Service Agency through its Disablement Resettlement Officers (D.R.O.s) provides a range of services for handicapped people. The Careers Officer consults with the D.R.O. He must see that there is a full hand over of his responsibilities to the D.R.O., or, where the person concerned is too heavily handicapped to work, to the Social Services.

SOURCES OF HELP

In a short article all alternatives cannot be mentioned but a summary of where to go for advice about further education, training, employment or occupation may be helpful:- (a) the Head or Careers Teacher at school; (b) the Careers Officer or Specialist Careers Officer of the Local Authority's Careers Service; (c) the Disablement Resettlement Officer (D.R.O.) of the Employment Service Agency at the local employment office or 'Jobcentre'; (d) the Social Services; (e) the Education, Training, and Employment Officer at ASBAH's national office.



Aids and equipment

A bath can prove one of the most difficult obstacles for a disabled person. A small child does not mind being helped in the bath by an adult, but older children need to be independent in the bath and they are entitled to the privacy enjoyed by others.

The simplest bath aid is a board, which fits across the top of the bath, and is used with a bath seat, which wedges inside the bath sides. You slide onto the board, put your feet into the bath in front of the seat and lower yourself onto the seat and reverse the process for getting out. This is the cheapest aid available (£9 approx) and is easy to store and transport.

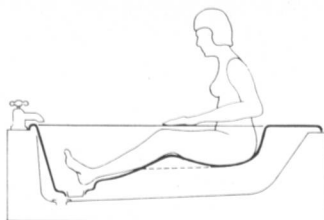
NEWER AIDS

One of the newer aids on the market is the Sunflower Bathing Aid. Basically this is a false bath or shell which fits into an ordinary bath. There are two designs for home use, the Shallowbath which is 7" deep, you don't have to heave yourself up to get out, and the Sitinbath which is moulded into a sitting shape and has a platform at the back which helps you to get in and out in stages.

They have a non-slip surface and weigh from 15-20 lbs so they can be easily lifted out; the cost is about £35-£40.

There are several other methods of getting in and out of a bath--a self operated lift securely anchored to the floor or bath; a mobile wheeled

the sitinbath



Help in the bathroom

hoist mechanically or hydraulically operated by a second person; the Tamplin lifting bath cushion, this plastic water filled cushion wedges into the bath and raises you up as it fills and lowers you as it empties.

Another idea is to use a shower rather than a bath. A wall mounted thermostatically controlled hand shower and suitable shower chair may be the answer.

For further information and a do-it-yourself guide for making a bath seat contact me at national office.

Do-it-yourself desks

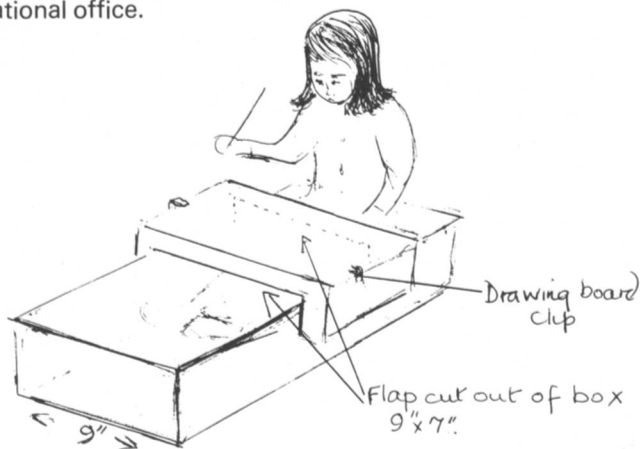
Here's an idea for a do-it-yourself desk sent to LINK by Mrs Casey, of the Leicester Association. 'Cut out or bend back flaps - ours were 7" x 9" -- from a cardboard carton of about 7" deep. Invert carton and wedge it across the large size of STEWART'S PLANT TROUGH (9" wide)

Our 4-year-old has her paint pots and crayons on the floor or lawn alongside, but a hole could as easily be cut in the "desk top" to accommodate the ubiquitous yogurt pot.

A roll of wallpaper can be thrown over the "desk" to be rerolled afterwards and used on the reverse side, of course.

Unfortunately, these plant troughs are now costly, so we were glad to have one available in the garden shed during its off-season with geraniums bedded out for the summer.

Felicity Birkett



'Now the ceiling and floor are closing in on you,' says Gina Levete and the children stretch out their arms anxiously imagining what they might do in such an unlikely predicament.

The power of improvisation has its required effect again, stimulating the mind and limbs and bringing smiles over the faces of the youngsters who sometimes make movements they never thought possible.

For these children in Gina's dancing and movement class at Queen Mary's Hospital, Roehampton in south London, are handicapped. Some are spina bifida children, some are thalidomide victims.

But all of them leave their artificial limbs and walking aids behind and spread themselves about the floor imitating Gina's movements and making up ones of their own.

'I don't actually teach them anything,' said Gina. 'The children create their own ideas with their own imagination. I open doors for their fantasies with a few suggestions.'

Using music to suggest a context, Gina asks the children: 'What does this remind you of?'

'Running,' answers one nine-year-old boy with severely deformed legs.

'And what would make you run as fast as you could?'

'If I was trying to escape from a monster's castle,' comes the reply. And the boy begins to manoeuvre himself round the room as quickly as he can.

'Then Gina takes a chair. 'Now, I want all of you to make the chair into as many different things as possible, but not a chair,' says Gina, and improvisation begins again.

12



PHOTO: JOHN CLEAVE

Dance and Movement by Peter Law

Gina, a dancer, has no medical qualifications nor likes to be called a therapist. 'My main aim is that the children should enjoy movement and stretch themselves into fantasy,' she said. 'A lot of the children can't play football or climb a mountain in reality, but they can do it through improvisation and fantasy.'

'It is also helpful to the children because when they are involved in improvisation and fantasy they may become 'unfrozen' and stimulated into a movement which they did not realise they were capable of. It's a thawing out process'.

Gina takes two movement sessions at the hospital with children aged between three and 15 twice a week. She also works with handicapped children at Westminster Children's Hospital, geriatric patients at St John's Hospital, Battersea, and inmates at Holloway Prison, London.

'Everyone likes miming and improvising,' said Gina, who is a firm believer in the use of movement, drama, art and

music in relieving inner tensions and releasing new potentials.

She is supported by the Leverhulme Trust, which has provided her and some artist friends with a £20,000 grant over four years to extend the work and get it more accepted by the medical and social work professions.

No easy task. 'Our big drawback is that most hospitals regard it very suspiciously,' said Gina. 'In general, it is still not taken seriously, but results show it does assist the patient in his recovery, even if it is only to a small degree.'

People with all types of disability for ailment, mental or physical, can benefit from art therapy, said Gina. She and her friends had already held workshops for drug addicts and psychiatric patients who mimed their fantasies and expressed themselves in painting.

*Reprinted from
Community Care*

Raised beds at various heights, using painted car tyres, and in the background the sand and water play area. This children's corner of the new Demonstration Garden at Battersea Park is being admired by (from left to right) Lady Hamilton, Chairman of the Disabled Living Foundation, Mr Roy Hay, well known from television gardening programmes, and Mrs Marie Jenkins, member of the GLC Arts and Recreation Committee. Photo: Greater London Council.



Gardening – the answer lies in raised beds

For many would-be gardeners prevented from realising their ambitions because of handicap the answer, it appears, lies two or three feet above the soil!

To be more precise it lies in raised beds and specially designed tools. Disabled Living Foundation displays both at their special garden at Syon Park, Brentford, Middlesex and, since June, at a garden, set up with the help of the Greater London Council, in Battersea Park.

Syon Park: At Syon Park raised beds are made out of paving stones, attractive stonework or old bricks. There are two foot high beds designed for wheelchair users, and three foot high beds for the disabled who can get about but who cannot bend. Beds are at least four feet apart to allow for wheelchair mobility and the paving is non-slip.

A special water garden involves a waterfall with the water dropping from a height of 30 inches to 18 inches. It is specially designed so there is no danger.

The greenhouse is something special with a 30 inch sliding door allowing wheelchair access. Heating, watering and ventilation is automatic.

And there is also a cold frame, two feet high which can be easily opened, since a counter balance weight holds the frame light at any position without any effort.

Battersea Park: Raised beds are on display at Battersea, and there is also a children's garden.

A wide variety of planting is possible in the raised beds and the specially designed tools will make matters that much easier.

On Wednesday afternoons and Friday mornings at Syon Park and on Thursday mornings at Battersea a demonstrator is on hand to discuss the gardens and the tools.

Syon Park: the special garden is situated close to the main entrance of the Gardening Centre.

Battersea Park: the garden is on East Drive, Battersea Park, not far from Chelsea Bridge entrance to the Park. Cars may be left in East Drive or a nearby car park.

For further information and to make appointments for a demonstration contact: Disabled Living Foundation, 346 Kensington High Street, London W14 8NS.
Tel: 01-602 2491/5.



Appeals and publicity

A busy autumn lies ahead. We're starting on the typing of our envelopes for our Christmas appeal, which will go out earlier than usual before the cost of postage goes up again!

On 23 October at 7.30 pm the famous Vienna Boys Choir will give a concert in Winchester Cathedral in aid of ASBAH and PHAB jointly - a real treat for music lovers. Reserved seats at £3, £2.50, £1.50, £1.00, 70p., unreserved

THIS YEAR—A BUSY TIME

at 50p., from Whitwams Ltd., 18 Little Minster Street, Winchester - with sae please. **Tune into Radio 4 at 11.10 am on Sunday 26 October when Michael Barratt appeals on ASBAH's behalf. Do make this date known to your friends - we hope for a really good response. The publicity spin-off could promote the**

idea of helping locally in an on-going way.

Looking further ahead to Christmas there will be carols in Trafalgar Square, to the accompaniment of the Band of the Grenadier Guards, on Tuesday 16th December at 5pm, with the collection for ASBAH. The Scouts and Guides Choir from Bexley Heath will lead the singing.

Next year — ASBAH'S tenth birthday

Next year will be ASBAH's tenth birthday and your Appeals Committee has been planning a special drive for funds to finance the new and expanded schemes which the growth in membership makes so necessary.

I referred last month to the Dorchester Ball - on 21 January 1976 - which the National Federation of Master Builders has so generously agreed to sponsor. Earlier in January we shall have our usual stall at the Pigeon Show in Doncaster. The following month - on 29 February - we are organising jointly with the Entertainment Artistes Benevolent Fund an All-Star Gala performance at the London Palladium.

Our main efforts will be concentrated on the month of May and plans include the launching of a Green Shield Stamp Appeal, a commemorative one-day cover to attract philatelists,

possibly a slogan postmark, exhibitions in Post Offices, an important concert and a public appeal launched on ASBAH's behalf by a well-known national figure. To wind up the ASBAH MONTH an ASBAH celebration get-together is being planned for the end of May, to review achievements over the last ten years, to look ahead to the next ten years. More details later.

PUBLICITY IMPACT

We do hope that wherever possible Local Associations, when planning their programme of events for next year, will try to arrange something in this ASBAH MONTH, May 1976, so that the publicity accruing will have the utmost impact.

A very attractive and appealing new poster (see photograph, front cover) is now available and I hope it will help to make our name better known to the general public. The caption is:

**WE'RE PUTTING OUR
BEST FOOT FORWARD
BUT WE DO NEED YOUR
HELP**

There is space on the poster for the details of local activities.

SOME TIME

Ideas bubbling in the pipe line come to the top but we're always on the look-out for new and original ideas. If you've got a bright idea pass it on. And the best of luck in all you're doing.

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 S. Haskell, M.A., Ph.D., and M. E. Paull, Dip. Ph.H. . . 15p
Children with Spina Bifida at School. Ed. P. Henderson CB, MD, DPH . . . 30p
Information leaflets . . . 100 for £1.30
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. 10p. *Growing Up with Spina Bifida*. 20p. both by O. R. Nettles, MCSP, ONC.

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

Films

The first four films may be hired from Concord Films Council, Nacton, Ipswich, Suffolk. Enquiries about purchasing these four to ASBAH.

What is Spina Bifida? Black/White, 16mm, 25 minutes. Shows the early treatment of a baby born with spina bifida and hydrocephalus. **Hire £2.**

A New Lease of Life. Colour, 8mm, 25 minutes. Made by a parent, it shows through animated drawings the spinal lesions and refers to treatment. **Hire £2.**

Like Ordinary Children. Colour, 16mm, 30 minutes. Two teenage girls describe their disability and their feelings about integration into society. **Hire £4.**

Growing Together. Colour, 16mm, sound, 40 minutes. This film is about education and the choices of day school available to spina bifida children. Discussion topics to accompany this film are being prepared. **Hire £4.**

What shall We Do Tomorrow? Colour, 16mm, 22 minutes. It deals with problems and achievements of spina bifida youngsters, with comments from parents and teachers. Mansfield & Worksop Association, Enquiries: Mrs. E. Freeman, 23 Melbourne Street, Mansfield Woodhouse, Notts. Tel: Mansfield 26860. **Hire: £3 plus carriage and compensation.**

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.

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.

Posters. Double Crown, 5p each, "Future Bright", 10 for 20p. "Best Foot Forward", 10 for 40p.
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 Autumn 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.

Prestatyn: 2 six-berth luxury caravans, running hot and cold water, flush toilets, televisions, gas fires. £12.50 per week. 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, 3 Dickins Way, Horsham, Sussex, RH13 6BQ. 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.

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