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Link

MARCH/APRIL 1977 5p

Association for Spina Bifida and Hydrocephalus (ASBAH)

Who does what at ASBAH

There have been staff changes recently at ASBAH national office and so for the benefit of *Link* readers here is the up-to-date list of full-time officers.

Chief Executive Officer: **Miss Moyna Gilbertson** who has overall responsibility for ASBAH's work.

Appeals Secretary: **Mrs. Kate White** who is in charge of fund-raising and involved with publicity.

Liaison Officer: **Mr. H. D. Macfarlane** who acts as a link between the Local Associations and National Office and who is a "mine of information" on all aspects of the work.

Finance Officer: **Mr. Frank Armour** who deals with all the Association's money matters.

Social Work Adviser: **Mr. Peter Poole,** who co-ordinates ASBAH's social work scheme, and heads the team of social workers.

Aids and Appliances Officer: **Miss Jill Vernon** who advises on aids and equipment.

Link No. 49

Association for Spina Bifida & Hydrocephalus (ASBAH)

Patron:
HRH The
Duchess of Gloucester

Chairman:
Prof. R. B. Zachary, FRCS
Hon. Treasurer:
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Liaison Officer:
Mr. H. D. Macfarlane

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Mrs. Susan Gearing

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MISS GILBERTSON WRITES

As I write I have been with the Association for only a month, but because of the welcome and the help I have received from the senior officers and staff at Devonshire Street, and from committee members I feel very much at home.

There has not yet been time to meet many Local Associations, but I hope to do so in the very near future. Meanwhile I look forward to meeting many of you at Council meetings, workshops and the like—including, of course, the Spring Conference in April—and hope you will not hesitate to get in touch with me if I can be of any help.

In my previous work as a physiotherapist, particularly at the Hospitals for Sick Children in London I have been concerned with the problems of handicapped children, including those with spina bifida and hydrocephalus and I have been interested in the work of the Association since its inception.

I am also a member of several local associations for the disabled and of a Community Health Council.

I hope that this experience will help me to serve the Association sensitively and efficiently.

LAST REMINDER

The Spring Conference will be held at Clifton College of Education, West Bridgford, Nottingham, from the 1st to the 3rd April. The theme is:

A Partnership Approach to the Years Ahead—
Making the Most of Voluntary & Statutory Provision

We very much hope that lots of young people will attend—Have you made your booking?

FRONT COVER: A young handicapped sailor with his sailing coach Barry Holmes at Llanishen Reservoir, Cardiff. Sailing is a sport that can be enjoyed very successfully by the handicapped. *Link* **"goes to sea" in a little more detail—with the aid of a fine set of sailing photographs—in the next issue.**

News from all around

Centre used to the full

Lincoln, Gainsborough and Mid-Lincs Association is enjoying to the full the facilities of the new community centre, Ancaster House, built by the Local Authority.

It is a year since the centre opened its doors—although it was officially opened only recently. The Association has been using it regularly, for committee and members' meetings and for special functions such as the 'Magical Evening' in October when the Magic Circle in Lincoln gave their services free and over £50 was made for the Association's funds. It was also the venue for a special lecture at the end of the year given by Dr. John Lorber, and in January the year started at Ancaster House with an Association Children's New Year Party to which members' children and children from St. Francis School, Lincoln were invited.

Darren Wise and sister Mandy enjoying the entertainment at a party put on by Sussex Association. The local radio, Radio Crawley, recorded the proceedings for broadcast to local hospital patients. Photo: *Crawley and District Observer.*

For football fans

The Central Council for the Disabled have published a guide to football grounds in England and Wales—"League Football for the Disabled Spectator". It gives details about viewing accommodation, car parking, special assistance and toilet facilities.

At just 20p the guide is excellent value for money opening up as it does the prospect of seeing the country's leading clubs in action. It is available from CCD Publications Department, 34 Eccleston Square, London SW1V 2ED.

- **STOP PRESS**

ASBAH is delighted to announce the appointment—as from April 1—of Mrs. B. A. Newman as Education, Training and Employment Officer.

Nine-year-old Tracy Saxby of Sheffield tries out the new Scamp which was given to the Sheffield Association by the girls from Bentley Brothers of Sheffield. The Scamp was handed over to Dr. John Lorber at Sheffield Children's Hospital Thornbury unit where Tracy was a patient. Also in the picture are Mrs. Muriel Sorsby who presented the Scamp, Dr. John Lorber and on the right, Tim Robinson, Chairman of the Sheffield Association. Photo: *Telegraph and Star,* **Sheffield.**

Hull: young people show the way

Congratulations to Philip Brown, son of Mrs. Gerritje Brown, Secretary of Hull and District Association who has had an oil painting accepted for the Winter Exhibition at Ferens Art Gallery Hull. Fourteen-year-old Philip's painting is of a German monoplane. It is only the second time he has entered paintings for the Exhibition and it is a real honour to have one accepted.

Miss Janet Swainger, also of Hull Association, has gained a Bronze Medal in the Duke of Edinburgh Award Scheme. It was due to be presented to her by the Lord Mayor of Hull at the Guildhall at the beginning of March—a very fitting birthday present for Janet who is 21 on March 30.

A new venture started by Hull Association in October is proving very successful. Association children with their brothers and sisters have been going along to a youth club at the Andrew Marell Youth Centre each week. Help has been given by Association and youth club members alike. Recently the Association bought £50 of play equipment for the club to help it on its way.

Cub Colin keeps busy

A letter from Colin Batchelor of Chadderton, near Oldham, Lancashire:

"I am ten years old and have been a Cub nearly three years and am a sixer. The badges I have are the Silver Arrow and Bronze Arrow, and I have also earned badges for many other subjects. Recently I was one of the lucky 12 handicapped Cub Scouts to be picked from all over the British Isles to go to Windsor Castle for the St. George's Day Service.

"Our Cub pack is the 16th Chadderton and we have our meetings at lunch time in the school which is Foxdenton School for the physically handicapped. We learn to tie knots, tracking, and play games.

"I have many other interests such as making Airfix models and learning to play the euphonium with the Chadderton 'B' Brass Band. I like this instrument because I can rest it between my legs on the chair. I also like to draw, but most of all I like my model railway and to go to see old steam engines. I once had a ride on the footplate of the *Flying Scotsman.*"

The case for special schools

Six years ago, when I gave birth to my handicapped son, I was in a position to consider education from both sides of the fence—as a mother and as an educationalist. I had spent the four years prior to the birth of my son training to teach handicapped children.

I had always felt that "special schools" did a very worthwhile job but that ideally, children of all types should be integrated in one building. My ideas are now totally different. Perhaps because I have a stronger insight into the needs of a physically handicapped child as a mother, or maybe because I am more experienced as a teacher, I feel very strongly in favour of "special schools" and in limited segregation—limited in the sense that integration can take place in a fairly sheltered play environment, where, as in the home the ratio of able bodied to physically handicapped is not very high.

Three years ago, my son was assessed and given an IQ of 112, he had by this time discarded his calipers and apart from incontinence and a few problems with the valve coping with his hydrocephalus, he was a very healthy child.

However these problems were enough to make me decide, without a doubt, that we would have to find out whether there would be a vacancy for him at the best special school in the area. Why? To sum up in one sentence. I prefer him to be one of the top dogs in his school rather than an underdog in a normal school.

In a normal school "I would worry about him every moment he was out of my sight"

Children can be very cruel. If 29 children in a class go to the toilet regularly and never have an accident, and one wets his pants perhaps once a day, he will be grossly ridiculed but also segregated in an integrated situation. Maybe in his first year at school this would be slightly acceptable, but surely not in his fourth or fifth years. But the problem would remain because it is not humane to reduce the child's chances of ever becoming dry by insisting on him wearing a nappy just in case!

This problem apart, think what can happen in a playground. If a lovely energetic game of "tag" is being played, does he stand by like a wallflower or does he join in the fun, even though no-one would want him on their team, because he can't run as fast as the others, and risk fracturing his skull if he falls in a faltered run? Surely the school secretary who often doubles as nurse would not feel competent to cope in such a situation.

The classroom would also leave much to be desired. Initially the physically handicapped child with an average IQ would probably cope, but he would soon become educationally retarded if, after a spell in hospital, a one-to-one relationship could not be formed for a while to help him catch up with his classmates. How can a teacher, with 29 others to consider, give all her time to one child?

Recently I have worked with an ESN child who is still in a normal school. She has been a pupil there for three years. She is still in the reception class and is not altogether accepted by the other class members. Her progress is very slow. The teacher has very little time to dedicate to this girl, and the other children are very demanding. I have been working with her on a one-to-one basis for about six to seven weeks for one hour per day and her progress is marked. The explanation is obvious. She needs to work at her own speed and she needs constant reinforcement and reassurance. The distractions in a normal class are numerous.

A personal point of view from Vera Stevenson

If my son were in a normal school, I would worry about him every moment he was out of my sight. How would the teachers who had perhaps never even heard of hydrocephalus, know when my son's valve was not working properly? Often people are wary of caring for him because they realise how often he has needed urgent medical attention. If a teacher felt this there would be a barrier between her and my son.

> With him in special school "I am neither neurotic nor over-anxious. He is a bright happy boy"

These points merely skim the surface of my feelings. May I close on the point that because I am completely satisfied with the attention my son receives in his special school, I am neither neurotic nor over-anxious. He, in turn, is a bright and happy boy, with no hang-ups whatsoever. I cannot praise his school enough.

- See Pages 12 and 13 for 'How not to be special at ordinary college'.

HOLIDAYS

Home-swaps

The problem of the disabled housewife who wants to go on holiday with her family, could be solved by an ingenious holiday exchange scheme which has been set up by two disabled housewives. They are trying to compile a register of people who will exchange their adapted homes with other people who have similar requirements. There is a £3 registration fee, but no limit to the number of exchanges for any one family.

For more information please write to Mrs. Rhona Thring, 12 Ormonde Avenue, Rochford, Essex, enclosing s.a.e., or telephone Southend 548257.

Contacts

If anyone is interested in joining a group for a Summer holiday they might like to contact one of the following organisations:

Woodlarks Camp, for any age from about 8 years onwards, including adults. Contact: Mrs. V. Palmer, Kathleen Marshall House, Woodlarks Camp, Tilford Road, Lower Bourne, Farnham, Surrey.

Fitzroy Trust, for younger people 8-16 years). Group holidays are arranged in all parts of the country using public school facilities. Contact: Mrs. M. Hammond, Elizabeth Fitzroy Trust, The Coach House, Whitegates, Liss, Hants.

Young Disabled on Holiday, arrange excellent group holidays for young men and women (ages about 16-30 years) in this country and on the continent. Contact: Young Disabled on Holiday, 19 Westworth Court, Stroud Green, Newbury, Berks.

Winged Fellowship Trust, arrange group holidays at a centre in Surrey and one in Essex for teenagers and older people. They also organise some parties for holidays on the continent. Contact: Winged Fellowship Trust, 79/80 Petty France, London SW1H 9HB.

ALL-ROUND ENJOYMENT

Michael Bradford of Portslade, Sussex, puts in a word of praise for volunteers whose "labour of love" helps to make holidays possible for the severely handicapped.

He writes of his experience at a PHAB holiday "I believe all who went enjoyed the holiday, even the voluntary pushers and drivers who not only worked the hardest but also benefited from the new-found experience of helping a handicapped person and thus sharing in his enjoyment a little."

DRESS SENSE

Article by Margery Thornton, Clothing

Clothe mak pers

The importance of clothing for the well-being of the disabled and handicapped needs to be emphasised very strongly. It is a basic necessity and yet, in publications on rehabilitation and the disabled, it is continually overlooked.

Most people prefer to wear "normal" clothing and much can be done by means of simple adaptations to make this possible. Then in many cases the handicapped person can have a satisfying social and working life.

When a person is sitting for most of the day in a wheelchair the total figure is foreshortened so that dressing in one-colour outfits, even with separates, elongates the appearance of the body.

Excessive wear is often a problem and a wheelchair user will not wear out sleeves so quickly if a piece of foam is invisibly tacked to the inside of the sleeve at the elbow. Sleeve guards can also be used to protect sleeves and cuffs, especially if made of the same material. Reinforcement should be undertaken when the garment is new.

Calipers can have shields of leather over the hinges and at joints and adhesive foam can be used over the top of supports. Heavy coaching leather and industrial nylon taffeta are strong protective fabrics.

Patches can be applied where trousers wear at the knees or on the seat and patched jeans are fashionable nowadays. If using leather, care must be taken over the type chosen if it is to be washed. Suede patches with holes already punched are obtainable and special gloving needles should be used.

For outdoor wear a waterproof mack of fine nylon completely envelops the occupant, but leaves the face free. In dry cold weather a quilted nylon bag for the legs is available with a full length zip and a matching zipped holdall can be fitted at the back of the chair. The quilted bag is also useful for wear in the house, if there is any risk of hypothermia.

Trousers cause many problems, particularly when a wheelchair user puts on weight at the waist and hips and there are firms who can make trousers to measure at a reasonable price. It would be very useful to get as many measurements as possible from as many people as possible, to see if any rationalisation can be achieved. The measurements I need are:

(i) round waist, (ii) round hips, (iii) round widest part of thigh, (iv) crutch to waist, at back, (v) crutch to waist, at front, (vi) inner leg length.

There is also the "Edgware" trouser, which has been designed to open to the crutch, this means that a urinal bottle can be held at the right angle to prevent spills.

For both men and women the top half of the body should be

A warm cape—made by attaching short cape sleeves to a fitted bodice

Adviser, Disabled Living Foundation

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Illustrations by courtesy of the Disabled Living Foundation

covered by a garment which is long enough to prevent a gap between its hem and the waistband of the skirt or trousers. When dresses are worn these should have slightly flared skirts so that they lie smoothly over the thighs and—if fashion so dictates—over the knee and do not ride up. When mini skirts are in fashion—and there is some talk of their return—care should be taken that they are longer than those worn by colleagues who are standing. This additional length is taken up when sitting and prevents ugly exposure of thighs. Other useful dress suggestions are wrap around skirts or kilts, pinafore dresses buttoning down the front, kaftan type dresses and dresses with a draw-string waist.

Button-through dresses are useful to lay on the chair or bed and fasten around the wearer. These should have a generous overlap to avoid gaps between buttons; double-fronted dresses with two rows of buttons, or button-through dresses with flared skirts are the most successful.

Where dressing is concerned it may be necessary to adopt a new method of dressing with or without the use of certain aids; this will depend entirely upon the extent and severity of the handicap or upon the presence of "trick" movements. It is important not to become overtired or frustrated and the easiest garments and fastenings should be tackled first. Sometimes it is easier to master undressing first and then to progress gradually to dressing. It is helpful if clothes are left ready and accessible the previous night and if they are put on and taken off in the same order every day.

A "one-way" fabric has been developed which allows moisture to pass through it in one direction only; moisture is absorbed by an absorbent outer layer of fabric which must not become saturated. If underwear is made of this hydrophobic material it gives greater comfort to those wearing plastic or leather spinal braces, as it provides a dry layer next to the skin. It is also useful for those who sweat a great deal and when used for protection by an incontinent person.

Footwear is another problem and a Footwear Directory has recently been issued, which helps with a great many difficulties—for instance it is possible to get smart open-to-toe training shoes without studs. These are a welcome alternative to blue and white plimsoles. There are also special lace-to-toe suede or leather boots giving ankle support.

Some problems have been mentioned in this brief article, but no two people have exactly the same problem, so often each difficulty is a "one-off" problem. I would welcome ideas and news of solutions and problems, as well as trouser measurements, for pooled knowledge benefits everybody.

The following publications concerned with clothing for the handicapped person may prove helpful.

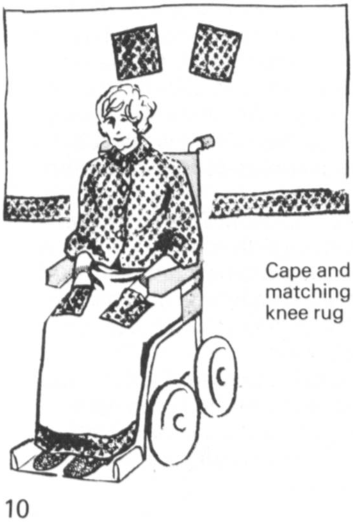
From the Disabled Living Foundation "Sales" Dept, 346 Kensington High St, London W14 8NS. (Tel. 01-602 2491)

"Clothes Sense for Handicapped Adults of all Ages"—£2.00

It covers generally the problems for the disabled of looking fashionable, choosing clothes, materials, patterns and accessories, and also gives illustrated details of adaptations, fastenings, dressing techniques and aids. It carries sections on alterations and renovations, and illustrated details of types of clothing, together with useful addresses.

"Clothing for the Handicapped Child"—£1.20

It aims to help the handicapped child get more fun and comfort from his clothes, to dress and undress himself more easily, and to make his school and social life easier. The different sections cover selection of clothes, dressing, fastenings, adaptations and types of clothing.



Cape and matching knee rug

"Dressmaking for the Disabled"—£0.27

It carries full instructions on the adaptation of paper patterns.

"Dressing for Disabled People"—£2.00

This manual is designed to assist nurses and other helpers—and the disabled themselves—with the task of getting dressed and undressed.

Ponchos

"Footwear for Problem Feet"—£1.25

It outlines some of the problems, and gives advice on ways of coping with them.

"Sewing Notes"—£0.50

"Footwear—What to get and where to get it"—£0.75

A directory of footwear, useful as a companion to "Footwear for Problem Feet".

"Clothing Fastenings for the Handicapped and Disabled"—£0.35

A leaflet showing simple adaptations and fastenings.

Other publications:

"Clothing for the Spina Bifida Child"—£0.15 (from ASBAH National Office.)

This is an ASBAH publication, written by Barbara Webster, SRN, RSCN, Matron of Harts Leap Children's Cheshire Home. It gives advice on the suitability of different types of clothing, with hints on simple alterations.

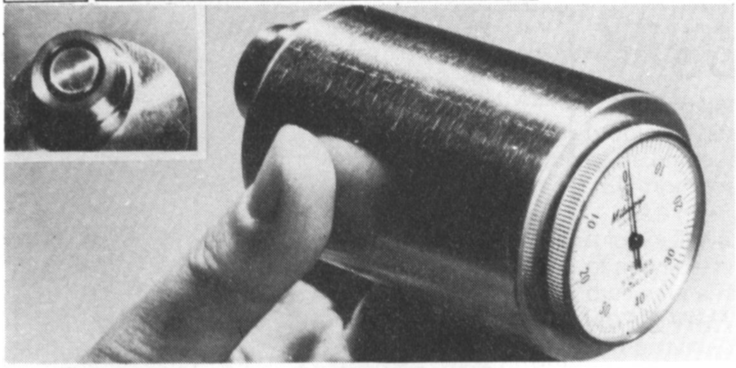
"Clothing and Dressing for Adults"—£1.50 (from Equipment for the Disabled, 2 Foredown Drive, Portslade, Sussex BN4 2BB).

This is one booklet in the series "Equipment for the Disabled" and has just been revised. It carries general advice on solving clothing problems for different disabilities, together with illustrated information on types of clothing, and manufacturers' addresses and approximate prices. Dress patterns are also suggested, together with ideas for making simple alterations and adaptations. A useful booklet for a local association to have on the bookshelf.

- **Patterns**—special patterns for all kinds of garments can be ordered through ASBAH National Office. Please send details of garment required together with measurements—waist, hips, crutch to waist back and front, leg length (inner and outer), and thigh girth for slacks and trousers, and a note of any special wishes.

If you have had any problems in finding suitable and attractive clothing then Miss Coleman of Newcastle Polytechnic would be pleased to hear from you. She is working on a project on clothes for children with spina bifida. If you write to ASBAH National Office we will pass on your comments, or you can write direct to Miss Coleman, Middle Farm House, Rotten Row, Theddlethorpe, Mablethorpe, Lincolnshire LN12 1NX.

Health matters



The Tonometer

Measuring brain tension in infants

by V. E. Boston, D. A. Hofmann and J. E. S. Scott
from the Department of Surgery, University of Newcastle upon Tyne.
The Design Unit, Department of Mechanical Engineering, University of Newcastle upon Tyne

The measurement of cerebrospinal fluid pressure in the brain is one of the important factors in the diagnosis of hydrocephalus, a condition which commonly accompanies spina bifida cystica. The measurement is usually obtained by inserting a needle into the ventricle through the scalp, the brain and its coverings, but this procedure involves certain hazards and cannot be used frequently to assess the progress of the disease.

Methods have been devised to measure intracranial pressure in babies with an open fontanelle by using an apparatus called a tonometer which can determine the tension in the brain by placing a sensitive "feeler" on the baby's fontanelle when the baby is relaxed. The apparatus currently in use in some centres is a little heavy and cumbersome and cannot be used at an out-patient clinic.

With the help of a generous grant from the Newcastle upon Tyne branch of the Association for Spina Bifida and Hydrocephalus, a new tonometer has been produced which is small and easily portable.

Testing on both the work-bench and with patients has shown that the instrument is accurate and reliable. It is particularly useful with the new-born at the time when a decision has to be made as to whether or not to carry out a shunt operation to divert the cerebrospinal fluid from the ventricular system. Frequent measurements of ventricular C.S.F. pressure can be made enabling the condition to be monitored more accurately and an operation undertaken at an early stage if it proves necessary.

The picture is published with the permission of Hippokrates Verlag, Stuttgart.

Hydrocephalus—diagnosis before birth

Dr. John Lorber, MD, FRCP

Readers of *Link* must all be well informed that tests can now be carried out on expectant mothers to find out whether her baby is likely to have spina bifida or anencephalus. These tests are now routine procedure and with their help many tragedies can be avoided.

Much more recently it became possible to diagnose even hydrocephalus, without spina bifida, towards the end of the first half of the mother's pregnancy.

Research workers in Britain and in Australia developed a very scientific and complex method of ultrasonic examination of the baby. With this technique one can measure the size of the unborn baby's head, and it also shows the ventricles inside the baby's head.

In this way hydrocephalus can be diagnosed quite early. The examination could be done where there is a high risk.

This technique was described by Professor Stuart Campbell of King's College Hospital, London, and was published in the *British Medical Journal* (1976), *2,* 676.

How not to be special at ordinary college

BY KAREN SEIDLAR
(right)

Since I started studying, I have been to three colleges. One was a college for the handicapped but the other two were ordinary colleges. The two ordinary colleges were very different and in each case there were very different problems to overcome.

Before I say anything about the problems, I must first say that both colleges were very nice experiences. I enjoyed going to them. If you are prepared to make the effort to need as little help as possible and be as inconspicuous as possible, no matter what a lot of people say about ordinary people not accepting you — they will.

At Brighton Technical College there were 82 stairs. Needless to say this was very hard and I finally had to give it up — though I was there two years before I did. Carrying my bag with my books in was awful but it was no good thinking I will give them to someone else to carry. That's a bind on them. Unless you are very friendly with someone and are prepared to do something for them in return, it is resented. Some people will say rubbish but I have listened to students talking and I know it is true.

I did have to rely on people carrying my bag sometimes. For some classes I used to go to Stanmer where there were stairs without bannisters out in the open — they were slippery and I could not manage alone. In return I used to take some of the students' bags in my car from college to Stanmer. I also arranged not to bring in my text books, some of which were very heavy.

Watch out for slippery floors, and if you should fall over sometimes — I do — make as little fuss as possible unless you are hurt.

There is usually one person around who tries to be too helpful or is pushy or is sometimes resentful. I always find it easier to just ignore them and keep going. Above all, don't let people get you down, and always be ready to lend a hand to someone. I never make the first move normally. I let people get to know me if they want to, otherwise I just find I am rushing in.

The first term is always the worst. It can be hard to get to know some of the students but you always do, so keep going. At Lewes I found students were much easier to get on with from the start. I don't know why, perhaps it was just luck — sometimes you will have it easy, others not.

You have to be prepared to make a fuss if lecturers try to stop you doing things *you* know you can do. Sometimes you just have to disobey, but as long as you feel confident it works — usually!

I work in a lab a lot of the time. At Brighton it was not too bad, as we had lab lockers to put equipment in, but at Lewes we have to run around all over the lab, to get things, so I have to get some help. But I always try to do something in return.

The one thing you must never do, as far as I can see, is to think handicapped. Think normal and if others can't accept it, then it is their handicap, not yours. It is really nice at the end of the day knowing you have done your bit just as well as the next and have not made someone do your share of the work for you.

I believe I have made it so far. My best friends at college don't think of me as handicapped, of that I am sure, and that is what you must aim for.

Slumberfleece

How to keep warm at night is a common problem encountered by many people with spina bifida, and for them a new product "Slumberfleece" might prove especially useful.

It is a new concept in the world of bedding. It looks like a sheepskin — and is, in fact, made of acrylic — and is placed on the mattress, under the lower sheet, or can be used instead of the lower sheet.

It provides considerable extra warmth underneath helping to keep legs warm on cold nights. The manufacturers claim that it does away with the need for an electric blanket, and at the same time, the sheepskin pile allows air to circulate under the body, thereby also keeping the sleeper cool in hot weather.

Slumberfleeces come in five sizes to cover most bed widths, plus an especially small size for cots. They have a non-slip foam backing to keep them firmly anchored on the mattress, and they are machine-washable.

Prices range from about £6.50 for the cot size, width 27", and £7.60 for a 30" fleece for a single bed, to £13.40 for a 60" width. Bedding departments of good local stores should have these in stock, if not contact Slumberfleece Ltd, Blomfield House, Clifton Villas, London W9 2PH.

CHILD HEALTH SERVICES: TIME FOR CHANGES

A comprehensive restructuring of health services for children in England and Wales is recommended in a report by a Government Committee. The Committee, with Professor Donald Court as Chairman, was set up in 1974 "to review the provision made for health services for children up to and through school life".

The Committee says that there should be more help for families with handicapped children through the appointment of General Practitioner Paediatricians who would specialise in children's health. The GPP would be trained to understand the needs of such families and would have a special responsibility for those being cared for in the community.

In addition, there would be a district handicap team in each health district headed by a new kind of consultant — the Consultant Community Paediatrician. This multi-professional team would provide specialist assessment and ensure appropriate care for children with every kind of handicap, including the severely mentally retarded; with the GPP, they would cover both the hospital and the community.

The Court Committee Report is available from HMSO in two volumes: Vol. I — £6.50; Vol. II — £4.00.

Appeals and publicity

A DAY IN THE LIFE OF...

It has been suggested to me that readers of *LINK* would like to know in more detail how we at National Office spend our days, so here is my diary for Tuesday, 1st February!

Bad start. Frost and snow delayed train 25 minutes so didn't get to office until 9.10. Opened post—32 letters and seven parcels containing tombola prizes. People *are* kind—one gift is an electric blanket, another, six bottles of sherry. We're getting prizes to suit all tastes—golf balls, silk dress lengths, games, wine-making and do-it-yourself kits. Wish ticket orders would come in faster.

A lovely letter "out of the blue" with £100 but a sad one in memory of a young father who has died suddenly.

First telephone call brings exciting news that we can have a preview of "Fire Angel", a new rock musical coming to Her Majesty's Theatre. But it's only twelve days after the Dorchester Ball! Horrors! Ring the producer's PRO to ask if I can meet Mr. Ray Cooney to tie up details with him.

Ring the advertising agency to see if they can do a souvenir programme at such short notice. They can, thank goodness. Check how they're getting on with the Ball programme. Pleased to hear the Great Jubilee Boat Race seems to be catching on. Miss Gilbertson calls from Five Oaks. Not snowbound as I feared!

Start answering the post. Organise letters to referees regarding the Assistant Appeals Organiser post we advertised last month.

Phone call from a record company saying they'll send some LP's for the Ball tombola. Another call—from the man we thought would like to join the Appeals Committee. He declines with regret.

Remember Mary, our loyal volunteer, will be in tomorrow—organise some work for her to do. She can gift wrap some of the tombola prizes.

Consult with BG—record clerk—about possible duplications, about stores of Christmas cards remaining, about a covenanted subscription and about the bill for renting Christmas card shops.

Second post arrives before I've finished this morning's instalment. Another nice £100, twelve promises for tombola, and two orders for tables at the Ball.

Rang Kensington Palace to ask for photograph of the Duchess of Gloucester for the Ball programme.

Royal Philharmonic rang up about the Albert Hall concert on September 29.

Have another go at getting cabaret star for the Ball.

Pub has £100 for us and wants someone to collect the cheque. Fix up with the Local Association.

Order more letter headings.

Thank goodness for Maisie, Valerie and BG. They really do work hard, bless them.

On the move. Two youngsters who know where they are going. The photograph by Norman Brand was taken at Charlton Park Special School, at Greenwich.

ASBAH booklets . . . leaflets . . . posters

Your Child with Spina Bifida, by J. Lorber, MD, FRCP	20p
Your Child with Hydrocephalus by J. Lorber, MD, FRCP	15p
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Clothing for the Spina Bifida Child by Barbara Webster, SRN, RSCN	15p
Aids and Equipment	60p
Information leaflets	100 for £1.30

All available from ASBAH, 30 Devonshire Street, London W1N 2EB. (Special rates available to Local Associations.) Please note that postage is extra. Allow a minimum of 9p per booklet.

Scottish Spina Bifida Association booklets.

The Spina Bifida Baby . . being revised.
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).

Fund raising and publicity material

Posters
Best Foot Forward 20 x 30in. — 10p each.
Best Foot Forward 15 x 10in. — 10 for 40p.
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All available from Appeals Dept. — postage extra. Full list on request.

Spina bifida badges. 25p each, postage extra. (for one badge enclose s.a.e.). Bulk orders particularly welcome. Available from: Mr K. McKenzie, Salisbury & District ASBAH, 111 East Gomeldon Rd, Gomeldon, Salisbury SP4 6LZ.

Holiday accommodation for spina bifida families

Camber Sands, nr. Rye, Sussex. New well-equipped 6-berth chalet near the sea. Details: Mrs Evans, 1 Coniston Gardens, Wembley, Middx. 01-904 7840.

Christchurch, Dorset, Hoburn Farm. 6/8-berth caravan, 1 mile from sea, near New Forest club house. Details: Mrs D. Collier, 359 Cricklade Rd, Swindon, Wilts.

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Great Yarmouth. Caister Beach Caravan Camp — 6-berth caravan. Details: Mrs E. N. Barefoot, 23 Marlborough Road, Southall, Middx. Tel. 01-574 5067.

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Tel. Lee-on-Solent 550242.

Prestatyn. 2 luxury 6-berth caravans at Bourne Leisure Site. £22 per week. Due to demand one week bookings only are possible. Bookings from March 1 to: Mrs E. Taplin, Colonial House, 63 Corporation St, Manchester M4 3DT.

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