Link

Association for Spina Bifida and Hydrocephalus/ASBAH 10p Nov/Dec 79

Reg Prentice writes for LINK: CORAD enquiry: Centre offers second chance: Life with Lucy: Riding therapy: ASBAH's Annual Meeting: Ombudsman: Jobs and the Quota: Fund raising—what a picture!

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Opinion

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Association for Spina Bifida and Hydrocephalus/ASBAH

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MR REG Prentice, the Minister of State for Social Security has written this 'opinion' article for LINK:

SINCE becoming Minister for the Disabled, I have been deeply impressed by the vast amount of work carried out by organisations of disabled people and their families who set out to help themselves, instead of simply asking for help from others.

As an association of people of whom the majority have someone with spina bifida in their family, ASBAH is a splendid illustration of how to do this. Especially worthy of our attention is the recent development by ASBAH of LIFT ('Leap into the Future Today'), which essentially is a self-help scheme in which there is active participation by adolescents and young people with spina bifida, the aim of which is to assist them in their move to greater independence.

We are all agreed that disabled people should be able to enjoy the same opportunities as others in determining the pattern of their lives. The statutory authorities, with all their considerable achievements, will never be able to provide the fully comprehensive service to make this ideal possible. There is a vital role for voluntary organisations to play, not only in making a special contribution in their own right, but in both complementing and supplementing statutory provision. They have the freedom to venture into new fields, to identify new and unusual needs and to seek ways of meeting them. Their attention can be directed to gaps in provision which cannot easily or quickly be filled by statutory authorities and which sometimes do not appear to be adequately covered by existing legislation, making use of experiments, innovations and advances in social care born of enterprise and initiative. A good example of a recent innovation of this kind is the introduction by ASBAH of their social independence training courses for adolescents and young people.

Freedom to innovate goes along with financial freedom. Whilst voluntary organisations may well receive some help from the public sector towards the funds needed to meet their everyday running costs, as indeed does ASBAH, you are clearly demonstrating the advantages in having the freedom conferred by financial independence.

One particular facet of the relationship between government and voluntary organisations, such as ASBAH, is that the latter can and do act as pressure groups to bring the special needs of the particular group with which they are concerned to the attention of the public and of local and central government. They are also a valuable source of knowledge and expertise in many fields and their advice and experience on specific problems can be invaluable to the statutory authorities.

The vital role of volunteers in our society deserves proper recognition: they are not just extra pairs of hands or untrained 'professionals', but responsible men and women who play a special role in the community, adding a valuable personal dimension to caring. It is important that their dedication and willingness to serve should be directed to areas of need and that, wherever possible, volunteers should be given the opportunity to improve their knowledge, skills and effectiveness by suitable training.

We, in Britain, are fortunate indeed in having, in the voluntary sector, an enormously valuable and varied resource for improving the lives of our disabled citizens. It is the Government's task to liaise closely with the organisations concerned, such as ASBAH and to continue its encouragement of your vital role in caring for those most in need.

FRONT COVER

FOR THE second year in succession, Gus has enabled us to capture some of the fun of Christmas on the front cover of LINK. The cartoon was drawn specially for LINK, as his Christmas present to us.

The yearly subscription for LINK (UK) is £1.15, which includes postage.

CORAD WANTS DETAILS OF RESTRICTIONS

THE LAST LINK announced the setting up of CORAD — the Committee on Restrictions Against Disabled People. CORAD is now asking for your help. It wants to hear, by the end of January, from disabled people and their families, about the restrictions and discrimination they themselves have encountered. You can send for a questionnaire to help with this important fact-finding investigation.

CORAD already has many examples of discrimination — such as the landlord who refused to serve two people because they were in wheelchairs.

It says: "For too long the lives of disabled people have been one long round of making special arrangements and getting special permission. For example if you are disabled and you want to go shopping, stay in a hotel, go to evening classes or eat out, you are told — not unless you give 72 hours notice, not if you're alone, not with a dog, not during the summer, only if you can read the notices, use the telephone, get here before 10 am and so on . . .'

The Chairman, Peter Large said: 'Nobody minds certain restrictions, and special arrangements, for special occasions. But when you face these problems every day of your life then ordinary life becomes a daily struggle and huge extra burdens are added to the initial disability. We know discrimination exists. Our job is to find out the extent and nature of the problem and decide whether the club or the carrot is required to solve it'.

If you would like a copy of the special questionnaire, designed to help you to help CORAD, write to the Secretary, CORAD, Dept. of Health and Social Security, Alexander Fleming House, Elephant and Castle, London SE1 6BY.

Now that old chair is yours to keep

WHEN YOU get a new wheelchair in future you will be allowed to keep your old one as well — for gardening, showering etc. The DHSS will not, however, maintain the old one. That will be up to you.

Get in touch with your local Artificial Limb and Appliance Centre; tell them you wish to keep your old chair, and you will be asked to sign a disclaimer form.

Hall of residence marks new era

CLARKSON HOUSE, a specially built hall of residence for disabled — and non disabled — students opened in September at the University of Southampton.

It has been specially designed and fitted out to cater for those in wheelchairs, but some able-bodied students will also be living there to ensure a balanced community.

Fit for work — that's the message

"DISABLED workers are good workers and given the chance and the right job — with proper rehabilitation and other facilities — they can compete, on equal terms, with people who are not disabled". This was the message of the Fit for Work Campaign launched, in the Autumn, by the Manpower Services Commission.

Trophy

A 'Fit for Work' Award Scheme was also announced under which 100 firms will be selected each year to receive a trophy, wall plaque and certificate. These will be firms which have demonstrated exemplary policies and practices in the employment of disabled people.

SPOD — the charity — aims to extend its work

SPOD — already known to many LINK readers for its pioneering work in the field of sexual and personal relationships of the disabled has recently been inaugurated as a charity.

It was set up and supported for six years by the National Fund for Research into Crippling Diseases. Because of the great demands on SPOD — described as a 'minor explosion of activity'—it was decided to make it a registered charity, and it is now known as the Association to Aid the Sexual and Personal Relationships of the Disabled.

The DHSS has given a grant of about £25,000, and SPOD plans to expand its network of counsellors and meet the demand for short courses.

It has 150 counsellors on its registers, but also sees it's role as an organisation available to help train counsellors already employed by agencies such as Marriage Guidance and Family Planning. It also aims to educate teachers within the schools.

At the inaugual meeting of SPOD as a charity it was felt that it was important that it should be seen to move away from purely sexual problems and concern itself with the wider issues of relationships.

SPOD's new address is Brook House, 2-16 Torrington Place, London WC1E 7HN. Tel: 01-637 4712.

Film for hire

A short film made up from parts of the longer film 'Growing Together' is now available for hire. Entitled 'Appeal for ASBAH' it should help local associations with fund-raising. It shows the work of national ASBAH, and points out the need for funds. 16 mm colour sound. The hire charge is £4 including postage and packing. Contact Pat Silverthorne at National Office.

Dash for the line!

Ten-year-old Alison Smith of West Winch, Norfolk comes in first in a heat of the wheelchair dash. Alison who has spina bifida is a member of the East Anglian Association. Behind her in the picture is Linsey Shepperd who also has spina bifida. She is at present at the Octavia Hill Training Hostel at Wisbech.

Alison and Linsey were just two of the competitors in a special Games Day for the disabled organised in Kings Lynn by the Lions Club. Altogether nearly 60 disabled people took part. It was the first event of its kind in the town, and it proved so successful that the Lions plan to enter a team from West Norfolk in the regional games and at Stoke Mandeville where junior and senior games are held.

New pool opens

A new £163,000 hydrotherapy swimming pool was opened in October at the National Star Centre for Disabled Youth at Cheltenham. It was opened by Miss Lorna Bliss a former student of the Centre.

She represented not only the former students but all those who supported the special appeal fund, now standing at about £100,000. Miss Bliss took part in a 50 length sponsored swim to raise money for the appeal fund.

RIKKI SPIERS, 9, of Bournemouth, Christchurch and Poole Association meeting the Queen when she visited the area earlier in the year. He presented Her Majesty with a posy of tulips while she was on her walkabout.

Someone needs a letter . . .

MRS BRENDA Willeford, who is a member of the Houston Spina Bifida Association in America, would be pleased to hear from a family in this country who would like to correspond with her.

She has an eight-year-old spina bifida child, and is also Editor of the Houston Association's Newsletter.

She receives LINK regularly so is in touch with the activities of the local associations in this country. Her address is: Mrs Brenda Willeford, 211 Arbor, Baytown, Texas 77520.

Centre offers second chance

WHEN IT opens shortly Keith Grove Day Centre will aim to give disabled young people a second chance.

Run by the Invalid Children's Aid Association it will take up to about 20 disabled young people, aged 16-25, and give them the opportunity to learn social skills, crafts, and help them towards employment or useful occupation. It will serve Brent, Ealing, Hounslow, Hammersmith and part of Kensington and Chelsea.

The kind of young people the centre has in mind are those who are sitting at home all day doing nothing, and also those who have tried one job but failed and haven't had sufficient encouragement to try again.

Sally Roberts, the Day Centre Organiser, who is an occupational therapist, says that adaptability will be the keynote.

'We won't have a hard and fast curriculum. We may have about 20 people on our books, but only about ten will attend at any one time. Some people will come in only two or three days a week to courses and sessions that suit them best. What we do will depend on the people and their needs. We hope we will help them to organise their own lives.'

She doesn't anticipate that anyone will attend the centre regularly for more than about nine months, or maybe a year.

Mrs Jennifer Berisford is in charge of the centre as a whole. It is also the offices of ICAA's six social workers in the area, and evening sessions, workshops, and parties for parents and handicapped children in the boroughs are held there regularly.

She explained that the social workers would be available to give help and guidance to the young disabled attending the centre — and to their families who need to be in the picture if any progress is to be made.

Two rotary clubs are proving real friends and it is hoped that their continued support may produce useful contacts within local firms and open up the world of work.

If anyone knows of a young handicapped person in the Keith Grove area who might benefit from attending the new centre they should contact Sally Roberts, Keith Grove Centre, 3 Keith Grove, London W12.

The Centre and the Personal Social Services Council are collaborating on some much needed research into what happens to young disabled people when they leave school. They will take about 100 young people as their sample.

Sarah's very special day

ONE OF these pretty bridesmaids is eight-year-old Sarah Foster, of Pontefract, who is a member of Pontefract, Castleford and District Association. Sarah, with her Shrewsbury Splints hidden under her long dress is pictured at the front left. Behind her, next to the bride, is her sister. They were bridesmaids at their uncle's wedding near Pontefract.

Looking for wider horizons

PLANS are under way to form an International Federation for Spina Bifida and Hydrocephalus, and Miss Moyna Gilbertson, ASBAH's Chief Executive Officer, is a member of the working party set up to consider the constitution and to make recommendations for an inaugural meeting.

Representatives from 17 countries met in Sweden in the Autumn, at the initiative of RBU (the Swedish Association for Motor Handicapped Children and Young People) to look into the possibility of forming an international federation.

Great Britain was well represented and papers were presented by Professor John Lorber, Mr Duncan Forrest, and Mrs G. McIntyre, of the Scottish Association.

Independence moments

INDEPENDENCE training weeks run by ASBAH continue apace. Here are just two pictures to capture some moments from these varied weeks.

- Left, a group on an Independence Week at Sheffield before starting on an outing.
- Right, Hazel, with helper Klaus, on a barge trip.

Optascop campaign needs £20,000 more

£28,000 is being raised to buy an Optascop Machine for Queen Mary's Hospital, Carshalton. This is a specialised form of portable X-ray machine used as an aid to the surgical treatment of hydrocephalus and spina bifida. Its main use is to help in the accurate placing of the drainage tube in the brain for treatment of hydrocephalus.

Any donations will be gratefully received. Please send them to Mrs W. Webb, 37 Windmill Grove, Croydon, Surrey. Tel: 689 6193. The fund at the hospital now stands at more than £8,000.

LINK, in error, in a recent issue gave the impression that Staines, Hounslow and District Association was responsible for co-ordinating this fund-raising effort. It is, in fact, being handled by Mrs Webb.

A PICTURE to remind you of summer — Dawn Coleman who has spina bifida is in the boat, and the able bodied helper with her is Christine Balsdon. Both of them visited Bewl Valley Reservoir, near Lamberhurst, Kent in the Summer with other young people from Sussex Association to experience the pleasures of learning to sail.

Party marks end of school days

FOUR LASSIES from Shropshire and their friends at a farewell party to mark the end of their school days. The four of them — Lynn Harding, Liz Jones, Sara-Ann Carter, and Jayne Winnall were 'splitting up' to start at different colleges, having been at residential school for ten years, mainly at Burton Hill School, Malmesbury in Wiltshire.

Sara-Ann's mother writes: 'These young ladies have travelled many hundreds of miles during their school years—a round trip of 400 miles being undertaken every five or six weeks. Mr Briscoe (Welfare Education Office) has been our permanent driver. The years have gone quickly, and through LINK may we say a big 'thank-you' to all teaching and nursing staff, not forgetting all the Salop County Council officers who have taken care of our Shropshire lassies'.

Photo: Peter Bartlett

Harford — for the creative arts

THE HARFORD Group for physically handicapped and able bodied adults ran a very successful holiday course at Prospect Hall in Birmingham. Courses in painting and collage, drama and the theatre, and creative writing were held.

During the week a day's outing to Stratford upon Avon proved popular. This included a visit to the stage of the Royal Shakespeare Theatre where the visitors examined the sets of The Merry Wives of Windsor, had the very complex computor operated lighting system explained and were told how the Royal Shakespeare Company produces a play right through to the first night. The group visited the Hiring Centre for Theatrical Costumes, and the Wedgwood Factory at Barlaston.

The last night of the week was celebrated with a dinner followed by performances, by the drama group, of a short play by Thornton Wilder and a play written for them by the creative writing group. Props for both plays were provided by the art group.

Membership of the Harford Group is £1 per year. Members receive information on the arts and crafts courses and weekends organised by the Group. It is affiliated to National PHAB and follows the same aims. Membership is from 21 years, but the group tends to attract members of 30 years plus. If you are interested please write to Mrs P. Gregory, Organising Secretary, The Harford Group, New Place, Finchingfield, Braintree, Essex CM7 4LS.

MORE AND more people with spina bifida and hydrocephalus are emerging to take their place in the world. Some find the going relatively easy, some find it hard. From time to time LINK hopes to share in their experiences.

It makes a start with Lucy Savage, who, although she probably wouldn't think of herself in this way, is something of a pace setter.

Lucy, 25, has spina bifida and is permanently in a wheelchar. Here she writes about her schooldays, life at university, and a return to college, this time as a teacher.

University student: I spent the first year trying to prove I was happy.

College teacher: Things are beginning to work out very well.

LIFE WITH LUCY

UP TO THE age of eight I had an LEA home tutor since there was no suitable school in the area.

After a couple of false starts, including one with a very sweet woman whose sole aim in life was to have me draw pictures of the Three Little Pigs, I settled down with an excellent teacher who really pushed me on, in the nicest possible way, so that when I arrived at Coney Hill School just before my ninth birthday I was insufferably arrogant.

Being quite disgusted at the simple things I was expected to do, I spent my entire first term making quite certain everyone knew that I'd done this 'kid's stuff' years ago. Seriously though I was very happy at Coney Hill and remember in particular an enormous sense of relief on discovering that I was not the only person in the world who couldn't walk.

I TOOK the 11-plus along with several others and as it was felt that I needed to be 'stretched' went on to higher things at the newly-opened Florence Treloar School at Alton, Hants. For various reasons it took me a couple of years to feel at home there, but I did gradually begin to make friends.

The work, especially in the more academic subjects, always came fairly easily to me, although I eventually left at 18 with a firm conviction that I was useless at anything practical or creative.

One of the best things that happened to me there was being given the chance to do 'A' level French with the sixth form of a local grammar school. This was the beginning of integration. Then it all happened with a vengeance when, having achieved some terribly unspectacular 'A' level results, I got a place at East Anglia University by the skin of my teeth (a week before term began, actually — still at least it left no time to panic!).

THE WHOLE of my first year was quite a struggle. I spent most of the time trying desperately to assure everyone (myself included) that I was very happy, when really I wasn't sure of anything of the kind. It takes a while to come to terms with the difference which a disability makes. This was accentuated by practical difficulties, such as the inaccessibility to me of other students' rooms, which meant I had to wait for people to visit me, knowing they sometimes came out of a sense of duty.

I suppose I must have been fairly confident (or something!) as I knew right from the outset that the French course I'd chosen involved spending a year abroad, and it never really occurred to me that this was anything but possible. So when the time came, arrangements were made for me to go to a French school as an assistant — you know the English counterpart of one of those poor French girls who are made into mincemeat by the kids! Yes — well it was like that sometimes, but there were some fantastic times as well.

At the end of the year I returned, somewhat reluctantly, to finish my degree, which all happened with only the average amount of student trauma. To prove that the year in France wasn't so bad, I had by this time decided that teaching would suit me, so applied for, and obtained, a place at Madeley College, near Stoke.

IT WAS only after completing the course that things became really tough. I'd managed to qualify when jobs were very scarce. I left and I went to stay with my brother and his wife, supposedly just for a few weeks until a job came up, and was still waiting seven months later. By this time I was, when I could muster the enthusiasm, applying for any remotely possible job.

One eventually turned up as an accounts clerk. This was pretty boring but at least it filled some time for me. The firm was very tolerant, and when it eventually leaked out that I was one of the world's unemployed teachers they never objected to my going for interviews etc.

By this time I so wanted somewhere else to live that I put an advert in the local paper. I went to meet the person who replied and as the flat seemed very suitable decided I would take a chance.

THEN ONE day, in October of last year, I saw an advert for a teaching job at the Star Centre, a special college for disabled students near Cheltenham. I decided to apply and to my sheer amazement was ofered the job.

So here we are — or I am — living in my own bungalow in Cheltenham, getting around in my new motability mini (I had one bought by my parents before that) and doing remedial work with very small groups of students aged 16 and over at the Star Centre. Things are beginning to work out very well.

Lucy Savage

Hydrocephalus —tell us more

I READ LINK each time it arrives with anticipation — looking for something which is relevant to people with only hydrocephalus. I understand the need to have lots of encouraging and supportive articles and advertisements for the people in wheel chairs with the attendant problems — but it is significant that Jane, who is 13, does not identify with anything in the magazine.

Our sense of isolation in this respect is paradoxically increased by the fact that Jane's valve has been so successful although she has one of the most serious forms of hydrocephalus. She is also a clever girl academically and attends a local independent ex-direct grant school, where she is a happy integrated girl.

However it seems possible that other parents might be interested in some or all the subjects upon which I should welcome articles. It does not seem reasonable to 'complain' without offering some positive suggestions of things I'd have liked to hear about over the years. So . . .

- A psychologist providing some information on the effects of frequent hospitalisation on children and what parents can do to absorb some of the pain, fear and disillusionment on a deep level and not pretend it's not there.
- A discussion of some of the questions the children ask — or are likely to ask — so that they won't be a surprise. At 10 my daughter asked whether I would have had an abortion if I had known she was going to have hydrocephalus.
- The current state of research into hydrocephalus when it is NOT accompanied by spina bifida. It seems it doesn't show up in tests during early pregnancy. Will it ever by present methods?
- How genetic counselling works. I don't know — it has not been offered and I have not asked. I shall have to soon for Jane and her older brother John. I'd guess that it is probably better for them to absorb information which could be unpalatable *before* they are deeply involved emotionally with anyone.
- How other people cope with children going abroad on an exchange. I've just written to Mr Holland asking for information about insurance.
- Experiences of university applications/job applications. Which universities have a *really* good student health service? Is there any evidence that would-be students are disadvantaged because they have hydrocephalus?
- How to cope with the change from a children's hospital to being in an adult ward.
- What is the long term prognosis for these children in general. We know about renal infections for the spina bifida children — what is the chief 'killer' of these children?

JILL PENROSE **Stutton, Nr. Ipswich**

LINK will be tackling the issues raised by Mrs Penrose over the next few issues. Other readers might like to let me know the kind of topics they would like to see aired in the magazine.

Editor

When horse riding takes the place of a good walk–and what that might mean for youngsters with spina bifida

MICHAEL Lund-Jacobson, a 22-year-old Danish student, who has spina bifida and severe scoliosis, at the British Equestrian Centre, Kenilworth, for the Third International Conference on Riding for the Disabled in September.

DESPITE a major defect in the vertebral column, many children born with spina bifida do not have a significant spinal deformity for the first eight or nine years of their life. Thereafter serious deformity may develop.

Deformity at the hip and the need to sit, for long periods, in a wheelchair increase the tendency for curvature of the spine to develop. This may be severe, and, together with a possible abdominal pelvic slant and the hip deformity associated with paralysis, may produce a complex situation in which a child who was previously able to walk to a little extent, becomes unable to do so.

One of the commonest causes of deformity of the trunk is to be found in the activity of muscles. And the deformity tends to grow worse because the muscles causing it grow stronger at the expense of their counterparts which have to provide a balancing pull if the correct posture is to be maintained.

For spina bifida youngsters then, it becomes crucial that the relevant muscles should be kept functioning correctly as far as possible. It has been shown that the easiest way to strengthen the muscles which have to hold the trunk erect, against the pull of gravity, is to subject them to the kind of stress they would have to cope with if the child were able to walk normally.

It may seem a little odd but one way of achieving this is to put the child on a horse. Therapeutic horse riding programmes for the handicapped began in England some 25 years ago and since then there has been a growing awareness of the role they can play in treatment.

The movement of the horse, up and down, forward and backward, and sideways, corresponds, more or less, to the human walk for its rhythm and course. The rider has to make lasting adjustments to muscles to maintain balance and coordination. This also leads to an improved awareness of position and general perception.

Although the value of riding has been increasingly appreciated, its worth, for those with spina bifida, has not yet been proved. A new study by A. G. M. Van Vliet and Yvonne de Rood of the Children's Rehabilitation Centre 'Adriaanstichting' in Rotterdam, aims to shed some light on the subject.

As far as possible the study is trying to compare the therapeutic value of riding in a group of seven children, aged at least 5½ years, with a matched group of seven spina bifidas who do not go riding.

After one year the signs are encouraging.

- The sitting position has improved considerably in five of the seven children.
- At the start, five of the children could sit on a pony only if their legs were held; two could manage it while holding on. It took between two and 23 lessons for six of them to balance at the walk without help and without holding on; five of them could manage a trot without help.

Based on a paper 'Indications of Riding Therapy in Spina Bifida' by Dr A. G. M. Van Vliet presented at the 3rd International Conference on Riding for the Disabled, which was held in September at the University of Warwick.

- In the only child in the test group with a significant scoliosis* the spinal curve decreased from 32° to 30° in six months. For the only child in the 'non-riding' group the scoliosis increased from 34° to 46° in six months.
- Psychologically there was an improvement in the children. This 'treatment' was actually enjoyable; the pony an ally and means of liberation.

But there were disappointments. The posture of two of the children did not improve. They were the ones with spinal and or hip deformities. One child's lack of concentration

restricted his level of achievement.

So far the researchers have ventured the following conclusions. It appears that riding can be beneficial if the child is at least five and under eight, and has an IQ of at least 75. Epileptic children should only be admitted when they have been without seizures for two years.

The study continues and it is hoped that eventually it will be possible to say whether riding has an essential role to play in the prevention of spinal deformity in those with spina bifida.

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*a sideways curve of the spine.

Aids: Now centres to help you pick the right one

Elizabeth Fanshawe, MBAOT, the Deputy Director of the Disabled Living Foundation. Article reproduced from the booklet 'Helping Hand'.

MANY of the results of disability can be overcome or at least minimised by the use of aids or suitable equipment. However there is now so much available that it is difficult to keep up to date with new designs and variations on old themes. This can result in an unsuitable aid being used which may not help to solve a particular problem and indeed may restrict a person's independence or even cause an accident.

Aids centres have now been set up in many parts of the country to enable people to see a range of equipment and to give them an opportunity to try things out and compare them. So many aids appear similar but in reality have different features that will be helpful to some people but not to others. For example the range of wheelchairs available includes chairs of different sizes, made from different materials and with a wealth of different accessories, yet to the casual glance they look very much alike. Not until a person has an opportunity to study a particular aid's features, to handle it and perhaps to try it out do its advantages and disadvantages become clear.

Most aids centres have two main aims. One is to provide information and training facilities for people professionally concerned with disability. If doctors, nurses, therapists, social workers and architects know what is available and how to use it they can advise disabled people during rehabilitation or when problems arise at home. The centres were also set up to provide disabled people themselves with a showroom of aids which can be tried out and discussed with the staff, most of whom are therapists. Newly disabled people will generally need a great deal of advice because they have no experience of disability and can easily be misled by glossy catalogues and well meaning but ill-informed advice. People who have a long-standing disability are likely to know exactly what they need to solve a particular problem and may use their centres just to keep up to date with new trends.

Equipment

Although all the centres are different in size and content they will all have a comprehensive range of equipment — bathroom equipment, aids for mobility, aids for the kitchen and household activities, communication aids, clothes, lifting equipment, ideas for leisure activities and so on. Most centres will also have additional information on aids not included in the exhibition, and on supplies, allowances, local facilities and other relevant details.

It is generally necessary to make an appointment to visit any aids centre. This is to ensure that a member of staff is available to show people round and to answer enquiries. It is also wise to explain the purpose of the visit to avoid a long and difficult journey to see an aid that is not available at that particular centre. Visitors are welcome either as individuals or in groups but when a group visit is being planned several weeks notice may be necessary.

AIDS Centres are at Birmingham, Caerphilly, Leicester, Liverpool, London, Newcastle upon Tyne, Southampton, Stockport and Wakefield.

For addresses of these centres and any other information contact: The Disabled Living Foundation, 346 Kensington High Street, London W14 8NS. Tel: 01-602 2491.

ASBAH's ANNUAL MEETING

The view from the inside

ASBAH's annual meeting took place at the Middlesex Hospital Medical School in London on October 13. In her report to the meeting, the Chief Executive Officer, Moyna Gilbertson outlined some of the activities of the National Office.

She began with a reference to the special paper on social rehabilitation (usually known as independence training) which she and other members of staff presented to the annual meeting of the Society for Research into Hydrocephalus and Spina Bifida. The paper, part of which formed the article — Lessons in Do It Yourself — which appeared in LINK, was well received. She said it had encouraged future plans and continued:

'We have now had 81 students attending independence training courses, of whom 64 have spina bifida and hydrocephalus, 15 spina bifida and two hydrocephalus. Forty-three girls and 38 boys have attended and the age range has been from nine to 32 years.

'The most usual reason for applying for the course remains problems of managing incontinence, but the opportunity for students to assess their own abilities away from home and to learn practical skills and general social rehabilitation, including personal hygiene, comes a close second.

'At the end of each very busy week the students have usually expressed their hope to take more responsibility at home and to try to convince their parents of their abilities. Parents who have attended the last day of the training courses have been enthusiastic about the scheme.

'So far we have used Five Oaks for four courses. We have also used Penhurst, the Jane Hodge Holiday Centre, New Mossford School and Sheffield Polytechnic. During next year we plan to extend to Newcastle, Manchester and Cornwall. We shall also be holding day courses for young people and a parents' workshop.'

Miss Gilbertson also stressed the importance of training professionals and volunteers as part of the whole programme. But she emphasised the very labour-intensive nature of independence courses and, consequently, their expense, even when using volunteers or seconded professionals.

Other points from Miss Gilbertson's report:

- LIFT, Young ASBAH's newsletter, is now established and published regularly.
- The Information Officer has been in post for two years and the number of enquiries from doctors, nurses and paramedical staff, and students of all grades, has risen from 1,500 during her first year in post, to over 2,500 during this year.
- Direct contact with families — not including the case lists known to field workers — is increasing. There is regular contact with 1,500 families: 225 applications for grants and other assistance are being dealt with; 117 of these are concerned with adaptations to accommodation.

Miss Gilbertson said: 'Even very simple grant applications sometimes involve considerable correspondence and telephoning and others, unfortunately, take a very long time to process. The more complicated grant applications now form a much larger proportion, and we anticipate that this will increase: partly because of our ageing membership and partly because of the general national economic climate.'

- **Five Oaks was full during July and August, and there is a waiting list for the last residential place.**

IT WAS with great pleasure that ASBAH was able to welcome its President, The Rt. Hon. the Lord Maybray King to this year's Annual Meeting. He had been unable to attend last year through ill-health.

'I made up my mind a long time ago,' he said. 'That I would get well enough to come here today. ASBAH holds a special place in my heart.'

He emphasised the importance of good public relations and said 'one of ASBAH's most important achievements has been to make people aware of the problems of spina bifida'.

He praised the work of ASBAH's staff — 'A fine team responding to the leadership of Miss Moyna Gilbertson, whom he praised for her outstanding ability.

'Under her there has been revolutionary progress in all directions'. He praised, too, Miss Judy Kay, the Appeals Director for her successful, startling and original ideas on fund-raising.

Neither did he forget the splendid team of voluntary advisers and the many active branches throughout the country — 'the great heart of our movement'.

He offered his warm congratulations to all who had played a part in the work over the year, especially the courageous, and loving parents and the children who bear their handicap with courage.

- **A lighter note — an enjoyable highlight of the meeting was the impromptu solo performance by Lord Maybray King on the piano during the lunch break and at the end of the proceedings.**

IN HIS opening remarks to the meeting, Mr O. J. Colman, Chairman of ASBAH's Executive Committee, pointed out that financial restrictions had prevented ASBAH from expanding or taking on more staff during the year, except in the Appeals Department.

He said that a standstill was essential because due to rising costs, ASBAH would not be able to go on paying for existing services for much more than about a year.

The opportunity would be taken at regional meetings, he said, to talk to local associations to ascertain whether ASBAH is meeting the needs of members, and to gauge the support that could be given to national officers to help it through this difficult period.

AS A result of the ballot at the Annual Meeting, Mr T. J. Denyer of Surrey Association was elected to ASBAH's Executive Committee. Mr D. M. Bryant, Mrs M. Clarke, Mr O. J. Colman, Mr A. L. Crowther, Mr F. L. Dean, the Lady Jean Mackenzie, and Miss F. M. Seward were re-elected.

ASBAH's ANNUAL MEETING

Some advice from the outside

THE MAIN speaker at ASBAH's Annual Meeting was Mrs Anne Henshall, BA, MCSP, who is Principal of Prospect Hall, an assessment and social rehabilitation unit for physically handicapped adults at Selly Oak, Birmingham. The keynote of the unit is flexibility and adaptability according to the needs of the students — 30 resident and 20-30 day students. LINK carriers below a summary of her talk.

MRS HENSHALL said she was aiming to challenge, question and encourage . . . "I want to challenge parents, young people and professional workers; I want to question attitudes, both within the family, and towards disability; and I would like to encourage tentative beginnings.

"Let us aim at a full, interesting and happy life, whatever the ability, and I stress *ability* as opposed to disability.

"The key words for preparation for life include independence, self-reliance and self-confidence, and perhaps the most important — trust between parent and child, which calls for co-operation, discussion and co-ordination between the two."

Pressures

She said that young people must be allowed to learn from their mistakes, and parents needed to be tough to allow their children freedom to do this. She gave examples of some social pressures for over-protection — the neighbour gossiping about the child being allowed to crawl about and get dirty in the garden, or the granny who felt the child was too weak to join his brother in his trolley.

Then there were the pressures within oneself. "How do you feel when your child comes in scratched or a bit bruised after playing 'Startrek'?"

On the subject of school, Mrs Henshall said she was an unashamed advocate of the neighbourhood school, where a child could experience ordinary rough and tumble, where able-bodied friends saw a child as ordinary and not 'special', and where neighbourhood friends could grow into adolescent friends and then into adult friends.

When it came to training, Mrs Henshall urged "Do encourage your youngster to take the chance to train. If there isn't a suitable course shouldn't you be asking 'why not'. If there is no access at college shouldn't the local association be asking why not?"

Rethinking

Mrs Henshall said she had been told that in the United States, where access is necessary by law to places of higher education, most of the problems had been overcome by rethinking, and not often by spending money. By simple re-arrangement of courses etc access had been made possible.

If the youngster was to continue living at home, then parents had to start, early, to think of how to give him freedom and independence within the home, and somewhere that he could call his own. They should encourage him to decorate and furnish it himself and *not* worry if he chose colours that they didn't agree with!

Mrs Henshall said we should be looking, too, at hostels for able-bodied and physically handicapped youngsters. She suggested cooperation between voluntary organisations in this area and the possibility that the YMCA or YWCA could open up hostels of this kind?

Gift

"Please encourage your youngster to look upon his privacy as a gift (and then respect it). The chance to be alone and come to terms with oneself is sometimes denied a disabled person because of worry over safety. In my experience this is unfounded.

"Ask yourself an important question. Does your child depend on you, or do you depend on your child? Be honest. Start breaking the bonds early, and I am not advocating breaking the emotional bonds which are so important."

She emphasised the importance of a child being responsible for self-care, and daily chores, and learning self-reliance, being left in the house on his own, having his own front door key, cashing his own mobility allowance etc.

Mrs Henshall suggested that often the Attendance Allowance could be saved up and used in different ways to give mum a rest or lower the youngster's dependence on mum. "Why not save it up and send Jane to Five Oaks next year?"

Talking directly to young people she challenged them to have the confidence to ask for the kind of things she had mentioned — they are your right.

"Try your luck in able-bodied groups. It is hard work being a friend, but it is fun, knowing the warmth, laughter and enjoyment of each other's company. Take responsibility and give of yourself."

Fight

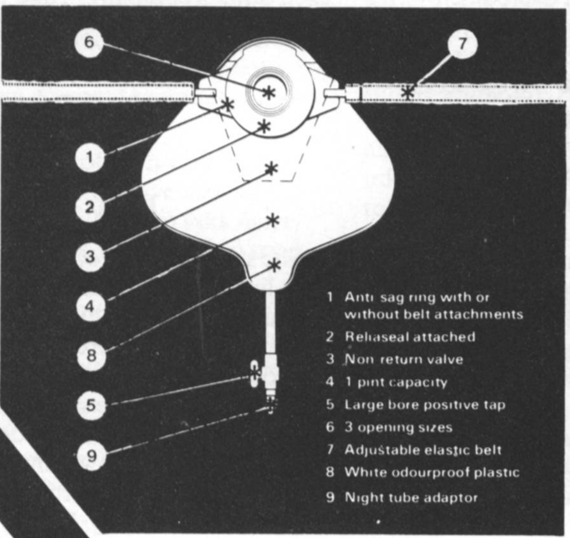
She said that the young person with limited intellectual ability particularly needed this approach, but it would take more work on the part of parents.

It was parents, she said, who needed to help in the fight for cooperation between voluntary and statutory bodies. The professionals might need educating, but if you can win them round, their voice can be effective if tuned with yours.

She was pleased that this country had a history of statutory services carrying on the good work started by voluntary bodies.

To conclude her talk, Mrs Henshall cited the recent case of a young girl who wanted to attend a social rehabilitation course. A course was offered, but mum decided against it.

"Mums and dads need to have vision. I believe there is a word to facilitate all that I have been saying. That word is 'love'."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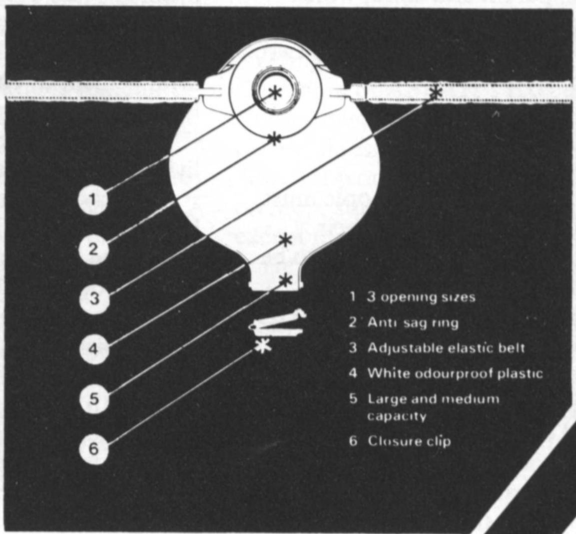
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4 White odourproof plastic
5 Large and medium capacity
6 Closure clip

DUNCAN GUTHRIE, director of the Disabilities Study Unit explains that when the whole world appears to be conspiring to stop you securing your rights, somebody still cares . . .

THE OMBUDSMAN CAN HELP — IF YOU ASK

THERE is at the present time a growing pressure for the evaluation of information services for disabled people.

It is suggested that many of these services are incompetent. Certainly a clear call for more complete and more accurate information was one of the priorities shown in the Disabilities Study Unit's recent survey of the needs of voluntary organisations for disabled people in the United Kingdom.

Among the best sources of information are the local authorities themselves, especially those that have appointed a welfare rights officer, but it would certainly be surprising if the local authority were to encourage very enthusiastically the use of machinery set up specifically to monitor their own behaviour and failings.

Disappointment

This may well be one of the reasons why Baroness Serota, chairman of the Commission for Local Administration in England, more generally known as the Ombudsman, recently expressed disappointment that so few disabled people realise that a complaint can be made to her. Judging by the many tales of incompetence, delay and official bloody-mindedness that circulate in organisations for the disabled and among disabled folk, there should be a steady stream of complaining letters on their way to Baroness Serota's office in Queen Anne's Gate.

There are, in fact, very few. Considering the number of points at which local authority action impinges on the life of a disabled person and the number of responsibilities placed on the local authority by the Chronically Sick and Disabled Persons Act, this thin trickle astonishes her.

For the purposes of the Commission, England, like Caesar's Gaul, is divided into three parts. Baroness Serota, besides being the chairman, serves as local commissioner for Greater London, Surrey, East and West Sussex, the Thames and Southern Water Authorities.

The rest of the country is divided by a line that meanders from Liverpool to Harwich. There is a local commissioner for the local government areas and water authorities that lie to the north-east, and another for those that lie to the south-west. There is a separate commission for Wales.

These three Commissions for Local Administration in England and Wales, have been established to investigate complaints from members of the public about injustice caused by maladministration in local government. Maladministration is certainly an imprecise term and the legislation has not helped the commissioners who must now provide their own definition. What it must cover is administrative action, or inaction, resulting from improper considerations or conduct.

Arbitrariness, malice or bias, including unfair discrimination, are examples of improper considerations. Neglect, unjustifiable delay, incompetence, failure to observe rules or procedures, failure to take relevant considerations into account, failure to establish or review procedures where there is a duty or obligation to do so or the use of faulty systems, all are examples of improper conduct.

THIS article was originally published in the magazine THERAPY.

ASBAH was one of the organisations which completed the questionnaire circulated in connection with the Survey carried out by the Disabilities Study Unit.

The Unit's findings are contained in a 79-page report Looking Forward. Price £1 inclusive of postage from Disabilities Study Unit, Wildhanger, Amberley, Arundel, West Sussex, BN18 9NR.

Thus, although it is only cases of maladministration that the commissioners can consider, this alone would seem to cover a great many grievances.

Most of the handful of cases now on file labelled "disability" deal with housing.

- **There is the case of the disabled woman caring for a brother who suffers from extensive incapacity. By October 1976 a council officer was recommending an exchange of accommodation, but in January 1978 the local commissioner was writing "this protracted chronology demonstrates maladministration from which the complainant (and her brother) can rightly claim to have suffered injustice."**

- Mr A, elderly and looked after in an unsuitable maisonette by his disabled son, Mr B, complained that Liverpool City Council delayed in moving them to more suitable accommodation. The Ombudsman found that this was so and the council, in fact, confirmed it, assuring the commissioner that Mr A and Mr B would be rehoused in two or three months.

It was 11 more months before this came about — maladministration with a vengeance you might say — but in the end the commissioner was able to "note with great pleasure that Mr A and his son are now settled happily in their new home and that, after only a slight delay in arranging for the adaptations, that work was promptly executed."

Continued on P. 18

What a picture! Four top photographers support ASBAH

WE HAVE been involved in what Special Events Organiser, Barry Mishon, describes as the "coup of the decade". We were most fortunate in being able to combine the talents of four of Britain's, if not the world's, leading photographers: Lord Lichfield, Sir Cecil Beaton, David Bailey and Bill Brandt for a photographic exhibition.

This exhibition received tremendous press and media coverage, all of which helps to establish ASBAH's name as a household word, which I hope will help your fund raising efforts as well as those of national. In addition to a leaflet drop from an aeroplane flying over London, which caused some excitement, the event was given half an hour on Pete Murray's 'Open House', when Patrick Lichfield and David Bailey went along to be interviewed.

The Exhibition ran at the Hobhouse Court Galleries in Suffolk Street, London until October 11 and was well patronised by the public. All the photographs—there were 97 of them—were then auctioned at Sotheby's on October 12. Our Royal Patron, HRH The Duchess of Gloucester, even though she is not accepting public engagements while awaiting the arrival of her new baby, donated a silver ice bucket which was also auctioned.

- Late news. The exhibition and auction realised £9,000.

Gary's target is the world of education

I AM DELIGHTED to be able to welcome a new member of the fund raising team, Mr. Gary Lockwood, who joined us during September. Gary writes:

❛Firstly, I would like to take this opportunity of saying how glad I am to be with ASBAH. Over the past four years, at U.C.W. Aberystwyth, I have been closely involved with the fund raising efforts of the Rag Committee; this was how I came to hear about ASBAH, and the work that the Association is involved in.

Not only am I new to ASBAH, but my post, that of Education Appeals Organiser, is new as well. My brief is to raise funds in an area which national office has not cultivated to any extent in the past — namely schools, colleges and universities throughout England and Wales.

In due course I will be contacting as many places of education as possible and obviously most of them will fall into one local association area or another. As I do not wish to duplicate your own approaches or "poach" preserves which you may consider you have first call on, I would be most grateful if you could contact me at the London office with the names of any schools or colleges which you prefer I should leave alone.

As you know, we are in competition with a great many other charities who seek help from sources such as these and Judy and I both feel that ASBAH should make every effort to ensure that funds should be actively sought for ASBAH in order that we may maintain and increase our services to you, our members.❜

GARY LOCKWOOD

A CHEQUE for £1,000 was presented to National ASBAH by the Northern Ireland Association at ASBAH's Annual Meeting.

Mike stages a second art show for ASBAH

SOME OF you may remember having seen a picture of artist Mike Barton, who specialises in marine paintings, on the occasion of his first exhibition held in aid of ASBAH in Canterbury, last year. Mike has been good enough to pledge his continuing support to the Association and we are looking forward to presenting a further exhibition at the newly renovated Mercers Hall, in the City, before the end of the year.

Friend

This venue is going to be loaned by the kind permission of Murray Cash, former country music presenter, who is also proving to be a good friend to us. If any of you ever need any help or advice with the organisation of a country music evening, just let me know and I am sure that Murray will do what he can.

Mike Barton is also prepared to exhibit his paintings in virtually any location where a suitable venue can be found, so anyone can get in touch with me, if their Association is thinking of making an attempt on the art world of this country.

Anne Gosling—assistant to Judy Kay—busy with the Christmas mailing.

Lucky 13,000!

SINCE THE last issue of LINK things in the Appeals Department have been rather frenzied, as August and September are always taken up by preparing our Christmas mailing. This year it involved 13,000 letters, all individually signed by me (resulting in a bad case of writer's cramp!), the Annual Report and Christmas brochures. Let us hope that in this case thirteen is lucky for ASBAH!

In the swim with 100 politicians

BY THE time you receive this copy of LINK we should be near to completing another major fund raising promotion in London, as on November 27, 28 and 29 we are staging a sponsored swim for the Members of the House of Lords, House of Commons and European Parliament.

About 100 of the country's politicians were due to take part at the RAC Club Pool in Pall Mall.

ASBAH was lucky enough to be awarded one of the Wilkinsons specially made swords as the trophy for the event and Mr. John Prescott, Member for Hull, was even at an early stage, planning to take the sword back to the north in triumph. He had yet to go through the formality of winning it, but I understand that the Hull & District Association were putting their support behind his attempt and I would like to record my appreciation of their co-operation.

The three-night sponsored swim was due to start on each evening with a celebrity reception and again we were hoping that the national media would take notice, particularly as the Minister for Disability, Mr. Reg Prentice, was to take part.

Due to Wilkinson Sword, the Parliamentary Swim is to become an annual event, "so it looks a little as if ASBAH may have been adopted by the Mother of Parliaments on a permanent basis, thanks to the very active support of the Chairman of the event Mr Jim Spicer.

Appeals articles by JUDY KAY

Jobs—is the Quota necessary?

by BARBARA NEWMAN

LAST YEAR the Manpower Services Commission announced that, early in 1980, it would be reviewing the statutory 'Quota' scheme for the employment of disabled people. In preparation a discussion document has been sent to a great many organisations asking for their comments.

Here is a very general summary of the comments ASBAH's Education, Training and Employment Committee have made to the MSC.

Is special employment protection for disabled people by statutory means still necessary and justifiable for the future?

ASBAH believes that protection by law is essential. Current legislation should be improved and extended to include anti-discrimination legislation giving an individual the right of appeal to a special tribunal.

But 'Quota' isn't working

By law employers with 20 or more employees have a duty to employ at least 3% registered disabled people (the Quota). In practice very few firms comply with the quota, and in many areas there simply are not enough registered disabled people to enable employers to comply. The scheme needs drastic revision but is still a necessary part of employment protection for disabled people.

Code of good practice

Changing the law doesn't change people's attitudes. The Manpower Services Commission has launched two campaigns to make employers more aware of the employment potential of disabled people — 'Positive Policies' and 'Fit to Work'. Whilst this sort of publicity should be helpful, a more direct approach might be more effective. The local Disablement Resettlement Officer would reach agreement with a firm on a 'Code of Good Practice'.

Continued on P. 18

The Sexual Side of Handicap

by Bill Stewart

Woodhead-Faulkner £8.75

THIS IS primarily a guide for the caring professionals who wish to be in a position to offer help with sexual and personal problems of disabled people. The book examines different forms of disability and their sexual effect, and the overall problems which so often arise for those who are disabled in any way.

It also looks at sexual education, counselling, the problems which arise in the institutional setting and at legal aspects of sex and disabilty. The part which may be played by members of the different caring professions is also discussed.

Alexander in Trouble

by Susan Burke.

The New Acorn Library (Bodley Head). £2.50.

QUITE BY chance I discovered this book the other day on the shelves of our local children's library. On the cover was a boy in a wheelchair, opening the door of a fridge and getting out eggs — breaking several on the floor in the process. It immediately caught my attention and subsequently proved to be an entertaining story book — a firm favourite with my own two children, aged seven and 4½ years.

The author Susan Burke has the knack of introducing a boy in a wheelchair without in any way being patronising or deliberate, or trying to 'lecture' the readers about the difficulties of being handicapped. Alexander happens to be a boy in a wheelchair — we never discover his handicap — and the wheelchair is the cause of many exciting and unusual incidents.

Trouble

Alexander is an ordinary boy — he goes to school with his friends, and gets into trouble from time to time like most boys. But Alexander — because he is in a wheelchair — has some rather special ways of getting into trouble. He gets stuck in the bath when trying to sail his boats, and has to be rescued by his friends. When his wheelchair tips over in the muddy garden he has to make his way through the mud and rain, on his elbows, to seek shelter among the spidery sacks of the garden shed.

Published this year, the book is Susan Burke's first, and hopefully not her last. She lives in Western Australia and has four children of her own.

EDITOR

Continued from P.15

- *A complaint against St Helen's Borough Council concerned a man and his wife, both on the disabled register and with a disabled relative in the household. They applied for transfer to a more suitable home, the application received medical support from the relative's doctor. A further application 18 months later was supported by the wife's doctor.*

There followed a sorry tangle of recommendations, rejected applications and misunderstandings until the Ombudsman was brought in. Although he sympathised with the problems encountered by local government in managing their properties he found that some aspects of this complaint gave cause for concern. For instance, the powers delegated to the chief officer referred to the council's point scheme but the council told the Ombudsman that "a points scheme as such is not operated". An applicant's eligibility for transfer depended, it was explained, on "exceptional reasons", but the investigation revealed no guide-lines setting out what this meant. The Ombudsman found maladministration from which the complainant had suffered injustice.

It is significant that in a number of cases, although the Ombudsman has in fact found for the local authority, the disabled person had benefited. "I see no maladministration in that . . . (but) the complainant and her family are now satisfactorily rehoused," or "I find no maladministration in this case but I am glad to note that a formal review will now shortly take place".

OMBUDSMAN CAN HELP

Anybody feeling they have a complaint against a local authority — except a parish council — a police authority or a water authority, should first of all complain to the department involved or to the chief executive of the authority. If this is unsuccessful he should get in touch with an elected or appointed member of the authority, generally his local councillor. If the matter is still not cleared up, he should put the complaint in writing and give it to a councillor with the request that it should be forwarded to the local commissioner.

If even this fails, he should then, and only then, write direct to the Local Commissioner, 21 Queen Anne's Gate, London SW1H 9BU. Booklets describing the Ombudsman's powers and the correct complaint procedure are obtainable from the same address. Remember, the Ombudsman is there to help and to help the disabled as much as, and perhaps more than other people. Disabled people can suffer injustice from maladministration in all the areas that everybody else can — and a good many others.

QUOTA SYSTEMS. . . *Continued from P. 17*

Registration

A revision of the quota scheme means changing the procedure for identification of disabled people and definition of disability. This procedure must be acceptable to disabled people so that the majority will use it and so make the quota scheme enforceable. We suggest that joint discussions between voluntary and statutory organisations are necessary.

Financial incentives for employers

We are not in favour of payments to employers in respect of individual employees. In West Germany a levy is made on all firms not employing their quota, and this money is used to provide other opportunities such as sheltered work. We would support a similar system here.

CLASSIFIED 'ADS'

Unfortunately due to increased printing charges for LINK we are having to slightly raise the advertising rate. As from the Jan/Feb issue the classified advertising rate will be:

£1.50 for up to 30 words. £2.50 for 30-45 words. £3.50 for 45-65 words. Please send remittance with your advert. You may like to pay for a whole year's advertising in one go.

Adverts for the next LINK — the Jan/Feb issue — should be in by December 5 at the latest.

HOLIDAY ACCOMMODATION

CAMBER SANDS: Well-equipped and adapted chalet (sleeps 6). Bookings taken from January by Mrs J. Wilson,
23 Sunnydale Gardens, London NW7. Tel: 01-959 2962.

GOLDEN SANDS, VORYD, RHYL, N. Wales: 8-berth caravan. Mains water, electricity, gas, shower, television. Every facility on site, right by sea. Details: Mr S. Foster, 84 Elmwood Drive, Blythe Bridge, Stoke-on-Trent. S.a.e. please.

HEYSHAM, Nr. Morecambe. Purpose built 6-berth fully equipped mobile home. Convenient and accessible for the largest wheelchair. Large bathroom. Details: Mrs H. Campbell, 9 Belton Road, Whitchurch, Salop. Tel: Whitchurch 3691.

SELSEY, Sussex. Well furnished mobile home with 3 bedrooms and bathroom. Sleeps 6. Fully equipped kitchen and large lounge with dining area. Ramp for wheelchair. Please send s.a.e. for details to: Mrs B. Armour, 17 Hernbrook Drive, Horsham, Sussex. Tel: Horsham 3980.

FOR SALE

Batric Power Chair. Five years old. Good condition. £300 o.n.o. Tel: Richmond 811607 or write to: Richard Clark, The Lodge, Scorton, Richmind, N. Yorks.

Leisure Wear: White cotton **Tee Shirts** with green Family symbol and words 'Support Spina Bifida' £1.60 each size 22"-30", £1.85 each small, medium, large. Also quality **Sweat Shirts** with reverse colours in all sizes including extra large adults. All at £4.50 each plus postage. From Mrs M. Humphreys, 27 Orchard Way, Holmer Green, Bucks. For Bucks/East Berks ASBAH.

FREE SERVICE
THE DISTRICT Advertising Company of EMI Elstree Studios, Shenley Road, Boreham Wood, Herts. WD6 1JG, offers a special service to Charities. They produce Telephone Address & Notebooks. These are a unique way of raising funds, also Fundraising Charts with Socks attached for Donations. These also help promote your cause and recruit new members, and are displayed in public houses, restaurants, on factory notice boards and other prominent places. Calendars, Diaries and Programmes for Fetes, Donkey Derby's, Bazaars, Charity Football Matches, etc., can also be obtained, all completely free of charge. For further information contact: Mr J. A. Alter at the above address or tel: 01-953 1600 Ext. 171.

ASBAH booklets etc . . .

Your Child with Spina Bifida, by J. Lorber, MD, FRCP	25p
Your Child with Hydrocephalus, by J. Lorber, MD, FRCP	20p
Children with Spina Bifida at School, Ed. P. Henderson, CB, MD, DPH	30p
The Care of an Ileal Conduit and Urinary Appliances, by E. Durham Smith, MD, MS, FRACS, FACS, and others	15p
Aids and Equipment	*60p
Sex and Spina Bifida by Bill Stewart	*£1 (75p to LIFT members)
The Handwriting of Spina Bifida Children by Joan Cambridge and Elizabeth M Anderson	*£1
Information leaflets	100 for £1.30

All available from ASBAH, Tavistock House North, Tavistock Square, London WC1H 9HJ. (Special rates available to Local Associations.) Please note that postage is extra. Allow minimum of 12p per booklet.
* Postage - 17p.

Scottish Spina Bifida Association Booklets

Growing up with Spina Bifida	30p
The Spina Bifida Baby	30p

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 × 30 in.	**10p each**
Best Foot Forward 15 × 10 in.	**10 for 40p**
For local publicity 15 × 10 in.	**10 for 40p**
Car Stickers	**2p each**
Plastic Lapel Badges	**3p each**

All available from Appeals Dept.—postage extra.

Film 'Appeal for ASBAH' 10 mins 16 mm Colour/Sound	**£4 Hire**

The Appeals Dept. carries a range of fund-raising items, i.e. pens, key rings, kits, games, etc.
Send for list and order form.
Flag Day equipment can be obtained direct from: Angal, 48a Holmbush Rd, London SW15 3LE (01-788 5464).

Association changes

BURNLEY & DISTRICT
Mr D Higham,
4 Kings Drive,
Hapton, Padiham, Lancs.

DEVON & CORNWALL
Mr J Behenna
40 Dunstone Road,
Plymstock Plymouth

EAST ANGLIA
Mr P Grantham,
7 Ash Close,
Downham Market,
Norfolk
Tel: D. Market 2200

HAMPSHIRE SOUTH
Mrs P V Keat,
19 Lyndhurst Road,
Gosport, Hants PO12 3QY

LANCASTER, MORECAMBE & DISTRICT
Miss G Sutcliffe,
10 Sylvorn Place,
Heysham, Lancs.
Tel: Heysham 51456

PRESTON
Mrs S Thompson,
34 Beatty Road,
Southport, Merseyside PR8 6LB

ROTHERHAM & DONCASTER
(replaces Yorkshire South)
Mr and Mrs Barringer,
10 Fullerton Crescent,
Thrybergh, Rotherham

SHROPSHIRE
Mrs A. Ashfield,
35 Trenleigh Gardens,
Trench, Telford,
Salop TF2 6RN
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