

Link



Association for Spina Bifida and Hydrocephalus/ASBAH 15p

Mar/Apr 81

**SWITZERLAND—special
feature . . . Pages 10/11**



Fund raising and the NHS: ASBAH's Spring Conference:
IYDP News in Brief: Letters—*amniocentesis, insurance,*
hydrocephalus: Employment: Holidays are Just Around the
Corner: Sport—How to learn to Ski: Appeals—the Busiest
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Association for Spina Bifida
and Hydrocephalus/ASBAH

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ASBAH has an experienced staff
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relating to those with spina bifida
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THERE IS now widespread agreement that the new fund-raising powers, given to the health service by the Government will operate to the grave disadvantage of voluntary organisations and charities. Since NCVO drew attention, in January, to the potentially damaging effects of the circular which enshrined the new powers, 75 leading charities (including ASBAH) have joined forces to oppose it.

Large numbers of local voluntary organisations, councils for voluntary service and community health councils have reported their concern. Sympathy has also been expressed by a number of area health authorities. A number of MPs of all hues have expressed their opposition to the plan. The media too has been almost wholly sympathetic to the charities' view.

What are the issues at stake? The circular HC(80)11 enables the National Health Service to obtain charitable status in order to raise funds. Fund-raising expenses can be met by Government 'interest free' loans, free use of NHS staff time and avoidance of rent payments for premises. Professional fund-raising agencies can be used. Collecting boxes can be placed in hospitals, though not in wards. The circular encourages health authorities to take the lead in establishing 'priorities for voluntary help'.

The main objection to the plan is that charities will have to compete with the NHS for the public's money. Not only is there a limit to voluntary giving by the public (witness the recent decline in some of the major charities' incomes) but the circular gives the NHS an unfair advantage in providing public funds for the start-up costs of NHS fund-raising.

There is plenty of evidence that such fears are justified. In areas of the country where major appeals have been mounted recently to obtain special equipment or establish specialist wards, local voluntary organisations have suffered because the appeals have creamed off the charitable money available from the public. This has happened in Shrewsbury, York, Suffolk, Cambridge, Coventry and Bucks. The new powers will undoubtedly exacerbate such processes.

There is evidence from some areas too that major appeals have upset hospital maintenance and expansion programmes, staff and resources being diverted into maintaining the new publically-donated ancillary service. At Stoke Mandeville, the hospital building programme has been set back for this reason.

There are other objections. In promoting the view that health authorities are in 'the best position to establish priorities for voluntary help', the Government has demonstrated an insensitivity to the independent role of voluntary organisations. This is compounded by its failure to consult voluntary organisations before issuing the circular.

How has the government reacted to the protests? By protesting itself that the circular does not really mean what it says. In spite of the Circular's reference to 'major appeals', both health ministers, Dr Gerard Vaughan and Sir George Young, have made speeches seeking to reassure the voluntary sector by trying to minimise the effects of the circular. The types of fundraising activity have been described as 'deliberately modest', not an alternative to central funding, but merely a 'useful supplement'.

But reassurances do not carry the same weight as circulars. If the Ministers recognise that the wording of the circular goes further than the intention of last year's Health Services Act, then they must take the honourable course and amend it.

The main changes that we have proposed are:

1. No NHS fund-raising should take place without prior consultation with voluntary organisations, in order to minimise the element of competition.
2. Appeals over £5000 should only be made with the Secretary of State's approval.
3. Health authorities should not be able to use exchequer funds as interest free loans for fund-raising purposes.

NICHOLAS HINTON, Director of NCVO

● **STOP PRESS**

We have just heard that the Government has agreed to rethink its plans for NHS fund-raising, and another circular will be issued. We hope this will contain good news. It has been suggested that there will be provision for greater co-operation with local voluntary organisations before any fund-raising goes ahead. LINK will report further next time.

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FRONT COVER: Getting ready for Spring—Paul Stringer, a young gardener with spina bifida, plants out a raised bed with Spring plants. This picture, by Michael Ward, appeared in the Sunday Times at the beginning of the year, in connection with the Wheelchair Garden Competition that was organised for IYDP, by the newspaper, in conjunction with Gardens for the Disabled.

For increases in LINK subscriptions see page 18.

While every care is taken to ensure accuracy of information published in LINK the publishers can accept no liability. Opinions expressed in articles are not necessarily those of ASBAH.



Children from the Local Association in Hertfordshire and South Beds with men from 'B watch' at Garston Fire Station who have proved such good friends in the past year. They raised nearly £3,000 which was shared between the Association and the Firemen's Benevolent Fund.

Photo: Echo & Post, Hemel Hempstead

Janet visits the Palace

JANET Swainger, 24, a member of Hull and District Association, has every reason to be happy. In December she and her parents visited Buckingham Palace where Janet received her Duke of Edinburgh Gold Award.

Janet who lives in Hedon, had to work hard to gain the award particularly as she is in a wheelchair. This involved community service work of



different kinds, and a study of the care available to handicapped children and their families. For a new interest she chose to learn to play the guitar.

She said "I hope that other young people with spina bifida will realise that it is possible to achieve the Gold, even from a wheelchair".



Just good friends . . . Timothy Ehlen of Christleton, Chester and his girl friend Penny Birks. Mum who took the picture was obviously keeping an eye on the two eight year olds! Tim and Penny are both pupils at Dorin Park School for the physically handicapped at Upton, Chester.

Faith Seward, MBE

FAITH Seward, the energetic Secretary of York Association, is known to many ASBAH members up and down the country. She has been Secretary for York for 13 years and is also very active on ASBAH's Executive.

LINK readers will be delighted to hear that Faith who has spina bifida was awarded the MBE in the New Year's Honours for her work for the Association in York. Faith is also a headmistress of an infants' school.



Juliet Asken, 5, of Grantham Association holding aloft two trophies . . . one for special effort and achievement in swimming, and the other for prowess in learning to ride. Juliet's mother who wrote about her work as publicity officer for Grantham Association in the last LINK sent us this picture of her daughter . . . proving that even publicity can begin at home!



Sandra McCreanor and Edward Henderson—both members of the Belfast Association. They were married at the end of last year, and have now set up home in a specially adapted bungalow on the outskirts of Belfast.



Lord and Lady Maybray-King after their wedding on January 30.

LORD MAYBRAY-KING and MRS IVY FORSTER

"I WAS very honoured to represent ASBAH at the wedding of our President, Lord Maybray-King to Mrs Ivy Forster. It was a really lovely ceremony which was held in the Crypt Chapel of the Palace of Westminster, and conducted by Lord Soper and the Speaker's Chaplain, the Rev Canon J A Baker. By courtesy of Mr Speaker, the Reception was held in the Speaker's House.

"It was a happy occasion. There were many old friends of both families there, one of whom had been to primary school with Lord Maybray-King. ASBAH's gift to Lord and Lady Maybray-King was an engraved decanter".

MOYNA GILBERTSON

Imagine—the South of France

MEGERMEAD Travel Ltd. has kindly offered ASBAH a camping holiday in the South of France for LIFT members (aged 14-21) for a week from Sept. 7.

It is most generous of Mr L Siggins and his company to provide this opportunity.

It involves overnight coach travel, and applicants must be sufficiently independent to cope with this and campsite conditions in hot weather. Places will be offered mainly through recommendations from schools and ASBAH Independence Weeks. However, if you would like to go and feel you could cope, and perhaps would welcome the chance to practise your French, write for further details to: Christine Barlow, Assistant Organiser, LIFT, at ASBAH national office.

Firm donates ten Superscooters

A SUPERSCOOTER is to be presented, in June, to each of ten spina bifida associations in the Midlands by Colgate-Palmolive as part of its contribution to IYDP. James Hunt hopes to be able to present at least one of the scooters.

Colgate-Palmolive is launching a national promotion whereby tokens from packets of their toothpaste can be exchanged for free cinema tickets. In the Midlands local Co-operative stores are making special collecting boxes available and encouraging customers to donate their tokens, so the cinema tickets can be given to disabled children.

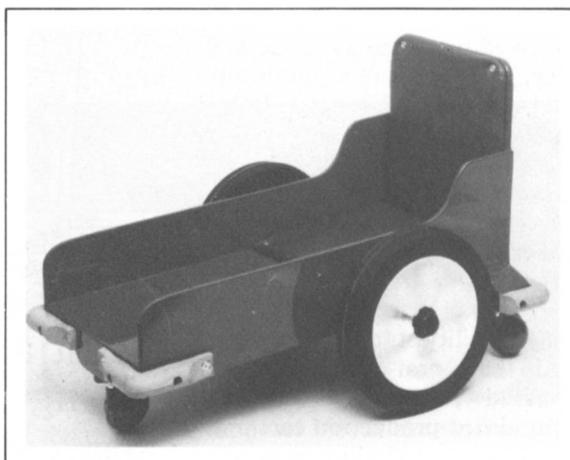
Designed specifically for the Spina Bifida child



Careful research into the special problems of the Spina Bifida child resulted in the Newton Yorkhill — a light, compact chair for 2-6 year-olds.

The Yorkhill is easily self-propelled by a small child. Or the foot-operated prop stand will hold it firmly parked — and with the adjustable moulded tray fitted, it's a safe base for meal times or play.

The versatile Yorkhill folds for transport — has an adjustable footboard — a cushion extension for use with calipers — and a safety bar for head protection. In padded PVC upholstery with the frame in chrome or red enamel.



The Newton Trolley is suitable for Spina Bifida children up to 10 years. A robust, manoeuvrable exercise trolley which allows a child to play with toys at floor level. Strong timber finished in non-toxic paint, with PVC upholstered seat cushion and back rest, and rubber bumpers. Fitted with two 10" (254mm) wheels, central castor at front, counterbalanced with two castors at the rear for safety. Seat width 10 1/2" (267mm). Seat depth 23" (587mm).

For further details contact:

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When only the best will do — go Newton

Motoring: first the good news

GOOD NEWS on the motoring front . . . the Government has recently announced two changes affecting disabled drivers. They will be introduced shortly.

Sixteen-year-olds, at present in receipt of Mobility Allowance will be able to apply for a Driving Licence subject, of course, to the normal screening.

Drivers of three-wheelers will now be able to retain their vehicle for a maximum of six months after they have started to receive Mobility Allowance, instead of having to give up the three-wheeler immediately they receive the Allowance. This change-over period should give them time to use the Mobility Allowance to learn to drive an adapted ordinary car.

. . . but some are still missing out . . .

THE Replacement Specialised Vehicle Project (RSVP) has established by means of a national survey, that there are a significant number of disabled people whose mobility needs are not answered by Motability or the Mobility Allowance.

RSVP, of which ASBAH is a member, has now commissioned the Industrial Design Department at Coventry Polytechnic to carry out a feasibility study which will include the appraisal of recent specialised vehicle designs, as well as a modified production car.

If anybody would like to help with relevant information for the study, or would like more details, please contact Jill Vernon at National Office.

One million back DIDA

NEARLY one million signatures were received for the Dignity in Death Alliance Petition and were presented to the Prime Minister on January 20. ASBAH was represented in the deputation, and hopes that the Government will respond to the constant pressure from DIDA to uprate the Death Grant.

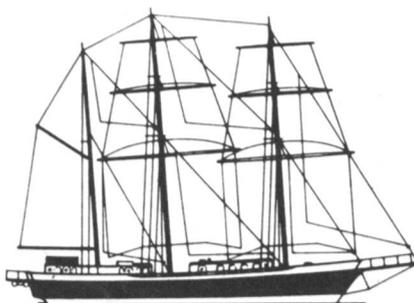
Conference steps 'Into the 80s'

ASBAH's Spring Conference this year, to mark IYDP, promises to be a busy and interesting three days with lectures, discussions and workshops on a wide range of topics on the general theme 'Into the 80s'.

ASBAH is delighted that the opening speaker will be Mr Kit Aston, Chairman of the IYDP Committee of Voluntary Organisations.

The Conference is to be held at Goldsmith's College, South London, April 10-12.

If anyone hasn't yet had full details, but would like to attend there may still be a few spaces, so contact the Conference Secretary at National Office as soon as possible, for a booking form and full information.



Trust aims to build sailing barque

WORK is due to start this year on building the Jubilee Barque, a 135 foot square rigger, which will be a sail-training ship for crews of mixed abilities. The intention is that half the trainee crew will be physically handicapped.

Crew lists for 1982 will soon be started. If you know of anyone, able-bodied or disabled, who would like to sail in the Barque, they should contact: the Secretary, the Jubilee Sailing Trust, Knoll Wood, Beacon Road, Crowborough, East Sussex.

Help is needed to spread the word about the Barque and in fund-raising. A campaign to raise money for the building of the ship was launched in December.

Wanted—some likely lads and lassies

THE SPASTICS Society is seeking nominations for its Annual Achievement Award. Nominations are invited from relatives, teachers, nurses, friends and neighbours of children, aged 5-16, who they feel have made an outstanding or brave effort or achievement of some kind.

Write to: Mrs Nina Heycock, 35 Harrington Gardens, London SW7, and give the name, age and address and as much detail as you can of the child you are nominating. Closing date is: June 17.

Tour the Zoo with someone who knows

A FELLOW of the Royal Zoological Society, Mr Markwell (who is himself in a wheelchair) will be pleased to take parties on a tour of London Zoo and to provide an interesting lecture.

Special rates can be obtained by him, e.g: an able-bodied person accompanying someone in a wheelchair can be admitted for the price of one (£2.50). Details: Mr Markwell Tel: 01-200 0768.

The Lords discuss IYDP

BARONESS Masham, one of ASBAH's Vice-Presidents has called attention, in the House of Lords, to IYDP as well as to the pressing need for educational facilities for handicapped children as outlined in the Government White Paper 'Special Needs in Education'.

More than 30 members of the Lords spoke during a special debate and it is encouraging to see how much interest there is in the Upper House in this special year. ASBAH officers at National Office have read the debate and will be pleased to hear from anyone who wants to take up specific points. It is all recorded in Hansard, Volume 416 No. 17.

Special play comes to Britain

'STRONGER Than Superman' a play written for 7-12 year olds has recently enjoyed considerable success in Germany and now comes to Britain. The play, written by Roy Kift, tells how a boy with spina bifida copes humorously with the same problems as able-bodied children.

It is being performed by the Unicorn Theatre at the Jeanette Cochrane Theatre, London from March 28-April 19, afternoon performances only, including several performances for schools.

Tap local knowledge

THERE are ASBAH members throughout the country with local knowledge and shared interests, and this knowledge could be very useful to someone visiting their particular area. If you are planning a holiday somewhere in this country, or your youngster is away from home, perhaps on a course, how about contacting the Local Association in that area. The members could give you advice 'straight from the horse's mouth' on places which are easy to visit, and there may also be opportunity for social contact.

LINK would like to hear what you think of this idea.

PHAB Holidays

PHAB (Physically Handicapped and Able-Bodied) have now published their holiday brochure containing details of holidays being arranged for physically handicapped and able-bodied people together in 1981.

Of particular interest is a trip to America with visits to places like New York and Washington and there will be ample time to see life in the USA. The cost will be about £350-£375 for travel and accommodation. Meals will be extra. Further information can be obtained from David Loader, PHAB America '81 at PHAB London office (see below).

PHAB is also planning a week's holiday course on two narrow boats exploring parts of England's waterways starting from Loughborough. The crafts are specially equipped with lifts and ramps for easy access. The cost will be £45. Further details from PHAB office.

The holiday brochure is available free from PHAB, 42 Devonshire Street, London W1N 1LN.

• More about holidays on page 16.

Windsor offer

WINDSOR Safari Park is offering concessionary rates for IYDP during March and June. The price will be 80p per person (adult or child) and this includes a dolphin/killer whale show. Details: Valerie Aguirre. Tel: Windsor 69841.

New series

TAKING the Strain. This is a new BBC-2 series, presented by Noel Edmonds, investigating stress. It also offers a simple course in relaxation which viewers can practise for themselves.

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International Year of Disabled People

IYDP WHICH was officially launched at the Guildhall in January is well and truly making its influence felt in all walks of life. There is a wide range of events, exhibitions, conferences, and sports gatherings with special emphasis on the disabled.

Organisations of all kinds appear to be 'doing their bit' for the year.

In his opening speech at the launch, Lord Snowdon made the point that he hoped that 'the Year' would turn out to be a great deal longer than one year and be the start of a 'new era of understanding and action'.

Several speakers at the opening meeting emphasised the need to change government attitudes to those who are disabled, to oppose vigorously cuts in benefits, and to strive to secure more financial help.

Below are just a few IYDP events and projects. If you want more information contact Beverley Holland at National Office or ring the IYDP office: 01-636 3464.

• • •

THAT'S LIFE, the lively BBC television programme, would like to hear of problems experienced by disabled people when it comes to access, new buildings, and how life could be made easier. Write to them with your address and daytime phone number, describing the problems you are having, *That's Life*, BBC TV, Lime Grove, London W12.

• • •

ONE IN TEN—is a unique exhibition looking at the different faces of disability. It opened at The Photographers Gallery in London in January and will be touring to other galleries throughout the UK.

It is an exhibition of photographs of disabled people selected from the work of both new and established photographers. There are about a hundred pictures, all of them displaying a remarkable sensitivity and frankness.



The Exhibition will be at Nottingham (March 14-April 4), Brighton (July 6-July 25), Bath (Sept. 3-Oct. 10), Aberdeen (Oct. 17-Nov. 7) other venues may also be arranged.

• • •

THE SNOWDON Award Scheme for Disabled Students has been launched to provide bursaries for physically handicapped students, aged 17-25 years. The awards will be made annually and each will be for a period of one or two years. In normal circumstances they will be for £1,000 per year. The first awards will be made this Summer.

• • •

MEMBERS of the European Parliament have formed an All-Party Group to promote the interests of disabled people in the European Community.

• • •

LINE 81 is a new service providing back-up information and further contacts following radio and television programmes for the disabled during 1981. It will put people in touch with those, nationally and locally, who are able to give further advice and information. Line 81 will be advertised during the individual broadcasts and directly afterwards.

• • •

THE DISABILITY Advisory Service is a Disabled Drivers' Motor Club project which will initially concentrate on mobility problems but hopes eventually to cover all aspects of disability. The Advisory Service No. is: 01-993 3041.

• • •

THE DESIGN Council is arranging an exhibition entitled 'Helping the Handicapped', it will feature well-designed aids for

disabled people and take a look at associated design problems. The exhibition will be at the Design Council, 28 Haymarket, London. 29 April-20 June.

• • •

EAST SUSSEX County Council has published 'Access' Guides listing several hundred premises in the country accessible to disabled people. The publication follows a 12 month study of the problems facing disabled people, and is the first country-wide investigation of its type.

Olympic Gold Medallist, Steve Ovetts launched the guides at a special ceremony in January in Eastbourne.

• • •

REGIONAL heats are being held all over the country for the National Rally for Disabled Drivers the Final of which is to be staged at Silverstone Circuit, near Towcester on Sunday June 7. The final will bring together all the winners and runners-up. There will be many other attractions at Silverstone on June 7, and entry will be free.

• • •

THE SPORT for All Disabled People campaign aims to develop an awareness, in the community, of the importance of sport for the disabled, and to encourage disabled people to participate.

The campaign is being promoted by the Sports Council, in England together with the Scottish, Welsh and Northern Ireland Sports Councils. Disabled people of all ages will be encouraged to take part in, or watch a wide range of sports.

There will be two major conferences—one in London in September and an international conference at Stirling in August.

• • •

A BUILDING Award Scheme in Scotland has been launched and awards will be presented for buildings open to the public (either new or adapted) which have facilities for disabled people. It is the second scheme of its kind—the first was held in 1976.

The figures behind the case for routine antenatal tests

by Professor John Lorber, MD, FRCP.

CONGENITAL malformations of all types are notified on the birth of any baby. The incidence of such malformations of every type varied very little in the last seven years between 1973 and 1979. In 1973 there were 13,353 (or 19.5 out of every 1,000 babies born) whereas in 1979 there were 13,529 (or 21 out of every 1,000 babies born) in England and Wales.

Within this number are those with malformations of the central nervous system. These include spina bifida, encephalocele, anencephalus, hydrocephalus (without any of these) and a few rare types. Unlike the incidence of all malformations there has been a gratifyingly progressive decrease in malformations of the central nervous system.

Year by year fewer babies were born with such defects and the number fell from 2,553 in 1973 to 1,637 in 1979.* In terms of rates per 1,000 total births the fall was equally impressive, from 3.7 to 2.5.

This is a 33% reduction in seven years. It is to be hoped that with proper knowledge of the genetic background with good antenatal diagnosis, which should be extended beyond what is available today, much lower figures will be achieved yet.

Just how much proper prevention can play a part in this matter can be shown by figures for 1979 relating to different cities and areas. In Sheffield with a population of just over half a million, there were 12

such babies with these types of deformities, whereas in Leeds, which is identical in size, there were 29. In Liverpool, which is a much bigger city than Sheffield there were only 12, but in Manchester and Salford together, which is about the same size as London, there were 27. Many such examples can be quoted.

We must strive, with the help of our Association, to extend routine antenatal tests to all parts of the country.

**Six hundred and one of these were still born babies (mostly anencephalus). These figures show even more the vast reduction in the number of live born babies with handicapped disorders.*

Source: OPCS Monitor MB3 80/4

ASBAH Independence Training Programme

AS MANY LINK readers will know, ASBAH Independence Training Courses are run in order to give young people with spina bifida and/or hydrocephalus an opportunity to learn to cope independently with everyday tasks and activities.

In 1981 ASBAH will be running the usual programme of courses for teenagers and young adults, and it has also been possible to include three courses specially designed for the younger age group (8-13 years). These courses are slightly shorter than the seven-day courses for older students, and concentrate mainly on the more practical aspects of independence.

The provisional programme of courses for 1981 is shown below. For further information and application forms, please contact Christine Barlow at National Office.

DATE	VENUE	AGE GROUP
2nd-7th March	Five Oaks Ilkley, Yorks	8-13 years (girls only)
20th-26th April	*Pendover School Newcastle	14 +
1st-8th July	*Bridgend College South Wales	14 +
11th-18th July	*Birtenshaw Hall Bolton	14 +
1st-8th August	*Mossbrook School Sheffield	14 +
26th August- 2nd September	*Penhurst School Oxfordshire	14 +
9th-14th November	Five Oaks Ilkley, Yorks	8-13 (boys only)
16th-21st November	Five Oaks Ilkley, Yorks	8-13 (girls only)

*Dates and venues to be confirmed.

STARTING Point is a scheme aimed at mobilising resources of the community to meet the needs of disabled people. It has been sponsored by ASBAH and PHAB as a contribution to IYDP.

The scheme has been launched on the Thames TV programme Help, in the London area, and already the demand for further information has been encouraging.

The aim is to provide the opportunity and means for disabled and elderly people to do

How the community can help

things most people take for granted—like visiting friends, going shopping, attending a hobbies group or social club.

Volunteers, working through a co-ordinator in their own area, will provide the assistance necessary, whether it be sharing a common

interest such as chess or photography, driving a disabled person where they want to go, or giving help at home such as arranging to put the disabled person to bed when they have been out for the evening. This would free parents or care staff whom disabled people are often reluctant to inconvenience in this way late at night.

For more details contact Beverley Holland at National Office.

CONTINUING the international flavour of LINK during IYDP, Mrs Araminta Frosio gives us a taste of life in Switzerland. Mrs Frosio's daughter Coralie has spina bifida and her husband is involved in the International Federation for Hydrocephalus and Spina Bifida.



From left to right: two paraplegics, a helper, two spina bifida youngsters—Shaheen and Coralie.

SWITZERLAND

IN THE central part of Switzerland there are not very many spina bifida children. Some go to the normal schools and others, if their handicaps are too great, go to special schools.

Our daughter, Coralie, goes to just such a school where, out of forty children, only a handful are spina bifida. Although Coralie is very happy at this school and has a busy daily schedule, not only with lessons but also with occupational therapy and physiotherapy, the one thing missing, so important to mental and physical well-being, is competitive sport.

We happen to live near a very active 'Wheel-chair' Sports Club, comprising mostly young adult paraplegics and tetraplegics. Our daughter, together with two other young spina bifida teenagers, was able to join this club and all three are most enthusiastic to take part in all the activities be it weight lifting, wheel-chair races, basket ball, javelin throwing or archery. They are proud to belong to a club with olympic winners!

So Thursday evenings, from 8 pm until 9.30 pm, are reserved for Coralie's sporting activities and when she comes home she is always tired out but very contented. She rather likes to be able to complain about stiff muscles, like all the rest of the family, after exercise.

A local and national approach

WE HAVE four spina bifida groups at present in Switzerland, one French-speaking and three German-speaking. A fifth group, here in the central part of the country, is just being born!

Each group works individually, planning outings and meetings. There may be social evenings or picnics with the children but mostly, the get-togethers are in the evenings and include a lecture given by an expert on some topic connected with spina bifida. Parents then have something 'to take home'.

Family weekend

One of the recent high-lights was a weekend, arranged by the Bernese group. They invited whole families, from all over Switzerland, to spend two days together.

There was a most interesting and informative talk about incontinence (a never ending subject!) during which time a group of young adults, the Bärner Brügg, who do such good deeds as

cleaning the windows for old age pensioners etc. took care of the smaller children, spina bifida and otherwise.

After dinner there was plenty of time for young and old, handicapped and otherwise to talk, play together and generally to get to know one another better. It was agreed, by one and all, that this weekend idea should be repeated.

The Bernese group also arrange swimming lessons on Saturday mornings and this is particularly liked because, as you all know, this is the one sport where one can feel free.

On a national basis we are in the process of publishing a brand new book covering all the aspects of spina bifida so that anyone, and everyone, dealing with spina bifida will be well informed. We have great hopes for this book which has cost much time and energy on behalf of many experts. I am sure it will be a great success. It is certainly much needed!

We distribute a small magazine three times a year which contains the goings-on of the various groups with one or two informative articles, not only meant for the parents but also for the other adults dealing with spina bifida. When possible, though these are hard to come by, we give tips about everyday problems. We also put in a few pictures to make



From left to right: Raffaella, Coralie's sister, Coralie herself and Caroline, a paraplegic.

the magazine more attractive. On the whole it seems to be quite popular.

We are working on the possibility of producing a guide to show us where we really can walk with a wheel-chair, through the woods or out in the countryside generally. We have lots of beautiful spots to see but so many of them are just impossible to reach because of the rough tracks.

More contact

We are aware that there are still other spina bifida families who do not know about us and we are trying to get in touch with them via hospitals and other institutions who come into contact with the handicapped. We would also like further contact with other spina bifida families abroad, to encourage an exchange of information. In fact we have plans, within the next year or two, with the help of the Rotary Club, to arrange a holiday camp for spina bifida youngsters from all over Europe. This would be a great opportunity for handicapped children to learn a new language,

see a new country, make new friends and get to know a new culture—an opportunity they might otherwise not have.

Now that our spina bifida children are nearing school-leaving age the problems of what the future holds for them, what they can do and what can be offered to them, are unending. But we are working on this on a national level, too.

Finally, going further afield, Switzerland is also a member of the International Federation for Hydrocephalus and Spina Bifida. My husband being on the working party, keeps us in touch with all that is planned for the future.

ASBAH has a good deal of contact with the association in Switzerland, and LINK readers may be interested to know that Coralie has stayed at Five Oaks.



REVIEWS

A REVISED EDITION of the booklet *'Help for Handicapped People'* is now available at Social Security Offices. In 36 pages it explains the full range of benefits, social services and welfare provisions available to the disabled. Mr Hugh Rossie, the new Minister with Special Responsibility for the Disabled, said it had been specially rewritten and redesigned to make the information and advice as accessible as possible.

BOOKS OF interest to people with handicaps and those concerned with their care are continually appearing on the bookshelves. Because of shortage of space LINK cannot mention all of them. However, if you do want a book on a particular subject then Beverley Holland, Information Officer at National Office may be able to help.

VISITORS to Naidex may have seen the Souvenir Press stand displaying some of the books in the highly praised Human Horizons Series.

The books are of interest to parents and teachers and all who care for those who are handicapped and elderly, and cover such subjects as *'Easy to Make Aids for Your Handicapped Child'*, *'The Bereaved Parent'*, *'The Wheelchair Child'* and *'Disabled we Stand'*. If you would like a list of books in the Human Horizons Series, or more details, contact the Souvenir Press Ltd., 43 Great Russell Street, London WC1B 3PA. Tel: 01-580 9307.

'INTEGRATING the Disabled'—is a summary of the Report of the Snowdon Working Party on the Integration of the Disabled. It is a concise, easy-to-assimilate booklet produced by Action Research, The National Fund for Research into Crippling Diseases, Vincent House, Springfield Road, Horsham, West Sussex RH12 2PN.

WHEN I was 20 I had my first encounter with spina bifida. I had a little girl who was anencephalic and was still born. This was a really bad time for me because I just could not understand how it could happen to me.

I was advised to try again and three months later I was pregnant and the amniocentesis test showed that my baby was perfect. I could not actually accept this until I had my baby and held him and saw for myself. Paul is now four and a nicer little boy you will never find.

In 1978 I was pregnant again and my doctor advised me to have the test again. I waited the longest two weeks in my life for the results, only to be told what every expectant mother dreads—that my baby was abnormal.

I was so shocked and hurt that those next few days I cried oceans. I was so bad over the result that the hospital did the test again, even though it is usually foolproof . . . but no, there was definitely some form of abnormality. They couldn't say it was definitely spina bifida, but wouldn't rule it out because I already had two nephews with this handicap, and they couldn't say to what degree the spinal damage was.

Horrible week

In front of me was the hardest decision I would ever have to make. Was I being cruel and selfish by having it terminated when God had decided to give me a special baby? I had one week to make up my mind because I was 19 weeks pregnant by this time.

That week was the most horrible in my life . . . and then something happened to me . . . for the first time my baby moved. I was so happy and thrilled. I had been contemplating termination, but this little movement changed all this and so I told the hospital that I would go ahead and have the baby.

They were marvellous—not nasty as I had expected. This test is expensive and I felt it was only given on the grounds that if anything abnormal is detected you will agree to termination. They all wished me luck and I know that prayers were said for me.

After the Test —the dilemma and then the decision

THIS LETTER, from Mrs O'Brien highlights the agonizing personal dilemma and heartsearching experienced by parents when they learn that the baby they are expecting has an abnormality . . .

Although I felt fit and healthy my mind was in absolute torment. I went one week over the full-term and my mind was sick with worry. Then at last I started in labour. It was then that it finally hit me, just what was wrong with the baby. If it was spina bifida that would be easier for me because I know it rarely meant the baby was brain damaged, and I had encountered this before so I did know quite a bit about it. But what if it was fluid on the brain (hydrocephalus). What would I do then? Had I been selfish wanting to bring a handicapped child into this already cruel world?

I finally had my baby and he did have spina bifida, but it was so mild that they couldn't believe it. Even the priest and surgeon said that someone must have been praying very hard for me. Martin was baptised there and then and he had an operation the following day to close up the back. He got away without the valve and has no paralysis.

He is really beautiful. He's 17 months old and a real little boy. His only handicap is some degree of weakness in his feet but this won't hinder him. He gets along holding on to the furniture and anyway now he will be off on his own.

There are two sides to the test. It doesn't always work out for us to shut out an abnormal baby from our lives. I know Martin isn't severely affected. We were lucky, but he could have been, and thanks to the test I was prepared. He was a little life that had the right to live and the love that Martin brought with him is

indescribable. He is such a fun-loving pleasant baby, a special baby whom God decided to come to me.

**Mrs L O'Brien, Houghton Regis,
Dunstable.**

PROFESSOR Lorber read Mrs O'Brien's letter and comments:

"Amniocentesis only detects those cases of spina bifida where the lesion is open, and there is leakage of serum into the amniotic fluid. If such a lesion is low in the baby's back, as was the case with Mrs O'Brien's baby, then the diagnosis of spina bifida can be made in a baby with relatively little handicap.

There is some degree of correlation between the level of alpha-fetoprotein and the size and seriousness of the lesion, but this is not absolute. Clearly the tests were correct, but they could not predict the degree of handicap. Maybe in the near future far more accurate diagnosis will be possible with the help of ultrasound. This is being developed very fast now, and we can already see movement in the fetus's legs, for example, as early as three months in pregnancy."

Some thoughts on insurance

THE FOLLOWING letter, sent in by a LINK reader, poses a question which worries many families of handicapped children, and therefore we felt it worth publishing the reply:

HAS ANY reader solved the problems of life insurance for handicapped offspring? We feel some provision should be made by us, but we meet a brick wall because insurers seem unwilling, to say the least, to quote any premium. Surely there must be some families who have met and solved this problem?

A Reader

OUR READER has raised an important topic, and one which

Continued p. 14



Stoma products
New!
from
SALTS

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COLO

URO

The external dimensions of the pouches are:-
172mm x 102mm
(6 3/4" x 4") approx.
Flange 82mm dia.
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paediatric

Salts Baby Pouches can be supplied in three distinct styles ILEO, COLO, and URO. All three types are odourproof and also share a new adhesive which is particularly suitable for application to the most delicate skin. This is so because the plaster allows the skin to breathe beneath the flange. The flanges are provided with a starter hole to facilitate accurate cutting to fit almost any stoma. Full instructions are provided in every packet.

- The Ileo application has a spout outlet.
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- The Uro application has a tube drain with a simple push pull tap outlet.

Further details of these exciting new appliances can be obtained by returning the coupon below to Salts. If you are particularly interested in any particular application please tick the appropriate box provided on the coupon.

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Address

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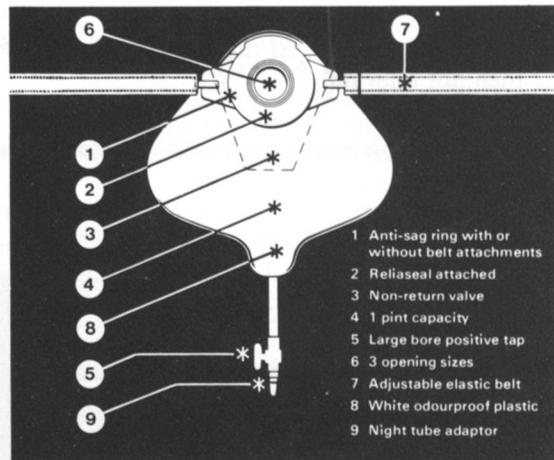
These services are free from charge, and are without obligation.

Please write or telephone Salts if you have problems and help will be forthcoming. The appliances shown below can be tried by you, free from charge and without obligation.

LW URINARY POUCHES

are complete appliances and can be worn without any additional accessories, though some ostomists prefer the added feeling of security which LW accessories can provide. LW is disposable, is odourproof, is soft and rustle free, is self-adhesive, and can be worn for up to one week before changing. Cotton bag covers can be provided, and alternative adhesives are available for use with pouches without Reliaseal attached. 3 opening sizes available: 1", 1 1/4" and 1 1/2".

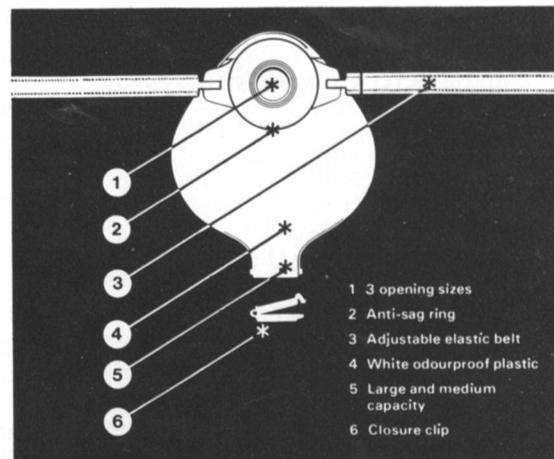
* Now available in Small capacity size



LIGHT WHITE ILEOSTOMY POUCHES

can be worn without any additional accessories, though some ostomists prefer the added feeling of security which LW accessories can provide. LW is disposable, has bag covers, belts, closures, stabilising rings, is supplied in two capacity sizes, large and medium, odourproof, can be worn for a week without anyone knowing, and it looks as good as an appliance can look. Any ostomy adhesive and sealing washers are suitable. None can harm the tough, soft plastic. Reliaseal is highly recommended. 3 opening sizes available: 1", 1 1/4" and 1 1/2".

* Now available in Small capacity size



(L/P/81)

Continued from p.12

presents various problems. There are several circumstances in which insurance, particularly life assurance, may be the best solution. Readers are advised always to consult a life assurance broker for detailed advice on their individual problem, as there is such a large variety of policies available.

But do be clear as to what you are trying to do. Most frequently the problem is how to make some provision for handicapped offspring after the death of one or both parents (or when the latter retire). In this case it is life (or endowment) assurance of the parents lives which is needed, not insurance of the handicapped person. The life expectancy of the latter is then not relevant.

On the other hand, there are cases where a disabled person, perhaps in employment, wishes to provide a lump sum for his or her own use later in life, quite independently of the parents. Planned saving may be the best way of doing this. The uncertainty of survival statistics does present a problem to the insurance companies, which ASBAH can sometimes help with, depending on age and type of handicap.

There are various other problems to which some form of insurance may provide the best solution. We urge you to consult an insurance broker and ASBAH in such cases. Meanwhile, we would certainly like to hear any readers' experiences in this field.

**F G Armour, Finance Officer
ASBAH.**

One mother's experience

ALTHOUGH the majority of your articles are directed towards the more handicapped children with hydrocephalus and spina bifida, and quite naturally and rightly so, I was wondering if my experience, as the mother of a child who ('touch wood') has experienced very few problems with a son with hydrocephalus, might help any new mother of a hydrocephalic baby.

I feel almost guilty that my son Andrew (see photograph) is so 'unhandicapped', that I have always hesitated to write.

He is my second child. I had given birth to my elder son two years previously without any problem, and it never crossed my mind that there would be any problem with my second.

Andrew arrived quite normally, and I remember the doctor saying, 'It's a boy—he has rather a large head . . . he will have to see the doctor in the morning'. My response was . . . you needn't worry about his head, my other son's was large at first. Later I was told Andrew had to go to Westminster Children's Hospital as he had hydrocephalus. I was asked if I wanted him baptised. Suddenly the shock penetrated.



Andrew Gray

When we visited Andrew in London I felt numb and a feeling of rejection—surely this wasn't my baby who looked so odd. There was no hesitation about giving permission for the operation for the insertion of the Spitz Holter valve, only a fear of the unknown. I had never heard of this thing except for some grotesque memories.

Avidly I searched the local library for information which was all very misleading and depressing. Later an acquaintance put me in

Brian proves a point

BRIAN Clark is just one of many disabled teenagers proving he can handle a full-time job—he works at an open cast mining site in Northumberland.

Seventeen years old, Brian lives in Newbiggin and is a trainee fitter for Taylor Woodrow Construction Limited, Ulgham. Working in the components section, Brian is doing a four-year training to become a bench fitter.

Although he has spina bifida, Brian can easily cope with bench work and has exceptional hand skills.

Mr Keith Norman, plant manager at the mining site said, "Brian has learnt to work in a man's world and he gets on well with everyone he works with. He is a good time keeper, reliable and enthusiastic. He has only been here a few months but I think he could

touch with your Association and at last I had some factual, helpful information.

Andrew came home after six weeks and he was the most contented baby. The years have passed uneventfully and except for regular check-ups and two lengthenings of the tubes to the heart, one would never guess the trauma of those first weeks.

He is now 12, goes to the local school, is of average ability, does all sports, except rugby, and is one of the mischievous members of our church choir. He is also in our county squad for tennis.

We have had our worries about him, but really they are so minor compared with what we might have had.

I felt my letter might encourage any mum who had just had a baby like mine and who was in doubt about having the valve operation. Also I would be very willing to write to any young mother with a new baby with hydrocephalus if it would help at all . . .

Thank you for your organisation.

**Mrs Janet Gray
Dunstable, Beds.**



Brian Clark at work

become a valuable member of our team”.

Brian's talent for practical work was spotted during a one week work assessment course at the Manpower Services Commission's employment rehabilitation centre at Killingworth Skillcentre. And he made his way to a full-time job with Taylor Woodrow via the

MSC's job introduction scheme.

Julie is key worker

ONE OF the top shop-floor workers at a factory in Clacton-on-Sea is 22 year old Julie Griggs, of

Kirby Cross, who was born with spina bifida.

Although she is confined to a wheelchair this has not stopped Julie wanting to work. "She came to us as soon as she left school," said Mrs Margaret Raymond, Personnel Manager at Remo Components, a company making electronic components which has won one of the MSC's first-ever Fit for Work Awards. (reported on in the last LINK).

"We tried her at several of the production line jobs to see which suited her best—a policy we carry out with most of the people who join us on the shop floor. She is now working in one of the most important jobs on the line.

"She is now getting the maximum salary it is possible for someone to earn on the shop floor. We consider her to be above average in both the quality and quantity of her work."

Remo, which employs 300 people, has a total of 19 disabled people in its workforce.

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THE RELIABLE SOURCE OF SUPPLY

IT IS time to look forward to that summer holiday. Here are some suggestions which we hope will fill you with anticipation.

DFDS Danish Seaways now have a four-berth cabin which is completely fitted out for use by disabled people, including access to all levels by lift. The line runs mini-trips (2 nights) to Esbjerg from Harwich, but say they are pleased to see disabled people on all their ships whether for a mini-trip or longer holiday and will do all they can to be of assistance.

Details and brochure from Danish Seaways, Mariner House, Pepys Street, London EC3N 4BX.

If you prefer the more leisurely journey of the canals, Midland Luxury Cruises Ltd are putting a new narrowboat into their fleet which has been specially designed for families with a disabled member.

The boat named 'Doubloon' will be based at Stone in Staffs and is available for holiday hire. There are berths for 4-6 people and all services are suitable for people in wheelchairs, including an electric lift at the front of the boat.

Further details may be obtained from Blakes Holidays Ltd, Wroxham, Norwich. Tel: Wroxham 3221.

IT IS often very difficult to find suitably adapted accommodation when on holiday and in an attempt to overcome this a new agency has been set up to arrange for families to 'swap' houses for a holiday.

The agency makes all the arrangements. All you have to do is decide where you want to go and when. The agency will do the rest but you will have to arrange your own travel.

Further details from ADHOX, 2 Mill Lane, Abbots Worthy, Winchester, Hants.

IF YOUR idea of a holiday is to fill every moment with something to do, then Pontin's Activity Holidays Week is for you. During the week 20-27 June 1981, Pontin's Tower Beach Holiday Village at Prestatyn is offering a self-catering holiday of activities for disabled and able-bodied visitors.

Accommodation is in chalets for

Holidays are just around the corner

up to eight people, all with private bathroom, toilet, cooker, fridge and colour TV. Activities arranged include archery, wheelchair dancing, jewellery making, wine making, chess, art workshops and yoga and you are allowed to join in up to ten of them.

Costs vary from £68-£132 per chalet and you can get full tariff and further details from Leisure Plan, 4 Barrington Drive, Southport, Merseyside.

MOST travel agencies will be helpful in assisting you to arrange your holiday, but there are several specifically to cater for disabled people.

One of them—Travel Well—specialises in escorted holidays for the physically handicapped and covers Wales, Tunisia, Corfu and Yugoslavia. Details from: Travel Well, Carlisle House, Southampton Row, London WC1B 4AE.

Other agencies include the Chalfont Line, 4 Medway Parade, Western Avenue, Perivale, Greenford, Middlesex and Eros, 53 South End, Croydon.

N.B. This information is for information. ASBAH is not in a position to make recommendations. However, National Office would be pleased to hear from anyone who does follow up their holidays.

ABTA (The Association of British Travel Agencies) has an Extra Sure travel insurance which gives cover of £50,000 for pre-existing medical conditions (unless you are travelling against a doctor's advice).

Just ask your travel agent for this insurance. It can be issued on the spot so you have immediate cover. ABTA has also brought out another insurance for those who

wish to take their cars on the continent. It gives cover for all your requirements—again just ask your travel agent.

Here are two other companies who can help with insurance: Greenway Insurance Brokers (UK) Ltd, 64 Borough High Street, London SE1 1XF. Tel: 01-407 4658 and C R Toogood & Co Ltd, Duncombe House, Ocham Road North, East Horsley, Leatherhead, Surrey. Tel: East Horsley 4181/3.

And don't forget the Norwich Union who, for some time, have been willing to insure disabled people, providing certain conditions are met.

A WEEK'S Summer Course for able-bodied and disabled adults (over 21) is being held by the Harford Group at Prospect Hall, Birmingham from August 22-29. It is hoped to include three courses chosen from drama, painting, music and creative writing. Outings and evening entertainment are also organised, but emphasis is placed on course work. The all-in cost will be £70. Details: Mrs P Gregory, New Place, Finchingfield, Braintree, Essex CM7 4LS.

PUBLICATIONS

Holidays for the Physically Handicapped is published by RADAR. The 1981 edition is bigger and better and besides useful addresses and information about holidays in the UK it has a comprehensive section on holidays abroad. Available from W H Smith price 50p.

The English Tourist Board have several publications which use the wheelchair symbol to denote those hotels accessible for disabled people.

The *Lets Go* guide to short holidays, at reduced prices, is available from Let's Go, Hendon Road, Sunderland.

Activity and Hobby Holidays in England contains details of a wide range of holidays with a difference. 50p from W H Smith.

Access Guides—a comprehensive list of these is available from RADAR, 25 Mortimer Street, London W1.

Beverley Holland

THERE ARE many people with various disabilities who can and do enjoy skiing and other winter sports. It is not a cheap sport so it is not a sport to get hooked on unless you are able to afford it.

However, it is possible "to have a go" once without spending a lot of money and this can, and really should, start with a trial outing on an artificial ski slope. There are many scattered throughout the UK, though not all are suitable for disabled people. So before venturing onto a slope, make sure that a welcome awaits you with the necessary assistance.

The British Ski Club for the Disabled starts beginners on a training bar 9/12 ft long with the pupil in the middle and a guide at each end. This gives the pupil confidence and contact.

Skiing for the disabled can be both downhill (Alpine) or cross country (Nordic) though each require different techniques and equipment. It is not so easy to practice Nordic on artificial tracks as there are not many available.

How to make a start on the sport of Skiing

However, skis on wheels are used for training and simulate the same action as required on snow. This can be done on any good tarmac or similar surface. The Club's Nordic Olympic Team train on them.

Downhill skiing is possible for people who find it difficult to walk or have to use crutches, because out-riggers (crutches with skis) can be used for balance and propulsion. All leg amputees need them and ski on one ski and spastics use them.

The spastics have their own Ski Club "The Uphill Ski Club". Many paraplegics in Scandinavia use sledges for downhill and a different type of sledge for racing on ice. For the first time sledge racing was included in the Olympic Winter Games. It is now hopeful that British paraplegics will be able to go sledging.

The Club helps competitors to compete internationally and for others arranges holidays in the Alps, Norway, and Scotland. The number the Club can take on these holidays depends on the number of helpers. For the blind the Club has to work on a one to one basis, so guides/helpers are in demand.

This is a brief outline, very brief, and maybe it sounds very serious business. However, once we are on skis the fun starts and there's a lot of that.

If you want any further information contact Hubert Sturges, Chairman, The British Ski Club for the Disabled, at Corton House, Corton, Nr. Warminster, Wilts. Tel: Codford St Mary 321.



ASHWELLTHORPE HALL, (above) is an Elizabethan Manor House, eight miles from Norwich in the village of Ashwellthorpe. It is also a comfortable and accessible holiday centre for disabled people, their families and friends.

It is run by the Disabled Drivers' Association, and guests (who don't have to be DDA members) are welcomed throughout the year for short or long holidays. Groups are also catered for. The Hall has a moat and 18 acres of parkland. It is an ideal centre for exploring this beautiful part of Norfolk.

Charges are very reasonable, particularly out of season, and there is a special Super Saver Weekend Holiday in the winter for about £30. For a copy of the 1981 Tariff write to the Manager, Mr Martin Robinson, The Hall, Ashwellthorpe, Norwich, Norfolk NR16 1EX. Tel: Fundenhall 324.

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It looks like the busiest year ever

AS IT IS IYDP, all the members of the ASBAH Appeals Department are involved with the busiest twelve months ever. 1980, in spite of the rather gloomy economic climate, was a most successful year for us, showing an increase in income of 74% for the nine months ending in December, but if we are to maintain and increase our help to those with spina bifida and hydrocephalus, this is no time to be resting on our laurels.

In the last issue of LINK I announced our forthcoming appeal to be networked by commercial television on 15 March. Probably by the time you read this article the proceeds will already have been received. Details will be published in the next issue.

Our donors have, as always, proved to be most generous at Christmas and our seasonal appeal to them has resulted in about £14,000 received so far.

We hope that by the appointment of two new members of appeals staff contributions will continue to rise substantially. They are Miss Margaret Corbett, who has taken over from Barry Mishon as Special Events Organiser and Mr Ian Morrison who joined us in February as Educational Appeals Organiser. Both Margaret and Ian



Miss Margaret Corbett



Mr Ian Morrison

will be pleased to be of assistance at any time and may be contacted at National Office.

April 29 sees the fourth Crown Jewel Ball to be held at the Dorchester Hotel. Tickets are £22.50 which includes a four-course gourmet dinner, star cabaret and dancing into the wee small hours. And we have just heard that HRH The Duchess of Gloucester has graciously consented to be present on this occasion.

There are substantial reductions available for parties and if you feel like joining us for this glittering, royal occasion, please do contact me as soon as possible, as tickets are likely to be much in demand.

Moving into May, we will be holding a second Parliamentary Sponsored Swim and any help which readers of LINK are prepared to offer in terms of encouraging the participation of their Member of Parliament would be appreciated. When we last held this event it raised £13,000, and of course we aim to improve upon this if possible.

These are just two of many exciting ideas which are in the Appeals melting pot. I will be announcing the other events as the year progresses in the hope of sustaining your interest!

JUDY KA

Postal increases push up LINK rates

Due to recent postal increases it is unfortunately necessary to raise the price of LINK subscriptions for those who obtain their copies direct from National Office. The rates are now:

- (a) UK.....£2
- (b) Europe, and surface except for (c).....£2.10
- (c) USA, Canada (surface).....\$5.60
- (d) USA, Canada (air).....\$16.35
- (e) Australia, NZ etc. (air).....£6.30

JOHN GROOMS HOLIDAYS

All facilities specially adapted for wheelchair users (family friends and escorts welcome)

Seaside hotels: at Llandudno and Minehead • licensed • level access • emergency call system • balconies overlooking the sea • tail lift bus for tours • colour T.V. lounge • (Bargain Winter Breaks for only £56, including VAT).

Self-Catering Units: Near the sea at Barnstaple, Borth, Poole and New Milton. Equipped with ramps and other aids.

Holiday Chalet: Near Skegness (Lincs). Emergency generator for iron lung users).

London Holiday Flat: London, N4.

Motor Caravan: First season 1981. Can be hired for one or two weeks, and driven anywhere in Gt. Britain. It has tail lift, special wheelchair W.C./ Shower unit, and other modifications. Black & White T.V. and Radio.

For further details contact: John Grooms Holiday Department (Ref. L.I.), John Grooms Association for the Disabled, 10 Gloucester Drive, London N4 2LP. Tel: 01-802 7272.

CLASSIFIED 'ADS'

The advertising rate is:
£1.50 for up to 30 words. £2.50 for 30-45 words.
£3.50 for 45-60 words.

Please send remittance with your advert.

Adverts for the next LINK (May/June) should be in by April 6. Send to the Editor Mrs Susan Gearing (or telephone her on Langton 3351).

HOLIDAY ACCOMMODATION

CAMBER SANDS: Well-equipped and adapted chalet (sleeps 6). Bookings taken by Mrs N. Kerswill, 28 Ilmington Rd, Kenton, Harrow, HA3 0NH. Tel: 01-907 8526 (2-7 pm).

MILLENDREATH, Nr Looe, Cornwall: Well-equipped holiday chalet, sleeps 6. Easy Access. Details (sae please): Mr T. Gardiner, 72 Dale Valley Road, Oakdale, Poole, Dorset. Tel: (Parkstone) 0202 744873.

MEYSHAM, 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, Shropshire. Tel: Whitchurch 3691.

WESTGATE ON SEA: Semi-detached holiday bungalow, sleeps 6/8. Bath hoist, garden, 10 mins walk sandy beaches. Details: Jean Jones 01-467 8148. Greenwich ASBAH.

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