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Association for Spina Bifida and Hydrocephalus/ASBAH 15p Sept/Oct 81

Baroness Young on the Education Bill

New books

IYDP—The Irish Association

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The role of the stoma care nurse

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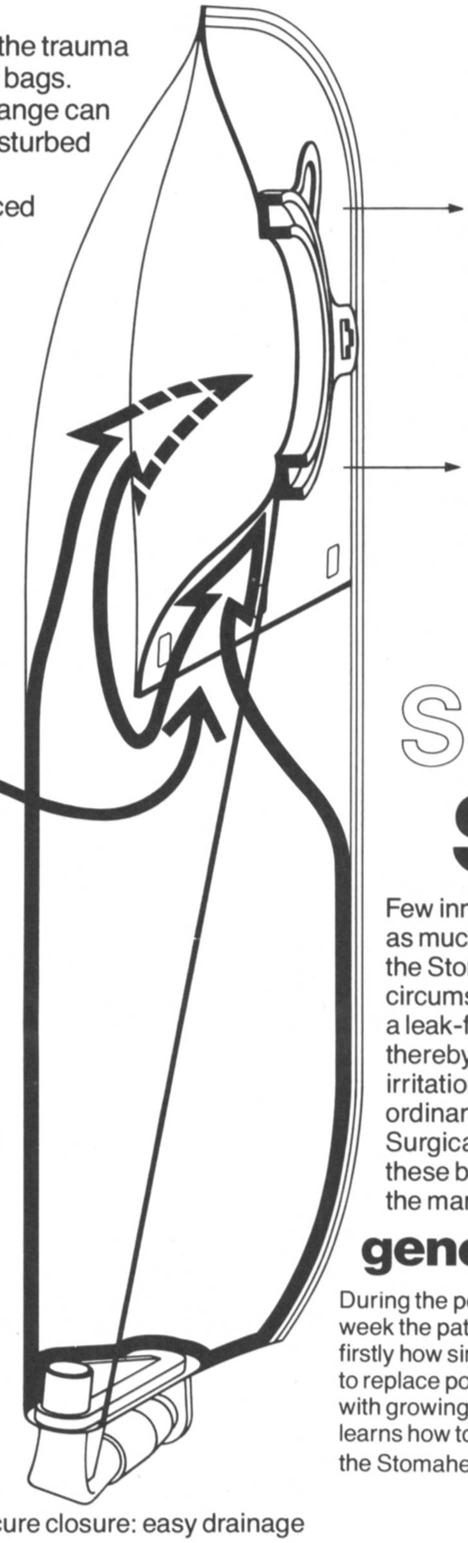

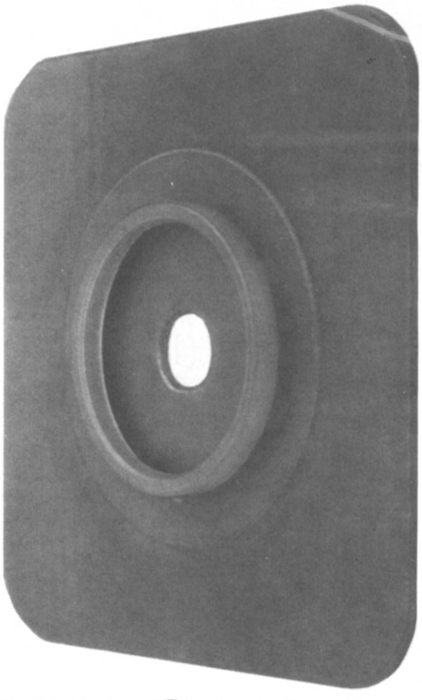

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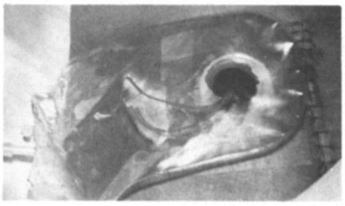

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76

Association for Spina Bifida and Hydrocephalus/ASBAH

Correspondence to ASBAH at the
National Office:
Tavistock House North,
Tavistock Square,
London WC1H 9HJ.
Registered Charity No. 249338
Tel: 01-388 1382/5

Patron:
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Mrs B Newman

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Miss J Vernon, BSc

Assistant Administrative Officer:
Miss J B Craig, BA, MLit.

Information Officer:
Miss B Holland

Link Editor:
Mrs S I Gearing

LINK has decided to use this Page 3 Opinion spot to publish this RADAR report of the recent House of Commons debate on IYDP.

IN JULY the House of Commons debated and approved a motion 'That this House welcomes and endorses the aims of the International Year of Disabled People; calls on Her Majesty's Government to pursue policies consistent with these aims; and urges the Government to initiate discussions with all the relevant organisations, before the end of 1981, on a programme of action to maintain the impetus of the International Year in the years ahead'.

Opening the debate, Alfred Morris MP said he wanted to ensure that IYDP was not just a 365 day wonder. He emphasised the word 'international'; nearly three-quarters of the world's 500 million disabled people lacked the help they needed to live a full life. In the Third World poverty joined with impairment to poison the hopes and diminish the lives of disabled people and their families. He argued for redistribution of resources in favour of disabled people not only within individual countries but also between countries. One per cent of world expenditure on armaments diverted to the prevention of disability and rehabilitation would transform the lives of disabled people in the Third World.

In the UK, Mr Morris said that most disabled people would be poorer at the end of IYDP than at the beginning. He referred to a statement by DIG that disabled people were now even worse off following the 'simplification' of the supplementary benefit scheme and quoted a complaint by RADAR that in the matter of home help charges 'the two millstones of central and local government were grinding disabled people in the middle'. Mr Morris also referred to the fact that 14 charities (including ASBAH), were seeking leave to bring an action against the Secretary of State for Social Services to make him force local authorities to fulfil their duties under the Chronically Sick and Disabled Persons Act. The organisations were acting in the public interest since it was as much in the interests of the taxpayer and ratepayer as it was of disabled people for them to be able to live at home; it could now cost over £20,000 a year to keep a person in hospital.

For the Government, Hugh Rossi MP readily accepted the motion. He said it was impossible to contemplate the enormity of what was required without a deep sense of frustration at the current lack of resources. In the last decade the country had been seeking to make good the neglect and ignorance of centuries.

There was now a greater understanding of the difficulties and problems; in recent years there had been a great drive to bring mentally handicapped people out of large institutions; the numbers of children in mental handicap hospitals had fallen from 7,100 in 1969 to about 2,000. The fact that there were still 15,000 able-bodied mentally handicapped adults in large hospitals was unacceptable.

Mr Rossi said that the first six months of IYDP had been a tremendous success; scarcely a town or village in Britain had not had some activity connected with the Year. The Government were aware of the international aspects of the Year and had made a grant of £34,500 to a rehabilitation centre and £50,000 to the Leonard Cheshire Foundation for a new home, both in Zimbabwe. The NHS was being scoured for surplus equipment and 130 wheelchairs had been provided to Egypt.

On the home front, Mr Rossi announced a competition for interesting new projects by voluntary organisations and promised to announce further details as soon as possible.

Continued on page 18

FRONT COVER: The end of a happy holiday—a weary traveller at rest. Photographed at Rome Airport by Barry Lewis, this was one of the many photographs on the subject of disablement included in a special photographic exhibition "One in Ten" which has been touring the country during IYDP.

CONTENTS
Pages

4/5 Education Bill News
6/7 Round-up
9 Books
10/11 Irish Association
12/13 Hexagon Centre
14 Medical: the stoma care nurse
16 Letters
18 Churchtown Farm
19 Motability at Motorfair
21 Festival of Mind and Body
22 Appeals

Education: Integration to be steady and sure

Baroness Young

THE TRANSFER of children from special schools to ordinary schools would be carried out by planned integration and not quickly, said Education Minister of State Baroness Young, in July.

Talking about the Education Bill on education of children with special needs, at the First International Conference on education of handicapped youngsters*, Lady Young said:

"I do not believe that the Education Bill will result in a large-scale transfer of pupils from special to ordinary schools in the short term. Indeed, I would be worried if it did because I am sure that the necessary arrangements could not be made that quickly and that children would lose by it. But I believe it will encourage a steady and sustained move towards planned integration."

Lady Young said that the debate about special education had sometimes been bedevilled by a narrow doctrinaire approach which judged each development by the sole criterion of whether or not it was likely to increase integration. But local authorities had to ask themselves several questions.

"For example, what is the best course for a particular child. Do the parents want education in the ordinary school? Will that give the child access to all the specialist help he needs. Will it be consistent with the efficient education of the other children with whom he will be educated? Will it mean that resources are being used as efficiently as they might be?

"Meeting the full range of a child's needs often depends on the contribution of support from services outside the education service. Where these human resources are scarce it will be in everyone's interests to deploy them economically in a limited number of schools. This is an area where LEAs will have to cooperate closely with health and social services authorities when planning arrangements for integration."

The Minister added: "We should not forget that a child with severe needs can be as isolated from ordinary children in a mainstream as in a special school. This is why the Bill provides that where a child with special educational needs is being educated in an ordinary school he must take part as far as possible in the school's activities, with pupils who do not have special needs."

The Bill would make it the duty of every LEA to keep under review the arrangements they made for special education provision, and LEAs and school governors would have to ensure that pupils with special needs received the provision they required. These clear duties would establish the framework on which LEAs would reconstruct their service to youngsters with special needs.

"In this task the LEAs are not starting from scratch. There are already a number of examples of good practice which show how services can be imaginatively adapted.

"We are seeing the spread of special units in ordinary schools. Ordinary schools are being encouraged to set up special needs resources departments and many special schools are devoting time and effort to setting up links with local ordinary schools.

"Side by side with this must go special attention to in-service training of teachers and here too are encouraging signs of forward looking initiatives. I welcome this sort of development and believe that the Bill will do much to encourage it," said Lady Young.

Turning to resources the Minister said that the effects of the Bill would not in themselves be very costly—to a great extent the Bill builds on what a lot of authorities are already doing. Falling rolls, medical advances and the move towards integration may be expected to reduce the number of children requiring education in special schools. This would lead to a review of provision, and Lady Young hoped that this would be part of a general reappraisal by LEAs of existing resources, and lead to consideration of what improvements can be made in special education provision.

She concluded: "However, education is ultimately about people. Much excellent work is being done in special education and much can be done by encouraging the spread of good practice and effective cooperation between the Hospital Service, and Local Authorities and between different departments of Local Authorities.

**The Conference was organised by the British Dyslexia Association at Southampton.*

Remploy goes into horticulture

REMPLOY, Britain's biggest employer of disabled people, is to enter the horticultural market.

The horticultural unit is to be established at Wisbech on an eight acre site. Initially the unit will produce vegetables and salad crops in poly tunnels both single and multi-span, together with outdoor winter vegetables.

As with all Remploy operations, the unit will be run on fully commercial lines, selling its produce on the open market.

Vic Moreland, Packaging & Assembly Group's chief accountant in charge of this activity says, "This is a marvellous opportunity to extend Remploy's services to the more rural areas. Remploy's traditional factory operation requires a fairly large population centre to support the capital investment. This development offers the opportunity to provide employment in those areas which would not normally support a factory activity".

Initially the unit will employ 12 disabled people and recruitment is expected to begin in late autumn.

The scheme is being started with the assistance of Cambridgeshire Social Services Department.

**See page 18 for news of new horticultural courses.*

Snowdonia walk on right track

A NEW walk opened in July in Snowdonia National Park and because it is sited on the bed of a disused railway track, it is level and suitable for disabled people.

The Morfa Mawddach walk runs for five miles roughly East-West along the southern edge of the Mawddach Estuary between Fairbourne and Dolgellau. It passes through a beautiful area of meadow land, salt marshes and woodland with outstanding views of the Rhinog Mountains across the Estuary. The area is well-known for its bird life.

There are toilets suitable for disabled people and a well-surfaced car park.

For more details please contact Rod Gritten, Snowdonia National Park Offices, Penrhyndeudraeth, Gwynedd. Tel: Penrhyndeudraeth 770274. He should be able to give you information about other areas and walks accessible to those in wheelchairs.

Move to stop badge misuse

A NEW offence—the misuse of an Orange badge for parking—has been created under the provisions of the Disabled Persons' (No 2) bill. This was incorporated into the Bill during the Committee Stage in the House of Lords. The offence carries a maximum fine of £100.

The bill has also been extended to cover Northern Ireland.

Abbey National extends help

ABBEY National Building Society has announced that it will give priority to requests from existing borrowers for additional loans to meet the special needs of disabled people in three areas: house adaptations, purchase of special equipment for the home, purchase of special cars and car conversion.

The loans will be at normal interest rates and subject to the Society's usual status requirements.

Conference stresses practical answers

ACTIVE is organising a day conference on Saturday October 17 for disabled people and their families, teachers, therapists, toy library organisers, designers and technicians.

The organisation encourages the development of 'do-it-yourself' play, leisure and communication aids for disabled children and adults. The conference will cover the increasing importance of self-help and one-off solutions, and practical examples of equipment to make and ways to have it made.

Entitled 'IYDP, and then . . .?' the conference is being held at Great Hall Imperial College, London SW7. The fee for members of the Toy Libraries Association or Active is £6, and £6.95 for non members. Families of up to four people can go for £15. Details from Judy Denziloe, Active, Seabrook House, Darkes Lane, Potters Bar, Herts. EN6 2HL Tel: 0707 44571.

Bolton and Bury among the medals.

SIX Gold and one Silver medal were brought back to Bolton and Bury from the Oslo games, thanks to the achievements of Richard Reading and Brian Davis.

Richard is Chairman of Bolton and Bury local Association and Brian one of the members. They were part of a 12-man team which went to the games. Richard won two Golds and a Silver and Brian carried off four Golds.

Richard has worked hard to encourage the junior members of the Association to take part in sporting activities, and already it seems there are budding international competitors in Bolton and Bury.

"We also take an active part in wheelchair dancing" writes Mrs Eileen Taplin, the Association secretary. "Our former secretary and partner have won the North of England Championship and two of our young members won the Novelty and Children's Team Championships".

Parents begin investigation

A GROUP of parents of physically handicapped children in the West London area met together recently to explore the facilities which are available for their children when they complete their formal education.

The initial investigation shows a wide spectrum of residential and day centre facilities, but there appears to be a lack of provision for the physically handicapped, but mentally capable young adult.

"We would be pleased to hear from any groups who have similar interests" writes Mrs Carol Batty, 140 Woodland Gardens, Isleworth, Middlesex.

SPOD has moved

SPOD (Sexual and Personal Relationships of the Disabled) has moved to: The Diorama, 14 Peto Place, London NW1 4DT.
Tel: 01-486 9823.

Carrying coals to . . .

THANKS to strong coal carriers from Crewe, £400 was raised recently to help meet the local needs of families with spina bifida and hydrocephalic youngsters. The sponsored coal carrying event was organised by the Socialist Club and the money presented to the Crewe parents' group. The picture shows two coalmen, Michael Murphy and Russell Wharton with the Lord Mayor after the event.

The price of LINK

OVER the years it has been Link's proud achievement that it has been more or less financially self-supporting. It has made very little demand on the Association by way of subsidy.

By the end of this year the price will have been 15p for 18 months. LINK has held steady at that price despite the recession and rising costs.

Unfortunately in 1982 it appears that in order to maintain LINK's record it will be necessary to increase the cover charge.

This is to be discussed shortly by ASBAH's Executive Committee and we will let you know their decision as soon as possible.

Beverley earns supreme award

BEVERLEY Thomas, 11, of Garswood, Lancashire (left) looking delighted with the special trophy awarded to her by Ashton Sports Advisory Council. It was given to Beverley for 'supreme effort in sport'. Beverley started swimming lessons along with her classmates at Garswood Primary School, and although some way behind the others she didn't give up. Her efforts and will-power were rewarded when she attained her first certificate for swimming a width of the pool.

"I really like swimming. I am going to work hard and try and reach a length" she said.

Photo: St Helen's Reporter

A statutory right to help

THE NAIDEX (National Aids for the Disabled Exhibition) held in the Spring attracted more individual families than usual—families who apparently had given up hope of getting aids from their local authorities, and therefore were resorting to buying their own.

Jill Vernon, ASBAH's Disabled Living Adviser points out that local authorities do have a statutory duty to supply a wide variety of aids, and she will be pleased to give advice to families having problems in getting help.

It is important that ASBAH hears of cases where local authorities have refused help. Evidence is being accumulated for the vigorous campaign that is being waged by RADAR and various charities, including ASBAH, for the enforcement of Section 2 of the Chronically Sick and Disabled Persons' Act.

If anyone would like information on the kinds of aids which local authorities should provide there is a useful Government leaflet 'Aids for the Disabled' Leaflet HB2, available free from local social security offices.

On parade . . .

. . . a holiday home

MRS LINDA Foster of Huddersfield, Local Association sent in this account of how the Association set about putting a holiday-home idea into 'motion'.

This year, we participated, for the first time, in the Annual Mayor's Parade. Like other associations we have felt it necessary to take advantage of every chance of publicity during this International Year of the Disabled.

Our special aim this year is to purchase a holiday home in Blackpool, for our members and their families to use for short weekend breaks. Most of our children are now reaching late teenage years and it was thought that perhaps they might be able to use such accommodation as independence training, especially if it were situated not too far away from Huddersfield.

After much thought we enlisted the help of a local contractor to build a half-built bungalow on the back of a lorry. (See above.)

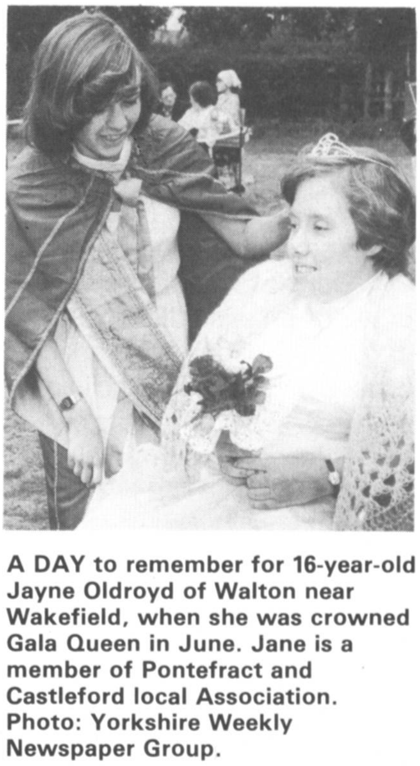
We were blessed with a fine day, and the whole event was successful. After the parade we rented a stall in the local park where the floats were judged, and held a Tombola which was a huge success—making £280 towards our holiday home.

Mark comes up for the cup

A SURPRISE opportunity for Mark Wilson—the chance to take a close look at the Mather Cup which Boston United won by beating Lincoln. Skipper Dave Adamson is pictured with Mark (left).

Mark 12, is a member of South Lincolnshire local Association. He wrote to LINK: "A small gesture such as this makes life for a disabled child more exciting. If this photo is printed it might possibly encourage more people to give us a few moments of their time instead of walking past".

Photo: LSG, Boston.



A DAY to remember for 16-year-old Jayne Oldroyd of Walton near Wakefield, when she was crowned Gala Queen in June. Jane is a member of Pontefract and Castleford local Association. Photo: Yorkshire Weekly Newspaper Group.

Access in the High Street

by Stephen Thorpe B Arch

Published by the Centre on the Environment for the Handicapped (CEH)

"I'VE never seen over the top of a counter in a bank or post office, and assistants sometimes don't know I'm there." Val, a wheelchair user, is one of the disabled people whose experiences inspired and informed *Access in the High Street,* and form the basis for its recommendations.

The able-bodied take going to the shops for granted; for disabled people a trip to the post office, bank or supermarket in their local High Street is often ruled out or rendered hazardous and exhausting by poor design or thoughtless shop management.

Convenient housing is a prerequisite for independence, Convenient shopping—the ability to manage one's own affairs—is as vital.

Access in the High Street sets out to show how the High Street can be made more manageable for disabled people. Many of the modifications required are simple and inexpensive, and the community as a whole—elderly people, mothers with prams or pushchairs as well as wheelchair users—will benefit.

The first section of the book introduces some of the disabled people who were involved in the project. Later sections deal with entrance doors, counters, checkouts, circulation and display, signs and staff training, and look in detail at some shops and premises typical of the average High Street.

Access in the High Street is aimed at retail groups, banks, building societies and others for dissemination to their premises departments and branches. It will be of use to access, disability and other local groups in their access campaigns, and through these, and such bodies as Chambers of Commerce and Rotary clubs should reach the smaller shopkeeper. Planning authorities will also be encouraged to inform applicants for planning permission that the booklet is available.

The booklet is illustrated by photographs, sketch drawings providing technical information, and cartoons by Louis Hellman.

The author, Stephen Thorpe, is Architect to the Spastics Society and a member of CEH's Management Committee.

Access in the High Street costs 50p for one copy, 25p for subsequent copies (handling charge only). Please ask for a quote for bulk orders. Further information from Rosalind Purcell, 01-267 6111 ext 265.

Books for school-leavers

A BOOK list for the disabled school-leaver, his family, friends and employers has been compiled by the National Book League, price 30p. The address is Book House, 45 East Hill, Wandsworth, London SW18 2QZ. Tel: 01-870 9055.

It has been produced in conjunction with a National Book League Exhibition hosted by MENCAP (the National Society for Mentally Handicapped Children and Adults).

There are over 200 books listed, and divided into sections which include Further Education, Housing and Accommodation, Sex and Relationships. It should be of great interest to disabled young people.

A Guide to Benefits for Handicapped Children and Their Families

THE ABOVE guide, which was compiled by Alison Cooper of the Disability Alliance, takes a comprehensive look at benefits available to families with a handicapped child. The book may be obtained from the Disability Alliance, 1 Cambridge Terrace, London, NW1 4JL, price 70p plus 30p postage and packing.

Countryside for Disabled People in Surrey

SURREY County Council Planning Department has prepared a leaflet on some of the places in the county where the countryside can be enjoyed from the car park or adjacent accessible areas. Nine sites owned by the Council are listed, most of which have viewpoints and three have toilets designed for disabled people. The leaflet is available from County Hall, Penrhyn Road, Kingston upon Thames.

Touring Northumberland

THE NATIONAL Park and Countryside Department of Northumberland County Council, has produced a free guide for disabled people wishing to visit.

"Northumberland National Park and Countryside sites—A Disabled Visitors Guide" is available from the National Park Officer, National Park and Countryside Department, Northumberland County Council, Eastburn, South Park, Hexham, Northumberland NE46 1BS.

Irish Holidays Guide for Disabled Visitors

THE IRISH Tourist Board has published a useful guide entitled *"Ireland–Accommodation and Restaurant Guide for Disabled Persons"*. The guide is valid for 1981 and 1982 and is available from: Irish Tourist Board, Box 273, 63–67 Upper Stephen Street, Dublin 8.

Cooking Made Easy for Disabled People

"COOKING Made Easy for Disabled People" is a very useful 32-page booklet for all disabled people particularly those who are obliged to cook sitting down, have difficulty in moving about the kitchen or simply tire easily.

As well as giving hints on handy kitchen utensils, balancing the diet with a combination of convenience and fresh foods, safety guideline and cooking techniques, the booklet contains many simple but tasty recipe ideas which were contributed by disabled people.

It was compiled by Sainsbury's leading cookery writer, Audrey Ellis, and is available from all Sainsbury's check-outs, price 30p, or from RADAR 25 Mortimer Street, London W1N 8AB, price 30p plus 20p postage and packing.

As far apart as Cork and Dublin but a great deal of common ground . . .

IN 1968 the Irish Association for Spina Bifida and/or Hydrocephalus was founded more by accident than design. Two people, with the mutual interest of being parents of a child suffering from these conditions discussed this for the first time.

These two parents lived as far apart as Dublin and Cork. They believed that many, many, parents existed throughout the country who had not discussed the very practical and basic benefit of sharing their problem with another parent and someone with similar, or more, experiences.

This was to be the basic criteria in the formation of the National Association and for the years to follow into the early seventies. During the five-year period from 1969 to 1974 considerable effort was made to advance this criteria throughout the country. Advertisements were placed in the papers, known parents were written to and meetings were set up to examine the possibility of forming branches which would eventually, comprehensively, cover the twenty six counties of the Irish Republic.

This process proved so successful that as many as sixteen branches were formed and a National Rule and Constitution was drawn up outlining the role and claims of a National Association in the sole interest of servicing the needs of those suffering from these conditions and their families.

With this stage reached, the foundation of the Irish Association was firmly set and the time was right for setting about the very practical work of meeting the many needs that were manifested.

To do this two elements had to be considered

a) the financial security of the Association and,

b) the ascertaining, dissemination and co-ordination of the information concerning the needs of our members. To achieve this two posts were created, a National Organising Manager to fund raise and a National Liaison Officer with responsibility for surveys and resulting services. Both of these positions had to be complemented by a good and efficient secretarial back-up and everyone had to realise that this job could not be done on a 9–5 five day week basis if any worthwhile solutions or results were to be achieved.

In outlining the two main posts one must highlight the hidden benefits of fund raising as an activity. These are to promote and keep before the public the conditions, to promote and keep before the public the organisation, and, hopefully, to achieve assistance and support that is not only financial. There are also many hidden dangers and without going into detail the one with which most will identify is the need to ensure that, as much of the money as possible will go directly into servicing the needs of those on whose behalf it is being collected.

Our experience up to this present day is that much of the valuable time given by the parents and friends on a voluntary basis has been taken up with MONEY. Today we are reasonably happy that a formula has been found whereby the vast majority of the finances raised are actually administered by our local Branches.

In itself difficulties are created by the basic principle that the monies raised or spontaneously given in one part of the country should be used in the interests of those in that area. To have reached this stage the Association had to undergo a period of being quite unsettled and today bears the scars of that period but by and large has survived well only because the purpose for its existence is the interest of its members.

On the social side our services have developed in very many directions. These are:

- the early intervention and support of the parents and family on discovering they have given birth to a handicapped child;
- the provision of professional support in the very early, crucial, stages of a child's development;
- the provision of pre-school facilities as a group activity professionally run;
- assistance in preparing and transferring the child into the educational stream whether it be special or local school;
- the provision of domiciliary therapeutic services e.g. physio, occupational and diet therapy, nursing care etc, thus securing the quality of the therapeutic needs of the individual and not just providing the service for the sake of providing something;
- the leisure activities such as outings, parties, sports etc.;
- the provision of advisory seminars for parents in an atmosphere far removed from the hospital and the "white coat" syndrome;
- the extension, on representation, for greater parental support at all stages of the child's development particularly where a need for regular psychological assessment is required to assist the child through the more difficult stages of his/her development;
- the extension and provision of services to motivate, encourage and develop greater independence at the earliest possible stage and particularly with the age group of the early teens, adolescent and young adult;
- the support of the school leaver in securing the most appropriate type of employment, and for his/her needs to be identified as an individual person as apart from a handicapped individual;
- to provide the intitial stepping stone and support for the teenagers and young adults' to integrate into society and to live with a sense of participation and equality and to try to ensure that this is not purely a mechanical exercise but has depth, meaning and feeling.

There are many, many, more daily requirements and needs that can never be mentioned—one of those being the individual

. . . How the Irish Association took root and keeps on growing

personality and a vulnerability of everyone living in a society that is rapidly developing, changing and demanding. In pursuing and ensuring the long term benefits of this development the need for a positive attitude, a wider involvement and co-operation is paramount.

In saying a few words about the State's responsibility one has to be careful not be tempted by negative thinking but to believe that by example one must prove and at the same time provide. To consider that our organisation is run almost totally from voluntary contributions is to realise that although the State Constitution declares that all of its children be treated equally this is far from the situation.

It is very, very easy to sit back and wait for the State to provide for its responsibilities but on the level of achievement nothing is done.

The International Year of the Disabled Person has had many, many advantages and has highlighted a lot of short-comings. It is attempting to prise open a number of doors and cupboards that have been closed for so long in the hope that this year will not only make people, who are involved with the handicapped more aware but also make the legislators, the policy makers and the government authorities aware that nobody is looking for, or particularly wants, a handout but we would certainly love to see a much greater participation of all concerned from the parents right through to the ultimate authority.

I don't know whether I have adequately covered the many pursuits that go to make up the need for, and the life of, an organisation such as ours. I do hope that I have touched on some things that will be a re-assurance to parents who read this article whether they live in Ireland, England, Scotland or Wales or any other part of the world.

This brings me to my concluding comments and our forthcoming International Conference and Inaugural Meeting of the International Federation for Hydrocephalus and Spina Bifida to be held in Dublin on September 24 to 26. In late 1979 a number of people from all over the world came together in Stockholm and agreed that the principle which I outlined at the beginning of this article is one that is common throughout the world. To this end it took exactly thirty seconds for everyone in the room on that Saturday morning in Stockholm to agree that an International Federation could, or should be, beneficial in the pursuit of a fuller participation and equality of the disabled as individuals in our society.

We here in Ireland see the Conference in our country as a great honour and we look forward with enthusiasm to its outcome.

The members of the Irish Association would like to wish you "go raibh fáda buan, sonasach sibh ins na blianta atá romhaibh". (Infinite good fortune and happiness in the years to come).

MICHAEL H NEVILLE
Irish National Director

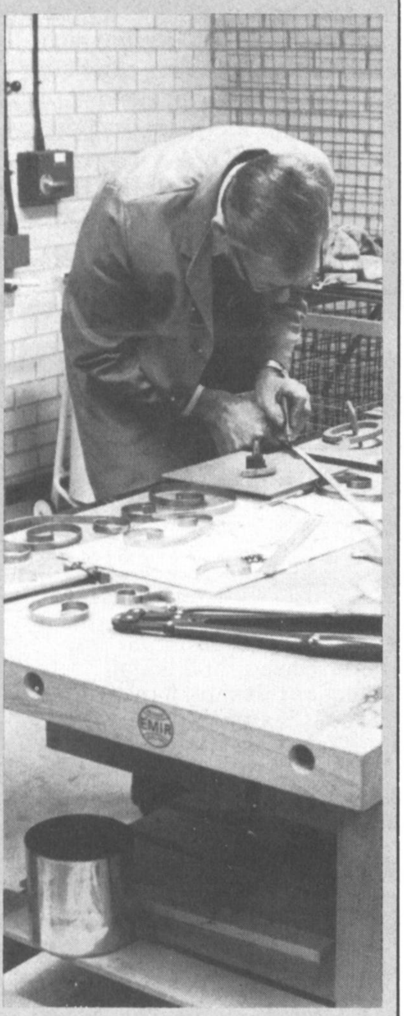
Hexagon Centre's 'many' sides of life

THE HEXAGON Centre, as its name implies, is a 'many' sided building, not only architecturally but in its outlook and its approach to people with physical handicaps.

Situated at Chandlers Ford on the outskirts of Southampton, it offers a wide range of industrial and creative activities and a very flexible programme for up to 120 physically handicapped adults (aged 16–60) who can explore their abilities and potential.

It is a spacious day centre that cost half a million pounds to build a year ago. It has a special atmosphere of its own immediately one enter's the door—a busy, constructive and happy air. There are no long faces in wheelchairs being pushed about here.

When LINK visited in July, the Centre was recovering from its first major fund-raising event—a Victorian Fayre. All sections seemed to have contributed. Mrs Lesley Hancock one of the Deputies took me to the photographic section which offered a great attraction at the Fayre—individual Victorian portraits in sepia. The centre had provided Victorian attire for the pictures.



Photography is just one of the creative activities at Hexagon. In another area a girl was learning clerical and office skills. Mrs Hancock also showed me the 'rehabilitation kitchen' where the emphasis is on coping in a more-or-less ordinary kitchen rather than relying on special adaptations. This section has a lot of call on it so there are plans to expand.

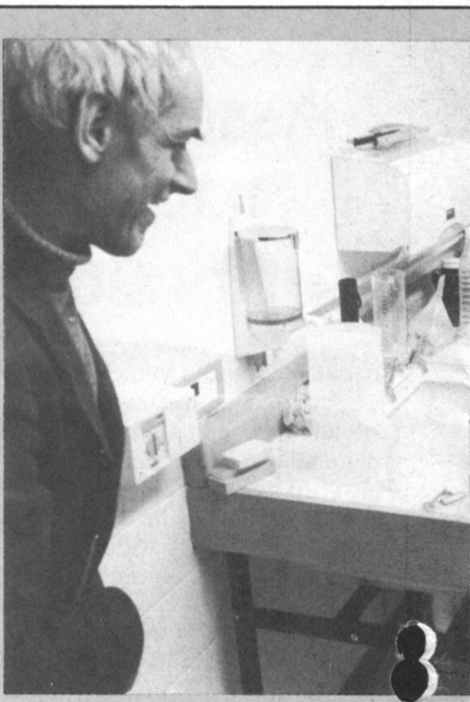
Up to 50 people can use the facilities in the creative activities section. Traditional rural crafts are practised. A young man and girl were getting on busily with cane and rush work which could stand them in good stead if they wanted to work from home.

Dressmaking is popular too. There are also facilities for hairdressing and learning self-care. When I visited, however, the hairdressing room was being used as a quiet corner where a young man was having an adult literacy class.

All kinds of educational coaching is offered, from remedial to advanced levels. Independence and self help are the keynotes, but so too is team work.

The centre's approach is essentially practical, offering help particularly when it is going to be of direct use. Lesley Hancock gave as an example the girl who was attending the centre and living in a foster home. She desperately wanted to branch out and live on her own. With guidance and help from Hexagon she was able to move successfully into a bedsit in a YWCA in Southampton.

Sports, recreational and social activities are also encompassed at Hexagon. When LINK was there a group was busy practising the French game of bowls—petanque—which is sweeping the South of England. A petanque ground has been built at the Centre—thanks to the local Round Table—and the Hexagon team was busy getting ready to face local competition. It had already had invitations from three pub teams in the area.



Above—The photo
developed prints. A

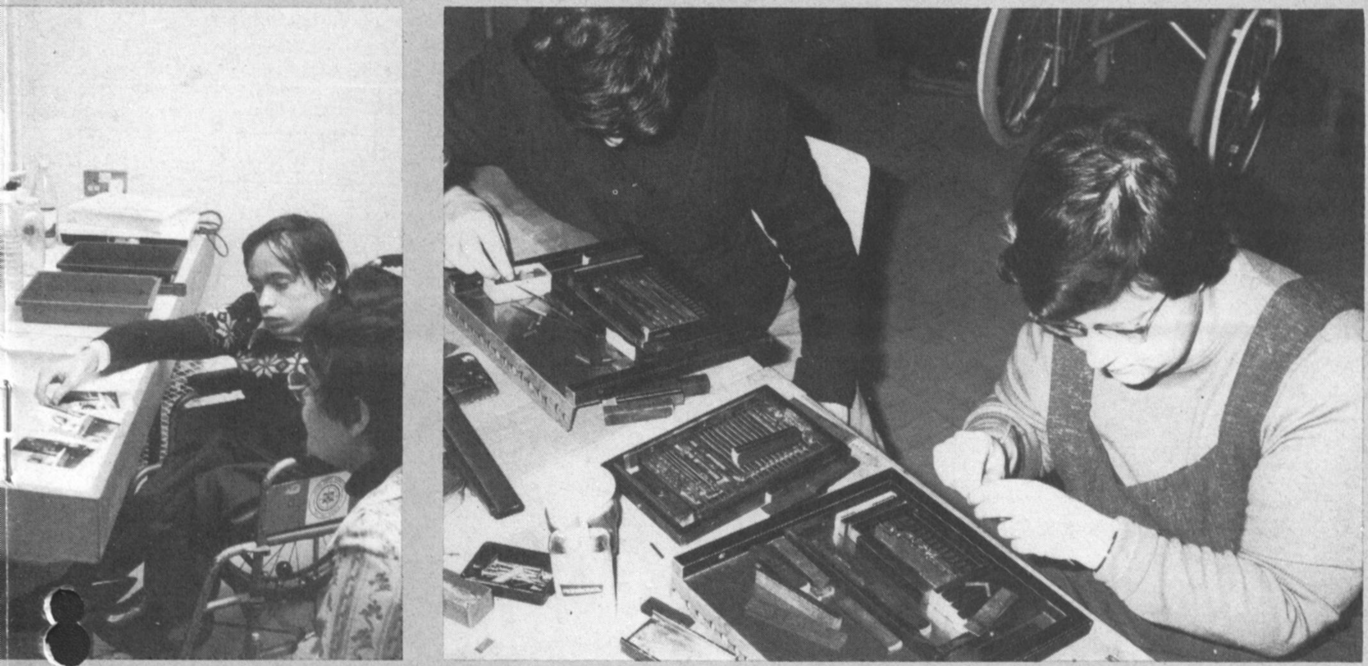
The Hexagon Centre

After only a year the Centre is already becoming established in the community, with a good deal of participation from local people, schools and industry.

The Industrial Section is able to take on work for local firms, and links are being made, all the time, so that promising trainees can be helped into industrial employment.

Up to 70 'apprentices' can work in the Industrial Section. It provides a chance for an individual to explore his potential ability in open or sheltered employment in printing, woodwork, metalwork, welding, industrial sewing and in manufacturing, assembly and packaging jobs. The activities are a mixture of contract work and products created and manufactured within the centre.

The metal section specialises in wrought ironwork. And in



graphic section at Hexagon. Stephen Walters (right) who has Spina Bifida looks at some newly
Also people at work in the print section

carpentry, when I visited, they were tooled up to produce sturdy and very popular picnic tables.

Strong plastic sacks are produced for local companies, and the sewing section designs and makes tabards, dusters, aprons, terry teatowels and cushion covers.

The work provided by the printing section is becoming known locally. If you are looking for personal printed notepaper you'd have a long way to go to find better value for money.

Lesley Hancock is responsible for the creative activities side of Hexagon, while Dennis Wilson is the Deputy with special responsibility for industrial aspects.

There are 30 staff headed by Len Gale, whose enthusiasm plays a great part in creating Hexagon's outward-looking approach.

The Hexagon Centre

It is run by Hampshire County Council and cost half a million to build. The Southampton ASBAH rallied round and raised more than £20,000. It benefits not only because its members can attend the Centre, if accepted, but it can use the Centre free in the evenings and weekends for meetings and social get-togethers, a facility available to any organisation connected with disability.

Anyone can recommend someone for the Centre so long as they live within about a 15-mile radius. The referral goes through the social services, and monthly panels on admission are held at Hexagon.

The Hexagon Centre

The person concerned attends for an initial three-month assessment, after which a plan is formulated, either short or long term.

The length of stay depends on the individual,'' said Lesley Hancock. ''We aim for movement. For some people this can mean a few months, for others it may involve a year or more. They can come for two or three days, or for five days''

But no matter for how long or short a period a person continues to visit Hexagon it is hoped that he or she will gain in independence and self-respect.

SUSAN GEARING

'Super' sonic chair helps

LINK met a remarkable young man at Hexagon, 20-year-old Paul Cox, who has hydrocephalus and spina bifida and is blind.

Paul was wheeling himself around the Centre, for the first time ever, with the aid of a remarkable prototype wheelchair developed at Cambridge University—a sonic chair.

It has two sonic gadgets fixed at the front which pick up sound signals and relay them to Paul wearing special headphones. Signals are received in both ears and can be very confusing. But Paul who is extremely alert and intelligent was learning well.

Paul is not only learning to be mobile, he is also writing a book with a friend, and learning German.

He has a remarkable ability for languages. He can speak Spanish, and at the Centre, with the help of a very disabled person (a lady of German extraction) he has been able to start German.

It was a good example of team work, the one helping the other. Paul was able to learn another language, and the lady gained confidence and self respect in feeling she was of use to someone.

Help from another source for the stoma patient

The role of the stoma care nurse

A STOMA CARE nurse is a fully trained nurse who has undertaken an extra training in "Stoma Therapy" to enable her to give the very special care needed by patients who have a urinary or faecal diversion, operations which mean the patient needs to wear a bag attached to the abdomen to catch the discharge from the bowel or the kidneys.

A genuine desire to help her patients promotes a nurse to undertake this type of work, an area for so long shunned by many hospital staff as unpleasant and distasteful. Voluntary organisations and appliance suppliers met the need of the stoma patient, before a small group of people required something more—a special kind of deeper knowledge of their problems and how to solve them.

This nurse works in close co-operation with the appliance manufacturers, is often involved in trials of new equipment and is able to put forward suggestions for improvement of existing types of stoma appliances. Therefore she is well informed about all makes and varieties which are available and is able to keep her patients up to date, as improved appliances become available on prescription.

The problems of leakage, sore skin and odour are solved by the stoma care nurse, but not necessarily by a complete change of equipment which many patients are reluctant to undertake, having found that what they use is best suited to their needs. It may be by the addition of a different belt or belt plate, and the nurse can also apply her knowledge and skills to the development and modification of appliances. Having no financial interest in the different products she can fairly advise the patient as to the best apparatus to suit the stoma.

In Liverpool as many of our readers are aware there is a large Children's Hospital called Alder Hey where for many years famous surgeons have carried out wonderful surgery to help young people who have bowel and bladder defects. Many of these young people are now adults and considered too mature to continue their treatment at a Children's unit, so they are transferred to continue this at the Royal Liverpool Hospital where I work. I appreciate that my newly transferred patients may be very apprehensive and nervous at leaving the care of staff where they have been cared for all their lives.

EFFORT

My assistant and I make a special effort to welcome our new patients and help them to feel at ease and confident in us. We hold a clinic each Tuesday afternoon—no appointments are required—where we can help to solve problems, or have a chat about new developments in equipment.

The young man in the picture was about to go to Cyprus for a holiday, his mother and sister came to see if we had any suggestions about special needs for the journey. You can see, I hope that we have a friendly informal type of set up.

The new surgeon who takes care of the transferred patient sees them at six monthly or yearly intervals, more frequently if he thinks necessary. The stoma care nurse is always in attendance at his clinic to help change the stoma bag should this be needed. We soon strike up a close relationship. My patients contact me by letter, telephone or sometimes just turn up at my office door. The latter is rather risky as I may be out of the hospital visiting in the community or lecturing nurses on the care of stoma patients.

I hope these few lines give you some idea of what the stoma care nurse can do for you.

If you want to know if there is a nurse in your area, get in touch with Jill Vernon at National Office.

MURIEL MURPHY, SRN

Puppets on parade

A troupe of disabled and non-disabled puppets have been touring Britain this month to introduce children to the subject of disability. Called "The Kids on the Block" the troupe comes from the USA. Did any Link readers see one of their shows?

Swedish teenagers look for friends

I AM A physiotherapist working with handicapped children in the county of Västmanland, Sweden. We have about 400 children with varying problems to help. We are fortunate enough to have a modern centre and a variety of professions to give our children a very good training.

The reason why I now write to you is that I have two teenagers with Spina Bifida who would like to have contacts with teenagers in Great Britain. In Sweden most teenagers go to England for a month to practise English during the summer vacation. But it is not so easily arranged for wheelchair-bound youngsters. Are there camps that also accept foreign teenagers? We are also interested in establishing an exchange between families. Both my teenagers are only interested in coming into contact with families with similar interests and problems.

Johan Kling of Baldersvägen 12, S-773 00 Fagersta, Sweden will be 15 in December. He is very interested in sports, both to attend events and to participate. He is totally dependent on his wheelchair. Johan lives with his older brother and parents in a two-storey house. Fagersta is a small town in the north of our county. Johan attends a normal school in Fargersta.

Ann Charlotte Nyström of Liegatan 73, S-724 67 Västerås, Sweden has just turned 13. She adores horses. Lotta (her nickname) is the only child and lives with her parents in a small house. She can walk with calipers but prefers her wheelchair. Lotta also attends a normal school close to her home. Västerås is the largest city in our county with 117,000 inhabitants.

Johan has studied English for five years and Lotta for three years, so I think they will manage fine. As Lotta is only 13 she is only interested in pen-friends. But I am sure she will be interested in going abroad in a few years.

If there are interested teenagers they can either write directly to Johan or Lotta or write via me.

MIA WENGELIN
Flintmästargatan 25
S-723 53 Västerås
Sweden

Thanks for putting fears into words

AS THE elder sister of a spina bifida boy, I was both impressed and delighted with the article "Fears and Worries . . . "which appeared in the May/June issue of LINK. It is the most understanding and sensitively written article that I have read in a long time.

A lot of the fears and worries mentioned by Steven Dorner aptly fit those described to me by my brother. He not only possesses a thorough understanding of spina bifida on a physical/medical basis but also from the emotional point of view of spina bifida children. Speaking for myself, when I read his article, I found that he had put into words many of the feelings of spina bifida children—feelings which I had noticed but had not fully grasped their meaning or origin.

Please print this letter, because I feel that Mr Dorner deserves congratulations. I do hope that he will write more of these articles.

JANICE R. GOODWIN (Miss)
London W.10

WOULD you please put my name and address in LINK as I would love to have a pen friend. I am 10 years old and I have spina bifida. I am in a wheelchair but I am in the Girl Guides. My hobbies are reading and watching Television and after the holidays I hope to take up some sport.

SIOBHAN TUACH,
29 Smollett Road,
Dumbarton
G82 2LJ

Now I'm a proud grandmother

THANKS to the new tests and ante-natal care of pregnant women there are fewer babies born with spina bifida and other serious congenital deformities. There are also adult spina bifida victims who have been able to bear normal healthy babies.

As one of those adult spina bifida victims. I was fortunate to have two children who are now married. A few weeks ago I became a grandmother to a beautiful baby boy. My daughter in-law underwent the special tests when she was a few weeks pregnant because of my history.

I haven't read of any other spina bifida victim in "Link" who has become a grandparent so I thought you might be interested in my story.

I was born in 1926 and the youngest of five children. I was operated on to close the lesion in my back when I was six weeks old at the local "Cottage Hospital".

As I grew up I had many operations on my legs and feet. Considering my history I now walk quite well without any aids.

I have learned to drive an automatic car, passing my test at age 51 years. My car is a great help for shopping and for getting to my part-time clerical job at the local geriatric hospital.

As chairwoman of the Pontypridd and Abercynon Branch of the Spina Bifida Association I hope to be of help and encouragement to the young people and parents I come into contact with at our meetings.

GWYNETH BISHOP (Mrs)
Pontypridd

"Cohesive"

OSTOMY SEALS

The most modern ostomy seals available have been formulated to do away with some of the irksome tasks of the past. Cutting to fit with scissors for instance is now a thing of the past, you simply stretch the "Cohesive" to the desired shape and mould it to fit the stoma. This is possible because "Cohesive" Ostomy Seals do not rely upon a plastic film covering nor laminate to stabilize the substance.

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L/7/C

Churchtown blossoms with new courses

CHURCHTOWN Farm at Lanlivery, Cornwall, provides field study and linked educational/adventure courses for all types of handicapped children and adults. New areas of expansion are constantly under consideration, and the many facets of horticulture are now being developed.

The recent purchase of additional land has allowed Churchtown to start extensive development of an educational garden. As part of this, St Austell Rotary Club are engaged in the design and building of a subtropical water garden, and a large glasshouse is under construction. Churchtown are exceedingly fortunate in having Probus County Demonstration garden, one of the finest in the country, close at hand, as well as a range of excellent private gardens.

Courses will cover a wide range, (varied to suit the abilities of the groups), but based on general gardening techniques, including planting and pruning; plant propagation; plants for small glasshouses, window boxes, pot plants and their care; and elementary design.

Courses will maintain a balance of appreciating gardening at its best and demonstration of how this can be achieved. Particular emphasis will be laid on scented and aromatic plants, and those which can be dried and arranged. Plants which are exciting in their form, colour and structure, and those such as *Mimosa pudica,* (sensitive plant), which contracts when touched, will be used extensively. A group or individual can concentrate on the simplest appreciation of smell or the intricacy of a grafting operation.

Horticulture for the disabled is rapidly expanding in this country, and Churchtown maintains close links with others working in this field.

Continued from page 3

Mr Carter-Jones MP called for more attention to incontinence from which one million people suffered. He also urged everybody who had had their Mobility Allowance or Attendance Allowance withdrawn to appeal or ask for a review.

Hugh Dykes MP told the story of how the Chairman of Harrow Association for the Disabled, Tim Shapley, was being continually excluded from his Area Committee for Employment of Disabled People because the meeting place was wholly inaccessible.

David Ennals MP suggested that local authorities should celebrate the Royal Wedding by helping disabled people in their areas rather than sending a gift. In his constituency the moratorium on council house building had hit five sheltered housing schemes and there were cuts in social services. On social security Mr Ennals called for a comprehensive disability income which was being considered when he was Secretary of State.

Nicholas Winterton MP called for implementation of the recommendation of the Social Services Committee on Perinatal and Neonatal intensive care throughout the country.

Geraint Howells MP called for legislation to provide more teachers with special skills and for a higher priority towards integrated education. There should be greater provision, in particular, for special nursery education and for further education after school to prepare handicapped young people for employment.

David Trippier MP said that voluntary organisations provided a greater amount of effort in the personal social services than local authorities. The response in the first six months of IYDP had been marvellous and the voluntary sector had been assisted by the Government in terms of tax relief. Mr Trippier also called for the early establishment of a disablement costs allowance.

Tom Benyon MP feared that the new proposals for combining supplementary benefit and rent and rate rebates would cause more people in invalidity benefit to fall into the 'invalidity trap'. Frank Haynes MP said that the Secretary of State for the Environment was preventing local authorities from providing social services for disabled people. Michael Welsh MP said that cuts in the housing investment programme meant councils could not carry out adaptations of council housing.

Ray Powell MP said that cuts in local authority services were causing deterioration in day to day co-operation with other bodies and long term planning. Dafydd Wigley MP pressed Mr Rossi to be involved in the drafting of a circular to local authorities on use of their planning powers to ensure access for disabled people to new buildings. John Ryman MP said it should be necessary for charities to compel the Government to take action when local authorities were not doing their duty under the Chronically Sick and Disabled Persons Act.

In summing up, Alfred Morris MP said the Government first bullied local authorities to cut spending on social services and then sought credit for the fact that local authorities had defied them. In reply, Mr Rossi MP said that expenditure on many services for disabled people had increased in the past two years and his Department were being sympathetic to claims from ex-servicemen for war pensions, in particular those imprisoned in the Far East. He also announced that the Social Security Advisory Committee had set up a working party to look into benefits for disabled people. A general disablement benefit was the Government's long term objective and work on this was going on all the time.

The five hour debate occupied almost the entire Hansard for 3rd July which is published by HMSO at 80p.

Have you any comments on IYDP, or any matter raised in the Government debate? LINK will be pleased to publish your views.

Motability at Motorfair

Motability will be having a special Stand at this year's Motorfair at Earl's Court (21-31 October).

This will be an excellent opportunity to see the work and achievement of Motability, and the organisers suggest that anyone interested should book early, using the form on this page.

Special facilities will be made available, including a Motability entrance on the ground floor (next to the main Warwick Road entrance)

Exhibition opening times are 10 am-6 pm, 25 & 31 Oct; 10 am-8 pm, other days.

MOTABILITY

Motorfair—Earl's Court, London, S.W.5. 21st-31st October, 1981.

TICKET ORDER FORM

To: Motorfair Office,
Earl's Court Exhibition Centre,
Warwick Road,
London, SW5 9TA

Please send me.............................£5 tickets valid for 21st October *only*

Please send me....................£2 tickets valid for 22nd-31st October

I attach *cheque/postal order for £...........made out to MOTORFAIR and enclose a stamped addressed envelope for the return of tickets.

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Both garments are washable, waterproof and suitable for either sex.

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Festival misses opportunity

THE FESTIVAL of Mind and Body held in June is established as the leading show of its kind—'an open university of Britain's most useful wholistic and alternative ideas'.

It is described as the show for 'you and me', and LINK visited on the day that was advertised as a 'Special Day for Disabled People'. But it was disappointing, and very few wheelchair disabled appeared to be there.

Little attempt had been made to relate the alternative healing and wholistic ideas to the special needs of those with significant physical or mental disabilities.

From the questions I put to a number of people running stands it was clear that they knew little about many physical disabilities including spina bifida.

The Festival had an impressive Lecture theatre, but no special lectures of interest to anyone with a significant disability had been organised.

The demonstration area did feature two 45 minute appearances by the noted Graeae Theatre Company.

This enterprising company of actors with various disabilities did not, unfortunately, come across well in the open performing area. They were difficult to hear amidst the noise and bustle of the rest of the Festival floor.

Maybe the deaf drama group, and the blind theatre company who had their chance in the evening came across better. LINK was unfortunately unable to stay to see them.

About the only stand run by disabled people was that of the Outsiders Club which aims to offer people with disabilities and 'a basic humility and lack of prejudice' the chance to express love and be loved.

It was a pity there wasn't a demonstration of yoga for the disabled, or perhaps a special effort to relate massage and natural healing techniques to the problems of different physical disabilities.

As the organisers plan next year's Festival—the seventh—perhaps they will bear in mind the needs of the disabled public. The 'healthy and vital sense of well-being' that the Festival aims to promote is just as important for people with real disabilities as it is for the so-called able-bodied.

EDITOR

Tug of love—mother and baby photograph by Camilla Jessel

Collette provides new counselling service

Collette Welch

COLLETTE Welch joined ASBAH, as a free-lance counsellor and writer, in June of this year. She is a qualified State Registered Nurse and Design Engineer, specializing in the design of medical equipment for the disabled.

For the past ten years, she has been involved in research into all aspects of disability and has published many papers as well as a book for the Muscular Dystrophy Group of Great Britain. Collette has been active as a counsellor for several years now, and was responsible, at one time, for running a special counselling service and clinic in central London.

Her particular interest is in helping the disabled to overcome some of the physical and emotional problems they are confronted with.

It is hoped that ASBAH members will take advantage of this new counselling service, which is free. If you do have a personal problem, then please write to Collette at the following address, and if necessary, she will arrange to visit you:

ASBAH, Tavistock House North,
Tavistock Square LONDON
WC1N 9HJ

Minister announces award scheme

AN AWARD scheme with prizes of £1,000 for the most interesting projects to enhance the quality of life for disabled people, has been announced by the Minister of State for the Disabled, Mr Hugh Rossi MP, as a contribution to IYDP.

It will be open to all national, regional and local voluntary organisations, for projects organised since 1978, either independently or in association with other bodies.

To avoid overlap with existing award schemes, projects solely concerned with employment, housing or education are excluded. A Competition Entry Form and Rules are available from IYDP, 26 Bedford Square, London WC1B 3HU.

Royal Garden Party

Ten representatives of ASBAH were invited to the Royal Garden Party at Buckingham Palace in July to celebrate IYDP. Even the heavy rain didn't spoil the occasion, and ASBAH representatives were pleased that they were able to meet some members of the Royal Family.

Appeals keep up the busy round

I AM very happy to report that our summer mailing campaign has produced a magnificent response from our ever generous supporters. They seem to have dug even deeper into their pockets, despite the recession, to produce a total in excess of £12,000 with contributions still arriving by each post.

With the dust, happily, having not yet settled on that appeal, plans for the Christmas campaign are now well in hand. We can respond to requests for early copies of our Christmas brochure so if you are thinking of Christmas and would like a copy, please write to us c/o ASBAH, Freepost, Tavistock House North, Tavistock Square, London WC1H 9BR.

This year we are capitalising on the success of the Crown Jewel Ball by promoting yet another glittering social occasion at the Cafe Royal on Halloween, October 31. Recognising that LINK has never featured an astrology column, as do many publications, here is your opportunity to hear what the future holds for YOU. This new date in the ASBAH calendar is called *The Crystal Ball—A Night of Prediction.* It will feature private consultations with many leading clairvoyants as well as a cabaret, by a mystery celebrity, whose character will be revealed, during dinner, by a graphologist, palmist and an astrologer. All this plus dancing to a top London band and a gourmet dinner. Dress is optional for this unusual occasion and tickets are available from ASBAH's head office, priced £14 each plus £2.10 VAT.

Following the success of our Buyers Guide features in the Financial Times, we are, at the time of writing, nearing publication date for another such feature in The Times. These guides not only produce revenue for ASBAH from the firms advertising in the feature, but also create very large scale awareness of the charity. At the same time they produce a good response by way of donations received as a result of our coupon appealing for help, which appears at the end of each supplement. We will also be working up to an eight-page buyers guide during the Christmas period and should you, or any of your friends, be approached by our advertising sales office we would, needless to say, very much appreciate your involvement in and co-operation with the scheme.

Before reading on to hear the progress which is being made by Maggie Corbett and Ian Morrison, I know that you would like to join with me in congratulating Ian on his marriage to Merle, which took place on July 10.

DESPITE the obvious distractions, Ian has been busy re-launching our Sponsored Initiative scheme for schools. Wherever he goes, Ian finds teachers and pupils full of enthusiasm for this scheme which gives young people the opportunity to use their initiative and their intelligence in support of a good cause. Nearly forty schools, in different parts of the country, are already taking up the challenge while several more are poised to join in once the new school year is fully under way. At the same time, Ian reports a very marked rise in the level of cash donations from schools.

Ian is also collaborating with Madeleine Legg, our Home Counties Regional Appeals Organiser, in an attempt to repeat the success of our "Susan and Friends" local radio campaign in Birmingham. This time, the target zone is Southampton. With the energetic support of BBC Radio Solent and of the Southampton and District Spina Bifida Association, Madeleine and Ian will spend much of October reaching the population in the area with appeals for help in raising our target figure of £50,000. Our aim is to boost the Southampton Association's plan for building five independent housing units for young adults. We also hope to raise some of the money needed for financing our Independence Training Weeks. When we next go to press, there should be much more news about the progress off "Independence '81".

MAGGIE Corbett is still pursuing the country's coarse fishermen and has, to date, over 50 clubs competing for the spectacular 25″ Silver ASBAH/Angling Times Trophy. At the Game Fair, held at Stowe this year, ten of the country's top championship anglers fished in a celebrity competition on behalf of ASBAH. Over £200 was raised on that day.

There are, dotted about the North Sea, men at present putting Miss Joan Collins together, piece by piece. They are competing in The Rig-Shore Puzzle Draw. This jigsaw competition has been designed for those working in the North Sea. So far 28 jigsaws have been distributed.

In addition, Maggie's diminishing coffee mornings (the ASBAH Spring Collection) have, to date, grossed just under £10,000. Donations are still coming in and the added bonus is that 20,000 people have been introduced to the work of the Association as a result of this campaign.

JUDY KAY

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The advertising rate is:
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Please send remittance with your advert.
Adverts for the next LINK (Nov/Dec) should be in by Oct. 6. Send to the Editor Mrs Susan Gearing (or telephone her on Langton 3351).

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A Bungalow in the heart of the Norfolk Broads: 200 Yards from the River Bure, shops and station.

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For further details contact: John Grooms Holiday Department (Ref. L2.), John Grooms Association for the Disabled, 10 Gloucester Drive, London N4 2LP. Tel: 01-802 7272.

FOR SALE

Leisure Wear: White cotton **Tee Shirts** with green family symbol and words 'Support Spina Bifida'. Sizes 22″–30″: £2 each. Adult sizes, small, medium, large: £2.75 each. **Sweat Shirts** in reverse colours. Adult sizes, small medium, large, XL: £6.50 each, postage included. From Mrs M. Humphreys, 27 Orchard Way, Holmer Green, Bucks.

ASBAH booklets etc . . .

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Sex and Spina Bifida by Bill Stewart …	awaiting reprints
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Information leaflets … … … …	100 for £4.00

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 15p per booklet.

Scottish Spina Bifida Association Booklets

Growing up with Spina Bifida … … … … …	35p
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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).060

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Flag Day equipment can be obtained direct from: Angal, 48a Holmbush Road, London SW15 3LE (01-788 5464).

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