

Link

JUNE 1991 NO 134

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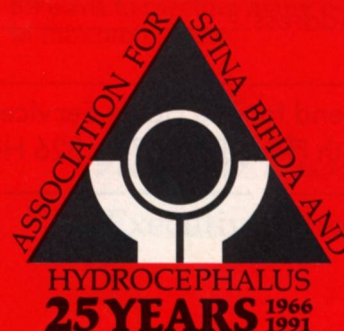
The magazine for people with
Spina Bifida and/or Hydrocephalus



IN THIS ISSUE

THE DOPPLER TECHNIQUE

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The magazine for people with spina bifida and/or hydrocephalus

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SINCE the moment of my arrival at ASBAH I have been welcomed to an organisation that is friendly and enthusiastic. This welcome has come from people with spina bifida and/or hydrocephalus, from their families and from members and staff. Together with this dynamic atmosphere is a professionalism which today marks the best of the independent voluntary organisations.

The world outside is constantly changing and, in particular, new social policies are bringing substantial changes in the roles of the National Health Service and Local Authorities, and in their relationships with the voluntary sector. This is going to take time to settle down. It is more important than ever that we all, at local and national levels, re-emphasise the particular needs of people with spina bifida and/or hydrocephalus for a range of services including medical, educational, financial and social support.

ASBAH must keep its strong



COVER - Parachuting to raise funds for ASBAH, see page 5 for details.

tradition of concern for individuals and families, and its understanding of their problems and hopes. To do this we must continue to be efficient in the "business" side of our organisation, which has already been strongly developed in the last few years. By this I mean good communication, clear policies, excellent financial management and strong staff support and training.

Because there is so much to do, this clarity of aims and policies will be continually challenged by the legitimate needs and demands of members, and by financial constraints. Whilst this will not be easy we can best show our individual and personal concern for those we exist to help, by maintaining a highly businesslike organisation. In this, I am particularly grateful to Moyna Gilbertson and the staff for the efficient systems that are already in place.

1991 will be a challenging year for me as the new Executive Director, getting to grips with a multitude of important issues, and a challenging year for ASBAH, too, because of the economic recession and the financial restraints forced upon us. I am delighted to be here and I am confident that ASBAH will flourish in the 1990s. I look forward to meeting many of you in the coming year.

Andrew Russell,
Executive Director



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Mr Roy Johnston

Setting the record straight

Mrs Audrie Shepherd, secretary of Sunderland, South Tyneside and Durham ASBAH, has asked us to point out that the national association cannot really claim all the credit for helping 25-year-old Michelle Pearson, who was featured in the silver jubilee issue of 'Link' in April.

Whilst Michelle did receive tremendous support from fieldworker Sandra Wheatley, Mrs Shepherd said it was the local association which obtained an electric wheelchair and arranged Michelle's fabulous holiday in Florida. Sorry about the misunderstanding!

Two boosts for 'Fund a Fieldworker'



TWO events in Cambridgeshire should boost the Fund a Fieldworker campaign in the county by over £3,000.

Peterborough Rotaract Club, who have adopted us as their charity of the year, pedalled their way to nowhere on a 12-hour, sponsored static cycle ride in April.

The club hopes to have raised almost £2,000 when all the money has been collected.



Rotaract members get ready to hit the fundraising road!

AND £1,400 was raised at a dance and raffle, held in a village hall, near the Fen town of Boston. The cheque was presented to fieldworker Mary Castle by Valerie and Beryl Mason, mother and grandmother of Victoria Mason who was born with spina bifida. The Mason family decided to raise the money as a thank you to the special care unit at Boston's Pilgrim Hospital, where Victoria spent ten weeks, and to their ASBAH fieldworker, Mary Castle. The dance they organised was a great success and the proceeds of £2,800 were divided between the hospital and ASBAH.



Beryl and Valerie hand over the cheque to Mary Castle (centre) helped by (left to right) Kimbeley, Simon and Victoria.

Photo: Boston Standard.



ASBAH's new Executive Director

Andrew Russell, aged 41, was born into a medical family - his mother being a nurse and his father and brother doctors.

Educated at Rugby School and Dartington Hall, he went on to Cambridge University where he gained an MA in English Literature and Biology.

In 1974, he went to work for the National Society for Mentally Handicapped Children in a region covering south London and the southern counties. Following this, he became Royal MENCAP's regional director for East Anglia, then general manager in charge of MENCAP's services in Eastern England. These services included advice and information, events and publications, residential homes and employment placement services.

His wife Sue is head of economics at Stamford High School, and he is father of twins - a boy and a girl.

Jump for ASBAH



DOZENS of people could be enjoying the thrill of a lifetime for ASBAH this summer - at one of Britain's top parachuting centres.

Peterborough Parachute Centre has offered a discount on training and a first jump to people being sponsored to parachute for us.

Basic training takes two days and overnight accommodation is available at the parachute centre at Sibson, near Peterborough, off the A1 road.

It is basic bunk-bed type accommodation and visitors must bring their own sleeping bags, but it is cheap!

"We're always looking for ways of raising money to support our work. So when the centre said it would reduce the price of training for people sponsored to help ASBAH, we jumped at the opportunity", said publicity manager Tony Britton.

"The deal is that the centre's normal price of £105 for training and a first jump is being reduced to £90. To qualify for the cut-rate, we ask that people send us £200 of their sponsorship money 28 days before their first-choice training date."

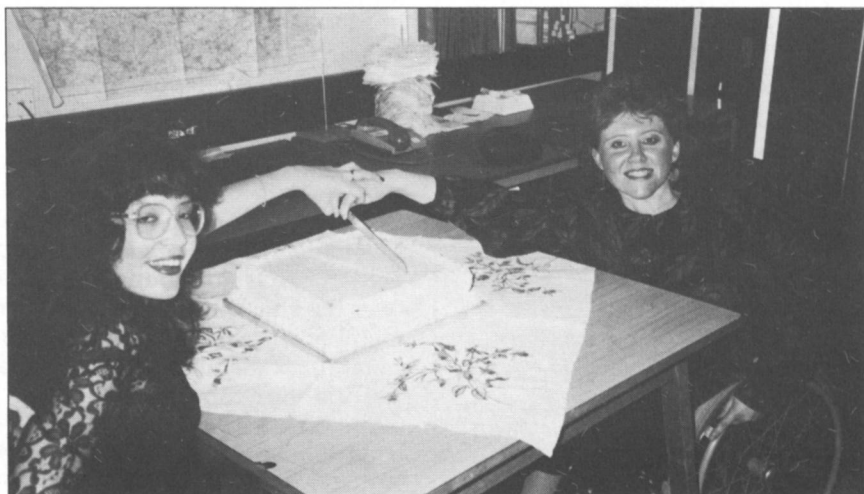
As a matter of general policy, the Parachute Centre cannot consider applications for training from people with disabilities.

To make sure parachuting at Peterborough is as safe as possible, students are given 10 hours of intensive ground training before being let up in the air for their first jump from 2,000ft. The length of training is three hours more than the minimum recommended by the British Parachute Association.

Application and sponsor forms are available from the Appeals Department, ASBAH House, 42 Park Road, Peterborough PE1 2UQ, tel 0733-555988.

Another 25 year party

Bristol and District are among those local associations sharing their 25 year anniversaries with National ASBAH. Members of the Bristol Association celebrated with a disco earlier this year. The picture shows committee members Kim Egan (left) and Julia Hall, about to cut the 25th birthday cake.



Award for St John cadet

PAUL FITCHETT from Elton, Cheshire has received a national Young Citizens Award after carrying out more than 50 hours of special service with St John's Ambulance Brigade. He was entered for the award by his Divisional Superintendent, a police officer, who has given Paul lots of encouragement since he joined the cadets in 1989.

For Paul it is work he thoroughly enjoys, manning the first aid post at Chester Zoo, alongside two members of the adult division. Paul is usually in charge of radio control but he can also deal with minor injuries. Amongst the courses he has taken are care of the sick, accident prevention, navigation and map reading.

Paul's training has taught him to stay calm should he find himself at the scene of an accident or emergency and he could give clear instructions if he was physically unable to carry out the first aid himself.

Paul, in the foreground, receiving his award from the Lord Mayor of London and Norris McWhirter.
Picture: Jim James, PA.



CRYPT is 10

The Crypt Foundation (Creative Young People Together) celebrates its tenth anniversary this year. The Foundation provides small group homes in the community for disabled young people who want to study and improve their skills in the creative arts. For those aged between 18 and 30 Crypt offers the opportunity to spend up to three years exploring independence and could be a 'halfway' house to full independent living.

Crypt also provides young care staff to help students to join in all aspects of community life; medical back-up; opportunities for exhibitions, concerts and publication of work and transport at each of their centres. They are currently raising funds for a third home in Exeter, to add to their projects in Nottingham and Chichester.

A prospectus and further information about Crypt can be obtained from Gillian Purvis, CRYPT, Forum, Stirling Road, Chichester PO19 2EN. Telephone: 0243 786064.

News from Northern Ireland

Margaret Reid, Vice Chairperson of NI ASBAH, keeps us up to date with their activities.

The Northern Ireland Association for Spina Bifida and Hydrocephalus comprises of representatives from eight branches who meet quarterly to co-ordinate the work being carried on throughout the Province as well as organising different events.

At our AGM, earlier this year, our guest speaker was Miss Moyna Gilbertson who gave a talk on National ASBAH, from its inception to the present time.

In April a workshop on Relationships and Sexuality was held in Belfast for young people over the age of 16. As well as members from all over Northern Ireland, six members of the Irish Association, from Dublin, attended. Mrs Pat Edser, counselling co-ordinator for ASBAH, and two of her

colleagues conducted the worthwhile and enlightening programme.

Also in April, our association arranged to take eight severely disabled people to Portrush for a respite weekend which, in spite of the weather, proved to be an enjoyable break.

Change of Address

Help for Health, an information service which keeps details of self help and voluntary organisations concerned with health and disability, has moved to: Highcroft Cottage, Romsey Road, Winchester SO22 5DH.

Have you seen the sign?

We are all familiar with the international access symbol but have you seen these additional symbols which have been developed to provide information on public facilities for disabled people?

Car Parking - indicates the existence of, or direction to, parking for orange badge holders.



Toilet - shows where an accessible unisex toilet is situated.



These and other symbols are explained in RADAR's Access Factsheet 1, available from them at 25 Mortimer Street, London W1N 8AB

NICOD'S HALF CENTURY

This month marks the Golden Anniversary of NICOD - a voluntary organisation in Northern Ireland which helps physically disabled people with training and living options.

Founded in 1940 NICOD created and ran the orthopaedic services in Northern Ireland until they were handed over to the National Health Service in 1946. In recent years the organisation has moved away from the provision of treatment services but still endeavours to improve disabled people's choice and quality of lifestyle with developments in purpose built or specially adapted accommodation and training centres.

NICOD can be contacted on Belfast 328378.

STUDENT PROJECT

Denise Lodge, from south west London, is on a BTEC first diploma course in Caring. For her assignment on disability Denise has chosen spina bifida and would like to interview someone who has spina bifida to get an individual's view on how it has affected their life.

If you would like to help Denise write to LINK and we'll pass your letter on.

LINK Overseas

Postal rates for LINK subscriptions overseas are now £5.60 for Europe and overseas surface mail and £12.50 for air mail. Subscription details are on page three.

Pedal to the Punjab

NEXT MONTH should see the beginning of a 5,000 mile cycle ride from Wearside to Delhi to raise funds for Sunderland ASBAH. Three students from Sunderland Polytechnic have planned the trip and the proceeds will be used to purchase mobility aids such as wheelchairs and trikes and to fund some life enhancing operations.

Stephen Barnes, Andrew Keyes and Mathew Clark are all Environmental Studies students and will be accompanied on the trip by friend Ian Ganderton. They have been busy getting into shape and getting sponsors for the equipment they will need for the trip: "As well being a marathon in terms of stamina, the ride is over difficult and physically demanding terrain so we need to be in the best possible physical shape" said Stephen.

Pictured with their campaign symbol, the penny-farthing, are, left to right, Stephen, Andrew and Matthew.



The Doppler Effect

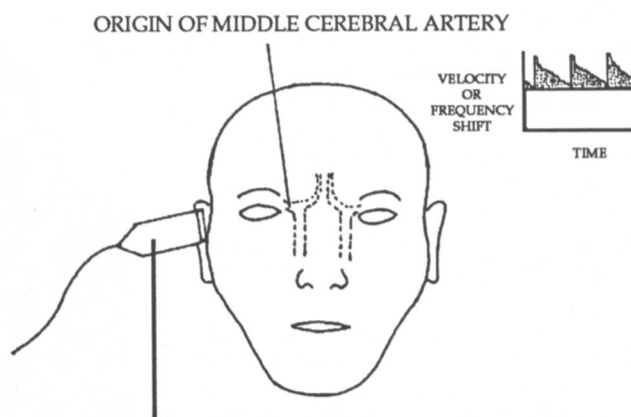
Ian Pople FRCS explains the use of trans-cranial Doppler sonography in assessment and monitoring of children with hydrocephalus.

IN recent years there has been a rapid expansion in the use of ultrasound for the investigation and management of children with hydrocephalus. The initial diagnosis of hydrocephalus in a newborn baby is now usually made after an ultrasound scan of the head, which is a rapid and safe investigation. However, as the fontanelles start to close during the first year of life ultrasound scanners become less informative and more reliance has to be placed on computerised trans-axial (CT) scanning of the head. This involves exposure to X-rays, which can be appreciable if frequent follow-up scans are required over a prolonged period. Such relatively large cumulative doses of X-rays should be avoided whenever possible, but alternative methods of assessment, eg magnetic resonance scanning, are not as readily available at present.

At the Hospital for Sick Children, Great Ormond Street, we have been evaluating the use of trans-cranial Doppler sonography in the assessment and monitoring of children with hydrocephalus. This technique relies on the transmission of non-harmful, pulsed ultrasound waves through the thin part of

the skull at the side of the head and reflection of these waves back from the flowing blood within the cerebral vessels (Fig 1). There is a change in frequency (frequency shift) of the reflected waves caused by the movement of blood either towards or away from the direction of the probe (the Doppler effect) and this frequency shift varies according to the speed of blood through the artery. Hence, the velocities of blood flowing through the vessel are measured and by using an appropriate equation the shape of the waveform output can be summarised numerically using Gosling's pulsatility index (PI).¹ This index varies according to the resistance beyond the artery and therefore changes when intracranial pressure is high or when the vessels beyond the artery are constricted eg as a result of hyperventilation. In our study, we chose to examine the middle cerebral artery due to its ease of identification.

During initial work by Dr Michael Quinn in 1988 it became clear that large changes in the pulsatility index (PI) occurred after babies with progressive hydrocephalus had undergone their initial cerebrospinal shunt insertion and that a raised index also occurred in older children when their shunts became blocked.² We investigated this further and found that when



TRANSDUCER (TRANSMITS AND RECEIVES PULSED DOPPLER WAVES)

FIG 1. Transcranial Doppler ultrasonography of the middle cerebral artery. The transducer is applied to the temporal region with some ultrasound conducting jelly and then angled appropriately to obtain a good signal.

compared to a group of similar children with functioning ventricular shunts, the 32 children that we examined during the last two years with blocked shunts had significantly higher indices. We also found that the intracranial pressure of these patients, when raised, correlated strongly with their PI. As a possible test to detect raised intracranial pressure in children who had symptoms of shunt blockage transcranial Doppler sonography appeared to be potentially very useful.

Blood flow velocities within cerebral arteries change with age and a reference range of values for children with controlled hydrocephalus was not available for comparison with the readings we had obtained during our study. To create this reference range we studied 250 asymptomatic children with ventricular shunts, who were attending routine outpatient follow-up appointments. Their hydrocephalus we presumed to be controlled if they were completely well, without signs of raised intracranial pressure. It was felt to be unjustified to perform invasive tests on all the children just to confirm that the shunt was definitely still functioning. Each transcranial Doppler examination took, on average, 5 minutes and was successful in 86% of cases. In 12% of the examinations the child (usually a toddler) did not keep still enough to obtain a satisfactory reading and in 2% I could not achieve a signal in co-operative children, due to abnormally thick temporal bones. Only one parent of a child who had previously had unpleasant experiences with CT scanners declined the test and many parents were keen for their child to be tested on subsequent occasions.

The reference range allowed us to say whether an individual child's reading was normal or abnormal for his age and using this we were able to analyse the results obtained from studying

the children admitted with symptoms of a blocked shunt. Ninety-seven per cent of the children whose symptoms settled down without the need for an operation had a PI within the reference range, whereas 56% of the children who definitely had a blocked shunt and needed a shunt revision had an abnormally high PI. We therefore concluded that a raised PI predicts the need for a shunt revision with high accuracy, but that a normal PI does not exclude shunt blockage. We felt that it could provide very useful additional information in cases where the diagnosis could not be made on clinical grounds, by tapping the shunt or by CT scanning. This occurred particularly in children with very small ventricles due to previous shunt over-drainage.

We believe that the sensitivity of the test could be increased by documenting the PI of children with shunts each time they come to outpatients, so that changes of PI within the individual child who develops symptoms of blockage can be easily detected. Twenty of the 250 asymptomatic children with presumed functioning shunts, who had been tested as out-patients, were subsequently admitted with symptoms of shunt blockage. Eleven had operations for confirmed shunt blockage and nine of these had abnormal Doppler readings, when previously they had PI values well within the reference range. Apart from the gradual age-related changes observed in our studies there was little variation in the PI within each child when they were tested on different occasions, under similar circumstances (mean variation per individual: 4.8%). This means that a large increase in the child's previous outpatient PI could be more helpful in picking up a shunt blockage than the actual reading taken when the child was admitted with symptoms.

The PI appears to correlate well with intracranial pressure only

when it is raised. This has been confirmed by other research workers.³ In situations of overdrainage of cerebrospinal fluid from the ventricle, where the intracranial pressure is lower than normal, we have found that there is no relation between the PI and the pressure. This means that low-intracranial pressure syndromes cannot be diagnosed by trans-cranial Doppler and direct pressure measurements in the lying and standing positions are still needed.

In addition to detecting shunt blockage the transcranial Doppler technique can be helpful in the initial assessment of babies with newly diagnosed hydrocephalus. The decision to insert a ventricular shunt into neonates is often made on the basis of changes in their head circumference and whether any symptoms or signs of raised intracranial pressure are present. In the early stages the rate of progression of the hydrocephalus is frequently not clear from radiological and clinical finds and the decision to operate must be delayed. In these cases we have found that the PI of the middle cerebral artery is highest when there is a rapid rate of progression of the hydrocephalus. If a diagnosis of arrested or non-progressive hydrocephalus is made and the child is followed up regularly without having a shunt the measurement of the PI provides a useful, non-invasive way of monitoring the condition. When the PI fails to follow the normal pattern of decrease during infancy the intracranial pressure can be assumed to be chronically raised and shunting can be done before developmental delay occurs (Fig 2).

Outpatient monitoring of children with shunts using transcranial Doppler is simple, quick and non-invasive. The technique can be learnt easily by the clinical staff seeing the children in the clinics and reproducibility of results between different observers is reasonably

good. Like all ultrasound techniques there is a learning curve for the operator, but the reproducibility of our readings were acceptable after only two weeks of practice. Regular follow-up examinations of children, eg three-monthly for 18 months and yearly thereafter could provide useful longitudinal data to relate to their ultimate outcome, as well as providing baseline readings to use when diagnosing blocked shunts.

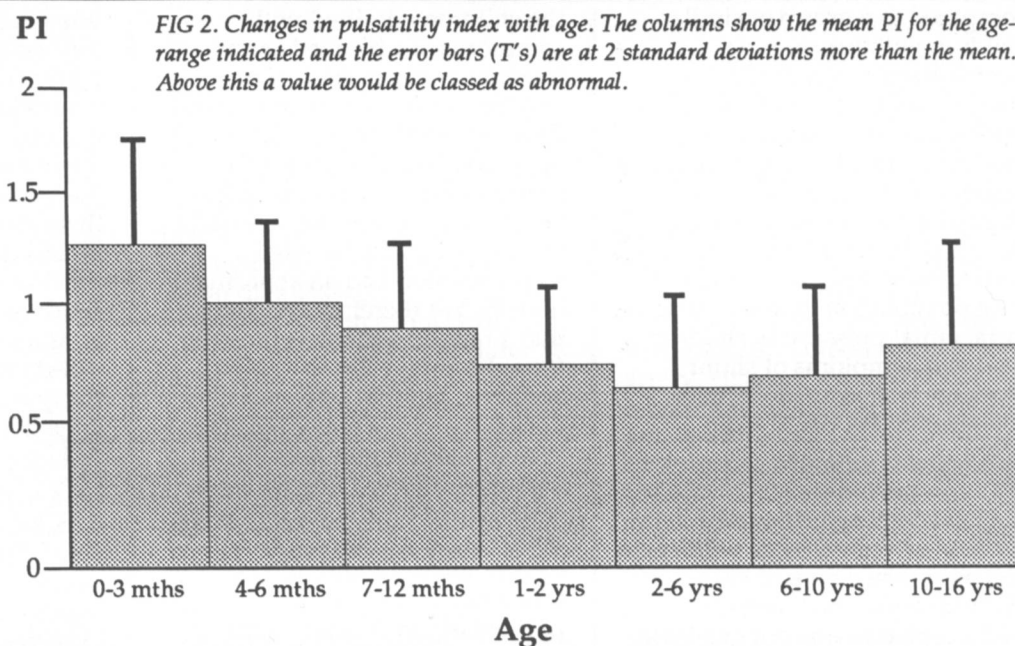


FIG 2. Changes in pulsatility index with age. The columns show the mean PI for the age-range indicated and the error bars (T's) are at 2 standard deviations more than the mean. Above this a value would be classed as abnormal.

References

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Hayward R, Grant N. The Doppler characteristics of hydrocephalus. Abstract. Cambridge, England.

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Nerv Syst 1991; 7:27-30.

Acknowledgements

Special thanks to Mr E Datnow and Dr A Datnow for their generous financial assistance and to Roger Bayston and the staff of Great Ormond Street Hospital and the Institute of Child Health.

The ACA needs YOU

Don't miss this opportunity to make your voice heard



The Association for Continence Advice is drawing up Guidelines to National Standards of Continence and they are offering YOU the opportunity to take part in this development. Working parties are being set up to produce guidelines for service providers and to come to a consensus between consumers and professionals on the essential elements of a quality service. 'Service providers' are not just the health and social services but also private care, providers of transport and other public

facilities - hotels for example.

Volunteers/nominations to participate in the various working parties are needed and this is where YOU come in. Jane Williams, one of ASBAH's continence advisors urges individuals to come forward "this is your chance to have a say in the service which is provided and to influence the final guidelines which will be presented to the government, health authorities and be published to reach a wider audience".

The working parties include:
INFORMATION - Chairperson Mrs Helen White telephone 091 284 0484, **ASSESSMENT** Ms Ann Winder telephone 0272 312347, **SERVICES** Ms Jill Beadle 0703 770146 and **PRODUCTS** Mr Ian Pomfret telephone 02572 45412.

If you are interested in taking part in the development of these guidelines, which the ACA hopes to launch in the spring of 1992, contact the relevant working party Chairperson - they're looking forward to hearing from you.

Sur le Continent

Jane Williams, a continence advisor for ASBAH, reports on the second meeting of the European Society of Paediatric Urologists.

As continence advisors on the Disabled Living Services team, Mary White, Marie McGonnell and I are always keen to improve our knowledge and contacts in this field. So when we discovered that the meeting for European Paediatric Urologists was to be held in France, in Beaune at the centre of the Burgundy wine growing area, we reconciled ourselves to making the arduous journey!

The list of participants was impressive with paediatric urologists from all over Europe and a couple from America. Papers were presented at 10 minute intervals with discussion after each section, covering urodynamics, drugs, intermittent catheterisation, bladder augmentations, continent urostomies, electrotherapy, artificial sphincters and surgery to correct reflux in the ureters.

Summaries of the presented papers were essential not only to keep up with the pace but also to assist with the assortment of accents. Thankfully the papers were all in English.

Many of the surgical procedures were adaptations of previous techniques which have now become well established - the variations being named after the surgeon who devised them.

New Surgical Procedures

One of the surgical procedures that is being done now is the Autocystoplasty - often called 'bladder stripping'. Miss E Gordon of St George's Hospital, London, presented her paper about this procedure which involves stripping of the tight muscles of the bladder to allow it to expand more.

Mr P Malone from Southampton presented his paper about the Antegrade Continence Enema (ACE). Although this is concerning

the bowel and not the bladder it is an operation which is likely to be performed by urologists. The ACE involves using the appendix to make a continent stoma connected to the large bowel. Approximately once every two days the person concerned sits on the toilet and passes a catheter into the stoma. Into this is run a large amount of saline or a small phosphate enema. This 'clears out' the large bowel so that no 'accidents' occur before the procedure is repeated.

There were many other surgical techniques discussed but these were two of the newest.

Changing Emphasis

The enthusiasm of both those presenting papers and the audience was impressive and many papers were given by surgeons in the UK who are obviously innovators in this area.

A recurring theme at the meeting was the change in attitude towards incontinence. Several years ago in this country everything was done to preserve the kidney function, often at the expense of continence. Now the attitude is much more to consider continence as important whilst preserving the kidneys. The American representatives, however, said that they did not feel continence to be important to children. We would disagree, continence is important to both adults and children, particularly once school age is reached.

I have to admit that it wasn't all hard work. The sun did shine and I did have the odd glass of wine. The social aspect also worked well for us as we were able to introduce ourselves to several of the paediatric surgeons and this will help communication in the future. Unfortunately, meetings like this one do not happen every year but we feel very fortunate that a donation enabled us to attend this one.

Jane can be contacted on 0733 555988 with any queries on continence.

Living with Incontinence

AN ASBAH STUDY DAY

FOR FAMILIES

(professionals also welcome)

29 JUNE 1991

Manchester

Programme includes:

- ▲ Urinary management of neuropathic bladder
- ▲ Management of faecal incontinence
- ▲ A parent's viewpoint
- ▲ Working in the community - Paediatric Physiotherapist
- ▲ Workshops - on the topics YOU want to discuss.

Contact Trish Jones for details, on 0733 555988.

SEVERE DISABILITY PREMIUM

- COURT OF APPEAL DECISION -

IN our February issue we told readers that a test case involving Miss C A Foster had left the way open for thousands of people to claim Severe Disability Premium. Previous to the test case the premium had been restricted to those who qualified for income support, housing benefit or poll tax rebate and who received attendance allowance but also did *not* have a carer who received invalid care allowance or non-dependent adults living with them. As a result of the test case a social security commissioner had ruled that the last two conditions were beyond the power of the Social Security Secretary to impose.

On 21 February the Court of Appeal overturned the Social Security Commissioner's decision.

It is expected that Miss Foster's representatives will seek leave to appeal to the House of Lords. Although leave to appeal was refused by the Court of Appeal that is not unusual at this stage and leave can now be sought directly from the Law Lords.

The House of Lords might overturn all aspects of the Court of Appeal's decision for this reason individuals are advised to continue to pursue their individual cases through the appeal process.

If the Lords do return a favourable decision it is still possible that the Government would then change primary legislation in order to give the Secretary of State the appropriate powers. Also the Government could make the new legislation retrospective to April 1988 when the premium was first introduced. In this event no-one, not even Miss Foster, would benefit from a favourable decision in the Lords.

We'll keep you informed of developments.

This benefits update has been compiled from information supplied by the Disability Alliance.

Disability Rights Handbook

The 16th edition of the Disability Rights Handbook produced by The Disability Alliance is now available. This guide to rights, benefits and services for all people with disabilities and their families costs £4.50 and is available post free from DA at Universal House, 88-94 Wentworth Street, London E1 7SA.

Product News

Bonnie Bar

A member of one of our local associations has devised a bath accessory for use by children. The 'Bonnie Bar' is an adjustable bar which fits across the inside of the bath by means of suction pads. The bar is designed to give children a feeling of security as they can hold on to the bar for support whilst sitting in the bath.

The bar will retail at £24.99 plus p&p. More details from Mr Harris, telephone 0538 361139.

Foldaway Lift

Manufacturers of mobility aids for disabled people, Grorud, have developed a platform stairlift which transports passengers via the inside radius of the stairs, leaving landings



and doorways free from obstruction. The lift which can be supplied in a range of colours to suit the installation environment is operated by a joystick or wander lead - specified at the time of ordering. The lift platform folds away when not in use. Further information from Grorud Bison Bede Ltd, Castleside Industrial Estate, Consett, Co Durham DH8 8JB. Telephone 0207 590149.

Retractable Letter Container

No more bending over trying to retrieve the mail from the doormat! Ousey & Morris (a company run by two disabled people) were commissioned by a housing foundation in Liverpool to design a retractable letter container which fits under the letter box on the back of the door. The container folds flat when the door is fully opened so will not hinder wheelchair access.

For further details contact: Ousey & Morris, Factory Unit 24, Greenfield Business Park, Bagillt Road, Holywell, Clwyd CH8 7HN, tel: 0352 712156.

The items featured in Product News have not been tested by us.

Are you sitting comfortably?

JOHN NAUDÉ GIVES SOME ADVICE ON GETTING A WHEELCHAIR WHICH IS RIGHT FOR YOU.

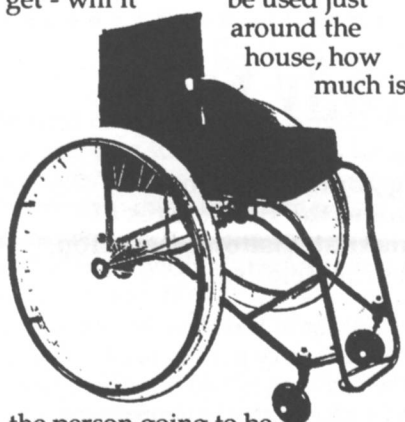
ON APRIL 1 this year the Disablement Services Authority was disbanded and provision of wheelchairs and equipment has now been placed in the hands of local health authorities. The switch from the DSA is causing concern to many organisations who fear that the provision of wheelchairs is going to become more inefficient. Another concern, outlined in the recent report by the National Consumer Council is that disabled people do not get adequate consultation on the type of wheelchair which would be suited to their specific needs. Many individuals try to raise money to purchase their own lightweight wheelchairs but even then they may not get one which is ideal.

Although we cannot say that a certain type of wheelchair is suitable for people with spina bifida, because of the diversity of physical abilities and stature, we can give some guidelines on points to consider when buying a chair.

We should not be influenced by glossy brochures or the sales pitch of the sales rep. The fact that a lightweight wheelchair can cost in the region of £600 - £2000 means we should be as particular about the wheelchair as we would be about purchasing a car. If it was a car we would want to go for a test drive, and ask ourselves questions on its suitability - if I'm going to drive the car round town, is there any point in having a three litre engine. Someone six feet tall

would not buy a mini. We would also need to consider comfort and reliability.

The same kind of principles apply when considering the purchase of a wheelchair: how much wear and tear is it going to get - will it be used just around the house, how much is



the person going to be propelling it himself.

If you are getting your chair from the health authority then it's worth knowing that they will now issue the Remploi Roller as a lightweight wheelchair for the active user. The main criteria for issuing this wheelchair is that the person will be able to backwheel balance, or go up and down kerbs whereas they would not be able to do so in any other type of health service wheelchair.

Individuals may not realise that the Remploi Roller can be adjusted, by the issuing health authority, to suit the individual needs of someone with a disability. For example, the back height can be increased, the footplate can be adjusted, or a new one made to the correct height, if it does not provide

adequate support to the feet. These services were not generally advertised by the DSA but were available if you knew what you wanted and were prepared to ask for it. So when we receive a new wheelchair from the health authority we should be asking them for the service of alterations if we know that with these adjustments we will have increased mobility and comfort.

If the Remploi Roller is not suitable for an individual because of their physique - weighing more than 11 stones and requiring greater than 18" width - they should still be eligible for a lightweight wheelchair if it will enable them to go up and down kerbs independently. You should not be palmed off with a wheelchair which is not a true lightweight model.

ASBAH has discovered through its Mobility Weeks just how important a lightweight wheelchair can be in improving a person's mobility and attitudes towards their wheelchair. We recently sent out some questionnaires to the participants and discovered that the skills learned were less likely to be continued and developed at home if they went back to a health service wheelchair, unless they had a good lightweight model. Those who had lightweight chairs which improved their independence also found their attitude changed. They no longer saw themselves as being 'wheelchair bound' but as users of their chairs. If you use a wheelchair it does not bind you but can actually make you more mobile than struggling along in RGOs and sticks.

As professionals and parents and also as people with a disability we should start to re-examine our perceptions of wheelchairs and also start requesting ones which are suitable to the needs of the individual - not as a patient, but as a user.

John is happy to talk to individuals on any queries about wheelchair provision, telephone him on 0733 555988.

Discovery in the Lee Valley

For two days in July you are invited to discover the full range of indoor and outdoor activities on offer in the Lee Valley Park, which stretches from Ware in Hertfordshire down to Leyton, East London.

Discovery '91, for people with disabilities, is a special event being held on 3 and 4 July at five venues throughout the Park, when you can try anything from angling to orienteering.

Other activities on offer include

river cruising, golf, birdwatching, swimming, pond-dipping and shooting. The organisers promise you'll be spoilt for choice and hope, that for many, this will prove to be the beginning of regular visits to the Park.

The cost is £1.00 per person for each day, helpers free of charge. For more details of the programme and to book for activities contact Damian Lawman, Picketts Lock Leisure Centre, Picketts Lock Lane, London N9 OAS.

Discount at Dobwalls

Dobwalls Family Adventure Park near Liskeard, Cornwall was judged runner up in the European Tourism for All Awards announced earlier this year. Dobwalls had already won the 1990 Tourism for All award in the UK and was featured in the December 1990 issue of Link.

For the 1991 they have announced generous discounts to disabled visitors - £1.50 per head as opposed to the full price charge of £5.99.

Latest facilities at the park include two electrically driven wheelchairs for use of visitors with mobility difficulties and the introduction of a yellow banded easy access route round the park.

In the future they also hope to introduce children's play equipment which can be used by disabled as well as able bodied children. As the proprietor John Southern says "Our is aim to make the park suitable for all, rather than having equipment specifically labelled as being for disabled visitors".

Holiday Chalet Ready Soon

After two years of hard fundraising, Bournemouth, Christchurch and Poole ASBAH are in the final stages of preparing their holiday chalet for its first visitors, their Hon. Secretary Mrs G Lanning, provides the details.

In 1989 our chalet at New Milton, on the border of the New Forest, was just a dream, but two years on, thanks to some very generous donors, that dream is a reality. After a year on the drawing board the chalet has been bought and is completely wheelchair accessible for youngsters, and indeed anyone else, to stay there on their own, or with a friend. The aim

is for the chalet to be used for independence training and it has been completely adapted both inside and out - it is now in the process of being equipped ready for occupation.

It can be difficult for young people, who want to take a holiday on their own, to find suitable accommodation and it is hoped that they will make good use of this facility. This chalet was chosen for its proximity to the comprehensive leisure facilities of the site, which are fully wheelchair accessible.

The chalet will be available to young people from other local associations and our chairman, Peter Cash, can be contacted for details on 0425 72055.



Members outside their new chalet, which is on a cliff top site.

Photo: courtesy of Evening Echo, Bournemouth.

Apples raise money for minibus



SASBAH members who belong to the Apple Disabled Sports and Social Club should have no problem in getting to sports meetings and events throughout the country thanks to a specially modified club minibus. The club raised the money to buy the bus and materials and the adaption work was carried out free of charge by Langdon Industries workshops.

The Apple Disabled Sports and Social Club was formed in July 1989 to help provide facilities for recreation and for the benefit of disabled people in Somerset. New members are very welcome - contact Harry Webber, Secretary, 5 Hilly Park, Norton Fitzwarren, Taunton, tel 0823 283878.

Photo courtesy of Somerset County Gazette.

Summer Holidays

The holiday season is now underway and for those of you still looking for somewhere to get away from it all we remind you that the library at ASBAH's National Office holds details of hotels, holiday cottages etc which claim to cater for disabled travellers. For more information telephone Pat or Maureen on 0733 555988.

RADAR also publish a list of useful addresses and publications for disabled holiday makers. It is 'Holidays Factsheet 1', available from them at 25 Mortimer Street, London W1N 8AB.

Motorhome on offer

The use of a Renault Trafic, fitted with a sink and cooker, is on offer to a severely disabled elderly person with spina bifida, in the north east. The person will have the use of the vehicle for their lifetime free of charge.

For further details contact Julie Turnbull, ASBAH fieldworker for the Sheffield area, on 0742 530 576.

Travel Insurance

Several companies offer special holiday and travel insurance for disabled people. One such company is Leisurecare whose policy 'Special Care Abilities' covers medical and emergency expenses (except continued treatment which is known will be required during your holiday), personal accident, luggage, wheelchairs, cancellation etc. The cover also includes providing a replacement carer if your carer should become incapacitated during the holiday. For more details contact Leisurecare Insurance Services Ltd, Shaftesbury Centre, Percy Street, Swindon, Wilts SN2 2AZ.

International Exhibition

AJUTEC '91 is the name of an international exhibition of technical aids and new technologies for disabled people, which will be held in Oporto, in Portugal, from 6-10 December. Technical aids which will be exhibited should cover all fields of human activity from information, training, housing and work to culture, sports and leisure. A programme of activities will complement the exhibition including a seminar involving eminent European specialists.

For further information write to Associacao Industrial Portuense, Divisao de Feiras e Exposicoes, Exponor 4450 Matosinhos, Porto, Portugal.

SUMMER School

A summer school at Lancaster University from 5-10 August offers adults with learning difficulties the chance to learn and mix with other adult students.

The course is being held by the National Institute of Adult and Continuing Education and the courses on offer include photography, computing, art, Asian culture and a variety of sports. The site is wheelchair accessible.

For more information contact: Jeannie Sutcliffe, NIACE, Raintree Project, Adult Education Centre, Charles Street, Luton, Beds, LU2 0EB. Tel: 0582 22566.

A fond farewell

I am writing this on 30 April 1991, my last official day as executive director of ASBAH. For more than 14 years now I have been privileged to work with and for ASBAH and see its steady development, and I have recently had several opportunities to say how important this has been to me.

Since the announcement of my successor, Mr Andrew Russell, was made in December, I have been trying to get ready to retire and leave the decks clear for Andrew. This has, in fact, been very difficult because people have been so overwhelmingly kind that the timetable I designed in order to accomplish various practical tasks has been seriously impeded by many lovely festivities and parties.

The purpose of begging this particular space in LINK is quite simply to say thank you; for all the cards, presents and hospitality and, most especially,

for the good wishes which I have received and the warmth which I have felt. The other thank you which I have said before but simply must repeat, is the most important one for me - thank you for being such an important part of my life and for allowing me to be part of ASBAH.

I shall always remain a great champion of ASBAH and all it means, and look forward to hearing of its success as it enters a new era under Andrew's leadership.

Moyna P Gilbertson

Educating our children

Maggie Nichols, from London writes in response to 'Problems with schooling' in the April issue of LINK.

As parents we want the best education and life chances for our children and we have extra problems when we choose schools for our less able children. Our daughter, Catherine, coped well at the local primary school for one year, despite a shunt and left side haemophilia. The school staff were willing and interested to help her do everything to her best ability.

Unfortunately, at the start of her second year, she was very ill and needed three shunt revisions within one week and was left without sight. Catherine recovered well and has 'tunnel vision' with sufficient sight to be able to read and write.



Catherine Nichols

Catherine is now 10 years old and has attended a special school for visually impaired children for four years. The staff are all aware when she is having an "off day" and can adjust the pace of teaching accordingly. All children follow the National Curriculum as well as they are able and the education is in many ways more varied than in the average school.

Integration into mainstream schooling can work well when

Mothers with spina bifida

I am compiling a book about pregnancy in women with spina bifida which will include edited personal accounts of women with spina bifida who have had children, some of the difficulties they have faced and how these were overcome. It is also my intention to ask experts in the field to contribute.

The book is intended as a guide for women with spina bifida who wish to have children.

Could you please help by placing a note in your magazine about this project as I would like as many people as possible, who have been through this experience, to contact me. The ground rules will be set by the mothers and nothing will be printed without their permission in writing.

Mr P C Wadham, 55 Seaview Road, Glenfield, Auckland, New Zealand

the whole school population, from Head to lunchtime carers, are prepared to understand a child's problems and are willing to accept the unexpected. Special education is often seen as "the last resort" but we would like to say it has worked extremely well for our special child.

Parental pride meant that we were keen for Catherine to return to mainstream school as soon as possible, but her paediatrician advised us to give her time to catch up with her peer group. At the local school a class of 27 is the norm whereas six is the average, with extra help where necessary, at her special school. Most children leaving at 16 years have work placements or further education places.

We wish all parents good luck in school choice, we would also say that, wherever possible, include your child in the decision making process. Finally, we would reiterate the advice to parents from the writer in April LINK - do consult with ASBAH, we have benefited from their advice.

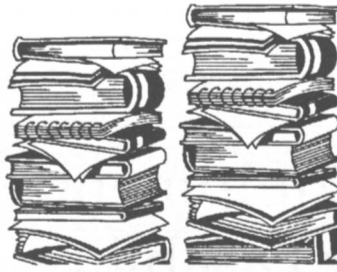
Diary Dates

29 June - ASBAH study day in Manchester 'Living with Incontinence'. For individuals, parents and professionals. More information from Trish Jones, National Office, 0733 555988

30 June - Exploring Parenthood - workshop on Stress Management. Looks at the stresses and strains involved in being a parent and ways to manage them. Workshops cost £15 per person, £23 per couple, £7 low income. Includes children's activity day and parents' lunch. Details: Exploring Parenthood, Latimer Education Centre, 194 Freston Road, London W10, tel: 081 960 1678.

28 July - 4 August - Share Music Northern Ireland - one of three residential courses throughout the UK for people aged 17 to 40, with physical disabilities, to take part in musical activities with other musicians and expert tutors. All venues cater specifically for disabled people. For further information on this and the courses in the South and North of England contact Dr Michael Swallow, 15 Dermore Drive, Belfast BT9 5JQ. Tel: 0232 669042.

26 October - ASBAH's AGM at Royal College of Nursing, Cavendish Square, London. More details in the next issue of LINK.



BOOK SHELF

A lasting impression

Kevin Daily was so impressed with the courage and constant cheerfulness of his young daughter, Joanne, as she coped with her shunt revision and orthopaedic operations that he wrote a short story in tribute to her.

The result is 'Jo's Story', a 20-page booklet which Mr Daily has published privately. The story, punctuated by domestic dramas whenever the little girl returns to hospital, rattles along at a fast pace and is an object lesson in how the child helps her parents not to be overwhelmed by difficult circumstances.

All the time, the reader gets the feeling that Jo is the catalyst helping her mum and dad come to terms with their grief and anguish.

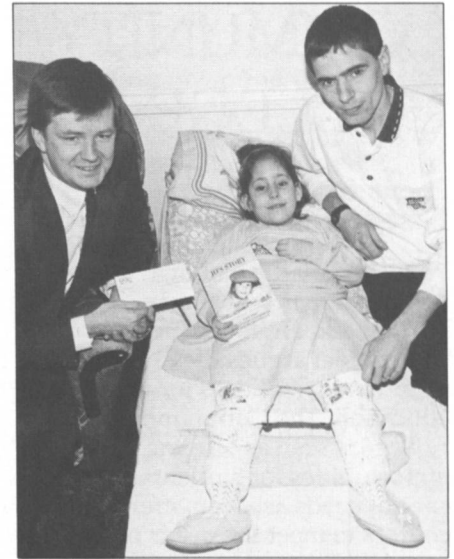
"Jo spent a total of five and a half weeks in hospital and had four major brain operations - our life and sanity hanging all the time on a thread. Jo takes it all in her stride. She makes all who know her feel humble. She goes through so much but always put other people first and never complains," writes Mr Daily towards the end of the story.

Joanne, who is now aged seven, has spina bifida and hydrocephalus and intends to enjoy life to the full. Although she is now at home sitting up and recuperating after a hip operation, she can't wait to get back to her friends at the village school.

"At present Jo is lying flat on her back. In two weeks, they will repair the right hip and then both hips and legs will be plastered for a further 10 weeks. This will be followed by months of physiotherapy.

"Jo's courage and personality are having to work very hard to shine through. I feel really bad for putting Jo through all this but I have to give her every chance for the future. Deep down, I know I'm doing the right thing. It just doesn't feel like it at the moment," writes Dad, signing off.

'Jo's Story' is available from Kevin Daily, 9 Tower Road, Little Downham, Ely, Cambs, at £1.95 plus 20p p&p. It is packed full of lovely photographs and lively observations. Read it, if you want a message of hope.



Joanne Daily, recuperating after an orthopaedic operation, and her dad Kevin receive a cheque from Wally Valentine, manager of the Ely branch of the TSB - as a contribution towards the publication of 'Jo's Story'. Photo courtesy of Ken Hitch, 16 Mepal Road, Sutton, Ely.

Tony Britton



BOOK SHELF continued

The COMMUNITY COLLEGE

Focus for Post-school education

Published by the National Association of Teachers in Further and Higher Education this booklet argues the case for Community Colleges for post-16 education. The Community College is seen as offering more opportunities for students with special needs as it can offer courses to meet the needs of specialised groups and provides access to education for the whole community.

The booklet is available free from NATFHE, 27 Britannia Street London WC1X 9JP.

Equipment for Disability:

- a guide to provision -

This 'pocket-sized' booklet is a summary of the larger and more detailed book 'How to get equipment for disability' which was published last year.

Each area of provision such as wheelchairs, incontinence equipment etc, is explained using a flow chart and there is a short accompanying text.

The booklet is written by Michael Mandelstam and published by the Disabled Living Foundation. It costs £2.00 per copy (discounts for bulk orders) from Haigh and Hochland, The Precinct Centre, Oxford Road, Manchester M13 9QA.

ASBAH FACTSHEETS

Following a request from a local association member in the last issue of LINK, the current information leaflets published by ASBAH are detailed below. If you would like any of these leaflets contact Pat Corns, Information Officer on 0733 555988.

- Helping to Get More Out of Life - The Work of ASBAH.
- What is Spina Bifida?
- What is Hydrocephalus?
- Ante-natal Screening.
- Genetic Counselling.
- Vitamin Supplementation in the Prevention of Neural Tube Defects.
- Vaccinations and Spina Bifida and/or Hydrocephalus.
- The Statementing Process.
- Guidelines for Employers.
- Providing for Dependents through Wills and Legacies.
- Five Oaks Brochure and Programme.

The simple way to put you in touch with the largest range of Ostomy & Incontinence Supplies

As one of the longest established companies to specialise in the supply of Ostomy and Incontinence appliances we are pleased to offer probably the largest range of products all under one roof.

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- Redland • Dansac-Combi • Thackray
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We offer a friendly and professional service to private individuals, Pharmacists and Chemists.

All products are stored in temperature controlled conditions in our large modern warehouse. A permanent Display Showroom enables you to see the most up to date appliances and qualified staff are always available for expert advice and information.

National Health Service
prescriptions dispensed.

Call in, write or telephone:

NORTH WEST OSTOMY SUPPLIES



North West House,
62 Oakhill Trading Estate, Worsley Road North, Walkden,
Manchester, M28 5PT. Tel: Farnworth (STD 0204) 709255
Proprietor: Maureen A. Nuttall. SRN RSCN QN



ADVERTISING

FOR THE USE OF LOCAL ASSOCIATIONS
AND OTHER READERS

Rates: £3 for 30 words max; £4.25 for 30-45 words;

£5.50 for 45-60 words.

Cheques and postal orders should be made payable to 'ASBAH'.

Small adverts for the next issue of Link (August) should be submitted by Friday, 12 July. Please send them to: The Editor, ASBAH House, 42 Park Road, Peterborough PE1 2UQ.

HOLIDAY ACCOMMODATION

When booking, check to make sure the accommodation suits your particular needs.

SELSEY, SUSSEX

Fully-equipped, six-berth mobile home. Ramp access, and designed for wheelchairs. Site near sea. Heated pool. Clubhouse. Details Mrs C Bugden, 27 The Grove, Sholing, Southampton SO2 9LT, tel 0703-444921.

BORTH NR ABERYSTWYTH

Six berth caravan. Suitable for large wheelchairs. Licensed site. Five minute walk to sea, shops etc. Details: Mrs J Carter, 1 Meadow Road, Craven Arms, Shropshire SY7 9QY

WINTERTON-ON-SEA, GREAT YARMOUTH, NORFOLK

Six berth chalet overlooking sea. Exclusive holiday centre providing the ideal setting for a relaxing holiday in peaceful surroundings. Heated pool, club, shop etc. Further details Fred Simmonds (0628) 783413, 18 Ashcroft Road, Maidenhead, Berks SL6 6JF.

ROMNEY SANDS, KENT

Holiday chalet, sleeps 6, adapted for wheelchair use, accessible site, full club facilities heated pool etc. Details, Jan Walton, tel: 0892 832950.

DINGLE, Co. KERRY

Modern bungalow to let, June to September, accessible for wheelchairs, private site near beaches. Tel: 063 98269, or write to Tom Kennedy, Ballingaddy North, Kilmallock, Co. Limerick.

NAISH ESTATE, NEW MILTON, HAMPSHIRE

Fully equipped, completely wheelchair accessible, self-catering two-bedroom bungalow. Sleeps six. Site near sea with access to New Forest, Bournemouth. Excellent site facilities 100 yards from chalet. Details, Mr P Cash, tel: 0425 72055.

LOOE, CORNWALL

Fully equipped, self-catering two-bedroom bungalow. Sleeps six. Site near sea with easy access to beach, shop and camp facilities. Easily accessible for wheelchairs. Details: Mr P Cash, tel: 0425 72055.

MAR Y SOL, LOS CRISTIANOS, TENERIFE.

Wheelchair accessible apartments and studios, heated pools, restaurant, treatment centre, equipment hire. Video on request. PHONE ME NOW for details of cheap flights and accommodation. DISCOUNTS AVAILABLE. Sue Abbott, 123 Coppermill Road, Wraysbury, Staines, Middx. TW19 5NX. Tel 0753 685718.

CLACTON, ESSEX.

Six-berth chalet well equipped. Shop, swimming pool and club house on site. Village 10 mins away with supermarket and banks. Details from Joan Bashford on 071 735 5489 or leave a message on the answerphone.

FOR SALE

TALBOT RANCHO (B) Adapted for passenger in wheelchair, £2,500 ono. Tel 0582 769213 evenings.

"BEC" STERLING INVALID SCOOTA, brand new and un-used. Price £500, telephone 0734 791 062.

ARE YOU finding your present chair too heavy and cumbersome to use? You want a new lightweight chair, but can't afford the prices of new models. Have you ever thought of buying a secondhand or ex demonstration model? GBL SERVICES deal in all models of lightweight wheelchairs both new and used, tel 081 569 8955.

SECONDHAND lightweight wheelchairs for sale. Telephone 081 742 1620.

ORTHOPAEDIC CHILDREN'S SHOES. Beautifully designed by a German company and made in Italy. For more information telephone Mrs A M Asgari on 071 263 3373.

1986 FORD ESCORT fitted with hydraulic lift and chair, called 'Carchair', on passenger side £4,000 ono. Regularly serviced, 25,000 miles. Ring for demonstration 0780 721312.

INVALID SCOOTER, excellent condition together with battery charger. Contact Mrs Pryor, 27 Guildford Avenue, Westgate on Sea, Kent CT8 8NB.

WEST HURY FARM COTTAGES, BALDERSDALE, BARNARD CASTLE.

Recently completed barn conversion, designed and equipped for the disabled. Detached, south facing, beautiful views, own garden. Car necessary. Sleeps 2. Full details from Mollie Thwaites, Agnewtree Ltd., The Mill, Queen Street, Barnard Castle, Co. Durham, DL12 8EG. Tel 0833 31524 or 50324 (evenings).

BASHLEY PARK, NEW FOREST, HAMPSHIRE.

New for 1991, caravan specially designed for wheelchairs, sleeps five to six. Accessible site with indoor and outdoor leisure facilities. Details from Joan Searle, tel 0705 376816.

DIRECTORY OF LOCAL ASSOCIATIONS

BARNESLEY

Mrs Marlene Haigh,
3a Birk Avenue,
Kendray,
Barnsley, S Yorks S70 3AE

BEDFORD

Mrs Elsie Bennett,
341 Bedford Road,
Kempston, Beds MK42 8PX

BOURNEMOUTH, CHRISTCHURCH & DISTRICT

Mrs G. Lanning,
23 Seaway Avenue,
Christchurch, Dorset
Tel: 0425 273 255

BRISTOL & DISTRICT

Mr G Egan,
64 Rookery Road,
Knowle, Bristol 4
Tel: 0272 777942

BROMLEY

Mr Charles Harper,
7 Eresby Drive,
Beckenham BR3 3LS
Tel: 081 777 1182

BUCKS & EBERKS

Mrs M Ross,
19 Sheepcote Cottages,
Sheepcote Dell Road,
Holmer Green,
High Wycombe,
Bucks HP15 6JT

BURY & BOLTON

Mr David Clyne,
51 Cuckoo Lane,
Whitefield,
Manchester M25 5WQ
Tel: 061 798 7804 (after 4 pm)

CALDERDALE

Mr A L Crowther,
12 Elm View,
Huddersfield Road,
Halifax HX3 OAE
Tel: 0422 341497

CAMBRIDGESHIRE

Mrs D Thorn,
55 Hanbury,
Orton Goldhay,
Peterborough,
PE2 0QU
Tel: 0733 235139

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Mrs P Ithell,
34 King Edward Street,
Shotton, Deeside
Tel: 0244 811074

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Mrs Lorna J Wootton,
14 Leveson Road,
Wednesfield, Wolverhampton,
West Midlands, WV11 2HF
Tel: 0902 738724

ESSEX

Mrs R McCarthy
26 Brixham Gardens
Ilford, Essex IG3 9AX
Tel: 081 594 1852

GLOUCESTERSHIRE

Mrs J A Wintle,
54 Borough Close,
Kings Stanley
Stonehouse, Glos GL10 3LJ
Tel: 045 382 2963

GRANTHAM

Miss Caroline MacCallum,
58 Redcross Street,
Grantham, Lincs NG31 8BU
Tel: 0476 66085

GREENWICH

Mrs M Means,
29 Wellmeadow Road,
London SE13 6SY
Tel: 081 698 5567

HAMPSHIRE NORTH, W SURREY & S BERKS

Mrs Liz Selby,
The Old Police Station,
Woodbridge Road,
Guildford. Tel: 0483 571736

HAMPSHIRE SOUTH

Mr S R Baker,
12 Moorings Way,
Southsea, Portsmouth, Hants
POY 8QW
Tel: 0705 819075

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Mrs S Riseborough,
4 Sherborne Way,
Croxley Green, Rickmansworth,
Herts WD3 3PF.

HILLINGDON

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30 Fairey Avenue,
Hayes, Middlesex

HUDDERSFIELD

Mrs J V Brook,
11 Standiforth Road, Dalton
Huddersfield
Tel: 0484 421776

HULL & DISTRICT

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233 Cranbrook Avenue,
Hull HU6 7TX
Tel: 0482 857165

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Mrs Mollie Buesnel,
Villa Acacia,
Sunshine Avenue, Five Oaks,
St Saviour, Jersey, C.I.

KENT

Mrs S Weatherstone
6 Croftside
Vigo Village
Meopham Kent DA13 0SH
Tel: 0732 822985

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Mrs Jane Weston,
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North Scarle, Lincoln
Tel: 052 277 781

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29 The Crescent
Market Harborough
Leicestershire LE16 7JJ
Tel: 0858 32967

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Heckington, Sleaford, Lincs

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Mrs B A Pierson,
18 Kingsley Road,
Forest Gate,
London E7 9PP
Tel: 081 472 8605

LONDON N.WEST

Mrs H Prentice,
37 Milton Road,
Hanwell, London W7 1LQ
Tel: 081 472 8605

LONDON SOUTH

Mrs S Cudd,
15 Woodvale Walk,
Elder Road, W Norwood,
London SE27
Tel: 081 761 2400

MANCHESTER CENTRAL

Miss Alison McCormack,
100 Heaton Park Road,
Higher Blackley,
Manchester 9, M9 3QQ
Tel: 061 740 6397

MIDLAND

Mrs D Britt,
14 Court Road,
Sparkhill, Birmingham 11
Tel: 021 771 0371

NORTH EAST

(Northumberland)
Mrs E Grant,
27 Redwell Road,
Prudhoe,
Northumberland

NORTHAMPTONSHIRE

Mrs J Cockings,
57 Little Street,
Rushden,
Northants

OXFORDSHIRE

Mrs Shirley Dale,
14 South Row, Chilton,
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PRESTON

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

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Mrs D Barringer,
21 Coppice Gardens,
Broom Riddings,
Greasbrough
Rotherham S61 4RE
Tel: 0709 560686

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236 Rainhill Road,
Prescot,
Merseyside L35 4LD
Tel: 051 426 3921

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Mrs J Renshaw,
1 Philip Court,
Coronation Road,
Salisbury SP2 9DA

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Mrs C Crofts,
46 Busheywood Road,
Sheffield S17 3QB
Tel: 0742 366033

SOMERSET

Miss June Roberts,
18 Spicer Way,
Chard,
Somerset TA1 2NP

SOUTHAMPTON & DISTRICT

Mr S Fitz-Gerald,
32 Ellis Road,
Pinewood Park,
Thornhill,
Southampton SO2 6GR
Tel: 042121 2644

STAFFORDSHIRE

Mrs J Davies,
8 Oakhill Avenue,
Oakhill,
Stoke-on-Trent ST4 5NJ
Tel: 0782 45365

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Mrs G Paternoster,
12 Cordelia Road,
Stanwell,
Nr Staines, Middx TW19 7EL
Tel: 0784 245606

STOCKPORT

Mrs J Roberts,
9 Highcroft Road,
Romiley, Stockport,
Cheshire SK6 4PS
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