

ASBAH

Together



association for
spina bifida
hydrocephalus
ability beyond disability

**Inside:
Acting on
your ideas**

Issue one 2011



association for
spina bifida
hydrocephalus
ability beyond disability
Registered Charity Number 249338

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Welcome...

...to the first edition of *Together*. This new free newsletter will be published every quarter and you can receive it by post or via email*.

As the title suggests this is more than just a means of telling you about what's happening at ASBAH but a way for you to be in touch with all of our community - individuals, families, friends and professionals. So, we need your ideas and comments ..and you'll find some of those in this first issue and can see how they are being put into action.

We want to hear from you - by email, phone or letter and you can contact us at the address below or get in touch with your regional team - contact details on page 15.



Goodbye...

Sadly, I have to say goodbye to all our readers as I'll be leaving ASBAH on 18th February. I wish all of you the very best for the future as ASBAH develops and thrives in 2011 and beyond...

Gill Winfield

Gill Winfield, Editor

**Please let us know if you are happy to receive future mailings by email as this saves on postage and helps the environment. Email: info@asbah.org*

All enquiries and comments to: **Together**
ASBAH, ASBAH House, 42 Park Road,
Peterborough PE1 2UQ
Telephone: 01733 555988
Textphone Service: 01733 421395
info@asbah.org www.asbah.org

Registered charity number 249338



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Our thanks to Halfords and Coloplast for supporting this edition of Together.

What's in a name?

Have you ever mentioned the Association for Spina Bifida and Hydrocephalus and been greeted by a blank stare, as if so many big names at once are a bit too much to take in? ASBAH has been consulting various stakeholders on its name – from parents and individuals to companies, donors and the media – to see whether the combination of the two Latin names as the charity's title are a barrier to us being recognised and remembered.

It seems to many people it is. Those of us who work here, and of course to the thousands of people with the conditions, spina bifida and hydrocephalus roll off the tongue like any other words, but to 'outsiders' it's a different story. Using the abbreviation 'ASBAH' is little better, with lots of confusion with ASDA and, even worse, ASBO!

At first glance this might not matter, but in the serious and competitive world of charity fundraising (and these days charity survival) it matters a lot. If people can't recognise what we are, or if our name does not mean much to the uninitiated, then we have a problem.

So, we'd like to hear more about this. What do you, as a member, think of our name? Could it be snappier, more memorable? Do you have any ideas for improving our name and image? If so ASBAH's Trustees and staff team would really like to hear them. One suggestion that has been put forward is **SHINE** – standing for **S**pina bifida, **H**ydrocephalus – **I**nformation, **N**etworking and **E**quality.

Would something like that work do you think? Please write/e-mail/phone and let us know. jackieb@asbah.org

Only 330 days to Christmas

It seems like we've only just taken down the tinsel and donated our unwanted gifts to ASBAH's tombola but already we're thinking about next Christmas...or, at least, our brand new Christmas Card Competition.



With lots of orders coming in for last year's cards, following the special offer in the pilot membership mailing, we're going to need some new designs for Christmas 2011. There must be lots of our members who have a talent for drawing, painting or photography who could turn their skills to designing our cards for next year and win a prize into the bargain!

So, if you would like to help make sure ASBAH has its own unique cards, why not enter the competition.

Rules – all designs must be submitted by 1st June 2011 and must be the original work of the entrant. Copyright for the chosen designs will be the property of ASBAH.

Who can enter? Adults or children with the disabilities, as well as children who are the brother or sister of a child with spina bifida or hydrocephalus. Don't forget to put your name, age and address in with your entry and please tell us if you have hydrocephalus or spina bifida or, for children, if you are the brother or sister of someone with SB/H.

Prizes The originator of each card chosen will receive £50 plus a framed certificate. There will also be framed certificates for the runners-up. The winners will be announced on our website: www.asbah.org by 15th June 2011 and in the summer issue of *Together*. Send entries to: Christmas Card Competition, ASBAH House, 42 Park Road, Peterborough PE1 2UQ or by email to info@asbah.org with Christmas Card Competition in the subject heading.

Please note: we will not be able to return entries.

Celebrating success

Alice builds on her success

Alice Rush was the first young sports person with spina bifida to benefit from ASBAH's Fit for Success initiative, with a grant towards her training expenses. Now 13-year-old Alice is going from strength to strength with her swimming – even taking on adults in her first competition at national level, at the Swimming Championships in Sheffield, where she came away with a bronze medal.

Mum Vicki told us what a difference the grant has made to Alice: “It made it possible not to worry about taking her to competitions further afield, like this one in Sheffield.” (The family live in Cambridgeshire).

We wish Alice continued success and all the best at the junior national championships in February.

Fit for Success not only aims to support those involved in competitive sports but also to encourage everyone with hydrocephalus

or spina bifida to be more active - read more about it on the website at www.asbah.org/Spina_Bifida/Fit_for_Success

You can also order ASBAH's free Fit for Success booklet with information about getting fit and healthy, on 01733 555988.



At our AGM in September 2010 the first ever ASBAH Lifetime Contribution award was presented to Carole Sobkowiak for the invaluable support and advice she has provided for over 25 years, on matters from physiotherapy to folic acid.

At that presentation our Chief Executive, Jackie Bland, announced that the awards would be an annual event and include other categories to enable us to recognise the contributions of all those in our community.

Nominations for the 2011 awards will open in April so please keep a look out on the website and make sure you nominate worthy contenders. The categories are yet to be finalised but we'll be looking to make a second 'Lifetime Contribution' award, as well as to celebrate the achievements of children, young people, professionals, volunteers and the companies and fundraisers who support us.

Photo call

We are always in need of good quality photographs to illustrate not only our booklets and newsletter articles but also for our website and leaflets, flyers, posters, marketing materials and funding applications to Trusts.

Using photographs of families and individuals living with spina bifida or hydrocephalus, and related conditions, makes our publicity and awareness materials more powerful. So if you have any photos you could email to us – whether they're of adults, children or grandparents we'd be delighted to hear from you and, of course, pictures will be used in a positive way.

If you can help please email photos to our designer, Tony Nero: tonyn@asbah.org and we'll send you a photo consent form.

Go Folic!

ASBAH is launching a major new campaign to spread the word about folic acid to help to protect future babies from neural tube defects such as spina bifida (which affects the spinal-cord to varying degrees) and anencephaly (which affects the unborn baby's brain and is sadly a fatal condition).

At present, many women do not know that they need to take extra folic acid (also known as vitamin B9) before they get pregnant. This is why we are planning the 'Go folic!' campaign. Some of our members with personal experience of neural tube defects (NTDs) have already volunteered their stories to help explain to women why knowing about folic acid is so important.

Neural tube defects occur in the first 28 days of pregnancy before most women realise they are pregnant. Ideally, women would start taking extra folic acid (in the form of a daily tablet) at least three months before they get pregnant in order to build up the ideal protection.

Each year in the UK over 900 women are told that their unborn baby has a neural tube defect. We know the heartache this causes and hope that, by raising awareness of folic acid, we can help more babies to be born without NTDs.

A vague notion that 'folic acid is good in pregnancy' is not sufficient to prevent NTDs.



A message for all women

Women need to understand why and when folic acid is important if they are to take the risks seriously and act on the recommendations. Our challenge is to get this across in a memorable way. Real life stories will have a great impact and, to get the point about timing across (i.e. take folic acid before you get pregnant) we think a little humour will help. So, we're looking for slogans. This one is already a favourite:

'Go Folic before you frolic!'

If you have ideas or comments and would like to get involved in Go Folic!, please contact ASBAH's Policy Officer, Laura Read Tel 0115 9224402 or email: laurar@asbah.org

Up to 70% of neural tube defects can be prevented by having the right amount of folic acid for the right length of time. Most women are advised to take a 400mcg tablet of folic acid daily prior to conception and for the first 12 weeks of pregnancy. But some women need higher doses than others and this is something else that needs much more publicity. For example, if you or your partner have an NTD, or a family history of NTD, then you need to take a higher dose of folic acid prior to pregnancy. Likewise, if you have diabetes, epilepsy, coeliac disease or are very overweight, then you need to see your GP to discuss whether you need the higher dose of folic acid.

Scientists are also researching whether another vitamin, inositol, might also help prevent neural tube defects. You can find information on folic acid (and inositol) on ASBAH's website: www.asbah.org



adult members council

Mike Bergin tells us about the make-up of the new AAMC

HELLO EVERYBODY. At the AAMC (ASBAH Adult Members Council) meeting at ASBAH House, Peterborough, on 13th November, the first item on the agenda was the election of chairperson and vice chair. Candidates gave a short talk after which voting took place. Lisa Cain was elected chairperson with Louise Turner taking up the position of vice chair. Lisa has previously been chairperson of the Your Voice Committee, so will bring all her experience to the table. It's a new beginning for Louise, and with Lisa's guidance Louise will soon feel at home. It was agreed, subject to Board approval, that whoever was elected chairperson should also represent the AAMC on the Board of Trustees. As Lisa is already a trustee it was proposed that Louise should take up the place.

Just a footnote on this - other committee members who are also trustees are Carole Armour, Jon Burke, Paul Manning, Paul Zickel and Lisa Cain. If there is anything you would like to know about AAMC or see featured in future editions please feel free to email myself at: mikeb@asbah.org

Meet the Chair

Hi, I'm Lisa Cain and I live in North London in my own flat and work part-time for my local council. I am a full-time wheelchair user and I have spina bifida and hydrocephalus. I am a keen skier and I also enjoy socializing. I am an ASBAH Trustee and lead trustee for the London and South Association. I have been involved with the adult service user group in ASBAH since Sept 2000.

In autumn 2010 I was elected chair by the committee of the newly-formed ASBAH Adult Members Council. This group will have a high profile within ASBAH going forward, helping to shape the future for our adult members and assisting everyone to achieve their full potential whatever that may be, and will shape the future for all its adult members.

The group consists of seven women and seven men, and we come from all over England and Wales. We are a diverse group who range in age from mid 20s to mid 60s. We have a varied background of skills and experience to offer, which includes sitting on DLA appeal panels, speaking at conferences and the many other things we get up to in our daily lives.

At the moment the group is finding its way and working out the best way to achieve its goal of being more inclusive. We have started to consult on the DLA reforms, and the U-Tube project is well under way. I hope this gives you some idea of the new and exciting AAMC, please watch out for future updates.

our support
2011 means:



association for
spina bifida
hydrocephalus
ability beyond disability
Registered Charity no.249338

making a child's
life better

supporting
families, children
and individuals to
live happy and
fulfilled lives

giving individuals
and families the
information they
need to make the



Cerys can tell you - every little thing counts

Behind the scenes at ASBAH House there's a small but dedicated team doing the work that keeps the organisation going. Not least among these are ASBAH's fundraisers, and the one our Members are most likely to come across is Cerys Long, our Community and Events Co-ordinator.

For this interview Cerys is wearing purple tights with her smart black business dress, a combination that sums up her personality - serious about her work but with a sense of fun so essential to the work that she does. Cerys's role is central to the ASBAH community, encouraging people to get involved and have fun whilst at the same time making a vital contribution to our fundraising efforts.

'Of course, fundraising works best when it's organised properly, but it's a great way to have some fun and achieve something as well' says Cerys. 'Many of the individuals and families who so generously give their time and energy to raise funds for us say they want other people to have the same support that they have had - they want to give something back. Whilst

we never expect anyone to do this, it's always great when someone phones and says they want to help.'

Cerys is always on hand to talk through ideas and encourage people who have an idea for a fundraising activity, and she and her staff offer lots of support and encouragement along the way making it a real team effort. 'Even a small event like a coffee morning for a few friends or doing a bit of recycling really helps, it all adds up to make a real difference' explains Cerys, whose small team raised a whopping £250,000 in 2010.

'For some people the fundraising bug really gets them and from small events they progress to bigger things which really give them a sense of achievement, for example, our Marathon runners. This is one of the best parts of my job, when events are successful and everyone feels they have had fun and achieved something personally as well.'

Cerys recalls one fundraiser, Shaun Smith, whose son has hydrocephalus, who started off

with the simple idea of a sponsored walk. 'It started off as a few family and friends, but then the friends were so enthusiastic and told their families and more friends and before we knew it 80 people were taking part and raised £3,000!'

Other supporters like the 'little and often' approach, like the appropriately named 'Little' family. 'Mrs Little runs a stall for us every month selling items she's made herself and so far she has raised £6,300 I really enjoy catching up with her from time to time, and of course her efforts and those of others like her really make a difference to the work we can do out in the community with babies, children and adults living with spina bifida and hydrocephalus.'

Another regular supporter Cerys mentions is Robin Pettit, who every Christmas decorates the outside of his house and spreads the word about why he's doing it in his church newsletter and to local business. 'He collects around £200 in donations each year and brings pleasure to people at the same time.' says Cerys. Not everyone knows what they want to do at first. 'Sometimes people phone and say they want to help but don't know where to start' says Cerys. 'I talk it over with them and give them some ideas or send them out an ASBAH fundraising pack. Some people want to design their own event and I help with balloons, sponsor forms, collection boxes etc, other people prefer 'readymade' events like swimathons or walks. Some of the more adventurous even opt for charity treks, setting their sights on Kilimanjaro or the Great Wall of China!'

As well as events organised by individuals and families, Cerys supports community groups who want to help ASBAH - anything from Scout groups to Rotary Clubs, church groups and very importantly, schools.' Usually these groups get involved when someone has nominated ASBAH to benefit. Sometimes with schools it is where one of the pupils has hydrocephalus or spina bifida for example and they get interested in ASBAH because of that. This is very

important to us - even if members can't fundraise (and not everyone wants to) they can suggest ASBAH as a focus for other people's fundraising. We've had hairdressers, golf clubs, and all sorts of workplaces getting involved with us, some of them getting up to all sorts of things!'

Fundraising in one of the world's worst recessions might not be everyone's choice of career but it's clear to see that Cerys enjoys her job and is inspired by the efforts of all those who keep ASBAH going with their fundraising efforts. There are two things that we can be certain will put a smile on her face - her new found passion for rowing (that's with oars, not arguing!) and opening the envelopes that arrive most days with news of people's successful events and initiatives.



'This is my chance to say a really big public thank you to everyone who's helped' says Cerys. 'And please do keep the ideas coming.'

Cerys would love to hear from anyone, whatever age, who would like to get involved with fundraising activities. Contact her at cerysl@asbah.org or on 01733 421329

Little things you can do

- Ebay – make a donation at the check-out
- Gifts in celebration – wedding favours and birthdays – donations in lieu of presents
- One off donations
- Cake stalls
- Coffee mornings

Take a look at the Get Involved section of our website for more ideas:
www.asbah.org/getinvolved
or phone me directly on 01733 421329
e-mail: cerys@asbah.org



Acting on your ideas

Our pilot membership mailing last year resulted in lots of feedback from you with some great ideas to improve your organisation. There were lots of positive comments about the proposed membership scheme and some really lovely compliments about the way ASBAH has supported both families and individuals – thank you for those which are a great boost to our hard-working staff. Of course you also told us what you didn't like or would like to see changed! We promised to listen to all your comments and here are just a few which have already led to action...we're working on the rest!

“...my daughter has hydrocephalus and loves the Benny Bear books...Has ASBAH thought about getting a life-size Benny Bear costume so that children could actually meet him at events etc I am sure he would be great at fundraising events.”

We think so too! And just before Christmas Benny

arrived at ASBAH House – he's been a big hit round the office and hopes to make his first public appearance at a Peterborough United Football Club (POSH) very soon. ASBAH is one of the Club's nominated charities and Benny was keen to go along as a supporter and collect funds at their Boxing Day fixture, Unfortunately, ice and snow meant the game was called off but there should be another opportunity in the near future.

“Only problem for me is that most of the stuff you cover doesn't apply the same in Northern Ireland.”

We hope our new ASBAH NI Newsletter – the first edition was available in early December, will fill the gap – with items specific to Northern Ireland. The aim will be to send future issues in with *Together*

for members in NI. Cathy McKillop, ASBAH's Northern Ireland Director, would welcome any feedback or items to go in future issues. niro@asbah.org



“...perhaps less money could be spent on the “glossy mag” format and spend more money on upgrading the alert cards ie made of plastic –same size as a credit card...”

We are spending a lot less money on the *Together* newsletter which has replaced our ‘glossy’ Link magazine. Although it still has a glossy look it is now being produced entirely in-house and we’re making sure printing quotes are the most competitive.

Price isn’t really the deciding factor for the format of shunt alert cards, which have been sponsored in the past, but the amount of information, particularly on the one for programmable shunts, simply wouldn’t fit on a ‘credit-card’. We can certainly look at the possibility of putting less information on when the current supplies run out – what do other readers think about this?

In the meantime, please do ask for a new one if yours is getting ‘dog-eared’ – call 01733 555988 or email info@asbah.org

“As a medically trained parent...I do not appreciate NOT to have access to all medical information on our website! (Professional secure area) This is patronising of an organisation focussing on helping patients and families! Otherwise this is a GREAT EFFORT.”

Initially the professional area was set up for medical professionals to see what others in their field were doing, for example, particular operation techniques. But we do take on board your comments and as soon as time allows the professional area will be opened up to all members. However, first of all we need to get more useful content so that professionals and parents or individuals can go to this area to see examples of best practice in treatments and therapies.

Information and networking

We had lots of comments about social networking sites which members found useful; and requests for various kinds of information. Some of the information requests are already covered by booklets, leaflets and articles ASBAH has produced – so do look at the website to find a full list – or contact us on 01733 555988.

Other members wanted the chance to attend events – from coffee mornings to family days - and a much more varied programme of activities will be on offer this year: see pages 12 and 13 for more information.

Once again, thank you for all your comments...but don’t stop there we ALWAYS want to hear from you.

Join the Benny Bear Club



In the pilot membership mailing we said that we hoped to start a Benny Bear Club for children and this idea was also welcomed, so we’re pleased to announce that the club is now open! If your child would like to join, please send their details (name, age, whether they have hydrocephalus/spina bifida or both) plus parent or guardian details and we’ll send them a benny sticker and certificate. Write to Benny Bear Club at ASBAH House, 42 Park Road, Peterborough PE1 2UN or email info@asbah.org and put ‘Benny Bear Club’ in the subject heading.



Lifelong Opportunities Programme

In the pilot membership mailing we mentioned ASBAH's lifelong opportunities programme and promised to keep you up-to-date with events which form part of this varied range of activities.

A draft plan is already in place for this year and as you'll see there really is quite a mix – with something to suit the very young to the young-at-heart. The latter is certainly true of our Grandparents' Day – another first for ASBAH and a rare opportunity for grandparents to learn more about spina bifida and hydrocephalus.

As with everything we do – we need your input about what you want to see. We can't always promise to put on every event requested or in every locality – time and money are often limiting factors but all requests will be seriously considered and even if a full-blown family weekend isn't feasible, for example, we may be able to suggest something on a smaller scale.

Take a look at the full programme on the website or contact your region (see page 15) and let us know if you have any queries, or suggestions, and we hope you can look forward to getting together with other members in 2011.

Some of the events coming up in the next few months:

- Monthly support groups/drop-ins in: York, Dunstable, Norfolk/Suffolk
 - Lunch Groups: in Wales and London.
 - Cinema trips in Sheffield
 - Adult 'Connect' Group Birmingham
 - Family Day
 - Grandparents' Day
 - Pub lunch and AGM, Surrey ASBAH
- See NI newsletter for their events*

ASBAH Family Day

Saturday 19th March 2011
at **Greenbank Sports Academy**
Greenbank Lane, Liverpool L17 1AG



For children

- Soft play, toys and bouncy castle for under-fives
- Craft activities, face painting and games
- Games room with Wiis for older children

Brothers and sisters welcome

For further details please contact your local adviser or: North of England & West Midlands office: ASBAH House North
64 Bagley Lane, Farsley, Leeds LS28 5LY
Tel: 0113 255 6767 email: nro@asbah.org

For parents

- Talks from consultant neurosurgeon and consultant urologist
- Bladder and bowel management with Coloplast
- Parents panel
- Focus on Hydrocephalus: early years, education and behaviour

10.30am
to
4.00pm

Cost of day: £6.00 per Adult, children under-16 free.
Buffet lunch provided

Grandparents' Day

Wednesday 18th May 2011 in Peterborough
at **Peterborough United Football Club**



Grandparents are an important part of every family but, when they are the grandparents of children with spina bifida or hydrocephalus, they have an extra role - to support their son or daughter who is the parent of a disabled child.

Cost: £5 per person to include lunch & refreshments

For an application form, please contact Maureen Jobson on 01733 421315 or email maureenj@asbah.org

Closing date for completed applications is Wednesday 27th April 2011.

Please note there is no provision for children to attend this event.

Opportunities to:

- access the specialist knowledge of neurosurgical and ASBAH staff
- learn coping strategies to improve relationships with grandchildren
- talk openly about concerns, exchange ideas and feel empowered and less isolated
- gain confidence in dealing with complex issues associated with hydrocephalus and spina bifida
- share experiences with other grandparents in similar circumstances

9.30am
to
4.00pm

Tribute to Frank Armour, 1922-2010

Frank Armour passed away peacefully at home at the age of 88 on the 9th November 2010 – here his daughter Carole tells the story of her father's involvement in ASBAH - from the beginning.

Dad found, when I was born with spina bifida, that there was little, if any, support for families in the same position and so decided to try to make a change. He subsequently became a founder member of Sussex ASBAH (SASBAH) and ASBAH.

This involved contacting the national press, other pockets of parents around the country and arranging meetings in London and elsewhere.

He was the first national Hon. Secretary from 1966 until 1968 when the first General Secretary was appointed.

Together with my mother Betty, his commitment to improving the lives of people with spina bifida and hydrocephalus led to many years of voluntary service for SASBAH.

As well as his experience with SASBAH he was a member of the ASBAH Executive Committee for several years before becoming its Finance Officer in 1973. He held this post for 10 years

before 'slowing down' in 1984 and finally retiring in 1986. On retirement he became an Hon. Life Member of ASBAH.

During his time the Executive Committee included a number of surgeons, doctors and physiotherapists. Now called the Board of Trustees, half the members have SB&H, a move he certainly approved of and which shows where we have come from since 1966.

Representing ASBAH, Frank, my mother and I joined other senior members of staff and their families at a Royal Garden Party at Buckingham Palace in July 1979.

He lived to see both ASBAH and SASBAH develop from parent-led networks to the comprehensive organisations they are today. Read more about Frank's lifelong involvement with ASBAH on the website in the About ASBAH section.



Carers project



ASBAH is to receive funding from the Department of Health to do some pilot work with carers during the early part of 2011. Although ASBAH involves many carers and provides support in various ways, this project will help us to develop a more planned approach to discovering what carers really need and ensure ASBAH offers the most appropriate help and support. Through this pilot work we will undertake a survey of carers needs and set up a carers forum so that the estimated 6000 people who are involved in the care and support of children and adults with spina bifida and hydrocephalus have a clear role and voice within the

organisation. In addition to this we'll be developing more information and setting up a carers page on our website.

If you are a carer, or help to support an individual or a family and would like to be involved in this project as it gets underway then please get in touch with Maureen Jobson, Carers Co-ordinator, email Maureenj@asbah.org or phone 01733 555988, or write to her at ASBAH, 42, Park Road Peterborough PE1 2UQ.

We'd like to hear from anyone who would like to take part in our survey, join the Carers Forum or share information about day-to-day life and challenges as a carer.

Local Association news

One Sunday in Surrey

Do you live in Surrey? If so, why not get along to the Surrey ASBAH AGM on Sunday 20th March. A group is meeting for lunch first at the Blue Ball pub in Tadworth. After the meal (at about 3.30pm) is the AGM at Lower Kingswood Church Hall.

The AGM is a great opportunity to hear what the committee is doing and to contribute any ideas you may have for future activities or initiatives. Angela Bailey and Diane Morgan, local ASBAH advisers, will be attending and will be available to answer any questions you may have. And ASBAH Chief Executive, Jackie Bland, is also going to be there to tell the group all the latest news.

Not a member of Surrey ASBAH? New members are always welcome and membership is now only £5 a year – for this you'll receive regular newsletters and benefit from subsidised social events.

For more details on membership or the AGM contact: asbah@surreyasbah.org.uk or Liz Tadd

on 020 8642 5082. If you would like to attend the meal please let Liz know by 9th March.

Kasbah - independent living

Kent ASBAH provides independence training in all daily living skills such as personal hygiene, cooking, budgeting, travel and problem solving at two locations: Swanscombe and Rochester.

These services are available to any young vulnerable adult between the ages of 18-35 who has a physical and/or learning disability and has the potential to live independently with the correct support (Admissions criteria available upon request). Find out more about KASBAH's Independent Living projects at www.kasbah.org.uk.

ISLE OF WIGHT ASBAH - Holiday Bungalow

Wheelchair-accessible bungalow, sleeps six. Open-plan lounge/kitchen, wetroom. Site facilities. Local heated accessible pool. Beautiful area. Transport advisable. **Details and rates: Sylvia Griffiths, 3 Western Road, Shanklin, Isle of Wight PO37 7NF Tel: 01983 863658 www.iwasbah.co.uk**

Regional contacts

North of England & West Midlands:

64 Bagley Lane, Farsley, Leeds LS28 5LY
Tel: 0113 255 6767 Fax: 0113 236 3747
Email: nro@asbah.org

East of England & East Midlands:

42 Park Road, Peterborough, PE1 2UQ
Tel: 01733 421309 Fax: 01733 555985
Email: ero@asbah.org

Northern Ireland:

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Email: niro@asbah.org
Contact no: 0845 450 7755

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Tel: 020 8441 9967 020 8449 0475
Email: lasr@asbah.org

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Spread the word...

ASBAH produces a variety of leaflets - to let people know about hydrocephalus and spina bifida and our work, but also to explain how anyone can help us to continue providing our services - by getting involved in fund-raising, payroll giving or remembering ASBAH in their will.

Our latest leaflets are featured here and if you would like copies to distribute to friends, family and colleagues or to take along to any clinics, doctor's surgery or groups - to help spread the ASBAH message - please get in touch.

You can call us on 01733 555988 and tell us which leaflets you would like and where you hope to place them and we'll send copies to you. Or you can email: info@asbah.org with your name, address and the same information (please put 'new leaflets' in the subject heading).



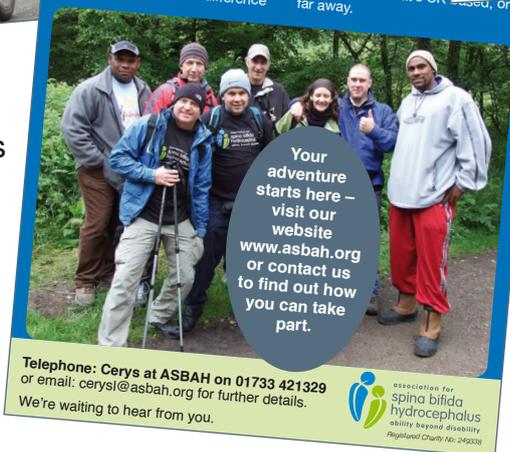
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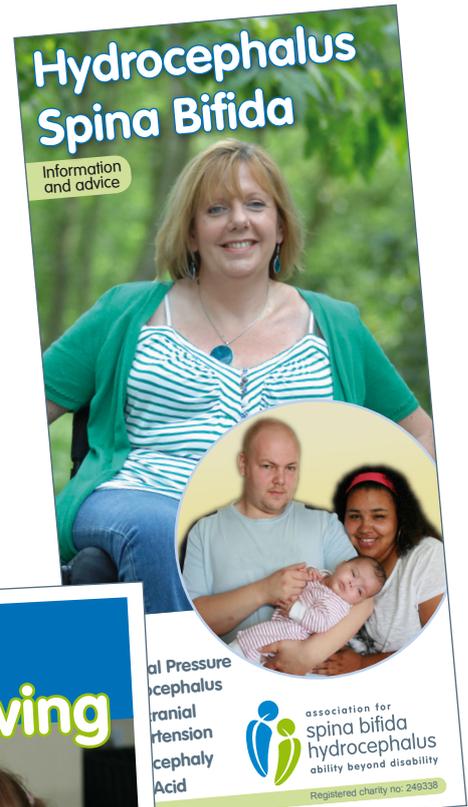


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A guide to Payroll giving



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