**SHINING BRIGHT! – Olympic Torchbearers 2012**

*Registered Charity No. 249338*

# Together

Shine
Spina bifida • Hydrocephalus
Information • Networking • Equality

BIG LOTTERY FUND
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**WEAR YELLOW AND SHINE!**
for Shine Awareness Week 2012

**DANNY MILLS**
Set for Masterchef stardom!

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**BETTERLIFE DISCOUNT**
for all Shine members

# Know the best accessible toilets and parking spaces in your area? Share your knowledge

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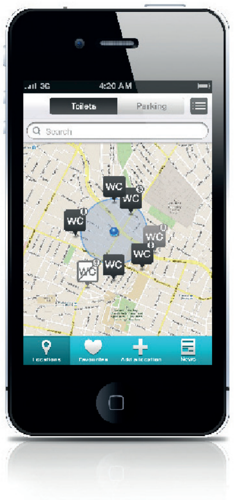

Wheelchair users told us that finding clean, accessible toilets is often a major challenge when they're out and about. WheelMate is designed to change that by letting users around the world create an up-to-date database of accessible toilets and parking spaces.

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## Submission dates for Autumn edition

**Register of interest to submit:**
28st September 2012
**Final date for submissions:** 19th October 2012
**Publication date:** 2nd November 2012

**Cover photo:** Danny Mills in training for the first Archie Mills Memorial Challenge. **Photo:** Tom Scott

# Welcome ...

... to the Summer edition of *Together!* Despite the terrible weather we have all been experiencing, the news, stories and information here should put a bit of **Shine** back into all of our lives.

In a year of such high profile sporting events, including Euro 2012, the Tour de France and, of course, the London Olympics and Paralympics, we are delighted to include stories of how some of our members are involved.

This Summer 2012 edition is our second supporter copy, many thanks to Coloplast for partnering with **Shine** in this way. You can read more about Coloplast and the services they offer on pages 18 and 19.

The magazine is packed full of all the regular information including Gill Yaz's health advice (page 13), Gobi's membership news (page 14) and some of our fundraising achievements over the last few months (page 16).

If you would like to share your views, photos or news please do email me at **tom.scott@shinecharity.org.uk** - I'd love to hear from you.

Tom Scott **Editor**

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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@shinecharity.org.uk**

# Danny Mills

## set for Masterchef stardom!

**Shine** Patron, Danny Mills, will be cycling a staggering 200 miles from Leeds to London this September. The next day Danny will then complete the Olympic-Plus distance of the Virgin Active London Triathlon.

This event is the first Archie Mills Memorial Challenge, which Danny is attempting in memory of his Son Archie, who had spina bifida and died ten years ago this year. Danny is well into his training schedule and last month completed the Leeds 10k – cycling to and from the event from his home in Harrogate! To donate please visit: **www.justgiving.co.uk/ArchieMills**

You will also be seeing a lot more of Danny this Autumn. The former England and Manchester City footballer has been confirmed as part of the line up for this year's Celebrity Masterchef. Danny is really looking forward to the opportunity to bring more publicity to **Shine**, 'We've never had a better chance to really let people know more about **Shine**, I'll be doing all I can to maximize this opportunity for the charity.'

Look out for the new series of Celebrity Masterchef which begins in the next few weeks.

## Andy's Handy Tips

A web-developer with spina bifida has created an online resource to assist disabled people. Andy Stiller, 41, from Brighton, has created the website **www.disabilityadvice.info** because of his own experience:

'Since becoming a wheelchair user 14 years ago, I have been constantly frustrated by the shortage of useful information for disabled people. Disabled people and their friends have a huge amount of knowledge and experience. The aim is to share information and reviews on venues, services and products – and practical tips and advice to make life easier.'

Disabled people and their families and carers are invited to contribute to the site. For more visit **www.disability-advice.info** or contact Andy on
**E: andy@disabilityadvice.info**
**T: 07521 177629**

## Shine staff changes

- Naomi Marston is the new Development Manager for the London & South Region.
- Emma Enfield, a qualified Occupational Therapist, is changing from her Support and Development Worker role to develop Occupational Therapy here at **Shine**.
- Warren Sangiorgio is the new **Shine** Facilities and IT Officer.
- Melanie Hayes is the latest SDW to join the **Shine** Cymru team.
- Hilary Franklin (London SDW) is moving on to pastures new, and will be sadly missed.

## And finally ...

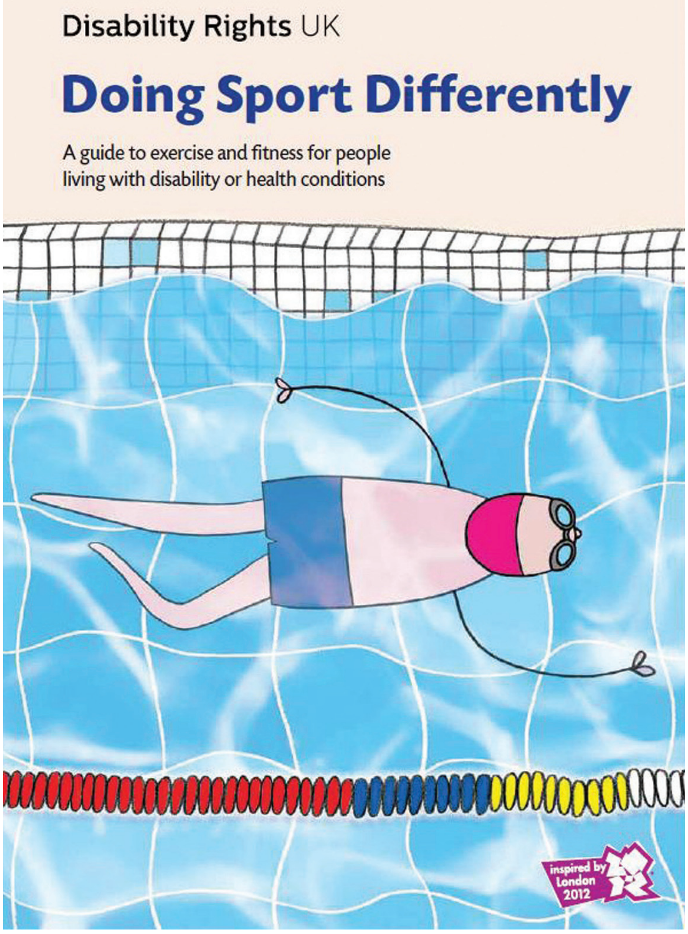
**Shine's** Principal Health Adviser, Rosemary Batchelor, will be retiring in July. Rosemary has made an enormous contribution to **Shine** members and families, as well as the global spina bifida/ hydrocephalus community. Her professional expertise and wicked sense of humour will be greatly missed.

# Doing sport differently

'Doing Sport Differently' is a comprehensive guide to accessing sports and leisure opportunities in your area. It is written by and for people with lived experience of disability or health conditions, to inspire involvement in sport and fitness and improve access to grassroots sport.

'Give it a read – especially if you don't think exercise is for you. It may change your life.' - Baroness Grey-Thompson DBE

Download your free copy:
http://www.radar.org.uk/publications/doing-sport-differently/
**Visit: www.disabilityrightsuk.org**


Disability Rights UK

Doing Sport Differently

A guide to exercise and fitness for people living with disability or health conditions

# Betterlife discount for Shine members

**Shine's** partnership with Betterlife Healthcare is to continue throughout 2012. This means that **Shine** members can still take advantage of discounts on healthcare aids, disability aids, and mobility aids available through Betterlife's mail order and on-line services.

**Shine** members have the exclusive opportunity to get free next-day delivery on all orders over £30. **Shine** receives a donation for all orders placed – so that's two good reasons to visit their site today! To view their products, go to **www.betterlife.co.uk** To order call **0800 328 9338** and mention **Shine** when ordering.

## Shine, Shine and Shine again!

Last year Somerset Shine joined us in our new identity and outlook. Now we are delighted to welcome Bolton and Bury Shine and Shine Surrey.

## Spring into Action!

Three Local Associations got together in May to share their experiences and ideas at the Spring into Action! event.

Based in Southampton, the day was facilitated by **Shine**'s Support and Development Worker, Angie Coster. The Southampton and District Spina Bifida and Hydrocephalus Association, trustees of **Shine** Surrey, and Somerset **Shine** discussed issues such as fundraising, publicity, social activities, sharing information, distributing welfare grants, membership, and constitutional matters.

These Local Associations work as independent charities, but the opportunity for 'cross-fertilisation' was greatly appreciated, with those attending keen to take away some of the suggestions that were shared. On-going links have now been forged and these Local Associations are 'springing into action' to make things even better for their members in the future. We at **Shine** look forward to working in partnership with all concerned.

# If you're a member of Shine we need YOUR views

**Shine** would love to hear the views of members young and old, families, people with spina bifida and or hydrocephalus, and professionals about our Membership Scheme which has been running for just over a year now.

Please take a few moments to fill out this short survey so that we know what you think and what you'd like to see in the future - and we'll do our very best to deliver what you need.

One lucky winner will win a bag of **Shine** goodies after all surveys are in. **The closing date for the survey is 30.9.2012** Type **www.bit.ly/ShineSummerSurvey** and fill out our short survey online.

## The Right to Control

The Government has just issued an England-wide consultation on proposals to extend the 'Right to Control' pilot for 12 months. 'Right to control' looks at ensuring that disabled people have choice and control over their daily lives. **Shine** would like hear your views … contact Kate Thomas on **01656 864102** or email on **kate.thomas@shinecharity.org.uk** for further information.

Alternatively, you can read and download the consultation documents and find out how to take part by visiting the DWP website at: **http://www.dwp.gov.uk/consultations/2012/right-control.shtml.**

## Outstanding response to Shine's hydrocephalus survey

**Shine's** Hydrocephalus Survey received an amazing response, with over 1200 replies ... so a huge thank you to everyone who took time to complete it.

Over the coming weeks we'll be analysing the data so that we can prepare a report about the challenges that our members face. What is already clear is that hydrocephalus affects people in so many different ways and as a result people's feelings about issues like shunts and medical services vary enormously.

Your input makes pieces of work like this and last Autumn's Spina Bifida Survey incredibly valuable and worthwhile, so thank you once again.

The two winners of the cash prizes on offer were Jordan Odgers, who won £100, and Ruth Davison, who took home £50 – well done!

## West Midlands Family Day

There will be a Family Day at Sandwell Valley Park, West Bromwich on Thursday 30th August from 11.00am - 3.00pm. For details contact:
**Geraldine Long – T: 01789 763090 E: Geraldine.long@shinecharity.org.uk**

## European spotlight for Shine

The International Federation of Spina Bifida and Hydrocephalus (IF) is holding a photographic exhibition in the European Parliament, Strasbourg to coincide with World Spina Bifida and Hydrocephalus Day.

Eleven of the photographs will feature **Shine** members photographed by **Shine** Marcoms Coordinator, Tom Scott. All of the photos are intended to portray a positive image of life with spina bifida and/or hydrocephalus. The exhibition will be on display from 22nd – 25th October 2012, and is a great opportunity for **Shine** to receive exposure on an international level.

## Let's celebrate achievement – your nominations are needed

The **Shine** Achievement Awards will be presented at the Annual General Meeting on 29th November. As well as the coveted Lifetime Contribution Award there will be a new Award, the John and Lucille van Geest Award, for 'Outstanding Service to the **Shine** Community.'

**The other Award categories are:**

- **Shine** Young Achiever (for a young person up to the age of 25)
- **Shine** Fundraiser of the year 2012
- **Shine** Young Fundraiser of the year 2012 (under 18)
- **Shine** Volunteer of the Year
- **Shine** Professional Award
- **Shine** Cymru Achievement Award
- **Shine** Northern Ireland Achievement Award

To find out how you can nominate someone for one of these Awards go to **www.shinecharity.org.uk/shineawards** or call Hannah Wysocki on T: 01733 421351

## Wear Yellow and SHINE for Shine Awareness Week 2012

As part of our preparations for **Shine** Awareness Week 2012, which includes World Spina Bifida and Hydrocephalus Day 2012, we are introducing Sammy **Shine**. Sammy will be urging everyone to Wear Yellow and Shine! and wants YOU to get involved!

Sammy will be sharing lots of unique advice about how you can get involved. He'll be asking you to help get your school, work place or community group to dress up in yellow for **Shine**. Look out for Sammy's updates on Facebook and on the **Shine** website.

It's easy to find something yellow to wear, and it's a very effective way of raising awareness and funds as part of the first ever **Shine** Spina bifida and Hydrocephalus Awareness Week.

A key date for you to focus on is Friday 26th October. This is the last day of the first term in most schools and it happens to fall during **Shine** Awareness Week. This means that it is an ideal time for you to ask a nursery, play-group, school, or college to let everyone come in wearing something yellow and asking them to make a small donation to do so. We want as many people as possible to Wear Yellow and **Shine**!

We can provide anyone having a 'Wear Yellow and **Shine**' event with posters and publicity materials to make the day a great success.

## Dates for your diary:

- **Spina bifida and Hydrocephalus Awareness Week 2012:** October 22nd – 28th 2012
- **World Spina Bifida and Hydrocephalus Day:** October 23rd 2012
- **Last day of term:** October 26th 2012

To find out more please contact
Hannah Wysocki on **T: 01733 421351**
**E: hannah.wysocki@shinecharity.org.uk**

# My day as an Olympic

*Dear Together,*

Our youngest son, Matt, is now 20. We were devastated when, newborn, he contracted meningitis. We prayed, and gradually he recovered.

At three months my wife noticed that Matt's head was swollen. He was diagnosed with hydrocephalus and once again we faced our worst fears.

At Newcastle General Hospital Matt was fitted with a shunt – we will always be grateful to the team there for what they did.

We knew nothing and were worried and scared. It was at this point we turned to ASBAH (now **Shine**) Adviser, Moira Foggo. She gave us invaluable support, advice and encouragement.

Matt developed normally but had several shunt problems. When he was four Matt's shunt failed on a family holiday in Spain. The whole week was a nightmare. Matt had a new shunt fitted in Spain, but complications developed.

Matt had two more shunt revisions in a short period of time. We tried to go abroad again, to Holland, when Matt was 8, but once again, his shunt failed. This time he had parted the tube in his abdomen, probably going down the water slide. We turned to Moira and **Shine** many times as Matt grew older and we have always felt part of the Shine family.

Matt's shunt settled in his teens and he became a very good sportsman, even playing two seasons at Middlesbrough F.C. Academy. He was the first Sports Captain when his school became a Sports Academy. His bedroom has enough trophies for us to charge an admission fee for viewings!

Academically Matt excelled at certain subjects and struggled with others. He had to work extra hard to achieve good GCSE and A Level results. He has a fantastic attitude and gets there in the end.

On leaving school Matt sustained sports injuries and realized football was probably not his future. He was, however, encouraged by his college to do voluntary coaching in the community.

We were proud he was doing something worthwhile, but had no idea how well he was doing. He volunteered at the 2010 Blind World Cup in Hereford and returned home 'buzzing'! Matt soon started receiving many prestigious awards for his coaching too.

Matt is now at Leeds Metropolitan University studying for a BSc in Sports Coaching and recently applied for a summer coaching job in Cyprus. With our holiday history this caused slight panic. Guess who we turned to for advice on Neuro Surgery in Cyprus, that's right – **Shine**!

Without us knowing, Matt's brother Daniel nominated him to be an Olympic Torch Bearer. On Sunday 17th May (Father's Day), Matt carried the Olympic Torch in Hartlepool.

We watched our precious youngest son carry the Olympic Flame thanks to his older brother; It doesn't get any better than that!

*From Russell and Jenny Carnelley*

# Torchbearer

### by Matthew Carnelley

We left home at 6am for the 45 mile journey to Hartlepool Rugby Club.

We were met with an enthusiastic welcome and bacon sandwiches! The Olympic staff and David, from the sponsor Samsung, gave me an equally warm welcome.

I met my fellow torchbearers; we had an instant bond, all of us dressed in our white Olympic uniforms. I was number 37, the last in our batch, and we boarded a shuttle bus to take us to meet the Torch Convoy.

We arrived to a police escort, the sponsor floats, and the dancing girls, ready to hand out freebies to the spectators. The first torchbearer got off the bus and met the previous torchbearer for the handover, in an exchange known as the 'kiss'.

Each torchbearer left the bus to a huge cheer from the remaining passengers, but someone realised that as the last man I would not get a cheer – so they decided to give me my cheer there and then!

> **Sunday 17th June - 'The best day of my life.'**

As I approached my moment of glory I could see the crowds waiting. The reception was amazing. I now know what it is like to be a celebrity. I waited ten minutes for the last torchbearer to catch up.

Everybody wanted a photograph with me and the Torch. The people of Hartlepool were amazing and made me feel so special.

The last torchbearer arrived and we completed the 'kiss'. I was now carrying the Olympic Flame. I wanted the next few minutes to last forever. I started my run, trying to look like I was going fast without actually going anywhere. I was greeted with cheers and waves. The feeling of pride inside me was immense.

I completed my run with my best 'Lightning Bolt' pose before completing the 'kiss' and handing over the flame to the next bearer. I got back on the bus with the other 36 members of my team.

Back at Hartlepool Rugby Club a makeshift awards ceremony was set up in the car park. One by one we went forward to receive our Olympic Torches, cheered on by our friends and family. The experience we'd all just had will stay with us for the rest of our lives.

Later we returned home to Darlington to greet the torchbearers and join in the celebrations where an estimated 15,000 people on North Road in Darlington cheered the Torch as it passed.

# Shining bright!

## Olympic Torchbearers 2012

### Ian Powell

Ian Powell has always lived an action packed life, the 26-year-old from Chester has never let spina bifida stop him living life to the full. During his life he has been given a fifty-fifty chance of dying and been on a life support machine in intensive care on two occasions.

But Ian still found the time to coach a junior wheelchair basketball team, work as a classroom assistant and has raised more than £1,500 for disability centre Dial House.

Ian was nominated to carry the Olympic torch by his mum who said, ‘His strength of character is admirable, uplifting and inspiring. He sets an example to us all in respect of getting on with it.’

Ian adds, ‘My Mum and Dad always encouraged me to do whatever I wanted, I’m pretty much the same as everyone – I just like living my life.’ Ian carried the Olympic torch through Saltney, near Chester, on Tuesday 29th May, he said: ‘It is a great honour to get picked and is a great privilege. It is massive and I am very grateful.’

### Simeon Wakely, *by Sue Wakely, Simeon’s mother*

Simeon was nominated to carry the Olympic Torch last year by his swimming instructor, Pamela Galloway. When they first met Simeon was fearful of the water and very timid. Pamela was inspired to begin swimming classes for disabled children living in Bath.

This was a real challenge for both student and teacher as Simeon sought to overcome the physical constraints of his disability and become a competent swimmer. Soon Pamela had enabled Simeon to become so confident that he was retrieving bricks from the bottom of the pool.

In addition to his swimming achievements Simeon has raised over £3000 for street children in Mozambique and The Philippines. This was entirely his own initiative and demonstrates his amazing character. On 22nd May Simeon carried the Olympic Torch in Bitton, near Bristol, passing the Avon Valley Steam Railway en route … the train even hooted as he passed! It was a great experience and one which Simeon completely deserved.’

### Chloe Osbourne

**At just 13 years old, Chloe was chosen to carry the Olympic Torch in Sutton-on-Sea on 27th June. The pupil from John Whitgift Academy was delighted to have been chosen after her tutor group Apollo 8 nominated her for the honour.**
**Chloe, who has spina bifida and hydrocephalus, loves to be active, ‘I am really into sport and I play a lot of table tennis. I go training twice a week at Old Clee Sports Hall and I love it.’**

**Chloe is ambitious and lives life to the full, ‘I don’t let my condition get me down because I was born this way and I am who I am. I want to compete in the 2016 Olympics so carrying the Torch is a really big privilege for me.’**

# **Louise Hunt:** Paralympian

### How long have you been playing wheelchair tennis, and how did you get into the sport?

I began playing tennis with my family at the age of 5 and have enjoyed it ever since. We moved to a house where our neighbours had a tennis court in their back garden, then a few years later four were built opposite my house, it was like I was destined to play! Then I went to the Stoke Mandeville junior games, and realised I could compete and pursue the sport further.

### What is your training schedule like in a typical week?

I train 6 days a week for anything between 3-5 hours a day. A combination of on court with my coach/hitting partner/ strength and condition coach, work in the gym, swimming and hand cycling. That's why I love tennis so much, the training and competition is always so diverse.

### What has been the greatest challenge you have had to overcome as a sportswoman, and who has supported you through this?

I have had many challenges in my life, both physical and emotional, but I think most people do at some point. I just see these events as character building and have helped shape who I am today. My family and friends are truly incredible people and I have them to thank for supporting me in all aspects of my sporting and personal life.

### Who are your sporting heroes and why?

I wouldn't say I have any particular sporting heroes. But many other athletes have motivated me, especially Paralympic and disabled athletes as they usually have an interesting and inspiring story to tell about how they have got to where they are now. My true inspirations are my Grandparents. They have faced many challenges in life yet been very successful in all they have done, they have always encouraged me to follow my heart and do the best at I can at everything I do.

### What are your hopes for the London 2012 Paralympics?

To play the best tennis I have ever played! If I do that, I will be very happy!

## **My homework:** to write about an Olympic athlete

**Shine** member, Abbey Rayer, pictured here with her siblings

### Why I chose to write about the Paralympics

I have friends who are in wheelchairs and my little sister has spina bifida as well, which is why I have chosen the Paralympics. Athletes like Tanni Grey-Thompson show it doesn't matter if you're different, you can still do the things you want to do if you try hard.

# Folic films set to fly

We are delighted to launch four new Go Folic! mini films to add to our growing bank of preconception information.

The films have been developed to support the new Go Folic! information leaflet, both of these projects have been kindly sponsored by Lanes Health, and will be made available to both healthcare professionals and the general public.

Featuring four different families, each film looks at the Go Folic! message from a slightly different angle.

The first film featuring Sam and her daughter Beth promotes the simple folic acid message (i.e. taking 400mcg prior to conception and for the first 12 weeks of pregnancy).

The second film with Eilish and her son Michael, focuses on the importance of timing (i.e. the need to start taking folic acid, ideally for 3 months, prior to conception).

The third film with the Stratton family and their son Harry, raises awareness of women at higher risk of having an NTD affected pregnancy. The final film featuring Haleema, Saj and their son Toheed emphasises the need for the message to be clearly communicated (Haleema also gives the Go Folic! message in Urdu).

A huge thank you to the all of the families involved that shared their personal stories to help support Go Folic!

The videos will be available on YouTube, through the **Shine** and Go Folic! websites, Facebook and Twitter, as well as via links from other pregnancy related websites.

Please help us to spread the word and take any opportunity you can to share these touching films with your friends on Facebook. And, don’t forget … the Go Folic! leaflets and postcards are available to both download and order in hard copy.

We would like to thank Lanes Health and Vitabiotics for their on-going support of the Go Folic! campaign.

Look out for news of our exciting new partnership with the Family Planning Association in the next issue!

Visit: **www.gofolic.co.uk**

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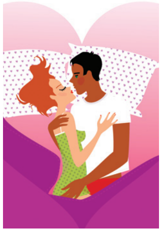

# Fit for the future

## by Shine Health Development Manager Gill Yaz

With the Olympics and Paralympics upon us, it's a great chance to take stock of our lifestyles. The sporty people amongst us are being inspired to take up new activities; for the less sporty (most of us, let's face it!), it's an opportunity to look at our general level of activity, what we eat, and how we keep our bodies fit to last … well, a lifetime.

Regular exercise can be great for our heart health, circulation, and for feeling better in ourselves. Outdoor exercise is a chance to get a bit (not too much though) sun on our skin, boosting our vitamin D levels, which is crucial for bone health, and helping prevent depression.

Exercise doesn't have to be a complex, expensive process; if you like the gym and it's easy to get to and use, great. If not, find something simple you can do most days – a daily round of the park or your neighbourhood, or an exercise DVD at home (there are some good 'seated 'ones for sale on line for people with mobility or balance problems) are better than a fortnightly gym session!

Scientists are showing that inactivity quickly changes the way the body handles food energy, and that avoiding inactivity is as important as getting traditional exercise. So try to move around for a few minutes every hour. For wheelchair users, exercising your legs, if you have any movement, can improve the circulation and help keep the muscles active, which in turn can help with weight management.

Weight control can often be a problem for people with spina bifida, and can start from childhood. Parents often overestimate the amount of calories children need to grow, and children with less muscle, and who are less active, will need fewer calories than active, mobile children.

They still need the same nutrients, like protein, vitamins etc, but 'empty' calories in sugar need to be avoided. We don't need sugar, and some scientists are sure it is as bad as fat for our long-term health. Sugar in sweets, cakes and pop is obvious, but fruit juices can have almost as much sugar as cola. Parents can really help their children by providing a diet full of goodness, that leaves out sugar & fatty foods like sausage rolls where possible.

Never use food as a treat, have trips to the park, or an extra story together instead. Overweight children with poor eating habits tend to be overweight adults with health problems later in life; for people with spina bifida this increases their risk of pressure sores, can reduce mobility and independence in transferring, and can make bladder and bowel management much more challenging. Involve the whole family in healthier eating, rather than singling out one child for a 'diet'.

Adults with lumbar spina bifida may need as few as half the recommended daily calories as someone of the same build and level of activity without spina bifida. Getting more exercise might help, but you are unlikely to be able to do enough every day to burn off the extra, which may be as much as 1000 calories. This equates to an extra 3 hours EVERY DAY in the gym! It is often easier to not eat it in the first place!

Sometimes people with hydrocephalus have difficulty with memory, and underestimate how much they eat, because they forget. Taking a photo on your phone of everything you eat in a day or a week can help you recognise what's going on, maybe ask someone to remind you to do this if you're likely to forget.

So, have a great Summer, and a fab Olympics, I'm off to the gym!

# Hello everyone

Since the last edition of *Together*, I was hoping we'd have taken in the freshness of Spring and then find ourselves bathing in glorious Summer sunshine. Wrong! It appears the only thing we've taken on board is a lot of rain! The only thing evident in the word Sunshine is Shine!

However, regardless of the weather, spirits are high and radiant at **Shine** Head Office. Needless to say, we've been as busy as always with numerous projects underway, as well as plans for future events in the pipeline.

Once again, there's plenty of gossip to get through with a real buzz of activities within the **Shine** community.

I've been busy creating links for **Shine** in a number of areas ranging from pubs through to schools and universities. With the initial contact and partnerships made, things are looking pretty good!

College • University
Guide
getting the most out of your experience

Shine

shinecharity.org.uk

## SUSS

Talking of schools and universities, the Shine Universities Student Support (SUSS) is well under way and with a number of members already signed up to the free SUSS Membership, as well as the Facebook page gathering new members all the time. I'm optimistic that we'll have a great foundation for student support which will not only support students currently in Higher Education, but also those wanting to progress further in their studies. So, if you're thinking about taking that next step in education, if you're already in Higher Education, or if you've been there and done that, come and SUSS it out!

## Shine Members Event 2013

One of the other major projects I've been getting my teeth into is the planning and development of a Shine Members event planned for early summer 2013. It's certainly a very exciting project for me to be involved in, and I'm keen to make it a success so that all you adult members out there will have a thoroughly enjoyable day. Watch this space for updates!

## Boccia and Picnics!

Regarding events, I've had the pleasure of getting along to the **Shine** Boccia Event in North Somerset, and also the **Shine** Picnic in West London.

The Boccia event was planned to encourage members to come along to the recently formed North Somerset **Shine** Support Group. Support and Development Worker for the region, Angie Coster, and I were delighted with the numbers that attended.

Around 9 members (along with their family, friends and carers) turned up to a very successful event. Service users of all ages and ability took part in the Boccia and fun was had by all. Thanks to Alliance Homes, who helped to support the event, we were all provided with some much welcome refreshments. It really was a great event, and I hope it will be the first of many gatherings in the area.

## Make it 5

During May and June, it was challenge time within **Shine!** Staff formed teams and took part in the Make it 5 challenge: The challenge being to turn £100 into £500.

I was part of the super-dynamic and unbelievably good looking (well most of us – Sorry Daz!) Action 5 team comprising Jackie Bland, Darren Fower, Tony Nero and Tom Scott. We had a number of methods for reaching our target ranging from Ebay auctions, a '**Shine** on Saturday' event in Peterborough, and also a raffle for which had some top notch prizes. All in all, we managed to raise just over £1000 which exceeded our target considerably, so well done to the Action 5 crew! That however wasn't to be the highest amount raised due to a fabulous effort from the team in Wales, who successfully raised around £1700.

The overall amount raised by all Make it 5 teams was £5200 – a truly great effort by everyone.


A bit of Boccia!

I then headed off to the **Shine** Picnic in Perivale, London. Although the weather once again threatened to spoil the occasion, we were blessed with some glorious sunshine. Numbers were slightly disappointing for the event, however, those that were there had a chilled out and pleasant time, with Benny Bear making a guest appearance much to the delight of the youngsters … and the adults too!

## London 2012

Some of you will be gearing up for the Olympics and Paralympics which is promising to be very exciting. From what seemed an eternity away, we are just a matter of days away from one of the biggest events the country has ever held. Admittedly I won't be part of the main event itself, but I've had the honour of being part of the Olympic Relay which was a once in a lifetime experience.

My stint in Stevenage Old Town was between Drapers Way and Letchmore Road and to have so much support around me was a fabulous feeling.

The Torch will be mine to keep and it'll forever be a reminder of a momentous occasion. But it will have made a number of school visits before I get to rest it on my mantelpiece. There is still the temptation to relight it and keep it alight. It might even save me a few pennies with my heating bill given the weather we've been having!

## Great Eastern Run

Over the coming months, you'll be seeing Media Development Officer, Darren "The Power" Fower and I start our training regime as we get set for the Great Eastern Fun Run this October. Having never taken part in something like this, I'll be a complete novice at this, compared my experienced running companion!

No doubt there'll be blood, sweat (and tears when nobody's about!) with the training we'll be doing. But don't worry; I'll be on hand to dry Dazpot's eyes!!!

I didn't think I'd get to the end of all the gossip but I've somehow managed to squeeze all the events of the last few months into a couple of pages.
Now that was a challenge! I hope you all have an enjoyable summer and that we all do experience some more sunshine along the way!

**Until next time, good-bye!**

# Amazing fundraisers Shine!

## Charlie Miller

For some people one challenge isn't enough and they decide to take on a whole host of challenges over a year or even longer. One of those incredible people is Charlie Miller who is fundraising in memory of her son George, who was born sleeping in April 2007. Along with family and friends, who have generously donated their time, effort and money to support her, she has already taken on skydiving and walked the Yorkshire 3 Peaks. With more to come over the rest of the year we are very proud of Charlie's efforts – **Shine!**

## Dancing around the Maypole!

The owners of the Maypole pub, Cambridge invited customers old and new to help toast its 30th birthday last February, whilst at the same time raising valuable funds for **Shine**.

The event celebrated 30 years since husband-and-wife team Mario and Christine Castiglione took over the Portugal Place pub.

To mark the occasion the Maypole is hosted a Beer Festival featuring over 40 real ales. Everybody very generously got involved and raised a tremendous £1750.

## 100 Club

After a successful start in Wales we are now rolling out the 100 Club in England and Northern Ireland too. By donating £4 a month via standing order you will be entered into a draw for one of four cash prizes.

Each month half of the money comes to **Shine** whilst the other half is shared between the prize winners. At less than £1 per week, and with much better odds than doing the lottery, why not join in and help **Shine** to raise money at the same time.

Places are limited to 100 club members, so don't miss out, contact the **Shine** Fundraising Team today! **fundraising@shinecharity.org.uk**

## Team Shine Triathlon

Three members of **Shine** staff are taking on a different challenge this year. To show that they are not adverse to getting involved with fundraising themselves, they are going to be joining over 20 other Shine supporters and 11,000 other competitors in the London Triathlon in an attempt to raise £1,500 for **Shine.**

Andrew, Kathy & Robin will be swimming, cycling and running through London on the 23rd September – Go Team Shine!

## AMPS

Shine is grateful to the Association of Manufacturers of Power Generating System (AMPS) for their support this year. AMPS have raised over £2500 since April from various events and hope to do even more for us.

If you or anyone you know works for a company that supports charities, please get in touch so that we can ask them to fundraise for **Shine.**

## Run the Cardiff Half Marathon for Shine

Featuring a predominantly flat course which is perfect for people taking on their first half marathon, or anyone looking for a PB, this is one of the biggest running events in the UK.

There will be **Shine** supporters there to cheer you on and to meet you at the finish as you join 15000 other runners in this great event. We would love you to be part of a large **Shine** team running through the streets of Cardiff this October.

To register, simply go online to **www.cardiffhalfmarathon.co.uk** and book your place. When you have confirmed your entry, or if you have done so already, then let us know and we will send you a running pack including your **FREE Shine** running vest.

## Tom's Trek – May Day Bank Holiday

8-year-old Tom completed an amazing 30-mile trek in his home county of Cornwall, raising a brilliant total of £1,140.10. Tom wanted to raise money to help people with hydrocephalus, like his twin sister, so his Mum and Dad set him the challenge of walking the coastal path from Newquay to Wadebridge (accompanied by Dad – of course!).

Thank you Tom for such hard work, you should be very proud!

## The Sargent Family

Jason, Lee and Rachel Sargent have had an epic summer of fundraising for **Shine.** After losing their sister Nicola, who had spina bifida and hydrocephalus, in 1974 at 4 months old, Jason and Lee wanted to combine fundraising in her memory with celebrating India, Lee and Rachel's beautiful little girl who has also been born with both disabilities.

Lee, Jason and their friend Tim raised a whopping £1,820 by bravely participating in the Brighton Naked Bike Ride, wearing nothing but big yellow **Shine** balls painted on their chests!

Not to be outdone by her husband and brother-in-law, Rachel is also training hard for her place in the Great North Run in September. With the family already having raised over £2,000 for **Shine,** Rachel is well on the way to smashing her £500 sponsorship target. Good Luck with the race Rachel!

## Shine Charity Auction

Huge thanks to the Smith Family from Accrington, who have raised £2,926 with their Charity Auction at Accrington Stanley Football Club.

Since 2009 Shaun and Dawn Smith and their children have raised over £10,000 for **Shine**, this is an incredible amount and we are really grateful for the amazing effort the whole family put into fundraising for **Shine**. Thank you!

# “Life is now so much easier”

**Specifically designed, upper leg urine bags give back independence and dignity.**

When Nick Packham was 29 he suffered a spinal injury following a car accident, which left him unable to walk and needing a wheelchair.

Today, the former fireman is happy, living an active, outgoing life with his wife Julie in Pluckley near Ashford, Kent.

Initially things were a real struggle: “The biggest challenges have been mobility and security, knowing that my bladder or bowel could fail at any point,” Nick says.

Nick was using regular leg bags at first, but he needed constant care to be able to monitor and empty the bag on his lower leg. Nick couldn’t lean forward so he couldn’t see it filling, nor empty it. This posed a health risk, but also – and this is part that bothered Nick the most – he was always in need for someone to be around him to help.

“You don’t really ever get comfortable with the need for support with bladder and bowel care, but it becomes easier to deal with.”

The smile is back on Nick’s face after finding the right product for him. Seen here at home with his wife Julie and their dog, George.

> **“It’s a fantastic bag! Worn on the upper leg and with a long tube, it allows me to empty it down the toilet by myself.**

Nick was also dependent on the constant help from his wife. Therefore it was a big relief – not only for Nick, but also for Julie – when he discovered a new bag solution specifically designed for wheelchair users.

The Simpla Plus Syphon bag completely changed his situation: “It’s a fantastic bag! Worn on the upper leg and with a long tube, it allows me to empty it down the toilet by myself. I have a stable bladder routine and I have my independence back. It’s made life a lot easier and it offers me back some control.

Nick says and looks at his wife: “It makes it easier for us when we want to be out and about, when we’re out for dinner we don’t have to ask for help to go to the toilet, I can just go and not interrupt our evening. When we’re out with friends, it is now much easier – it used to be very awkward with a regular leg bag. This way I don’t have to ask Julie to help if we are across the room from each other. The Syphon bag breaks the barriers for me,” Nick says and adds: “And then it’s also great when I want to wear shorts too.”

## The Simpla Plus Syphon bag

Simpla® Profile

The Simpla Plus Syphon bag has been designed specifically for wheelchair users with limited dexterity or balance, providing greater independence and freedom to establish a stable bladder routine.

**Some of the unique features include:**

- A unique syphon ‘self-emptying’ system – allowing greater independence
- Anti-kink tubing and non-return valve – promoting continuous free-flow and preventing back-flow
- 750ml capacity – providing greater flexibility between emptying
- No bending down or lifting the leg to empty – reducing the likelihood of spillages

**Would you like a free sample?**
If you would like more information, a free sample, or to place an order, call Charter Healthcare on 0800 132 787 or visit www.coloplast.co.uk

**Left to Right - top row: Barbara Middleton, Val Conway, Tony Middleton, Ruth Pritchard, Sally King-Sheard
In front: Di Sailsbury**

## Congratulations

The North Wales Friends of **Shine** Cymru (formerly North Wales ASBAH) have won a 'Highly Commended' Award in the Volunteer of the Year Awards for Wales. The group was praised for its dedication in promoting awareness of spina bifida and hydrocephalus. At the same event **Shine** Cymru member Diane Salisbury received a certificate for 15 years volunteering with Carers UK in Llandudno, North Wales Friends of **Shine** Cymru aims to be a support network for people affected by spina bifida and hydrocephalus while continuing to fundraise to support the work of **Shine**.

More information from: **Sally King-Sheard**
**T: 01745 889457** or
**E: sally.king-sheard@shinecharity.org.uk**

## Benny Bear impresses Childcare Students

Pembrokeshire College students took a real shine to Benny Bear when they took part in a Community Project as part of their Welsh Baccalaureate qualification.

**Shine** Cymru's Mel Hayes helped the trainee childcare professionals to develop their knowledge of spina bifida and hydrocephalus and learn more about the work of **Shine**.

The session also helped some of the young women personally, as few had heard about folic acid and its role in preventing spina bifida, and yet at least two had incidences of spina bifida in their families.

The students also helped Benny Bear make party bags for young members to be given away next **Shine** Cymru Family Fun Day at Folly Farm.

## University RAGS

We owe a huge thank you to Bangor, Swansea and Cardiff University students who have raised valuable funds for **Shine** Cymru this year.

If anyone knows of any colleges or universities in Wales who might be willing to support **Shine** Cymru, then please let us know!

For any fundraising ideas please contact
**Andrew Ellis** on **T: 01733 421307**
**E: andrew.ellis@shinecharity.org.uk**

## Susie Sunshine Walk

The annual Susie Sunshine Walk has taken place in memory of Val Conway's daughter Susie. Despite the worst weather in the walk's 10 year history many Llandudno people turned out to celebrate Susie's memory.

The walk went off without a hitch and children and grown-ups turned out in customary fancy dress to celebrate the occasion. Olympic Torchbearer Ian Turner, a long-time supporter of the walk, brought along his torch, provided music and commentary and also helped with fundraising.

Commenting afterwards, and thanking all involved, Val said: 'It isn't just about the money raised, but also being out in the community, raising awareness about the good work that **Shine** does.' Val is now looking forward to celebrating everyone's achievements by holding the annual Susie Sunshine Awards Evening. Contact Sally King-Sheard for further information about the awards on **T: 01745 889457** or **E: sally.king-sheard@shinecharity.org.uk**

## North Wales Socials

A **Shine** Cymru lunch in Rhuddlan was attended by 12 members who enjoyed getting to know each other better and getting more involved in the work of **Shine** – as a result of the event three members have signed up as **Shine** Cymru volunteers. This event was one of a series of social lunches in North Wales being co-ordinated by **Shine** Cymru's Bryn Roberts and Sally King-Sheard

## Family Fun Get-togethers

Since the last edition of *Together*, some of our younger members and their families have recently enjoyed fun and games at two superb tourist attractions in South and West Wales. The families really enjoyed meeting together and seeing the children enjoy themselves.

Thanks to St Fagan's in Cardiff, and Folly Farm, near Tenby. **Shine** Cymru hopes to make family fun get together an annual event, so watch this space for further information.

# Reform of Incapacity for work benefits

**Q: What is incapacity reform?**
**A:** A number of incapacity for work benefits are being abolished, restricted or replaced. If you are currently claiming one of the benefits listed below, you will soon be reassessed under the rules for another benefit called Employment & Support Allowance (ESA).

**The benefits being replaced are:**

- Incapacity Benefit,
- Severe Disablement Allowance,
- Income Support (paid on the grounds of incapacity)

**Q: When will this happen?**
**A:** This is happening between October 2010 and April 2014. This reassessment process will normally be triggered by your current incapacity benefit renewal date. The benefits office handling your claim will contact you about this in advance, in writing, and by phone.

**Q: Will I be exempt?**
**A:** You will be exempt from these reforms if: You already claim ESA, or you reach state pension age before the 6th April 2014. However, the state pension age rules have recently changed, so you should double-check to see when you qualify.

**Q: What happens if I pass the new test?**
**A:** Those who pass the test will be migrated onto ESA and will be placed into one of two groups: the Work-Related Activity Group (where you will have to undertake some preparation for work), or the Support Group (where you won't have to prepare for work).

**Q: What happens if I fail the new test?**
**A:** If you fail the test, you will have a few options: You can appeal this decision (but there are strict deadlines); You may be able to claim Income Support on other grounds, for example, as a carer instead of a claim based on incapacity for work; You may consider claiming Jobseeker's Allowance, You may be able to claim Pension Credit, or You will have to move off of benefit altogether.

**Q: What are my chances of passing the new test?**
**A:** Although the figures for new ESA claims are not as positive, in the most recent report published by the government in March 2012, they found that of those being reassessed from incapacity benefits into ESA 63% passed and 37% had failed. This means that the odds are with you!

> **Those being reassessed from incapacity benefits into ESA 63% passed and 37% had failed.**

**Q: What do I do for now?**
**A:** For further reading, you can get a wealth of official information by going to www.direct.gov.uk, and searching for relevant keywords (i.e. 'calculating pension age'); the search pane is on the top right-hand side of the webpage.

Importantly, we know from experience that claimants will often have a much greater chance of success if they seek advice and support. We therefore advise all of those who may be affected to seek help from your local Support & Development Worker and/or from your local advice agency.

Finally, you will also greatly benefit from attending one of our Welfare Reform workshops which we are running across Wales and in some other parts of the country over the coming year. At these workshops, we will be able to offer you some more detail on this and other subjects as well as hopefully answer some of your important questions in person. See you there!

**Eri Mountbatten,**
Welfare Rights Adviser, **Shine** Cymru.

## Northern Ireland

On the 3rd June the Olympic Torch visited Cushendall, the hometown of our NI Director Cathy McKillop. The Torch was carried by Daniel Black, Daniel has spina bifida and hydrocephalus and lives in Ballycastle. This is what Daniel had to say about the experience - ‘I will always remember it for the rest of my life. It has been a crazy month or two after it with all the press events and going to different schools to show the torch. It was such a great experience that it is hard to put into words. I got to keep my torch so I can show it to people. Being a part of the Olympic Torch route gave me a chance to highlight my achievements in life.’

The **Shine** team were delighted that Daniel was chosen to carry the Torch. Daniel brought his Torch to a recent event Olympic themed sports night in Coleraine and lots of our members got the opportunity to hold it.

Lydia Bell enjoyed carrying the Torch through Bellarena and is pictured here leading the torch through the village.

# Siobhan Corr – A tribute to my father

It is with deep regret that I have to tell *Together* readers that my father, James C Rippey MBE, passed away in April after a short illness.

Following my birth in 1968, my Dad joined the Belfast Branch of ASBAH (now **Shine**) and founded the local branch in Mid Ulster.

Dad became the first Chairman of the N.I. Association in 1970 and was also Hon. Secretary until 2005. Dad always found time and energy for the many activities of the Association whose achievements include the provision of a children's clinic, an adult clinic, and regular liaison with field workers appointed by National ASBAH (**Shine**) to improve resources in Northern Ireland.

A friend of my Dad's said after his death, 'It is quite impossible to adequately recognise the full extent of your Dad's contribution – all those meetings attended, minutes written, letters written, and telephone calls handled. Those activities often go unrecognised, but they will have consumed hours and hours of your Dad's life. He did all that because he understood the value of service, the value of giving and, as a result, the lives of many people were enriched and enhanced – Jimmy made the world a better place.'

My Dad received an MBE for services to charity in June 2003.

He will be sadly missed by his friends in NIASBAH and particularly by his family, his wife of 58 years, 3 children, 4 grandchildren and 1 great-grandchild.

## Shine's Lifelong Opportunities Programme
## Understanding and Managing Challenging Behaviour (Associated with Hydrocephalus)

**Shine**
Spina bifida • Hydrocephalus
Information • Networking • Equality

Registered charity no.249338

*Closing date for applications 3rd September 2012*

**To include: - seminars, workshops and opportunities for networking.**

There will be a charge of £10.00 per parent/carer to include refreshments and a buffet lunch.

Please note there is no provision for persons under 18 years to attend this event and there is no parking available on site.

**Thursday 4th October 2012** 10:00am - 4:00pm

**Shine National Office, 42 Park Road Peterborough PE1 2UQ**

**An Information day for parent(s)/carer(s) of children aged 11-18 years with hydrocephalus presenting with challenging behaviours.**

**Benefits of attending:**

- Better understanding of some of the behaviours associated with hydrocephalus.
- Acquire strategies to help manage challenging behaviours in the family setting.
- Share experiences, exchange ideas and feel empowered.
- Increased confidence to challenge others' perspective on challenging behaviours associated with hydrocephalus.

*Places are limited so please register your interest as soon as possible.*

For an application form contact: Maureen Jobson,
Shine, 42 Park Road, Peterborough, PE1 2UQ
Telephone: 01733 555988 email: info@shinecharity.org.uk

## Shine's Lifelong Opportunities Programme

# Family Fun Day - Cornwall

Shine working in partnership with Cerebra.

Shine
Spina bifida • Hydrocephalus
Information • Networking • Equality
Registered charity no.249338

Cerebra
Positively Different

*Closing date for applications 1st September 2012*

**Activities include:**

**Indoor swimming pool, soft play area, skittles, table tennis, zip wire, adventure playground, climbing wall, crazy golf & more.**

For more information please telephone
Lynne Young 01726 861062
lynne.young@shinecharity.org.uk

## Sunday 7th October 2012

**Sands Resort Hotel, Porth, Newquay TR7 3LX.**

**10:30am – 4:30pm**

**For families who have a child aged 16 and under who has spina bifida/and or hydrocephalus.**

**Benefits of attending:**

- A fun event with activities for children with disabilities, parents/carers and siblings.
- An informal opportunity to meet other families, develop friendships and learn practical coping strategies.
- Access to **Shine** and Cerebra support workers and the opportunity to meet Benny Bear.

There will be a charge of £10 per family for this event to include lunch and drinks. Places are limited so please register your interest as soon as possible.

For an application form contact: Maureen Jobson,
Shine, 42 Park Road, Peterborough, PE1 2UQ
Telephone: 01733 555988 email: info@shinecharity.org.uk

## Shine's Lifelong Opportunities Programme

# Shine's Bladder & Bowel day

Shine
Spina bifida • Hydrocephalus
Information • Networking • Equality
Registered charity no.249338

## Thursday 20th September 2012

**Eastpoint Conference Centre, Burlesdon Rd**
**Southampton SO19 8BR**

**A Lifelong Opportunities Event for parents and carers of children (under 18) with spina bifida**

An information day on modern bladder & bowel management.

**Special Guest Speaker -**
Mr Patrick Malone, Consultant Urologist at Southampton General Hospital.

**Benefits of attending:**

- To meet other parents, share stories, and find out what's new

10:30am - 4:00pm

Application form from: Denise Taylor, 209 Crescent Rd
Barnet EN4 8SB 0208 449 0475
denise.taylor@shinecharity.org.uk

*Closing date for applications 10th Sept 2012*

**Sessions to include:**

- **A Parent's Journey**
- **Irrigation Systems**

Cost £10 per person for parents, £35 for professionals, including lunch and refreshments

There will be no provision for children to attend this event.

# SAMC Meeting April 2012

The SAMC met for their second meeting of 2012 at **Shine** Head Office on Saturday 21St April. Welcoming **Shine** CEO, Jackie Bland, Health Development Officer, Robin Barnatt, Policy Adviser, Laura Reed, Development Manager HQ Services & Eastern Region, David Isom, and Membership Development Officer, Gobi Ranganathan.

## Developments

Lisa Cain attended the Red Hill Children's Hydrocephalus Day in April, Lisa also attend the Eastbourne - Early Support for Professionals and Families Hydrocephalus in May. Mike Bergin attended the first get together of members from Grimsby and surrounding areas in Grimsby in May, also in attendance were **Shine**'s Principal Health Adviser Rosemary Batchelor, and Support Development Worker, Geraldine Whittle. I would like to encourage members to try and attend events like this if you can, they are designed for you to enjoy and meet other members.

## Health Survey

Robin Barnatt discussed the results of the health survey and the findings of this research. Jackie Bland said **Shine** needed to highlight issues specific to SB/H and that there are areas of health of people with SB/H which need further investigation. There were several contributions from the SAMC on this and it was agreed that **Shine** now needs now to put a case together to present to a Minster regarding the shortcomings of care. Many thanks to everyone who took part in the survey, your voice really has been heard.

## Shine Action Group

The **Shine** Action Group will meet for the second time on Friday 17th August, the group which is lead by Membership Development Officer, Gobi Ranganathan, includes SAMC members; Liz Potts, Mike Bergin, Lisa Cain, Lisa Law, Blossom Coreira, and Stuart Bowman

## Get in Touch

Again, I would like to encourage all our members to get in touch if you think that the SAMC can be of any help to you. We are here for you the members, please just email me via the contact below. Until the next time kind regards to everyone.

**Michael Bergin**
**Communications Officer, SAMC.**
**E: mike.bergin@shinecharity.org.uk**

## August

**Wednesday 2nd: 1-3pm**
York Drop in - for Adults and Parents.
**Contact:** Denise/Sylvie 0113 255 6767

**Friday 3rd 10am–12pm (West Yorkshire)**
North West Yorkshire Drop In Session
**Contact:** Bernie Baldwin 07703 18248

**Sunday 12th (London)**
London Social Group It's our summer holiday a day in Brighton. **Contact:** Hilary Franklin 0208 441 9967

**Tuesday 14th 11am–3pm (Birmingham)**
Family Day Nature Centre Birmingham
**Contact:** Geraldine Long 01789 763090

**Tuesday 14th 1.30–3.30 (Liverpool)**
Your Benefits are Changing for 16 -64 year olds on Benefits Contact: Angela Lansley 0151 733 8392

**Wednesday 15th 1.30–3.30 (Llandudno)**
Your Benefits are Changing for 16 -64 year olds on Benefits. **Contact:** Byrn Roberts 01248 724 944

**Wednesday 22nd 11am–3pm (Somerset)**
In Full Working Order for adults with spina bifida Taunton. **Contact:** Angie Coster 01308 426372

**Thursday 30th 11am–3pm**
Family Day Sandwell Valley Park
**Contact:** Geraldine Long 01789 763090

**Thursdays 1-3pm (Wirral)**
Chairobics every Thursday. St Stephen Church Hall Wirral. **Contact:** Elizabeth Miers 01490 450360

## September

**2nd Wednesday 1 – 3 pm (York)**
Drop in - for Adults and Parents.
**Contact:** Denise/Sylvie 0113 255 6767

**Monday 10th 1-3 pm (Dunstable)**
Dunstable Support Group. **Contact:** John Richards 01908 610611

**Saturday 29th (Birmingham)**
Legal event for parents. Joint working with CAF,Mencap and Scope. **Contact:** Geraldine Long 01789 763090

**Thursday 20th 10.30am – 4pm (Southampton)**
Bladder & Bowel Day Southampton
**Contact:** Denise Taylor 0208 441 9967

**Thursdays 1 - 3pm (Wirral)**
Chairobics every St Stephen Church Hall Wirral. **Contact:** Elizabeth Miers 01490 450360

**Friday 7th 10 am – 12pm (West Yorkshire)**
North West Yorkshire Drop In Session
**Contact:** Bernie Baldwin 07703 182480

# Advance
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Touch Free Intermittent Catheters

# When you need a little more time to catheterise

## Hollister gel catheters stay well lubricated

Sometimes you need a little more time to do your catheterisation. Hollister Intermittent Catheters feature a patented user-regulated gel reservoir that controls the flow of gel coating the catheter. This allows the catheter to stay well lubricated ensuring maximum comfort for the user. **Maybe it's time to try the gel alternative.**

The **Advance** and **Advance Plus** catheter provides the following benefits:

- Ultra-smooth catheter eyelets, together with a patented user-regulated gel reservoir, help ensure **trouble-free insertion** and **withdrawal** for enhanced user convenience and comfort.
- The Advance Plus catheter includes an integral collection bag for secure urine collection - anytime, anywhere.

To request a sample of the Advance or Advance Plus Intermittent Catheter call **0800 521 377** or visit our website: **cathetersample.co.uk**

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