



## Web Newsletter

To: «First» «Last»,

Issue No 2/09

### LEARNING MORE ABOUT SPINA BIFIDA AND HYDROCEPHALUS—Study days announced

In this issue of the Newsletter we wish to advise you of a number of important study days which are being organised by UK ASBAH. One or other of these will be of interest to NIASBAH members. So why not make an effort to come along and perhaps bring a friend who is also interested and make an outing of it. The events look like a brilliant opportunity to meet other families and/or other adults and also meet the team of professional ASBAH advisers.

Topics to be covered include

- Mobility
- Self Esteem
- Contenance Management
- Disability Awareness

#### FOR CHILDREN AGED 10-14 AND THEIR PARENTS

19 March from 5.30 pm to 9 pm in the Comfort Hotel, Antrim

#### FOR YOUNG PEOPLE AGED 15-17 AND THEIR PARENTS

19 March from 6 pm to 9.30 pm in the Comfort Hotel, Antrim

#### FOR ADULTS AGED 18 AND OVER

20 March from 5.30 pm to 9 pm in the Station Road Resource Centre, Armagh

For all events there is free admission and buffet but places must be pre-booked.

YOU CAN FIND FULL DETAILS OF ALL THE STUDY DAYS BY GOING TO THE NEWS SECTION OF THE NIASBAH WEBSITE AND CLICKING ON THE LINKS.

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#### EVERY PHONE YOU SEND WILL RAISE UP TO £10 FOR ASBAH

An easy way to help ASBAH raise money and so help people with Spina Bifida and Hydrocephalus is to recycle your mobile phone and your inkjet cartridges. If you are sending a phone do remember to remove any SIM cards. Original manufacturer-but not compatible-Inkjet cartridges from Hewlett Packard, Canon, Lexmark and Dell are welcomed.

Phones and inkjet cartridges can be sent to:

ASBAH Appeal,  
FREEPOST ANG20589

PO Box 137  
NR9 5BR

A supply of special envelopes for returning mobile phone and inkjet cartridges can be obtained by ringing Ian at 01733 421328

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Issued on 19 March 2009 <http://spinabifida-ni.org>

**The Northern Ireland Association for Spina Bifida and Hydrocephalus**