



Web Newsletter

To: «First» «Last»,

Issue No 4/09

REMINDER-REMINDER-REMINDER

**** Join the Wheelchair Training Group ** Spina Bifida & Hydrocephalus**

Any young wheelchair users interested in joining would be more than welcome.

The group at presents consists of children; wheelchair users who have Spina Bifida or Spina Bifida and Hydrocephalus; aged between 4 years and 14 years. The group is facilitated by one or two Occupational Therapists who have specific accreditation in Wheelchair training. The aim is to increase independent mobilisation through understanding the movement of the chair and being aware of safe methods and technique; to maximise individual potential giving a feeling of accomplishment and achievement.

The group is fun based with skills being taught and encourage through the course of fast moving games. Each child is accompanied by a parent/guardian or relative with a few bringing their siblings. The group can be viewed by the person escorting alternatively there is a separate room where with facilities for tea. The children use this room for a break and to rehydrate.

There is a cost levied to attend the group as we require covering the cost of having Professional trainers. ASBAH Northern Ireland Branch is very supportive in assisting financially. This is done by monies raised through donations and voluntary fundraising. ASBAH as you may know have no statutory budget and rely solely on donated contributions.

Should your son or daughter wish to build on their present wheelchair skills and more information is required on the bronze, silver and gold stages please do not hesitate to make contact.

The group presently meet in Fleming Fulton School, Upper Malone Road, Belfast, every two/three months. The meeting time is generally 12.30pm - 2.00pm. Next

**WHEELIE GROUP meet
Saturday March 7th 2009
12.30 – 1.30 / 2.pm
at
Fleming Fulton School
Upper Malone Road
Belfast BT9 6TY**

Should you wish to attend the meeting on 07/03/2009 or if you have any questions please contact: - irenek@asbah.org

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

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
