

# Torque

magazine

ISSUE 2 2008

 northcott  
spina bifida group

Accessible sports

# Feature

Spina bifida and pregnancy



Accessible travel

Win a  
**Holiday!**

**2008**  
Spina Bifida  
Awareness Week

The Magazine of The Northcott Spina Bifida Group

# The ParaGolfer



The ParaGolfer is an all-terrain, special mobility device that enables people who use a wheelchair to be lifted from a sitting position to a standing position in order to play golf.

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North Parramatta NSW 2151

## WORD FROM THE EDITOR

WELCOME to our Summer 2008 edition of *Torque* Magazine, where we're pleased to introduce Northcott's new CEO, Kerry Stubbs and also our 2008 Spina Bifida Awareness Week Ambassadors, Emilie and Linda, who did a fantastic job promoting spina bifida awareness throughout September.



We are also really keen to hear from people who may be interested in being part of a support group, whether as a parent or person with spina bifida. One parent approached us to start a parent group in 2009, so please contact Kayleen if you want to participate.

I hope everyone has a fantastic Christmas and New Year break. May 2009 bring you and your family good health and happiness!

Enjoy!

Anita Fisher



Cover photo: 2008 Spina Bifida Awareness Week Ambassadors Linda Thomson (left) and Emilie Lacoba (right) with Spinasaurus and children from Northcott's Camden Play Links group.

### Meet our 2008 Spina Bifida Awareness Week Ambassadors – page 8

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(Established in 1929 as The NSW Society  
for Crippled Children)

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## CONGRATULATIONS CARLIE!

*CARLIE is the winner of last editions' Win a Holiday competition after submitting the below story about her life experiences to Torque magazine.*

My name is Carlie Anne O'Reilly and I have endeavoured to put into words some of my life experiences as a young woman living with spina bifida and hydrocephalus.

I was born at Westmead Hospital on 29 December 1981 and the first indication that I had a problem was through anti natal screening procedures. An Amniocentesis was performed which diagnosed me with spina bifida.

Although living with a disability has been hard, I feel I have achieved a lot and live a very independent life.

Throughout my life I have been stuck in a bread bin, been a girl guide, broken three national records in swimming, endured 29 admissions

to hospital, completed my schooling to year 12, been granted a Starlight Wish to go to Fiji, completed a computer course, a Diploma in Youth Work and Diploma in Welfare, worked in several casual and part-time positions, got married to my wonderful husband Daniel and am now pregnant and eagerly awaiting the birth of our first child.

*To read more in-depth information about Carlie and her pregnancy go to page 12.*



## NEED A HOLIDAY...

THE Northcott Spina Bifida Group owns a fully accessible holiday cabin at Budgewoi, on the Central Coast, located on the foreshores of Lake Munmorah.

The cabin has been specifically designed and constructed for use by people with physical disabilities. The cabin can sleep five people, has modern amenities, laundry facilities and a barbecue. A Northcott Freewheeler is also available for use.

**For bookings, call The Northcott Spina Bifida Group on (02) 9890 0990, fax (02) 9683 2827 or email [sbgroup@northcott.com.au](mailto:sbgroup@northcott.com.au)**



## WIN A HOLIDAY!

YOU too could win a holiday to the Central Coast. As always, we are keen to receive your feedback about *Torque*. We encourage you to comment on the articles and stories that appear

in the current edition, or to provide a story on your life experiences. The person who submits the best letter to the editor will have a chance to win a weekend away at our Budgewoi cabin!

## NORTHCOTT TURNS 80!

2009 is Northcott's 80th anniversary! Northcott Disability Services was established as The NSW Society for Crippled Children in 1929 by the Rotary Club of Sydney in response to the growing number of children left with the effects of illnesses such as polio and tuberculosis.

Today, Northcott continues to provide support and services to over 6000 people with disabilities and their families across NSW and the ACT by offering over 70 programs that help people with disabilities reach their full potential.

Northcott will be running many events and activities in 2009 in celebration of our 80th year, so please keep an eye on our website ([www.northcott.com.au](http://www.northcott.com.au)) for updates.



## MEET NORTHCOTT'S NEW CEO, KERRY STUBBS

### Where did you work before Northcott and what was your role?

I WAS the Executive Director of St Vincent's Hospital and Sacred Heart Hospice at Darlinghurst in Sydney. My role was to oversee the strategic direction and operations of the two hospitals, with over 2000 staff and some 40,000 patients per year.

### Who is inspirational to you?

People who continue to serve others through all the difficulties they encounter, and who maintain a belief in humanity despite hardship. Since coming to Northcott I have been inspired by our Spina Bifida Week Ambassadors, Julie and Jane, Emilie and Linda.

### So far, what have you enjoyed most working at Northcott?

It is always the people who make a place enjoyable. I have enjoyed working with the wonderful staff, meeting many clients, and interacting with donors and supporters.

### What are some exciting projects currently in the pipeline for Northcott?

We are growing rapidly at Northcott and that is exciting. Of particular interest at the moment is our expansion into more targeted services for children with autism; our growth in the rural and regional parts of NSW, with many new offices opening; and our indigenous programs. We are also working with a broader range of

government agencies to develop new programs and expand existing services.

### What can people expect when they first meet you?

I am not very tall. I am generally pretty happy and I enjoy each day. I try to listen and learn, and I do try to remember people's names. I am interested in people; what makes them who they are.

### How important do you think Spina Bifida Awareness Week is for the community and for Northcott?

Spina bifida is still a major contributor to disability for children in Australia. I think the Awareness Week is very important for people living with the condition, who face many obstacles in the course of their daily lives, particularly once they have left childhood.



## SPINA BIFIDA AFTERNOON TEA

NORTHCOTT'S Metropolitan Family Support Service ran their first Spina Bifida Afternoon Tea at Northcott on Thursday, 2 October 2008. Special guests at the afternoon tea were Spina Bifida Clinical Nurse Consultant from The Children's Hospital at Westmead, Julie Dicker, and Spina Bifida Clinical Nurse Consultant at Sydney Children's Hospital at Randwick, Jason Birse.

The afternoon tea was a relaxed forum where people with spina bifida and their families had the opportunity to mingle with each other, share their experiences, offer advice and ask Julie and Jason questions that they may not have had the opportunity to discuss at a spina bifida hospital clinic.

The invitation to attend these afternoon teas is open to members of the Northcott Spina Bifida group. Topics of discussion can range from sexuality, to managing continence issues or mood swings.

The next meeting will be held on **Wednesday, 21 January 2009 from 2.00pm – 4.00pm.** Special guests will include Sarah Donaldson, physiotherapist from the Children's Hospital at Westmead, who will be talking about fitness. If you are interested in attending or would like have your name included on the mailing list for future groups, please **contact Kayleen on (02) 9890 0155.**

## A NEW TRANSITION SERVICE

FUNDS were allocated in the 2008/2009 State Health budget to improve transition services for young people with spina bifida. The Children's Hospital at Westmead, Sydney Children's Hospital at Randwick and John Hunter Hospital at Newcastle have been working together to begin implementing a proposal developed by the NSW Spina Bifida Collaborative. The collaborative is comprised of representatives from Northcott Disability Services and a range of allied health

professionals from spina bifida clinics across NSW, who meet to network and advocate on spina bifida issues. The proposal is for a resource team, including a registered nurse and occupational therapist, to support young people moving to adult health services. Negotiations are underway with Northcott to host the service. Stay tuned for more information in the next edition of *Torque*.

### SPINA BIFIDA PARENT SUPPORT NETWORK

PARENTS of children with spina bifida have expressed an interest in meeting with other parents for support and networking. If you are interested in talking to other parents and possibly attending a meeting over coffee, please **contact Kayleen on (02) 9890 0990.**

### SPINA BIFIDA WEB BLOGS

DOES anyone know of a web blog or Facebook page that might be useful to someone with spina bifida or their parents to discuss issues around living with spina bifida? Have you started one yourself or would you have the skills to start one that can be promoted through Torque? If so, please **contact Kayleen on (02) 9890 0990.**

## MOVING ON...

FOR young people with spina bifida the transition from children to adult services can be an overwhelming experience.

Northcott, in conjunction with the Children's Hospital at Westmead, have developed a written resource for young people with spina bifida who are transitioning to adult health services. This resource, entitled 'Moving On', was recently launched at the Spina Bifida Awareness Week breakfast.

The resource contains information and contact details which will enable those transitioning

to take control of their health and access the services they require. It contains information on clinics, general health, equipment, continence, leisure options and much more.

The 'Moving On' resource will also be available to adults with spina bifida who have already transitioned to adult services. If you are interested in receiving a copy please **contact Mary, Community Worker at Northcott Disability Services on (02) 9890 0174.**

## MOVIE REVIEW: SHALLOW HAL

*NORTHCOTT client Carmelo Raspanti provided his review on Shallow Hal, a movie about a man who falls in love with a woman for her inner beauty.*

### **Name of Movie:**

Shallow Hal

### **What did you like about the movie?**

It was an all round top movie. The whole thing was great, it had a great story line and it was well put together.

### **Is there anything you disliked about the movie?**

Nothing!

### **Would you recommend the movie to someone?**

Yes, I would definitely recommend the movie to people, it was great!

### **Do you have any additional comments about the movie?**

Watch it closely, as there are many things you could miss. You need to stay focused in order to get all the information from the movie and to be able to follow it.

### **Did you have a favourite character in the movie, which one and why?**

Gwyneth Paltrow and Jack Black's characters were my favourite. They did a great job and they played their characters very well.

### **Are there any other movies you would recommend for a movie review?**

I would recommend Grease, Dirty Dancing, Mr Mum, the Latest James Bond movie which is full of action and Four Holidays, it is very funny!

**If you have a movie review you would like to get published in Torque, please send it to [pr@northcott.com.au](mailto:pr@northcott.com.au) or call (02) 9890 0170.**



# SPINA BIFIDA AWARENESS WEEK 2008

## MEET EMILIE



I AM a 20-year-old woman with spina bifida. I can walk and am self caring but I have the severest form of spina bifida, myelomeningocele, which means that my spinal cord and the covering around it were not fully formed at birth.

I was always one to be studious at school, but often needed things explained to me several times because hydrocephalus affects memory retention and problem solving skills. I also struggled with continence issues when I was young and I've also always had chronic pain caused by my spina bifida.

Despite these setbacks, I pursued speech and drama from a young age. I have a passion for the creative arts and have written, acted in and directed short plays and I love making my own costumes for fancy dress occasions.

In addition to this, I am studying a Bachelor of Social Work at the University of New South Wales, and in a few years time I hope to work full time with young people who have chronic health problems.

I have learnt to overcome obstacles posed by my disability and not let my health problems dominate who I want to be.

SPINA Bifida Awareness Week 2008 (September 1 – 7) was a great success. For the first time two clients were selected as Ambassadors for Awareness Week; Emilie Lacoba and Linda Thomson.

Read below to find out about Emilie and Linda's experiences and travels during Awareness Week.



### Opening Week Breakfast- Northcott Building, Parramatta

"Our opening week breakfast was the perfect way to mark the significance of the week." - Anita Fisher, Manager of the Northcott Spina Bifida Group

### Playgroups at Camden, Wagga Wagga and North Parramatta

"The early intervention playgroups were a wonderful opportunity for me to show parents of children with disabilities how much a person with spina bifida can achieve." - Linda

### American International School, Tarcutta Primary School and Fairfield Public School

"Schools were the perfect opportunity to talk about the impact of hydrocephalus on learning. Many teachers did not know that spina bifida affects more than just physical mobility." - Emilie



**Sydney Children's Hospital Spina Bifida Clinic and John Hunter Hospital Spina Bifida Clinic**

"The hospitals were a golden opportunity to provide encouragement to families who are struggling with caring for their children with Spina Bifida." - Linda



"I enjoyed the opportunity to talk with young people about issues relating to their disability and encourage them to advocate for themselves, pursue their interests and achieve their goals." - Emilie

**Lemongrove Community Health Centre presentation**

"It was a great opportunity to demonstrate the breadth of services Northcott offers and allowed me to provide examples of the ways that I utilise these services." - Emilie



**Castle Hill Library reading time sessions**

"I enjoyed the chance to help young children understand that everybody is different. It is an important step in building a society that does not fear disability." - Linda

## MEET LINDA



I AM 26 years old and I am a full-time Mum. I live in Dapto, Illawarra.

Prior to the birth of my son, Reilly, I was studying a Bachelor of Psychology at Wollongong University, which I have deferred, to focus on caring for him.

I was told I would be unable to fall pregnant and it was a wonderful surprise when I went to the doctor for a stomach bug and found out that I was pregnant. I was so happy that I could have a baby- something that I had always understood as impossible.

Work and my career is definitely something I intend to pursue in the future as I enjoyed the challenges of my job managing a call centre and training new staff. I also plan to finish my Bachelor of Psychology to extend my career in a different direction.

In addition to that I enjoy spending time outside and going to concerts; the last concert I went to was the Red Hot Chilli Peppers.

I know that understanding my disability and knowing my body is the key, it enables me to understand all my abilities, stay healthy and be as independent as possible.

## A SPORTING LIFE

THERE are plenty of ways you can become active this summer! Read our new sports feature to learn about some fun activities in Sydney and surrounding areas that you can participate in.

### The Royal National Park

Royal National Park is the world's second oldest national park - after Yellowstone in the USA.

32km from Sydney, the Royal National Park features incredible natural diversity in a relatively small area. From Sydney, the park's main entry points are along the Princes Highway.

The following areas within The Royal National Park are suitable for wheelchairs:

#### Bungoona Track

This path runs through typical ridgetop landscape from the park visitor centre to Bungoona Lookout. The lookout gives you panoramic views of the national park and the Hacking River. This path has been specially designed for wheelchair access.

Difficulty level: easy

#### Park visitor centre

The park visitor centre, at Audley Heights, has displays and maps to help you find out more about the park. There's an entrance ramp and toilet designed for wheelchair access.

Difficulty level: easy

#### Picnic areas around Audley

There are plenty of picnic spots here, particularly near Lady Carrington Drive and Audley Weir, often with riverside trails. The kiosk and picnic pavillion are wheelchair-accessible. However, this area is often crowded on weekends.

Difficulty level: medium

#### Sydney Harbour National Park

Sydney Harbour National Park protects various islands and foreshore areas around Sydney Harbour. It contains rare pockets of bushland that were once common around Sydney.

The following areas within the Sydney Harbour National Park are suitable for wheelchairs:

#### Bradleys Head

Take in spectacular views of the Harbour Bridge and Opera House in a bushland setting at Bradleys Head. There are also historic fortifications to explore. You can get there by car (disabled parking is available), or catch a ferry from Circular Quay to the Taronga Zoo wharf, and then follow the path to the headland. There's a wheelchair-accessible toilet here.

Difficulty level: medium

#### Fairfax Track

This one kilometre path on North Head is suitable for wheelchairs. The track offers panoramic views of the ocean, the harbour and Sydney Heads, along with informative signs. This area can be crowded on weekends.

Difficulty level: medium

Visit [www.nationalparks.nsw.gov.au](http://www.nationalparks.nsw.gov.au) for more information on bushwalks and their accessibility.



ENJOY your summer days at the beach by hiring special beach wheelchairs from Northcott's Equipment Loan Pool. The Hippocampe and the Northcott Freewheeler are designed so you can experience both the sand and surf. Both beach wheelchairs can be dismantled for easy transportation.

### The Hippocampe

The Hippocampe has a low seat allowing you to really get into the waves. It is easy to self propel or you can sit back and relax while someone else pushes.



### The Northcott Freewheeler

The Northcott Freewheeler has soft plastic pneumatic balloon tyres that easily roll over sand making it easy to be pushed by an attendant.

Some Surf Life Saving Clubs and local councils have a Northcott Freewheeler on site that you can borrow when you're at the beach. Contact the local council of your chosen beach and ask to speak to community services to make a booking. This is a free service.



### The ParaGolfer

NORTHCOTT'S Equipment Loan Pool has recently obtained the ParaGolfer, a special mobility device that enables people who use a wheelchair to be lifted from a sitting position to a standing position in order to play golf. The wheelchair with stand-up function, which was donated by Kidswing International and Otto Bock, allows people with a disability or restricted performance to play golf.



You can hire the ParaGolfer, Hippocampe and Northcott Freewheeler from Northcott's Equipment Loan Pool. To make a booking please call (02) 9890 0950.

## PREGNANCY AND SPINA BIFIDA

*Carlie O'Reilly talks about preparing for pregnancy*

*CARLIE O'Reilly is a 26-year-old woman with spina bifida who has always wanted a baby. Read below to find out what steps Carlie took to make her dream a reality.*

"I understood that having a baby would be a challenge and that it would not be as easy as if I didn't have spina bifida. Having a baby is something I have always really wanted, one of my dreams, and I knew that it would happen eventually.

The first thing I did in preparation for pregnancy was go to my General Practitioner and tell him that I wanted to try to have a baby. I did this several months before I started trying to fall pregnant.

Understanding the risks involved with falling pregnant was very important, which is why I went to see a genetic counselor, who spoke to me about the chances that my baby would also have spina bifida and how this risk could be reduced if I took folate. We then discussed the amount of folate I should be taking (5mg), this dose is 10 times more than a woman who doesn't have a history of spina bifida.

Northcott Disability Services library and various online resources were useful in researching and educating myself about the experience of having a baby.

Attending a meeting at Northcott with my Community Worker, Occupational Therapist, the Staff Specialist at The Spina Bifida Rehabilitation Unit at The Children's Hospital at Westmead, and two other women who have spina bifida and have had children was great, as it helped me understand the medical side of having a baby when diagnosed with spina bifida. It also allowed me to understand the challenges that other women with spina bifida face when having a baby.

There were also a whole range of other things that I needed to do in preparation for having a baby, just like everyone else does. This included changing my diet and exercise routine as recommended by medical professionals.

I eventually found out that I was pregnant when I took a pregnancy test with my husband present at home. We were so excited, but nervous at the same time, knowing that we were going to have a baby!

And last but not least, I guess I still have to do the most important thing, which is wait... the nine months!"

*Catch up with Carlie and her new baby in our next edition!*



**A baby on the way...** [L to R] Carlie's husband Daniel O'Reilly with Carlie.



**The surprise of a lifetime...** [L to R] Michael and Linda with their son, Reilly.

### Linda Thomson talks about her unexpected bundle of joy

*LINDA is one of Northcott's 2008 Spina Bifida Awareness Week Ambassadors. Read below to find out more about her experiences of pregnancy.*

"I found out that I was pregnant when I went to the doctor for a stomach bug that had not cleared up. I was so happy that I could have a baby, something that I had always understood as impossible. Reilly was a wonderful yet huge

surprise for my husband Michael and I as I had always been told that I could not fall pregnant.

However, my pregnancy was not easy. When I was 18 weeks pregnant Reilly put his foot through my cervix and I was put on bed rest for the majority of the nine months. When I went out I needed to use a wheelchair; I do not normally use a wheelchair or any walking aids and this really impeded on my independence.

I knew that having a baby would be a challenge due to my spina bifida but I knew that I had the ability to get through it. In anticipation of this I deferred my study of Bachelor of Psychology at Wollongong University to focus on myself and Reilly once he came along.

I gave birth to Reilly by caesarean section in October 2007 and he is a perfect, healthy little boy. He was well worth the nine month wait!"

*In the next edition, read about Linda's experiences of a new addition to the family; the challenges, the joys and how it changed her life.*

## USEFUL RESOURCES

### The Northcott Library

1 Fennell Street, North Parramatta 2151  
(02) 9890 0161

### Disability Pregnancy and Parenthood International (DPPI)

Disability, Pregnancy and Parenthood international (DPPI) is a UK based charity which promotes better awareness and support for people with disabilities before, during and after pregnancy and as parents.

[www.dppi.org.uk](http://www.dppi.org.uk)

### Disabled Parents Network

Disabled Parents Network (DPN) is a UK based organisation for people with disabilities who are parents or who hope to become parents, and their families, friends and supporters.

[www.disabledparentsnetwork.org.uk](http://www.disabledparentsnetwork.org.uk)

## ACCESSIBLE TRAVEL

### Public transport

TRANSPORT around Sydney and the surrounding areas for people with a disability is becoming easier. Public transport has various facilities that enable access to services for people with a disability.

**Sydney Ferries** have an entire fleet of ferries that are all wheelchair accessible, along with many of the wharfs being wheelchair accessible as well.

**Sydney Buses** are also improving their service by providing accessible buses which include step less low level floors, bright hand rails and wide doors and aisles.

**Cityrail** is continually improving its facilities and services to better service people with a disability who require transport. Cityrail provide various facilities at stations and on trains such as train-to-station ramps, lifts, bright handrails and various other facilities.

**Light Rail** and **Monorail** operate through Sydney and link various accessible transports, attractions and experiences.

Accessible **taxis** are also available throughout Sydney and can be booked.

More information on transport options mentioned above can be found by calling the **Transport Infoline on 131 500** or by visiting <http://www.sydneyforall.com>.

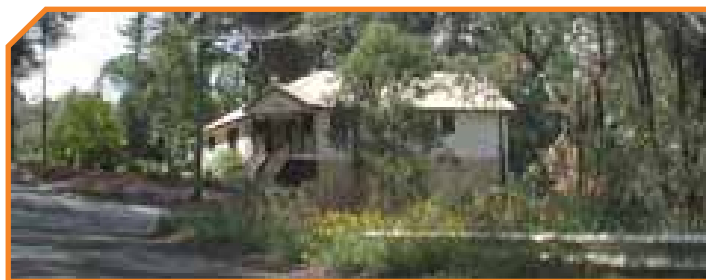
### For a relaxing getaway in a peaceful location - Berkana Cottage, Blackheath

BERKANA Cottage is situated 120km west of Sydney in the world famous Blue Mountains. It has a charming mountain feel, featuring a native and European garden.

Nearby are numerous cafes and restaurants, pubs, bakers, butchers, fruit and veggie shops and small supermarkets. Adding to the charm of the neighborhood are art and craft stores, along with clothing stores.

The facilities at Berkana Cottage sleep four adults and are accessible by wheelchair. Various assistive equipments are available, but it is best to clarify your needs at time of booking to ensure availability.

The Blue Mountains are easily accessible by car or by train. If travelling by train, a useful website to use for checking for accessibility is [www.cityrail.info/facilities/accessing](http://www.cityrail.info/facilities/accessing). This website can provide you with information on which stations contain which specific facilities.



## For a day of fun and fresh seafood - Sydney Fish Markets

AN authentic fishermen's market, Sydney Fish Market incorporates a working fishing port, wholesale fish market, fresh food retail market, food and beverage outlets, a seafood cooking school and provides visitors with an entertaining and stimulating harbour side day out. For more information visit

<http://www.sydneyfishmarket.com.au>.

Travelling to and from Sydney Fish Market can be done by car, bus or light rail. Visit the following websites for details on how to get there, accessible parking, bus and light rail timetables and station locations:

<http://www.sydneyforall.com/> and

<http://www.sydneyfishmarket.com.au>.



## For a day of interesting facts and education – The Rocks Discovery Museum

THE Rocks Discovery Museum offers a look back into the history of the area around the rocks and its previous inhabitants. There are interactive displays and short informative films to watch. The Rocks Discovery Museum itself is made up of three historic sandstone buildings, restored and combined to create the Museum.

The Museum is accessible, but some roads are bumpy and may be a bit uncomfortable to take and some door ways may be a tight squeeze. Information on the best accessible routes to gain entry to the building can be found at the following website: <http://www.sydneyforall.com/TheRocksDiscoveryMuseum.html>. Transport to get to the rocks can either be by way of bus, ferry or train, as the Museum itself is only a short distance from Circular Quay station.



## IN THE LIBRARY WITH JUDI LIPP

NORTHCOTT'S librarian, Judi Lipp, talks of a clients experience of **Children with Spina Bifida: A Parent's Guide**, edited by Marlene Lutkenhoff and published by Woodbine House in 2008.

Elizabeth McKenzie, mother of Andrew has occasionally used the resources of the Northcott Library. Her delight with the first edition of Children with Spina Bifida: A Parent's Guide led to our purchase of the second edition of Children with Spina Bifida: A Parent's Guide. Elizabeth has kindly spoken with me to allow a parent's point of view to be included.

This is not a book that needs reading cover-to-cover. Rather the nine-page index and fifteen-page glossary invite the reader to locate the current topic of interest effortlessly.

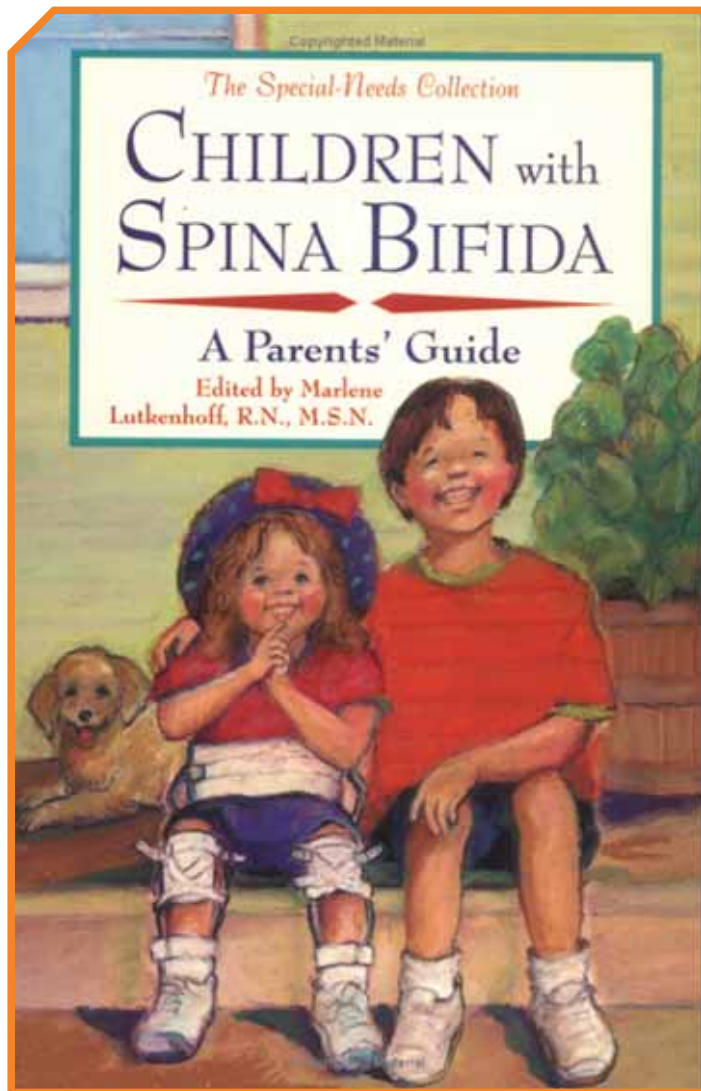
Elizabeth describes this work as beautiful and as her bible. One inclusion of which she is particularly fond is the Parent Statements at the close of each chapter. These hold such meaning to Elizabeth that she has compiled her favourites and shared them with Andrew's pre-school. Other people's collective experiences are a wonderful tool for families who undergo similar challenges. While the various contributors include many with medical backgrounds, there is input from the fields of education and law and parents and a young adult living with spina bifida.

Each chapter is broken into easily read bites with highlighted headings across topics from prenatal diagnosis to being an adult. Tables, sketches and photographs enhance the wide-ranging information offered in this user-friendly book.

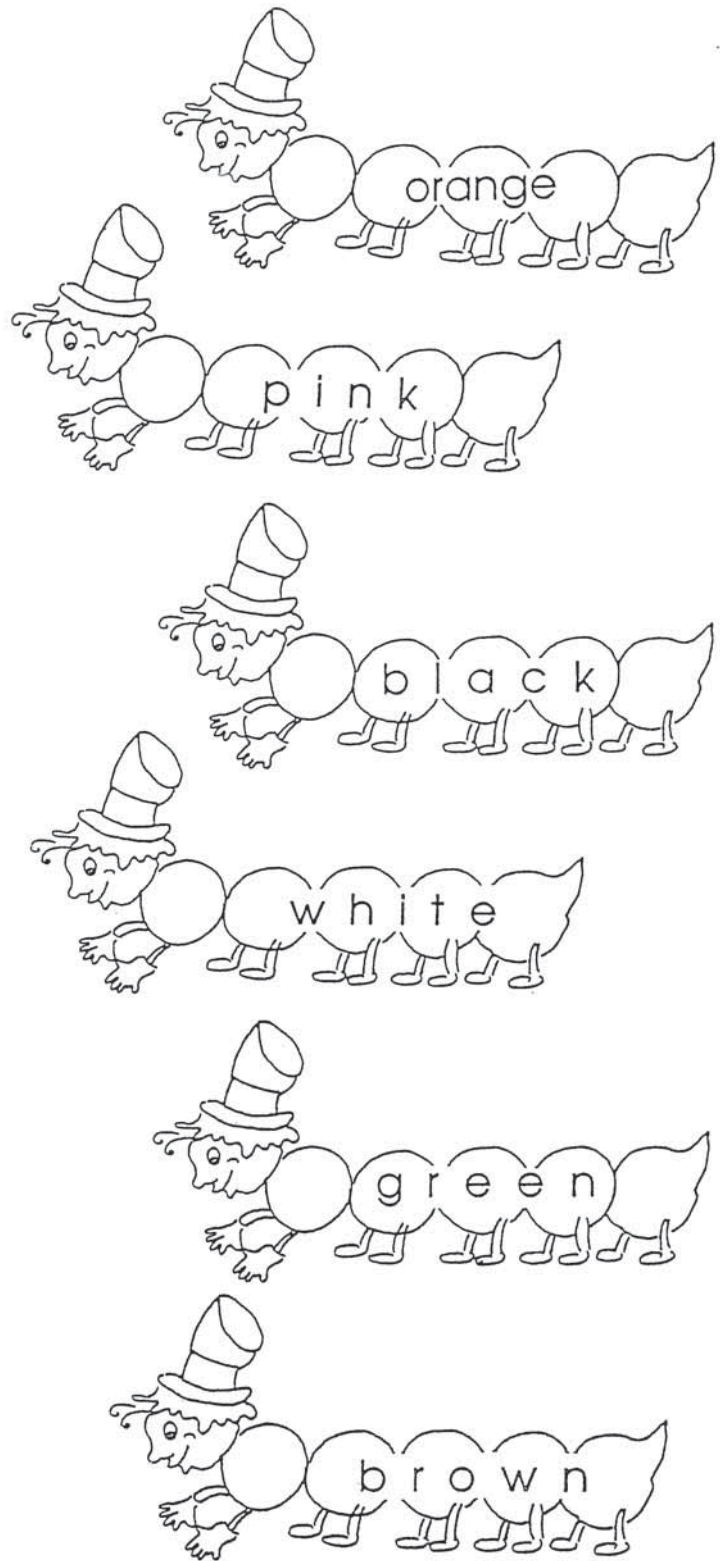
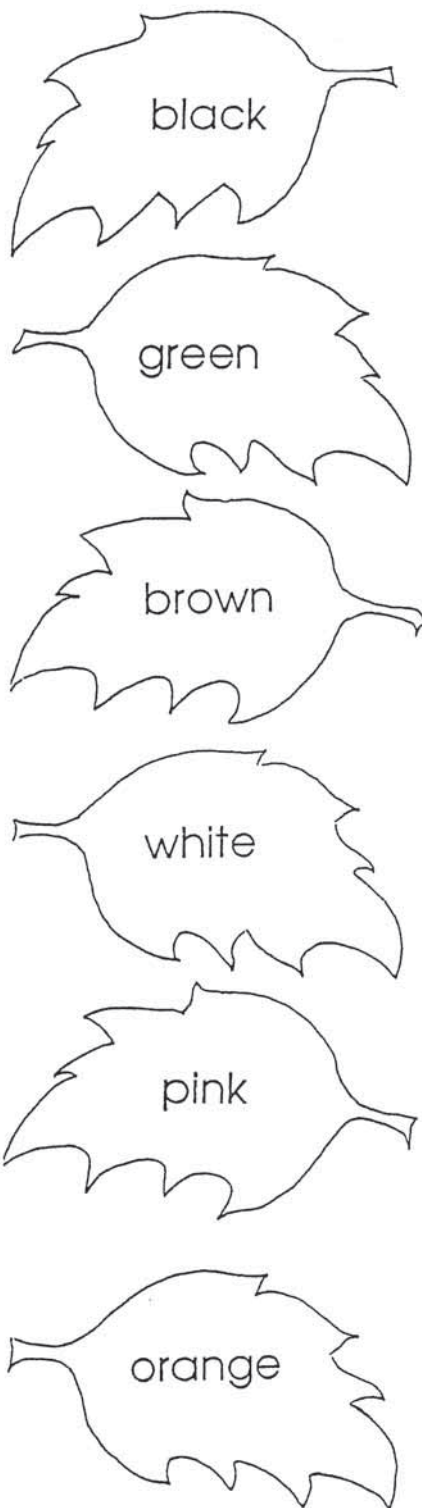
Elizabeth's attitude to Children with Spina Bifida: A Parent's Guide reflects the quote on the back cover "... (parents will) return to it again and again as their child develops and find answers to questions that arise with their changing needs."

This book and other resources are available from the library at Northcott's Central Office in North Parramatta.

Contact: Judi Lipp, Librarian  
Tuesday to Friday, 9:30am to 4:30pm  
Phone: (02) 9890 0161  
Email: [judil@northcott.com.au](mailto:judil@northcott.com.au).



# KIDS CORNER



1. Colour in the leaves in the correct colour.
2. Colour in the worms in the correct colour.
3. Join together the correct colours.

## ORDER FORM FOR CONTINENCE PRODUCTS

Please return your order with a cheque or money order (**NO CASH PLEASE**)  
Cheques/money orders are to be made out to: **Northcott**

Northcott Spina Bifida Group  
PO Box 4055 PARRAMATTA NSW 2124

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Delivery Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_

- Products are supplied by Brightsky Australia
- Please indicate in the box how many of each product you would like.
- Please note the delivery fees.
- A sampling service is available if required.

**Abriform Small Super**  
\$18.40 (1pkt x 28) 281015

**Abriform Medium Plus**  
\$20.55 (1pkt x 26) 281020

**Abrisan Mono Elasti Cuffs**  
\$4.30 (1pkt x 28) 281105

**Abriform Medium Super**  
\$20.90 (1pkt x 24) 281025

**Cello Anaform Midi Inserts**  
\$36.00 (8pkts x 20) 522085

**Cello Insert Boost Pad 400ml**  
\$4.60 (1pkt x 20) 522146

**Depend Normal Brief Large**  
\$46.50 (3pkts x 20) 361230

**Depend Shields**  
\$5.60 (1pkt x 15) 361135

**Huggies Dry Nights 365596**  
**Size 5: 27-57kg - BOY**  
\$11.40 (1pkt x 13)

**Huggies Dry Nights 365597**  
**Size 5: 27-57kg - GIRL**  
\$11.40 (1pkt x 13)

**Tena Flex Super Medium**  
\$27.85 (1pkt x 28) 441575

**Tena Lady Mini Plus**  
\$39.60 (10pkts x 16) 441010

**Tena Lady Mini Ultra Thin**  
\$40.20 (10pkts x 20) 441005

**Tena Lady Normal**  
\$23.75 (6pkts x 12) 441015

**Tena Lady Extra**  
\$23.75 (6pkts x 10) 441025

**Tena Lady Super**  
\$23.75 (6pkts x 8) 441035

**Tena Slip Extra Small**  
\$24.70 (1pkt x 30) 441656

**Tena Slip Plus Small**  
\$21.55 (1pkt x 30) 441661

**Tena Slip Plus Medium**  
\$10.70 (1pkt x 12) 441665

**Tena Slip Super Small**  
\$20.10 (1pkt x 25) 441675

**Tena Slip Super Medium**  
\$9.95 (1pkt x 10) 441680

**Tena Slip Super Large**  
\$12.10 (1pkt of 10) 441685

**Tena Super Shields**  
\$6.20 (1pkt x 30) 441055

**Saniform Normal**  
\$4.71 (1pkt x 20) 281205

**Saniform Maxi**  
\$5.61 (1pkt x 20) 281208

**Molicare Air Active Small**  
\$21.12 (1pkt x 30) 181111

### \*Brightsky Delivery Fees\*

Standard delivery \$11.00

VIP Delivery \$15.40

Free delivery for orders over \$300

I give permission for the goods to be left if I am not home **Yes/No**

Please leave goods \_\_\_\_\_

**PLEASE NOTE:** Drivers will **NOT** leave the order if no-one is home, unless specifically requested.

**NO RESPONSIBILITY** for any loss will be taken by The Northcott Spina Bifida Group, the supplier or the carrier should you choose to have the goods left unattended.



## TELEPHONE DIRECTORY

### Northcott Spina Bifida Group

1 Fennell Street, North Parramatta 2151  
Tel: (02) 9890 0990  
sbgroup@northcott.com.au

### Northcott Disability Services

1 Fennell Street, North Parramatta 2151  
Tel: (02) 9890 0100  
nc@northcott.com.au

### The Sydney Children's Hospital

High Street, Randwick 2031  
Tel: (02) 9382 1111  
Spina Bifida Clinic Tel: (02) 9382 1595

### Prince of Wales - Randwick

Adult Spina Bifida Clinic  
4th Wednesday of every month with  
Dr Engel  
Make appointments through "Adult  
Outpatients" on Tel: (02) 9382 0400

### Westmead Hospital (Adults)

Sister June Kelly  
Wednesdays:  
Tel: (02) 9845 5555, page 12545  
Other Days: leave a message with Ward  
A4C or if urgent please phone Medical  
Rehabilitation on Tel: (02) 9845 7800

### The Children's Hospital at Westmead

Cnr Hawkesbury Road & Hainsworth Street,  
Westmead 2145  
Sister Julie Dicker  
Tel: (02) 9845 2802

### Spina Bifida Unit Secretary - Westmead

Pamela Larbalestier  
Tuesday to Friday 8am to 4pm.  
Call Pamela to make appointments for  
the Spina Bifida Clinic which occurs every  
Friday on Tel: (02) 9845 2769

### John Hunter Children's Hospital

Lookout Road New Lambton Heights  
Spina Bifida Clinic  
Contact: Clinic Coordinator Dr John Stuart  
on Tel: (02) 4921 3750

### Central Coast Spina Bifida Nurse

Mrs Mikey Oxby – Wyong Hospital  
Tel: (02) 4394 8275 or 0413 482 528

### JOBMATCH

(An employment service for people with  
disabilities)  
1 Fennell Street, North Parramatta 2151  
Tel: (02) 9890 0970

### SUPPORT GROUPS:

If you would like to attend one of the  
Spina Bifida Parent Support Groups in  
your area please contact one of the  
following:

#### Wollongong Area

Mrs Jessie Norwell Tel: (02) 4256 6484

#### Canberra Area

Jan Pummeroy Tel: (02) 6298 8394  
Eileen Catanzariti Tel: (02) 6241 6713

#### Central Coast

Ann & Philip Hudson Tel: (02) 4341 7972

#### Newcastle Support Group

Patsy Osbourne Tel: (02) 4987 2780  
Joan Gatt Tel: (02) 4948 6096  
Therese Barlow Tel: (02) 4987 2161

#### Hydrocephalus Support Association

Mr Jun Steinfurth Tel: (02) 9586 1057

#### National Continence Helpline

Freecall: 1800 330 066  
Monday – Friday 8am – 8pm

**Brightsky** – Tel: 1300 88 66 01

**Sanicare** – Tel: (02) 9437 9611

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