



NORTH AND WEST YORKSHIRE ASBAH

AUTUMN NEWSLINK



LETTER FROM THE EDITOR

BY KATY RAVEN

Autumn is steadily making its way into our lives again for another year. It's one of those times, a bit like new year, where I become reflective and like to assess how things have been, where I'm going, and where I am. Well, where I am currently is sat in my new office kindly provided by ASBAH! the autumn sun is shining and through the window I can see a lovely view of Ilkley Moor. Like most of you guys, I'm trying to feel the new rhythm

of things, working out that balance of organising face to face activities whilst allowing time to slowly adjust to socialising again. It's felt a bit overwhelming to see my calendar start to fill up so quickly!

It is good to make quiet time for self care and to touch base with ones needs, but one of our major needs is community, and to feel part of something bigger than ourselves. We feel, at NWY ASBAH, it is our job to keep providing those safe and meaningful opportunities for you to find connection with others, either online, face to face, through the Newslink or a telephone call. So look out for our invites and we'll look out for you!

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Colouring in project



Can you spot an autumnal character on each page?



PRESSURE

Lets talk....

ULCERS



Are pressure ulcers something that will effect me?

Pressure ulcers can effect everyone, but you may be more prone to getting them if you are obese, over 70, you have an inability to move some or all of your body, have been confined to your bed due to illness, you suffer from urinary incontinence and bowel incontinence. A poor diet and medical conditions that affect blood supply, make skin more fragile, or cause movement problems, may all be factors that mean you are susceptible to ulcers.

What are the symptoms I could be looking out for?

Early symptoms of a pressure ulcer include:

- part of the skin becoming discoloured – people with pale skin tend to get red patches, while people with dark skin tend to get purple or blue patches
- discoloured patches not turning white when pressed
- a patch of skin that feels warm, spongy or hard
- pain or itchiness in the affected area

A doctor or nurse may call a pressure ulcer at this stage a category 1 pressure ulcer.

Later symptoms

The skin may not be broken at first, but if the pressure ulcer gets worse, it can form:

- an open wound or blister – a category 2 pressure ulcer
- a deep wound that reaches the deeper layers of the skin – a category 3 pressure ulcer
- a very deep wound that may reach the muscle and bone – a category 4 pressure ulcer

What should I do if I think I may be getting an ulcer?

Get medical advice immediately if there is:

- red, swollen skin
- pus coming from the pressure ulcer or wound
- cold skin and a fast heartbeat
- severe or worsening pain
- a high temperature

These symptoms could be a sign of a serious infection that needs to be treated as soon as possible.

How can I prevent myself getting an ulcer?

It can be hard to completely stop yourself getting an ulcer, but these things will help:

- regularly changing your position – if you're unable to change position yourself, a relative or carer will need to help you
- checking your skin every day for early signs and symptoms of pressure ulcers – this will be done by your care team if you're in a hospital or care home
- having a healthy, balanced diet that contains enough protein and a good variety of vitamins and minerals – if you're concerned about your diet or caring for someone whose diet may be poor, ask your GP or healthcare team for a referral to a dietitian
- stopping smoking – smoking makes you more likely to get pressure ulcers because of the damage caused to blood circulation



Information provided by the NHS





Winter is coming...



To celebrate making it through another challenging year, NWY ASBAH would like to invite you to a wonderful winter event!

We have two events available and can't wait to see you to close the year with what matters most COMMUNITY! We might even throw in some music, laughs and a mince pie or two!! All ages welcome at both events

Winter event number one!

Saturday the 4th of December 3pm to 5pm, St Johns, Farsley.

Susie Sparkles!

Winter celebration nibbles, music, crafting, wonderful company!



Winter event number two!



Sunday the 5th of December at 2pm, The Hut, Wakefield.

Bowling!

With winter snacks and plenty of winter cheer-especially on a STRIKE!

We are just asking for £5 per adult and £3 per child to help to support the cost of the event.

**To book contact
katyravenasbah@gmail.com
or call on 07966161299**



Legacy Gifting, Informed by



LEAVING A GIFT IN YOUR WILL

We are very grateful for any gifts left to us in your Will. We rely on donations to enable us to support the members of our charity and gifts left to us in Wills provide vital funds to help us continue supporting children, adults and families with hydrocephalus and/or spina bifida in North and West Yorkshire.

Types of Gift

- There are a few different options for leaving a gift to us in your Will:
- Percentage Share of your Estate – this is called a residuary gift and can be any percentage of your Estate once other gifts and expenses have been settled.
- Fixed Sum of Money – this is called a pecuniary gift and can be any fixed amount of money.
- Valuable Items – this is known as a specific gift and you can leave items such as jewellery, antiques or shares to us.

How to Leave a Gift in Your Will

Updating Your Will:

It is important that your Will is legally valid and up-to-date so that it accurately reflects your wishes.

Although you can make your Will yourself, you may prefer to seek legal advice when writing or updating your Will to make sure that your Will is valid and that there are no mistakes.

To find a suitable solicitor in your local area, you can use the 'Find a Solicitor' service on The Law Society's website: www.lawsociety.org.uk. The website also has some very useful information and things to consider when making a Will.

Include Our Details

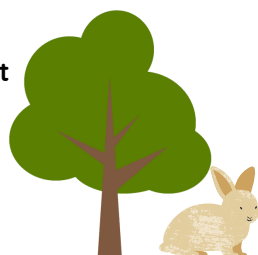
To ensure that your gift comes to us, make sure you include our full name and Registered Charity Number:

North and West Yorkshire Association For Spina Bifida and Hydrocephalus

Registered Charity Number: 252129

You should also include our address:

NWYASBAH
25 Hornbeam Court
Oxford Avenue
Guiseley
Leeds
LS20 9BW



DANNY TURNS DOWN THE STEREOTYPES



BY DANIELLA-JADE LOWE

Danny was a young Para-Superhero. Nobody had seen or even heard of a neurodiverse superhero. He had an adaptive costume for all occasions.

His wheelchair was faster than the speed of lightning.

Being born as a Para-Superhero, made Danny stand out, he was birthmarked to defy genetic dispositions, and he demanded respect wherever he went.

As a Para-Superhero, he always wanted to prove people wrong which made him ambitious and motivated. 'A superhero is supposed to save the day,' he thought. 'How can I save the day as a Para-Superhero?' Unfortunately, not all people that Danny came across could see his super powers, and from those people, he inherited the nickname, 'supercrip.'

As Danny got older, the pressure of his super powers started to make him feel stressed out, frustrated and down. He could not tolerate the stigma that came with being a Para-Superhero. Every which way Danny turned he was being given a new title, all these different titles from society caused Danny to feel very confused, he felt as though he was losing who he actually was. As a result, Danny began to suffer an 'identity crisis.'

Danny had already spent so much of his life dealing with his physical limitations. He didn't want to now deal with other people's labels too, all these different roles and expectations made Danny feel pulled by the intersectionality of it all.

The mainstream world saw Danny as 'privileged' but 'abnormal' when all he wanted was 'acceptance' which often led to discrimination. 'What is normal?' Danny would think to himself. 'Normal is the setting on a dryer!' he concluded. Yet the idea of what normal was, seemed to always show up some how, like listening to the same record going round and round.

DANNY TURNS DOWN THE STEREOTYPES

His mother would remind Danny, 'It's not about what they call you, it's what you answer to!'

Danny now felt that stereotypes were his handicap, and as he could see it, he had two options, either take life lying down or be motivated to live up to his own goals and expectations.

So, here is when he really started his war on stereotypes with archetypes.



This war included fighting against exploitation of disabilities, deformities, misconceptions, and negative portrayal of disabilities were all going to be at the mercy of 'Super Dan'. Danny filled his lungs and his heart and exclaimed allowed

"Disability is not a taboo. Inclusion is not a delusion. Heroes don't need to overcome their disabilities. Wheelchairs aren't exclusively for older people. We are not "inspiration porn". Who said you need to walk in order to be a hero? Let's have this conversation, and lets have it now!"

Stereotypes exist, definitely, but that's why we should listen to the individual voices of disabled people over non-disabled charity voices' Danny said!

'Disable the label!' Assumptions are lazy. Statistics should not affect status.

...And this, is how Danny used his super powers

1.Change the stereotypes. Challenge the 'status quo.' Upset the fruit basket. Walk a mile in someone else's shoes.

2.Buffer the stereotype threat through shifting self-perception to positive self-affirmation.

3.Reframe the stereotype threatening task as a challenge. See a stereotype as a chance to prove people wrong instead of getting offended over it.

4.Reinterpret the anxiety that comes with stereotype threats. In other words, 'don't take it personal' and make bold steps to overcome them. And that's how Danny turned down the stereotypes!



NWY ASBAH CELEBRATING SHINE'S SPINA BIFIDA AWARENESS WEEK

7:30pm -
8:10pm
Monday the
18th of October
on Zoom
Share and
celebrate with
your NWY
ASBAH
community.



Please be in touch with Katy Raven for the zoom details on katyravenasbah@gmail.com or 07791661299

Celebrating SHINE'S Spina Bifida Awareness Week

Here, at NWY ASBAH, we wanted to make sure we recognised this special week by doing what we do best, bringing people together! It was great to see those that were able to join in and hear their stories and achievements. I hope that for those in attendance, you felt that same shared sense of ability and power that only a group of people who have had to work extra hard can create. I also hope it felt good to be part of a group that spoke positively about Spina bifida, maybe you recognised some of the same expectations people had of you in others stories, or maybe you recognised that same 'fire in the belly' to prove people wrong.

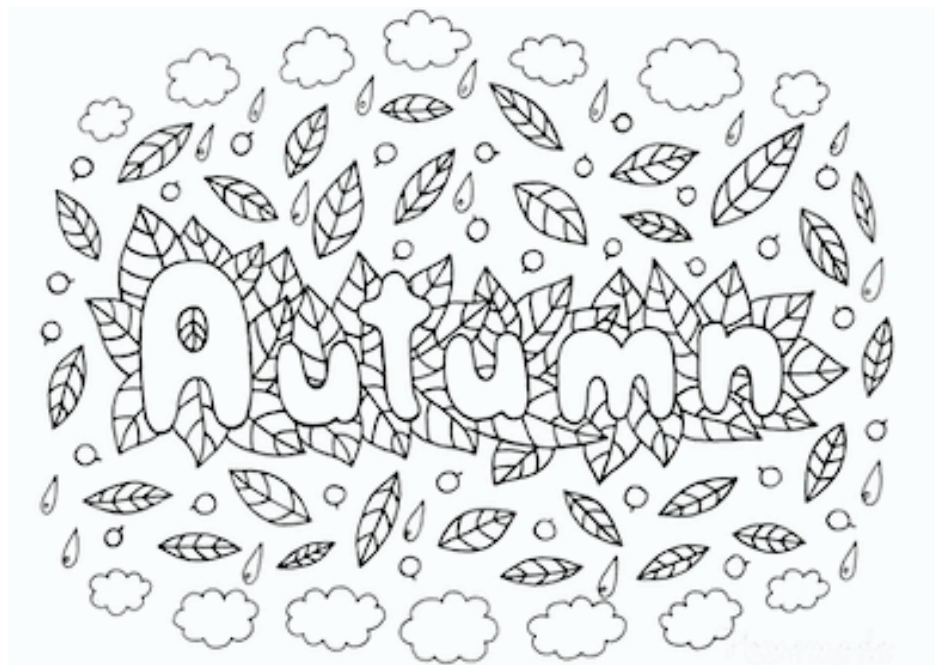
It was great to hear that perceived limitations neither limit or define your ability to achieve great things. Many thanks x

SELF CARE IDEAS FOR AUTUMN WINTER

As the seasons change, it can be a nice reminder to check in and see what it is we need to support ourselves best at this time. Here are some ideas you might like to try.

- Get out for a wheel or a walk with a friend to look at the changing colours of the leaves on the trees, and experience that satisfying crunch under foot or wheel as you move over the fallen ones!
- Take time over preparing a special hot chocolate, adding cream and marshmallows for an extra treat.
- Do something creative, write a short story, a poem, draw a picture, paint, knit a new winter scarf, sometimes its nice to have a little project on the go!
- listen to a piece of music with your eyes closed.
- Do something that you have been putting off, it doesn't need to be a big task, clear through a draw or take some things to a charity shop.





Print this page and colour in! alternatively, send me your own autumnal pictures to share with the members.

