



What is spina bifida?

Spina bifida literally means 'split spine'. The backbone usually provides a protective tube of bones with the nerves (spinal cord) running down the middle. In spina bifida a fault in the development of the spinal cord and surrounding bones (vertebrae) leaves a gap or split in the spine. The spinal cord has not formed properly, and may also be damaged.

What is hydrocephalus?

Hydrocephalus is caused by a build-up of fluid inside the brain, resulting in increased pressure. Things that may cause hydrocephalus include: premature birth, meningitis, brain haemorrhage (stroke), cysts or tumours. Sometimes the cause is unknown. It can lead to problems that affect everyday life such as difficulties with co-ordination, motivation, organisational skills, lack of concentration and short-term memory.

“There are questions you feel too shy to ask, then you realise your Shine Support & Development Worker has heard it all before and has some real answers.”

Contacting us

Shine Support and Development Workers are here for you. A worker can call you on a number of your choice, e-mail or text you and most can also meet you on Facebook.

See the **Shine** Facebook page at:
www.facebook.com/shineUKcharity

In some circumstances a worker can arrange a meeting with you, either at an agreed venue or at your home. To make contact with a worker who covers your area please see below:

For more information on hydrocephalus and spina bifida, visit **Shine's** website at:

shinecharity.org.uk



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Registered Charity No. 249338



**Shine Support &
Development Workers**
Here when you need us



If you...

- have spina bifida or hydrocephalus
- have a child with spina bifida or hydrocephalus
- live with or care for someone with these conditions
- are a professional providing support
- are expecting a baby with spina bifida

...we can help.



“ When our baby was diagnosed we didn't know where to turn. Our Support & Development Worker gave us so much support. Without her I don't know what we would have done. ”



The support you really need

Shine's professional Support and Development Workers are here to offer their support, confidential information and advice on:

- Folic acid and pregnancy
- Medical conditions and treatment
- Staying healthy
- Bowel and bladder issues
- Benefits, finances and funding
- Education
- Living independently
- All aspects of relationships and social life
- Local services
- Local/national groups and peer support
- A listening ear ... and much more

“ I wanted my own flat. Mum and Dad had been great but it was time to go – **Shine** assisted which enabled me to manage my own affairs. ”

“ I have to admit, I had never actually seen a baby with spina bifida before. The **Shine** Support & Development Worker visited my clinic and spent ages with me. ’ (health visitor). ”

Get in touch

You can get in touch by calling **01733 555988** email: info@shinecharity.org.uk or see the contact details for your local **Shine** Support & Development Worker/regional office on the back of this leaflet.

