

Benny's team wins!



This latest book about Benny Bear shows him enjoying himself at camp, happily joining in all the sporting activities with his classmates.

I hope that this will allay natural anxiety in parents and allow their children to be adventurous, normal boisterous play will not damage a shunt.

Children with hydrocephalus (whether treated by shunt or ETV) can safely take part in most sports that their friends enjoy and their parents should be supporting them.

Look how successful Benny is. There is no reason why many children with hydrocephalus can't be as well.

Helen Fernandes
Paediatric Neurosurgeon
Addenbrooke's Hospital, Cambridge

with love from
Benny Bear to:

.....

.....

Written by Rosemary Batchelor from
The Association for Spina Bifida and Hydrocephalus (ASBAH)
Illustrated by Charlotte Meyer





This is Benny the bear.
Benny is a special
bear because he has
hydrocephalus.



One Friday morning Benny woke up really early. He was too excited to sleep. Today all his class are going to Sports Camp for the weekend!



Benny was a bit worried that he would miss Mummy and Daddy and Sally. He had never been away without them before but he knew that Mrs Brown and his teacher would be there and he was looking forward to being with his friends.

He woke Mummy and Daddy.

"Will I be picked for a team?" he asked "Will I like the food? Will I be able to do everything? Will I like it? Will my shunt be OK?"

"You'll have a lovely time" said Daddy "Remember what Diane said?"

Then Benny remembered that when Mummy looked at the list of activities, she rang Diane the nurse at the hospital to ask if a little bear with a shunt could safely join in.

"A shunt shouldn't stop Benny from doing the things that his friends do" said Diane " We've talked about wearing a helmet for some sports, just like everyone else. He knows to have plenty to drink if it's hot and Mrs Brown will be there to remind him.

Tell him from me to be sensible - no judo or rugby scrums! - and I'm sure he'll have a good time."





After breakfast, the whole family took Benny to school where the coach was waiting to take his class to Sports Camp. They were all very excited and very noisy!!



Soon they arrived and went to meet the instructors who put them into 4 teams and explained that each team would get points for every activity and the winning team would get a trophy!

Benny was amazed when he was called out to be captain of the Red Team!



T

he first activity was abseiling down the side of a little hill. Captain Benny put on his hard hat and harness. He was scared to start with but then enjoyed it so much that he couldn't wait for another turn!

He wanted to stay at abseiling but "Come on Benny" said Mrs Brown "time for a drink then it's skate boarding before teatime."





S

kate boarding was brilliant!

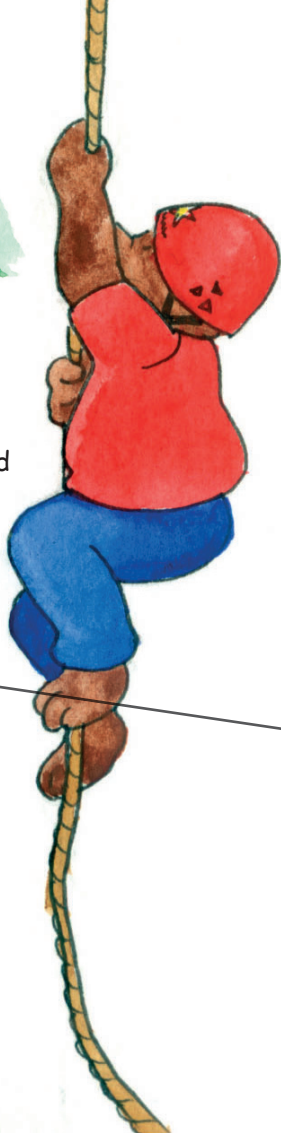
Benny had a red helmet and pads on his arms and knees which stopped him getting hurt when he fell. Benny fell off the skate board a lot!

In bed that night, Benny was happy that he'd had a good day but a bit sad when he thought of home. He cuddled up to Giraffe and fell asleep dreaming of tomorrow.....





And next day everyone was kept really really busy. First, they went on the assault course and climbed and jumped and scrambled under nets and swung from ropes and ended up on the zip wire!



W

ow! They were tired and muddy and..... "Cross country time" called an instructor "Come on Team Captains and lead the way".

So they all jogged through the woods and stopped for a drink then ran back to the Sports Camp for lunch.

After lunch in the Camp Football Tournament, Benny scored a goal!

Then, time for Benny's favourite - swimming. Benny soon showed everyone that he was still the best swimmer in the class!

They were all so tired that night that no-one stayed awake long enough to feel homesick. All too soon it was time to get up and start again.





They soon livened up as they went to the stables for pony trekking.

Benny was the first to get his riding hat on; he was the first to climb on to a pony; he and the riding instructor led the way to the woods.



Benny loved pony trekking! He was a bit disappointed not to gallop along like the jockeys on television and he really wanted to take the pony home with him!



He didn't have time to make a fuss because as soon as they were back at the stables, Mrs Brown was waiting to take them to their last activity - the climbing wall!

How high it looked! And how exciting! All the class had a great time climbing up and up and back down again.

They were all sorry that Sports Camp was coming to an end.

There was just time for prize giving before everyone got back on the coach.

Can you guess which team won the cup?







Y

es, it was the Red Team. How proud Captain Benny felt!

What a lot he will have to tell everyone when he gets home!

some words that you may not know

Hydrocephalus

This is when the brain produces too much fluid or the fluid does not drain properly.

Shunt

A tube that takes away any extra fluid from the head and drains it into the tummy (or sometimes another part of the body) where it is absorbed naturally.

Shunt Alert Card

Ask a grown up to get you one from ASBAH. You should carry your card with you in your pocket or bag every time you go out. If you lose it (or put it in the washing machine!), we will send another one.

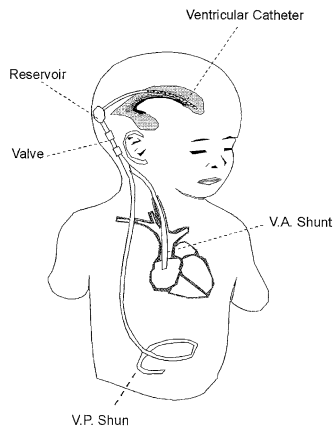


Diagram by Pete Noons

The Association for Spina Bifida and Hydrocephalus (ASBAH)

Telephone

01733 555988

Email

info@asbah.org

Write to us at

42 Park Road
Peterborough PE1 2UQ

Website

www.hydrocephalus.org.uk





This is a story about a special bear with a shunt
but lots of girls and boys have shunts too.
Perhaps you are one of them.



Codman
a *Johnson & Johnson* company

Working in partnership

