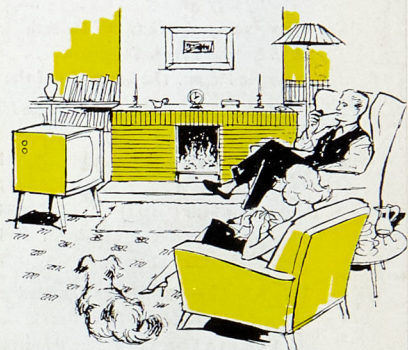


THE CHESHIRE SMILE

The Quarterly Magazine of the Cheshire Homes

(founded by Group Captain Cheshire, V.C.)



What does home mean to YOU?



THE CHESHIRE SMILE

Vol. 5, No. 4

Winter, 1959/60

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LE COURT'S NEW "BUS"

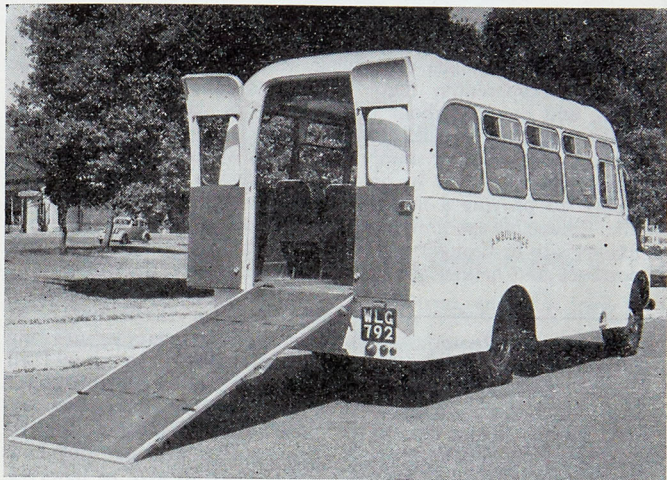


Photo: Wright & Logan, Southsea

Exterior and interior views of the new ambulance at Le Court, which was paid for wholly by the Fete proceeds this summer.

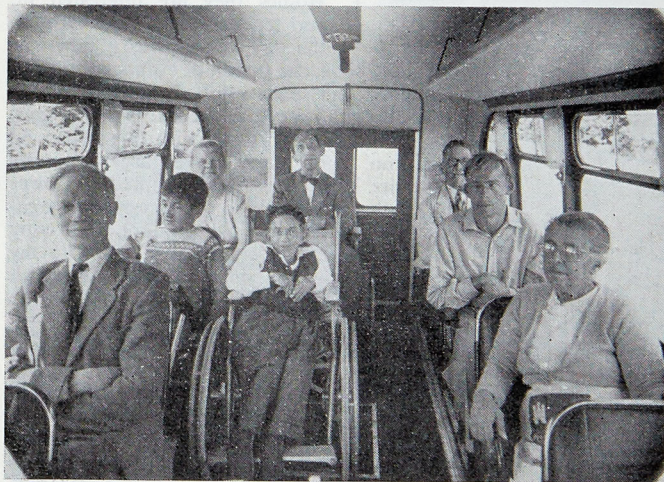


Photo: E. Thomas

WHAT ARE WE TRYING TO DO?

MY remarks in the last issue have evoked some response, by no means all of it disapproving of our policy. Many voices, however, tell me it is about time I made clear what we are trying to do with the magazine. Apparently, there is some misunderstanding in the Homes, and outside, about this. So as this seems an opportune moment, I will try and define what our general policy is. We have of course, often stated it simply; our policy we have said, is to serve a double function, first to be a link between all the Homes, and secondly, to provide a medium for presenting the Homes to the public. I have always found it difficult to decide which of these two functions is to be thought of as primary. Probably they are of equal importance and neither should be subordinated to the other.

Our Cover Design

What do you think of our cover this time? It is a reproduction of the Plymouth brochure cover, which has been considered by many the most striking Cheshire Homes brochure to be issued—so far. We were so taken with it, we decided to use it, just for this number, as a new dress. Our thanks to the Plymouth Committee and to Mr. Trahair, for granting permission to borrow the dress.

There is an obvious need for a link between the Homes. As members of the one ever-growing Cheshire family, we should all learn as much as possible about each other. Hence the news section, and the encouragement of home-grown writing. But how much space to give to news?—that is the rub. The majority of readers, I think, avidly scrutinise the news about the one or two Homes they are interested in, and tend rather to skip through the rest. Be that as it may, the

fact remains, as I remarked last time, the march of events will inevitably force us to cut down on the space allotted to news in the magazine. Nevertheless, in order to increase the number of pages, we are making an important change of format with this issue. As you will see, the centre section, which is given over largely to news under the title "The Cheshire World", is being printed on lower grade, hence cheaper, paper than that used in the rest of the magazine. It was the only way in which we could include more of the copy—news and other items—that nowadays comes pouring on to my desk at an ever-increasing rate. This centre supplement on newsprint is an experiment. I would like to know what you think of it. Please do not be afraid to write and tell me.

I mentioned the encouragement of home-grown writing. *The Cheshire Smile* should certainly play its part in helping budding authors in the Cheshire Homes to express themselves. Who doesn't like to see his own work in print? But even so, we must be selective. I receive some contributions that are just not good enough for publication. To those who have been rejected I want to say this: "Don't be discouraged. You may do a lot better next time. Persevere!"

This brings me to that most important subject—the presentation of the Cheshire Home to the public. *The Cheshire Smile* has to display the Homes before the world, and if we are really to succeed in this we must reach a fairly high standard of magazine production. I don't pretend that it will be as high as that of the many popular magazines available. We simply have not the requisite facilities. But I am sure that these magazines set the standard, and whether we like it or not, we have to compete with them. Many of you, I know, are most anxious to show the world that a disabled person can do a job as well as anyone—if given the chance, and so wipe out the idea that physical disability makes a person an object only of pity. Yes, I know the type of visitor who comes round the Home and says "So nice for you to have something to do . . . it must pass the time away". But it does no good at all to get infuriated, as some do. I mention this only because I want your help in making the magazine as good as we can possibly make it. The more well-produced and stylish it becomes, the more interesting, intelligent and widely-ranging in content, the more it will be respected by both professional opinion and the public at large. It is thus that we shall become an influential journal. Already, appreciative letters have been received expressing the opinion that *The Cheshire Smile* is one of the best—if not the best—of the magazines in the field, published in this country.

Lastly, I want to mention our efforts to bring the Cheshire Homes into relation with other organisations for the disabled. There is certainly needed some deep thinking. For along with the wonderful expansion of the Homes there must be a corresponding internal development. If we are not all the time trying to improve our Homes they will inevitably stagnate. We must think out what we mean by a family and a "home". What are we really aiming at? Is there such a thing as an ideal Cheshire Home? How much responsibility can the patients in our homes cope with? What is the role of the staff? This thinking-out is a task for all the Homes, but the interest and help of outsiders with experience in various fields is invaluable. The more good brains we can get thinking about our problems, the sooner we shall solve them. Of course, this pre-supposes the admission that we do have problems—an admission that is not always forthcoming. Yet I have found that more and more people are considering *The Cheshire Smile* the proper forum for the discussion of all these ideas.

"The Face of Victory"

Group Captain Cheshire's new book, under the above title, the next instalment of his autobiography, is, as we mentioned in our last issue, expected to appear in the Spring of next year.

The first quarter of the book, we hear, deals with his R.A.F. experiences, and the rest is taken up with the starting of the Cheshire Homes, and also his own quest for spiritual fulfilment. A brief epilogue brings the story up to date with the inception of Homes overseas (especially India), and his marriage, earlier this year, to Sue Ryder.

FAMILY DAY 1959

Summary of Proceedings and Reports of speeches made by
Group Captain Cheshire and Dr. Rowland Farrell.

SATURDAY, SEPTEMBER 19TH was "Family Day" once again for the Cheshire Foundation, and this year it was the turn of Ampthill Cheshire Home to be the hosts. "I don't know", said Group Captain Cheshire, "that any Family Day has been a happier occasion than this one today."

Lord Denning, Chairman of the Trustees, with Lady Denning, and Lord and Lady Luke were among the distinguished gathering welcomed by Ald. Miss Doris Mann, chairman of Ampthill Management Committee. There were delegates from most of the homes. Mrs. (Sue Ryder) Cheshire and her mother had brought with them a blind Russian patient who was in a displaced persons' camp in Germany.

In the morning, both G.C. and his wife spoke about their respective spheres of work to the delegates. Then sherry was taken with the patients. The visitors lunched in a marquee; and members of Bedford and Luton branches of FLACH assisted in the preparation and serving of the meal.

Back in the ballroom again, a half-hour of short talks by a number of delegates was devoted to "About our Cheshire Home". It was interesting to have up-to-the-minute reports from several of the homes.

An "Any Questions" team, answering questions put by the delegates, was an innovation this year. The panel of eminent people, allied in various ways to chronic sickness, consisted of Group Captain Cheshire, Lord Denning, Dr. Christie (expert on multiple sclerosis), Miss Powell (Superintendent, Searchlight Cripples' Workshop), Dr. Bury (deputy Medical Officer of Health), and Prof. Ruth Bowden. Lord Luke was Chairman and Question Master.

Much of the day's programme was televised for the forthcoming BBC film.

THE PAST YEAR—AND THE NEXT

A SUMMARY OF GROUP CAPTAIN CHESHIRE'S SPEECH

THIS is one of the happiest days of the year for me. It is our fifth Family Day. You probably know that Family Day began when the Queen Mother visited Le Court. When she came that day, so informal and so friendly, we felt for the first time that we were really becoming a little family of families. We decided, with her approval and permission, that each year we would hold its anniversary, though not necessarily on the same day. Year by year since then,

we have had Family Day in one or other of the Homes, but I don't know that any of them have been happier occasions than today.

This lovely house

I have been asked to give an account of the past year's happenings and some idea of what I hope will happen in the next twelve months. But, first, I would like to say something about Ampthill Park, where we are meeting today. This lovely house was given to us by Lord Luke, who has very kindly come to join us today, with Lady Luke. At that time, when we had no-one available to get it going as a Home, we happened to receive a letter from a Paul Latham who said that if there was anything he could do to help us would we ask. We did ask—to help get Ampthill going. He came here; he did great things; he enlisted much local support, including Miss Mann, who is here now as our Chairman; and when there was no money in the bank he put money into the bank. It was not long before Paul was found to be suffering from cancer, which eventually led to his most untimely death. It was a great loss—and a sad one. That was how Ampthill started, and it has been through many difficulties since. But today it stands as a tremendous credit to Philip Hendry, Miss Mann and all those near and far who have worked so hard to build it up.

Consolidation and Expansion

Well now, a few words about the past year. As regards the English Homes there have been two main developments. The first is that some of the Homes have almost got to the point where they are complete; they are full and they have achieved their first purpose. Yet the enthusiasm is still there, the support is there; so they are looking for something else to carry on with. There are three such Homes. Le Court is, after a lot of discussion, deciding to give a fairly substantial grant to the Trust in order to start a London Home, which is badly needed. St. Teresa's, when it has built its O.T. room, is going to start on an annexe in the grounds where people can live in little bungalows and share the facilities of the Home. White Windows has decided to start a daughter Home as large as itself, and I don't think they intend to stop at that either.

Secondly, the Homes have been multiplied. I think there are seventeen or eighteen, and four or five more in the offing. It looks as if all together in England we are going to need fifty Homes. Cherry Morris, who deals with applications, is here today and she can confirm that the waiting list of every Home is full, and many have been closed. There is no point in allowing waiting lists to grow indefinitely. Almoners have already stopped sending in applications because they know it's hopeless. All this gives us some idea of the need to provide more and more accommodation. Perhaps the most pressing need is to take in more of the heavy nursing cases, the neurological cases. We know that no one Home can carry more than a certain percentage of these, because of staffing difficulties, and because a larger proportion of such cases would make a Nursing

Home and not a Home as we mean it. The only solution is to have more Homes with a small proportion of heavy cases in each one.

TRAVEL TROUBLES

A typical example of the sort of trouble that Group Captain Cheshire and his wife are constantly up against nowadays in their frequent travels is the story of what happened to them in Prague in September. On the way back from a visit to the Polish Homes they were passing through Czechoslovakia in their car, "Elijah". It was necessary to do continuous day and night driving because they had arranged to pick up a group of people from one of Sue Ryder's places in Germany, people who were coming to spend a holiday in England.

It was in Prague on Saturday afternoon that the dynamo suddenly packed up. Everything closes on Saturday afternoon in Prague, and it was only after a good deal of hunting around that they managed to find a garage still open. They had to explain that they only had £2 in Czech money between them, with which to buy enough petrol to get to the German Frontier, and also, if possible, a meal (for they had had nothing to eat for some time). At that stage, it was impossible to cash any more money.

The garage man was very helpful. He said it would take him four hours to repair the dynamo, which was completely burned out. He promised to do it as cheaply as possible, and in the end charged them only £1. On parting, he gave them a warm send-off, and said he was looking forward to the day when a Cheshire Home was started in Czechoslovakia.

Overseas

Now we come to overseas. As you know, India is the place where we have done most overseas. It was a hard struggle at first, but today we find there is a great response. They seem to understand very quickly what we mean by a "Home". In other words, it is a formula that fits, and I think that very soon there will be quite a large expansion. I particularly want to stress the work for burnt-out lepers—those in whom the disease has been arrested, but the effects remain, the mutilated fingers, the loss of sensation in hands and feet, and so on. These people simply can't live on their own. They must have somewhere to live; yet they are ostracised, so that they really can't go home, and nobody will take them in at all.

There are Homes, already opened or in preparation, in some half-dozen countries. How many other countries there are waiting for somebody to go and start up, I just don't know. Having got so far I don't think we shall find it very difficult. If we can get someone to go out and explain to people how it is done, give them some lead, and perhaps £100 or £200, which is all any Home has ever started with, perhaps we could expand to new countries. So if any of you are going overseas, perhaps you would remember.

Ryder-Cheshire work

Then we come to our joint work under the title "The Ryder Cheshire Mission for the Relief of Suffering", catering really for all those in distress who don't fit into the Homes. We hope that the Homes and the Mission will go on side by side, each with its slightly



Lord Denning (left), Chairman of the Foundation, talking to Mr. Philip Hendry, Warden of Ampthill, at Family Day.

different character and way of working, so that we can reach out to as many people as possible throughout the world who are in need.

Perhaps this joint work is exemplified most in the International Centre at Dehra Dun, India, wherein we hope will be combined all the different aspects of the work we are doing. The idea at this Centre is to have eight or ten Homes, each taking forty or fifty patients, and each catering for a different type of patient; and in the centre, a large hospital, which will provide all the facilities that the Homes need. The Homes can be very informal; they need not have trained nurses who, of course, are in short supply in India. When somebody in one of the Homes falls sick, he is removed to the hospital where he can get proper treatment, yet still remain in the family.

That is Raphael. We chose the name because the Archangel Raphael is the Patron Archangel of the sick and of travellers. As you know, both Sue and I do a certain amount of travelling and we are all working for the sick. We had been thinking for some three months of possible names and then one day whilst driving over to Greathouse I suddenly thought of the idea. I wrote immediately to Sue and asked what she thought of it. She replied that it was a funny thing but when she received my letter she was just sitting down to write to me to suggest the same name. So we settled on Raphael.

You will be interested to hear that Mr. Nehru has given permission for twelve of Sue's Concentration Camp Survivors, the most disabled, to come in and make their home at Raphael. I must say that India is practically the only country, outside those intimately concerned, which has given permission for such entry visas. When you consider the refugee problem in India, that is no mean thing.

So we are left with this position. Both in England and overseas there are hundreds of people needing help and looking to us for help in the absence at present of anybody else. I think that, if we maintain our momentum, the English Homes will, in about five years' time, be providing enough beds for all those who need one (excluding mental cases, which are an entirely different problem). If, in five years, we do get to that point the Homes will still have their drive, and they will want something else to do. My own feeling is that it will be the moment when we start our real work. You know that a nation becomes great only when it is able to subordinate its own needs and wants to those of others. The same holds good of us individuals, doesn't it? So when we are really looking after our own sick and suffering in England, we must go out and help the sick and suffering overseas. I feel that the English Homes will be a means of inspiring and helping others throughout the world to do what is needed more there than it is here. And I am quite certain that in doing so we will be making a small contribution to the peace and unity of the world.

(Rowland Farrell's speech on page 44)



Alderman J. Stephens and Alderman Miss D. Mann, Chairmen respectively of St. Teresa's and Amphill, at Family Day

MARGOT

IT is not easy to write an article about Margot Mason. She is as reluctant as a clam to part with information about herself. Fortunately, I have had the help of "Seedy" Evans, her assistant, who managed to extract some basic information, and who took the snap which accompanies this article. The rest I have drawn from my own experiences with her in different parts of the world and from what I have heard from those very many people in the Cheshire movement, with whom she has been connected over the years.

As many of you know, Margot comes from Leicestershire. She went to school at Hinckley, then to Nuneaton, and finally to Leamington Spa, where she got her colours for tennis, hockey, lacrosse and gymnastics. Later she captained the Leicestershire Ladies' tennis team. It is easy to see where her physical energy comes from. After she left school Margot took a secretary's course at Leamington, so that she had equipped herself in life for the strenuous job which was to come her way later and which requires physical and mental energy of the highest order.



Margot Mason outside 7 Market Mews

Margot, as some of you may also know, is a first-rate musician and sat for her L.R.A.M. when she was only 19. At Staunton she played the organ in the historic and lovely church.

With Lord Ferrers

It was in 1937 that Margot first joined the Ferrers family, with whom she has had so much to do through the years, and who were responsible for bringing her in touch, much later, with G.C. In 1937, Lord and Lady Ferrers asked her to go for one term to Staunton Harold to teach music and other subjects to their daughter, Penelope. "One term" at Staunton Harold lasted for 17 years; she became Secretary to Lord Ferrers when the war broke out and his Estate Agent was called up. It was during these years that she acquired the nickname "Dopey", given to her by the family after they had seen Walt Disney's lovely cartoon film of Snow White and the Seven Dwarfs. G.C. and many other people of this period of her life still call her "Dopey". I have never been able to do so—I suppose because I came to know her so much later in her meteoric career, when her achievements were such that to call her "Dopey" seemed like a new boy calling a prefect by his Christian name.

During the 17 years that Margot was Secretary to Robin Ferrer's father, she carried out a multiplicity of duties, all of which have stood her in good stead in the present period of her life, where she stands at the centre of this growing Cheshire Family. She joined the Land Army at the beginning of the war and helped Lord Ferrers—permanently disabled as the result of polio—to administer his estates.

Margot has often told me the romantic story which led to her own first meeting with the G.C. The last years of Lord Ferrer's life were ones of great discomfort and pain. He and Lady Ferrers used to go down in the spring to a lovely hotel—Nansidwell—near Penzance, not far from St. Teresa's; it was during these visits of Lord Ferrers to this hotel that the family and Margot first met G.C.

From this meeting there grew up a friendship between Lord Ferrers and G.C. which bore fruit, after Lord Ferrers' death in 1954, in the acquisition by G.C. of the historic family house, Staunton Harold.

The Staunton saga

This story, with which Margot is intimately connected, is a saga truly in the Cheshire tradition. The house had remained empty since the war: it was derelict. There seemed to be no course open to Lady Ferrers but to hand it over to a firm of house-breakers. Then the G.C. came along. Within a matter of days he had raised the money to pay off the house-breakers, and in this was greatly helped by the late Mr. Ravenshear, a Trustee, and Miss Hill. The whole of Leicestershire and many people in Derbyshire, who loved the house and were miserable at the thought of its destruction, rallied round G.C. and Lady Ferrers with results that you all know. Margot was at the centre of the negotiations and has told me of the

historic moment in the A.A. phone box on the way from Ashby to Melbourne, where she took the phone call that announced Mr. Ravenshear's decision to produce £10,000 within 24 hours of the closing date.

Hotel Cheshire?

One of the Homes in India was recently intrigued by a gentleman, a representative of a tourist agency, who wanted to come and see the home. His organisation obviously helped people to find places to stay, eat, have their hair cut, and so on. The Home had visions of itself being entered on their books in some such terms as "Stay at the Cheshire Home, every comfort, central situation, near shopping centre and race course, every modern convenience. Dine and dance at the nearby Widow's Home". The Home felt the gentleman had a rude shock when he paid his visit.

It was shortly after Lord Ferrers' death and the acquisition of Staunton Harold by G.C. for the Trust that Margot joined him as his Secretary, a job which she has held ever since, in addition to the many others she holds, including that of Secretary to the Trust. From March to November 1955 she travelled round England with G.C., visiting Homes and starting new ones. He travelled in a bus driven by Roy Sugden; Margot accompanied them in her little car with, as she has described it, "one hand on the steering wheel and the other on my type-writer".

Working overseas

It was about this time in the winter of 1955 that G.C. made his historic decision to carry his Mission beyond the shores of England into the world overseas. In November, Roy Sugden, Sidney Whiffing and Margot sailed for Bombay with the famous bus and a Land Rover. They reached India in December 1955 with £50 in their pockets and got down immediately to starting the first Indian Home, Bethlehem House, in the jungles of Santa Cruz just outside Bombay. It was here that I first met Margot and, as she has written in her notes—"You know the rest!!!"

The rest covers the last five years, a period during which the Cheshire Homes have grown from 6 in England to their present 15 established and newly-opened Homes, with the addition of 5 acquired properties which will be admitting patients shortly; and from nothing overseas to 7 Homes in India, 1 in Malaya and 1 in Nigeria, 1 each in Poland and the Lebanon. During all this expansion Margot has stood at G.C.'s right hand, even when he has been overseas, as she has carried on at home in England his own Mission for the Relief of Suffering, which is separate from the Cheshire Foundation Homes for the Sick and which itself has involved and still does involve a lot of work, in association with a band of voluntary helpers. Margot has also been Secretary to the Cheshire Foundation and has herself pioneered Homes, not only in India, but also more recently in the Lebanon and in Nigeria.

This is a bald and factual description of some parts of a most active and influential life. It would be impossible, I think, for any

one person to attempt in an article to indicate all the activities in which Margot Mason takes part, all the Homes and countries which she is constantly visiting, all the people to whom she brings help and the gayest forms of comfort and encouragement.

In India

My own memories of her in the field as opposed to the office cover India, Nigeria and England. I remember the time at Bethlehem House in the very early days when G.C. had left her to carry on the Home with Roy Sugden and Sydney Whiffing. She lived in the jungle clearing, cooking for the first three patients—"Pop", the professional beggar, Narayan, and Mister Mesquita—as well as for Roy and Sydney. That was the time when the water came daily in a bullock cart from the nearby convent.

Parking Problems for Disabled Drivers

Disabled drivers with trikes in the Cheshire Homes must have been interested in the announcement in *The Magic Carpet* that the Invalid Tricycle Association is urging all its branches to campaign for exemption from "no parking" regulations, which have meant that disabled drivers must leave their trikes some distance away from shops, etc.

It is stated that parking regulations are not fixed and unchangeable, although it demands persistence and reasoned arguments to persuade local authorities to alter their minds. Parking concessions of the kind desired have already been achieved in Glasgow, Coventry and Slough.

Shortly afterwards she drove north for nearly a thousand miles in the Landrover with the boys to start the Dehra Dun Home in the foothills of the Himalayas in a derelict palace given to G.C. by the Maharani of Chamba. They camped out among the hornets' nests in the long abandoned palace with its empty rooms, in true Cheshire style, working like beavers until, by their example, they had attracted help and sympathy and made yet another Home.

In Nigeria Margot started a new Home in a new country without even the G.C. to help her and on her own—all inside five weeks. A Governor's wife said it was both impolitic and impossible in just over a month.

She had proved both these judgments to be wrong. In the Lebanon she worked in the middle of the most serious riots the country has ever known.

Friends of Hovenden will remember how Margot came to the empty house with £10 and two helpers, and gave an example to us all of how G.C. himself had started the old Le Court, the original St. Teresa's and so many of the Homes in India—without money but with "courage, gaiety and the quiet mind", those three qualities which Robert Louis Stevenson thought to be worth more than all the others; qualities which characterise so well those three people who stand at the heart of the family, Sue Ryder, Leonard Cheshire and Margot Mason.

W.W.R.

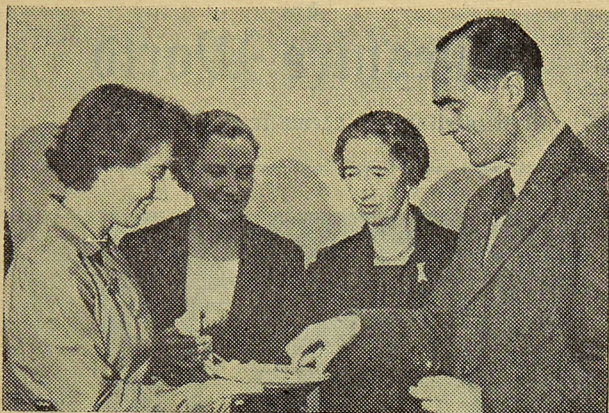
The
Cheshire World

A Miscellany of News from All Quarters



"The Old Folks at Home"

Some of the children at Hawthorn Lodge.



G.C. attends sherry party at Hawthorn Lodge

Photo: Dorset Evening Echo

Hawthorn Lodge

G.C. AT DORCHESTER

The biggest event at Hawthorn Lodge during the Autumn was the visit by Group Captain Cheshire in September. A sherry party in honour of the visit was held in the play-room after the children had retired to bed. (For once, the children went to sleep early, and didn't peep through the window connecting the playroom with the main night nursery, as they often do during Committee meetings!) We also had an unexpected pleasure one day in October when Prof. and Mrs. Cheshire paid us a surprise flying visit.

St. Teresa's

OUR NEW MATRON

The first item of importance is that we now have a new Matron. When we knew that Miss Brewer was leaving us we were not at all happy; she had done so much to make us very comfortable and we thought we would indeed be very fortunate if we had someone even half as good as she was. Who says the age of miracles is past? Not a bit of it. Our new Matron, Mrs. Strachan, is a real gem, long may she stay at St. Teresa's.

As usual, there have been several

entertaining evenings for us here at St. Teresa's, not the least entertaining being the "dress" rehearsal of the new comedy followed by the variety concert; in fact the whole show which the "St. Teresa's Players" were to give on the following evening (Sept. 26th) at Mylor, where, by the way, we had our usual wonderful reception from an enthusiastic audience. Many thanks to Mr. Prime and all his band of willing helpers, especially the young ladies.

Most of the "Girls and Boys" went to Redruth in September to see the Redruth Amateur Operatic Society present the "Mikado", and a very fine show it was too.

On Friday, October 9th there was a "Full House" in the lounge when the Mayor of St. Ives presented a cheque for well over £880, this being the proceeds of the St. Ives Carnival week and after the cheque was presented there was a film show, all about the Carnival Week, so we were able to see what went on even better than many who were actually at St. Ives that week.

Enid went on holiday to Stratford for twelve days on September 28th; she had a very nice time and had very good weather all the time.

On the evening of October 15th about a dozen of the "Girls and Boys" went to a small place called Burrows,

near Helston, to a concert, and we are very grateful not only for the cash raised, £17, but for the very entertaining evening.

A TRIP TO PLYMOUTH

by a resident at St. Teresa's

Never have I felt so much like Royalty as when our party boarded the special coach for Plymouth; never have I been treated with so much consideration by the railway. The last time I had been there was to see the Coronation decorations when Plymouth had given its heart to our young and lovely Queen. I had never shopped in this brave new city. The first thing that struck me was the width and spaciousness of the streets and the fact that although our party went to busy shops in wheel-chairs there was room to spare for all. How I loved going from shop to shop making a few small purchases and window shopping, for here indeed, everyone's wants seemed to be supplied. One seemed to be looking into a modern Aladdin's Cave to which the Open Sesame was money. But I was glad enough to return for I am at heart a-country woman and the song of the crickets in the marsh as we were pushed home from the station was not the least of my pleasures.

W.T.R.

CANN HOUSE

Tamerton Foliot, Plymouth

Cann House passed into possession of the Trust on 29th September, 1959, and an office was set up in the house on odd bits of furniture which had been given. Work was immediately commenced on assessing the installation of the lift and the new bathroom.

Our residents cannot join us until the lift has progressed sufficiently to allow the plumbers to move in for the bathroom which has to be installed downstairs in the vicinity of the lift shaft. In the meantime, there has been no lack of volunteers to carry out the decorations necessary in all rooms, and the first team have started the job.

The Committee is doing everything possible to hasten the day when we can open, but time must be given to the builders to do their part of the work! Our guess is February or March, but we hope to improve on this.

Capt. H. R. HAROLD (Sec.)

RECENTLY AT ALNE HALL

During the Summer we were visited by Mr. Newby, who was here at the beginning, and we were happy to see him fit and well and to enjoy his ministrations.

We enjoyed the Air Display at Linton-on-Ouse aerodrome, also a Military Tattoo at York. A display of Highland Dancing by the girls of Mill Mount School, York, was an admirable display, well sited on our front lawn.

Work on the building here has continued with much painting and re-decoration. The ballroom now reveals its magnificent proportions enhanced by colour. The newly-painted exterior of the house contributes to a Christmas card of pleasing design and setting.

White Windows

INTO AUTUMN

Our own Harvest Festival was held in September, the Thanksgiving Service in the Quiet Lounge being conducted by the Vicar of St. George's, the Rev. Scholfield.

The League of Friends of Halifax Hospitals are once again including us in their winter programme of film shows.

Members of the local Amateur Radio Club brought their equipment here recently, fixed up an aerial, and so enabled several of our residents to listen-in and send messages especially to St. Teresa's in Cornwall.

The South Pennine Fox Hunt Meet took place at White Windows in October. The members of the Meet celebrated Guy Fawkes' Day with us in the traditional manner.

The Electrical Association for Women, Huddersfield Branch, to mark the occasion of their 25th Anniversary, generously presented us with a hair dryer for the ladies and an electric razor for the gentlemen.

The West Riding Flag Days on October 3rd (together with the Halifax Flag Day on October 10th), raised the grand sum of over £1,350.

As we go to press, work on the dining-room extension continues, but so far we are not able to use it. Meals are still being served in the two lounges, so we are rather cramped for space.

A Message from G.C.

The new Cheshire Homes brochure contains the following message from Group Captain Cheshire.

None of us who have our health and strength today can look back over the past without thinking of the countless thousands to whom it was not granted to survive the war and all the persecutions which have followed it. Of many different nationalities and walks of life, they fought for what they believed to be the cause of truth and freedom and laid down their lives in the service of that cause. Today it is we who stand in their shoes; it is we who have to carry on where they left off. No doubt we are not called upon to rise to the heights of endurance and self-sacrifice to which they rose. But whoever we may be, there is some part for us to play, some part which we alone can play. Before our eyes we see other countless thousands throughout the world in pain and with no-one to turn to, lonely and with no hope for the future, who look to us for help. In going to their help, however ineffectually it may be, we are keeping faith with those who went before us; we are furthering the cause for which they died. For if we see divisions and misunderstandings among men, we also see unfathomed depths of generosity and goodwill, which it is the role of the sick and those in need to draw out and which alone with God's grace can stem the tide of selfishness and materialism which threatens to engulf us.

LEONARD CHESHIRE.

LOURDES, 1959

On October 5th a party of 24 people, 8 of them from 6 different Cheshire Homes, including 2 children from Hawthorn Lodge, Dorchester, and their charming young Matron, Elaine Brocklebank, who was in charge of the whole party, set off for Lourdes by Cheshire Airlift, for a five-day stay. All benefitted from their experiences.

Hovenden House

OUR SUMMER FETE

July 4th, the day of our Fete, was a memorable day for many reasons, not the least of the memories being the record heat. Our Chairman said she was sure that if she had an egg to crack, it would have cooked on the stones of the terrace during the Opening ceremony. Lord Ancaster, by the way, was the opener. The Fete Committee have handed over £500 as a result of all the wonderful organization involved.

There was a police dog demonstration, a gymnastic display by High School girls, and music by the R.A.F. band from Cranwell. Three highlights of the day—the patients' stall hit a record so far of £82—Helen won her class for flower decoration—and the Chairman won a cup in the horticultural section.

On July 10th the Concert Party from Skegness, "Friends of Hovenden", came over and gave a most entertaining and delightful evening.

During August, Dr. Rowland Farrell visited us. It was on his advice that we started a Patients' Committee; Arthur is Chairman, Emily is Secretary and Ted the treasurer. Handicrafts are in the capable hands of Elsie and Eunice. A "take-over bid" for the shop has gone through. Entertainments are also in hand, so the winter should be anything but dull.

A visit in August to the Peakirk Bird Sanctuary, arranged by the Boston W.V.S., was very much enjoyed by all.

Then on September 10th came the great outing to Skegness. What a day it was! The marvellous hospitality of our Skegness Friends had to be seen to be believed.

We welcome two new members to the family — Louis Campion and Russell Wiseman.

Both Group Captain Cheshire and his wife paid us a visit on September 18th; it was a red-letter day for us, and we held a Garden Party in their honour.

The day after that, twelve of us with Nurse Driffield, went to Gorleston Holiday Camp for a week's holiday, but you can read about that elsewhere in this issue.

Lancashire Progress

Five new patients have been admitted since the last bulletin, bringing our total number up to twelve. The lift is working at last and the upstairs front bedroom now houses the four ladies.

Miss Thomasina McKay spent a fortnight at Honresfeld in September, and will be taking up her duties as Sister-in-charge after Christmas.

After all expenses had been paid, the Garden Party in the summer raised £750. The Management Committee, in discussing the Garden Party afterwards, wondered whether it should be held in the same place each year, or be moved from place to place. The question, "Is Honresfeld too far away from centres of population?" was also considered.

Improvements to the central heating have been completed, including the installation of an oil tank and pipeline, and a new boiler. There has also been an extension to the parking space for vehicles, most of the preparatory work for this being done by voluntary help.

The Manchester Concert

On September 24th, a concert was held on behalf of Honresfeld in the Free Trade Hall, Manchester. We were honoured by the presence of about 30 civic heads from Lancashire towns; altogether about 1,200 people were present. We are indebted to Mr. Leslie Lever, M.P., who took the chair at very short notice, owing to the indisposition of the Lord Mayor of Manchester.

The concert was excellent, and thanks are due to the various soloists and the orchestra under the direction of Mr. David Jordan.

After the concert, we had an inspiring address from Group Captain Cheshire, his theme being the contribution we can all make to world peace by helping those in need. He praised the vitality of the Northern Homes and said they are setting an example to the South, and at Honresfeld there is the beginning of one of the finest Homes in England.

G.C.'s speech was followed by the showing of a new and really first-class film about Honresfeld.

A VISIT TO A CHESHIRE HOME

by "Tailspin"

(From the journal of the Invalid Tricycle Association, Southampton Group)

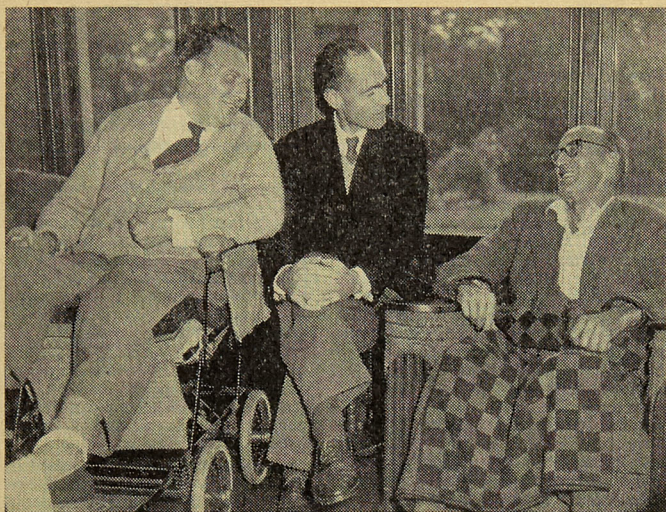
During my recent holiday in Lancashire, I was privileged to visit that county's first Leonard Cheshire Home at Littleborough, near Rochdale. The visit had been arranged for me by the Heywood branch of the Inskip League of Friendship, which is the local agent for the Welfare Department of Lancashire. With me went Mr. and Mrs. E. P. Bennion, the Secretary and Social Secretary of the Heywood branch, and Mrs. E. Dawson, the Secretary of Rochdale Inskip, and we also had with us a reporter from the *Rochdale Observer*.

All of us were greatly impressed by our visit, especially by the welcome we received from both staff and residents. Being shown through the Home and really beautiful grounds and meeting the disabled residents we noted the really happy atmosphere which was certainly pleasing indeed.

A visit from fellow-disabled we felt, was greatly appreciated by them, and soon we were talking and chatting as if we had all known each other for years instead of minutes. It was suggested that more contacts could be made between the various Homes and nearby Inskip branches and I.T.A. Groups, etc. One idea being to bring out to club or group activities some of the residents able to do so and to encourage visiting and the forming of friendships.

No-one wants to live in a Home no matter how homely and well run it may be, unless there is really no alternative, but we feel that the Cheshire Homes are the finest that have so far been organised for the sick and totally disabled. Should it come to us to have to settle in a Home we should hope to be admitted into one of the Cheshire Homes.

I should particularly like to thank the charming Sister P. Donelly from the County Kildare, who took us round, and Dorothy Wood and Irene Abbot, two of the beautiful residents.



G.C. with David Arthur (left) and Willy Hoare at Honresfeld

Photo: Oldham Chronicle

NORFOLK CHESHIRE HOMES ASSOCIATION

This Committee was formed in January, and consists of various business and professional people in the City of Norwich, headed by the Earl Ferrers as the President. The object at first was to support Seven Rivers Cheshire Home at Colchester.

The first big gathering was in February, when a Coffee Morning was arranged. Invitations were sent out to a variety of people to whom it was thought the idea of forming the Association might appeal. Out of that morning some 150 members were enrolled. At the Royal Norfolk Show, a local firm kindly offered part of their stand to the Association, and a goodly sum was raised for the Home.

Later in October a Ball is to be held in Norwich at which a Tombola will be run and various other money-making ventures. Mr. Norman Hackforth, the Voice of "Twenty Questions" on BBC, has promised to put in an appearance.

A Wine and Cheese Evening is being

held every two months in order that the Committee should keep in touch with all the members of the Association. About 30-35 are invited each time; they are told what the Committee is doing and are asked in what way they would be willing to help. The evenings, so far, have been most successful.

Now that the Committee has decided to go ahead and prepare for its own Cheshire Home in Norfolk, its activities will be stepped up. The Committee will henceforth be meeting every month. Several new ideas for raising money have been considered.

OPEN DAY at SEVEN RIVERS

On Sunday, 27th September, in perfect weather over 400 guests visited Seven Rivers, the Essex Home near Colchester. In the presence of Sir John Ruggles-Brise, Bart., the Lord Lieutenant of Essex, and many notable personalities from East Anglia, the lift was officially handed over by Brigadier E. J. Todhunter on behalf of the Perry Watlington Trust and others who had subscribed. A cheque was handed

over by Mr. R. J. Andrews on behalf of the Cheshire East Anglian Home Society, Lowestoft, and a Bedford van, converted to carry patients in their chairs, was presented to Seven Rivers by Mr. C. Bristo on behalf of the Motor Agents Association of East Anglia.

The Group Captain thanked all those who had helped to make these gifts possible and talked of the work of the Cheshire Foundation. After the ceremony tea was served on the lawn and the visitors looked round the Home and met the residents.

Seven Rivers hopes shortly to increase the number of residents to 25.

Le Court

PARTY-LINES

Visits from our parliamentary candidates stimulated lots of election-time interest and argument. Each of them spoke on their party's policies and answered questions afterwards.

The fancy dress was certainly the main factor in the success of September's party to celebrate 5 years in the new building. The expected standard of buffet supper and Anniversary Cake from Mrs. Barnett, Heather Black as compere, Sir Ernest's speech,

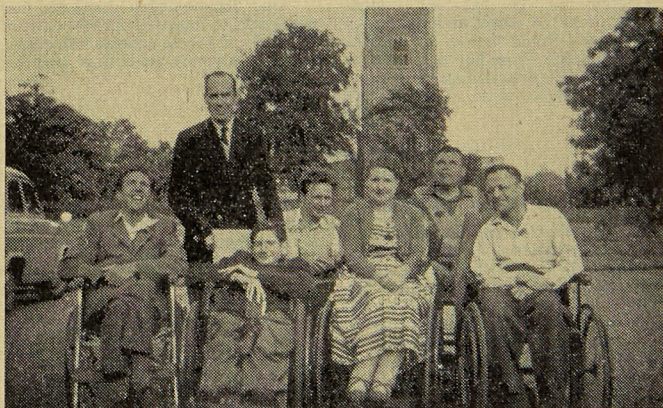
the work and co-operation of Matron and staff, a band, a treasure hunt round the house, and the usual games, all contributed as well to make it a happy night to remember.

A new rose garden is in process of being planted—made possible by the co-operative effort of many people who at a few bob a time are contributing a rose tree to the scheme. It's been so popular that over a hundred have already been ordered.

We were sad to lose Mrs. Grey from the Pantry after 5 years' great service. She has gone to Bournemouth to be with her sister.

Our thanks to the Trustees for a most welcome improvement—the tarmac-ing of the North Drive. Previously almost impassable, it will now be particularly used for walks out, being far more negotiable for pushers than the steep Main Drive.

London Airport was invaded by two coach-loads of us in August for our "big outing" of the year—Mr. Wilkins being transport benefactor once again. We lunched in Windsor Great Park despite the attentions of an official who thought we shouldn't have been there at all, and then drove to the Airport for a 90-minute guided tour and tea in a B.O.A.C. canteen.



Seven Faces at Seven Rivers
(including G.C.)

FIRST CHESHIRE HOME IN WALES

COOMB

The Friends of the Cheshire Homes in Wales have at last succeeded in obtaining a house which it is hoped will be opened next year as the first Cheshire Home in the Principality. Coomb, at Llanybri, near Llanstephan, in Carmarthenshire, has a 14 acre estate, consisting of the main mansion, the dower house, and a large schoolroom block (Coomb was formerly used as an approved school). In time to come the whole estate may well be transformed into an ideal Cheshire Homes Welsh Village—an experiment to provide a

full community life for disabled people.

In Carmarthenshire there is great support for the Home, from the Lord Lieutenant of the County, Sir Grismond Phillips, from the R.A.F. Association, from Rotary, and many other organisations and individuals.

On Battle of Britain Sunday, Group Captain Cheshire spoke at a concert in Carmarthen arranged by the R.A.F. Association, and also paid a fleeting visit to Coomb.

A Steering Committee has been set up, and has already started to function.

Chronic Disease Threatens Standard of Living

America's standard of living is threatened by the prevalence of chronic disease, said an official of U.S.A. Public Health Service at the American Public Health Association's 87th Annual meeting in Atlantic City.

Dr. A. L. Chapman, Assistant Surgeon General, and Chief of Special Services Division, Bureau of State Services, had this to say: "Millions of dollars are spent annually for medical research, but only pennies go to applying the findings. . . . This failure to apply research findings has left us still with a high incidence of chronic disease. . . . The taxpayer has bought research, but he has not bought applications. A recent national health survey had found that in the U.S.A. approximately 69 million persons now have some chronic disease or impairment. Of these, some 17 million are

limited in their activities by a chronic condition, and over one million are confined to hospitals.

"The number of consumers in the country has been steadily increasing, due to for instance, a rising birthrate and increased life span. At the same time, the number of producers have been decreasing, due to such factors as early retirement, prolongation of education and a shorter work week. Contributing to this adverse situation are the many victims of chronic diseases who live on as consumers but can no longer be producers because of their disabilities. . . .

"Our technological progress has continued to improve our standard of living despite these adverse influences. But it is anyone's guess how long this can go on."

THE LONDON HOME

Atthol House, College Road, Dulwich, has been purchased for the Cheshire Foundation, and will be opening sometime next year as the first Cheshire Home in London. It is noteworthy that the house was bought entirely by gifts, no contribution being made at all by the Central Trust. The installation of a lift, more bathroom accommodation, and other alterations, will need to be effected before the Home is opened.

There is a Steering Committee, with Lady Denning as Chairman, and Mr. R. Worthington as Vice-Chairman. A Management Committee will be appointed in due course.

Red Feather Day in Edinburgh

The Scottish Committee organized a Red Feather Day for Edinburgh in November to raise money for the proposed Home in the City.

CHESHIRE HOMES INDIA

Sue Ryder has accepted an invitation to become a Trustee of the Indian Homes.

We hear there is great interest in starting further new Homes in Lucknow and other areas. And also in neighbouring Pakistan, in Lahore.

On October 23rd, a Red Feather Day was held in Calcutta and Jamshepur in aid of the two Homes in the Eastern Region. Car stickers were also sold in Durgapur. The net result is not known but it is thought to be about Rs.5,000.

In answer to a casual advertisement in the Calcutta *Statesman*, a certain Mrs. Sopariwala, a widow, made a gift of shares to the total value of Rs.4,500. It was an extremely generous gesture.

Poona. The Committee here, under the Chairmanship of Commander K. B. Godrej, is very active. There was a big Cheshire Day in the city on October 3rd with the slogan "We have a tent—we want a Home." Both the Marathi and the English papers have given us quite a generous write-up.

Delhi (Kakaji). A visitor from Indian Headquarters remarks on the peaceful atmosphere in the Home, the result of the quiet happiness of the twelve inmates who are being so well looked after by Miss Marshall. One is greeted on arrival by Pandit, the oldest inhabitant, who arrived when the Home opened in 1957. Pandit is a great character, very cheerful and surprisingly agile on his crutches. A very religious man, he rises at crack of dawn each morning to read the Gita. Yasim is another cheerful character. No one would guess to look at his happy face, that he suffers from T.B. of the spine, and goes through agonising pain at times. Then there is Mansuman, a young girl, bed-ridden for nine years. She is twisted up with arthritis but lies serene on her bed, her hair braided into two long thick plaits.

Govind Bhawan, Dehra Dun. The annual Fete was held on September 20th. It was a great success, even though rain marred a part of the evening. About Rs.1,000 was raised. Donations during the last twelve months amounted to over Rs.8,600. A recent windfall enabled Mrs. Thakurdas to instal sanitary fittings to six bathrooms.

One of the most gratifying of recent trends is that the barrier of social stigma which made certain classes of Indians hesitate to come here is breaking down, and now all classes are taking advantage of the facilities provided.

Jamshepur. Six children from the Home are regularly attending the local Government School. They naturally feel less "apart" socially now that they are able to mix with others. Mrs. Shaw of Calcutta has kindly given the children a Wendy House.

Madras. We welcomed Miss Susan Gomes, a qualified nursing Sister, as our first Matron. There are seven patients here now. Tremendous activity is going on in Madras to help us. Enthusiasm is terrific among many residents of the town.

Katpadi. The third anniversary of the Home occurred on September 11th, but the main celebrations were held on October 6th. The Health Minister, Mr. M. A. Manickavelu, accompanied by the District Collector, who is also President of the local Committee, attended the party. The guests were welcomed by Mrs. Chinnadorai, the Warden, and then the Minister and the President were garlanded by Kumari Geeta, Mrs. Chinnadorai's grand-daughter, and the inmates sang the Prayer Song.

Great interest is being shown in the Home by the Bishop of Vellore, and by Dr. P. W. Brand, who is the Leprosy Specialist and Deputy Director of the Christian Medical Hospital.

THE HOMES IN POLAND

The first Home in Poland, at Konstancin, outside Warsaw, has fifteen girls, all of whom are suffering from rheumatoid arthritis. Fifteen boys will be coming in fairly soon. There is a woman teacher, a cripple herself, who gives the children lessons, and they are also being taught occupational therapy. As they come from extremely poor families and surroundings they seem almost to think they are in heaven. The Home certainly has a beautiful setting in pine woods. When Group Captain Cheshire and his wife visited the place in September they were given a sort of wedding reception, with two magnificent cakes being cut. Various doctors, representatives of the Polish Ministry of Health, and many of the helpers were present at the gathering.

The second Home at Zyrardow is now finished, and will cater especially for cancer patients; it is situated in the grounds of the Cancer Institute. There is an enormous waiting list, but the

Home can only take forty. A Polish nurse has been appointed as Sister-in-Charge.

It is of interest that these Homes are prefabricated structures which have been sent out from England. At Gdynia the Polish authorities take over and are responsible for erecting the buildings. Each Home has to be completely fitted out from top to bottom, and that includes everything from spoons and forks and bedlinen to—well, even the doormat. Much of the equipment en route for Poland is stored at Sue Ryder's house, The Old Rectory, Cavendish, Suffolk, which at times takes on the appearance of a warehouse.

We are very anxious to collect further supplies of medicines and drugs, both for Poland, and for the International Unit in India. Would anyone with left-overs in their medicine cupboard, even if half-used, please remember our need and send them to the Old Rectory, Cavendish?

PROGRESS IN NIGERIA

The Home in Ibadan ("Oluyole") is going ahead well. There has been a lot of local support, but still not nearly enough. Gifts in kind have, we hear, been pouring in; without this generous response it would have been impossible to carry on.

Miss Tassell, who has done a wonderful job in getting the Home started, is returning to Ghana around Christmas time. Local help will then be recruited.

The plans have been made for the proposed new building, but nothing can be done until funds are collected.

LEBANON

News came through in September that at long last a suitable house has been discovered. We hear that as soon as a really suitable person can be found to take charge, the first patients will be taken in.

CRUSADER CHESHIRE

by Diana B. Stoddart

Intrepid fighter, bomber ace,
We salute your daring grace;
In the air, or on the ground
You, the sceptics, did confound!
Beloved by crew and staff alike,
Never did you fear to strike
Target blows, then guided back
Aircraft, damaged through the flak.
Then you saw the higher gleam,
Went ahead, and launched a scheme
Building homes to house the ill,
Working, nursing, never still . . .
Then, when illness laid you low
Forced your pace to tempo slow,
Fight you did, with courage gay,
From your bedside every day.
Though your health and strength had
gone,
Still your great Crusade went on;
Others' needs—your foremost
thought—
Many a wonder you have wrought.

THE MISSION FOR THE RELIEF OF SUFFERING

An outline of the development of Group Captain Cheshire's work that lies outside the scope of the now famous Cheshire Homes.

OVER the last few years, we have had a number of requests to clarify the position of the Cheshire Mission for the Relief of Suffering as opposed to the Cheshire Homes. There is, however, a simple distinction, fairly easily grasped, once it is defined and the two kinds of organisation described.

In the early days, Le Court was a refuge for all kinds of sick and suffering people. All comers were taken in, no matter what their trouble was. Some were physically disabled in one way or another, many were mentally ill, there were those who had served prison sentences and were looking for a new start in the world, and others came whose lives had gone wrong, often through no fault of their own, and were now looking for something to do in life. All were accepted, looked after, and offered such help as could be managed, by Group Captain Cheshire himself, assisted by a few devoted helpers. Not all the people admitted were helped though; such work requires experience and a certain amount of specialised knowledge, which Leonard Cheshire always knew he had not got.

Need for Separation

After a few years, the first Cheshire Home Committee was formed at Le Court, and the decision was made to admit only those patients who came within certain categories of sickness. The others outside this restricted group, those who were neither patients requiring attention and nursing, nor active helpers capable of pulling their full weight in the running of the Home, were taken to "St. Teresa's", the community in ex-R.A.F. huts at Predannack on the Lizard peninsula in Cornwall. Exactly the same selective process happened there, and a new daughter community was started in other huts only a few hundred yards away, this daughter community, named "Holy Cross", being at first part and parcel of St. Teresa's. Later

on, when St. Teresa's was moved to its present lovely situation near Penzance overlooking St. Michael's Mount, it was decided mainly in order to avoid confusion, to give up Holy Cross as a Cheshire Home. It is now run at Predannack by Shelagh Howe, purely on her own responsibility and she is doing a very fine job. Even so, she still has definite limits to the type of person she admits.

Some years later, in fact on August 3rd, 1955, a company limited by guarantee and not having a share capital, was incorporated under the name of "The Cheshire Foundation Homes for the Sick" to take care of the English Homes catering for disabled persons.

Varied activities

There were certain other activities, which Leonard Cheshire had started and was most concerned to develop, activities not coming within the scope of these newly-founded Homes. There was always the problem of finding the right people to take on this work; the problem also of what kind of constitution and what name to give it. Broadly speaking, it formed a Mission for the Relief of Suffering, and this was the name under which it was classified and has been known these many years. But there was never any legal constitution.

It was his work with these other activities that threw Leonard Cheshire into contact with Sue Ryder. During the war she had been a F.A.N.Y., and a member of Special Operations Executive. She joined in 1945, as still a young girl, an Anglo-French Relief Mission which also cared for Buchenwald and Dachau victims, and from that day to this her work for "Our Forgotten Allies", particularly the Stateless, the concentration camp victims, the refugees, has never ceased. Based on the settlement which she had founded for the disabled and homeless, she personally visits one hundred camps and hospi-

als throughout Germany, travelling over a thousand miles each week. Her Suffolk home at Cavendish is now a Holiday Home for Concentration Camp Survivors. She is the only woman allowed to visit the Stateless in German prisons. She is one of the prime movers in the Ockenden Venture, which educates Stateless children in England.

Joining up with Sue Ryder

In the spring of 1958 Sue Ryder visited Poland at the request of Group Captain Cheshire to study the situation of the chronic sick there (thus fulfilling a 13-year-old wish), and returned with the news that the Polish Ministry of Health would welcome Homes on the lines of the existing ones in England and India. This suggestion was quickly translated into fact and already two Polish Homes are in being. This increase in the scope of the joint activities of Sue Ryder and the Group Captain raised the question whether it would be wise to link them up with the Foundation. After long consideration it was felt that complete amalgamation, though ultimately desirable, was premature, and it was finally decided to frame a new constitution to cover these joint activities, together with the Mission work of the Group Captain, under the title "The

Ryder Cheshire International Mission for the Relief of Suffering". It is hoped that this title will avoid confusion in the minds of the public.

The Homes and the Mission

Thus we have the Homes and the Mission with a fairly clear and logical distinction. Perhaps, what most distinguishes the Mission from the Homes is that the latter are all national, with their own national trusts, no one country having any jurisdiction over the others, while the Mission is essentially international in character. Practically all its activities are situated outside England, except the Holiday Scheme for Concentration Camp survivors, and of course the education of their children. The Mission is entirely undenominational, and from this point of view on exactly the same footing as the Homes. As regards the specifically Roman Catholic activities which, as is well known, the many-sided Group Captain has personally undertaken, these are quite distinct from the general Mission.

The Mission has as its specific objects: (1) the promotion of Homes for the incurably sick in Eastern Europe and other parts of the world where the Cheshire Foundation would not normally be invited to operate; (2) the relief of distress amongst ex-

Prime Minister Nehru Wishes us Success

"A few years ago, Group Captain Leonard Cheshire came to see me in Delhi. I had heard of him previously and all the fine work he had done for the relief of suffering. I was happy to meet him. Since then he has expanded his work in India, and now intends to make Dehra Dun the International Headquarters of the Cheshire Homes. I am very glad to learn of this and wish him every success.

The Cheshire Homes have set an example of unostentatious but effective work for the relief of suffering without much fuss, advertisement and expense. They are a remarkable example of what can be done by earnestness and enthusiasm. Most of us are apt to think nowadays of big schemes of hospitals, medical services and the like, which cost a great deal and tend to lose the personal touch. The big schemes may still be necessary for Governments to undertake. But the type of work that Group Captain Cheshire has been doing with such great success seems to me essentially of even greater importance than these schemes. Of course the two do not conflict, but rather help each other. He has shown how limited resources can be made to go a long way; even more, he has given an example of the human approach.

I would like to express my admiration for the work he is doing and more especially the spirit in which this is undertaken. He deserves every help."

concentration camp victims, Stateless persons, ex-prisoners of war, social misfits, outcasts, and indeed all those who suffer persecution or are imprisoned for whatever cause. Its essential characteristic is to work on as personal and individual basis as possible having the absolute minimum central administration and overheads. There are, however, one or two Committees to cover certain aspects of the work.

We hope these few notes will help to make clear the distinction between the two chief ventures with which Group Captain Cheshire's name is now linked in the public mind—the Cheshire Homes, and the Mission for the Relief of Suffering. Further articles will appear in these pages from time to time describing in detail these, and other related, works.

“SEEING IS BELIEVING”

by Len Harper of St. Teresa's

Most people are well acquainted with the saying which heads this article. Is it true? Not always, especially in these days of “Magic Moments” on T.V. But why not pay a visit to a Cheshire Home and so see if it is true that the members of these Homes are really as happy as it is claimed?

There seems to be a very strange notion among the general public that we are unapproachable, and, worse still, objects of pity. We are ordinary people, some of us very badly disabled, but some people seem to think that physical disablement—in regard to the members of a Cheshire Home—is accompanied with mental deficiency as well.

I have heard the following sort of talk: “I couldn't visit the Home, I wouldn't know how to speak to the ‘Poor things’.” While appreciating the sincerity of the sort of person who pities us, I would like to ask—“Would you feel awkward about meeting—say—Douglas Bader, or Michael Flanders?” No, of course you wouldn't, and yet these two famous people are disabled, just as we are. True, they live normal lives in the general way while we live in community with other

disabled people; but *that*, in the main, is the only difference. There are people in the Cheshire Homes with more than average intelligence, but apart from academic knowledge there are quite a few who are blessed with a good measure of *common sense*, probably a far greater asset than any amount of book learning, or even a University degree.

We do *not* want pity, but we *do* want friendship. There are people, perhaps thousands of them—here in the British Isles—in good health and with strong limbs who need to be pitied far more than we do. Don't be afraid to come and visit us; you will discover that there are very few happier places than a Cheshire Home.

One other important thing to clear up; there are still many people who think that a Cheshire Home is a Roman Catholic Home. It is NOT. Here at St. Teresa's for instance, only five of the twenty-five members are R.C., and only three of the staff are R.C. Like our revered founder, I am a convert to the R.C. Faith, but G.C. (Leonard Cheshire) always welcomed anyone into his Homes regardless of their religion—or even if they had none at all.

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“the Colonel”, Warden of Staunton Harold, along with Tony, Brian and Harry; from White Windows, Eric and Grace, and last but certainly not least, Tom (G3KQK) at Amptill Park House had Garry on. According to reports a grand time was had by all!

The Derby Radio Club has made arrangements for their members to give morse and technical instruction to any interested patient at Staunton Harold and one member has given them an 1155 Communication Receiver. Alf (G3BNM) has a chap at Alne Hall who is interested (sorry, we do not know your name, old man) and intends to go for his “ticket”.

May we, on behalf of everyone concerned, thank our radio amateur friends very sincerely for all their wonderful help? We can assure you that it is greatly appreciated.

AMATEUR RADIO IN THE CHESHIRE HOMES

by Graham Thomas of St. Teresa's

Since the idea of establishing an Amateur Radio Station in each Cheshire Home, both here at home and abroad, came into being, we have had little progress. We ourselves certainly intend to get on the "air", and Ted Jenkin of Hovenden House is now studying to take the R.A.E. (Radio Amateurs' Examination) next May. Amphill Park House already has an amateur station, the licensee being Tom Dugdale, G3KQK, who was recently admitted there. We feel, however, that we could get more Homes interested in this project which would be of immense value to the development of a fine personal relationship between the Homes.

We realise, of course, that radio is not every man's meat but we are under the impression that many regard the workings of radio with awe. There are no concrete reasons at all to support this false conception. Can you remember as when a child you couldn't read? The complete mystery that surrounded a book? Then, one day, you could read and the mystery was dispelled thus opening to you the delights of the literary world. So is it with amateur radio. You'll find that having once broken the surface, the "bug" will bite and the desire to know more will be insatiable. It is the most fascinating hobby in existence!

Reverting to the examination, it seems that many feel it beyond them. Let us assure you that the test only requires elementary knowledge of radio to gain a Pass. Of course, it needs some effort and anyone attempting it must be prepared to devote some time to study. Tom Dugdale is only too pleased to take anyone on a correspondence course designed specifically to cover the syllabus of the examination. The other hurdle to jump to obtain a licence is the Post Office Morse Test. This requires a speed of 12 words per minute sending and receiving, which is a comparatively slow speed. It is surprising how quickly one gains speed with 15 minutes' practice each day.

Radio could bring together the English and the overseas Homes in a

way that no amount of correspondence could. We here at St. Teresa's tend to think of these Homes, so far away from us, simply as "Cheshire Homes"; we cannot possibly think of them in a personal light because we do not know the patients as individuals. Oh! we can write to them and they can write to us, through interpreters! But can we honestly say we know each other? If we stop to think for a moment we must come to the conclusion that we do not.

This is the state of affairs that exist particularly in regard to the Far Eastern Homes. Many of the patients out there can speak a form of English but cannot read or write it. If, however, a station could be established in each of these Homes, then what would have otherwise been an insurmountable barrier, would be broken down.

Probably many will think it rather a large proposition. It is! It is a project rife with problems but surely this fact alone renders it all the more worthy of achievement? We, the patients of all the Cheshire Homes, have it within our power to weave a strong and virile relationship between the Homes. This will not come about overnight, it will require working at and working at hard, but if we all pull together we can succeed. When a "Cheshire Radio Link" finally comes to fruition we can all feel justly proud of our effort, small though it is, to further world understanding.

We are hoping for a big response to this radio "propaganda" thus taking the first step to the "Link". As one of our patients here says, "Let's be 'aving yuh!"

Postscript

Since the above article was written we have made a big step forward with the "Link". On Saturday, October 10th, several of our Homes were on the air. Harry (G3ADG/A) was at White Windows, Jim (G3NAJ/A) and Bernard (G3ERD/A) at Staunton Harold, and Alf (G3BNM/A) at Alne Hall. Heard over the "ether" were

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HOLIDAYS FOR THE HANDICAPPED

The Pioneer Camp

by Frank Spath

Two years ago we published a description of the Holiday Camp for disabled people at Gorleston, Norfolk, but I think it is worth while giving a fuller account of what is really a very important pioneer effort to provide holidays for the handicapped on a large scale. An ordinary holiday camp is entirely given over for two weeks in September, at the end of the summer season, to the Norfolk Association for the Care of the Physically Handicapped (N.A.C.H.), which arranges for some 400 disabled people to spend a week's holiday there (200 the first week, and another 200 the second week). All the facilities of the camp, catering, cleaning, entertainment, etc., are made available. The success and popularity of the scheme is indicated by the fact that an increasing number of applications have to be turned down every year. Gorleston has certainly proved that it is possible for disabled people to spend a reasonably normal holiday at a reasonably cheap price at such a camp. And since there were 32 people from the Cheshire Homes at the camp this summer it is obviously something for *The Cheshire Smile* to take note of.

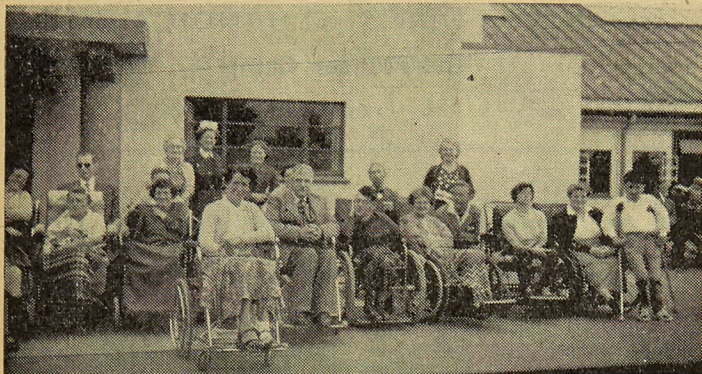
It all started way back in 1952 when Dr. I. B. M. Green, a district medical officer in Norfolk, a lady bubbling over with energy, was helping to organize clubs for the disabled. She and her colleagues soon realised that, besides the clubs, there was urgently needed a means of providing these people with holidays. Several camps in Norfolk were investigated and it was found that Gorleston is, for several reasons, the most suitable. Most important of all, it is more on a level, and it is less spread out. After some investigations, the company, Gorleston-on-Sea Super Holiday Camp, Ltd., agreed to allow the N.A.C.H. to set up for a week in 1953 an experimental camp for the handicapped. In the event, only 61 came that year; it was

a disappointing result.

The spirit of faith was obviously in demand, and that was something which Dr. Green and her Committee did not lack. They pressed the company to give the scheme another year's grace. The company replied, "Alright, but only on one condition. You must guarantee a minimum of 250 people." On these terms the committee went ahead, and more than 250 did come—from Norfolk and the neighbouring counties. This was much more heartening. Two years later the number of applications necessitated an extra week being given over.

At first the period reserved for the handicapped was in March, at the beginning of the season. However, owing to rather abnormal wear and tear, caused by wheelchairs, on the camp interior, which is newly decorated every winter, it was decided to hold the fortnight at the end of the season, in September.

What kind of disabled people are catered for? Certainly some of the most deserving cases. During the week I spent there this year I was very interested to see the fairly representative selection, from the only slightly handicapped to the very severe cases of both sexes and all ages, some coming on their own, others in family groups or in parties with helpers. Many applicants are obviously too sick to be accepted, and, of course, infectious diseases, mental disorders, and suchlike are ineligible. The final selection of cases rests with Dr. Green, who receives a personal letter from the doctor of each applicant. Naturally, she has many difficult decisions to make. It is never easy to judge a person's suitability merely on the strength of a short letter and the particulars filled in on the application form. It has sometimes been found that cases were far worse than appeared on their papers, and ought never to have been sent.



A group of campers from the Cheshire Homes at Gorleston Holiday Camp.

Automatic Transmission

A revolution in invalid transport has come at last, namely the Harper - matic. Developed by Stanley Engineering Co. over the past year, it is a fully automatic form of transmission, acceleration and brake being the only controls necessary. Nothing could be simpler—no clutch or gear lever to operate. This should really bring trikes within the reach of the more severely disabled. The autumn issue of *The Magic Carpet* even prophesies the end of the electric machine. Surely the Ministry of Health will welcome this advance, especially as no increase in price is involved.

What of the Committee responsible for this fortnight's camp? Its President is Lady Bacon, wife of Sir Edmund Bacon, Lord Lieutenant of Norfolk. She takes a great interest in the work, and welcomes the campers at the "get together" in the Ballroom on the first evening. The leading spirit is the Chairman, Dr. Green, whose personality dominates the whole show. In sole nursing charge of the camp is Sister Dixon, of the X-ray Department of Yarmouth Hospital, who gives up a fortnight of her annual holiday to serve voluntarily in this capacity. The

Secretary is Captain Dudley Young, who works behind the scenes for a long time before the event; and in charge of all transport (a most important job) is Mr. W. L. Johns; he is the transport officer of a local brewery. Also on the Committee is Mr. Thrower, the company's camp manager, Mrs. E. Buckingham, the secretary of the N.A.C.H., and Mr. Ivor Hook, administration officer of the local defence organization.

The camp is staffed entirely by voluntary helpers; not a single nurse, attendant etc.—apart from the waiters, cleaners and other employees of the company—is paid. The volunteers are of every possible kind—S.R.N.'s (two local district nurses give their services every year), Red Cross and St. John personnel, students, families and friends of the disabled. I noticed the fire service turned out to help lift the wheelchair-bound into and out of coaches for the outings. There was a slight shortage of helpers this year, and Dr. Green asked me especially to stress the importance of large parties bringing a sufficiency of attendants with them. I asked what they would like the proportion of helpers to disabled to be. "We have found," I was told, "that on an average one helper to every ten disabled is adequate. But don't take it too rigidly. A party with a majority of severely disabled, who all need attention, ought to bring a correspondingly higher proportion of

helpers. It would be best if all parties, large and small, were self-sufficient."

Finance is naturally one of the main problems. The company charges £5 5s. per person, per week, and on top of this the Committee puts an extra 5s. for administration. That is only the basic cost; it by no means covers all the necessities and amenities of such a camp, which are paid for by money raised in various ways. The largest amount comes from the normal able-bodied campers during the summer season. That is vouched for by the vast pile of pennies on the bar which was left for all of us to see; it added up to nearly £150. Other donations are received from various sources. "Not nearly enough, though" says Dr. Green, "we could do with £500 every year.

There is a great need for further facilities to enable disabled people to enjoy the benefits of a holiday. Most of us know what it feels like to want to get away from our normal surroundings and have a change. The

Gorleston scheme points the way to what could be done on a large scale throughout the country—if only we could awaken people's interest. I wonder if we could get Mr. Butlin interested. The idea of setting aside these holiday camps for disabled people, at least for a week or two, has certainly caught on in Norfolk. There were three such camps in the Yarmouth area this summer giving a holiday to some 750 disabled people in all. That is quite an impressive achievement. Apart from this, there are certain schemes run by some of the voluntary societies, the Red Cross, the N.A.P., the I.P.F., the Spastics Society, the I.T.A., etc., but these only touch the fringe of the problem. No complete information is available about all the holiday schemes for the disabled in the country. But the Secretary of the Central Council for the Care of Cripples tells us that her Council will shortly undertake a comprehensive survey in this field.

Last Evening at Gorleston Holiday Camp

What with songs, refreshments, and just plain talk, "evening" in fact lagged into night. One wondered what the Birmingham group would feel like at five o'clock next morning, on their way home! The strains of "Granada" at 10.30 p.m.; wheel-chairs in the luggage van next day . . .

I came to the Gorleston holiday camp, that is booked annually for two separate weeks for disabled people from the Cheshire Homes and elsewhere, in the wake of the Chairman, Dr. Green. These credentials led me to the Editor, who has asked for my impressions as an outsider. But one hardly felt an outsider. Everybody was so eager to give *their* impressions. Sunshine had loosened people's tongues, and given visitors and helpers enviable complexions. Photos will record the latter; the former, the talk, must rely on memory. Chiefly it was a careful, grateful chorus of "how much we've enjoyed ourselves". People had come from Hampshire and Birmingham, from Norfolk itself and London, from Dagenham and Lincolnshire, and so on. Helpers, too, though described unflatteringly as

"polyglot", were charming. Some husbands and wives had come with disabled partners. There was a constant scutter of children. Gradually the fleet of wheel-chairs appeared as units. Chairs, indeed, might be as diverse as owners, despite their uniform function of giving mobility. They could be tall and dignified; or bent and stiff on a corner; or even dashingly electric—militant at the touch of a handle. There were groups of friends: vocalists from Birmingham; feminine conversation between Lincoln ladies; photographers from Le Court. Sometimes talk would be punctuated when one of the previous night's competition hats was given another airing. One imagined these, on the morrow, peeping suspiciously from sober luggage.

Shared incapacities, perhaps, had led to a kind of freemasonry—one which valued and shared little things as well as big: petunias round the pond, cups of tea, cigarettes, picture postcards, small kindnesses. The larger benefit of "getting away" for a while underlay every enjoyment, from motor excursions into the country to sitting in cheerful quiet. Soon,

everyone gathered back, like swallows, for the concert that was to follow supper—a farewell with speeches, as well as music and variety. It was a pleasant, slow-moving party that talked and sang itself on. As act followed act on the stage, one could hear the quiet whisper “That took courage!” from those who well knew. Most moving, I found, was the fine bass voice singing “I’ll walk beside you”, when its owner literally could not. Then slapstick intruded again, and laughter bubbled up.

People gravitated to the bar, in a separate building, along a way girdled with coloured lights. Amid the orders, amid the old songs that all joined in, there could be heard the last of that pervasive, spoken chorus. One middle-

aged lady even told me it was the best holiday she and her now-disabled husband had ever spent. One young man, referring with Victorian elegance to the time when he was “alright”, emphasized people’s exceptional friendliness. Which came first, the friendliness or the enjoyment, one can’t tell, but everybody who could told me how much they had enjoyed the week, how good the organizers had been, how they hoped to come again. Physical shortcomings seemed largely forgotten and defeated, aided both by long familiarity and by the welcome given.

With helpers, nearly three hundred people were involved. There must be many pockets of pleasant reminiscence now.

JANE WIGHT.

NEW HOLIDAY HOME FOR THE PARALYSED

The National Association for the Paralysed has been collecting money for a Holiday Home for the last ten years through collecting tins, placed in homes, factories and offices all over the country.

In July this year N.A.P. opened a joint Holiday and Convalescent Home at Westcliff-on-Sea in Essex. It overlooks the sea and has a garden. This Home is designed for those who cannot be adequately looked after anywhere else. There is a lift and many other conveniences for handicapped people.

The aim of the staff—some of whom are voluntary—is not only to look

after people’s physical needs, day and night, but to provide a happy and gay fortnight for every visitor. Applications have to be sponsored by an organisation or a welfare officer. The fees are ten guineas a week, and even this does not cover the cost. N.A.P. depends on the income from its collecting tins to meet the difference. Any offers to take a tin would be most welcome.

In addition to a Home of its own, N.A.P. runs a placing service for holidays, available through organisations only. Anyone interested in it should ask about it from a hospital almoner or welfare officer.

INTERNATIONAL CAMP FOR HANDICAPPED, 1959

By Edwin Hand, of Greathouse Cheshire Home

(Last year, Frederic Morena of the I.P.F. described in these pages, the first International Camp for the Handicapped, which was held in Essex. The Camp, this year, held in Switzerland, is here described by a member of the British contingent).

In July/August this year the International Federation for the Meetings of the Handicapped held its ten days’ holiday camp in Switzerland. The 70 disabled campers from Austria, Belgium, Britain, France, Italy, Norway, as well as the Swiss themselves, were housed in a fine monastery-like building at Crêt-Berard, near Lausanne.

The British contingent of ten, nearly all polios, travelled by air to Geneva, and thence by train. We received a warm welcome from the rest of the campers; it was certainly pleasant to mix with such adult-minded folk. We were blessed with perfect weather during our stay, except for one day when the rain simply pelted down.

French was easily the main language spoken, but we English managed to make ourselves understood by speaking slowly and using broken French. The Continental food was, on the whole, quite good, but it seemed a bit queer after our normal English diet.

There were excursions to various local beauty spots, to Lake Geneva, to a chocolate factory in the vicinity, to Vevey, where Charlie Chaplin lives (we visited the home of a disabled person in the town, with all modern adaptations), and to the Disabled Industrial Centre at Morges.

The International Camp in 1960 will be held in Southern France, and as usual the British party is to be arranged by the I.P.F.

ROYE McCOYE — LATEST POEMS

Roye McCoye, a resident at Great-house, is a poet with a mind of his own. We are pleased to announce the publication of his latest collection, under the title "Make Your Own Map" (Quill Press, Swindon, 2s.) The following is taken from the collection:

TO A GIRL ON THE BEACH

O lithe tall girl whose name I do not
know,
Standing there in the sun with your
holiday
Smile and your tanned, fiery body
a-glow:
Figure of life, backed by the wide blue
bay,
As you hold your graceful pose like a
stilled dancer,
Do you sense me watching you?
Of course you do—
An admiring glance, like a right answer,
Is always welcome. The sun glares on
the slow
Dazed sea. As you lazily turn your
head,
Confusing me with your smile for a
long
Second, then walk away like a beckon-
ing song,
Do you sense the mire and fury in my
veins,
Bellowing in pain and silence? Or,
instead,
Remain untouched, unconscious of my
chains?

ANOTHER WONDER

A Short Story

by Ambrose Jaggs of Ampthill Park

Jack Ronigel was strolling along Oxford Street, wondering where to go and what to do next. Suddenly he stopped, amazement written all over his countenance. Jack was an unusual type of man, in fact an exceptional type. He looked quite ordinary, just like hundreds of others to be seen in London any day of the week. He was well-built, well dressed and when he spoke, well-spoken too. It was when you managed to learn of him that you realised how exceptional. He was straight from the top drawer, an ancestry as long as your arm, an education of absolutely the finest possible public school plus a couple of years at the foremost university. In addition to this he had travelled extensively all over the world. His parents had died whilst he was still at school and left him extremely well-off financially. He took over the ownership of a large engineering firm that was world-wide in its enterprises and he had taken over the job of keeping their foreign branches at the peak of activity. Of course whilst travelling on business he had also managed to see more of the beauties and wonders of the world than falls to the lot of the ordinary man. It was that which caused him to stop short in amazement. To think that he should see it in a shop in London. He had seen the Sphinx and the Pyramids in Egypt, the Leaning Tower of Pisa, the Coliseum in Greece, the Taj Mahal in India, the Niagara Falls—beauties and wonders in all different parts of the world. Things which brought you up with a gasp of astonishment, a cry of amazement or a gulp at the sheer beauty of the spectacle beholden. It seemed almost impossible that after all the time he had spent in foreign travel and after seeing all he had seen that he should come and find, in London, literally on his own doorstep, not in the West Indies where he might have expected to find it, but here, Oxford Street, London, one of the world's busiest spots—"a straight banana".

TO GIVE AND TO RECEIVE

Christmas is the time of year when we think most about giving, but it has become such a commercialised form of giving that instead of being a spontaneous outpouring of generosity there is something of the quality of an endurance test about it. Even so, when we have thankfully packed and posted the last parcel and sent off the last card, a warmth of spirit still survives.

To be able to give seems essential to human happiness, and always to be on the receiving end saps self-respect and often produces a sort of passive selfishness. Disabled people in hospitals and chronic wards, or for that matter at home, can do so little that seems really useful and of value in return for the things that are done for them. They come to feel they are worthless to themselves and to the community. Perhaps this is even more hard to bear for women than for men, since their natural biological role is to care for others.

But in a Cheshire Home there are innumerable jobs for everyone to do, and moreover they can be seen as the real contribution to the common good that they are. Women can serve on the welfare committees and take some responsibility for the self-government of the Homes. They can work in the kitchen or laundry, take round the post and newspapers, write letters for those more disabled—oh, the possibilities are endless. There are plenty of intangible services as well, such as welcoming visitors who come to see round, and simply giving out of oneself. Nothing is too small.

Paradoxically, through this giving one receives. Receives a new independence and sense of the dignity of the individual. The Cheshire Homes provide a kind of permanent Christmas present to their disabled residents in this independence of spirit, which is at least as important as the material freedom of living a nearly normal life physically.

Surely some of you . . .

There wasn't a single answer to my appeal for suggestions for this feature.

Not one. Surely some of you have strong feelings about the special needs and functions of women—whether staff or residents—in the Cheshire Homes. Would you like practical articles or discussions or a mixture of both? Do let me know. To try and copy the national women's magazines and write about the latest fashion in hats and what shade of lipstick will be worn this season seems wasted effort. They do it so much better than I ever could.

Uniform response

Three people sent me letters on the subject of uniform, though; all in favour of informal dress for the staff. The first I had was from an ex-slave, Miss Hutchins, who says: "I felt impelled to sit down and tell you here and now that I couldn't agree more with your remarks about the wearing of uniform. When I first stepped inside a Cheshire Home I was surprised to see what appeared to be hospital nurses walking about . . . that impression was hard to forget." And "the cap on top simply destroys the illusion that the wearer is anything but an official." The second letter was from someone who used to work in one of the Homes but wishes to remain anonymous. She writes, "Your few words on the subject of uniform find an echo in my heart! Uniform has no place in family life and if it must be resorted to, 'in order to impress and to maintain discipline' then there is something very wrong somewhere. I consider that even overalls, if all of the same colour, can be classed as uniforms. Overalls serve a useful purpose, but . . . how much more informal to see pink, blue, primrose and green. . . . Would you feel 'at home' if you were looked after, day and night, by a group of people always dressed in the same colour?" The third to arrive was from Miss Elaine Brocklebank, S.R.N., R.S.C.N., the matron of the Dorchester Home. "I was interested in your article on uniform in the last issue of the *Smile*, as this is one Cheshire Home where overalls *are* worn

instead of the usual caps and aprons of hospital staff. Of course, being a children's home, we do not have to worry about showing that we are staff, not patients, but I think that would be apparent even in an adult home. I wear a grey nylon overall, and as my 'badge of office' as Matron, a navy belt with silver buckle, and also my hospital badge. My assistants wear coloured overalls and white belts. This type of 'uniform' has the advantage not only of being more friendly and informal, but is also much easier to launder."

Back fastenings

For chairbound women, zips to below waist level at the backs of frocks make dressing and undressing much

easier for the staff. And have you thought of having dressing-gowns made to button down the back? It saves an enormous amount of effort. For people who are very difficult to get in and out of their chairs, skirts slit down the back are a help. They can be tucked round in such a way that nobody would realise they're not whole.

True election story

An old age pensioner announced that he'd always voted Labour, but this time he was going to vote Conservative, because, "I think the Queen would be upset if the Socialists got in, and she shouldn't be upset now she's expecting a baby."

Lighte on the Subject

by Bernie Lighte

Why do we need an organization such as New Horizons? Aren't the hospitals and homes provided for those with severe handicaps throughout the country doing an adequate job? Two perfectly natural questions, and one partly answers the other. New Horizons seeks to provide a near state of normalcy and freedom for those who are measurably afflicted. New Horizons, in addition, attempts to gain for its members a state of genuine acceptance within the community.

Wrong attitudes

A person who is physically handicapped is very often not only shut out of his own neighbourhood, but even worse, he is not fully understood by his own loved ones. Families, unfortunately, labour under misguided notions: "My son is sick, so what use can he possibly be to the world around him"; "My daughter doesn't need an education, as she is going to be crippled for the rest of her life." If parents and friends only knew what terrible harm these attitudes do, they might change their ways, for immedi-

ately a feeling of inferiority is built up. Now, that son or daughter not only must struggle with physical infirmities, but with mental complexes and anguishes.

see to that. Suppose, however, that the disability is only partly alleviated. A choice must then be made. Either you take your partly healed body home, and continue being treated like you were, somewhat different from anyone else, by your family and friends, or you stay indefinitely in a hospital for the chronically ill.

Hospitals stifle initiative

If you go home, chances are you will do little else but look at four walls and a television set day after day. Therefore, you may decide that a hospital or nursing home would be the lesser of two evils. But is it? For many young adults with active minds, an institution of this kind is anything but the solution. It is sad but true, the rules of such medical establishments tend to stifle any initiative or get-ahead attitude that the "patient" might have. This reporter can account case after case where perfectly good,

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A HOSTEL IN NORWICH FOR DISABLED PEOPLE

by David Percival, B.A., A.R.I.B.A., M.T.P.I., City Architect,
Norwich

This local authority project, which is of course, outside the Cheshire Foundation, is here described by the architect.

The question of providing a hostel for young disabled people was brought to the notice of the Welfare Committee of Norwich City Council in October, 1953, when they received a report of a meeting convened by the Lord Bishop of Norwich which had discussed the question. This meeting had approved in principle the proposal on the basis that the hostel should be provided by voluntary effort, but though voluntary organisations were approached and were very interested, they were unable to overcome the financial difficulties. The matter again came to the City's Welfare Committee in September, 1954, as the result of a meeting convened by Alderman Leonard Howes, a member of the City Council, which had been attended by members and officers of the Council, the Norfolk County Council and the Regional Hospital Board. It was then decided that the Medical Officers and the Welfare Officers of the County and City would get together and find out how many disabled people who were not eligible for hospital treatment were in need of accommodation.

The officers duly met and a site was found in the suburbs of Norwich. In the meantime, Gt. Yarmouth Council was approached and it was found that there was not a sufficient demand from the areas of the three authorities to ensure filling a hostel for 30 residents. It was then decided to ask other neighbouring authorities to come in, and in the event, the scheme, which is now being built, is sponsored by Norwich, Norfolk, East Suffolk and Cambridgeshire.

In accordance with my recommendation, the site in the suburbs was abandoned in favour of one right in the middle of a redevelopment area close to the city centre, where the residents will have a chance to avoid the feeling of isolation which would be

a risk in a suburban area. The site is only two-thirds of an acre in extent and, being only a quarter of a mile from the shopping centre, is within 100 yards or so of the St. Raphael Club, a voluntary organisation where disabled people meet, and is conveniently related to the central bus station, so that it will not be difficult for relatives to come round on short visits.

Embroidery by Foot

(Reprinted from the "Worthing Gazette".)

A demonstration of embroidery done entirely by use of the feet was the highlight of a fete held at Rosefield Ocean Drive, Ferring, Sussex, on Wednesday, 26th August. It was given by Miss Evelyn Perkins (of Le Court) a member of a party of handicapped women holidaying in Ferring. She has displayed her skill before the Queen Mother. The fete was organised by Mrs. P. H. Paterson in aid of Church Army funds.

Before doing plans I sent a member of my staff, Mr. Michael Gooch, to see the Cheshire Home at Liss.

The hostel was planned so that the residents will have no steps or changes of level to negotiate and consequently the greater part of the building was put on the ground floor. Originally we thought of locating the staff accommodation only upstairs and a boiler house in the basement, but after levels had been taken on the site it became clear that it would be more convenient to place the staff accommodation under one end of the building. All the corridors were made at least 6ft. wide, to enable two chairs to pass and all the doors used by residents were made 3ft. wide. The residents' bedrooms were

planned round three sides of an enclosed cloister. This is being laid out with paving, trees and flowers and will also contain a fountain. It will provide a place where residents may relax in the open air in complete privacy, since the building is so related to its surroundings that overlooking even by upper windows of surrounding blocks of flats is negligible.

The dining room is being made fairly lofty and big enough to act as an entertainment centre. The sitting-room opens from it by means of double doors. The quiet room overlooks an adjacent small playing field which is being developed for the local junior school. The circulation space has been planned to provide a number of little sunny, quiet corners where private conversations can go on.

During the planning period of this hostel a number of changes were made as a result of discussions with members of the staff of the Ministry of Health who were at all times most helpful to Mr. J. L. Osborne, the City's Welfare Officer, and to me. One of the most interesting changes made as the result of close study was the introduction of

electrical under-floor heating. We found that we could cut the capital cost by nearly £2,000 by doing so and that the running costs as the result of a recent change of tariff would be slightly lower than that for an oil-fired system.

The convenience of an all-electric building will be enormous and the avoidance of another chimney in a smokeless zone is a great advantage.

The cost has worked out at about £1,300 for each resident accommodated. The hostel is being built by the Norwich firm of R. G. Carter Ltd., whose tender was the lowest submitted. Having had the scheme deferred because of the credit squeeze, all concerned were anxious to get the speediest possible building and I am confident that the whole building will have been completed well within a year from the starting date and that it should be available next Spring. Already, as I write, the building is roofed and we are making arrangements to plant the trees, which will be in the courtyard, this Autumn, so that they will be in flower when the residents move in.

(continued from page 37)

normal, active minds have deteriorated because of forced regimented living. In addition, these hospitals and homes are so crowded that we to whom God has given full mental faculties have

to live side by side with people who are senile. These people need special care. They need to be in separate hospitals or wards.

There are many other facts of this complex problem which I hope to touch on in subsequent articles.

G.C. Becomes Sponsor of Connecticut Handicapped Group

The following letter was sent to New Horizons, the American group of disabled people whose activities have already been given prominence in our pages.

"Thank you very much for your most kind and interesting letter. As a matter of fact, I had already heard of New Horizons and of all the good work that you are doing. It is a Cause that appeals to me greatly, and I do congratulate you most particularly on having organized it by yourselves. I can well imagine all the difficulties that you have overcome, and it is an enormous credit to you all that you have succeeded in doing so. One day I very much hope to have the opportunity of calling to see you in person, and this may be possible some time early next year.

Yes, by all means include me as one of your sponsors; indeed I count it a great honour that you should have invited me, and if there is anything I can do in a small way to help you, please write and let me know. You have all my good wishes, and I know that your courage and determination will succeed in overcoming whatever obstacles may lie ahead."

With kindest regards,
LEONARD CHESHIRE.

RETURNING HOPE FOR THE MENTALLY ILL

by Roma Sherris

The hostility of the outside world sends nearly half of Britain's "cured" mental patients back into hospital. This report tells how ordinary, sympathetic people are helping to provide the solution to this human tragedy, and shows incidentally how the Cheshire Foundation, in the pilot scheme at Wimbledon, is fostering this work.

UNPRECEDENTED numbers of Britain's mental patients are streaming back to the world of reality today, thanks to the improved methods of treatment. But nearly half of them return to hospitals—sometimes frightened and lonely beyond imagination—because of the hostility of a society that looks on former mental patients with suspicion or fear. "Personal help and sympathy for the mentally ill are still too often lacking", said the Minister of Health, Derek Walker-Smith, during a Parliamentary debate on the Mental Health Bill.

Can't something be done about this situation? This is to report that something is being done. Scattered across the country are more than 100 social organizations which help former mental patients to adjust themselves to a community that they may have left months, years, even decades before.

One such organization is the Stepping Stones Club at Bromley, Kent. This remarkable pioneer unit for the rehabilitation of the mentally ill also helps the community to adjust itself to the problems of the returned mental patient.

Three out of every four of Stepping Stones' 450 members have had a mental illness and are facing difficult domestic situations, feelings of intense loneliness, trouble in finding jobs, or perhaps rejection by family and friends. The remaining members are men and women who join the club as part-time volunteer helpers and are willing to treat mentally ill people as if they were ordinary members of society. Club members are divided into occupational groups; all are equal, and no one but the clinic staff and the

group leaders know who is helper and who is patient.

Open every day except Sunday, Stepping Stones House teems with the activities of its members. They dance, dressmake, garden and practice marquetry, sign-writing and carpentry. Some of them baby-sit for the mothers who attend the psychiatric out-patient clinic in the building; others produce a quarterly magazine and there is a flourishing over-40 group.

One night when I was there a group of men and women were debating the topic "Are we bringing up our children too leniently?" In the studio an oil-painting class was in progress, and from behind a door bearing the notice "Contrapuntal Dissonance at the Stepping Stones Jazz Club" came sounds of piano, guitar, bongos and washboard. The atmosphere was that of any YMCA or students' hostel on "club night".

When John came to Stepping Stones he was still in his teens. He had been in a mental hospital three times and was regarded as an incurable schizophrenic. His outlook was dominated by his sense of complete isolation and his inability to make friends. At the club he found companionship for the first time, and he gradually ceased to feel "different". He started the jazz group; its success with other members boosted his self-confidence. His recovery has been so good that he has now left Stepping Stones and is studying psychology at a provincial university.

When Mary was discharged after four years in a mental hospital, she tried to return to her old job of teaching drama, but no one would employ her when she confessed her former illness. She felt so unwanted and inferior that her symptoms began to re-appear. Then she came to Stepping Stones—and found herself the most

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talented member of the drama group. The club found her a job and now, busy and happy, she teaches all day and spends her evenings with her friends at the club.

The idea for Stepping Stones came from an experiment in social rehabilitation which was started in 1946 by the occupational therapy unit at Bromley Hospital. Here half the patients were psychiatric cases and the rest physically disabled. It was found that these two groups reacted with mutual sympathy. The physically disabled accepted their mentally ill neighbours as sick people like themselves. And in this atmosphere some of the psychiatric patients who were about to be transferred to mental hospitals improved dramatically. The first sign of recovery was invariably their offer to help someone whom they thought was worse off than themselves.

In 1953 the Stepping Stones Club was started with little money and no premises. Local residents came forward and lent rooms for meetings; the art group gathered in one house, the drama group in another. In 1957 the club moved to a permanent home—a four-storey Victorian house, given

and equipped by the King Edward Hospital Fund for London. A well-known interior decorator donated his services, and the members became so house-proud that, after 18 months of continuous use, the building still looks as if it were lived in by one careful family.

The Group Management Committee of Bromley Hospital finances the upkeep of the house while the club, which is affiliated to the Bromley League of Hospital Friends, is responsible for running its own costs. It supports itself with members' subscriptions (2s. 6d. a year), jumble sales and bazaars. Gifts from local organizations and private contributions make up the balance.

Stepping Stones House has three trained psychiatric social workers—all warm-hearted, gifted people whose guidance is unobtrusive and apparently casual. The volunteer workers who work with the occupational groups include an accountant, a professional dressmaker, a commercial traveller, a tailor, an artist, a shop assistant and a man from Scotland Yard.

Because shy people feel lost in a crowd, no occupational group has more than 25 members and the voluntary worker who leads it has regular discussions with the professional staff about any difficulties that crop up. By such informal talks, the psychiatric social workers train the volunteers to understand and handle mental illness. For the day-time patients particularly, the group often becomes a substitute family. Housewives drop in at one another's houses to help with the chores, and if one is ill the others call round to offer help.

Throughout their Stepping Stones experience, members are encouraged to make contacts in their neighbourhoods. Though they "graduate" when they have succeeded in building new lives for themselves, many come back to help others; some of the most valued helpers are ex-patients who have special insight into mental illness.

A promising pattern has been established by another organization, the National Leagues of Hospital Friends. The first of the Leagues was formed nine years ago by Dr. T. P. Rees at Warlingham Park Hospital, Croydon, where he was Medical Superintendent. His group was the

A Dramatist at St. Teresa's

The subject of our profile in this issue (see page 48) is a very keen dramatist. Len Harper of St. Teresa's has written four plays so far and his latest one-act comedy will be performed by the St. Teresa's Players this season. He has asked us to make it known that his plays are available to be performed in all the Cheshire Homes, by patients and staff, free of charge. Only one play has been printed: it is entitled "A Daughter of France". The price per copy is 1s. 6d. (1s. each, post free, if 6 or more are ordered). Two others are available in manuscript.

At St. Teresa's where "A Daughter of France" was produced, there were four wheelchair-bound patients in the cast. Len Harper will gladly give any advice about production if it is required, but he urges those in the homes to "Have a go" on their own.

first band of volunteer workers ever to penetrate into a British mental hospital. Today such Leagues of Friends help patients in more than 100 mental hospitals to prepare for the outside world.

They provide magazines, radio and television sets, materials for handicrafts and equipment for those who once worked in office jobs and have lost their skill from lack of practice. They take convalescents to concerts, cinemas, football matches, and into their own homes, sometimes for whole weekends. They "adopt" lonely patients and visit them regularly—more than 25 per cent of our mental patients have not seen a relative or friend for at least 12 months. Sometimes these visits entail long journeys; members of the Bournemouth League of Friends travel 60 miles each way to visit Prewett Hospital at Basingstoke.

Among the most valuable services that League members give are instruction in fashion, dressmaking, cookery and make-up for women patients; men are most helped with tutoring in handicrafts and by sports practice. General discussion sessions are a boon to both men and women because patients who emerge from mental hospitals are sometimes years behind the times with the news and, unless coached, may make embarrassing mistakes.

Former mental patients who have gained a good grip on reality sometimes need a "half-way home" to help them in their readjustment. Temporary residences suitable for this purpose are still rare in Britain. One of the newest is Miraflores, a Cheshire Foundation Home which was opened in Wimbledon last year.

Bought by the Foundation, after local residents had promised a welcome to former mental patients, Miraflores has been entirely furnished by the people of Wimbledon and houses 16 men and women. Some cannot return to the home conditions which precipitated their mental breakdowns. Others have no homes to go to. They all do full-time jobs, contribute to their keep and live not as patients but as residents, free to come and go as they please. The normal stay is from six to nine months, for the aim is to encourage them to form ties

in the local community and to move on to full independence.

When Audrey, a pretty 23-year-old first arrived at Miraflores she scarcely touched her food and would not talk to other residents. After four months she has become a good and lively mixer. She earns £8 a week as a city typist and is soon moving into digs with two girls from her office.

Bill, another resident, is 25 and has been in a mental hospital three times. He now holds down a liaison job with an engineering firm, has had two rises in six months and is going to live as a paying guest with a Wimbledon family who have "adopted" him.

There is urgent need for more half-way homes of the Miraflores kind. A recent survey of the Birmingham mental hospital population suggests that 12 per cent of existing patients could leave at once if more special hostel accommodation were available. In some urban areas the hospital itself acts as a half-way home; patients who are well enough to go out to work return to the wards at night. But because many mental hospitals are in isolated districts, large numbers of patients who could be eased back into society remain shut off from the reality of the outside world.

In other countries recovering mental patients are looked after in foster homes. At Gheel, in Belgium, all but the most difficult cases have been cared for in private houses for centuries. In California local residents open their homes to patients on "leave" from State mental hospitals; some 300 of these home-care patients are able to move on to greater independence every year.

Rehabilitation of mental patients returning to the community depends to a great extent on individual citizens—you and me. We are the ones who greet, or don't greet, the neighbour who comes home. We are the ones who give or withhold jobs; who help, through our hospital visiting and participation in clubs and other activities, to draw the patient back into community life—or let him sink into loneliness and despair.

It's up to all of us to remember that, helped by friendliness and encouragement, mental patients do recover.

THREE PHASES OF DEVELOPMENT

Dr. Rowland Farrell's Speech

I am very glad of the opportunity of coming to talk to you today. I have now been to stay in eight Cheshire Homes for about a month or so in each—a great privilege—and I want to tell you something about what I've seen and learned from my travels.

Each of the Homes has now completed phase 1 of its development. That is, a building, furniture, a set of patients, staff, etc., have been provided—the practical side has been accomplished—much to the credit of every Management Committee. But that is only phase 1, for I'm sure it was G.C.'s original idea that it should not stop there, but that each building should be a home in all senses of the word, and that it should indeed be a happy home. Happiness for disabled people results from a sense of responsibility, a job to do and a sense of fulfilment.

It's Ability That Counts

Heard on a recent "Today" show on American T.V. The interviewer asked "What do you think is wrong with our attitude towards the handicapped?"

Henry Viscardi, Jr., President of Abilities Inc., Long Island, New York, whose factory employs only handicapped people, replied:—"In all areas of life too many of us think of a handicapped person as disabled. This is wrong. We should think of everybody as *people* with varying degrees of ability. All of us have some kind of handicap, but it is ability, not disability, that counts".

(Reprinted from NEW HORIZONS, New Britain, Conn., U.S.A.)

This means that phase 2 must draw the most from their disabled bodies and exploit their minds to the utmost. In order to prepare them for this, occupational therapy and physiotherapy must rank very high. It must be upgraded from simply passing the time between meals to the worthwhile re-education of eyes, hands and minds.

Eventually a third stage must be envisaged for which we can use the name Work Therapy or Rehabilitation. That is, when industry local to the Home might provide comparatively simple jobs to be carried out by the patients, for which they are responsible and paid. This

makes them feel needed, and leading a life as near normal as possible compatible with their disabilities.

Far be it from me to be labelled a smug Bible puncher, but it has been very apparent that where some sort of faith is alive then indeed, many problems dissolve or shrink among patients, staff and management Committees. This is the one thing—probably the only one—in which invalids must be "spoon-fed". Most of us, at the slightest excuse, will forego our dose of religion if taking it requires much effort. For a disabled person, it does require a great effort and so it must be made as easy as possible, and if not a little chapel in the Home where any patient can go to spend a few quiet moments on

his own, then staff or friends should be willing to take him to a place of worship.

All of you here today are well-known in your home towns and will have many contacts and access to a large "grape-vine" and could provide immediately any of our physical needs. For instance—if we wanted a television set—I'm sure one would be here next week. Therefore, I would ask you all to help us in finding Occupational- and Physio-therapists, which work the matrons are not always able to do. They are very busy looking after the patients, so will you please help?

The New BBC Television Documentary

As many of our readers will know, a BBC Film Unit has, this year, been visiting various Cheshire Homes in England and overseas, in order to collect material for a documentary programme about Group Captain Cheshire and the Cheshire Foundation. As we go to press, the actual date when the programme will be televised is not known.

Our Medical Editors

Dr. Basil Kiernander, one of the Trustees of the Cheshire Foundation Homes, has been appointed Honorary Consulting Medical Editor to *The Cheshire Smile*. We are grateful to him for accepting the position, and to Dr. Lionel Thomas who has accepted the post of Honorary Medical Editor, under the general direction of Dr. Kiernander.



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PICKER UPPERS

Having told you our aims and intentions in the last issue, we would like to focus your attention in this, the first article, on "picker-uppers" . . .

There are many kinds of this type of gadget, ranging from two breeds of lazy-tongs, to the many and varied lengthy rods with pincer-like heads. Each of course, has its advantages and disadvantages.

Lazy Tongs (Fig. 1). These consist of small strips of metal worked in 1/8in. material measuring 3 1/2in. by 5/16in. Two such strips are riveted together, scissor fashion; these are then riveted to another pair, giving the appearance of a trellis work. Seven such pairs give a reach of 27 inches. The pair at one end form the handles, and those at the other end the pincer grips. The handles have not necessarily to be shaped like those of scissors, but to suit individual requirements. Another member of the lazy tongs family has exactly the same principle of construction, but is made of wood and the measurements are altered to guarantee a reasonable amount of strength. While these do an excellent job of work, and will pick up a number of objects one drops during the day, they are naturally limited. They would not do for a workshop, where heavy work is required, like retrieving weighty tools and materials. For this reason and also that of space saving, a metal pair is indicated . . .

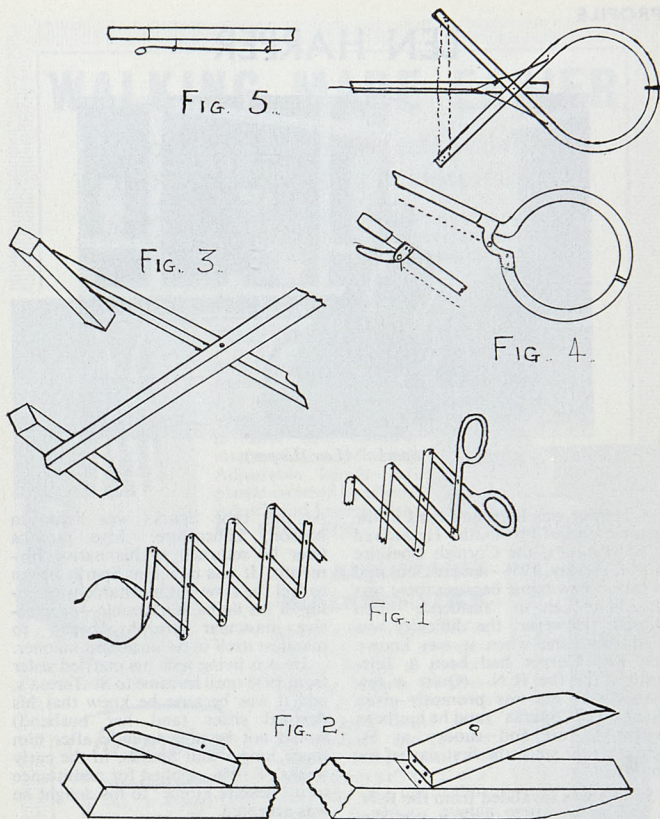
Retrieving Rods, consisting of lengths of wood or metal with pincer-like jaws, have been made in many styles. The simplest kind I have seen is one made of all wood except for two hinges of metal. (Fig. 2) To make such a model a piece of wood 36in. long, 1/2in. sq., would be required. A handle (about 4in. to 6in. long) is hinged at one end, and a gripping finger which is wedge-shaped and about 3in. long, at the other. The grip of the finger is given by an elastic band twisted round it and the release is obtained by pressing the handle which is fastening the two hinged portions with a connecting wire. The whole thing operates like so many braking levers.

"Independence Unlimited"

As a result of the section on Practicalities in our last quarter and the request for ideas, etc. Le Court now has a group of people interested in what is called "Independence Unlimited". The idea was given birth to by an engineering friend, Mr. Charles Darby. Its purpose is to invent and make "gadgets" for the residents of Le Court in the first place, and later other disabled people requiring help, calling on the help of local firms where necessary with the intention that no job will be too small or too big. Neither will it be beyond us. "Independence Unlimited" will grow and flourish. We will give a report on the "Baby's" progress in the next issue.

Another wooden type (Fig. 3) is even more simple, consisting of two pieces of 1/2in. timber of the same length as the above model (36in.) These are pivoted in the centre. At the bottom, two lengths of the same material, about 3in. long, are fixed at right angles to the two main struts, and so form the grips. It is an advantage to have a surface of rubber put on the inside of these to give a surer grip.

A very good, strong and versatile metal tool can be made out of aluminium tubing (Fig. 4) although it may need the engineering abilities of a friend to produce it for you. The main rod or tube is bent at one end into a semi-circle, to form one jaw. A second jaw should be formed, cut, and pivoted just above the one you have made on the main stem. The handle, connecting wire, and the elastic band, can be fixed as in the first type described. To complete, and make fully efficient, place rubber tubing over the jaws with about 1/8in. projection. Make sure the elastic band is strong enough, and you will be able to pick up a pin or a can of peas with confidence. If you have a good grip the



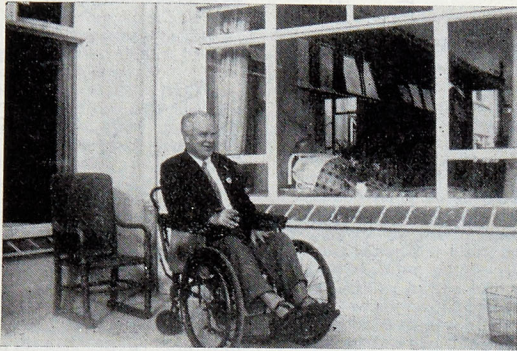
maximum pressure may be obtained by reversing the action of the elastic band, so that it opens the jaws. The connecting wire from the handle must go through a hole in the opposite jaw to get the right angle of pull to close its partner. Obviously, the pressure now placed on the object, depends on that placed on the handle.

Another type of retrieving rod, with metal jaws is illustrated in *Fig. 5*. It has the usual wooden rod with hand grip; but the metal fingers in this case are rather longer. It would, I think, be

easier for you to study the small diagram than for me to describe these metal fingers. They are of flat metal and are pivoted at a common point to the rod with a ferruled end. The "squeeze" on this reacher comes, as so often, from elastic. In this case, it is placed at the non-gripping end of the fingers. To open them one piece of strong wire, V-shaped, $2\frac{1}{2}$ in. long is fastened at two points below the pivot. Fixed to the V-wire the usual longer

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LEN HARPER



"Sparks" (Len Harper)

Len Harper was born and bred in the historic City of Plymouth. He arrived at St. Teresa's, the Cornish Cheshire Home, in May, 1956—and at once had to take a new name because there was already a Len in "residence"—Len Dipsell. However, the difficulty was soon overcome when it was known that Len Harper had been a Telegraphist in the R.N. (Quite a few years ago). He was promptly given the name of "Sparks", and he has been Sparks to all and sundry at St. Teresa's ever since the first day of his arrival.

Sparks was invalided from the R.N. in September, 1920 with a war disability pension, after having served for well over three years.

In 1924, Sparks, who had already done quite a lot of singing in and around Plymouth, went on the professional stage as a baritone singer: for the next five years and more he was in various professional shows, revues, concert parties, and even for a short time in repertory with a stock company in the Midlands.

It was while he was on tour with a revue that he met and eventually married a Lancashire girl, but the marriage did not last long, his wife contracting T.B. and she died in 1935.

At this time Sparks was living in Nelson, Lancashire. Five months later he returned to his native Plymouth. It was now that Sparks began to feel the slow but inevitable weakening of his limbs, his trouble—progressive muscular atrophy—began to manifest itself in no uncertain manner.

He was living with his married sister from 1938 until he came to St. Teresa's, and it was because he knew that his devoted sister (and her husband) would not be able to look after him much longer that Sparks, in the early weeks of 1956, applied for admittance to a Cheshire Home: to his delight he was accepted.

When he had been at St. Teresa's just over two months he took over the management of the shop, at the request of the late Doreen Pocock, the Matron, and Mr. Tomlyn, who was then the Hon. Secretary of St. Teresa's. A little later the patients' committee was formed and Sparks was elected chairman, and he has been re-elected every year since.

Since early in 1957 there has been a very good Dramatic and Concert Group at St. Teresa's—known as "St. Teresa's Players". With his experience as a professional, and quite a lot of amateur dramatics and theatricals—

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INGENUITY HELPS AN ARTIST

Description of an apparatus constructed to help a prospective member of the Mouth and Foot Painting Artists' Association.

Albert Baker is an artist who paints pictures with his mouth. Not only is he unable to use his arms, but he has an additional handicap; his legs are in irons.

Standing at an improvised easel all day caused him pain and inconvenience. Consequently his work suffered. He felt that if some form of support could be devised to ease the weight on his legs he would be able to work in comfort and improve his standard.

This was mentioned to Mr. Charles Darby, a local resident and friend of Le Court where Albert lives to see if he could help. He could and he would.

Albert cannot sit as normal people sit, and the problem was to make some kind of special "seat" to meet his requirements. After careful consideration a simple trestle-type support was built with Dexion Slotted Angle. This trestle was literally "made to measure", the top bar being covered with thick foam rubber and set so that the upper rings of his leg callipers would grip in exactly the right position. The weight of his body was thus removed from his legs and transferred to his irons.

This was highly satisfactory, but it became obvious at once that if maximum benefit was to be derived from the support it would have to be fixed in relation to the canvas! For if Albert had to stretch to reach the top of his picture and bend to reach the bottom, the support would not be in continuous use. Furthermore, it could be moved out of position.

So Albert's painting positions were measured and the leg support was built into one complete Dexion framework. This framework incorporated a counter-balanced, sliding easel operated by cords and pulleys by which it could be raised or lowered with only a slight effort. Spare lead weights were made so that the difference in weight of large and small canvases could be adjusted.

Our artist can now "sit" comfortably on his support and by raising or lowering his canvas he can paint any part of his picture from one basic position. A built-in table holds his paints; his brushes and palettes rest in suitable racks and everything is readily "to mouth".

"Put it back!"

Mother marched her ten-year-old son into doctor's office, and demanded: "Is a boy of this age able to perform an appendix operation?" "Of course not," snapped the doctor. Mum turned angrily on the boy and shouted: "So who was right? Put it back!"

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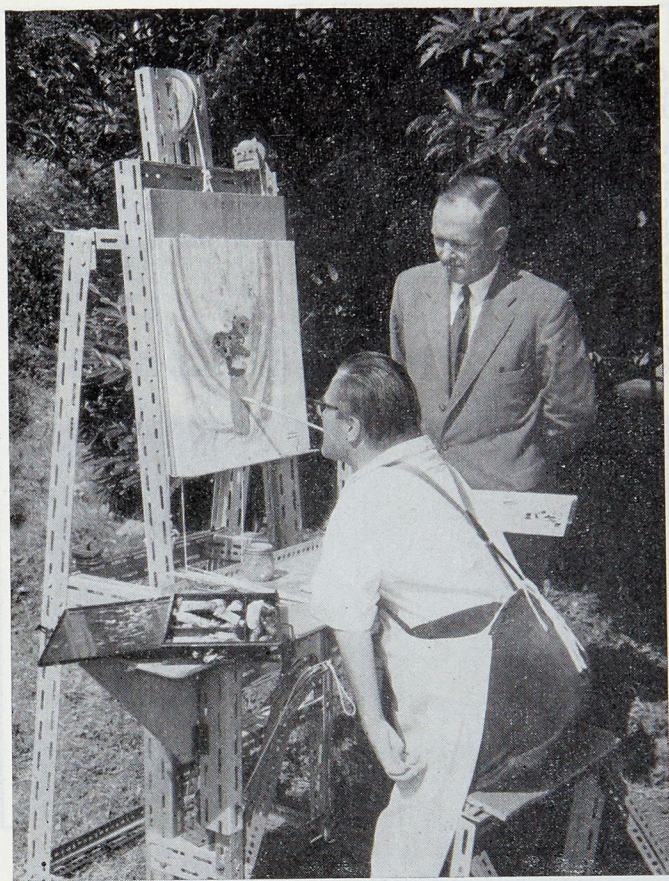
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Albert Baker at work (left), with Mr. C. Darby, who designed and constructed the apparatus. Photo: Notley Advertising Ltd.

(continued from page 48)

Sparks became the producer of the "St. Teresa's Players". He has written, produced, and acted in three one-act plays, the current one being a comedy called "Ham without Eggs". Incidentally, "St. Teresa's Players" have made quite a name for themselves in the various towns and villages where

they have performed in West Cornwall.

Sparks has written part of his life story, which he has called "First Quarter" as it is the first twenty-five years of his life. He hopes to get it published sometime, he also hopes to write the "Second Quarter" fairly soon, and *who knows?* if he lives until 1977 he might write "Third Quarter".

RAPHAEL

The International Unit at Dehra Dun, India

G.C. gave a further brief description of this centre, and its work, at Ampthill Family Day (see page 9).

Final plans have been drawn up for the hospital block; it seems compact and efficient, and looks most attractive. Since everything hinges round the hospital block, it has been given priority and an all-out effort will now be made to get it built as soon as possible. Nevertheless, it has been decided not to try and economise too much on the actual building, either of the hospital block, or the rest of the centre. That would have been liable to lead to far greater expense in the end.

Sanction has been obtained from the Forest Secretary for the rest of the land that will be needed. This will enable all the buildings that have been planned to be built in the best places available, thereby avoiding the portions more liable to erosion. The local government and the soil conservation office has been consulted about the state of the land; it was obviously necessary to be assured that the area would be safe from any serious erosion. The Forest Research Institute has prepared a plan for soil conservation on the site.

One of our most keen French supporters, the Count de Vallombreuse,



Site of Raphael, the International Centre at Dehra Dun, India. 20 acres of virgin forest, in the foothills of the Himalayas, given by the Government of India.

has offered a Winget brick making machine which makes the equivalent of bricks out of ordinary earth, water, and five per cent. cement. It also makes the substitute for cement and lime that holds the bricks together. The bricks are quite substantial and make very good insulated walls. The machine, weighing 2 tons, and costing £900, can be operated by unskilled labour, and will make up to 1,000 bricks per day. A soil analysis is being made to discover whether the earth on the site is suitable for the use of the machine.

An additional unit especially for the adult mentally defective is being discussed.

Letters received from Raphael tell of steady progress against heavy odds. The primitive conditions still prevailing, however, are reflected in many little stories. It is, for instance, almost a daily happening for the staff of the Cheshire Home, Govind Bhavan, across the river, to wade across, and help and talk and encourage. The nucleus of staff have done wonders and have been extremely economical in housekeeping, gathering items of furniture and equipment from all quarters. Of course there have been continual financial worries, the money coming only in dribbles instead of the constant flow that is needed. There is also the heart-rending necessity to turn away so many pitifully deserving cases.

Electricity has been installed and this has made an enormous difference. The power was brought across the river on poles by the contractors, the Bhardwaj Electric and Trading Co. of Dehra Dun, one of the two local approved Government contractors. The expense was not as great as it had been anticipated. Extensions to the electricity installation will be made when required; there appears to be no shortage of power in the area. We are told there was great excitement when the lights were first switched on, at the end of September. One of the staff writes: "How I wish you could have been here. It was super. The children went crazy. I do take off my hat to the contractors."

The ambulance has arrived from Singapore, having been completely remodelled and renovated and new batteries put in. "Raphael" is painted on both sides.



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(continued from page 47)

piece now runs to the handle, assisted by ringed screws, let into the rod. Instead of a handle a finger hole can be bent at the end of the wire, probably being more convenient in some cases.

The gadgets I have described in this article do not make a complete list of those available; others are quite professional with springs and magnets. But the ones above will do a worthwhile job, and more important they are cheap and easy to make.

SINGAPORE

The Home at Changi was officially opened on 6th November by the Patron, Air Chief Marshall the Earl of Bandon, KBE, CB, CVO, DSO. Among the distinguished guests was Lady Goode, wife of His Excellency Sir William Goode. The Opening was a great success.

On 4th November a Film Premiere was held in Singapore in aid of the Home. Over \$4,000 was collected.

SERVICES BUILD CHESHIRE HOME

Story by Sgt. P. M. Howard

(Reproduced from The Free Press, Singapore).

British Army and Royal Air Force men are building a new Cheshire Home at Jalan Tampoi, near Johore Bahru—the 22nd Cheshire Home in the world and the first in the Malay Federation. Group Captain Cheshire would be a proud man if he could see the spirit in which the Servicemen are tackling their task.

Most of the volunteers are from 221 Base Vehicle Depot, Royal Army Ordnance Corps, at Tebrau, Johore. When they heard that it was hoped to complete the main assembly hall in October, several men offered to spend their leave on the site to speed up the work.

They were hard at work when Lady Marcella, widow of the late Sultan of Johore, visited the site accompanied by Lt.-Col. E. A. Horsey, Commanding Officer of 221 B.V.D. and chairman of the Cheshire Homes (Malaya), Johore Branch. Lady Marcella spoke to some of the men, including 21-year-old Cpl. Ron Adams of Hackney, London, who has been working on the site for 14 weeks.

Extremely pleased with the way the building was springing up, Lady Marcella took several photographs including a group of the servicemen, and presented the men with a crate of beer. "This is a truly wonderful job you are doing," she told them.

To most of the men building was completely new, although Senior Aircraftsman Hugh Fenton, who is based at Tengah and comes from Old Felixstowe, Suffolk, learned quite a lot during the Singapore Cheshire Home project.

Worthwhile job

None of the men would say much about their efforts. Sturdy Yorkshireman Cpl. George Taylor said: "It is a worthwhile job and one we enjoy doing." "When we heard that volun-

teers were needed several of us started going down to level off the site on Wednesdays and week-ends, and it soon became regular work," said Pte. Jack McFadden, of Glasgow.

Twenty-two-year-old Cpl. David Guyatt, from Leicester, is disappointed because his tour of duty ends shortly and he will not see the completion of the project. Working hard on the cement mixer was 20-year-old L/Cpl. Anthony Holdcroft, of Enfield, Middlesex, and putting the cement and stones to good use was Cpl. James Hannigan, of Royston, Hertfordshire. Many others have put in hard work whenever they could. Those who have not been able to give physical assistance have done their best in other directions.

Each month the Cheshire Homes (Malaya) Fund receives a donation from the Sergeants' Mess of 221 Base Vehicle Depot. There are also regular individual donations but the need for funds to complete the building is still great.

Provision for extension

This is just one example of how Servicemen are giving their backing. The civilians of the area are also helping to provide the necessary finance by giving and supporting fund-raising concerts. When complete, the Home will have room for 40 patients. There is provision for extension of the Home if required.

The late Sultan of Johore and Lady Marcella initiated action for the establishment of the Home nearly two years ago. The site was surveyed last December and Royal Air Force men started to devote their weekends to clearing the site. Army men levelled out the land and also demolished a building. The materials needed were presented by the Johore State Government.

What Does Christmas Mean to YOU ?

The residents of the English Cheshire Homes have been asked by Group Captain Cheshire to do what they can to help the burnt-out lepers (i.e., those in whom the disease has been arrested, though the effects remain—the mutilated fingers, the loss of sensation in hands and feet, and so on), especially in India, where there are already two Cheshire Homes looking after these people.

To carry out this purpose, the residents of Le Court have suggested the setting-up of a Christmas Leprosy Fund.

Will you be good enough to share some of your Christmas happiness with those less fortunate than yourself by sending a gift (it does not matter how small) to show they are no longer just abandoned and forgotten? Please fill in the form below and send to the address given.

Cut here :

To Christmas Leprosy Fund, Le Court, Liss, Hants.

I/We.....
(MR./MRS./MISS)

of

.....

enclose £ : s. d. as a donation to the Christmas Leprosy Fund.

Signed.....

.....

Date.....

A NEW YEAR'S MESSAGE

THREE HUNDRED AND SIXTY-FIVE DAYS

Just think of the hundreds of ways
In which you can spend them, in diligent labour,
In doing your duty to God and your neighbour,
In joy for yourself, and in blessing to others,
Your friends and your parents, your sisters and brothers
Come greet with a cheer
Each day of the year,
And welcome with gladness and praise,

THREE HUNDRED AND SIXTY-FIVE DAYS

R. F. PECHEY
(Copyright)

THE ORIGIN OF THE HOMES

In May 1948 Group-Captain Cheshire came across an old man dying of cancer whom no one wanted and who was about to be discharged from hospital. After trying very hard to find somewhere else for him to go, but without success, he took him into his own house and nursed him until he died. In the course of doing this he discovered others who were in much the same situation, and took them in too, turning the house into a home for the incurably sick.

This was the beginning of a mission for the relief of suffering which, thanks to the help and support of a great many people the world over, has expanded ever since, so that there are now fifteen Cheshire Homes in England, others in India, Malaya and Nigeria, and several more in active preparation elsewhere.

BASIC PRINCIPLES

1. The Homes have developed and expanded, not according to a pre-conceived plan, but as opportunity or need has presented itself, and normally in some premises for which no one else could find a use.
2. They care for the incurable and homeless sick—those for whom the hospitals can do nothing further and who have nowhere else to go.
3. They are run as homes rather than hospitals, for their function is not to administer curative or surgical treatment. Thus they offer the affection and freedom of family life, the patients being encouraged to take whatever part they can in the day-to-day running of the house.
4. They are undenominational. Patients are admitted according to need, irrespective of race, creed or social status, all being asked to live together as one family.

ORGANISATION

The management of each home is vested in a committee, chosen to be as representative as possible of the local community. Thus the homes fit naturally into the framework of their surroundings and the patients have a sense of belonging to the area.

There is a central Trust known as THE CHESHIRE FOUNDATION HOMES FOR THE SICK TRUST. This Trust, which is a registered charity, presides over the homes, owns all the property and acts as a guarantor to the public that the individual homes are being properly managed and in conformity with the general aims of the Cheshire Homes. The Trustees, who are specialists within their own subjects, are for the most part public figures—and all, of course, unpaid. Similar Trusts have been established to control the homes in India, in Malaya, and in Nigeria.

FINANCE

The Homes are privately, not State, owned and run, having no capital behind them and being largely dependent on voluntary help and subscriptions. Although precautions are taken to see that those patients who are in a position to contribute towards their maintenance do so, no one is turned away because of inability to pay. Thanks to the co-operation of local health authorities, Benevolent Funds, etc., grants are forthcoming for the majority of the patients, leaving a substantial amount of the daily maintenance costs to be found by the individual Homes, which, once established, are expected to be self-supporting.

The Cheshire Foundation Homes for the Sick

Founder:

GROUP CAPTAIN LEONARD CHESHIRE, V.C., D.S.O., D.F.C.

Trustees:

Group Capt. L. Cheshire, V.C., D.S.O., D.F.C.	Dr. Basil Kiernander, M.R.C.P.
Dr. G. C. Cheshire, F.B.A., D.C.L.	The Lady St. Levan, J.P.
The Rt. Hon. Lord Denning, P.C. (Chairman)	Miss C. E. Morris, M.B.E.
R. R. Edgar, Esq.	B. Richards, Esq.
The Earl Ferrers	W. W. Russell, Esq. (Managing Trustee)
	Miss S. Ryder, O.B.E.
	Major The Lord St. Oswald, M.C.

Secretary: Miss M. S. Mason, 7 Market Mews, London, W.1.
(Telephone: GROsvenor 2665)

Hon. Treasurer: J. R. Handscomb, Esq.

LIST OF HOMES

England	Tel. No.
Le Court, Liss, Hants.	Blackmoor 364/5
St. Teresa's, Long Rock, Penzance, Cornwall	Marazion 336
St. Cecilia's, Sundridge Avenue, Bromley, Kent... ..	Ravensbourne 8377
St. Bridget's, The Street, East Preston, West Sussex... ..	Rustington 1988
Amphill Park House, near Bedford	Amphill 3173
Staunton Harold, Ashby-de-la-Zouch, Leics.	Melbourne 71
Alne Hall, Alne, York	Tollerton 295
White Windows, Sowerby Bridge, Halifax, Yorkshire	Halifax 81981
Hovenden House, Fleet, Spalding, Lincolnshire	Holbeach 3037
Miraflores, 154 Worple Road, Wimbledon, London, S.W.20 (rehabilitation of ex-mental patients)	Wimbledon 5058
Seven Rivers, Great Bromley, Colchester, Essex	Ardleigh 345
Honresfeld, Blackstone Edge Road, Littleborough, Rochdale, Lancs.	Littleborough 8627
Hawthorn Lodge, Hawthorn Road, Dorchester, Dorset (for mentally handicapped children)	Dorchester 1403
Greathouse, Kington Langley, Chippenham, Wilts.	Kington Langley 235
Spofforth Hall, near Harrogate, Yorkshire	Spofforth 284

Cheshire Homes India (Central Office: P.O. Box No. 518, Calcutta)

Bethlehem House, near Vinayalaya, Andheri, Bombay.
Shanti Rani House, 13 Upper Strand Road, Serampore, West Bengal.
Govind Bhawan, 16 Pritam Road, Dehra Dun, U.P.
Vrishanti House, Katpadi Township, near Vellore, South India.
Rustomji P. Patel Cheshire Home, Sundernagar, Jamshedpur.
Banarsidas Chandiwala Swasthya Sadan, Kalkaji, New Delhi.
The Cheshire Home, Covelong, Madras.

Cheshire Homes Malaya (Office: 10b Chulia Street, Singapore)

Tana Merah, Nicoll Drive, Changi, Singapore.

Cheshire Homes Nigeria (Private Mail Bag 5094, Ibadan)
Oluyole, Cheshire Home, College Crescent, Ibadan.