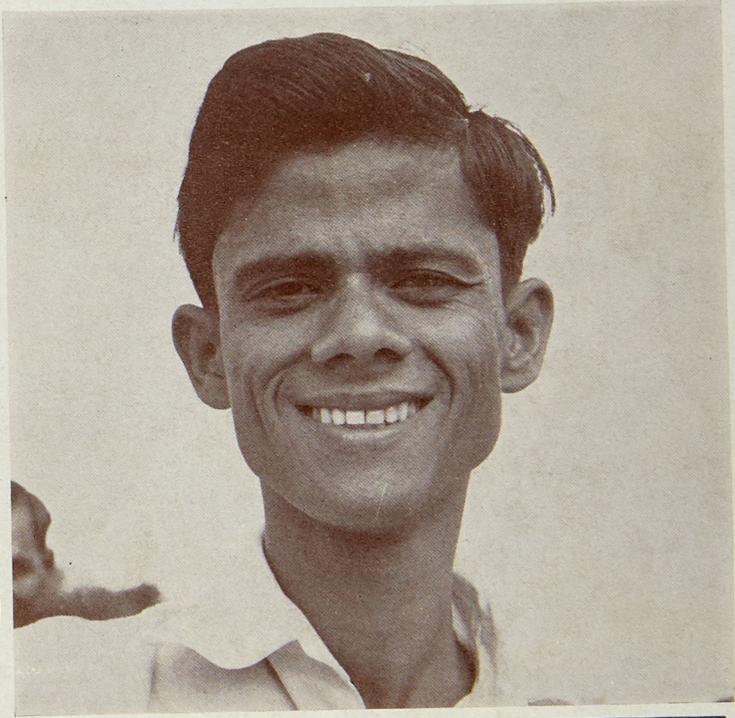


Cheshire

SMILES



Cheshire Smile

The Cheshire Homes care for the incurably sick or permanently disabled—those for whom hospitals can do nothing further. They are run as homes, and offer the affection and freedom of ordinary family life, the residents being encouraged to take whatever part they can in the day-to-day running of the house. Disabled people are admitted according to need, irrespective of race, creed or social status. The average number of residents when the Homes are completely established is 30.

The Management of each Home is vested in a Committee chosen to be as representative as possible of the local community. The Cheshire Foundation Homes for the Sick (a registered charity) is the Central Trust, and has ultimate responsibility for all the Homes. It owns all the property, and acts as guarantor to the public that the individual Homes are properly managed in conformity with the general aims of the Foundation. Similar charitable Trusts have been established to control the Homes overseas.

Cheshire Smile is edited and managed by disabled residents at Le Court. Contributions to the magazine are invited from all readers. Opinions put forward in individual articles do not necessarily represent the official view of the Cheshire Foundation. It is our aim, however, to encourage free expression of ideas. Publication dates fall roughly in the middle of March, June and September, but in early December.

If you would like to ensure that you receive *Cheshire Smile* regularly, we should be glad to put your name on our mailing list. A subscription form is on the back page.

Deadline for Next Issue

All contributions, including photos, drawings, etc. for the June 1970 issue must be received here at Le Court by 21st April at the latest.

The Quarterly Magazine of the Cheshire Homes

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Cover Picture. Dilip, who lives at the Katpadi Home in South India, is the star figure in a new film being made by Group Captain Cheshire. There is a feature about the Home inside this issue.

The Chairman's Page

A Foundation Feature
by our Chairman,
Lord Justice Edmund Davies

I write this page at the start of the New Year and the beginning of another decade. Everyone is making good resolutions and looking forward to what the next 10 years may hold for the world in general. The Cheshire Foundation too are looking to the future.

In the past three months the Trustees have been conforming to the re-organisation I outlined in the Winter issue, with a Finance and General Purposes Committee (under the Chairmanship of Mr. Harry Peace) meeting once a month to deal with matters of a detailed nature, leaving the bi-monthly Trustees meeting to concentrate on points of policy and principle. Mrs. Marjorie Clark, J.P., Trustee for the East Midlands, has joined the F. & G.P. Committee, and I know she will add her great experience of Home Management, and her personal ability, to the otherwise all-male and strong financial membership of that Committee, consisting of Mr. R. G. Emmett, Mr. J. H. Handscomb, Mr. Barry Richards, Mr. Peter Rowntree and Mr. R. S. Worthington. It is too early yet to know whether the changes will prove sufficient to meet the growing requirements of our developing organisation. The small committee set up to consider Regional Development has not yet reported, and we await their recommendation with considerable interest.

Our Founder has been gradually withdrawing from the administrative side of the Homes over the past year. Any letter he gets about the Homes he passes to the Secretary of the Foundation, who deals with all matters of a routine nature. Any matters requiring decisions are referred to the Managing Trustee or to the Trustee responsible for the particular Home concerned. Group Chaptain Cheshire wants to devote more time to travelling around giving talks, and concentrating on other means of spreading the message of service to a wider audience, and especially to the young.

We were fortunate to have Mr. Hampden Inskip, Q.C., with us at our last meeting of 1969 when we were considering the report and estimates regarding the Service Corps. He told us of the efforts being made to secure official recognition for the Corps, and that the training they received was producing capable young men and women who had confidence and poise and were ready for responsibility. But the Trustees were very sorry to hear that some of the staff in a few Homes were reluctant to recognise the training and experience of Service Corps members. A great deal of thought and expertise have gone into the syllabus for their training, and the aims and principles that the Service Corps are striving to fulfil are those unanimously agreed by the representatives of nearly 100 Cheshire Homes at the International Conference last July. To those reluctant staff members I would say: We are moving into the Seventies, and Leonard Cheshire's idea of providing homes for disabled people where they can live as full a life as possible is (granted the finances!) easier in some ways to achieve now than when he started the first Home in 1948. But we must be receptive to novel ideas as to how his noble aims may be fulfilled and prepared to utilise new means for their accomplishment. Let us work as one to this end!



Edmund Davies

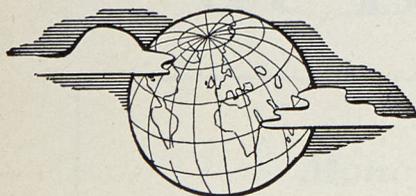
Dorothy Bourdillon

A well-known friend and helper of Le Court, Dorothy Bourdillon, died suddenly on 12th December at her home in Liphook, Hampshire. She had been a member of the Home's very first Committee of Management. Group Captain Cheshire has written this special tribute to her.

Dorothy Bourdillon's death affected me deeply. I know that I shall never drive past the little white gates of her house at Liphook without thinking of the struggles and hopes we shared over so many years. She was amongst the first who came to offer their services in the days when it looked as if Le Court could not possibly survive, and she was one of the key personalities in the original Committee, which at times was in danger of giving up. Her cheerfulness, her hard work, and her determination to see Le Court on its feet, are but some of the wonderful qualities that all of us who knew her will remember. Above all, I admired the way she wanted her help to remain unpublicised; I remember, almost as if it were yesterday, the moment when she rounded indignantly on me for having said to a visitor that she came up three days a week to do the physiotherapy free of charge. No one, I suspect, will know the true extent of all that she did quietly and behind the scenes to help those in need, and it is on their behalf, as well as that of the Foundation, that I write this humble but most heartfelt tribute. In her death, Le Court has probably lost its oldest friend and helper.

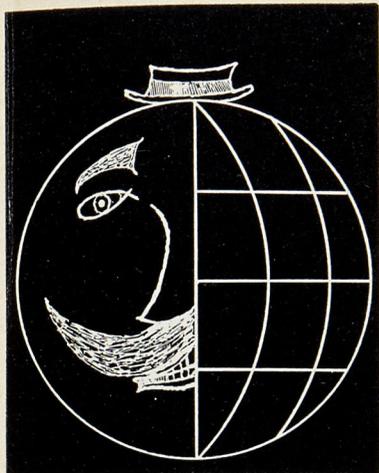
G.L.C.

**WORLD'S
LARGEST
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RIZLA

**CIGARETTE PAPERS
ROLLING MACHINES
POUCH OUTFITS
FILTER TIPS**



People & Places

A round-up of topical items about interesting people, and places of note, by the Roving Reporter.

'Let Me Live', the G.C.'s latest film about St. Teresa's and the start of the Foundation Trust, was shown in London during the autumn. The audience was reduced to about 40, partly because there was a strike on the Underground, and partly because it was a very wet evening. Roger Stark, a consultant on all matters concerning the disabled in north California, was one of the number, and so were Mrs. Sue Carruthers and Mr. Bishop, two members of the North Berkshire Steering Committee. We introduced them to Roger, so enabling him to meet some actual people who are starting on the massive task of establishing a new Home. He was interested to hear they are purchasing a house lived in by John Masefield, where they intend to keep the library in his memory. In north California, they purchase hotels for conversion to accommodation for their handicapped. Although Roger Stark is wheelchair bound, it does not seem to be much of a handicap to him. When he called at the London Cheshire Home at Dulwich, the residents were envious of his adapted Oldsmobile.

Charlie Horton, who has been at Le Court for 13 years, was one of the first residents to try out all the delights of the purpose-built Home at Hitchin. He arrived on 17th November, and was met by Mrs. Betty Donovan, who with her husband Leslie, did such an enormous amount of work to achieve their great ambition—a Cheshire Home in Hertfordshire. Charlie found the lightness of the doors, the 3 inch light switches, and the ease of moving around in his wheelchair, were some of the joys of this new Home that he remembers most.

Mrs. Elizabeth Chadwick, the ex-Assistant Secretary at Market Mews, has been appointed Assistant to Mrs. Pamela Farrell at Heatherley and Seven Springs. We have all missed her at Market Mews, but especially Miss Cherry Morris, our Honorary Medical Social Worker, for whom Elizabeth worked in the office.

Christmas lunch at Market Mews. Like many another office we have always arranged one. But instead of going out somewhere the girls always cook it on the premises. Last December we held it on the Tuesday before Christmas so that Mr. Emmett and Mrs. Vera Allcard, who does his typing, could be present. That made nine, and the table was beautifully

set accordingly when, to our joy, G.C. arrived unexpectedly and stayed for the luncheon. Katharine Sweet-Escott, who had done all the preparation and cooking, must have had a premonition, because the meal met G.C.'s strict diet.

Miss Mollie Dean, for many years part of the scene at Amphill as their Secretary, has moved to Wimbledon, to work in the new hostel for long-stay ex-mental hospital patients, which has just opened. The house is next door to the other Cheshire hostel in Worple Road. I am sure the residents will soon appreciate Mollie's calm dependability as much as the residents did at Amphill.

The Duchess of Devonshire officially opened the extension to Mickley Hall at Totley, near Sheffield, on 26th November. It was exactly two years after the Home opened, and I hear they can now accommodate 36 residents.

Group Captain Cheshire called at Greenacres at Sutton Coldfield for a short visit in early December, and was able to see how well their extension was progressing. It was much larger than he had imagined. Then, just before Christmas, he managed to pop in to see the residents at the Chiltern Home, Gerrards Cross. This was his first visit and, as he could only spend two or three hours there, he made it a private call to get to know the residents. He heard about the film that the Cine Club are making.

Norman Ridley, who did so much to establish the North West Lancashire Home, very nearly missed the official opening of the Home by Leonard Cheshire in mid-October. He was only just out of hospital after an operation, but managed to stay on his feet for the afternoon. The day was glorious weather-wise, and the occasion turned into quite a gathering of the Cheshire 'clans'. The Rev. and Mrs. Westrop brought a party from Holehird, Mr. Billers came from Spofforth, Dorothy and Peter Allott had an early start from Halifax, and Mr. Duff and Mr. Lowe arrived from The Hill, to mention just a few.

To complete the weekend, Mrs. Scriven took me back to Holehird, where the residents had a play reading for D.I.G. on Saturday evening. The scenes were very well set, which added a lot to the presentation, and it was a most enjoyable evening.

Travelling Hopefully

by J. Hampden Inskip, Q.C.

Mr. Inskip muses on the lessons he has learnt during his five years' experience as Chairman of Le Court Management Committee.

I had never been in a Cheshire Home before I was appointed to this job, and had done no work of any kind with the disabled or the chronic sick. The advantages for me were that I had no preconceived ideas about how a Home for the disabled should be run, and whatever prejudices I brought to the job had been acquired in completely different fields. The last five years have inevitably been years of mistakes and adjustments. The articles in the Winter *Cheshire Smile* by Jane Courtis, Paul Driver and Paul Hunt rang many bells for me. They have disciplined my thought, and beckon me into the future.

Before my first visit to Le Court I was provided by the Foundation headquarters with a copy of the standard constitution used by almost all the Cheshire Homes, with leaflets describing various aspects of Leonard Cheshire's life and work, and, last but by no means least, with a copy of Wilfrid Russell's 'New Lives For Old'. The basic aim of a Cheshire Home, which seemed then, and still seems now, to emerge with clarity from this literature, is to create and sustain an environment in which disabled residents can lead as full and useful lives as their condition permits.

Share in management

From that time forward it has seemed to me inevitable and right that residents, who are the permanent element in the Home and for whom the Home exists, and the staff who are an essential part of it, should not only be permitted but be actively encouraged to share in the management of the Home. This they could best do if their elected representatives were full members of the Management Committee, withdrawing only if any individual resident or staff member had to be discussed. We have put this into practice for just over four years, and when the position was recently reviewed the Management Committee decided to increase the resident and staff members from two to three each and to throw open Management Committee meetings to any other residents or staff who wished to attend as observers.

This has been the framework within which my mistakes and adjustments have been made. One of my first mistakes was to over-identify myself with the residents at the expense of the staff. The residents had more time than the staff to read and talk about recent developments and thought on residential living for the disabled in various parts of the world. They were articulate and persuasive. The staff at that time had no one able to focus their thought, or work through with them the problems that this way of running a Home would bring. I would have filled that gap much more effectively if I had not shared the view of many residents that membership of the Management Committee would itself create a higher and better form of community life in which misunderstandings would fade away. I underestimated the extent to which many of the staff needed help to overcome the feeling that there was something inherently wrong in trying to manage and run a Home by paying equal regard to the wishes of the residents and staff. We heard phrases like, 'the tail wagging the dog' and 'why should the residents dictate to the staff'.

Having recognised the problem I felt that all would be solved by the appointment of a Warden and Matron with a genuine desire to run the Home with resident and staff participation in planning and decision-making. Such people would be able to help the staff and residents to understand the pressures to which they were subjected, and their reactions to them. We arranged that there should be staff meetings at which the Warden and the Matron discussed problems, but the attendance at these meetings gradually fell, and we have had to make further adjustments. We discovered that some of the staff found the presence of the Warden and the Matron a barrier to free discussion. The staff, other than the Warden and Matron, have now formed their own Committee, which is their equivalent to the Resident's Welfare Committee. The two committees will meet each other, formally and informally, and each will have weekly meetings with the Warden and Matron.

Trying to do too much

One of the many big mistakes was to try to do too much as Chairman. The result was to cause residents and staff to come direct to me with problems. Although this seemed entirely right at the time, and helped us to understand each others' points

of view, it made the position of the Warden and Matron extremely difficult. They were in fact being by-passed, and it was impossible for them to give of their best if that situation continued. This was pointed out by the Tavistock Institute of Human Relations who worked with us for two years, and to whom I shall ever be in debt.

I have now swung a long way in the opposite direction. Only experience will show whether it is too far. I now believe that the fewer problems that are brought to the Chairman or to the Management Committee the better. Those Management Committee members who do not live or work full time in the Home are amateurs. Their decisions may be right or wrong. Given the right framework, the residents and staff should be just as likely, and probably more likely, to come to the correct decision. The framework which we have tried to provide at Le Court seeks to place upon them the responsibility for ordering the life of the Home for their mutual benefit. When there are problems they should try to resolve them in their own way without going at once to the Warden or Matron or Management Committee. If they fail to do this, they are opting out of the necessary discipline of true community living and are creating a refuge from responsibility. The Warden's job is that of an interpreter; when he has to take a decision or give instructions he interprets as best he can the wishes of the residents and staff and gives effect to them if he possibly can. Always, he is 'the catalyst to release the potential' in residents and staff, rather than a barrier to keep that potential in.

It is only recently that I have begun sufficiently to appreciate that it is no good trying to leave a Home to run itself unless one is prepared to trust the residents and staff to do their best. I now believe there is a tendency in able-bodied people, stronger than I ever realised, to demand a higher standard of personal conduct and unselfishness from disabled people than is to be found amongst the able-bodied themselves.

Disabled expected to be more unselfish than non-disabled

Let me give an example. When I arrived at Le Court, the Trustees of the Foundation had already agreed in principle to build there a unit for 15 or 16 post-polio respiratory cases. This was later varied to a mixture of post-polio respiratory cases and other people who were so heavily disabled that most Cheshire Homes would not accept them. The need for residential Homes for such people was then and still is, enormous, and the Trustees wished to see how far it was possible to integrate such a unit with an established Cheshire Home. It would increase the number of residents at Le Court from 39 to 54. From the start, almost all the residents said that the proposed unit would upset the balance of the Home, that staffing would be a constant problem because of the Home's isolated position, and that the organisation required by the extra numbers would increase the danger of an institutional régime being imposed. They suggested that such a unit should be sited on the outskirts of a town, where it would be more easily integrated with the surrounding community, and where staff would be more readily available. I argued that these were difficulties which could and must be overcome, that the site and money were available, that no alternative site had been found, that it would be an advantage to the heavily disabled to be in a unit able to draw on and contribute to the life of the existing Home, and that if we turned down the proposal the heavily disabled, many of whom were waiting in most unsuitable surroundings for such a Home, would have to go on waiting indefinitely.

I discounted a good deal of the residents' arguments as special pleading to protect their own position. Time has shown that some of their forecasts were very accurate, and I agree with many of Paul Hunt's comments in the December magazine. The increased numbers of residents and staff make it much more difficult for all the residents and staff to really know each other. As Chairman of the Management Committee, I have failed by a long way to keep abreast of the mounting numbers. The Warden and Matron have many more people between whom they must divide their time. The less well people know one another the more difficult communication becomes, and formality tends to take over from informality. Inevitably, the life of the residents at Le Court has been affected by these changes. Paul Hunt, however, recognises that experience with the unit has shown 'that the most severely disabled people can live active, unregimented and unhospitalised lives, given the chance

and the necessary unobtrusive background care'. He draws up the balance sheet in this way—'I do not doubt that there may be benefits to both old and new residents and staff. But in my view these are far outweighed by the disadvantages'.

My own view is the exact opposite, that to have met the need of 15 heavily disabled residents in the manner stated by Paul Hunt outweighs the disadvantages. But I do not live or work in Le Court, and that being so, how can I be sure that my judgement is sound? And was I not over-influenced, when the arguments for and against going ahead with the new unit were being discussed four years ago, by the feeling that the residents' arguments were fundamentally selfish? I think that I was. Yet, although I still think the arguments were fundamentally selfish, I know that in condemning them on that ground I was demanding a more unselfish standard of conduct from the disabled residents than the average able-bodied person is prepared to embrace. Do we welcome a housing estate, or even two new houses, in the field next door? Or do we rather say, 'we know the need for housing is enormous, but another spot would be far more suitable'? Other tests will spring to mind. I feel that the able-bodied often cast the disabled in the role of saints, because of an inner conviction that we would be unable to sustain disability as we like to think they do. We somehow see in them the better selves we would like to have been, and expect them to react to a situation as we would like our better, but lost, selves to have done. When they react normally, and not as saints, we feel let down. In condemning them, do we not condemn ourselves?

a Was I right to ask the residents to make sacrifices of the kind that I do not make in my own life? Is it a valid argument to say that just such things as these are part of the price a disabled resident must be prepared to pay if he or she comes into a Cheshire Home? The answers once seemed simple. I now find them very difficult. The little wisdom that has come to me in the last five years makes me want to trust the residents more, and lead them less. With Paul Hunt I hope that further heavy nursing units will not be added to existing Cheshire Homes before attempts have been made to integrate two or three very heavily disabled people into each of, say, three existing Homes, with help of additional equipment, staff and rooms. This may well be a still better answer. We shall not know if we do not try.

Growth of self-responsibility

People from other Cheshire Homes often say, 'We have no residents who would be able to make any useful contribution on the Management Committee.' I can only say that in each Home that I have visited I have met residents who appear to be qualified for such work. How often people develop and flower when given responsibility. If the potential be there, should not the Home make as much of it as possible? Dr. Agerholm said at the International Conference, 'When a Cheshire Home is doing its job properly it will naturally carry out a rehabilitation function, in the sense that it will restore each disabled person's right to be himself, to make his own decisions, and to live as he wishes within the limits of his disability, not merely according to the dictates of doctors, nurses, social workers, and so on'. And what of that description of a Cheshire Home contained in the memorandum from the Singapore Committee which was so warmly embraced by everyone at the Conference. A Cheshire Home, they said amongst other things should be 'a place in which residents [and surely staff] can acquire a sense of belonging and of ownership, by contributing in any way within their capacities to its functioning and development'.

Another adverse comment I have frequently heard is that 'None of our residents or staff feel any need, or want, to share in management'. If this really is the position, is it a state of affairs for which the Home should claim credit? (for this is a comment which almost always seems to be made with satisfaction). If you take any group of 30 people from the street, all, or almost all, will be running or helping to run their own homes. They will all have some say in how their homes are run. All would rebel at the idea that this share in the management of their homes should be removed. Why is it that residents in Cheshire Homes do not want this kind of responsibility?—or so we are told!

Of course, there will be many residents who, because of disability or age, have no desire to share in management, and I do not suggest that they should be coerced. I refuse to believe, however, that all the residents will lack this desire if the environ-

ment in the Home is anything like what it should be. The right to choose how to lead one's life is one of the fundamental dignities of living. I am afraid that in Cheshire Homes, where the disabled are inevitably so dependent on the staff and Management Committee, it is too easy for the residents to slip into the frame of mind—if the Trustees wanted us to share in management they would say so. We are far better off here than where we came from, so don't let us appear ungrateful to our Management Committee. The staff will not approve if we ask for a share in the management, and we must always remember that we are utterly dependent on them. We will do as the management and staff think is best for us because they probably know best.

A calm unruffled surface is not all-important

Does this attitude lead towards the kind of life described by Dr. Agerholm and the Singapore memorandum? I believe that if Homes would give more responsibility to residents and staff the quality of life within those Homes would become richer, although at times more turbulent. But there can be no heights without depths. Cannot much be lost by a too eager pursuit of 'a happy home atmosphere', particularly when that is equated with an unruffled surface and an outward rosy cheerfulness by everyone in the face of the Management Committee and visitors?

If the developments I am advocating took place, many residents would find new poise and confidence, and as they grew conscious of new powers, would feel that the Home had become a cage from which they not only wished, but really felt able, to escape and take even more responsibility for their own lives. I see existing Cheshire Homes becoming, for many disabled people, places to which they would come for a few years and from which, having gained confidence and purpose, they would 'on the wings of the morning' go out to homes of their own or to much smaller Cheshire Homes of about five residents where they could have even more control over their own lives. I hope, with Paul Driver, that the Foundation will experiment with such small houses. Nothing can be lost by trying. Much can be lost by standing still.

I would very much like to hear from people, inside and outside the Cheshire Foundation, who are interested in some of these problems. My address is: Clerks, Bramshott, Nr. Liphook, Hants.

13/49.

Prevents Falling Sideways in Wheelchair

A doctor on the Alne Hall Committee, Dr. T. A. Park, has made an interesting adaptation to a wheelchair for a young boy at the York Home.

John Stockhill, a young lad of 16 with a spastic diplegia and athetosis, was very uncomfortable in the wheelchair supplied by the Ministry, and often used to fall to one side. Dr. Park made a fibreglass insert for the chair, which fits John snugly and gives him adequate support. It was made on a wire netting 'former'. Professionally upholstered through the hospital service, it has fixing straps and carrying handles so that it can be removed from the chair and put into a vehicle or on to an ordinary domestic chair.

Cheshire Smile Ties

We have been sent a sample of a tie made by Tootals which displays the 'Cat in the Wheelchair' emblem that was at one time emblazoned on the cover of the *Cheshire Smile*. The ties are sold at £1 each to raise funds for the Garstang Home, Oaklands, and it is from the Secretary of the local St. Anne's Support Group that they can be obtained—S. A. Richmond, 167 Church Road, Lytham St. Anne's, Lancs.

We still receive enquiries about that 'Cat in the Wheelchair' design, and in order to satisfy readers we can state that it was originally created by the Editor's brother, J. L. Spath, who has worked in the commercial art world for many years.

OFF TO DUBLIN IN THE GREEN...

Frank Spath writes an informal account of the 11th World Congress of the International Society for Rehabilitation of the Disabled in Dublin last September.

The cause of the physically handicapped is gaining momentum. Many and various are the conferences to consider every aspect of their welfare. The summit conference would seem to be the three-yearly World Congress held in a different capital city each time.

The 11th Congress was held last September (14th–20th) in Dublin, and it was attended on behalf of the Cheshire Foundation by the Group Captain himself, Dr. Agerholm, myself and Miss Carmel Short, Secretary of the U.K. Foundation, who looked after me. Albert Baker, the mouth-painting artist from Le Court, attended one or two sessions of the Congress, but in a private capacity.

On Saturday 13th September, Carmel and I set out from Le Court for London, and thence to Holyhead. We had a calm crossing, and my very first sight of Ireland was in brilliant sunshine—which I suppose helped to bring out the 'emeraldness'. Eventually we docked at Dun Laoghaire, and immediately found ourselves in the care of the Irish Wheelchair Association. Right away, I want to register the debt I owe to them for putting their green Volkswagen mini-bus at our disposal for those seven days. Without that vehicle—just right for my long wheelchair—and of course without Paddy Saunders who drove it for us—I would not have been able to attend all the various functions to which we were invited.

Barrett Cheshire Home

Paddy took us first to the Barrett Cheshire Home in Dublin, which was to be my 'base' for the week. Carmel stayed at a Y.W.C.A. Hostel nearby. The Barrett Cheshire Home was left to the Irish Foundation by the late Miss Eliza Barrett, who had been running it as a private nursing home for over 40 years. It was taken over some three years ago, and is now well established. But the official opening was performed by the Minister of Health, Mr. Erskine Childers, in the presence of G.C., only the day after we arrived. This—the first Cheshire Home in Dublin—is a happy community of 21 or so disabled people, and the staff who look after them. They were all eager to learn from Homes with long histories and much experience behind them. By the way, a site has been given in Phoenix Park for a second Cheshire Home in the City.

It was Monday morning when I first saw the vast show-place of the Royal Dublin Society at Ballsbridge, where the Congress was held. We arrived half an hour late for the official opening by the 85 year old President of Ireland, Eamon de Valera. In the large central hall of the Congress area one quickly got the feeling of this international gathering, attended by 2,000 delegates from 70 different countries.

Community Responsibility

The overall theme of the Congress was 'Community Responsibility for Rehabilitation', but this was interpreted very widely. You can't expect anything very cohesive from a Congress catering for so many different occupations, ranging from orthopaedic surgeons through speech therapists to enthusiastic, though untrained, volunteers. The theme was expressed in numerous ways by the speakers who covered subjects as varied as—architectural barriers, psychological effects of institutionalisation, the creative use of insurance in support of rehabilitation, public transportation for the handicapped, enlisting and training and keeping good volunteers, activism versus passivism in coping with disablement, and the development of an international rehabilitation terminology. There were four main halls in which talks and discussions took place simultaneously, and many times we found it extremely difficult trying to decide which discussion to attend. Carmel and I thought it best to pick on those that seemed most relevant to the work of the Cheshire Foundation.

Not only were there talks and discussions to be fitted in. We naturally wanted to see something of the Exhibition in which manufacturers of equipment and welfare organisations were displaying their services. And we were glad to hear at the end of the Congress that the prize for the best exhibit had gone to the stand jointly arranged by the Central Council for the Disabled and the National Fund for Research into Crippling Diseases. A fairly comprehensive film programme was laid on, and this included the Group Captain's recent production, 'A Small Child Singing'. A number of visits were arranged to Irish institutions concerned with rehabilitation and suchlike work. And we could hardly have returned to England without having called in to say 'Hullo!' at the two other Cheshire Homes close enough to visit—Ardeen at Shillelagh and St. Patrick's at Tullow. The St. Laurence Home down in Cork was of course too far away to take in.

Last, but by no means least—for isn't it a well-known fact that more is achieved outside than inside the official sessions at such Conferences?—there was a great deal of social and convivial activity in the evenings—which sometimes extended to the early morning. The main events were a grand State Reception at Dublin Castle and a magnificent Gala Evening at the Central Remedial Clinic, Dublin, decorated and transformed for the occasion. I must also mention the special lunch at the Hilton-type 'Intercontinental' Hotel for all the wheelchair delegates to the Congress; it was something of a unique occasion arranged by the Irish Wheelchair Association, and was much appreciated by all who accepted the invitation.

Socio-political rehabilitation

The question remains—what did the delegates get out of the week? It is impossible to generalise, but I felt at the end that the majority would agree with Dr. Howard Rusk, that veteran figure in the rehabilitation world, when he said that this was the best Congress yet. One point that emerged from several sessions was the vast gulf that exists between the developed and the developing countries, and the importance of socio-political rehabilitation as much as medical rehabilitation. One Indian delegate stressed that a lot of nonsense was being talked if one lost sight of the fact that in countries such as his own the primary need of the disabled is not exquisite surgical techniques or vast staffs of highly trained medical and ancillary personnel, but the urgent need to get the wherewithal for just a bare existence. For me personally, some of these remarks brought back memories of what was said in similar vein at the Cheshire Foundation International Conference in London earlier in the year.

During the Congress, it was announced that the 1970s had been declared the Decade of Rehabilitation, and a concerted effort was being called for from all concerned to prevent, reduce and overcome disability. The next World Congress, in three years' time is being held in Sydney, Australia.

Quotes

**BY DONALD V. WILSON, President,
The Leonard Wood Memorial for the
Eradication of Leprosy, late Secretary
General, International Society for
Rehabilitation of the Disabled.**

The crippled are handicapped as much by the use of the word 'crippled' to categorize them as they are by their physical condition, for society's attitude toward a person with a conspicuous physical defect is frequently a more serious handicap than the disability. It is encouraging, however, that the tendency to segregate the crippled is being replaced by the realization that the crippled individual is a person first and only secondly a handicapped one.

(Encyclopaedia of Social Work, New York 1965)

Those active in the rehabilitation field have an opportunity to relate their interest in services for the handicapped to the total effort of bringing about better understanding among the world's citizens. Such understanding is one essential to the achievement of world peace. By participating in the international rehabilitation programs of voluntary and governmental organisations, an individual will find his own life more meaningful.

(Travel and Talk. Proceedings of the 8th World Congress. New York 1960)

Matrons' Conference 1969

Mrs. L. Chapman, Sister-in-Charge, Athol House, was in the Chair at the Cheshire Homes Matrons' Conference held at Stonecroft House, Lincs., on 17th-18th September last year.

In her opening remarks, Mrs. Chapman said how delighted she and her colleagues were to be at Stonecroft House. It was the fifth Matrons' Conference, and it seemed that matrons welcomed the chance to get together because more and more were attending. At the first conference there were only five matrons; this year there were 20. She said it pleased her that this conference was being held at Stonecroft because Miss Mary Driffill, their Hostess, was the first Cheshire Home Matron to have been trained by the Foundation Service Corps. This remark led to a discussion on the Service Corps, and Miss Croisdale gave a few statistics and general information.

Attracting suitably trained nurses for senior posts in Cheshire Homes

Most matrons had found that advertising did not attract suitable nurses. It was thought that if local hospitals could be interested in sending trainees for a month's training in Cheshire Homes this could prove a great help with staffing.

The question of superannuation arose, and it was felt by some that nurses did not accept posts in the Homes because of the lack of a pension scheme. Miss Croisdale said that the Service Corps had already arranged a scheme with the F.S.S.N. Anyone working for the Cheshire Foundation could join and get the same benefits. It was felt that this would prove useful in engaging staff in the future.

It was also suggested that a general refresher course for Cheshire Home staff might be arranged so that they would feel that they were not losing touch with general nursing.

Laundry facilities

Various ideas were put forward, but it was generally agreed that although the initial cost was high a commercial washing machine was by far the best buy. Ordinary domestic machines could not stand up to the heavy work, and were continually breaking down.

It was suggested that one person only should be in charge of laundry—from collecting residents' clothes to returning them laundered.

The main frustrations in running a Cheshire Home

Various problems were discussed—one of the most important being staff living accommodation. It was generally agreed that adequate living quarters outside the main building should be arranged for matrons, so that they are away from the Home when not on duty, though not too far away so that they could be called in an emergency. This would enable them to relax properly.

It was felt that in the majority of Homes, staff and their accommodation were the last consideration of Committees. They were generally overworked and underpaid, and it was becoming increasingly difficult to get staff because of this. It was suggested that recognition be given to staff who have worked in the Cheshire service for two years or more.

It was unanimously agreed that a recommendation be sent to Market Mews asking them to bring to the notice of Management Committees that accommodation be provided for senior staff away from the Home.

It was also agreed to recommend to Market Mews that all matrons be invited to sit in, ex officio, on Management Committee meetings, as this was felt to be beneficial to both Committees and matrons.

A discussion took place on the supply of medical equipment through the Ministry of Health. It was found that the majority of Homes could not obtain incontinence pads free of charge. The general feeling was that if one or two Homes could be provided with these, then all Homes should be. It was therefore decided to send a recommendation to headquarters that the Ministry of Health be approached by them requesting that all Homes should be supplied where necessary with incontinence pads by the local Welfare Department—as is done in some cases but by no means all.

Mrs. Marjorie Clark, Trustee, was then invited to address the assembled matrons. She said she wanted to give the meeting an insight into regionalism in the Cheshire Foundation; it was very much in the minds of the Group Captain and the Trustees at the moment.

In 1960, she had been asked to form a Committee for the East Midland Region, which comprises seven Homes—Hovenden House, The Grove, Seven Rivers, Staunton Harold, Ampthill, Holme Lodge and Stonecroft House. Since then, managements, residents and staff in all the Homes had got to know each other very well.

A regional handicrafts competition was started in 1963 with residents from all the Homes taking part; it has since been held at a different Home each year, a small sub-committee managing it. There were 80 exhibits at the first competition; in 1969 the number had increased to nearly 300. Two cups were presented each year—one for an individual, and one for the Home with the largest number of winning entries. In 1969, there was also a cup for a group prize.

The Region had been holding its own Family Day each year, again at a different Home each time, and exhibits from the handicrafts competition were put on show. At these events a special meeting is arranged of Residents' Committee Chairmen from all the Homes in the Region, with Mrs. Clark in the Chair, to discuss various requests and problems. Proposals and conclusions from this meeting go forward to be dealt with by the Regional Executive Committee. It had been recently requested, for instance, that the East Midland Homes should draw up a list of people who wished to move from one Home to another within the region. It was at the request of the residents that a regional magazine had been started.

The Regional Committee consists of a Chairman, and two or three delegates from the Management Committee of each of the seven Homes. At the moment, Matrons do not take part in the meetings of this Committee.

Mrs. Clark finished her speech by saying she thought that some such regional development would have to take place generally to relieve the central office at Market Mews of some of the administrative burden.

At the end of the proceedings, it was agreed unanimously to accept the invitation of Mrs. Mackenzie, Matron of Heatherley, to hold the next Matrons' Conference at her Home, at some date to be settled later.

Charter for the Disabled

Reproduced from The Guardian

Sir,—Mr. Alfred Morris's Chronically Sick and Disabled Persons Bill is at present under discussion in Committee in the House of Commons. This measure, which won acclaim from both sides of the House during the debate on the second reading was rightly described as a Charter for the chronically ill, and promises to be the most significant advance in social provision for the long-term sick and disabled ever made in this country.

Among its provisions are clauses which prevent the chronically sick being housed in geriatric hospital units; require local health authorities to inform them of their entitlements, and to provide certain basic services including access to public buildings, and provide for training and consultative functions in the planning of further legislation. It is important to all who care for the chronically ill that such a humane and socially responsible Bill should become law.

In commending the Bill to you and your readership, we make an appeal to the public to lend it their support. The role of the public lies in providing the supporting evidence, and we ask that if your readers know of any case of hardship caused to a person or family through lack of information; through inadequate Local Authority or medical services, or as a result of accommodation in geriatric units, they send details to The Secretary, National Campaign for the Young Chronic Sick, 11 Domelton House, Iron Mill Road, London S.W.18. Assistance of this kind will be invaluable and warmly appreciated.

Yours faithfully

Lewis Carter Jones
John Golding
Jack Ashley
Laurence Pavitt

House of Commons

A Wonderful Place

Mrs. Jenny Munn, the Matron of the new Hertfordshire Cheshire Home, moved into a delightful old house, Rose Cottage, opposite the Home last autumn, to prepare for the arrival of the first residents in November. She is highly qualified, says a report in the *Herts and Bucks Express*, having had 20 years' experience of nursing and administration in general hospitals. Her most recent appointment was as Deputy Matron of Jersey General Hospital. She qualified at Bromley District Hospital, Kent in 1949, and went out to New Zealand, later holding posts in Cyprus and in Beirut. 'I have been around the world and seen most of the places in the Middle East, so I have done the rounds, but I've been wanting to get out of general nursing for some time. I feel this is the sort of work I want to settle down to do'.

After the arrival of the residents, the same newspaper featured the stories of some of them. For instance, Mr. Edward Toms of Baldock, who was disabled following a stroke, and comes to a Cheshire Home for the first time. 'Before his illness he was a postman, a well-known figure in Baldock'.

Another is Mr. Thomas Tillbrook from Stevenage, who has suffered from arthritis since 1949. 'I was living at home with my mother who is an old age pensioner. Things got a bit difficult for her, and as the house had an upstairs I had to come here'. He used to do light assembly work for a Royston firm at the Stevenage Centre for disabled people. Mr. Tillbrook said it was a blessing when firms sent in this type of work, and he'll be able to continue the same work at the Home.

Miss Vida Herbert had lived for 60 years in Barnet, then became paralysed following a spinal operation. She went to Stonecroft House in Lincolnshire, and had only one visitor during her four years there. She kept in touch with the preparations for a new Cheshire Home in her own county, and moved to Hitchin as soon as it was open.

Mrs. Betty Smith, who comes from Welwyn Garden City, has spent the past five years in another Cheshire Home. 'I liked the other Home, but I think this one is wonderful'.

The first residents at Hitchin, with the Matron (standing left)

Photo: Herts & Beds. Express



Comment- Louis Battye

The Voice of Chagrin Falls

In my last sermon I rambled on about a German magazine for the disabled, *Der Körperbehinderte*. I propose now to ramble on about an even more remarkable publication, the quaintly-named *Toomey J Gazette*. This 88-page typewriter-set annual which originates in Chagrin Falls, Ohio, U.S.A., describes its aims as 'to reach, to inform, and to dignify' the seriously disabled everywhere—and how well it succeeds in doing so!

Just as *Der Körperbehinderte* is owned by the Sozialhilfe and the *Smile* by the Cheshire Foundation, *TjG* is officially owned by an organisation called Iron Lung Polios and Multiplegics Inc. Produced from the private home of its Founder and Editor, Mrs. Gini Laurie, and her husband, a local businessman, the magazine has a small staff of editorial assistants, mostly able-bodied, but it also has disabled correspondents in all parts of America, plus many more overseas, who keep up a constant supply of news and information. As it began as a news bulletin issued from the Poliomyelitis Department of the Cleveland City Hospital, *TjG* naturally contains much of interest to polio sufferers, and it prints a great deal of lore on such things as iron lungs and rocking-beds, and hints on the techniques of frog-breathing, but it also caters strongly for the victims of spinal injuries, cerebral palsy, muscular dystrophy, and the like.

TjG is close to my idea of what a magazine for the severely disabled should be. It is imaginative yet practical, down-to-earth yet inspiring—in the best sense of that much-sentimentalised term. Although no one makes any money out of it, there is an admirable air of professionalism: it knows its job and sets out to do it as efficiently as possible. In addition to its disabled contributors, it calls on a range of qualified experts on all aspects of the problems of disablement, including the psychological: for instance, the 1967 number contained a splendidly frank article by a doctor on 'Sex and the Disabled'—a highly important topic which I don't ever recall the *Smile* going into very thoroughly. . . . Gossip and mere social waffle are cut to a minimum, and there is no room at all in its pages for anything approaching a patronising attitude, this being in any case foreign to the American temperament. And because Iron Lung Polios and Multiplegics Inc. is merely the name under which the ownership of the magazine is registered, the Voice of Chagrin Falls is the voice only of the disabled readers it serves and is not the official mouthpiece of a particular Charity or any other kind of owning authority. It is genuinely independent and can say what it likes.

The main feature in the 1969 issue is on Higher Education, and the lead story is about a 27-year-old ex-Army helicopter pilot who sustained a C5 spinal lesion as the result of a water ski-ing accident and who now possesses only limited movement in one arm but who is studying for his master's degree in an engineering subject at California State College. Now clearly he is an exceptionally intelligent and courageous young man, but his story is far from being unique, for then follow several other accounts of severely disabled men and women who are attending various Colleges and Universities, during which we learn that many such places in the United States offer admirable facilities for handicapped students, some even providing attendants to help those most severely disabled.

The next feature is on Employment. Here again we hear of badly disabled people who earn their livings as art teachers, civil servants, technicians, lawyers, insurance brokers and in other trades and professions. There is the story of the woman who is dependent on others for every movement but who nevertheless runs her own business by the aid of the telephone from her couch. She has, she says, achieved a degree of independence she would once have thought impossible.

There are also features on hobbies, travel, news from all parts of the world, information on Welfare provisions, book reviews—indeed anything calculated to be of positive help and interest in this business of coping with a severe physical handicap.

There is, as we all know, much that is sick in modern American society, but it seems to me that, judging from these pages, the American attitude towards the subject of rehabilitation—if I may be allowed to use such a dirty word—is much healthier than ours. The contrast is nowhere more obvious than in most of the speeches at the

International Conference of the Cheshire Foundation of last July (reported in the Winter 1969/70 edition of the *Smile*). Reading these, one can't help having the depressing feeling that, in spite of all the lip-service that was paid to it, rehabilitation is still regarded, at least among the higher echelons of the Foundation, as a sort of luxury, or something which might be considered at some unspecified future date if circumstances suggest it might be a good idea, instead of as it should be—that is, as *the* basic thing, the very first principle from which all really creative thinking about the problems of the physically disabled should begin.

The *Toomey j Gazette* ought to be compulsory reading not only for all intelligent disabled people, but—even more so—for all who have power, in whatever form, over our lives.

Apartheid for the Disabled

by Rosalind Chalmers

I noticed in the 'Cheshire Smile', Summer 1969 issue, Selwyn Goldsmith was putting forward plausible arguments for the adoption of a 'symbol' to indicate easy access to public buildings by disabled people. He now prefers this policy of differentiating existing buildings and facilities rather than going all out to incorporate such access into all future designs. Regretfully (because I admire Mr. Goldsmith's work) I find myself in total and fundamental disagreement with him.

Apartheid is a policy of 'separate development', which accepts that there is such an unbridgeable gap between two people that they must live apart. It is claimed that this segregation implies no superiority to either, but in practice as we all know this is untrue. To define the disabled patently as a separate species needing separate treatment would be a most retrograde step, at a time when we are making progress towards greater understanding. Nowadays, many more disabled people are seen in public and take part in public life without meeting with surprise or alarm.

Prejudice against the disabled isn't just attributable to hidden fears of threatened values. On a conscious level there is the fixed idea that all physically handicapped people are also mentally affected, and therefore can't be communicated with. There is the aesthetic revulsion against deformity (one doesn't have to cite allusions to leper ancestry to appreciate that this can come as a shock). There is the fact that people fear to become too involved with a disabled person in case he should become too demanding; if not physically, emotionally. Then there is the belief that the disabled prefer to be 'with their own kind'. Well, one does sometimes, but a group of disabled people hasn't necessarily more in common with each other than any other group picked at random from a crowd. Like all minority groups they huddle together for comfort. Clubs for the handicapped fulfill an undoubted need, but as acceptance by society becomes more general and access into buildings easier their function will (happily) become less vital.

None of these prejudices can be removed over-night, and it is naive to suppose they will ever disappear entirely. But gradually they should diminish as the disabled's right to participate in ordinary society is taken for granted. After all, it has been finally admitted that even foreigners and women are human, with feelings like anyone else!

The Symbol idea is repugnant on practical as well as moral grounds. Some shops or restaurants might dislike being categorised, and so be liable to receive numbers of wheelchairs, which take up room and get in the way. But if several spacious, willing establishments were found, wouldn't this affect the attitude of the others? It's not hard to imagine the reaction of a busy shop-assistant or impatient customer—'why don't they go where they're supposed to?' and this point of view wouldn't be unreasonable, for the disabled would indeed have been directed elsewhere.

The designated buildings, though accessible, might not be conveniently situated, or might not contain exactly what is wanted. What of such buildings as libraries, theatres, art galleries? Are these still to be built with no regard for handicapped people, unless specially advised (by whom?). Don't forget that not only disabled, but also the elderly, and mothers with prams, appreciate ramp approaches and few steps. More architects and planners are beginning to take these needs into account at the design stage, when costs are lowest, and to do so as a matter of course. The Birmingham City Architect has issued a booklet ('Designing for the Disabled') giving advice to planners on this question. The City Engineer has arranged that new public lavatories have one larger cubicle for the convenience of wheelchair users. The new public library is to be accessible to wheelchairs and prams—a large number of readers are old, handicapped or have small children. None of these modifications is exclusively for the disabled; they can be used by anyone. In fact, one experiment showed that faced with both steps and ramps most able-bodied prefer ramps!

In July an important survey 'Planning for Disabled People in the Urban Environment' was published by the Central Council for the Disabled. It was undertaken by a Research Unit at Edinburgh University, and includes the case histories of twelve particular disabled people, and the difficulties they encounter moving about the city. There are also the findings from visits to selected centres with a disabled companion, and a large section of conclusions and recommendations. Next Spring there will be a Conference of architects and planners to consider how these recommendations are being implemented, and how improvements can be made in the future.

No elaborate facilities needed

It isn't necessary for elaborate facilities to be provided. The main need is a level, or nearly level (one step) entrance, handrails and interior accessibility, with a lift big enough to take wheelchairs and prams, and a lavatory big enough to do the same. Such things as low lift-buttons are unimportant. Anyone too handicapped to use an ordinary button, even with the help of a stick would have someone with him. Mind you. I can't see how arranging this, or (say) one lower towel dispenser—useful for children too—should break the bank. Surely these are only thoughtful extras which may be added by the firms concerned.

Some cinemas and theatres now find it feasible to make provision for wheelchairs in the construction of the building. The Hall Green Little Theatre in Birmingham and the Swan Theatre in Worcester have both done this successfully, and I believe the new Guildford Theatre has too. All these improvements are happening because of the change in feeling about disabled people.

One of the greatest trials for wheelchair shoppers are high curbs: should these be eradicated in urban planning (prams hate them too) or only outside 'designated' places? Fortunately, graduated curbs are being used in many of the new shopping centres and precincts. These modern developments are extremely favourable to disabled people. For example, Solihull Shopping Precinct is built round Mell Square, and has graduated curbs and level access to most of the shops. The car park underneath leads to the square by ramp and lift. With no traffic hazards this kind of precinct is ideal for wheelchairs, as is Birmingham's Bull Ring Shopping Centre. All but four of its hundred odd shops have level access: car parks are adjacent, and the whole is enclosed and centrally heated. Ramps lead from the Bull Ring Centre to the Midland Red Bus Station, New Street and New Street Station, where we have just had a spirited and finally successful battle to have the turnstiles removed from their lavatories. These turnstiles were not only difficult (impossible) for wheelchairs, but also for pregnant women, women with babies or indeed anyone with a heavy suitcase.

Handicapped people who can walk a little, and the elderly, find these traffic-free precincts less ideal: they prefer the sort of shopping centre with service road, so that they can drive from shop to shop. One of the advantages of the invalid tricycle is that being small it is easily parked, and police and traffic wardens may turn a blind eye to its presence. But it has many disadvantages, and its cripple-association is only one. The biggest is that no passengers are allowed, so that a disabled housewife can't legally take her child shopping. The tricycles are difficult to drive, liable to go wrong and vulnerable in a collision. In the event of a breakdown, one may have a long wait by the road-side till help arrives. Often the cost of repairs—borne by the Ministry—almost equals the cost of a car with adapted controls. The ideal situation would be a choice of car or tricycle, but apparently the Ministry fears that this would mean more people who were entitled to apply, as they don't do now for tricycles!

Disabled town-guides

Town-guides for the disabled are intended to fulfill a useful purpose **now**, by reporting on the accessibility of public buildings **now**. It requires an effort to begin going out: many people may have been house-bound for years, with their only outing to a handicapped club or hospital. But once started it becomes easier, and knowing what to expect, becomes less frightening. The guide gives the accessibility details, and the disabled reader fits them to his own particular disability. (The Birmingham Guide, which is one of a series of national guides for the disabled, also

gives welfare and other relevant information. I understand that at least one Health Visitor finds the guide helpful for her elderly patients).

The secondary purpose of the guide is to help improve conditions in the present by personal contact, and in the future by advice to planners. It is easy when investigating facilities for the disabled to be aware how things could be improved, sometimes radically, sometimes by simple rearrangement. Almost without exception managers and staff are sympathetic to the problem and agree to suggestions, such as using service lifts, entry through the back or kitchen or special parking permission (though obviously this couldn't be done for a **number** of cars.) Some shops and restaurants keep portable ramps. Cinemas allow entrances by fire-escape doors; hotel restaurants allow use of their hotel lavatories.

Several stores arrange after-hours shopping for disabled shoppers, but this, though appreciated by many, especially at Christmas, isn't the whole answer. The time and place are both arbitrary, and it is really difficult to concentrate on shopping under the intent gaze of shop assistant, pusher and sometimes press photographer! A person unused to shops is dazed by the noise and bustle and profusion of goods. It takes time to acclimatise, and to refrain from buying everything or being able to decide on nothing. But by contacts like these, both casual and arranged, Society becomes accustomed to the presence of handicapped people. And the handicapped are drawn into daily living with as little fuss as possible.

Mr. Goldsmith talks a lot about 'normal' people, and it seems that he equates normal with able-bodied. One could, by this standard, be a homicidal maniac and normal, as long as one can climb steps. It really won't do. No sane physically disabled person strives after normality in the sense of physical perfection, nor would any sane doctor urge him too. (Specialists more commonly underestimate one's potential). No, the striving that a disabled man must do, like any other human being, is to make the most of his talents and capabilities. He will discover unexpected ones, and certainly be able to stretch his remaining powers by exercise, contrivance and perseverance. This he would never have the incentive to do if he were to be categorised as a cripple and expected to remain in his officially-designated rut.

Striving within limits

Of course one shouldn't carry this striving to extremes. Of course there are limitations: again, what human being hasn't limitations? It is part of the art of living to balance what is desirable against what is possible, and to decide on priorities. For instance, the decision to take a wheelchair must be weighed unemotionally; sometimes it is merely pig-headed to struggle on when a chair might actually offer more independence. These decisions are personal ones, and each person's problem will be unique. Nevertheless, it's better to aim too high than too low—a man's reach must exceed his grasp, or what's heaven for?

The process of rejoining the world is a slow one, but it is taking place. There will always be some disabled people who will prefer to remain exclusively with others, but there will be plenty more who won't, who will find the rest of the world so interesting that they will want to miss as little as possible. This is one benefit that disablement can offer, a heightened awareness which the involuntary pause in the tempo of living has made possible, forcing one to take stock. And the necessary concentration on fewer activities means that they can be explored and savoured to the full.

Finally, Mr. Goldsmith says that 'normal' people operate on two legs and not on wheels. But it isn't so. Man starts life on wheels and usually also ends it on wheels. One way or another we are all involved with each other, and for God's sake let us realise it before we go down alone into the dark.

A Very Small Dark Cloud

by Fr. Charles E. W. Steward,
who is a resident at Greenhill
House, the Oxfordshire Home at
Banbury

I have just read the account of the International Conference in the *Winter Cheshire Smile*. My impression of the Conference is that it witnessed to much hope for the future—there was enthusiasm and vitality. There was also confidence and idealism. But there was one very small dark cloud on the horizon which, I fear, could grow.

I think delegates were not sufficiently 'conservation-minded'. That is, they underestimated the forces for disintegration which operate in all but the most exceptional human groups. I believe sociologists call it 'inbuilt decay'. Shakespeare expressed it in the words: "First we ripe and ripen, and then we rot and rot." I see signs that some of these forces are beginning to operate. Already, there appears to be the sort of rivalry between some Homes which say: "We don't want such and such here just because they do it in another Cheshire Home" or "Another Home is trespassing on our territory to raise money." I'm sure it would be disastrous for the Foundation if it didn't recognise this small dark cloud.

Once recognised, how is it to be dealt with? I, personally, think there is one way, and one way only. To recognise that unity or disintegration originate in mutual understanding or misunderstanding. It is not a question of good or ill will. It is the question of the presence or absence of common or public knowledge. People can be at variance because they misunderstand each other with the best will in the world. Therefore, the task before the Foundation—it must be done now if the disintegration is to be slowed down in the coming years—is a simple but a challenging one. There must be an intelligent attempt to identify the whole range of problems which are linked together in the care of the disabled, and, having really faced them, to work out an agreed body of doctrine as to how, in their complexity, they should be met. This is an exercise in hard thinking. And it must be that. Vague and 'flexible' thinking or stray emotive formulae open the door to the growth of strongly held opposing opinions. On the heels of this, divisive action follows hotfoot, and then the rot has already begun.

I believe that there are two ways in which a definite body of doctrine could develop in the Foundation, and be shared by its members. The first way is the way of dictatorship. The formula is imposed, which must be repeated by all (whether believed in or not), and which in the end becomes a sort of conventional proverb, often cynically mouthed. Ultimately, this way increases divisiveness, because there is no agreement on the level of ideas. It is arbitrary power which imposes uniformity, and people soon see through arbitrary power, and rebel against it. This is the bad way.

The second way (the good way) is the way of honest research—research which is humble enough to hold its aim towards the discovery of truth in a complex world, which does not seek to reassure itself about the absoluteness of its partial discoveries, but is prepared to say, "In the present state of our knowledge, this is how things appear to be". I frankly cannot see that there can be any going from strength to strength, any growth in unity, any slowing down of inbuilt decay, unless we have a compensating expansion based on the expansion of knowledge about both the needs of the disabled and the best means of meeting them. This, in the concrete, means, as a first step, the organisation and financing of a research unit. I am surprised that the International Conference did not put this forward as a MUST.

I said at the beginning that the Conference was full of hope. By the very absence of experts—sociological and psychological—who, if they had been present, would have been able to give evidence as experts, many delegates must have felt that the questions they discussed remained vague, and very little precise formulation came out of the meetings. Thus, there may grow a demand for clearer thinking, and this will be a sign of hope. I certainly hope that experts will be in evidence at the next Conference (many from a Foundation research unit), and that one of them will, in particular, help towards a more precise analysis of the concept of 'home', which is so fundamental to the Foundation's purposes. Even to a layman, such as myself, it must be clear that the concept of 'home' is by no means easily definable. For Prince Philip at Buckingham Palace it must mean something different from what it means to a gypsy in his caravan, or a bedouin in his goatskin tent. I don't know whether there are any princes as residents in Cheshire Homes or any gypsies, but if there are I do wonder whether they would recognise these communities as 'home'. From my own



Notes and News

by Catherine A. Croisdale, Administrator

I would like to recommend to all Service Corps members the superannuation scheme that has already been described in *Cheshire Smile* and elsewhere. It can be seen as a way of saving, almost without noticing. At any rate, you can be assured that no money paid into the scheme on your behalf will ever be lost, and you have the comforting knowledge that there will be a nice little nest-egg waiting for you at the end whatever happens.

We have recently added one more person to our visiting teaching staff. Mrs. Ozanne, lecturer at Guildford Technical College, now talks on Human Relationships twice a week to the students who are in residence at the Study Centre.

We have previously mentioned Robert Girling and Pamela Allman who have undertaken social work courses. They both seem to be doing well, and taking a keen interest in their studies.

Kathleen Browne, who went out to the Bethlehem Children's Home in the Holy Land, was unable to get her work permit renewed, and has now returned to England.

I was thinking the other day of how rewarding it is to consider just how many fully trained members there are of the Service Corps who have now worked in Cheshire Homes for several years without a break—apart, of course, from their normal holidays. Although the boys and girls may blush, I know there are many people in the Homes who will join with me in offering a word of praise to the following members who have each given several years' service :

Ann Bolger	John Hannan
Ann Byrne	Eileen Kirby
Helen Byrne	Richard Loveland
Mary Driffill	Nora O'Donnell
Mary Dunne	Carol Ring
Barbara Green	Ann Sinnott

There is an article about the Service Corps, called 'Forward The Cheshire Volunteers' (the title, we feel, is slightly misleading) in the February issue of 'Annabel' magazine. We are quite pleased with it. Diana Noel is the author; she became interested in our work when she was researching for the series of articles she did in the same magazine two years ago on Group Captain Cheshire and the Cheshire Homes.

The Study Week for both S.R.N.s and S.E.N.s who work in Cheshire Homes, and for S.R.N.s and S.E.N.s from outside the Foundation who wish to work in the Homes, begins on Monday, 20th April at 9 a.m.

A Very Small Dark Cloud

(continued from page 19)

experience, the Cheshire idea of 'home' has quite a flavour of west European suburbia about it, so that probably only those acquainted with this culture recognise it as 'home'. If there is to be expansion of the home concept in any world-wide sense, a better analysis of its variants will be needed. And this is where research and the experts come in.

I certainly place the survival of the Cheshire Foundation in an increasingly technological world quite squarely on the decision as to whether it is to appear to commit itself to intelligent, solid, research. I am aware that this means changing dearly-held principles about the value of the amateur approach, but I don't see how amateurism can survive in a hard world of increasingly scarce resources, both of finance and manpower. And in the face of the growing demands for better provision for the disabled. Goodwill without know-how is no longer enough. The danger of the amateur is that he can be trapped into thinking that goodwill compensates for the lack of know-how. He is primarily a lover—which is what the word 'amateur' really means.

Love is a dangerous thing. It can be unbelievably blind. Directed towards the weak, it is often possessive and destructive. In the words of Oscar Wilde: "Men kill the things they love". That is why I mistrust too much talk of love in the care of the disabled. I have heard love so much talked about—and cold water comes out of the hot water taps!

Our Garden- Mote House

Our potato patch was abandoned last year, and in its place are eight raised gardens for residents in wheelchairs to cultivate. There is a border at the back, which has been planted with flowering shrubs and ground-cover plants.

Messrs. Colts most generously gave us a cedar garden shelter last year, and it was much used during the summer and autumn for sitting out. Many teas were thoroughly enjoyed by residents and their friends.

In the centre of the gardens is a flowering cherry tree, planted by Countess Gravinga, and facing the summer house is another tree planted by Group Captain Cheshire, of which we are extremely proud. We are pleased to say it is flourishing.

Our grateful thanks are due to the Gardens for the Disabled Trust, which arranged this enterprise.





THE JUGGERNAUT

In a moment of misguided desire for change I decided to transfer for a time from the Metropolitan Police to a provincial force. My wife and I chose the North Riding of Yorkshire. We stayed for two years, and during that time made many friends, including the entire staff and resident population of the Tees-side Cheshire Home at Marske-by the Sea. There's quite a storey about the latter friendship.

It all started, as so many things do, with a chance remark. Soon after our arrival, I was travelling in a car with some fellow police officers, and we came up behind a single-decker bus in all green livery trundling majestically along. Being an omnibus enthusiast, I immediately recognised it as a Bristol LL6B which must have previously belonged to the local United Automobile Bus Company. It was obviously being used for some other purpose now, and I said aloud, 'I wonder who is running it these days.' My companions were not backward in informing me how the bus company had donated the bus to the Tees-side Cheshire Home, and how the Home was desperately short of volunteers to drive it for the disabled residents. Which is not surprising, said the others in the car, 'for who wants to devote his spare time to piloting that juggernaut around the countryside?'

Offering my services

When I got back home, I shed my uniform, raced off to Marske Hall at a considerable rate of knots, and bearded the Matron in her den—and offered my services as a voluntary driver. There was no hesitation on her part. She signed me up at once, and spoke about an invitation for the residents to visit the Flamingo Park Zoo near Pickering. And in order to take all of them I learnt that three separate trips would have to be arranged. You can imagine what negotiations I was involved in with my mates and my superiors when I returned to the Station and tried to get the time off.

I also had to take the bus out on a familiarisation run to get used to its vagaries before piloting a load of innocent passengers. I had never driven an elderly Bristol with a crash gearbox, and if you've never driven such a beast you haven't lived! All crash gearboxes require a certain technique in their operation and some require a good grounding in brute force as well. This was one of the latter. But nothing untoward occurred, despite waking up the sleeping populations of several hamlets with merry tunes on the gearbox.

Modified to suit

You might be interested in how the interior of the bus had been modified to carry wheelchair passengers. Instead of providing extra space for collapsed wheelchairs, the problem had been solved by removing most of the fixed seats. In this way most of the available floor space could be used for parking and securing wheelchairs with their occupants still in them. Then, because the ordinary entrance of the bus on the nearside is too narrow, the emergency exit on the offside is used for wheelchairs with the aid of a folding ramp.

On the first of the trips to the Zoo, I was told that I would be in charge, that I must choose the route, supervise meal stops, and anything else that might be required. I was relieved, however, to learn that we were to be accompanied by plenty of wheelchair pushers.

It was the first time I had driven a bus of any sort with a full load on board, and if anyone tells you that a bus is the same to drive with or without a load inside, don't believe them. It isn't. I suppose professional bus and coach drivers get used to the feeling after a while, but there is a distinct 'something' about piloting a full-sized bus full of passengers along the road. I can think of no other vehicle the driving of which evokes anything remotely similar. Even the thrill of driving fast cars at high speed does not compare with it.

. . . she sailed by with the engine roaring

I had had some misgivings as to the capability of the Old Bristol to cope with some of the steeper gradients on our run. But I need not have worried. We were motoring sedately through the village of Sleights, approaching a hill which is about 1 in 6 at its steepest. For some time, we had been followed by a shiny new private hire coach. The driver obviously thought that he would be badly balked behind

our old Bristol on the long climb ahead, so he moved out to overtake. He made it, pulled in ahead of us, and probably thought he was going to leave us far behind. However, the old Bristol was quite capable of keeping up with the new coach. I even had to slow down to first gear, and since the steepest part of the hill was long and straight, I changed up to second gear and with the engine roaring magnificently sailed past the coach. I can still see the amazed face of that coach driver as I caught a glimpse of it in the mirror.

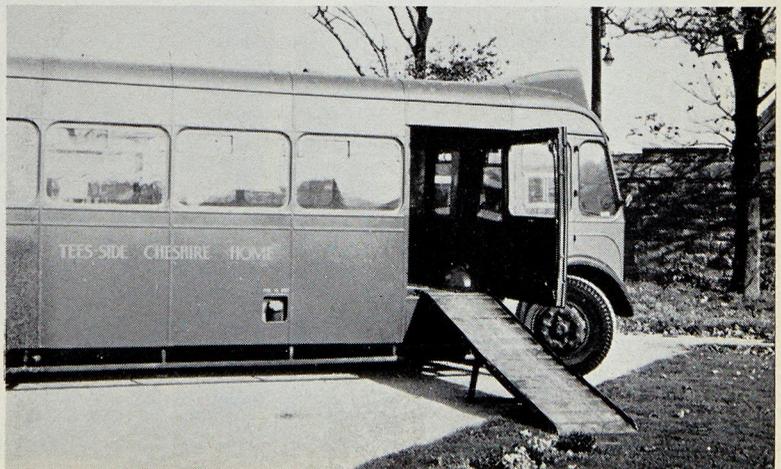
At the Zoo, we first had lunch, and then set about exploring this magnificent open air collection of animals, which is probably amongst the most humanely housed and tended in the country. It wasn't long however before some of the residents showed a preference for the funfair and the bar.

On the return journey, because we were running rather late, I tried a short cut, which involved some narrow lanes. The bus had shown what stuff she was made of, and I felt we could make it. At one point, we came to a sharp left hand turn on to a bridge, followed at once by a tight right hander at the start of a long and steep climb involving not a few bends of almost hairpin standard. At the bridge, I saw it was going to be a very tight squeeze indeed. The bus went round the bend with a fraction of an inch to spare. The following right hander was almost as tight—and then the long hard climb. But we managed.

A thoroughly enjoyable day

So passed my first day driving that noble vehicle, and I had thoroughly enjoyed myself. We made the other two trips to Flamingo Zoo during the next week. But after that the United Company's bus drivers organised a rota of volunteers; they gave up many hours of their rest days to help the Home out. Their motives, I felt, were a good deal more laudable than mine, for surely no professional busman would be inspired to do this work out of interest in the vehicle as I was, especially as it was of a type obsolescent in his own employer's fleet. The next year or so provided several more journeys for me in the vehicle, and each one left a store of memories in my mind. There were two trips to the Cheshire Home at Windermere on the other side of the Pennines. We went to Durham, then Hartlepoons, Darlington, Stockton, a trip round Middlesbrough docks and across the transporter bridge.

I learnt that there was a lot more of value to be gained from this sort of work than simply assuaging my enthusiasm for old buses. I learnt much from those disabled people who were for the most part simple and unaffected, though each one was heroic in meeting and coming to terms with the disability from which he or she was tragically suffering. I began to know them as normal people, and when I finally broke my connection with the Cheshire Home it came as something of a shock to realise that they were in fact disabled.



A Full Life

A profile of Eddie Hemingway of Stonecroft House

Reproduced from the East Midland Regional Newsletter

When Eddie was 8 years old his Mother who had been an invalid for several years, died. From then he was brought up by housekeepers, until, when she was old enough, his elder sister took control of the household.

He met his future wife when only a child of six, childish playmates, but even at that tender age he established himself as her protector, and he still remembers an episode when they were cliff-climbing at Withernsea and she fell into a patch of mud and he helped to scrape her clothes clean before returning home. This childhood friendship later developed into courtship and marriage.

Eddie was educated at Hymeres College, Hull. It was during his time there that he became interested in social services, but he was not able to give any real expression to his desires in this direction until he had left school. When schooldays were over he joined the London North Eastern Railway in August 1923. At this time he found that for the travelling about that he had to do whilst training, it was more convenient to live in a hostel. Consequently he went to live in a Toc H Mark X in Hull. Joining the Hull Branch of Toc H he occupied in turn every possible position from Secretary to Chairman, and as Hon. Warden of Mark X, had his first, and to him invaluable, experience in controlling Staff, and also 25 Hostellers.

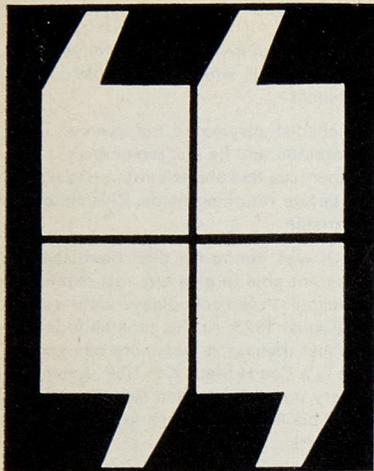
When Ethel (his childhood friend now to be his wife) and he were married on 15th December 1929, by the Toc H Yorkshire Area Padre, at St. Jude's, Hull, the Vicar acting as Assistant Priest, a fashion in Toc H weddings was set. Released from the LNER for service in the R.A.F., most of his wartime service was spent in the Directorate of Movements Air Ministry. Eddie had only left the Air Force a few months when it was found that he was suffering from Multiple Sclerosis. One of our leading neurologists, Mr. Macdonald Critchly, stated that wartime nervous strains and stresses had probably triggered off the disease. As with so many people who contract this complaint, he was not told immediately, but merely that he had developed a nervous indisposition.

It was during this period that an event occurred which ultimately resulted in Eddie being accommodated in a Cheshire Home. He had agreed to be the Treasurer for St. Mary's Church Sculcoates, Hull, a position he held for 12 years. During 10 of those he was also the People's Churchwarden, and is probably prouder of the work he did as such than of anything else he did in his life. In the course of a conversation in August 1948 at St. Mary's with the Rev. Sidney Pickles, the then Yorkshire Area Toc H Padre, Ethel confided in him her fears concerning Eddie's condition. The Rev. Pickles advised Ethel to read a book by Dr. Christopher Woodard on the liaison there should be between Church and Medicine. This led to correspondence and an enduring friendship with Dr. Woodard.

When M.S. compelled Eddie to retire he and his wife went to live in a dream bungalow, overlooking the Esk Valley at the top of the hill leading into Grosmont, a village six miles from Whitby. An active part in the life of the village was terminated by his wife's death from leukaemia. His wife having died and his sisters being unable to cope with him, it was necessary for Eddie to find accommodation for himself. Dr. Woodard suggested that an approach be made to the Cheshire Foundation.

After spending 3 months in the Whitby Nursing Home, which is run by the R.C. Sisters of Mercy, where he was never once made to feel awkward in spite of the fact that he was C of E, and the Home was almost exclusively a Maternity Home (no place for Eddie), he was offered a room at Stonecroft House Cheshire Home, at Barnetby in North Lincs., in the new wing which was being opened, where he arrived on 9th July, 1967.

True to form Eddie is in the thick of the life of the Home, being Treasurer of the Residents' Committee, and the liaison Resident between Residents and the Management Committee. He is also hoping to be the 'HAM' operator at Stonecroft. His work in Grosmont is not forgotten and a band of villagers come every few months to visit him. Real Christianity in action has been demonstrated by these friends, both before and after his wife's death, and in their visits to Stonecroft.



Around the Homes

Topical items, facts and views from the Cheshire Homes all over the world. This section will be a news miscellany of interest to readers in general. So please send us brief accounts of what you've been doing and thinking recently.

New Home in Uganda

The Busoga Cheshire Home in Uganda was officially opened last December by Mrs. Booth, the wife of the Deputy High Commissioner, who has already given her support and a great deal of help to the Kampala Cheshire Home.

This new Busoga Home has been constructed with eight separate rooms for burnt-out leprosy cases, and a communal sitting room. It is situated in the compound of the Buluba Leprosarium, but will be entirely separate from their administration, being looked after by the Cheshire Home Committee.

Of the eight patients who are now in residence five are blind apart from their other disabilities.

Aba Hanna Memorial Centre

Reproduced from 'The Ethiopian Herald'

At present, one of the most significant social problems in Ethiopia, which is increasingly calling the attention of the government, is the living conditions of the physically disabled, the socially and economically handicapped. It is as yet not possible for the government to look after the needs of all such people. A good number of private social welfare organisations are engaged in their care and rehabilitation.

The Cheshire Home for Retarded Children at Gafersa, 25 kilometers from Addis Ababa, has been one of these private organisations. It takes care of 35 disabled children. Seven of them are afflicted by cerebral palsy, 15 were struck by polio, and the others with some other category of disability. The majority of the children are able to walk with or without the aid of braces, crutches and specially made shoes, as a result of the treatment and care received at the Home.

His Imperial Majesty Haile Selassie I, who is greatly concerned with the care of the handicapped, visited the Home in April 1968. He was accompanied by the Crown Prince and Princess Tenagne. The Emperor made a personal contribution of \$2,000 to the work of the Home.

The Home maintains a farm on its 20 acre campus, which provides milk, vegetables, fuel, etc. The vegetable garden raises three crops a year, which keeps the Home almost continually supplied. The small dairy section provides milk for the children, and an average of 10 kilogrammes of butter per day for sale outside.

The trees in the grounds provide all the timber and firewood required, and in 1968, 10,000 saplings were planted to replace the trees used or sold during the year. The sum of \$2,000 was raised in 1968 from the sale of timber.

Outside the Busoga Cheshire Home, Uganda.



A physiotherapy room has been established where children get regular treatment. Many of them have had new calipers and crutches in the last two years. And six wheelchairs and ten pairs of elbow crutches arrived from the Netherlands. For the recreation of the children, there is provided a swimming pool, a playground, swings and climbing frames, and table tennis.

Eight Years in Freetown

In a large compound, made by removing the fence between two substantial old red laterite stone houses, raised up above the ground in the old colonial style, with high rooms and pleasant verandahs, and standing in the shade of lofty, huge mango trees with just a glimpse of the sea of Freetown Bay, the late Sir Milton Margai (Sierra Leone's first Prime Minister) on 2nd March 1962 was handed the key by Mrs. May Cutler and declared the 'Home' open. The second house was formally unlocked in an atmosphere of happy and friendly informality in November 1965 by 'Uncle Cheshire'.

Now two Home Mothers with an Assistant and two 'Boys' look after a complement of twenty-five children, mostly polio victims—the girls in one house and the boys in the other. In between is a Playroom used for remedial exercises, and also for the Cheshire School, where one teacher manages twelve children aged 4-13 years. Ten others go to nearby primary schools. Already four boys have passed the selective entrance examination, and entered secondary schools which they are fit now to attend from their own homes. One girl, 15 years old, has been transferred to a residential school up-country.

During the heavy rains from June to November, the children have to spend much of their time inside or on the verandahs, but for the rest of the year they can play outside in the sun, where the average temperature is about 80°. They love to have beach picnics arranged for they are so much freer in movement on the soft sand or in the water.

The Management Committee of fifteen, including British, Lebanese and Indian in addition to Sierra Leoneans, work hard and persistently to raise by voluntary effort all that is needed. Once again during the early months of this year Mrs.

May Cutler ('Mama May') was in Sierra Leone and, by her loving discipline among the children and her indefatigable and unstinted efforts, helped to stabilise and improve the conditions and running of the Home. It is most fitting that the International Conference of 1969 was attended from Sierra Leone by Lady Mary Bankole Jones, now on the Board of Trustees, who was a founder member of the Committee and the Home's first active and devoted Secretary.

Marathon for Sandbach

Nearly 500 intrepid walkers set out at 9 p.m. on 20th September for the sponsored Charity Walk organised by The Hill, the Leonard Cheshire Home at Sandbach, Cheshire. It was to involve a trek through the night of some 26 miles in a wide circle, starting in the centre of the town, out to Crewe, Nantwich, then north to Middlewich, and so back to Sandbach.

The courage and the grit of the 153 who completed the full course was truly amazing, and even those who fell by the wayside were very gallant. Their efforts benefited the Home to the tune of £2,500, and we all felt it had been well worth-while.

The Middlewich Support Group, of which I am a member, manned the rest and refreshment centre at Wordsley Filling Station, some four miles out of Middlewich. Under our very go-ahead secretary, Mrs. Parkes, we had made all preparations in good time. There were drinks and crisps ready. So were the pencils, and lists of walkers, all of whom had to be checked in. If they could go no further, the residents' bus was ready to collect them and return them to base.

As they came up to our post, the walkers seemed to be mostly in groups. Some were comparatively fresh; others were showing signs of strain or even on the verge of collapse. We noticed that many of the girls wore most unsuitable shoes, and their feet were extremely blistered. A young lad sat down on an oil drum, slithered to the ground, and was soon fast asleep. Another youth had to have his feet completely bandaged by the St. John Ambulance man and was taken to hospital.

The worst incident was when one 18 year old girl was struck in the face by a beer bottle thrown from a car by some

lout as she was walking through Nantwich. She too was taken to hospital and treated for facial cuts, although her nose was not broken as had at first been feared.

It was just 7.55 a.m. as the last walkers—two 16 year old girls who insisted on keeping going to the bitter end—reached the finishing point.

Yorkshire Girls Trying for Gold Award

Reproduced from the Spastics News

Patricia Fell, an 18 year old spastic living at the Beechwood Cheshire Home, Huddersfield, Yorkshire, has reached the silver standard in the Duke of Edinburgh's Award Scheme. Patricia was pushed in her wheelchair by various volunteers to complete the Marathon section of the scheme. She also did embroidery and studied make-up and hair styling as part of the 'Design for Living' section. Patricia is now working with fellow Rangers for her Gold Award.

Memories Die Hard . . .

Reproduced from the Cheshire Foundation Newsletter

On 20th September fell the anniversary of the Battle of Britain. Six residents of St. Cecilia's were invited by the National Air Guard and Air-Commodore Seymour to the annual Air Display in commemoration of the Battle of Britain, held at Biggin Hill Aerodrome, the famous Fighter Command station of the Second World War.

When anyone who experienced the air raids of the last war steps on to this Airfield they cannot help feeling a thrill at the thought of those gallant men who served and fought at Biggin Hill during World War II.

We saw displays by French Jet planes, naval planes and R.A.F. planes, plus some civil planes; but the most impressive thing for me was when I saw the Lancaster Bomber of the last war escorted by a Spitfire on one side and a Hurricane on the other. Memories die hard when one remembers the times they fought the enemy.

At the Air Show we were introduced to Air-Commodore Seymour and his wife, and Air Chief Marshal Sir John Baker

and Lady Baker, who is already a friend of the Home and has visited us several times. We also met the Mayor and Mayoress of Bromley, Alderman Mr. Pratt and his wife. We were looked after by Air Training Corps cadets and Red Cross Nurses, and treated like Lords of the Manor!

It was a pity when the time came for us to leave. Normally, the journey from Biggin Hill to our Home takes about twenty minutes, but in the congestion of traffic on this occasion it could have taken anything up to two hours. However, we were escorted by a police motor-cyclist who waved the traffic aside, and we were back well under twenty minutes; in fact, I felt as if we were at Brands Hatch, we went at such a speed.

All in all, it was a great day for everyone who went—we were well looked after and thoroughly enjoyed ourselves. Once again, it was an occasion for the many to thank the few for rendering such an outing possible.

David Floom

Le Court Staff Social Club

Reproduced from the Cheshire Foundation Newsletter

Visitors to Le Court are always given a tour of the Home by one of the Residents and it takes quite a time now that there is a new heavy nursing wing to see as well as the Service Corps Training building. It is rarely that a visitor sees the Staff Social Club.

I was invited to it on my last visit to Le Court when there was a Folk Nite in progress. They had a group of ballad singers augmented by members of the staff and residents. Folk Nites are held once or twice a month, and they have dances and other special events.

The Staff members of the Club may invite their friends for the evening and a limited number of residents are invited to each event.

The Club itself is very colourful and comfortable and it has a licensed bar in the large Club-room. There is a small quiet room.

The Staff at Le Court have obviously put a great deal of work and effort into making their Club a really lively place to go in their off-duty time. They are a long

way from a town and the bus service is minimal. This probably describes the position of many other Cheshire Homes.

One thing I would recommend to any other Staff starting such a Club, is to find premises well away from houses. The Le Court Club is very near some Staff houses and the occupants probably do not appreciate their neighbours on Folk Nites!

Anon

Concerts at Staunton

Reproduced from Point Three, the journal of Toc H.

Nearly 600 people have been involved in the 30 concerts which have been given at Staunton Harold Cheshire Home during the past 18 months. For the third successive winter Toc H is inviting its friends in choirs and orchestras to put together concerts and light entertainment programmes for the Home's residents. These concerts, held fortnightly, have given great pleasure. 'The standard of performance has been high', says Ted Gaston, *Point Three's* correspondent in Ivanhoe & Coalville District, 'and it has been apparent not only that there is a wealth of talent in the neighbourhood but also that there is the utmost goodwill and enthusiasm both for the Home and for Toc H. People have responded with keen interest and refusals to help are almost unknown.' Ted adds that many of those who have helped with the concerts have 'continued their contact with the Home in other ways.'

Mrs. Elizabeth Chadwick

Mrs. Pamela Farrell, Chairman of Heatherley, tells in her Newsletter of 'a wonderful gesture' made by another voluntary organisation. They offered to second someone to act as her personal assistant. She goes on 'Mrs. Elizabeth Chadwick has been appointed and is starting almost immediately. She will live in Tunbridge Wells, which is central to Heatherley, Seven Springs and the Sevenoaks area. She has worked at the Headquarters of the Cheshire Foundation for five years, and so is already very experienced in the organisation.'

Fete Record —£4,800

For the 15th Staunton Harold Fete on 6th September, opened this time by the Group Captain, the grounds were packed to capacity. It was estimated that over 10,000 people came, and the takings topped £5,800. Net profit for the Home is something like £4,800.

Hitchin Companions

The local Support Group of the Hitchin Cheshire Home is to be known as the Hitchin Companions of the Herts Cheshire Home.

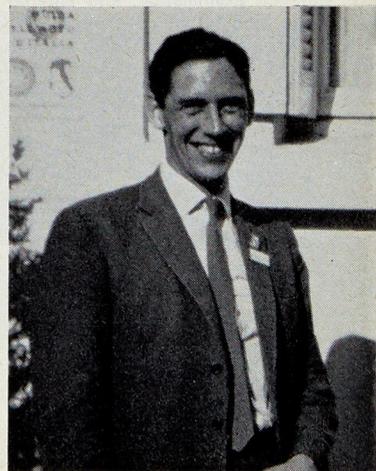
Our Good Friend, Peter

Reproduced from the Cheshire Foundation Newsletter

We at St. Bridget's would like to introduce you to our very good friend, Peter. He is tall, dark and handsome, a bachelor in his early 30s, and he works for an estate agent. He is also a member of our Committee.

Peter is in charge of our entertainments and outings, and being a born organiser, he makes all our trips run smoothly, whether it be to an operetta or all-in-wrestling, a barbeque or a boat trip, polo or a pint at the pub—giving back to us a link with the outside world which many of us used to enjoy. We have known Peter for over four years, and in that time he has been a constant visitor at least twice a week.

Peter Richards



It would take pages to tell you all that Peter does for us and the Home, Of course, you need money for outings; it was Peter who gave us the incentive to raise the money to help defray the cost. By his kindness and generosity life has become much more pleasurable for us. Last September he escorted two of the family on a pilgrimage to Lourdes; it was another instance of his great 'personality'.

Anne and Fred

Greathouse Receives Ham Radio

In the picture (below) taken at Greathouse, a resident Stanley Stilwell, with Squadron Leader Aspinal (Warden), receives a short-wave radio receiver from Philip Strand. It was presented to the Home by the Chippenham and District Amateur Radio Club, with financial help from the Cheshire Homes Amateur Radio Network Fund ('Charn' for short).

The receiver covers six amateur bands, namely 160, 80, 40, 20, 15 and 10 metres, and should give world-wide reception as well as good coverage of stations in the British Isles, including certain Cheshire Homes which have amateur radio transmitting licences. It is hoped that eventually someone at Greathouse will also obtain a transmitting licence, so that an active part can be taken in the weekly Cheshire Home link-up.

Reginald Coates

See 'Greathouse receives Ham Radio'



Mayfield House

The residents have been given the use of a Ham radio receiver, and one or two are discovering the technical rudiments of wireless.

Happiness

by **Bob Hughes, Cotswold Home**

For some time during the War I went on Pay Parade with some of the Stars in Battledress which included Charlie Chester and Ken Dodd. Some years ago I enquired who wrote a certain song called 'Happiness, Happiness is the greatest thing that I possess . . .' and it was none other than Ken Dodd who amuses us with his Diddymen, etc. The Group of Friends here are an energetic band of people who give us great pleasure throughout the year. Recently they gave us a surprise Dinner with all the embellishments, sherry and wines, etc., that one would have in a leading restaurant. It was followed by some entertainment. They always try and do something different for us and there are many surprises, such as trips in our coach to various places of interest, and they provide excellent picnics. We shall not forget how at Christmas they went to a great deal of trouble to provide each resident with an expensive appropriate gift. As well as doing things collectively for the good of the Home they come separately and help in such ways as typing, sewing and even giving joy to

one of the residents by taking her to the Chelsea Flower Show. Quite apart from the pleasure she derived, all of us were delighted to hear of this generous gesture.

Lancashire Lass Sends Thanks

Dear Readers,

I would like you to spare the time to read the following. On May 29th last I arrived at the Cheshire Home at Littleborough and was given a warm welcome by all the staff and residents. Have been one of the family ever since, and can tell you I am having a share of careful nursing, company, etc. Owing to my condition I missed some of the trips out from the Home, but am pleased to say I was able to go on a trip to Blackpool to see the lights. Ladies from Bury Support Group (we had them to thank for the trip!) joined Matron and others, and they all gave a helping hand. We all enjoyed it.

I have had multiple sclerosis for 33 years, have taught myself to write, etc., left-handed, confined to wheelchair, but I can still count my blessings.

Mrs. P. Parsons, Honresfeld, Littleborough, Lancs.

Handicrafts at Holme Lodge

We do quite a variety of things here in our O.T. Dept., and find that it is the most expensive articles that don't sell so readily, i.e. canework and seagrass stools. The cheaper items sell as soon as they are made. We do jewellery, felt work, lampshades and place mats in raffine, coathangers in foam, wool and other embroidery, designs on canvas in raffine for covering wastepaper bins, ash-trays, bottles for lamps in mosaic or shell work. Personally, I do embroidery and crocheting. At the moment, also, I'm dressing small dolls (approx. 5 in. high) for our coffee morning. If there is anyone who can crochet and would like to dress a doll I will send her one to copy.

Rose Hill

Opening of Oaklands

Group Captain Cheshire was fortunately able to accept the invitation to make the official opening of the North Lancashire Cheshire Home at Garstang in October last year. He arrived the night before, and spent most of the next morning chatting with residents and staff, remarking on the happy atmosphere at the Home.

The actual day on which Oaklands was declared open could not have been better, with the mellow tones of an early Indian summer. Indeed, the scene might have been specially requisitioned for the event, and someone compared it to the festive occasion of a Royal Garden Party. The Group Captain gave a magnificent speech to the 400 or more people assembled in the big marquee—who included representatives from several other Cheshire Homes.

After the excitement, the Group Captain thanked everyone for the wonderful wel-

come he had received. It was a welcome, however, that only went some way to express the debt of gratitude that all the disabled residents in the Home owe to the G.C., for it is entirely through his inspiration and his great insight into humanity that our lives have been re-awakened and we have gained the strength to combat our handicaps.

Rose Braysford.

(We regret to learn that Rose Braysford died suddenly in January)

Spofforth Loses Mrs. Dyson

We are very sorry that after five years Mrs. Dyson has resigned the chairmanship of the Management Committee, but we are so pleased that she has consented to remain on the Committee. We are happy to welcome Mr. Brearley as our new Chairman and wish him every success.

O.T. Room Seven Rivers

The new occupational therapy room was officially opened last autumn by the Chairman of the Regional Hospital Board, Mr. Brian Harrison, who is the M.P. for Maldon. The building is now paid for, partly by the money that resulted when a Trust Fund doubled our previous year's Fete takings.

Nowadays, if a stranger goes into the Home on any working day he finds it almost deserted. So many of the residents are occupied in the new room. It was built with the particular needs of the residents in mind, is very light and warm, and has plenty of cupboard and display space, and a hearth where an open fire is usually burning. There is great gaiety in there, enormous activity, and—surely the only criticism—one wonders if it is big enough, so popular has it become.

The variety and standard of goods has improved greatly, apart from the usual canework, lampshade, handbag and rug-making, very decorative work is done with the use of shells on boxes and on bottles for table lamps. Exquisite jewellery in enamel is made, and useful things like pot cleaners, coathangers, bath twirls (come and see what these are!) can be had at very competitive prices.

Seven Rivers won the Cup for the group entry in the Regional Handicraft competition in 1969. They won with a model of a seashore with children's playground, deck chairs and boats.

Gerry Fisher's Exhibitions

Gerry Fisher of Seven Rivers shared an exhibition with Doris Zinkeisen at the Colchester Art Gallery last year. His work attracted considerable attention, and he sold eight pictures. Earlier, he had had splendid notices from an exhibition 'East Anglian Art Today' held at the Royal Institute Galleries, Piccadilly, London. In fact, he was the best-selling painter there, one of his pictures being bought by Peter Pears, the singer. Gerry continues to paint, and is constantly encouraged and assisted by Diana Tinson, wife of the Seven Rivers Chairman, who is responsible for his emergence as a painter.

At the opening of Oaklands. Group Captain Cheshire talks to Rose Braysford (centre) and her mother.



Hearing About Amal

The residents of Seven Rivers were pleased to meet the Supervisor of the Bethlehem Children's Home when she was in England recently. Their adopted child, Amal, is in her care. Gerry Fisher gave her one of his paintings, and she was also given a home knitted jumper for Amal, who is now aged 12. The residents were able to send £180 in 1969 for the care of Amal and her friends, the money having been raised by raffles, bran tubs, and personal donations.

What About A Swim-in?

A profitable way of raising money was the Swim-In arranged by the Colchester Council of Youth. The Corporation allowed the use of half the public swimming pool one blazing Sunday last July, and over £400 was made for Seven Rivers by sponsors promising so much for each length swum. The money has gone towards providing electric hoists in the Home.

Green Shield Success Story

Reproduced from 'Point Three', the journal of Toc H.

Mrs. Winifred Osborne has announced

that she ceased collecting Green Shield stamps for the Heatherley Cheshire Home project at the end of December because the target had been reached. The 12 new bungalows for the disabled have been furnished and are now occupied. 'I have received, checked and dispatched over a quarter of a million stamps from Toc H members,' she says. 'I wish to convey my grateful thanks to all concerned. A maintenance fund for the bungalows exists and members can, if they wish, send Green Shield stamps direct to The Secretary, Heatherley Cheshire Home, Effingham Lane, Cophorne, Sussex.' Winifred adds that contact with the Home is being maintained 'and Toc H members are warmly invited to visit it.'

White Windows' New Bus

An important date in the history of White Windows was 17th September 1969, for it was the day when we acquired our own bus. For a number of years now we have had a van, which we shared with Kenmore and Beechwood, and though this has been a great asset, it had its disadvantages, chief of which was that there were no side windows. It was a bus, such as other Cheshire Homes possess, that we needed.

Two years ago the Sowerby Bridge and

District Round Table decided to do something about it and set up a Trust Fund in order to raise money for this purpose, and raise it they did—£2,000—the climax of their efforts being the organisation of a 'Grand Prix for Formula 2 Soap-boxes' which was held in Crow Wood Park, Sowerby Bridge, on 23rd August.

The vehicle is based on a two-ton B.M.C. chassis driven by a 34-h.p. petrol engine, and the coachwork was built by a Leeds firm. Finished in smart blue-and-white livery, it has space for eight wheelchairs, which can be secured in position, and seating for a number of other people, and the tail-gate incorporates an extending ramp to allow easy entrance for wheelchairs. A rota of volunteer drivers has been drawn up, and the bus has already proved to be a great amenity, though of course the full benefit of it will be felt when the weather improves.

The official handing-over took place on Saturday, 25th October when we took the opportunity of thanking the Round Table for their generosity and hard work, but the bus had its first commission on 20th September when it transported a number of residents, accompanied by the Matron and three other members of the staff, for a week's holiday to the Ormescliffe Hotel, Llandudno—a highly successful venture, and one which quickly showed the worth of our new acquisition.

The new bus at White Windows. Seated from left to right Louis Battye, Frances Gatenby, John Bridge and Valerie Gatley. Standing: Mrs. Gledhill (Secretary) and Mr. Johnson (Handyman).



Able Aid

by Auriol Stevens

Reproduced from The Guardian by kind permission of the Editor

At first when you go to those schools it's a bit of a shock—there are so many of them. But then you realise it's no good just saying 'Oh poor things, how ghastly', says Kathy Kerbey of the Lower Sixth. Wanstead High School's three year old scheme, 'Aid for the Disabled', is the sort of project good for a plug any time crabbed age starts knocking youth. And more: it breaks into that sociological trendy ground where institutions are brought in touch with the community: it shows the application of school learning to real life.

'Aid for the Disabled' comes under the auspices of the Schools Council's Project Technology—an attempt to bring technology into the schools. Its name makes it sound like a charity. Misleading. The social and educational benefits to the 800 boys and girls of this grammar school are at least as great as those accruing to the handicapped.

Briefly: two special schools, Ethel Davis School and Faircross School, the Woodman Path Observation Unit for psychotic and autistic children, and the Redbridge Welfare Department have established links with Wanstead School. Children who wish to do so go to help teachers in the classrooms. And the schools, often through these helpers, hand back 'problems' which can perhaps be alleviated or overcome with some special toy or piece of equipment not available from other sources.

'We mostly get the one-off problem, a child who needs hand exercise but can't use ordinary toys because she has no fingers—or just stumps. A woman who can't get her daughter in and out of the house in her wheelchair', says the headmaster, Mr. D. N. Mackay.

The problem is stated. The solutions are worked out by any child interested. For the girl with lazy fists, a felt glove puppet with gnashing teeth and lolling tongue: for the girl in the wheelchair, Jon Warwick and Roger Chapman designed and fitted an ingenious counterbalanced ramp mounted on a rail. It can be lowered, raised or slid to one side to let the outer door shut—all with a light push. For children with little control of their leg muscles, tricycles have been specially adapted. Special very light crutches are made for small children. One Wanstead terror gang of 12 year old boys organised themselves into an assembly line to design, make, and print two packs of colour 'snap' cards for children who find colour matching a problem.

Resourceful

The Wanstead staff compare notes in considerable wonderment as the most unlikely children turn out to be the most resourceful inventors. They also give considerable help. Difficult problems of, say, physics or applied mechanics are taken up in class.

Girls and boys are involved in the work, but with some differentiation of function. Girls tend partly because of timetable difficulties to concentrate on art, design, and needlework. This is, however, to change.

No charges are made for work done, but any charity element is heavily played down. 'We don't have posters of people with their ribs sticking out. We don't want anything wishy washy. The children who come in, come in to do a job', says Mr. Mackay. To this he attributes much of the scheme's lasting vitality.

Fund raising is part of the project, the part which ensures that the whole school is involved. Last term ended with a fund-raising walk by between 80 and 90 children. 'We use the local authority's facilities and materials, of course, and we have their blessing, but we have no direct subsidy. No thank you, we do not want one. We are better left on our own'.

Gifts help. Recently they have been given 40 half horse power motors. Tricycles are begged over town. But the most important gift and one which will transform the scheme is of £20,000 from the Bristol Good Neighbours Trust for a special workshop. Drilling has just started for the foundations of the two-storey building in which administration, design, and workshops will be brought together. The building should be complete by September and will represent a more permanent commitment to the project.

For the handicapped the advantages are obvious. Mr. J. R. Coulston, headmaster of the Ethel Davis School: 'The contact is there all the time because of the children who come to help. The problems come up from time to time—perhaps something we would have managed without if there was no other help. Sometimes they bridge a gap when a child is waiting for a hospital aid. Often it is something experimental for the therapists, sometimes successful, sometimes not. If it works we might have it made later by the school or by the education office. It could be the adaption of a standard aid for a particular case, a page turned for example.

'There is continual contact between teachers at the school and therapists, explaining methods and typical problems. For example, the importance of reward factors in toys; the antipathy of autistic children to bright colours; the difficulty many children have in drawing straight lines'.

Run by children

'Aid for the disabled' is now run by the children. This was Mr. Mackay's innovation when he came to the school in September. 'There was a danger of it becoming a staff thing. Very little was coming from the third, fourth, fifth forms. That's always where the bolshies are. It had got to the stage when a committee meeting might be spent with two members of staff arguing over whether 'X' could work on some project because his academic work was so bad'.

As one of the pupil's committee, Peter Coppendale, said 'We worked on the things but we weren't really part of it'.

Now the staff have withdrawn to the role of advisers, leaving the elected committee of 10 in charge of money, fund raising, requests, everything. The dead hand of authority and obligation has been—narrowly—avoided. The committee, conventionally long haired, sport the odd modest 'Make Love Not War' button and talk knowledgeably and professionally of skater boards for spina bifida children to help them move about and strengthen their arms so they can use crutches and wheelchairs later.

To Mr. Mackay the most important educational advantage is 'the contact between children and adults and children and the disabled'. Perhaps this is most easily supported in a large school like Wanstead High School situated in an affluent middle-class area where an ethos of public service far outweighs tendencies to rebellion.

[Ed. We feel sure there are many more schools in the vicinity of Cheshire Homes whose pupils would be interested in following the example described above. Many of our Homes would be only too glad to take advantage of such services].

Vishranthi Illam manages itself

The story of the Home for burnt-out leprosy patients at Katpadi, South India, told by Kalyana Sundaram, one of the residents

Fate made us discarded from the rest of the world, but fortune turned us to be the inmates of the Katpadi Cheshire Home, and we feel proud of it.

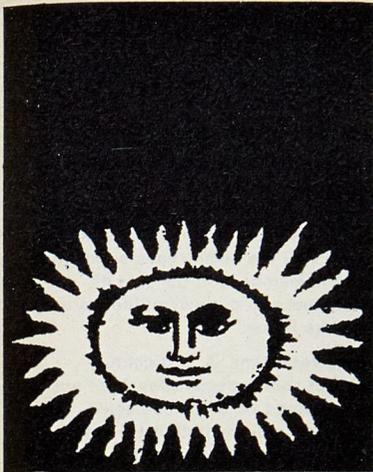
In the past, this Home was similar to other sick Homes with patients without any responsible work. The Management was vested in the hands of the Secretary. But the new present Secretary has turned almost every one of us to be helpful in running the Home. This is one of the few Cheshire Homes entirely managed by the residents under the direction of the Secretary.

A resident, Mr. Sundaram, was elected Warden, and he is carrying out his duties to the entire satisfaction of everyone. The accounts section is in the hands of a capable resident who looks after it perfectly. And the same with the most important meals section. We can prepare meals according to our own taste; there is no room for any grumble or murmur about the standard of food.

We also run small industries like carpentry, toy making, painting, handloom, mat and cot tape weaving, stockinet, tailoring and embroidery in addition to poultry farming.

The men and women residents engage in these industries in a co-working scheme.

(continued on page 35)



Out of Doors

Edited by Ruth Carey

The Editor of this feature appeals to Cheshire Home residents for more pieces, short or not so short, to include in future issues. Many of you must have reminiscences of happenings that took place 'far from the madding crowd'.

Vishranthi Illam manages itself

(continued from page 34)

Seagulls

This article on seagulls, although not written by a disabled person was by someone closely connected with a Cheshire Home, and appealed to me as showing the innate cleverness of the birds in using the tide to bring the fish within eating distance.

After Easter, on a sunny but very windy day, we visited the Lizard Peninsula in Cornwall, and found a sheltered cove in which to eat our picnic lunch. Our attention was quickly drawn to a greater black-backed gull which appeared to be fishing in a shallow pool. He was having great difficulty as the fish was obviously too heavy for him to lift out of the water, and it fell back continuously. Then he flew away, the tide ebbed, and we continued our picnic.

In about fifteen minutes' time the gull returned. By this time the fish (obviously now dead) had been left behind by the ebbing tide in very shallow water, and so the seagull was able to start eating his lunch. He ate hungrily, watched by a jealous herring gull perched on a nearby rock. Eventually, the herring gull could stand it no longer and he flew down to where the larger bird was still gobbling greedily. A fierce argument ensued, the gulls positively screaming at each other, flapping their wings violently, till the herring gull returned to his rock.

Shortly afterwards, the now satisfied black-backed gull flew away, and the herring gull immediately came to the remains of the fish. He ate hungrily for a minute or so, then apparently had second thoughts. He stopped eating and stood quite still and screamed, but in a completely different tone than he had used when quarrelling earlier. Very quickly, another herring gull appeared, and together they settled down to enjoy their repast.

When they too were satisfied they departed, and we continued our outing and went on to visit St. Teresa's.

We have received a printing press from West Germany, and a printing section, also a candle-making industry, are about to be started soon.

A trained school teacher, a resident, runs an adult school, and we have formed a light music group.

There prevails no restriction regarding caste or creed. We conduct prayers each according to his or her own religion. We celebrate festivals without partiality—Pongal and Deepavali for Hindus, Christmas and Easter for Christians, Moharam and Ramzon for Mohammedans.

Like others, we want to stand on our own legs. We all like this way of management. If Mrs. George had not become our Secretary, there would have been no chance for us to get such training to gain experience. It is our wish that this method of progress shall ever exist here. May the Omnipresent bless her, our Secretary, with added riches and fame and with a long and healthy life.

Matten Hall-Mark

Frank Spath writes: A new lively Cheshire Home magazine has appeared on the scene—the Matten Hall-Mark, and I have picked out two items to reproduce here. The first item is a piece by the Editor.

The second article from the Matten Hall-Mark by Sheila Ridley

The Principles of Weightlessness as applied to the Traction of the disabled

After a title like that we must be joking, but are we? A lot of people laughed at Leonardo da Vinci in his early illustrations, but on looking round at some of the everyday things of this modern era, surely he must be splitting his sides. Look at the enormous strides taken in space travel in only the last ten years. The American space programme aims at placing a man on the moon's surface in the very near future. (*Ed. This was written last spring*) I suppose our contribution will be a special sitting in Parliament to pass legislation on the importation of green cheese into the U.K. The important point of all this is the way the boffins have surmounted the difficulties of lack of weight as related to the human body in the field of gravitational pull. What a vast difference it would make to our way of life if some of the mechanics were incorporated into a Cheshire Home.

Who knows what the Homes will look like in 100 years time. A 21st century structure, a gleaming domelike monument, made of some special alloy, light but strong. A purely functional building. Entrance is effected via an airlock and a deceleration chamber. The main living areas contain no gravitational pressure, and so, even the heaviest resident weighs less than a feather. What a boon to your staffing problem. The resident, dressed in a specially designed padded suit having certain weight ratio compartments, floats in a kind of 'suspended animation' at any determined height from the floor.

Wheelchairs?—not required in the Home. If the resident needs moving, along comes a member of the staff, a gentle nudge, and off they go. Feeding?—no problem. By this time the scientists will have a seven course dinner reduced to the size of an aspirin tablet (wot, no washing up?) Ablutions—a flotation chamber, like a five minute car wash. Shaving?—a laser beama-caderier whips away the slightest shadow. Sleeping?—a magnetic rubberoid pallet with pre-set automatic turner. What a picture this envisages. Frightening, ain't it? Give me back my wheelchair! You will notice that I've deliberately left out any reference to toileting—a very tricky one this. No doubt someone will come up with the answer. A word of comfort to the ladies—you won't be expected to float in a state of suspended animation in a mini, so why worry? The only thing showing would be your anti-magdynradial, czol, clodir ferrantilt and semi-plastic hair rollers. Incidentally, how does one get dominoes to flout the law of gravity?

Away from it all

It is generally regarded as desirable for everyone to get right away from normal routine for at least a couple of weeks each year. If this applies to fit people, how much more important it is for those whose lives are necessarily limited and monotonous. For the able, the problem is usually financial, and this consideration decides how they will spend their holidays; for the handicapped, there is a greater difficulty if he or she has to depend on others for physical aid. To find a place which caters for the seriously disabled who cannot provide their own attendant, and still give him a satisfying holiday.

The Red Cross and some other voluntary organisations are doing something to supply this need, but at present the centres are few and the majority would involve long journeys for anyone living in the North.

For the Cheshire Home resident, the most common practice is for an exchange to be made with a resident in another Home. It solves the problem of attendance and the Homes arrange transport, and it is a change, as they say. This is all they can say. A fortnight in a Cheshire Home, for someone who spends his life in one, hardly adds up to the ideal holiday. No two Homes are quite alike; neither are they different enough to fill the bill.

So what constitutes 'a real holiday'? For me, one of the essential ingredients is the pleasure of doing things when I want to do them, and this means getting up, going to bed, going and coming in when I like. I would point out here that 'when I like' does not mean at times others would consider unreasonable, necessarily; I'm a

fairly accommodating soul, as are most of us, and pleasing myself for a short time need not or should not mean displeasing others.

To continue the list, trips to places of interest according to taste, and meals a little different from the ones eaten during the rest of the year; the order of meals can also become tedious, too, even when the food is good. A light lunch and a heavier evening meal, or a later afternoon tea and supper at 8 or 9 o'clock, would be a welcome variation. Then the luxury of a room of one's own is last, but not least, in desirability.

Utopia? I don't think so.

If we start by agreeing that holiday which refreshes and stimulates would help the individual through the rest of the year, we can get down to ways and means. My suggestion would be for each regional group of Homes to unite to provide one holiday Home between them at a place as attractive and easy of access as possible, preferably not involving more than three hours travelling, and offering facilities for as wide a range of interests as possible. Each Home would contribute towards costs equally, and have equal claim on vacancies. Expenses would depend largely on initial outlay for the building and equipment, and on the amount of staff required. I would propose chalet-type accommodation as being less costly and more convenient than conventional buildings, and the use of local voluntary help. I won't go more deeply into the question of money, though it is obviously important.

At this stage, I'm more concerned with this matter of routine, and how to escape its grip for a while. Just imagine, six o'clock in the morning—and nothing stirs—not even a spoon in a cup of tea. Seven-thirty, and a pleasant, but quiet 'Good morning' is wished along with a cuppa. Breakfast in bed? Certainly—just toast and marmalade? Less trouble, and there'll be scones with your coffee later if required. Up about half-past eight, giving plenty of time to wash and dress before tenses? Perfect.

Then a walk out, to the shops or gardens, perhaps, and lunch at 12—or 1 p.m. according to plans for the afternoon. Spend it at leisure, or there's a 'bus trip. (Did I mention that the Homes would take it in turns to provide transport? Local drivers would be recruited, and Toc H or Rotary Clubs called upon, too.) Evening meal at 5.30, with a drink and snack later, or tea at 4.30 and supper at half-past eight to nine. Go to the local pub or a show in the evening or, if you must, watch T.V. until the decent programmes come on, instead of sitting through the codswallop and then having to go to bed.

Hot-water bottle? Hot drink? Oh, it's only seven o'clock. What about listening to the wireless for a bit before you go to sleep? There's only you in the room. Goodnight.

Well, I can dream, can't I?

We shall remember them . . .

Amongst recent deaths were:

Beaumont—On 3rd December, Ted Beaumont, aged 63, a resident at Holme Lodge since 1964.

Braysford—On 12th January 1970, Rose Braysford, aged 39, a resident at The North Lancashire Cheshire Home for only ten months.

Cockle—On 29th July, Bessie Cockle, a resident at Seven Rivers since the beginning.

Fern—On 30th December, David Fern, aged 24, a resident at Hovenden House since 1965.

Hunter—On 5th November, Eric (Ricky) Hunter, aged 25, a resident at Mote House, and Secretary of Residents' Committee for 3 years.

Hutchison—On 20th September, Margaret Hutchison, aged 48, a resident at Carnallock since 1967.

Kean—On 13th January, Bobby Kean, one of the senior residents at Mayfield House.

Newman—On 26th November, Thomas Newman, aged 55, a resident at the Cotswold Home.

O'Hara—On 10th January, Philip Terence O'Hara, aged 18, a resident at White Windows for 2 years.

Sexton—On 11th May 1969, John Sexton, aged 50, a resident at the Cotswold Home.

Singleton—On 22nd July, Hilda Singleton, a resident at Seven Rivers since 1959.

Turgoose—On 30th November, Doris Turgoose, aged 62, who came to Holme Lodge as one of the first residents in 1961.

Welton—On 27th December, Cliff Welton, a resident at Seven Rivers since 1966.

Wilde—On 23rd December, Norrie Wilde, a resident at Seven Rivers since 1964.

Would the Homes kindly send full details for this column direct to the Editor.

Harbor for the Storm- Tossed

Reproduced from the 'Bangkok Magazine'

It must be one of the busiest highways around Bangkok. Trucks roar between the city and Setthaeb. Yachting enthusiasts and water ski-ing devotees speed towards Pattaya, little realising that down a side road just thirty kilometers out of Bangkok sit, or lie, some elderly people watching the traffic and wondering 'Will someone visit us today?' This thought is not in self-pity but in lively interest. These folk—Thai, Chinese, Laos and, yes, one Russian, have been given a home, shelter and self-respect. The sign pointing the way to the Home reads **The Siri Wattana Cheshire Foundation Home**.

The people of Bangkok are proud of their Home for the Aged at Bangkae which was established by the Ministry of the Interior through its Department of Public Welfare; but the Cheshire Foundation Home was established through the generosity of private citizens.

In March 1964, Group Captain Cheshire visited Bangkok, and a group of people here caught his vision. They knew that in Thailand a home run on the principles suggested by the G.C. was necessary. A temporary lodging was offered, rent free, for one year, and fifteen patients moved in. Food, clothing, shelter, medical attention and staff was possible only through the gifts of friends of the dedicated few who began the project.

On our way to Pattaya, let us turn off Sukhumvit Road at KM.31 at Bangping just for a few minutes and see for ourselves this Cheshire Home. The road is bumpy, but in a little while we see a house. The design looks familiar and then we realise we are looking at the German Embassy Pavilion which stood at the First Asian International Trade Fair. Trees and shrubs have been planted, all by a garden-lover, and we are thankful that the donor knows how to cope with the salt-laden earth.

Sadly Disfigured

But we are more interested in people than buildings. What kind of people live here in this Cheshire Home? We knock at a door of an outbuilding—and we meet Malee. Malee is blind, her face sadly disfigured. Her burns and blindness occurred when she was a young woman looking forward to much happiness. Suddenly she was homeless, and had nothing to live for. Today she makes table-mats, cutting, selected and measuring her material herself. She knows her work has been exhibited in foreign lands. She herself has given her Queen samples of her work. She runs her own small business, and is proud of her one sparsely furnished room. Next door, in another small room lives the Russian gentleman. He walks slowly and with care. He speaks English. He reads any literature that comes his way, and he tries to teach some of the other men a little English. The Cheshire Home has given him the gift of privacy. He recalls his boyhood in Siberia, but blesses the folk of Bangkok for his shelter today.

As we enter the main building, we see one room with four beds. Here are four men patients. One is completely paralyzed. One is mute. One can sit in a wheelchair for short periods only during a single day. One, his leg in a cast, has recently returned from the hospital. All need medical care, and receive it. Like many 'incurables' their cheerfulness shames you. But their greater cheerfulness, today, could have stemmed from your visit.

English Lessons

An English lesson is in progress. We hear 'Good morning, good morning, good morning' and suspect that perhaps our next patient's vocabulary is as limited in English as ours is in Thai. This cheerful, lame Chinese gentleman is a gardener. He has been given back his self-respect with his small vegetable garden. Perhaps one day some of his onions will find their way into the kitchen!

But where are the women? We go upstairs and our hearts contract. There, on a spotlessly white pallet, her arms folded across her chest, her face smoothly relaxed, sleeps an old, old lady. Where she comes from you do not know, but you are thankful to those who follow Group Captain Cheshire's vision and have given this old lady the gift of tranquillity during her last days. 'She eats a lot,' whispers your companion, and you smile.

Lifting your eyes, you see your smile has been returned by a beautiful young woman busily knitting a cotton jumper. The coral red of the yarn brings colour to her cheeks. There is so much intelligence in that face that it is difficult to realise she too is paralyzed from the waist down, that she is diabetic, that her bed stands in bowls of water because she is unaware when those tiny red ants climb and bite her legs. She is knitting, and selling her sweaters, and thus earns 'pin' money.

There is just one more patient. She is resting and listening to her transistor radio which is playing softly, but she too wants to show her handiwork. These are patch-work quilts. True, some of the stitches are uneven, and perhaps the colours of the material do not quite match each other. But we admit to ourselves that we could do no better.

We walk downstairs slowly. Why the empty rooms? Why so few patients? And why, oh why, no telephone? What tragedy could occur during the night without telephone call to a hospital! And we are reminded gently that this Cheshire Foundation Home moved out to Bangping only in July 1968, that it costs over Baht200,000 to build despite all other gifts. We were told it takes time to tell people that a home for such people does exist.

Future plans? Yes, the Foundation had been give a gift of partly-filled land at Rangsit. But again, as we walked towards the car, we were reminded that the Cheshire Home is not State run, but exists through private donations and personal interest. We take one last look at the building, noting the almost spartan appearance. We recall Malee's cheerfulness, the courage of the incurables, and wish that others like them could find refuge.

At Lisbon

A group of residents and staff outside the Cheshire Home near Lisbon, Portugal.



Mission for the Relief of Suffering

Registered in the U.K. as a Charity

Founders: Sue Ryder, O.B.E., Group Captain G. L. Cheshire, V.C., D.S.O., D.F.C., and Rev. Mother Teresa, M.C.
President: Mrs. Lakshmi Pandit

Out of the combined work of the Sue Ryder Foundation and the Cheshire Foundation Homes for the Sick there has evolved the concept of an association—or family—of separate and autonomous organisations, each devoted in its own way to the relief of suffering but all sharing the same ideals and principles. The function of this Mission is, on the one hand, to strengthen its member-organisations by virtue of making them part of some larger entity, and, on the other hand, to extend their opportunity of doing good by the possibility of joint and concerted action. Application for membership from any charitable organisation is always welcome.

As one step towards this goal, the member Foundations have pooled some of their resources and experience in order to meet specific and urgent needs not falling within their respective terms of reference, and have set up the following:

Raphael

P.O. Box 157, Dehra Dun, U.P., India.

Under the personal supervision of Sue Ryder and Leonard Cheshire, and staffed in part by volunteer nurses, physiotherapists and others from Australia, New Zealand and Great Britain. This Unit, which was started in 1959, now

cares for nearly 300 persons in need, including 130 leprosy patients, 80 severely mentally retarded children, and 64 destitute children. There is also a 40-bed hospital.

Administrator: Colonel Uttam Singh Raj.

Gabriel Rehabilitation Centre

(Punarvazhvo Illam), Mandappakkam Village, St. Thomas Mount, Madras-16.

A residential Training Centre for the disabled, including leprosy sufferers.

Chairman: Mr. S. Aruldoss.

Superintendent: Mr. A. F. Morris.

1 Sue Ryder Foundation

Registered in the U.K. as a Charity

Sue Ryder Homes, Cavendish, Suffolk.
Tel: Glemsford 252.

Founder: Sue Ryder, O.B.E.

Hon. Advisers: Sir Eric Berthoud, K.C.M.G., M.A./Mr. K. Johnstone, C.M.G./Sir George Clutton, K.C.M.G./Mr. J. Priest, J.P.

Hon. Medical Advisers: Dr. Grace Griffiths, M.B.
Dr. W. T. Tillman, M.D., M.R.C.P.
Dr. M. Ryder, M.B.

General Treasurer: Mr. B. Morris, F.Comm.A.

Secretaries: Miss C. Brooks/ Miss S. Jollands/ Miss S. Curran/
Miss H. Phayre.

Completely undenominational, and relying on voluntary contributions, the Foundation was started by Sue Ryder to bring relief to survivors who, as a result of Nazi persecution, particularly in the concentration camps, are now sick, homeless or in some kind of need. It seeks above all to render personal service and affection to the survivors as a small token of remembrance, not only to the living, but to the millions who died. Thus, the work is a living memorial. The Foundation is not restricted to helping only survivors, but is devoted to the relief of suffering on a wide scale.

Sue Ryder Homes for Concentration Camp Victims

Cavendish, a permanent Home for 30 survivors.

Hickleton Hall, near Doncaster, Yorks. (Goldthorpe 2070)

Chairman: Mr. G. Bostock.

Housemother: Miss Mollie Trim.

St. Christopher Settlement

Grossburgwedel, Hanover.

Chairman: Frau Dr. Flügge.

Eight homes and several flats, built mostly by international teams of volunteers, for those whose health is broken, and for others released from prison and in need of rehabilitation and help.

St. Christopher Kreis

Berlinerstrasse, Frankfurt a.M.

Chairman: H.R.H. Princess Margaret of Hesse and the Rhein.

Since 1945, Sue Ryder has been personally responsible for the visiting, after-care, and rehabilitation of the homeless boys of eight nationalities in German prisons.

Homes for the Sick and Disabled in Poland

In co-operation with Director J. Sieklucki, Office for Co-operation with Foreign

Countries, Ministry of Health and Social Welfare, ul. Miodowa 15, Warsaw.

Prefabricated Homes, each containing between 30–58 beds, and costing £9,300 to erect and equip, are sent from England to relieve the distress of the survivors, their children, and the chronic sick of all ages. Twenty-two Homes have been established at Browina, Bydgoszcz, Gora Kalwaria, Gdynia, Helenow, Konstancin, Krolewska Gora, Lodz, Naleczow, Pruszkow, Radom, Radzymin, Zielona Gora and Zyrardow.

Homes for the Sick and Disabled in Yugoslavia

In conjunction with Mrs. F. Defranceski, Secretariat of Health and Social Welfare.

Sixteen Homes have been established at Belgrade, Bitola, Gospic, Kragujevac, Mostar, Pristina, Risan, Slavenska Pozega, Travnik.

Homes for the Sick and Disabled in Greece

Chairman: Air Vice-Marshal N. Overoff. One Home has been established near Athens.

Homes for the Sick and Disabled in Israel

Chairman: Dr. Kurtz. Sue Ryder Home to be established.

2 The Cheshire Foundation Homes for the Sick

Registered in accordance with the Charities Act 1960

United Kingdom

7 Market Mews, London, W1Y 8HP
Telegrams, Cheshome, London, W1
Tel: 01-499 2665

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U.K. Cheshire Homes Directory

		Tel. Nos.	
		Office	Residents
Alne Hall, Alne, York, OEG 73	Tollerton	295	—
Amphill Park House, Amphill, Bedfordshire.	Amphill	3247	— 3173
Athol House, 138 College Road, London, S.E.19		01-670 3740	— 6770
Beechwood, Bryan Road, Edgerton, Huddersfield, Yorkshire	Huddersfield	29626	— 22813
Cann House, Tamerton Foliot, Plymouth, Devon	Plymouth	71742	— 72645
Carnsalloch House, Kirkmahoe, Dumfries	Dumfries	4924	—
Champion House, Clara Drive, Calverley, Bradford, Yorkshire			
Chiltern Cheshire Home, North Park, Gerrards Cross, Bucks.	Gerrards Cross	86170	— 84572
Coomb, Llanstephan, Carmarthenshire	Llanstephan	292	— 310
Cotswold Cheshire Home, Overton Road, Cheltenham, Gloucestershire GL50 1PF	Cheltenham	52569	—
Danybryn, Radyr, Glamorgan, CF4 8XA	Radyr	237	— 335
Dolywern, Pontfadog, Llangollen, Denbighshire	Glynceiriog	303	—
Eithinog, Old Highway, Colwyn Bay, Denbighshire	Colwyn Bay	2404	—
Greathouse, Kington Langley, Chippenham, Wiltshire	Kington Langley	235	— 327
Greenacres, 39 Vesey Road, Sutton Coldfield, Warwickshire	Sutton	7753	— 7960
*Green Gables, Wingfield Road, Alfreton, Derbys.			
Greenhill House, Timsbury, Bath, Somerset	Timsbury	533	—
The Grove, East Carleton, Norwich, Norfolk, NOR 94W	Mulbarton	279	—
Heatherley, Effingham Lane, Copthorne, Crawley, Sussex	Copthorne	2232/3	— 2735
Hertfordshire Cheshire Home, St. John's Road, Hitchin	Hitchin	52460	— 52458
The Hill, Sandbach, Cheshire	Sandbach	2341/2	— 2508
Holme Lodge, Julian Road, West Bridgford, Nottingham, NG2 5AQ	Nottingham	89002	—
Honresfeld, Blackstone Edge Road, Littleborough, Lancashire	Littleborough	78627	— 78065
Hovenden House, Fleet, Spalding, Lincolnshire	Holbeach	3037	—
Kenmore, 100 Whitcliffe Road, Cleckheaton, Yorkshire	Cleckheaton	2904	— 2724
Lake District Cheshire Home, Holehird, Windermere, Westmorland	Windermere	2500	— 387
Le Court, Liss, Hampshire	Blackmoor	364	— 229
Llanhenock Cheshire Home, Llanhenock, Caerleon, Monmouth, NP6 1LT	Caerleon	545	— 676
Marske Hall, Tees-side Cheshire Home, Marske-by-the-Sea, Redcar, Yorkshire	Redcar	2672	—

		Tel. Nos.	
		Office	Residents
Matfen Hall, Northumberland Cheshire Home, Matfen, Northumberland	Stamfordham	212	— 383
Mayfield House, 107 East Trinity Road, Edinburgh, EH5 3PT	Granton	2037	— 4157
Mickley Hall, Mickley Lane, Totley, Sheffield, Yorkshire, S17 4HE	Sheffield	367936	—
Mote House, Mote Park, Maidstone, Kent	Maidstone	37911	— 38417
North Lancashire Leonard Cheshire Home, Oaklands, Dimples Lane, Garstang, Lancs.	Garstang	2290	—
Oxfordshire Cheshire Home, Greenhill House, Twyford, Banbury, Oxon.	Adderbury	679	— 667
St. Anthony's, West Midland Cheshire Home, Stourbridge Road, Wolverhampton, Staffs.	Wombourn	3056	— 2060
St. Bridget's, The Street, East Preston, Littlehampton, Sussex	Rustington	3988	— 70755
St. Cecilia's, Sundridge Avenue, Bromley, Kent, BR1 2P2		01-460 8377	— 7179
St. Michaels, Axbridge, Somerset	Axbridge	358	—
St. Teresa's, Long Rock, Penzance, Cornwall	Marazion	336	— 365
Seven Rivers, Great Bromley, Colchester, Essex	Ardleigh	345	— 463
Seven Springs, Pembury Road, Tunbridge Wells, Kent	Tunbridge Wells	31138	—
South-West Lancashire Cheshire Home, Springwood House, Springwood Ave., Liverpool 25	Garston	7345	— 5400
Spofforth Hall, Harrogate, Yorkshire	Spofforth	284	— 287
Staunton Harold, Ashby-de-la-Zouch, Leicestershire, LE6 5RT	Melbourne (Derby)	2571	— 2387
Stoncroft House, Barnetby, Lincolnshire	Kirmington	244	—
*Torbay & East Devon Cheshire Home, 33 Gillard Road, Brixham, Devon			
West Surrey Cheshire Home, Clock Barn Lane, Hydon Heath, Godalming, Surrey	Hascombe	383	—
White Windows, Sowerby Bridge, Yorkshire	Halifax	31981	— 32173
<i>Mental Rehabilitation Hostels</i>			
Miraflores, 154 Worple Road, Wimbledon, S.W.20		01-946 5058	—
Gaywood, 30 The Down, Wimbledon, S.W.20		01-946 9493	—
Nicholas House, 3 Old Nichol Street, Bethnal Green, London, E.2		01-739 5165	— 9298
<i>Homes for Mentally Handicapped Children</i>			
Hawthorn Lodge, Hawthorn Road, Dorchester, Dorset	Dorchester	1403	—
The Green, Christleton, near Chester	Chester	35503	—

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Cheshire Home, **Coimbatore**. (Major R. S. Roa, Shri Rama Krishna Nursing Home, R. S. Puram, Coimbatore).
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* *Homes in preparation.*

C For crippled children. **CM** For mental-retarded children. **L** For burnt-out leprosy cases suffering from consequent disabilities.

Overseas Homes are generally known by the names shown in bold letters.

3 Missionaries of Charity

Mother Teresa was born in Albania in 1910. In 1928 she came to Calcutta to join the Loretto teaching order. Here she remained for 20 years until the call came to devote her life to the poor and destitute. So with the permission of the

Church she founded a new congregation, the Missionaries of Charity, dedicated to the service of the poorest and most abandoned. Today her Order, which numbers 470 Sisters and 90 Brothers, runs 24 Homes in India, mostly for the

dying, many schools, and has now spread to Ceylon, Tanzania, Italy, Australia and Venezuela.

Enquiries to Mother Teresa Committee (U.K.), c/o 2 Silvermere, Byfleet Road, Cobham, Surrey.

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Has anyone in the Homes something to sell? Or have you any needs you wish to make known? Why not use this section?

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The Cheshire Homes need volunteers for organising fund-raising events, for undertaking transport runs, for working in the Homes in their spare time—anyone who feels drawn to this kind of work.

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If not, the following Homes could make good use of them—Heatherley, Le Court, and Athol House.

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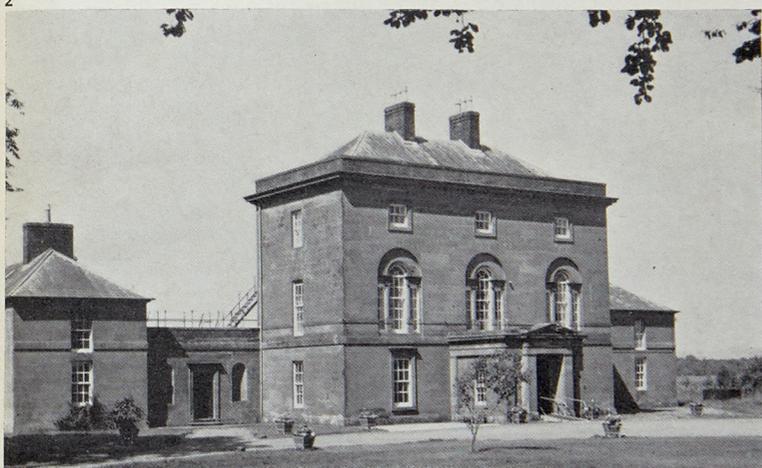
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