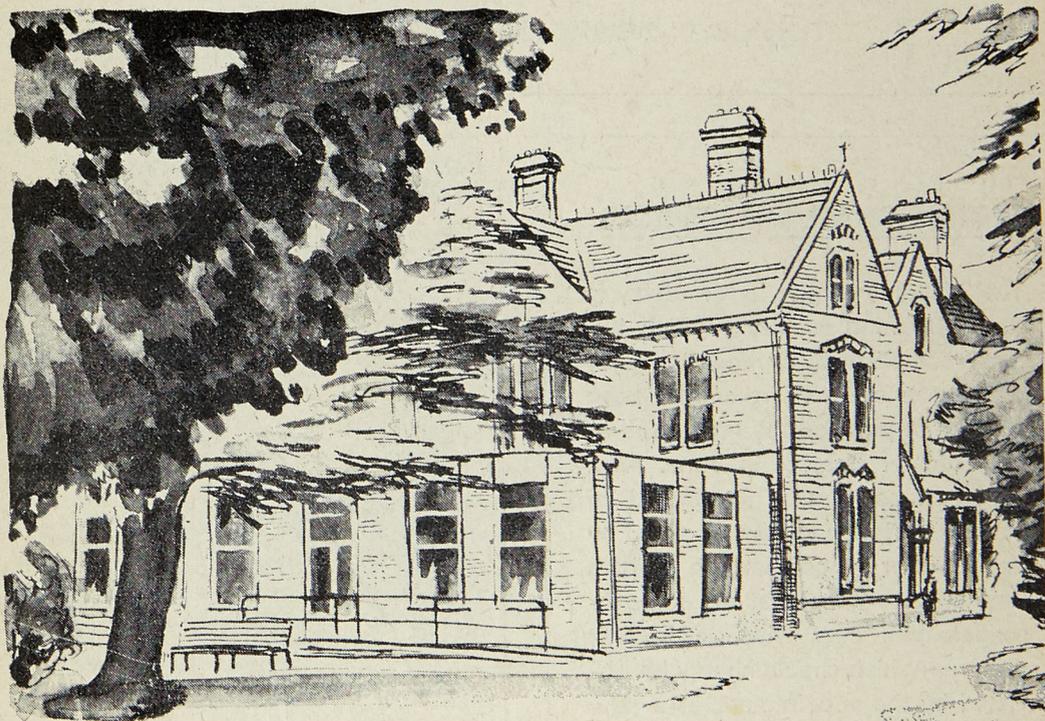


Cheshire Smile

The Quarterly Magazine of the Cheshire Homes Price 10p

Spring 1974



Stonecroft House Cheshire Home, Barnetby, N. Lincs

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The Quarterly Magazine of the Cheshire Homes

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Acting Editors: 'R.R.'

Hon. Consultant Medical Editor: Dr B. Kiernander

Acting Secretary and Advertising Manager: Mrs Valerie Robinson

Hon. Treasurer: Mr W. G. Taylor

Editorial and Business Office: Cheshire Smile, Greenacres,
39 Vesey Road, Sutton Coldfield, Warwicks B73 5NR. Tel. 021-355 4209

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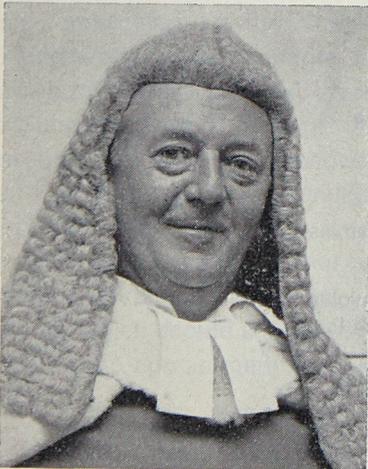
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Cover: Artist's impression of Stonecroft Cheshire Home, Lincolnshire. First of a series.

The Chairman's Page

Since the Annual Conference in September 1973, which is reviewed in this issue of the magazine, the Trustees have continued their plans to meet the needs of the Homes so clearly identified in Mrs Clark's Survey of Cheshire Homes. The Homes Counselling Service, headed by Ronald Travers, came into being on 1st January, 1974, with the appointment of Roy Billington and John Hilton. They have started by visiting all the Homes to gain the essential first hand knowledge of what is being provided for the residents of our 61 U.K. Homes. They bring to the Foundation a number of years experience in social and community services as well as an understanding of the aspirations of disabled people.



A Foundation Feature by our Chairman, Lord Justice Edmund Davies.

The Service Corps Training has also been under consideration by the Trustees, and a new Administrator has been appointed to succeed Miss Croisdale following her retirement last July. Mrs Mary Hopcroft took up her post at the beginning of January, and she too is visiting Homes to review the staff situation in relation to their needs. She will be ready in the Spring to formulate future developments of the Service Corps training when the long awaited national residential care course is expected to be announced.

The Management Committees of most of our Homes have also been working to improve facilities for their residents. Since the Survey in 1972, no fewer than 23 Homes have built extensions to provide more single rooms or to modernise existing accommodation. Eighteen Committees have made their plans and work will be completed in 1974/75.

With the increased staff appointed to provide the new Homes Counselling Service, and subsidising the Service Corps, the Foundation is now heavily committed.

Unlike many voluntary organisations Cheshire Homes do not have to contribute to the cost of the London Office or the Service provided by the Foundation Staff. The Trustees are therefore limited in the financial help they are able to give to the local voluntary Management Committees who have to find the full capital cost of all building and improvements. With their Support Groups, Management Committees have undertaken this task with a good heart, and, at this time of cut-backs and escalating costs, they are greatly to be admired and supported by all who can help.

Edmund Davies

VIEWPOINT

The 25th Anniversary Conference and Service of Thanksgiving at Westminster gave us all an opportunity to stand still for a few moments, to look at ourselves, to look back to the beginning of the Foundation and of the Homes with which we are associated, to take stock of the present situation, and to look forward as to their future role in the world.

So much has changed, particularly in the last ten years, standards which were good enough in the late 1940's and 1950's are no longer acceptable (with which we have no quarrel), and with the progress of time more demands for higher standards in nursing, hygiene, equipment and such material needs have become the normal expectation of the Health Service and of Local Authorities.

Opportunities are being provided by more and more Colleges of Further Education for staffs of our Homes to attend courses in residential care where every facet of the work is studied and facilities are given for visiting residential homes covering every aspect of such care from infants in arms to the very aged, and we feel that every encouragement and provision should be made available for the staffs of our Homes to attend such courses.

From our experience it would appear that the Cheshire Foundation, apart from the hospital service, has, by far, the greatest number of handicapped people within its care, and in consequence it might be expected that the spotlight might well be turned on us for guidance and advice both as to their planning and the way in which they are run.

How careful then, should we be in ensuring that our residents are not only given the very best of conditions in which to live, that they should be provided with the most suitable facilities, gadgets and aids to help them overcome their disabilities. Physiotherapy, speech therapy and occupational therapy not forgetting that most important section of group therapy should be the aim of every Home, with the necessary space in which to practise them, together with craft work and opportunities for self-expression which should be encouraged to the full.

Yet, are material standards everything?

We would suggest that most important of all our aim should be to provide such a standard of love and concern, compassion and understanding, which of themselves will over-ride and overcome most, if not all obstacles and difficulties resulting in a Home such as our Founder the Group Captain himself envisaged.

At the Annual Conference there was a great divergence of views on the responsibilities of matrons. Some thought they should be full members of Management Committees, some thought they should be invited to attend for some

part of the meeting, it would appear that some Management Committees were content to leave the entire running of a Home and the residents to them, while yet another said the matron 'was cock of the roost' on the House Committee. For their part the matrons, at their conference put forward a resolution that there should be two matrons on the Board of Trustees of the Foundation. It was good to hear that in many Homes the utmost co-operation was both sought and given.

The work of 'caring' is indeed a specialist's field, and if any responsibility at all falls fully at the feet of the Management Committee of any Home, it is that of ensuring that the residents are given first consideration, and that their care is always No. 1 priority.

The cry is sometimes raised and heard about difficulties in obtaining staff, but we would suggest that suitable staff should be recruited for the residents needs rather than residents should be selected to suit the staff. Experience has proved that Local Authorities will accept higher charges for the accommodation and maintenance of their clients who need the care that Cheshire Homes can and do give, and the last thing to be done, should be to economise in costs to the detriment of residents.

In his address to the Annual Conference in 1972, Sir Keith Joseph, a most enlightened Secretary of State for the Social Services, endorsed this view when he urged Cheshire Homes to continue in the vanguard in the campaign by providing the highest standards of residential care for the people for whom the Foundation has been given the privilege and the opportunity of caring.

The recent Circular from Headquarters on the Complaints Procedure should be studied carefully, and should be fully and openly discussed at joint meetings of all residents, staff and members of both House and Management Committees. In the article from *The Guardian* quoted in our last issue, the word 'ghetto' was used, and while the Concise Oxford Dictionary definition is simply 'Jews' quarter in city', it is an ugly word, and its connotations are repulsive and sordid. If such conditions exist, which God forbid, ample provision is made for them to be dealt with and put right.

Freedom and indeed, encouragement to live life to its fullest extent should be given to all residents, and as we see it, all restrictions should be removed. 'Links' with the neighbourhood, which should not be 'the outside world' should be fostered, and every opportunity taken of bringing in as many aspects of life from as wide a circle as possible.

The Counselling Service is a new and costly venture, but it should be interesting and worth while and we look forward to hearing the views from residents, staff, and of members of Management Committees of Homes that have been visited by them.

R.R.

The Responsibility of the Trustees

Annual Conference, 1973

Cheshire Smile Reporter

Setting the scene for the vigorous discussion the Chairman of the Foundation, Lord Justice Edmund Davies pointed out that the topic could not be discussed in isolation, as it involved consideration of the responsibility of the Homes themselves.

The Homes had trebled in number since 1961, over a period in which standards had risen, and what was acceptable then is so no longer. While the responsibility of Management Committees was particular, that of the Trustees was general and all-inclusive.

It was not intended to increase the number of Trustees or to set up regional offices. The aim was to make more immediate communication between the Foundation and the Homes available. The need for the Counselling service was clearly demonstrated by the report that has been made by Mrs Marjorie Clark following her survey of all the Homes. The Silver Jubilee was a good time to be appraising our long-term plans.

PUTTING OUT OUR ARMS

Explaining the Trustees opposition to regionalisation, Mr Hampden Inskip said that this was no criticism of the grouping of Homes for exchanging ideas, discussing mutual problems or organising such things as competitions or fetes, all of which was splendid. The Trustees were

against a regional organisation to which they would delegate part of their authority.

The ultimate responsibility to see that, for example, proper staff were appointed, or that money was being spent to the best advantage remained with the Trustees. To have some kind of 'middlemen' between Homes and the Trustees would create confusion and exaggerate misunderstandings. What the Trustees wanted was to maintain a central organisation in regular and successful contact with the Homes, and one which would absorb more readily and frequently thoughts from the Homes as to what they were doing, and any misgivings as to anything they were not doing. In short, said Mr Hampden Inskip, 'Putting out our arms and enforcing the whole of you more closely!'

POINTS FROM THE DISCUSSION

- (1) The useful functions of a Management Committee are: (a) To appoint a good matron, and (b) To ensure that sufficient funds are available to run a good Home. If the Trustees could help in these functions they should do; if not they should leave the Homes to get on as best they can.
- (2) Trustees should ensure that Management Committees find out and check up on what is happening in their own Homes. There are some Homes where residents have not got the arranging of their social life in their own hours, and some where Residents are put to bed at 6 or 7 o'clock at night.
- (3) It would be helpful if the Trustees could collect, 'in some compendious way' all the problems that arise when a new committee starts.





- (4) If certain standards are to be met, such standards should be published.
- (5) Guidance on such matters as pension schemes and equipment and furnishings would be very helpful.
- (6) While some might talk of 'ghettos', there were Residents who thought of their Home as a haven and a heaven for the disabled.
- (7) Trustees should be responsible for the *dignity* rather than simply the well-being of their nearly 2,000 Residents.
- (8) The life of Residents is by no means as full as it should be: further thought should be given to the future role of the Cheshire Homes.
- (9) We must perpetually re-examine ourselves and question whether we are doing things in the right way.
- (10) All Homes are different, and must function differently, according to their situation and make-up.
- (11) The Foundation should look towards helping the disabled to gain more independence, as the Homes as they are now are not the ideal solution. Could one think of providing flats and homes where people can live independently with a warden available, and do everything to give all residents as much independence in the world as possible? Some have a feeling of living in a community apart from the world.
- (12) We have a Resident on the admissions committee, and Residents' own committees for organising outings and the workshop activities.
- (13) 'Placid residents and everything going on lovely' is rubbish. If there is one Resident capable of serving on the Management Committee he should be there. Giving people responsibility makes them more responsible.
- (14) We have three Residents on Management Committee as full members, members on the admissions committee and on the sub-committee for selection of matrons and wardens. Such members are elected and not self-perpetuating.
- (15) Perhaps the Trustees are unable to do a proper job because they have not got the time to devote to it. How are the Trustees appointed?
- (16) *The Chairman:* Granted our good-will and a fair degree of competence in our respective spheres, we try to have a melange of people, several lady Trustees, bankers, social workers, doctors, lawyers, a judge. And when there is a retirement we think about the special skills to help us in our deliberations. You would be surprised if you knew the number of hours put in at Market Mews by certain Trustees.

It seems very clear to *Cheshire Smile* that one of the important duties of the Trustees is to distil from comments as diverse as these the essence of a practical programme. It is not so easy to give the lie to the saying that:

'A conference is a gathering of important people, who singly can do nothing but *together* can decide that nothing can be done'.

And yet the *Annual* Conference serves as a sounding board for each of the Homes. There is so much still to be done, so many improvements to be made if Residents are to achieve the freedom and liberation which is their due.



Conference Confidences



FUTURE DEVELOPMENT

by Ronald Travers

At the afternoon session of the Conference Mr Travers dealt first with the development in the care of the disabled. Looking forward to the following day and the Service at Westminster Abbey, he hoped in giving thanks for the work of the past 25 years we should in all humility ask for strength to help the Foundation in the next 25 years. Although he had been connected with the Foundation for 16 years he had been involved with disabled people for a very long time, and had talked to people about residential care, about developments in care, about nursing care and the form that care would take. As organising secretary of Holidays for the Disabled he had visited the disabled in their own homes, seen them in their home conditions, had been with them on holiday, and had made follow-up visits after the holidays. Summing up all their wants and frustrations could be put in the words, 'there is no choice', but he said the time is rapidly approaching when a choice could be offered to them.

With the 61 Cheshire Homes in the United Kingdom with an average of between 25 and 30 residents in each, there was a wide range of grants by Local Authorities, one paying as much as £39 per resident per week. While at one time L.A.s considered it necessary to run homes economically in large old buildings, this did not now apply to the same degree, and it followed that smaller units were now becoming acceptable. He thought that a figure of less than 14 residents might soon be seen. We should not only be thinking in terms of single rooms, but of bed-sitting rooms and flatlets for those who would like them. Small units should be built where they can be integrated into a community, with back-up care available. At the same time there will always be a requirement for group homes. He spoke of the 'bread-winner' bungalows at Heatherley, and the Palace Road flats at Tulse Hill which were being run in close co-operation with the GLC, the Foundation providing the care services for the disabled, the purpose being to keep families together even though one member was disabled. He was anxious that the Foundation should become more closely involved with the Local Authorities, and we should take every opportunity of encouraging them to erect purpose-built accommodation which has every advantage to offer disabled people, and no disadvantages to the able-bodied.

He spoke of The Focus Society which exists to help the younger physically impaired, providing apartments in ordinary rented housing designed to enable the handicapped person to manage

independently, with personal assistance available on a 24 hour basis. The projected student accommodation at Oxford adapted for four handicapped students, with bed-sitting room accommodation on the ground floor is a pilot project to help them through University. He touched on the special units for patients discharged from psychiatric care, and the half-way houses at Wimbledon and in the East End, which have a great potential for the future. Such Homes are doing a tremendously valuable job in rehabilitating people and restoring them to take a full part in society.

But he was concerned about what was to happen to those children reaching the age of 16 and 17 who could no longer be cared for in Homes for the younger disabled, and those who were mentally retarded. We must, he said, see that they have follow-on care. It may be hostel accommodation, followed by care in small units about which he had spoken.

The Service Corps would have an increasing involvement in all this development, and an all-out drive in recruitment to achieve the special care staff which would be needed in the future. There are so many fields in which we can expand, so let none of us go away feeling that Local Authorities would ever put us out of business!

Regarding the existing Homes, many of them large cumbersome country mansions which are hell to run. While not being able to do much about their external shape, he wondered if we are sincerely doing every single thing possible to improve the quality of life in them. Colour television is not a quality of life, but should be for most a relaxation earned after a day in which we have fully participated to the best of our ability. We should therefore push every LA to face up to its responsibilities for every resident within our Homes, to pay a realistic sum, so that what we ourselves raise we can spend on improving the standard of accommodation and quality of life in the Homes as they exist today.

Turning to the Homes overseas, we should have a sense of responsibility and think about our fellow residents abroad, not as foreigners or another section of the Third World, but fellow residents in the Cheshire Foundation. He was disappointed to have received only eight replies from Homes in the UK who were interested in the 'twinning' system he had suggested. If we in the UK were to provide 1p per week from each resident we could raise sufficient to support 18 residents for a whole year in a Cheshire Home in South India! In this shrinking world the needs of any one nation must be the concern of all, and so he appealed for help in resuscitating the project for the overseas Homes so that we may truly and honestly become an International Cheshire Foundation.

Group Captain Cheshire's Address

Westminster Abbey, 30th September, 1973

"He who would save his life will lose it and he who loses it for my sake will gain it." These words which were spoken by our Lord, eight days before his transfiguration and on the occasion when he first disclosed to his apostles how he was going to achieve his life's work, the restoration of peace between God and man summarized perhaps better than any other words, his fundamental precept and example to us. He was referring, of course, to the saving of our souls, but those words have an application in a more mundane and human way and it's about this that I would like to speak today. We, that is to say, the Foundation which I represent today, have been given the great privilege of this Thanksgiving Service in this historic Abbey. It is a moment of remembrance for us, of thanksgiving and of dedication. A moment when we remember everything in these past twenty-five years that has gone towards making us what we are today, such as that is. When we remember all those in different ways, who have helped, many of them no longer here. A day when we give thanks for all the benefits with which we've been blessed. When we give thanks for the opportunity of undertaking this small work and perhaps above all when we examine ourselves and ask ourselves what are our motives? Are we doing it for a good motive? Are we doing our best? Are we really providing the kind of service and help that is needed?

But I want to talk not about us, for I know that we are one tiny little part of a great multitude of organizations of Governments as well as voluntary organizations and individuals working to bring about a better world. I want to talk about that fundamental issue that affects us all, of world peace and unity, and in particular, I want to talk about Remembrance Day, its relation to this struggle for a better world.

I, myself, was brought up as part of a generation that rejected war as a means of solving international problems. I know that my father maintains that I would not listen to his stories of the war, I did not want to know. At the same time I know that I used to read stories of individual soldiers. I could not understand how a man could survive what was involved in trench warfare, and I still can't today. In those days war was close, we used to observe every November Armistice Day. At that moment, 11 o'clock in the morning, on the 11th November, everything suddenly stopped and for two minutes we were silent with the King at the Cenotaph. I was too young really to understand what it meant but I still remember very vividly the impact it had on me. I felt that I

was taking part in something much greater than myself.

I was edified and moved, and also there was the tomb of the unknown soldier which played probably a bigger part in our lives then than possibly it does today. But none the less, war came. It was not so much that war came but that it needn't have come. Not if we'd been sufficiently realistic about what was happening in the outside world. I think that the war taught most of us two fundamental lessons. First, that if in life you want to achieve anything you have got to mean it with your whole heart and your whole soul. You have got to be fully and completely professional, in charge of all the details of your particular work. Secondly, it taught us how small we are as individuals. How dependent upon other people that whatever we may achieve is not our individual achievement it is part of a team, and those to whom it has fallen to achieve perhaps some fame, no, but in fact it was on other men's shoulders that they were carried. When it comes to being in the firing line you have no illusions. You know that when the shells are bursting it may hit one man, it may hit the other, you have very little control over it.

One realises how identified one is with those who have gone before in the past, that their tradition, their example strengthens one and keeps one going. We fought the war primarily in order to save ourselves from destruction and to help save Europe from destruction, but there was more to it than that, there was an ideal. We hoped in our small way we were fighting for peace, for justice, for freedom. Fighting for a world in which war would not come again and when the war was over we wondered, had we achieved that? We knew, I think in our hearts we had not and so one wondered what was it now our duty to do. What could just one ordinary individual do to help bring about a united world in which war would not return, and for myself, I could not answer that question.

And so it came about that I became involved in the world of the disabled and I had to forget about that problem of world peace because I was fully occupied, and in due course, together and with the help of my wife, I began to learn about this new world, a world that I never knew even existed. There is much I think that I have learnt, in particular, I have seen how the human spirit triumphs over adversity, responds to the challenge, of suffering, of disability, of poverty, of what ever it may be. I have learnt that those who are disabled want, as all of us, to lead a life that is useful, to feel that they have their own contribution to make to the world, they do not want to be dependent upon other people's help, and most important of all, I have learnt that there is no one in the world no matter what his circumstances, who cannot in fact contribute to the good of the world. If there

is some one who should have no other movement in her body but one toe, and if that person were to lead a life without complaining, without demanding, making the most of it, smiling, trying to find some ways of communicating her thoughts to other people, which of us would dare say even if we were in the highest office that her contribution to the world is less than ours. God himself has told us that he judges not by the external act but by what we have done relative to our opportunities and our resources. When our Lord saw the old lady come into the temple, when people were putting money into the money box he said that little lady with her farthing has given more than all the rich with their big gifts. In other words each of us has our own contribution to make, its value is relative to our opportunities and to what it has cost us and now 25 years have gone by and for a moment I look back and my mind comes back once again to that question of peace.

I can see that each of us has a means of contributing to it but what I can see is that peace, once again as in the 1930's is at risk. Our fault in the 1930's was that we were too inward looking. We were too concerned with economic problems, we did not face the realities beyond our shores until it was too late. Today there is no Hitler threatening us but I think we are looking in the wrong direction. There is another threat looming up over the horizon, and that is the growing gap between the poor of the world and the rich. It is growing. We are doing something about it that is true, but we are complacent. We are not recognising how real that danger will become if we don't do more about it. We have the means as nations, as communities and individuals of doing something but we need more, we need the purpose, we need the determination, we need the realization that we have to do it. Here in this great Abbey there lies the reminder of what it means when we become involved in a world war and I refer to the tomb of the Unknown Warrior and for a brief moment I would ask you to think about him, to picture that day when he was brought here. The idea originated independently and apparently almost simultaneously in France and in Britain. A French printer thought of the idea and the press in France persuaded the government to bury him amongst the great of the country. With Britain it was a Church of England Chaplain who thought of it and the Dean of Westminster who persuaded the government. The body, nobody knew even from which battlefield it had come, was escorted into Boulogne by an entire division of all arms of the French Army. It was brought across the channel in *H.M.S. Verdun* as a tribute to France and at the same time another train was travelling towards Paris with the unknown soldier of France. The unknown soldier was brought to this Abbey and the King himself was standing outside waiting to receive him. He lies in this Abbey as a tribute to

the courage of those who died in the First World War. He was surrounded with honour that has been accorded to no individual and yet we don't know who he is. He could be a Duke of the Realm, he could be one of the unemployed of those days but I suggest that the reason why he was given so much honour is not because of the courage that he symbolises but because he stands for that universal desire in every human heart beginning from the first man who set out to conquer the jungle, right up to the last man who will perform the last action on earth for peace.

Storms may ruffle the surface and make us angry, divided and so on, but deep in our hearts we want peace and the unknown soldier reminds us of the price, not of war. I don't accept that War was the immediate cause of his death, but it was failure to do something in the early stages that made war inevitable.

And so it is today. And as it is my privilege to stand here for a moment today, I would like to ask that Remembrance Day be given a new and contemporary form, that instead of looking only backwards, it looks forwards, that it be given a form in which every generation now and to come will feel that it is involved. That we are involved in the struggle for peace and that as part of it the two minute silence is brought back so that the entire nation is involved, so that for those two minutes we stop not on a Sunday, on a working day so that this country could show during those two minutes that we stand for peace, that we know we must sacrifice for peace, that we have understood that fundamental lesson. It is not in looking to ourselves, not just saying I obey the commandments and if I don't I will repent, that we achieve our eternal destiny. It is in spending ourselves for other people, if we don't then on a human level we would not gain peace.

I would like to express on behalf of the Foundation I represent my deepest gratitude to the Dean and the Chapter of the Abbey for this great privilege that they have given to us. Amen.

Hindu Prayer

God give me
Courage to change what needs to be changed
Serenity to accept what can't be changed
and wisdom to know the difference.

MATRONS' CONFERENCE

'Cheshire Smile' Bugging Report

The 1973 Matrons' Conference was held at the Hertfordshire Cheshire Home from 17 to 19 October. Twenty matrons and one warden discussed an agenda provided substantially by points sent in from various Homes.

Should the more active residents be encouraged to leave the home at Christmas?

Should exchange holidays be encouraged, especially for awkward residents?

View on accommodation for married couples.

Sex in the Homes.

Value of the Service Corps?

Holidays for foreign nationals in training with the Service Corps at Homes in holiday resorts.

Do the Trustees fully realise the everyday problems and have they given the support promised to matrons last year?

Mr Giles, F.R.C.S. spoke on the surgical management of the Neurological Bladder.

Mr B. Kenwood, Senior Probation Officer of Hertfordshire, gave an informal talk about the role of the Probation Service and Caring in the Community. There was a visit to the South, Kline and French Laboratories at Welwyn Garden City.

Some light relief from the business agenda came when a film on Deep Sea Trawling replaced the scheduled medical film, owing to a last minute hitch, or possibly catch.

Points from the Conference

The residents should be encouraged to get out and about as much as possible – Christmas being no exception.

Definition of an awkward person – someone whom it is impossible to please; one who plays staff one against the other – bent on creating mischief. In all walks of life there are awkward, difficult people – our communities being no exception.

In some instances residents themselves feel that the presence of married couples in a Home does not always enhance the way of life therein. Other Homes report no difficulties whatever. The idea of special Homes for married couples might be a possibility for the future.

Sex – exists.

It was not always realised that Service Corps Cadets did not receive full practical training at Le Court, or that Matrons were expected to assist in their practical training at the Homes.

All Staff should have a complete break from their Homes for their holidays.

At some Homes very little is being done in the constant battle against incontinence and urinary infection, whilst others are forging ahead with palliative surgery.

Any person spending an infrequent one or two hours in the Home cannot understand all the worries of maintenance, accommodation problems and so on.

If Management Committee members felt that the matron was not sufficiently intelligent or capable of understanding committee procedure to attend meetings they should remember that they were directly responsible for her appointment.

Our Homes are family homes but skilled nursing in the background enhances the residents' comfort and ability to be as independent as possible.

Conference resolved to propose that two elected matrons should sit on the Board of Trustees.

Throughout the Minutes of the Conference matrons and residents are spelt with a capital 'M' and small 'r'. Salaam Mr Matron.

LETTERS TO THE EDITOR

From Betty Hill, Mote House

My Idea

I think a disabled child should be brought up as nearly as possible like any other child, to give and take as any other member of the family. Not, as so many are, spoiled and made into pets as then they have no idea how to run their lives. When anything happens to the family they are lost. They often don't know how to manage their own money, buy their clothes or give their own opinions. Many cannot cope at all after the shock of leaving home, when their parents become too old to look after them for the rest of their lives.

Very often when they have been to a Specialist or Specialists and have been told there is no hope, they tend to believe it and give up trying to teach them anything, but learning how to manage life is very important and the older one gets the harder it is. I know if they tried this idea and were taught how to save or earn a little of their own money they would learn to be patient and learn to look after their things. After your parents have taken all the trouble to bring you up as normally as possible you should be allowed to speak your mind, whether right or wrong, if you believe in it. I have felt for a couple of years that I am glad my parents brought me up to be independent as far as possible and I would like every parent with a disabled child to take this attitude.

AN INDEPENDENT VIEW

by Edwin Styles

I am a managing clerk with a firm of Solicitors in Birmingham and I have been a resident at Greenacres Cheshire Home since August 1973.

Since I still get out, both to work and with friends, I feel able to offer an independent opinion on the present running of the Cheshire Homes. By reason of previous stays at the Home and the contacts I have there, I feel able to offer some valid appreciation that may be of help in requiting to some extent the cry emitted by Louis Battye when he wrote for the *Guardian*.

Any appreciation or criticism must follow along certain lines which I suggest should be under the following headings and I am here making an allusion to his reference to apartheid.

- 1) Physical deprivation,
 - 2) Social deprivation,
 - 3) Financial deprivation,
 - 4) Marital deprivation,
- and so I would like to develop two or three of these matters as below:—

Physical deprivation

At Greenacres there has been some adherence to the gluten-free dietary practice which has for some people with Multiple Sclerosis had good results. Large amounts of money are being spent on research into the causes and treatment of this condition but so far it has been described as incurable. As to the other disabilities with which we meet, often they are congenital, such as spasticity and muscular dystrophy. Although there has been some success with Parkinson's disease, it does not appear at present that there will be very much progress made in so far as treatment, amelioration or cure are concerned. We are, therefore, most of us resplendent under the nomenclature of incurable.

Financial deprivation

In my view this is the most abominable aspect of both life in the Cheshire Home and the whole concept of the Foundation. It is a breach of the concept of Lord Beveridge when the National Health Service was instituted. What many residents are having to undergo is not only loss of health and the other matters, but also a loss of whatever financial substance they have.

How less can it be described? I have met residents who have had a few thousand pounds but who have had to pay the rate of £20 per week for maintenance — this is shortly to be increased to £30. Such a situation is turning some men into nothing more than moneygrubbers. In other words

both substance and dignity are being taken away. If ever there was a gap in the National Health Service — gap would be an euphemism — it is a yawning crevice, this namely is it.

When he conceived this idea, subsequent to those awful Atom Bomb explosions at Nagasaki and Hiroshima, Group Captain Cheshire did a wonderful thing for the disabled. However, some of the Homes are being turned into a type of centre in which people are limited in so many directions when such limitations should not exist.

If some of our residents were thrown into geriatric wards or debtor's prisons, they would not be asked to pay the sums they are now being asked, nor, as far as I am aware, is there any legal provision whereby they have to pay.

Social Implications

I would now like to have a brief look at the social implications of being resident in a Cheshire Home. It is sad that people should be herded into a special home. No amount of paternal visiting and attending and benevolent nursing will put such people into society. The only way in which this can be done is by the establishment of much smaller homes and small units. We disabled are homo sapiens and have its inherent dignity. The greatest desire of any disabled person is to get as nearly as possible, if not completely, into normality.

This can be done, I would think, by a scheme I would describe as "Links". Links is not a new conception, it is already in existence and these are formed by relatives and friends who actually come and take out residents and integrate them into their lives and interest themselves to such an extent that the disability fades into the background. It must be done upon the basis of friendship and not the old Victorian idea of Charity.

Links can operate in many ways. In my view, the greatest benefit to a disabled person is that he should stop in his own home, but if that is not possible, the place he chooses to call Home can be a good alternative, provided there are these links which I have described.

Links is an anodyne to vegetation. If you say vegetation does not exist you speak nonsense because I have observed it for months, if not years, and it does take effect. This is just one anodyne, others being physiotherapy and occupational therapy. Not infrequently the disabled have to suffer a physical deprivation, but it is often attributed to them that they have suffered a mental deprivation; a postulation which is not usually true.

If my article is accepted then I hope those who read this will forgive me for my dissertation on all the deprivations we disabled suffer; let's hope we can turn our moans into concrete action to improve our lot not only in this Country, but all over the world.

The Counselling Service

This service has been seen as 'a tiger at the gates'. Ronald Travers head of the Service, commented:—

It will be an experimental service, and one on which all Homes could call. It was Dr Margaret Agerholm who introduced the word 'counselling' into its title, and what a good word it is, a kindly, gentle word — to be counselled, to give advice, it is for residents, staff and for MCs and for the Trustees. He promised that the counselling staff appointed would be of the highest possible calibre, with varied and qualified experience behind them. They would have a lot to learn, but they will learn as they travel around the Homes, and in this it should develop into a co-ordinating service. Opportunities will be given for discussion not only on complaints and disagreements but about sound and constructive ideas for the Foundation and its future. It will be possible for personal problems to be discussed, and advice to be given ranging over the widest range of subjects. Marriage is being more and more encouraged in our Homes, and we should aim to give good advice on this very important step.

The problem of sex was one which had to be met and discussed openly. It is an important part of all our lives, and cannot be dismissed as being less important in the lives of residents. If a couple wish to marry, the best possible advice on how to consummate the marriage should be given, if consummation is impossible then advice on how to sublimate the frustrations from it, should also be given. These and many other questions on all kinds of matters relating to the Homes and how they are run could be dealt with by the new Service.

Summing up Mr. Travers said the Service is one he would like us all to enter into. You can, he said, participate in it as much as those who are scheduled to give it. By your advice, from your experience a fund of knowledge can be built up to disseminate throughout the 61 UK Homes and in those other Homes in the 27 other countries throughout the world. By working together and realising we are all part of it, it will become completely democratic achieving something good 'for every single one of the residents for whom we are here today'.

Answering questions, Mr Travers said the Counsellors appointed would spend a period of residence in Homes, and would go first to those Homes who required them most. He was willing to discuss with the Directors of Social Services

the question of accommodation charges, but in view of the impending reorganisation of Local Authority areas, it would be best to wait until after April 1974 before he started to push on this matter.

Mrs Barbour of Carnsalloch House, Dumfries said the Cheshire Homes had always enjoyed the reputation of having low administrative costs, and have received such good support from the community because of this fact. She hoped that the new service would not make costs go top-heavy, and asked for assurance on this point, to which Mr Emmett gave a very definite reply that this would not be so. He said he was always insistent on economy and looking at every item of expenditure, even at the risk of incurring some unpopularity from some of the Trustees! We are spending the money, he said, of those who have entrusted it to us for our work, and I assure you that this matter is always well before me.

Mrs Douglas of Seven Springs said that Mr Travers had spoken of what disabled people had had to take, but they have also to give, and giving in the right manner — they also receive (don't we all — Ed.). Mr Brophy of Carlow, one of the Irish Homes complimented Mr Travers on his most magnificent paper, was anxious to know that the Service would extend to that country, and wondered how they could set about getting more than the £14 per week from their Government. Regarding the appeal for funds for the Overseas Homes, Mr Welstead of Mayfield House said he wondered if funds given for local puposes should be sent overseas, but Mr Travers reminded him that a stall at any fete could make it quite clear that the money raised there, would be for that purpose. Answering a question by Mr Hunt of Staunton Harold, Leics., Mr Travers said that the counselling service will not have power to direct action.

STOP PRESS

Welcome!

To Mr Alfred Morris, Minister for the Disabled.

Profile in next edition.

'Lust for Life'

by B. K. Grover, Raphael Home, Dehra Dun, India.

I first saw Bal in the King Edward VII Memorial Hospital, Bombay, some years ago when I visited my ailing friend, Roy. In a wheel-chair Bal was ready to be driven to the Occupational Therapy Centre of the Hospital. Wonderstruck, I gazed at him for a while. He was a complete cripple, with twisted hands and feet. His crooked, rigid legs were tightly tied down to the wheel-chair, and so was his chest in order to maintain his erect sitting position. His condition appeared miserable, but this did not concern him much. He seemed gay, his big round eyes shining with joy.

He greeted me with a heart-warming smile as I drew near. His sharp-featured face lit up, and with an effort he extended his spastic left hand to shake.

After a hearty shake and exchange of greetings I asked him what his name was.

'I-I-I'm Bal' he stammered out, straining every nerve, his shoulders and head jerked involuntarily as he spoke. His neck stiffened awkwardly and veins appeared prominently. Sweat broke out on his forehead.

'O, Bal' I said, as I patted him gently, 'you are a jolly good fellow.' He smiled at me again, looking sharply into my eyes. Before he attempted to utter anything, a ward boy hurriedly drove him away. I stood sad and thinking about Bal and how nature had been cruel to him.

A few days later, I went to the Occupational Therapy Centre of the hospital. I saw Bal having his standing exercise in front of a full-size mirror. Four therapists were earnestly helping him in the 'task' - two held him erect and balanced his upper extremities on crutches, and the other two were engaged in flattening his twisted toes and feet to the floor. The patient perspired profusely; his face was flushed. The exercise was a strain on his knee joints, and pained acutely he told me afterwards. He clenched his teeth as the pain became intolerable. Tears brimmed his eyes, yet he neither sighed nor groaned, he persisted resolutely. Unobserved, I eyed him admiringly. Bal was a man of determination and courage; really, he was all patience. When the exercise finished, he lay relaxed on the bed smiling.

Being a frequent visitor to the hospital, I always spared a few moments for Bal. His bed had railings on both sides to prevent him from falling. Gradually I got used to his speech. I understood him fairly well and I enjoyed being in his company. Bal had peculiar disabilities; on his own, he could neither sit nor stand. For the slightest action in his daily routine, including



bathing, dressing and feeding, he was dependent on others. Except for his left hand, which was somewhat active, he had no control over his limbs; his movements were involuntary, incessant. Any moment his tense legs would shoot with force in any direction, kicking anything within reach. Sudden noise (low or loud) would startle him to the extent of causing big jerks and spasms, and this would make him nervous. His speech was faulty, and he stammered, especially when he was excited or annoyed. But, surprisingly enough, his brain was clear and fertile like ours.

Always smiling and jolly, Bal was a cheerful youth of twenty-one. He was entertaining and humorous. He would talk on all subjects under the sun, and, at times, I wondered at the vast general knowledge and common-sense he had acquired from the books and periodicals, which he studied, lying down, turning pages with the tip of his tongue. He was affectionate and had endeared himself to everyone in the hospital. The staff usually spared some time to gossip with him, and he would impress them all with his talk.

As I developed closer contacts with Bal, I came to know about some details of his family. His aged father, with indifferent health, was an insurance agent having meagre income. He had somehow brought Bal all the way from Dehra Dun to Bombay, the only place where this specialised treatment was then available in India. Bal had picked up all his wisdom from his school-going brothers and sisters. His devoted mother, despite her domestic chores, had been looking after him for all his needs since childhood; in fact she was the main-stay of his existence.

Time passed. Bal continued his exercises regularly and made slow but steady progress. His speech improved, and soon he could sit in a specially designed chair, his legs slightly tied down

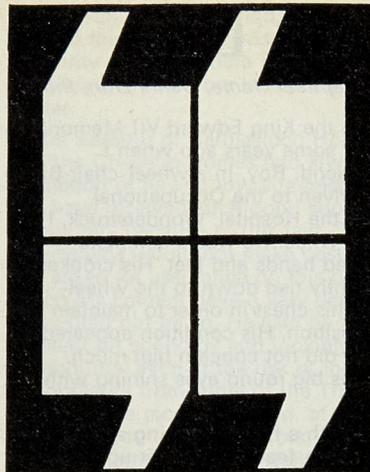
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'Lust for Life'—continued

to it. He could wheel it with his left hand, almost unaided. His ambition to become independent was taking shape by degrees and he would not allow anyone to assist him.

One day he showed me a piece of paper with a few lines typed on it and said in excitement, 'Look, I have typed this myself'. I could not conceal my surprise as I could hardly believe him. 'Well, if you think I am lying come and see me doing it in the Occupational Therapy Centre tomorrow morning. But do it unobtrusively as I am self-conscious' he added in a challenging manner.

Next morning I dropped into the Occupational Therapy Centre. Quietly I entered the workshop where the patients learn all kinds of handicrafts according to their respective disabilities. Bal was seated in a lonely corner, with an old typewriter in front of him. He was holding an improvised wooden peg, tightly gripped in his left hand (since he could not use his fingers), and he was manipulating the type keys with it. Slowly and painstaking he worked at the machine, striking key after key as accurately as possible. At times he even spent long moments aiming at a single key, before striking it violently. Sometimes his aim was bad, and the peg touched the wrong key — but he would not give up, though fatigued. He repeated his efforts, struggled bodily till he got the right aim. He was completely engrossed in his new activity. I watched him dazedly, feeling proud of his achievement. He was a real man of will.



Around the Homes

OAKLANDS

Thanksgiving Service

A Service of Thanksgiving has been arranged by Alne Hall Cheshire Home at York Minster on Sunday 12th May at 2.15 pm.

The Service will be conducted by the Dean or his Deputy, and Group Captain Leonard Cheshire VC, will give the address.

Arrangements have been made to accommodate residents in wheel chairs, and there will be ample parking facilities.

It is hoped to arrange such services in different parts of the country every year.

Following the success of the service last September in Westminster Abbey this will provide an excellent opportunity of joining together in an act of worship which should be well supported by all Homes within accessible distance.

A Birthday Party, Garden Party, visits to Old Tyme Music Hall, concerts, the Lakes, dining out and much more happened at "Oaklands" in 1973.

A very special event was Carol's marriage to David, a young man from Garstang, the Home provided an excellent buffet. The Nurses made a grand party for Janet and Ronnie's engagement; both spastic, they are our first residents to have become engaged. Cyril and his wife, Gladys, gave a fine party to celebrate their Ruby Wedding, on the Royal Wedding day.

Anne represented the residents when she went to London with Mrs Brearley, our chairman, Mr Rice, a support group representative and Nurse Simms for the 25th Anniversary celebrations. They all had a wonderful time.

Shirley has followed up her Duke of Edinburgh Silver Award by gaining her Gold award which is to be presented shortly.

Among our many activities, entries by Janet, Ronnie and Barrie in the Area Spastic Games resulted in several certificates. Barrie has since travelled with the North West team to the National Spastic Games at Cardiff where he was placed second in the Wheelchair Dash. Eight residents competed in the North West Multi-Disabled Games in Birkenhead. Doreen won a medal for darts and Shirley one for the Wheelchair Slalom. We hope to meet Competitors from other Cheshire Homes at future events.

Christmas and New Year Parties were great fun and games; Nurses Minnie, Elsie and Brian made attractive Hawaiian Dancers!

We send greetings to all our exchange holiday visitors.

News from White Windows, Sowerby Bridge

During the Summer of 1973 we said goodbye to Miss A. E. Tunnicliffe who left to become Matron of Coomb, Carmarthenshire, after having been at White Windows for five years. We hope she is happy at her new Home. We then welcomed our new Matron, Mrs Honoria Laycock, formerly of Honresfeld, and again we hope she will be happy among us.

Now our Deputy Matron, Sister Violet English, has left us after ten years to become Matron of The Grange, Poole.

We regret to report the deaths of two residents during the year. In September, Rose Burrage, who until spring had run the residents' shop for several years, died, followed on December 21st by Joseph Jones, after a long illness. Both are greatly missed.

In April we were presented with the welcome gift of a colour television which was installed in the Dining Room. It was then suggested that the residents open a fund to raise money for the purchase of a second colour set for the T.V. Lounge. Thanks to the efforts and generosity of many people, money flowed in, including one cheque for £115. Aided by the proceeds of a Plant Sale held on June 23rd, by the end of November the Target was reached. So we now have two colour sets, giving a choice of programmes. Hearty thanks to all who helped.

On August 20th there was the residents' day trip to Southport, organised by the Residents' Welfare Committee. Unfortunately it rained heavily for most of the day but in spite of this the trip was reasonably successful.

In the Autumn there were evening trips to Blackpool Illuminations and to Batley Car Club.

The Christmas celebrations at White Windows began on December 17th, when the Staff gave a party for the Residents and friends, which was much appreciated. On the following afternoon there was an entertainment given by Mr Jason Hardy, the television personality, and on the 20th our Carol Service was held. The main Christmas Party followed on the 22nd with tea provided by the Ladies of the Support Groups. Later in the evening there was organ music, played by Mr Meadowcroft, and entertainment by our old friends from Halifax, the Knights of St. Columba. Two days later Father Christmas paid his annual visit and on Christmas Day there was the traditional Turkey Dinner.

We wish all readers of the *Cheshire Smile* a very Happy New Year.

Louis Battye

Newsletter from Champion House Cheshire Home, 1973

We held our Annual Garden Fete on January 23rd. Rain threatened but we kept our fingers crossed and thankfully it stayed fine. Crowds of people came along and we raised over £1,000. Of all the various stalls arranged by Support Groups our Residents stalls of miscellaneous goods did the best which makes us very happy.

One of our Orderlies, Mrs Ashwell, was married on June 30th, and the Reception was held at our Home. We, the Residents, were all invited and there was a wonderful spread of food and drinks handed round.

A "Tree of the Year" was planted in the Spring, a weeping flowering cherry, and we hope to see good results during the coming year.

We have bought Kenmore's old bus to tide us over until we have raised enough money for a new one. Two of our Residents, Mr John Freeman and Mrs M. Marsh, are working very hard selling Christmas Cards to make money for our Bus Fund. The old bus enabled us to go out to various towns selling Flags which we rather enjoyed as it made a change and gave us a chance to talk to other people outside.

We held our Autumn Fayre on October 27th. It took place inside the Home, and through the various Stalls we raised over £100.

Elsie Lister

Holme Lodge

On the 1st January we had a visit from Kenneth Clarke, M.P., the Conservative M.P. and his Agent to see the Home and chat with the Residents.

Miss Cottee who comes to teach art came to talk on 'Painting for Pleasure' which was very interesting.

Throughout the year we have many who come to help voluntarily and to show our appreciation we arranged an entertainment by the Drama Group of Bramcote, which was delightful and was followed by a buffet supper. The evening finished with records and dancing.

Mary, Pauline, Nora and the two Erics went to the Spastics party held at the Campus on the 5th February.

This is the season of 'Pantos' and several went to see 'Jack and the Beanstalk' at Mapperley Hospital, presented by their Pantomime Committee.

The Tollerton Brownies do a lot for the Home so we invited them to tea. I think it finished with the Brownies entertaining us but as they have been unable to have their usual meetings they enjoyed their games here.

The Drama Group of St. Giles presented 'Robin Hood' and kindly invited the Residents. All enjoyed the evening.

The first official meeting of the Lady Bay W.I. was held at Holme Lodge on the 17th January. Nominations were taken to vote for a committee.

A most enjoyable afternoon on the 19th as members of the West Bingham Deanery Mothers' Union came to the Home and we were able to chat with them. A delicious tea was given and served.

A programme of music given by the Nottingham Male Voice Choir on the 20th had been organised by the Epileptic Society and was held at the Red Cross Centre, and three Residents who went enjoyed the evening.

The official handing over of our new ambulance by the West Bridgford Round Table took place on the 26th.

Nora, Pauline and the two Erics saw 'Jack and the Beanstalk'. This was on the 28th and was at the Theatre Royal. They reported it was one of the best they had seen.

'West Side Story' was at the Forest Fields School, Carlton Road on the 30th, and was presented by members of the school - an invitation to the Residents from Mr Bishop the Headmaster.

On the 30th, there was a talk at the Home by a member of the Telephone Samaritans on the work done by their association which was very informative.

A presentation was made to Klem on the last day of the month. Klem who has been on the staff at Holme Lodge for ten years has now retired. Eric presented a travelling clock on behalf of the Residents and Staff and a bouquet for Klem's wife. He was also pleasantly surprised to receive a golden handshake of £50 from the Management Committee. We wish him many happy years of leisure.

Rose

NOTICE

The Residents will be having their Coffee Morning at Holme Lodge on the 11th April, 1974, 10.30 a.m. - 12 noon. Tickets 10p, which includes coffee and biscuits.

There will be a raffle, various stalls and a bran tub for the children. We will be very grateful for any gifts towards this effort.

Hertfordshire

One of the many gifts made to the Home was that of a Lord Snowdon Chairmobile, which was presented by his Grace the Duke of Bedford. This presentation was only made possible by the Green Shield Stamp Co., who through their community service department collected enough stamps to purchase this chairmobile.

The Bull Public House at Cottered was the setting for this year's annual outing organised by the Rotary Club of Hitchin. Aptly, this outing came just prior to the Matron's conference, which this year was to be held in our Home, therefore, this opportunity of fortification was not missed.

On October 17th, the Conference began with twenty-one Matrons roaming about. As you can imagine we were all on our best behaviour. From what we've heard, they were very impressed with our Home and the conference was a success.

The culmination of months of pre-planning and preparation by Matron and our good friends the Lions, was reached on 25th October when twelve of us boarded a coach bound for Luton Airport, there to catch a plane to Ibiza for seven memorable days holiday.



Danybryn

The cake in this picture bears a tiny marzipan replica of everything which is sold in the Food Hall, of James Howell and Co. Ltd., Cardiff.

It was made by Mrs Ruth Joseph for the opening of the new Food Hall recently and now it has been presented to Danybryn Cheshire Home at Radyr, near Cardiff.

Here Mr E. W. Ramsey, managing director of James Howell is seen pointing out some of the details to Alderman Mrs Winifred Mathias, chairman of the Danybryn house committee, and Mr G. D. Freedman, chairman of the management committee.

Each year James Howell stages an art exhibition in aid of the Danybryn Cheshire Home.

Cotswold Cheshire Home

At our recent 13th Birthday Party, which was attended by over 100 guests, Daphne Banks and Wilfred Shore are pictured cutting the Birthday Cake, assisted by our new Matron (Miss M. E. Thame) with Mr E. A. Swinden, representing the Management Committee.

Chiltern Cheshire Home

On January 3rd five of us went to London in our new Ambulance "Eva" to see Princess Anne's wedding presents which were on exhibition at St. James' Palace.

The presents varied from Diamond Tiaras to a single toffee. It was really nice seeing the wedding dress, particularly all the lovely embroidery, which was not visible on television. All the pearls around the neck and sleeves were real but apparently the diamonds on the train were diamanté.

We had some very kind policemen to carry us in our wheelchairs up the very many steps. One of them lent me his helmet and Mrs Ball, our Chairman's wife, took a photo of me wearing it. Betty, one of the group, also borrowed a helmet, but I think the policemen were afraid of losing them as they kept quite an eye on us. Maybe they thought we would like them for souvenirs.

It was a very enjoyable outing and we all had a very good day.

Sylvia Holmes

Tulw Topics

We have an ex golf-captain here and perhaps that stimulates the local Clubs interest in us. The Borris tournament in our aid is becoming bigger and bigger every year. A few of us were lionized at the presentation of proceeds and it was nearly too much for us.

We were over in the dramatically situated Baltinglass Club in early October for a memorable party – could I ever forget the kick of that cream smothered rum trifle and I had forgotten that golf gives you a vigorous hand with the bottle. The ten mile trip by luxury bus, through swelling wooded uplands spotted with those well groomed black and white cattle was a great joy in itself.

I suffered a great personal tragedy in missing the Kiltegan College party but, I must admit, I enjoyed the preparation for the Big-Day – the 'What are you wearing?', the hair-dos and the jewellery and the general spit and polish. The students could and would do an uproarious sketch on it if they only knew. But, there you are, you rarely get behind the facade of any of us.

Rosemary Shevlin

Spofforth Hall Cheshire Home, near Harrogate, Yorks.

On Wednesday, November 28th, we (or at least some of us) went on a Christmas Shopping Spree to Schofields of Leeds. We had an early breakfast and after the usual performance of "embarking" set off in convoy – three St. John's Ambulance Association Ambulances and our own Minibus – eventually arriving at our destination.

The shop was decorated as far as possible and in spite of the power cuts, I think we were too excited and busy looking for suitable presents to let such trifles worry us.

At a given time we all met in the Restaurant where we got nice and warm with lovely hot coffee and scones, all provided by the Store and much appreciated by us. We then loaded up and set off for Spofforth – arriving only a few minutes late for lunch and with still a little air of excitement clinging to us.

We are most grateful to all the kind people who helped us in so many ways.

Wyn Reeder (and Possum)

The "First Noel" at the John Masefield Cheshire Home, Berkshire

Our Christmas festivities began early, on December 10th, with a small party given by our two Occupational Therapists. This was followed on Friday, the 14th, by an interesting and crowded entertainment sponsored and arranged by "Dud" – Mr Dudley Kitching (Tape recording producer and engineer, Shop Manager-extraordinaire) which included a Buffet, Father Christmas, and of course, lots of drinks. During the evening a recorded message was to have been played from the Group Captain but, unfortunately it arrived too late. However, a letter was read from him by Dudley to the assembled company which consisted of some fifty or sixty guests including invited members of the Staff with their friends (and husbands, of course!), members of the Management Committee headed by the Chairman, Mr Patrick Medd, O.B.E., Q.C., Mrs Medd, and all the Residents.

A highlight of the evening was the presenting of gifts to the Residents and Staff by Father Christmas – alias a very good friend of the Home, Mr Ray Carter.

Christmas Eve saw a most welcome visit from the Commanding Officer, R.A.F. Abingdon, Group Captain and Mrs Jenkins, and Wing Commander and Mrs Baxter who kindly distributed beautiful presents and cut a glorious Christmas Cake. The presents included a "Duggie" scarf for you know who! The Residents are greatly indebted to the local R.A.F. Station, to the ladies who contribute so much practical help to the Home, including bed making and shopping.

Christmas day's breakfast was punctuated by the unwrapping of still more presents and later in the morning the popping of corks, as members of the Management, their wives, the Doctors and Friends came to wish us the compliments of the season. Dinner, with all the trimmings, so ably cooked by Mrs Johnston, and, of course, the traditional "flaming" Pud.

With the memory of Christmas carols sung by the local Women's Institute, the mince pies and wine and sherry, and the "fab" Christmas Dinner it was a great first Noel. We, the Residents realise the immense amount of work put in by the various Committees for so tastefully decorating the Home, buying and wrapping gifts, not forgetting the Staff under the Warden, Mr R. A. Girling, and Assistant Warden, Mrs Hickman, who contributed not only personal presents to us but worked so hard that we might be comfortable and happy. We were – we are.

May the coming year 1974 be as blessed and peaceful to everyone in the world as 1973 has been to us in the John Masefield Cheshire Home.

Mrs Margaret Dansie

Carnsalloch

The photograph shows Princess Alexandra talking to the residents of Carnsalloch before she opened the new Technical College at Dumfries in September. This photograph was taken *before* she met the line-up of V.I.P.s. She spotted the Residents as she got out of her car and insisted on coming across to speak to them "before they got too cold", were her words. The Residents were at another vantage point when the Princess came out of the College and Sister McGill and Mrs Barbour, Chairman of the Management Committee, had the honour of being presented to her. The Princess had another chat with the Residents as she made her way back to her car. Everyone was captivated by her charm and friendliness.

Incidentally, the Residents were transported in their own bus – their first outing in it as the bus had been delivered only two days previously – so it was a truly "Royal Outing" for them.

Joan C. Gourlay

Alne Hall, Alne, Yorks.

We are all very pleased that Matron and her family have at last taken up residence in their delightful new home, which has been converted from part of our stables through the help of Colonel and Mrs Palmer and their Alne Hall Amenity Fund.

Our central heating arrangements have been completely replaced by a new system and we are now very warm and cosy. Mrs Husband and her friends have run a Thrift Shop in York, and have helped greatly in meeting the cost of the heating bill, for which we are very grateful.

During the Summer twenty-one Residents and eight Staff had a week's holiday at Butlins, Filey. Again, with the help of Friends.

On a personal note, I had a very pleasant long week-end in Edinburgh during which I attended many Concerts at the Festival, in fact, two a day. I also paid a flying visit to Mayfield House and had the pleasure of meeting their new Matron.

The *Smile* is such a worthwhile magazine and keeps us all in touch with one another.

With all good wishes for 1974 from all at Alne Hall.

David Dunn



The photograph is by courtesy of Cumberland Newspaper Group Limited



Durham Cheshire Home Honeymoon Haven

Ron and Evelyn Staley, one of the four married couples at Durham Cheshire Home Murray House, were able to get married only because Murray House could accommodate them.

Ron and Evelyn met at a holiday camp on the Isle of Sheppey three years ago. The courtship was a bitter eight-months' struggle against bungling bureaucracy and money-wasting red-tape. The accompanying photograph shows Ron and Evelyn after their marriage at West Wycombe, Bucks, together with their three bridesmaids (Evelyn's three daughters by a previous marriage) and matron-of-honour Nurse Lynne Stacey.

Ron has been a successful Radio and Theatre scriptwriter, composer, and poet having had poems published in the United States of America, Japan, and in Great Britain. He recently had published a book-length poem based on Nelson's victory at the Battle of the River Nile, called 'Honor Est a Nilo'. Evelyn suffers from a coeliac complaint, and was a ballet dancer before being confined to a wheelchair.

R.S.

Durham Cheshire Home gets the Cup!

Saturday, September 1st was a big day for Durham Cheshire Home Murray House – it got the F.A. Cup! Not through beating Sunderland – the holders – but through their kindness and generosity.

The occasion was the Fete Day of Murray House, when the F.A. Cup was one of the many attractions, and the public could be photographed holding it in front of the Sunderland Team coming out on to the pitch. The accompanying photograph shows three of Murray House's own residents, (left to right), John Leish, Bill Hall, and Bernard Hanley.

The Fete Day drew thousands to see the splendid attractions, which included a special RAF Fly-past.

The afternoon's proceedings were opened by the Guest Celebrity Doris Hare (star of ITV's 'On the Buses'), and Jimmy Logan, the Scottish comedian.

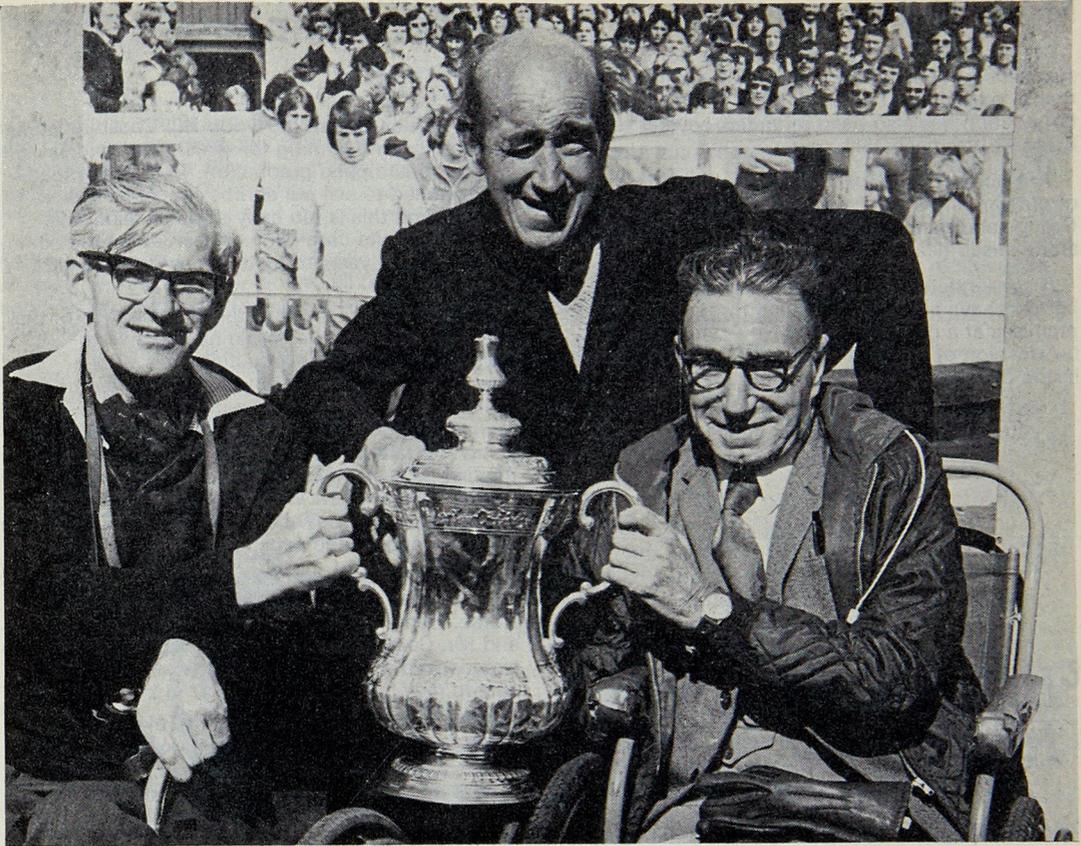
With almost 100 stalls and sideshows, Durham Cheshire Home Murray House's Fete Day made a profit of over £2,000.

R.S.

September 30th, 1973

Today we asked blessings on the Cheshire Homes,
Now founded for twenty-five years.
Founded for those with no one to care
For their helplessness or their fears.
Today there are over sixty in Britain
And many to help those overseas,
Where the disabled can live in security
And their interests and hobbies increase.
In Westminster Abbey we commemorated
These twenty-five years of progress –
An honour indeed we felt it to be,
The Group Captain himself gave the address.
His message was to all, so clear –
We should remember, but not dwell on days gone,
The two minutes silence should again be observed
To meditate on what should be done,
Taking care that our actions of today
However well they are meant
Do not rebound in the years to come
And give us cause to repent.
We should narrow the ever widening gap
Between the rich and the poor
And foster a spirit of compassion and love
To make the world feel more secure.
Our aim should be to direct our thoughts
To the needs of others much more.
The quality of life will then be enriched
As we follow more nearly God's law.

M.B.



A27/A283 Intersection

A clover leaf, in Sussex,
Curving high on spindly piers,
Is a source of satisfaction
To the highway engineers.

Sprawled across the downland valley –
But the traffic isn't dense:
Can an unimportant crossroads
Really call for such expense?

We were driving down to WORTHING
But got in the BRIGHTON lane,
So we had to go to BRIGHTON
Just to find our road again.

P.E.D.

Marske Hall

Marske Hall, the Teesside Cheshire Home, has succeeded in paying for its £30,000 extension less than a year after it had been built. A loan from the Foundation has also been refunded, several years before it was necessary.

This achievement was made possible by months of outstanding effort by the Home's 25 Support Groups and many other friends. One village group alone raised nearly £600.

A smoke detection system and emergency lighting have also been installed throughout the premises at a cost of £3,000. Now, should there be any sign of Fire, the alarm sounds automatically in the Station several miles away.

A. L. James

BOOK REVIEWS

by Rosemary Shevlin

The Ulverscroft edition of 'For Love of a Rose' has everything – entertainment, education and stimulation. It is the stranger than fiction story of four generations of the industrious Meilland nursery-men of Lyons and the dreams and sweat that created the romantic Paolino gardens on Cap d'Antibes. There are glimpses of the more business-like, but still generous American rose-growers, who gave their famous 'Peace' its triumph – after five years of trial and tears, its fairy-tale flight to the States and the long silence of World War II.

We'd love to try ourselves, and why not? A seed box of sand, a few seeds from rose-hips is all we want in our usually central over-heated homes. Some may even try their hand at cross-pollination, and budding, and end up with a true-blue scented and hardy – 'Cheshirelander' – and a million pounds in the kitty. You'd never know . . .

But for a start – get and read the book for yourself.

continued on page 30

Greenthumbs Garden Centre

The Garden Centre at Hydon Hill Cheshire Home has now been operating for three years, and sales have far outstripped production. This means that we have had to sell our shrubs almost as rooted cuttings and this is too early to be as economic as would be the case had we been able to retain them for three years to maturity, as we planned originally.

Now, therefore, we have taken advantage of the generosity of local wholesale nurserymen to supplement our own production; this was, in turn, only made possible by the very generous backing we have had from a member of the Management Committee; we hope we shall justify her faith in our prospects. Thanks to her, the first delivery was made to the Greenthumbs Garden Centre a few weeks ago and the shrubs and heathers can now be seen between Chalets 11 and 12, opposite the paper store.

Sales, on a 'cash and carry' basis, will be controlled by Arthur Eve, Chalet 10, Margaret Horne, Room 3, Chalet 4 (or the O.T. Workshop), and Mr. Cooke, in Reception. Arthur Eve, is an experienced professional gardener, and will be able to give help and advice.

We are now able to supply Gift Tokens which can be cashed at Greenthumbs in exchange for shrubs and heathers. At the moment, this is by way of an experiment, and we shall only have gift tokens to the value of £1, but if the idea catches on, we will have tokens over a range of prices.

Greenthumbs shrubs will be available at coffee mornings, at fetes, bazaars and all other functions, as well as direct from the plot seven days a week. The quality is fully up to professional standards, and is much higher than some we have seen, and the shrubs will be sold at normal market prices. We feel it would be wrong to undercut our competitors, many of whom have been so generous in the past; also, we feel our customers would not care to buy 'on the cheap', just because we are a charity.

All the labour concerned with Greenthumbs is completely voluntary, and we are immensely grateful to Joan and Edric Hardy, Mr and Mrs Thomas, the 'lads' from the Catholic Seminary at Womersley (who work so hard at the digging), and many others who have helped and encouraged us.

In May 1974, Anne Cecil-Clarke, who admits full responsibility for launching this hare-brained scheme, leaves Hambledon for Gloucestershire. Her place at Greenthumbs will be taken most ably by Mr and Mrs Ritchie of Bramley, both of whom are gifted, knowledgeable and experienced at horticulture.

RED FEATHER STICKERS

Ron Travers is just now launching a 'Red Feather Sticker' campaign which he is asking for us all to support. It seems to be an excellent idea and one which should catch on. 'Red Feather' stickers in transfer form can be placed on windscreens or rear windows of cars, and would attract attention wherever cars were parked, not only in official car parks, but in picnic areas, at gymkhanas, garden fetes and a variety of other gatherings. There must be an enormous number of cars used for Cheshire Homes all over the country, and this would be an ideal way of getting Cheshire Homes' people together and of identifying each other, as well as creating an interest among those who have never heard of the Foundation.

The cost of the stickers is 1p. each from the Foundation, Ron Travers suggests that anything over this amount might be used for local or preferably the Homes overseas which so desperately need our help and interest.



A Volunteer Eye View

by an O.A.P.

Michael Fairless in *The Roadmender* says 'After all, what we ask of life here, or indeed hereafter, but leave to serve to live, to commune with our fellow men and with ourselves and from the lap of earth to look up into the face of God'.

Volunteer work provides such an opportunity; experience provides the deep satisfaction in doing a simple, but necessary job to the best of one's ability, and one also makes a great number of friends.

Retiring after a busy life one tends to feel that there is little left to do, but the friendly greeting received at each weekly visit leaves no doubt that the efforts are appreciated.

After a time one gets integrated with the Cheshire Home family, is invited to residents' weddings and parties, and may even have the honour of being introduced to the Group Captain.

Altogether a most worthwhile job which fills the Autumn of one's days with satisfaction.

"LOVE"

by Joan Atkins

"It's 1.17", says Terry Wogan in his broad – definitely not Oxford – accent. Several times he has told me that it is dull and rainy in London, though the weather men argue that we're to have "Sunny Intervals".

Being 'confined to barracks' in my room I have glanced up quite often between writing Christmas Cards at the gorgeous blue sky above with fluffy white clouds occasionally drifting past.

I look at the photograph taken of me sunbathing just across the way wondering why no sunbathing today. Then somebody comes in, "Ooh it's cold out there".

The gardener has raked and planted so the earth is a rich brown. Whilst watching the birds swooping, listening, pecking at the lawn, running to peck again, my attention is distracted by the quiet tones of the radio telling me that if I have been loved, to find somebody to love.

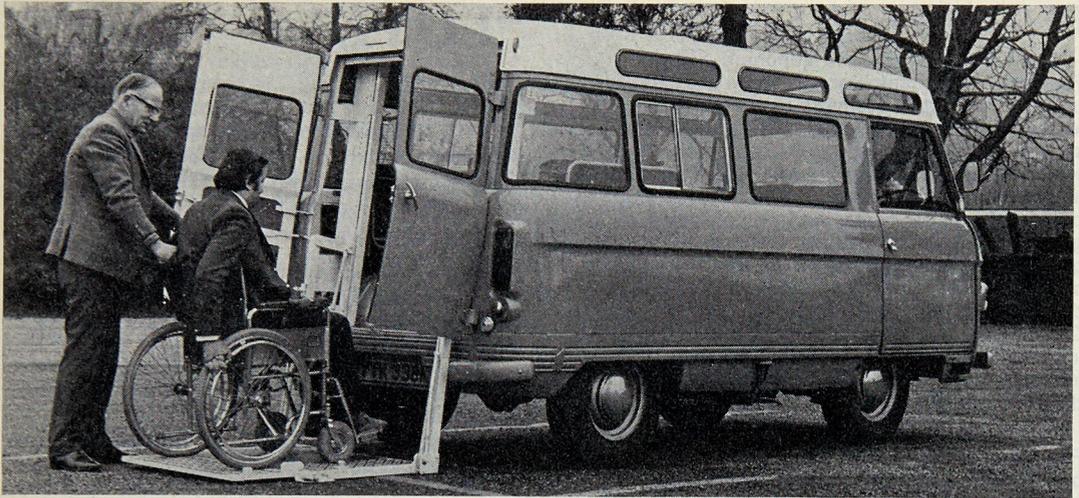
On reflection I have always been loved and found it easy to love and remember the love through the years. As a small child, through years of suffering, with my parents arms to soothe away the pain. The Nurses gentle hands and skilled surgeons as we laughed in the Theatre Dressing rooms.

Imagine waking to find the Surgeon sitting on your bed, holding your hand telling you that after the next 'op' you'll be able to sit up. These are the legs which hadn't moved for fifteen years; and the elation when later three Surgeons gently took my leg and raised it high – for the first time in years I could see my own leg.

How could I feel anything but love for these people. On the story goes as the theories are disproved and it becomes possible to walk. Now, there is so much more hope for others, and the close bond of love is formed.

Love is such a nice word to use. I believe that words have vibrations . . . love, dear, darling. All the time we hear so much of hatred, violence, greed and jealousy. Men constantly wanting more without just cause.

At Christmas people were talking of the Birth of Christ. In Christmas Cards at least the message of love, goodwill and fellowship continues. I hope they will always bear the words 'your love has given me life'; it is a truly wonderful feeling.



Mr William Bate helps his disabled son, Paul (27), into his Commer minibus with the aid of its Ratcliff Foldaway 5 cwt tail lift.

Minibus with lift makes disabled man mobile

Thanks to the use of a Ratcliff tail-lift, Mr Paul Bate, a young man, 27, who was disabled for life as the result of a road accident in 1967, can still go motoring and retain much of his former mobility. His father has had the tail-lift fitted to the back of his new Commer PB 2000 minibus. The vehicle was converted for wheelchair transport by Rootes Maidstone Ltd., of Mill Street, Maidstone, Kent.

A privately-owned wheelchair-carrying vehicle like this is still rare because of the almost sheer impossibility private owners experience in obtaining disability grants for such vehicles. Welfare services committees seem to be willing to provide a regulation three-wheeled invalid car for a disabled person, but if – as in Paul's case – that person will not be able to drive it but has to be driven around in a larger vehicle by someone else, they cannot offer an equivalent grant in lieu of an invalid car. So the full cost of the larger vehicle usually has to be borne by its private owner.

Before retiring to the peaceful village of Mosterton, near Beaminster, Dorset, Mr William Bate used to drive his son Paul about in a second-hand high-top 6 cwt van fitted with side windows. Paul's Everest and Jennings wheelchair, used to be held securely in the van by means of some makeshift lashing system and, to get him into and out of the van, Mr. Bate had to make two wheel ramps of aluminium channel.

Because the ramps could not be longer than the body floor (since they had to travel in the van), the resultant slope up and down which the wheelchair had to be manhandled was so steep that the operation required the combined exertions of both Mr and Mrs Bate; and it was not a very comfortable time for Paul.

Earlier this year, however, Mr Bate's elder son, John, told his father about a Rootes Maidstone conversion of a Commer minibus that he had seen, and how easy its Ratcliff tail-lift made the loading and unloading of a wheelchair patient. Mr Bate accordingly obtained particulars from the

bodybuilder and eventually placed an order for his new Commer with the local Chrysler agent.

The new vehicle cost £2,300. Included in this amount is the price of the Ratcliff Foldaway 5 cwt tail-lift and its installation. The original roof of the minibus had to be cut off and replaced with a 6in height-extension, moulded in glass-reinforced plastics, lined over the ceiling area and provided with windows along each side. There is seating for eight passengers in addition to Mr Bate and his son, but the vehicle is insured only for carrying six persons altogether. Therefore the twin longitudinal folding seats at the rear of the vehicle are kept permanently strapped up. When folded up for transit, the Ratcliff tail-lift is entirely enclosed behind the twin rear doors.

Mr William Bate tightens one of the two Rootes Maidstone patent clamps which hold his son's wheelchair securely in the Commer minibus.



Devoted parents with a dilemma

(Reprinted from the Birmingham Evening Mail of 14 March, 1974).

We are parents of a severely sub-normal, physically-handicapped son. He is 34 and our only child.

We are in our middle 60s, so the problem of what is going to happen to him when we are gone is a very pressing one for us.

Reports about conditions in some hospitals for the sub-normal and community homes for the disabled fill us with apprehension.

We ask ourselves whether we did right to care for him at home instead of 'sending him away' when he was younger.

Certainly, we have had many heartaches, but there have been rewards, too.

He has developed as the years have passed into a person interested in other people and world around him.

As we have seen for ourselves, he might have deteriorated into an apathetic vegetable had he been admitted to a sub-normality hospital.

When he was a child we sought suitable education for him but without success.

We were unable to get him accepted at any school, even a school for the physically-handicapped or the educationally sub-normal.

The fact that we, his parents felt that there was a potential there capable of being developed was regarded as the pathetic delusion of people too emotionally involved to face up to the truth.

We are teachers and we decided to provide ourselves the education we could not find for him elsewhere.

He has had the advantage of growing up in a home where there are many books and where we enjoy good music.

One of the effects of his brain damage is that his speech is affected so that communication was a problem.

From our daily contact with him we could understand him where strangers could not.

We stimulated his interest in shapes, colours and sounds and discovered that although his sense awareness was seriously impaired in some areas (notably in spacial awareness), in others, such as

the ability to distinguish and respond to sounds, he was at least as good as a normal person.

He became interested in books from an early age and would pore over a picture of a machine or a busy street scene for hours at a time, asking questions about details which revealed that there was some understanding of function, purpose and relationships.

We kept him supplied with picture-books and story-books, supplementing his own books by others from the public library.

We often read to him traditional stories and rhymes and introduced him to pieces of descriptive music.

His response to the rhythm and mood of music is immediate.

He listens to his records with complete absorption, and can recognise and name many pieces from short extracts.

Although he clearly understood the stories we read to him we did not think he would learn to read because of his difficulty in interpreting patterns, but we kept encouraging him to associate sounds with their corresponding printed symbol.

For years we made little progress and he was 18 before we had any real success.

Then, quite suddenly, realisation of the connection came as it were overnight, and he could read – hesitantly at first – needing constant prompting and encouragement but quite definitely reading.

Since then he has gained in confidence, reading two story-books a week aloud, with the pleasure that comes from understanding.

He is not able to read much to himself.

He still needs – and probably always will need – someone to listen to him and help him along with the story occasionally.

When he was 23 we succeeded in getting him to a day training centre for sub-normal people.

He is very happy there, and secure in the knowledge that at the end of the day he returns to a home where he feels himself safe and wanted.

In the evenings and at weekends, he settles down to a contented routine of records, looking at his picture-books and reading.

We visit friends and are visited by them.

With us he enjoys a stimulating social life.

But we are getting on. Insistently, the question keeps asserting itself: What is going to happen to him when we are gone?

What chance has he of continuing to enjoy those activities and relationships which alone give meaning to his life?

As a person in need of constant attention day and night, he receives an attendance allowance.

We have saved this in the hope that, together with our savings, we can set up a trust fund which will ensure that he is provided with the amenities he needs.

In the homes and institutions we have visited however, we have so far looked in vain for a set-up where he could have a room of his own with his books, records and other personal possessions around him so that he could continue to lead a life in which he could realise the potential which we have demonstrated is there.

We would give every penny we possess if we could know that this kind of future is a possibility for him.

If it isn't, then it may well be that the kindest thing we could do is to take him with us when we go, if we could summon the courage to take that step.

Fishbourne

Where mesolithic hunters
Once fished, with hooks of bone,
The Romans raised this palace
In marble, tile and stone;

With pediment and column,
Quadrangular, vast, grand,
Throne for the Roman Legate,
A marvel to the land.

The far wash of her flood-tide
Foretells the ebb of Rome:
The seat of Cogidubnus
Shrinks to a private home,

And burns.

A Saxon's ploughshare,
Turning the Sussex sod,
Scores through mosaic pavings
Which cultured Romans trod.

Now, on the Saxon's ebb-tide,
Here, by the Sussex shore,
Housing estate, and trunk road –
– That splendid Dolphin floor.

P.E.D.

David goes to Mexico

As was mentioned in the Summer edition of the *Cheshire Smile*, I was chosen earlier this year to represent the student nurses of the General Infirmary at Leeds at the Quadrennial International Council of Nursing Congress in Mexico City in May 1973.

The purpose of the Congress is to provide a medium through which national nurses associations may share their common interests working together to develop the contribution of nursing to the promotion of the health of people and the care of the sick.

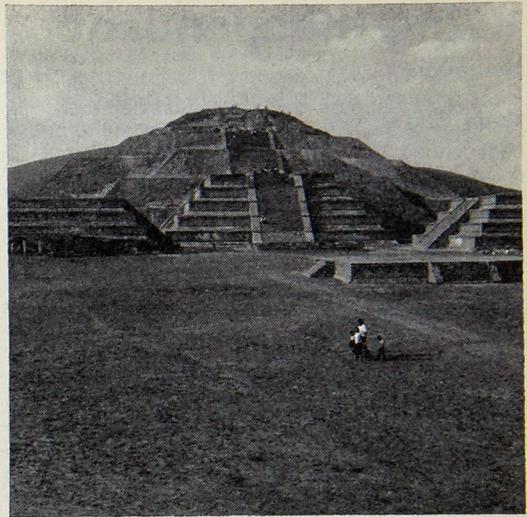
The United Kingdom party consisting of 218 members of the Royal College of Nursing, of all ranks left Gatwick Airport aboard an Aero Mexico flight. This being the first one from London to Mexico City, it was celebrated by having wine, champagne and liqueurs with our meals. After a 14 hours flight which took us over Greenland and included a stop at J. K. Kennedy Airport, New York we landed in Mexico City just before midnight local time.

The first two days of our stay were spent sightseeing. Among the places we visited were the ancient pyramids which were used hundreds of years ago to offer sacrifices to the Gods from, the shrine of Guadalupe where in 1531 the Indian Juan Diego is supposed to have seen the Virgin Mary, and Chapulhepee Park which covers 17,000 acres and includes a castle, a zoo, a museum, two lakes, and the biggest big dipper in the world which I was brave enough to go on.

On the third day of our stay in Mexico City the Conference began with the Official Opening Ceremony. This was a very colourful event and it involved the member countries' flags being carried into the Congress Hall by Mexican student nurses. Two representatives from the 74 member nations entered with their flag. The Congress Hall we used was the Sports Palace that was built for the 1968 Olympic Games. At the Opening Ceremony speeches were made by the International President and the Mexican Minister of Public Health.

During the next two days of the Conference meetings took place of the Council of National Representatives, the policy making body of the International Council of Nurses. Among the items discussed on these two days was a new and broader definition of a nurse which now included the state enrolled nurse of the United Kingdom; the presentations of the quadrennial reports of the executive officers and the elections of the officers for the next quadrennium.

On the final three days of the Conference plenary sessions took place in the mornings, while special interest sessions were held in the



afternoons in the stables, used for the horses during the Olympics. Not the ideal place for conference discussion groups to meet!

During our stay in Mexico City a varied social life was arranged for us. It included a Mexican Fiesta organised by the Mexican Government which consisted of Mexican music, dancing and food, a Mexican folklore evening and a very informal Royal College of Nursing cocktail party.

After the closing ceremony of the Conference on the evening of Friday, at which six new countries were admitted to the International Council our party split up half flying off to the historic ruins of Southern Mexico, while the other half flew to the pacific resort of Acapulco for a week's holiday. I was one of those who went along to Acapulco. Here, when not spending our time lapping up the sun, I joined a city trip to Acapulco which included seeing the famous divers, a speedboat trip, a cruise around Acapulco Bay and the neighbouring bays and a trip on a glass bottomed boat to see the fish and treasures of the deep.

We then left Mexico for home, after a trip of a life-time and one I won't easily forget.

David Wilson

(Matfen Hall 1969-1970 and Marske Hall 1971 both as a nursing auxiliary.)

Being Independent

by Pamela Phillips

Recently the mass media has illustrated the problems of the disabled. For this they are to be commended. Why must they concentrate on our disabilities and not our abilities. I am a spastic and I realise that I could never live on my own. My mother who I live with does not have to dress, feed or attend to my personal needs. While she does the essentials of the housekeeping, there are many little chores which I can occupy myself with. A television does not work without the plug being put in. In the evening the curtains have to be drawn. Other mundane things, like laying and clearing away meals and washing up dishes have to be accomplished. The beds have to be made and the garden weeded. When I tell people that I do these jobs, they either crow at me as though I was an infant cutting my first tooth or they look disbelieving at me. Why it should be so incredulous that an adult woman does these things, I cannot fathom.

At my preparatory school we were taught to dress ourselves. One houseparent told her charges that they had to put one garment on themselves each morning. If they did not have it on by breakfast time, they missed the meal. In the occupational department, we were taught to use a knife and fork. Many of us could not do buttons, shoe laces or zips up. Every occupational lesson we were kept at one task until we succeeded in doing it quickly and efficiently.

At my grammar school, the senior pupils endured some weeks of independence during their last year at school. During an independence week the student had to provide herself with her mid-day and evening meal, watched by the eagle eye of the occupational therapist. Before the week commenced we had to write out a menu. Everything on the menu had to be priced. We were allocated a small sum of money, which we could not overspend. Every meal had to be different. What we were supposed to do with any commodity which we could not use up at one meal I never found out.

On the Monday morning we were sent shopping. The shopping completed, calamity happened when I fell down on the way back breaking half a dozen eggs, which dripped over my other groceries. I had some black looks for that. Chips are my favourite form of potatoes, so for my first meal I had sausages and chips. Sausages are easy enough to grill. The chips proved a little more difficult. There were no frozen chips in those days and even if there had been my budget would not have extended to them. So I had to clean potatoes which I am not expert at. Having cleaned the potatoes in a fashion, I discovered there was no proper chip pan. 'A saucepan will do', the

occupational therapist said brightly and 'hurry up your sausages are nearly cooked'! I did not wait for the fat to heat properly, but just popped in the chips, so eager was I to have dinner on schedule. Instead of the golden brown chips my mother serves, mine resembled the products of a camp fire.

Next day I fancied pork chop, peas and boiled potatoes. Remembering my previous attempts at peeling potatoes, I started the job at 9 a.m. By mid-day the chop was grilling nicely and the potatoes were nearly cooked. What was in opening a tin of peas I thought, my mother does it every day. With the saucepan poised, ready to pop in the peas and the hot plate switched on I tackled the tin and tackled was the word. Now I realise that it takes more than one good hand to use a tin opener. Imagine a hot kitchen with the cooker and the central heating full on and the sun streaming in through the window. I was in full school uniform with an overall on top, I felt like a grease spot by the time I had finished. Dinner was served in the end, after I had endured a cut finger and the temper of the occupational therapist who had the habit of standing over you when you worked, issuing unconstructive remarks.

Apart from our independence weeks, domestic science was part of the curriculum. Our teacher was a perfectionist. If a drop of water was spilled anyone would think an atom bomb had dropped. 'When you girls are married with families there will not be time to spill water'. Every speech day we had to make cakes to show to the visiting fraternity. One year I decided to make Welsh cakes. No one had ever heard of them and for once I was left to my own devices which I preferred. Although I should not blow my own trumpet, I was doing rather well until the speech therapist entered. 'You are not using castor sugar in Welsh cakes, brown sugar is used in the best Welsh cakes, I should know, my grandmother courted a Welsh man for years'. Anything to please, I did not argue, the resulting dough was so wet that rolling it out was hazardous to say the least and the cakes disintegrated when put on the hot plate, leaving a burnt and sticky mess, which I endeavoured to clean to my teachers' satisfaction that evening.

Nowadays my able bodied acquaintances will not even let me walk unaided. They clutch on to me as though I was a parcel with 'handle with care' written on it. Is this necessary?

What if I do fall and break a limb, I am long passed the age of majority. If they like me as a person they must treat me as one and not as a responsibility.



Mr Roy Billington.

Life among the Zanzibar Revolutionaries

As I travel around to each Home meeting residents, staff and members of the Management Committees, I am meeting the same question over and over again – 'Are we similar to other Cheshire Homes you have visited?' The answer for the most part is 'NO', but some minor similarities do crop up, and one of these is your general enthusiasm to keep up with news and events, not only throughout the Foundation, but world wide.

Many of you must have read just ten years ago of the revolution that overtook the exotic little spice Island of Zanzibar, situated just off the East Coast of Africa. It was sudden, bloody and lasting, and it found us all – Asians, Africans, Arabs and Europeans – quite unprepared.

Here is just one story from behind the headlines.

When in the early hours of January 10th I crawled happily home from a party, very much at peace with my world, not once did I even consider that it was to be the last of such nights on that wonderful island of clove, coconut and breath-taking beaches. 7.15 a.m. saw me late for work, greatly surprised at the non-arrival of my houseboy – the first time in three years – and annoyed at having to turn back to answer my telephone which seemed to be ringing so urgently and persistently. My caller was a friend, a local correspondent for the Tanganyika

Standard. From her I learned that the island was in a state of revolution. I believe her actual words were, 'What the hell are you doing there, you fool!' Inappropriate, I thought, as I was then Superintendent of the Zanzibar Psychiatric Hospital and could naturally be expected to be in just that place on a work-day morning. Joan was one of the many brave women who remained so calm in those terrible days. At that moment her husband was missing with a small party which had set out to rescue the Sultan and even whilst she was telephoning me armed revolutionaries were driving round the town shooting at anything that moved. I could actually hear the whine and thud of bullets as she lay with her three young children on the floor of their house.

My own house was isolated from the rest of the European community as it was in the grounds of the Psychiatric Hospital in the heart of the African quarter. I remember flopping into a chair, trying to think coherently and to plan my next move, but within minutes my problem was solved by the arrival of revolutionaries in the shape of an armed guard, and I was taken to my hospital to treat and tend their wounded. This state of affairs was to continue for three days and each time the armed escort arrived at my house to walk me to the hospital I would wonder if I was being collected for a very sinister purpose. One incident I can now laugh about was the arrival at my house of an escort who, only a week before, had been a patient in that same Psychiatric Hospital. He gave me a cheery "Jambo Bwano" and stuck his rifle under my nose for the short walk from house to hospital. If you have ever looked down the barrel of a loaded Greener Rifle when the safety catch is off and a somewhat unreliable person has his finger on the trigger, you will understand why I was shaking. I was finally taken, under guard, to join my European colleagues of the Medical Department who were all working flat out at the General Hospital in Zanzibar town. In the town I was to witness the grimmer aspects of revolution; fighting that produced no injured – only corpses, followed by looting, drunkenness and rape; girls, especially from the Indian community, throwing themselves from third and fourth floor windows rather than risk becoming the victims of a crime that would make them outcasts in their own society. Instead they were admitted to hospital with fractured lower limbs and pelvis and in an extremely shocked state.

As the new regime established itself detention camps were set up and people would be accused and 'tried' for the most absurd reasons; sometimes a person would just disappear.

During this period I was back at the Psychiatric Hospital and one day my most illustrious patient, no less a person than a member of the deposed Royal family, decided to leave us and 'lead the

continued on next page

**'Life among the Zanzibar Revolutionaries'—
continued**

people'. The first we knew of this was seeing him sitting on the apex of the roof addressing a quickly gathering crowd who had recognised him and were in a very ugly mood and wanting blood. They soon had him off the roof and on the floor but the crowd was by now so large and so tightly packed that it could not use the pangas and other weapons that many were carrying. I managed to contact the notorious leader, self-styled Field Marshall John Okello and within minutes a lorryload of armed men arrived and whisked my royal guest away. I had avoided a riot but the fate of a patient lay heavy on my conscience that night. However I worried unnecessarily for he was returned safe and well in the dead of night when all was quiet. This action was typical of John Okello who would play God one moment and villain the next.

By the end of March, the presence of a lone European in the African quarter where there was great comings and goings by officials of the Chinese and Russian Embassies was proving an embarrassment, and I was given three days to hand over the hospital and 'retire'.

My final tussle with officials of the new regime came when I presented myself at the airport. The armed revolutionary in charge wanted me stripped and searched with all the other intending passengers but was afraid to go against the safe conduct pass I had presented and which was signed by the Revolutionary Council. His annoyance knew no bounds and he stamped, raged and waved his pistol under my nose. I had no intention of offering to open my cases for one of them contained the complete supply of Zanzibar Rotary Club banners. An Asian member of our club had smuggled them to me at the risk of his life a few days earlier and I was determined to take the gamble of getting them off the island. All the baggage but mine was loaded on the aircraft and the pilot taxied to the end of the runway for clearance. Then and only then did the angry revolutionary relent and I rushed across the tarmac to the waiting plane. The porter threw my cases in after me and moments later we took to the air and I was once more a free man.

Since my return to the U.K. I have spoken to two Rotary Club meetings and they have accepted a Zanzibar Rotary Club banner to display as a grim reminder of the fate that overtook fellow Rotarians in Zanzibar.

A final thought, especially as Zanzibar is still a sad place and Uganda has gone the same way, is that there is no substitute for democratic rule, and we must never take our own democratic process for granted.

*Roy Billington,
Counsellor.*

'Book Reviews'—continued

**Access to Public Conveniences—
A Handbook for Disabled Persons**

20p (23p post free)

The first national guide to public conveniences which are accessible to disabled persons has just been published. For many years there has been an ever-increasing number of guides for the disabled to various towns and this new guide attempts to collate the information on toilet facilities and add to it.

Additional information has been provided by local authorities and voluntary organisations for towns where no guide exists. The information has been gathered in counties for easy reference. There are gaps where authorities have not been able to provide any information, but it is hoped that gradually these gaps will be filled and the handbook will be more comprehensive than at present.

It will be published annually and it is hoped that disabled people themselves will comment on the information available and provide additions for new editions of the guide.

It was encouraging to see that by the end of 1973 there were be many more conveniences accessible to the disabled and this year should see the numbers still further increased if all projected plans mature. In the private sector the Marquis of Bath has again scored a first in the stately home league by building a special toilet for the disabled at Longleat.

The guide will be of value to the disabled person who plans to travel and wishes to know of the 'comfort stations' along his route, and will also allow organisations and clubs for the disabled to plan their outings and visits with a little more certainty. It is hoped to produce a guide dealing with specific routes later in the year and a further one on facilities at railway stations.

Further information from :

George Wilson
Central Council for the Disabled
34 Eccleston Square, London SW1

25th Anniversary — Last Word

by Frank Spath

A survey of Central Organisation and Development

(Reprinted from 'Contact', January/February 1974)

Ultimately responsible for the U.K. Cheshire Foundation Homes is the Central Trust in London. On the shoulders of the Committee of Trustees lies the well-being of nearly 2,000 handicapped residents and close on 2,000 staff living and working in the U.K. Homes. These Trustees are also custodians of land and buildings worth upwards of £2 million, and are responsible for expenditure by the Homes of over £1½ million per annum.

The Trustees have always tried to find a wise balance between the agreed policy of decentralisation of authority — which has allowed the good Committees to get on with their work, and the need to take effective and speedy action against bad management and the falling short of acceptable standards by ineffective Committees in any of the individual Homes.

The attempts to solve this problem — especially the latter part — have recently come in for some hard knocks. Hence the main topic of the Silver Jubilee Annual Conference last September — The relationship of the Trustees with the Homes and the Local Management Committees.

New steps taken by the Trustees to strengthen the central Administration were announced at the Conference. The Trustees themselves will operate mainly through the two Standing Sub-Committees, (a) the Finance and General Purposes Committee, which has existed for many years, and (b) the Homes Planning Committee, which is responsible for the starting of new Homes and the extension and upgrading of existing Homes. It has already been decided that priority should be given in the immediate future, in regard to the allocation of restricted financial resources, to helping Homes to bring themselves up-to-date on accommodation and equipment.

Much of the work at the centre will continue to devolve upon the small secretariat at Cheshire Foundation Headquarters (7 Market Mews, London W1Y 8HP), headed by the Secretary, Carmel Short. But a new Homes Counselling Service is being set up staffed by a small team of counsellors under Mr Ronald Travers. Their function will be to make regular and/or special

visits to Cheshire Homes, and there discuss problems concerning the welfare and disabled residents or staff.

Anyone can consult the Counselling Service on any subject at any time. Where disagreement between two or more people is concerned if these discussions with the Counselling Service fail to result in a satisfactory solution, the matter will be referred to the Trustees, who will take appropriate action.

The Counselling Service will deal with most correspondence from people offering assistance, and from those seeking vacancies. It will draw the attention of the Trustees to matters upon which general policy decisions or guidance are necessary. And it will represent Cheshire Homes at outside Conferences and Meetings concerned with the welfare of residents and staff.

Several other developments, in line with current thinking, are under active consideration. For instance, the Foundation's own training scheme will probably be given a new look next year under its newly appointed Administrator, Mrs Mary Hopcroft, late of DIG, bringing it much more closely in touch with the national scheme of residential care training.

The Foundation is also considering other methods, besides residential accommodation in communities, of caring for severely disabled people, e.g., the idea of assisting supporting services for those alert independent minded people who wish to live alone.

Group Captain Cheshire comments: "Not only must we grow and expand as opportunity presents itself and as need demands, we must also constantly re-examine ourselves to be certain that we are keeping pace with the times, that we are forward thinking and giving a lead in the field of disability in the same way as we did, without realising it, 25 years ago."

Income Tax

DISABLED PEOPLE are subject to the same rules and regulations for Income Tax as are the able-bodied. There are, however, special aspects because of disability, and the Central Council for the Disabled has put together information on all these special aspects in the hope that disabled people will benefit. Information ranges from tax-free social security benefits to choosing between sickness benefit and retirement pension, the additional personal allowances available because of disability and relief for expenses incurred in the course of business.

An information circular is published by the Central Council for the Disabled, 34 Eccleston Square, London SW1V 1PE, and is priced at 5p.

HELP!

A helpful word in your ear from Rosemary Shevlin, St. Patrick's Home, County Carlo, Eire.

YOU can help the much misunderstood deaf person and enable him to join in with the human family. A loss of hearing can easily change a gay extrovert into a distant introvert – and you can help such a lot . . . simply by being natural.

The first thing to remember is that, like every other affliction, there are many degrees of deafness, and a person who didn't quite catch what you said is probably not stone deaf, neurotic, or, even inattentive. Many people seem to think that sounds are graded by volume alone; this is certainly not so – it depends so much on *where* the sound is being made. For instance, the acoustics of a 'soft' room (one with carpets, cushions, etc.) are entirely different to a 'hard' room (a kitchen, say). So *where* makes a big difference, and there are two more important things to bear in mind when speaking to a deaf person – he is very much affected by extraneous noise . . . the ordinary sounds of living you probably don't hear at all . . . and your speech to him should always be direct and clear, at his ear-level whenever possible. For mercy's sake, remember that clear speech does *not* involve raising your voice or laborious chopping of the natural rhythm of phrases; none of these things matter in the least, and are nothing but bugbears to those who are trying by lip-reading or expression-reading, to come in from the cold silence to the warmth of society. Speak to all grades of deaf people in your normal voice, enunciating your words just a little bit slower, if anything.

These few do's and don'ts also apply if you are speaking to a hearing-aid wearer. There are varying degrees of deafness with them, too, and I regret that only a few have been sensible enough to wear an aid before they lost that ability to understand from the speaker's expression and lips, that same ability they acquired in the cradle! So, they are obliged to go through a tough twelve months of virtually unintelligible noise resulting in a lack of confidence. Remember, too, the hearing aid, no matter how costly, is only a crutch; despite all the claims the advertisers make, it is an unfortunate fact that the wearer is very unlikely to hear perfectly again. Try to help all you can. Don't forget that you will be heard best from the front; less well from the side, and probably not at all from the back. Above all, don't ever shout into a hearing aid; the amplification will not only confuse . . . it may well cause actual pain.

It is very sad how little sympathy there is for this disability. A misheard word will often cause a laugh, but a "what was that?" generally results in irritation . . .

A little thought – and you *can* help.

Fame!

'Cheshire Smile' achieves the ultimate – established in Dentist's Waiting Room.

Sir,

I was reading a past issue of your publication whilst in the dentist's waiting room and thought I would write and tell you how interesting I found it, at the same time I reasoned that it must reach a wide and varied field of readers so, here is an idea.

Perhaps you would like to spare a corner in a future issue to ask if there are any readers who might be interested in knowing about and hearing the sound of 'BARBERSHOPPING'. This is the 'ART OF QUARTET CLOSE HARMONY SINGING'.

You do not have to be a budding Tenor or Prima Donna or even have any knowledge of music and it costs no more than the effort to get among others and exercise the voice which the creator gave.

I have the sound on tape and will gladly send such by way of introduction to any who send me a 3in. tape (2 or 4 track) with a few words of greeting. I do most of my correspondence by tape, it is more satisfying than the written word all the time.

Cheers and beers, yours sincerely,

Elof Kronquist

*"Trees", Rogate Road, Hill Brow, Liss,
Hants. GU33 7QP*



Marriage

Solon-Pedder: on 22nd September 1973, CAROL SOLON to DAVID PEDDER. Carol is an Oaklands resident.

Engagement

Mailer-Fazackerly: on 28th September 1973, JANET MAILER to RONNIE FAZACKERLY. Good Wishes from all at Oaklands.

Deaths

Mawson: on 8th November 1973, REGINALD MAWSON, age 59, resident at Champion House since 1970.

Nettleton: on 5th December 1973, LILY NETTLETON, age 74, resident at Champion House since 1970 and formerly at White Windows.

Robins: on 19th December 1973, NORMAN ROBINS, age 54, a resident at Cann House since November 1971.

Pope: on 28th December 1973, LEO POPE, age 61, a resident at Cann House since November 1969.

Sergeant: on 20th October 1973, HILDA SERGEANT, a resident at Oaklands for nearly 2 years.

Venner: On 2nd January 1974, FLORENCE VENNER (Flip) aged 61, a resident at Cann House since November 1968.

Mathews: On 11th February 1974, CHARLES MATHEWS, resident at Carnsalloch since 1970.

Paterson: On 12th February 1974, STEPHEN PATERSON, resident at Carnsalloch since 1969.

Wood: On 15th January 1974, MABEL WOOD, a resident of Heatherley since 1962.

Smith: On 6th March 1974, KEITH SMITH, a resident at St. Michael's, Axbridge.

Angus: on 21st January 1974, at Holme Lodge. JAMES ANGUS, aged 53 years.

James who was a Scot had been a Resident for 2½ years. We shall miss his cheery 'Top o' the mornin' to ye' that was invariably his greeting each morning.

This space reserved

for

News from other Homes

Your next

News and Photographs

to 'R.R.' please

by 15th May, 1974

VOLINS WANTED—

Please mail all replies to: *W. Serhus, 31, The Esplanade, Fowey, Cornwall. Tel. Fowey 2406.*

Subscription Form

Annual Rate—50p. (post free)
3 years' £1.40 (post free)

If you would like to receive the 'Cheshire Smile' regularly, please fill in your name and address and post this form, with remittance to the Treasurer, The 'Cheshire Smile', Greenacres, 39 Vesey Road, Sutton Coldfield, Warwicks, B73 5NR.

(N.B.—Receipts are sent only on request.)

Mr/Mrs/Miss

(block capitals)

NEW SUBSCRIBER

SUB. RENEWED

I wish to commence a one/three year subscription with the _____ issue

All cheques, P.O.s, etc., to be made payable to 'Cheshire Smile' 19/1

Strike out what is not applicable

The new cover sketch will be the first of a series and will also be available as a reprint at a very moderate charge—order from the Smile office.

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.

Gabriel Rehabilitation Centre

Madras.

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

1 The Cheshire Foundation Homes for the Sick

Registered in accordance with the Charities Act 1960

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 and to develop their remaining talents. Disabled people are admitted according to need, irrespective of race, creed or social status.

The Management of each Home is vested in a Committee 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.

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

Patrons: Dr G. C. Cheshire, F.B.A., D.C.L.

The Rt. Hon. The Lord Denning, P.C.

Chairman: The Rt. Hon. Lord Justice Edmund Davies.

Trustees: Dr Margaret Agerholm, M.A., B.M., B.Ch.(Oxon)/Peter Allott, Esq./Group Capt. G. L. Cheshire, V.C., D.S.O., D.F.C./Mrs Sue Ryder Cheshire, O.B.E./Mrs M. M. Clark, J.P./R. E. Elliott, Esq./R. G. Emmett, Esq./Air Chief Marshal Sir Christopher Foxley-Norris, G.C.B., D.S.O., O.B.E., M.A./The Earl Ferrers/Major T. V. Fisher-Hoch/J. H. Inskip, Esq., Q.C./H. E. Marking, Esq., C.B.E., M.C./Lady June Onslow/T. Peace, Esq., M.C./B. Richards, Esq./Peter Rowntree, Esq./N. R. Trahair, Esq./R. B. Weatherstone, Esq.

Secretary: Miss C. T. Short.

Assistant Secretary: Mrs K. Harper.

Hon. Medical Adviser: Dr Basil Kiernander, F.R.C.P.

Hon. Treasurer: R. G. Emmett, Esq.

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 Foundations 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.

Cheshire Homes in Britain

Bedfordshire

Amphill Park House, Ampthill. Ampthill 3247 (3173)

Berkshire

John Masefield CH, Burcot, Nr. Abingdon, OX14 3DP.

Clifton Hampden 7324 (7130)

Buckinghamshire

Chiltern CH, North Park, Gerrard's Cross SL9 8JT.

Gerrard's Cross 86170 (84572)

Carmarthenshire

Coomb, Llanstephan. Llanstephan 292 (310)

Cheshire

The Hill, Sandbach. Sandbach 2341 (2508)

Cornwall

St Teresa's, Long Rock, Penzance. Marazion 336 (365)

Denbighshire

Dolywern, Pontfadog, Wrexham. Glynceiriog 303

Eithinog, Old Highway, Upper Colwyn Bay. Colwyn Bay 2404 (30047)

Derbyshire

Green Gables, Wingfield Road, Alfreton. Alfreton 2422

Devon

Cann House, Tamerton Foliot, Plymouth. Plymouth 771742

(772645)

Douglas House, 33 Gillard Road, Brixham. Brixham 4787

Dorset

The Grange, 2 Mount Road, Parkstone, Poole.

Parkstone 740188 (740272)

Dumfries

Carnsalloch House, Dumfries. Dumfries 4924

Durham

Murray House, St Cuthbert's Road, Blackhill, Consett.

Consett 4000 Office (2363)

Edinburgh

Mayfield House, East Trinity Road, Edinburgh EH5 3PT.

031-552 2037 (4157)

Essex

Seven Rivers, Great Bromley, Colchester. Ardleigh 345 (463)

Glamorganshire

Danybryn, Radyr CF4 8XA. Radyr 237 (335)

Gloucestershire

Cotswold CH, Overton Road, Cheltenham GL50 3BN.

Cheltenham 52569.

Hampshire

Appley Cliff, Shanklin, I.O.W.

Le Court, Liss. Blackmoor 364 (229)

Hertfordshire

Hertfordshire CH, St John's Road, Hitchin SG4 9DD.

Hitchin 52460 (52458)

Kent

Mote House, Mote Park, Maidstone. Maidstone 37911 (38417)

St Cecilia's, Sundridge Avenue, Bromley BR1 2PZ.

01-460 8377 (7179)

Seven Springs, Pembury Road, Tunbridge Wells.

Tunbridge Wells 31138 (20130)

Lancashire

Honresfeld, Blackstone Edge Road, Littleborough.

Littleborough 78627 (78065)

Oaklands, Dimples Lane, Garstang, Preston PR3 1UA.

Garstang 2290 (3624)

Springwood House, Garston, Liverpool L25 7UW.

Garston 7345 (5400)

Leicestershire

Roecliffe Manor, Woodhouse Eaves, Loughborough,

LE12 8TN.

Woodhouse Eaves 890250

Staunton Harold, Ashby-de-la-Zouch LE6 5RT.

Melbourne (Derby) 2571 (2387)

Lincolnshire

Hovendon House, Fleet, Spalding PE12 8LP.

Holbeach 3037 (3241)

Stonecroft House, Barnetby ND38 6YD. Barnetby 344 (699)

London

Athol House, 138 College Road, SE 19. 01-670 3740 (6770)

Monmouthshire

Llanhennock CH, Llanhennock, Caerleon, NP6 1LT.

Caerleon 420045 (420676)

Norfolk

The Grove, East Carleton, Norwich NOR 94W.

Mulbarton 279

Northumberland

Matfen Hall, Matfen, Newcastle-upon-Tyne.

Stamfordham 212 (383)

Nottinghamshire

Holme Lodge, Julian Road, West Bridgford NG2 5AQ.

Nottingham 869002

Oxfordshire

Greenhill House, Twyford, Banbury. Adderbury 679 (667)

Somerset

Greenhill House, Timsbury, Bath BA3 1ES. Timsbury 70533

(70866).

St. Michael's, Axbridge, Somerset. Axbridge 358 (204)

Staffordshire

St Anthony's, Stourbridge Road, Wolverhampton WV4 5NQ.

Womburn 3056 (2060)

Surrey

Hart's Leap Children's Home, Hart's Leap Road, Sandhurst,

Camberley. Crowthorne 2599

Hydon Hill, Clock Barn Lane, Hydon Heath, Godalming.

Hascombe 383

Sussex

Heatherley, Effingham Lane, Copthorne, Crawley.

Copthorne 2232/3 (2735)

St Bridget's, The Street, East Preston, Littlehampton.

Rustington 3988 (70755)

Warwickshire

Greenacres, 39 Vesey Road, Sutton Coldfield,

Warwickshire B73 5NR. 021-354 7753 (7960)

Westmorland

Lake District CH, Holehird, Windermere. Windermere 2500

(387)

Wiltshire

Greathouse, Kington Langley, Chippenham.

Kington Langley 235 (327)

Yorkshire

Alne Hall, Alne, York OEG 73. Tollerton 295

Beechwood, Bryan Road, Edgerton, Huddersfield HD2 2AH.

Huddersfield 29626 (22813)

Champion House, Clara Drive, Calverley, Bradford LS28 5PQ.

Bradford 612459 (613642)

Kenmore, Whitcliffe Road, Cleckheaton BD19 3DR.

Cleckheaton 2904 (2724)

Marske Hall, Marske-by-the-Sea, Redcar TS11 6AA.

Redcar 2672

Mickley Hall, Mickley Lane, Totley, Sheffield S17 4HE.

Sheffield 367936 (365709)

Spofforth Hall, Harrogate HG3 1BX. Spofforth 284 (287)

White Windows, Sowerby Bridge. Halifax 31981 (32173)

HOMES FOR PSYCHIATRIC AFTER-CARE

London

Miraflores, 154 Worple Road, Wimbledon SW 20.

01-946 5058

Gaywood, 30 The Downs, Wimbledon SW 20. 01-946 9493

Nicholas House, 3 Old Nichol Street, Bethnal Green, E. 2.

01-739 5165 (9298)

Residents' Telephone No. in brackets.

Cheshire Homes in Britain—continued.

MENTALLY HANDICAPPED CHILDREN

Cheshire

The Green, Christleton, Chester. Chester 35503

Dorset

Fairfield House, Lyme Regis. Lyme Regis 2487

Hawthorn Lodge, Hawthorn Road, Dorchester.

Dorchester 3403

Cheshire Homes Overseas

Secretary, 5 Market Mews, London W1Y 8HP.

Tel. 01-499 2267

Argentina

Buenos Aires

Canada

Toronto, Port Credit (Ontario), Saskatoon

Ceylon

Mt Lavinia, Negombo, Kiala Matale

Chile

Concepcion, Santiago

Eire

Ardeen (Co. Wicklow), Barrett CH (Dublin), O'Dwyer CH

(Co. Mayo), Rathfredagh House, (Co. Limerick),

St Lawrence CH (near Cork), St Patrick's CH

(Co. Carlow)

Ethiopia

Addis Ababa, Asmara (Clinic)

France

Holy Land

Bethlehem

Hong Kong

Chung Hom Kok (near Stanley)

India

(Office: Ch. Homes India, 18 Nemi Rd. Dehra Dun, U.P.),

Bangalore, Baroda, Bombay, Burnpur, Calcutta,

Coimbatore, Dehra Dun, New Delhi, Jamshedpur,

Katpadi Township, Covelong, Madurai, Mangalore,

Ranchi, Poona

Kenya

Mombasa

Malaysia

Johore, Kuching (Sarawak), Selangor (Kuala Lumpur)

Mauritius

Tamarin (Floreal)

Morocco

Marrakesh, Tangier

Nigeria

Oluyole (Ibadan), Orlu, Lagos

Papua and New Guinea

Port Moresby

Philippine Islands

(Philippines CH Inc. Manila, Sinag-Tala for Men Quexon

City, Sinag-Tala for Women Village Project 8, Quirino,

Novaliches, Quexon City (Sheltered Home)

Portugal

Carcavelos

Sierra Leone

Bo, Freetown

Singapore

CH Singapore

South Africa

Chatsworth CH (Durban), Queensburgh CH (Natal),

Fairhaven CH, Muizenberg (Cape Province), Port

Elizabeth

Spain

Las Planas (Barcelona), Masnou (Barcelona)

Thailand

Bangkok, Siri-Wattana CH (Bangkok), Soi Thongpooon

U-thid (Bangkok)

Uganda

Kampala, Tororo, Baluba, Saroti

USA

Madison (New Jersey)

West Indies

Georgetown, Barbados, Jamaica, Trinidad and Tobago

Overseas Homes include those for crippled and mentally retarded children, and for burnt-out leprosy cases.

Further information from the Secretary (address and Telephone No. above).

2 Sue Ryder Foundation

Sue Ryder Homes, Cavendish, Suffolk CO10 8AZ

Tel: Glemsford 252

Founder: Sue Ryder O.B.E. Charity Reg. No. 222291

Registered as a Charitable Foundation, completely undenominational and relying on voluntary contributions and small grants from local authorities, the Foundation was started by Sue Ryder to bring relief to any who are sick, lonely, homeless, or in any kind of need. It seeks above all to render personal service to the survivors as a small token of remembrance not only to the living, but to the millions who died and suffered and endured in our common cause. The Foundation is not restricted to helping only survivors but is devoted to the relief of suffering on a wider scale. Thus the work is a living memorial and as such strives to help adults, children of all ages who are in need, sick or disabled whoever they may be.

Sue Ryder Homes (United Kingdom)

Cavendish, Suffolk. Hickleton Hall, Doncaster. (Homes for disabled of different age groups. *Stagenhoe Park*, near Hitchin. (Holiday/permanent home for survivors of the Resistance and Nazi Concentration Camps and their children. Also disabled patients).

Sue Ryder Homes (Overseas)

Germany, Grossburgwedel. (8 cottages for families and single persons).

India, Sue Ryder Medical Aid Foundation, Bangalore.

(Voluntary teams of doctors and nurses). Ryder-Cheshire International Centre, *Dehra Dun, U.P.*

Israel, Nathanya. (Homes for girls).

Hungary, Czechoslovakia, Greece. (Individual case work).

Proposed sites in Volos (Greece) and Canea (Crete).

Poland, 25 homes. Yugoslavia, 21 homes.

3 Missionaries of Charity

This Order founded by Mother Teresa of Calcutta, numbers over 500 Sisters and 90 Brothers who run a large number of Homes for the Destitute in many countries of the world. Enquiries to: Co-Workers of Mother Teresa, Corbiere, 27 Queen's Avenue, Byfleet, Surrey.

4 Order of Charity

A non-denominational and voluntary society working to bring medical aid to leprosy sufferers in all countries.

A Founder member of the U.K. and European Committees of Anti-Leprosy Organisations. Enquiries to: The Secretary 50 Fitzroy Street, London W1.