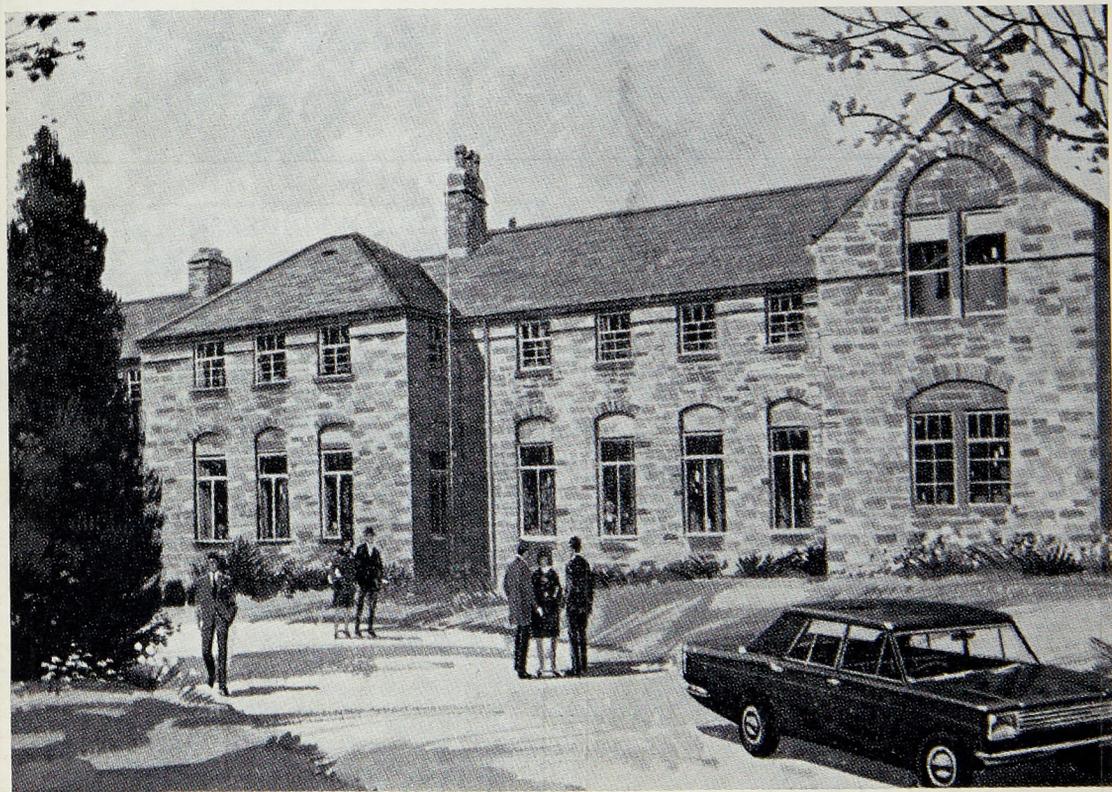


Cheshire Smile

The Quarterly Magazine of the Cheshire Homes Price 10p Autumn 1975



MICKLEY HALL
The Sheffield Cheshire Home

Cheshire Smile

The Quarterly Magazine of the Cheshire Homes

Vol. 21 No. 3 Autumn 1975

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Opinions put forward in individual articles do not necessarily represent the official view of the Cheshire Foundation, but it is our aim to encourage free expression of ideas.

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Cover: Artist's impression of Mickley Hall, Sheffield.

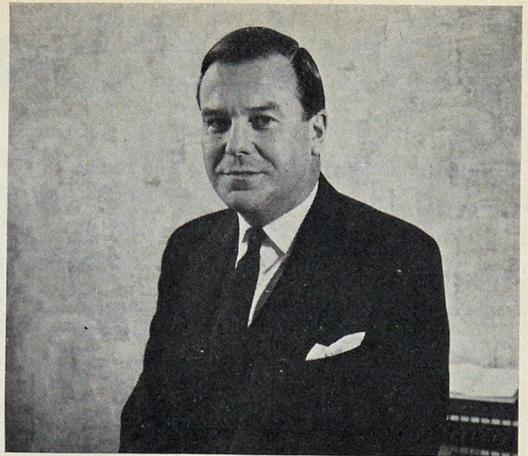
The Chairman's Page

The Chairman is on holiday and I have been reminded that it was originally my suggestion that there should always be a Chairman's Page in each issue of the *Smile*. My idea was for all those involved with Cheshire Homes to know something of what we at the Foundation were doing.

In recent months we have been discussing whether we should change the name of the Foundation. Many residents do not like our present description "Homes for the Sick", and the Trustees feel we should perpetuate the name of the Founder. Leonard Cheshire himself feels that we should drop the term "Homes" as in the not too distant future he sees that one of the gaps we could usefully fill in the social services might well be care of disabled people in their own houses. Taking all these views into consideration, we have decided that "The Leonard Cheshire Foundation" should be our future formal and legal designation, although there would be no objection to adding the words "for the handicapped" when appropriate. We hope you will feel that this change of name and description are an improvement.

Earlier in the year we set out a programme for Cheshire Homes to achieve a good standard of accommodation for the disabled residents in our care. A most important part of the programme is of course fire precautions, and despite the economic situation we have decided that every Cheshire Home must go ahead with the installation of early warning systems and all other recommendations put forward by their Fire Prevention Officers. The horrifying reports of disastrous fires in residential homes make it clear that whatever the cost we must have every home brought up to the highest standard of fire precautions.

All those who attended the Annual Conference will have seen Group Captain Cheshire's television programme on Communication. In this he makes the point that a Home should not be inward-looking. I want to take this opportunity to encourage more residents, more Management Committees and, indeed, Support Groups to think of the disabled people in the Cheshire Homes in many very poor areas of the world. Of course, the first responsibility of a Management Committee and of a Support Group must be towards their own Home, but that must not, and should not, be exclusive. Just a little help to an Overseas Home can help so much. During my travels I have visited Homes in many parts of the world, in Ceylon,



India, the Far East and Africa and elsewhere, all of whom could use a little help to great advantage. When I have seen the hand-to-mouth existence in some of our Overseas Homes I have felt a twinge of conscience and shame at the comparatively high standards of our Homes in Britain. Can the U.K. Homes not try to help their fellows overseas just a little more? The earnings from just one jumble sale would be to an Overseas Home as useful as the sum total of a big Summer Fete to a Home in the U.K.

During International Family Week one of the visitors from India told us how wonderful it was to make the trip to England when she thought she would never leave the Home in which she lived; they have no transport, no mini bus, not even a bicycle at their Home. We in Britain take for granted the issue of wheelchairs by the Social Services because, when employed, we have made our contribution to the national health service in this country. The disabled in developing countries just go without, many only being able to move by a painful effort of willpower and energy. The "Wheelchairs Overseas Fund" run by Norman Whitely of the London Cheshire Home provided £360 to pay for seven wheelchairs to be sent back with visitors to Family Week. It left Norman's fund broke, and he is trying hard to work up a balance so that he can meet more of the outstanding requests he has from India, Malaysia, and Morocco. Can you, the reader of this Page, help?

R. D. Davies

Freedom

In our last issue we published in full, over two and a quarter pages, the statement of aims of the Union of the Physically Impaired Against Segregation together with the summary of their policy statement as it was submitted to us. In our editorial we had the temerity to comment upon aspects of the statement. It would have been surprising indeed if the quarterly magazine of the Cheshire Homes had published without comment a description of institutions as 'the ultimate human scrapheap'.

Today we publish the Union's predictably outraged reply, and are happy to leave this to speak for itself. It does raise, however, two points of wider implication. Where, they say in effect, is the freedom of the press if you do not publish our material without comment? And how, they say, can the view of an editor merit comparison with a consensus of opinion formed by a committee after due debate?

As to the first question, where indeed is the freedom of the press, or of any of us, if comment is denied upon matters of moment by any pressure group whether it be union or cartel! Oh Cicero: O tempora! O mores! — 'Alas! how the times have changed for the worse! Alas! how the morals of the people are degenerated!' Oh America, where would you be today without the *Washington Post*?

On the second question we reject absolutely the premise that the concepts of a group of people are *necessarily* better or clearer or truer than those of an individual — that bigger is better. We believe, with Einstein, that 'Progress is made when an adventure takes place in the mind of an individual'. It is right of course that views which may then influence many people should be tested, and published without fear or favour.

In our small way we shall continue to stand for freedom and, in a phase that UPIAS should understand, make it possible for them, no less than us to 'Publish and be damned'.

These are questions of some significance in our society in Britain today. They are relevant too to disabled living: nearly all the passionate pleas that we publish are for greater freedom for the disabled. We hold it dear, and have the same objects as UPIAS in its defence. Where we diverge is in not denying freedom in its very defence. We can smile at ourselves too: we better had; it is our hopeful endeavour.

Equipment for the disabled

The 4th Edition of EQUIPMENT FOR THE DISABLED — a series of illustrated booklets — is being published by the Oxford Regional Health Authority on behalf of the Department of Health and Social Security; the compilation and editing continues at Mary Marlborough Lodge, Nuffield Orthopaedic Centre, Oxford.

COMMUNICATION, the first booklet in the NEW (4th) edition was due to be published in September 1975 to replace COMMUNICATION (3rd edition — 1971).

The next booklet will be CLOTHING & DRESSING for adults and publication is expected in late autumn. It will be followed by HOME MANAGEMENT in early 1976.

The booklets have been completely revised and contain new material. They are intended for use by those professionally concerned with selecting aids and equipment for handicapped persons of all ages and "guide lines" are given to assist in the selection of an appropriate aid for a particular individual. Brief details and illustrations are included, together with an indication of the price area and manufacturers'/suppliers' addresses.

It is essential that those working in this field should keep abreast of new developments by replacing their present booklets with new ones as they become available. Details will be given in the professional journals at the time of issue.

In the meantime, the 3rd edition and its binder are available from stock. Enquiries concerning orders or information about the 4th edition should be sent to:

Equipment for the Disabled,
2 Foredown Drive,
Portslade,
Sussex BN4 2BB.

U.K. prices remain unchanged at £1.50 per booklet, £1.50 per binder (to hold 10 booklets), postage extra.

Overseas prices quoted on request.

On Reflection

The Group Captain has produced a remarkable series of TV Video tape recordings entitled ON REFLECTION. They cover various aspects of the work of Cheshire Homes. Some show the struggles encountered in the early days. Seeing the G.C. on the TV screen talking about his own recollections of that time is most effective – far better than reading books on the subject!

It is necessary to have special play back equipment to show these video tapes on an ordinary colour television set, but this equipment will be available in schools and colleges as time goes on. For the present the Foundation have a play back available and each Trustee will have it in turn to show the programmes to their Homes and support group.

It is suggested that groups of Homes combine to purchase such equipment for use in their own regions.

Further information from: The Secretary of the Foundation, at 7 Market Mews, London.

Nos. (1) For Service Corps Trainees

1. TO THE SERVICE CORPS

An introductory talk of welcome to the Service Corps trainees and outlining what we look for from them and what the Foundation can offer in terms of a career. (10 mins.).

12. COMMUNICATION

A final talk to the Service Corps trainees. Deals with the autonomy of the Homes and the responsibility of the Trustees, also with attitudes to be adopted by Service Corps personnel in the Homes. (13 mins.).

(2) Historical

2. FIRST BEGINNINGS

How Le Court began, and why. The story of Arthur Dykes. (14 mins.).

4. PREDANNACK MOOR

Early growth of Le Court and the beginnings of the second Home, St. Teresa's. (12 mins.).

5. PAUSE FOR THOUGHT

Midhurst sanatorium 1952 to 54: some general reflections on the preceding four years. (13 mins.).

7. STAUNTON HAROLD

The story of Staunton Harold. (13 mins.).

8. JOURNEY TO INDIA

The beginning of the Foundation in India, 1955/56. (17 mins.).

3. JOINT VENTURE

The Ryder-Cheshire International Centre at Dehra Dun, Northern India. (18 mins.).

(3) For Support Groups

9. THE FOUNDATION

A general talk on the Foundation, rather in the form of a personal story. (15 mins.).

10. FILLING THE GAP

Amplification of the preceding talk with emphasis on points that usually come up in question time. (11 mins.).

11. THE FOUNDATION OVERSEAS

A general talk on the overseas Homes, how they are financed and managed and their relationship to the United Kingdom. (18 mins.).

People's Power

"The alternative society" was described to the NCSS at its Annual General Meeting recently by Dr E. F. Schumacher, author of "Small is beautiful" and former Economic Adviser to the National Coal Board.

Centralised government, he suggested, might be abolished and in its place set up 20 to 25 units of 2 to 2.5 million people. Each would raise its own taxes and use all but a small percentage of the money as it saw fit. Units would be masters of their own fate as if they were separate countries and could not be bailed out by a central 'government' if things got tough.

Dr Schumacher claims that a big organisation by its very size loses a human touch. People become frustrated, not so much by others, as by the mechanics of the bureaucratic system or the industrial machine. Once their work becomes "joyless, meaningless and alienated" people grow bored and robot-like.

He argues for a return to smaller structures in every aspect of working life and with it the chance for people to fulfil their fundamental needs: "to work creatively, to render service and to act in accordance with their moral impulses." Fulfilment acts as a liberating force, releasing the "people's power" and the real meaning of democracy. He cites voluntary organisations as a model of this power, with a pool of individuals devoted to a cause with energies and dedication not easily matched by government. He also proposes a novel welfare system whereby money collected in taxes by government is given to voluntary organisations as appropriate.

Copied from NCSS News Service – Intelligence Department, National Council of Special Service, 26 Bedford Square, London WC1B 3HU. Issued February 1975.

News from the CCD

Central Council for the Disabled

34 Eccleston Square, London SW1V 1PE

Telephone: 01-834 0747

New Impetus for Special Education

A committee has been set up by the Secretary of State for Education to investigate special education. It is to be under the Chairmanship of Mrs Mary Warnock, a philosopher and educationalist of much academic repute. The committee's terms of reference are to be:

"To review educational provisions in England and Wales for children and young persons by disabilities of body or mind, taking account of the medical aspects of their needs, together with arrangements to prepare them for entering into employment. To consider the most effective use of resources for these purposes. To make recommendations."

Publications – News and Reviews

NOT MADE OF STONE: *The Sexual Problems of Handicapped People*: Dr K. Heslinga PhD in association with Dr A. M. C. Schellen MD and Dr A. Verkuyl MD. Noordhoff International Publishing.

The book is both practical and theoretical, gives advice and explanations in simple forthright language and offers many solutions which can only be of value and assistance to the many, both disabled and able-bodied, for whom this area of life presents enigmas and difficulties.

HOLIDAY GUIDE 1976: If you or your disabled friends have recently stayed at an hotel, motel, guest house, camp or other establishment which you found suitable for those with physical disabilities, we should be grateful for your information on the subject. We have prepared postage-paid forms for you to complete and return to the Holidays Department. In this way we can up-date our Holiday Guide and offer a wider choice of suitable establishments to those in need of holiday breaks.

A GUIDE TO ARTHRITIS and Other Rheumatic Diseases: the Arthritis and Rheumatism Council. This booklet sets out clearly and factually details of arthritis in its various forms, its causes, symptoms and alleviations. It is highly recommended.

Available from the CCD at 15p per copy, including postage.

At Last . . . A Guide to British Rail

We are delighted to announce the publication of an official Guide to British Rail for disabled people. It has been prepared and published by the CCD in co-operation with British Rail. Following a short introduction containing general information about travelling by train, the main body of the Guide is devoted to details of accessible facilities at stations. Every major station in Britain is listed. The Guide represents a major break-through in access information, and should be invaluable to any disabled person travelling by train.

It is available FREE from the CCD, postage 15p.

A Disablement Commissioner Bill

was presented on February 4th, by Mr Lewis Carter-Jones, supported by MPs from other parties. It proposed to increase the powers of the Secretary of State in respect of a local authority which is in default of its duties under the Chronically Sick and Disabled Persons Act 1970. The Bill received a First Reading and will have its Second Reading on July 11th.

Parliamentary Questions and Answers

There has been a stream of questions to the Ministers responsible for the DHSS and the Department of the Environment about problems of disabled drivers. Many have concerned the design of invalid tricycles and have asked for statistics of tests on them, costs of repairs, driving tests, accident rate, etc. Other questions have been asked about the effect of the increased cost of petrol and about parking facilities.

Employment

Mr Neil Marten asked the Minister for the Civil Service what steps he was taking to ensure that all Government Departments employed at least 3% registered disabled. The reply was that the Department Ministers were constantly seeking ways to encourage Departments to employ more disabled persons and also to encourage more disabled persons to seek employment in the Civil Service.

continued on page 35

Looking at ourselves

(Talk given at Hydon Hill Cheshire Home on 22nd April, 1975 and at the regional conference, Loughborough, on 23rd July, 1975)

by Sheila M. Llewellyn

Management Committees and training—what deadly dull subjects they appear at first sight. Yet the raw material of both is people, that infinitely variable and infinitely surprising human commodity — and I hope to prove, not dull at all.

My comments this afternoon come not only from my experience in relation to one Cheshire Home, but are based on comparable experiences in most of my adult life, in which I have worked as both a professional and a volunteer in a number of voluntary agencies. In each of these a fair proportion of the time has been dealing with people in residential settings, though not exclusively so.

I have worked in residential settings, have lived "on the job", and know the pressures and demands which are made on people in these circumstances. I stress too that I have been in situations almost wholly where the background of the work has been that of a voluntary agency, with a voluntary committee employing professional or at least skilled staff, the staff having a special sort of relationship with the committee, generally paid by it, but often working alongside unpaid volunteers.

These settings are very comparable, and can provide useful insights and a cross-fertilisation of ideas.

I am asked to talk to you about the role of management committees, and an appreciation of the value of staff training, so enabling residents to be served by people especially prepared for this task.

Partnership

The more I have thought about it, the more I feel we should omit the word staff, and talk about training as more widely relevant — because in fact the people who need training are all of us, whether we serve as volunteers, whether we are officers of committees, whether we are members of staff including the domestic staff who are formally employed and paid, and indeed whether we are residents — all of us need to be helped to understand the task which has to be carried out, and our role in it, and the approaches and methods by which this can be most happily, responsibly, and rewardingly achieved.

At the outset I am trying to make clear that we are in a total partnership situation, that we are not in an "us and them" situation, but that we look

at each other as members of a team, where perhaps each of us has a different role to play, but we need to understand and interpret to each other what we are doing, and what our objectives are.

The continuing importance of voluntary bodies

Voluntary organisations have for a long time played an important part in our society, but new factors have entered the picture. There is a changing climate of public opinion about them, their values are challenged and they are now "under judgement". It is not enough to be well-intentioned and kind-hearted — you have to work to acceptable standards. Comparisons are made, and a bright spotlight plays upon work which hitherto passed unnoticed, especially where the work is now heavily subsidised or dependent on public money. Public expectations are high, sometimes unrealistic, but nevertheless potent. In practical ways, change is forced on us, through economic necessity, or maybe in a down to earth way by the local fire prevention officer.

So we cannot just take out our image of ourselves as a Cheshire Home, dust it down, and put it back. Something more radical is required of us. We have to look at the ways in which organisations develop or stagnate, and how we cope with change. Sometimes we give the impression that change only happens to us, not through us.

Alongside this, in an organisation so dependent upon its staff, we have to be very aware of their need to feel that they can work on a par with similar workers in statutory bodies. There is competition for staff. If we want quality staff we need to be able to offer the approach to the work and the conditions of employment and job satisfaction which are acceptable to them. In a word, there is the expectation of a *professional* approach.

Beneath the surface

We need to examine underlying assumptions — and look beneath the surface of the Cheshire Home Community.

It seems to me important for us to re-examine the nature of the piece of work in which we are engaged. Wherever we stand, whatever our point of view, we tend to dig ourselves in behind our own stereotypes. In addition, organisations tend to become box-like and rigid, partly as a self-defence mechanism. People too tend to live in boxes, of race, education, social experience, loneliness, etc. There is need for Cheshire Homes to be less box-like and more flexible. The better we do our job, the more different we may look in different places, using an imaginative and creative approach. So there is need for continual questioning of our ways of work.

"We need to keep our antennae out, to moods, worries, excitements, concerns, if we are to work with people. At the same time the real leader has to have eyes on the big picture, the problem behind the problem – otherwise we can make life easier yet still not make the really needed change."

The nature of the unit of organisation

Let us therefore look at ourselves, and the elements which go to make up our local Cheshire Home, set down somewhere in this country, or perhaps somewhere else in the world.

In doing this we shall try to move away from a mental picture of a home as "bricks and mortar" or even a home as "residents", to *Home as organism*.

Our work is about people, but it is sometimes mistakenly thought to be only about its clients, (the residents) whereas it is really about the needs, behaviour and interaction of residents, staff, committee members and relevant groups in the community.

It is also about *groups* of people, and how they behave in the group, and their inter-face with other groups.

Charts

The charts which follow are:—

Chart I The elements and their four sided partnership. — *A co-operative enterprise.*

Chart II As a *Network* or activity pattern.

Chart III As a *shape* — growth and development taking place because of living forces inside and outside.

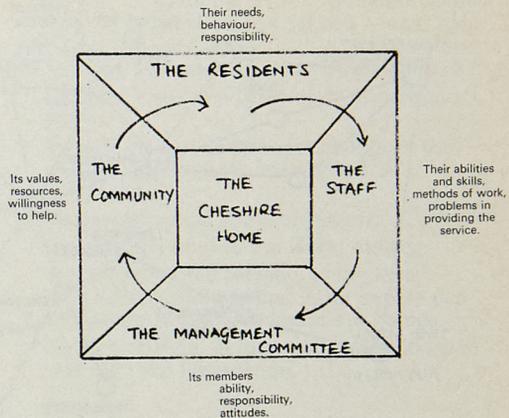
Chart IV As a *process*.
 "Environments are not passive wrappings, but are, rather, active processes, which are invisible".
 "Environments are invisible, their ground rules, pervasive structure, and overall patterns, elude easy perception."

These charts are not "cut and dried". They are intended to demonstrate that Cheshire Homes are not complete and finished, but in a state of perpetual movement, and full of potential.

We may only to a limited extent be able to control the external forces, but a healthy organism can respond without disintegrating. Perhaps most important for us to remember is that every home is as it were anchored in a local community — we must know and use the local network, be part of and not isolated from it.

A PROCESS OF CHANGE—

—The Elements involved are:—



Each of the elements are participants in the venture.

None are isolated factors. All are inter-related and inter-acting parts of the total process.

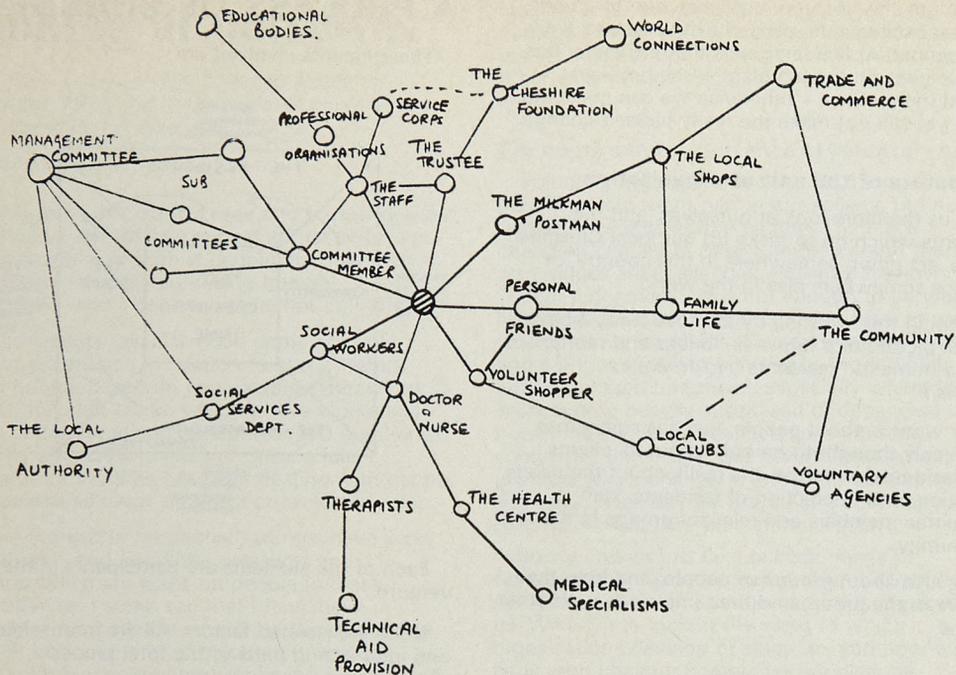
Each element is, to some extent, involved in every choice and decision made about the Home and its life.

So — we need to look at each opportunity, each problem, from four angles,

RESIDENTS, STAFF, COMMITTEE, COMMUNITY.

- NOT COMPLETED AND FINISHED
- AFFECTED BY LIVING FORCES BOTH INSIDE AND OUT
- CONTROL OVER EXTERNAL FORCES MAY BE LIMITED, BUT A HEALTHY ORGANISM CAN RESPOND WITHOUT DISINTEGRATING

A CHESHIRE HOME REFORMULATION PROCESS



The role of the Management Committee

FIRST – Some concepts about management.

Its aim:

The word management is used in the context of any group of people working together with the primary task of developing effective administration of a piece of work. It is a *task-centred group*.

Its task:

To be a policy-making body within a co-operative enterprise.
 To be a problem solving and decision making body.
 To find and mobilise resources of money, people, tools to do the job.
 To be a "think-tank" for the Home.
 To see "the big picture" and set the atmosphere and emotional climate.

Its approach. – An Open Group.

I want to suggest it ought to be an open approach. I am convinced that old paternalistic and patronising forms of management spell disaster in today's climate. Let us take away the mystery from the Management Committee, run it, as it were, with doors wide open. Only in this way can it really be reaching out, sensitive, aware, attentive, not esoteric or secretive, but genuinely consulting.

Who is to make up the Management Committee?

Basically, the answer must be:
 Concerned local people, and
 People with relevant skills, experience, understanding and knowledge.

Among these we must count:
 People from the local community,
 The Warden (Head of Home),
 Staff representatives (perhaps 1 regular and 1 by rotation),
 The residents – representatives they themselves have chosen.

Of the last two categories, we should look to them playing a *realistic and not a token part*.

If we are genuinely thinking in terms of open management, why not also have non-participating visitors, something in the way of a strangers gallery.

This leads inevitably to the question of how you deal with private business. Simple mechanisms can be evolved to deal with really confidential matters, for example by the brief closed session, always on the agenda, but only used if needed, as for example, to discuss salary scales. In my experience however, the number of matters that we think of at first as confidential, become more and more part of the open agenda.

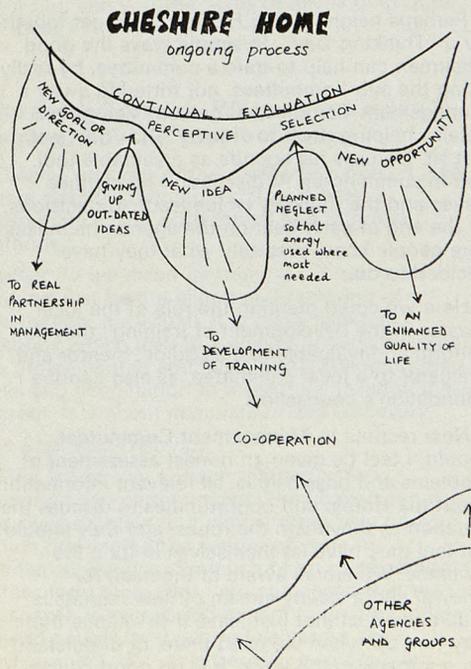
There are real dividends from open management :—

- 1) Less misunderstanding and distrust of motives, more involvement.
- 2) Less rumour mongering.
- 3) Greater general appreciation of problems and constraints.
- 4) More people able to interpret aims and methods accurately.
- 5) Better comprehension of reasoning behind future policies.
- 6) Decisions are taken on a wider basis of information and therefore less slanted or prejudiced.

What is the job of the Management Committee ?

The obvious:

- To deal effectively with practical matters.
- To recruit and employ staff.
- To oversee residents care and welfare.
- To look after the finances, budgets, money raising.
- To decide priorities, in long and short term planning.



The less obvious:

- To find allies – we cannot do without them (other agencies, the local authority, the press, local leaders).
- To find “the real thing” of a situation (issues need to be clarified and defined – what has happened, who is involved, why do we feel concern, who else needs to be involved?)
- To bring ideas to a point of decision and action.
- To look for and use stimulus people – the creative and dynamic members of a community.
- To develop good communications.
- To open the door to the world outside.
- To root the home securely in the local community, and interpret it, for people can have strange fantasies about our homes.
- To be a channel of information and ideas to and from the Foundation.

How can it do its job successfully ?

What is the secret – what makes a committee work well together – what in the end makes for a successful Cheshire Home ?

Probably:

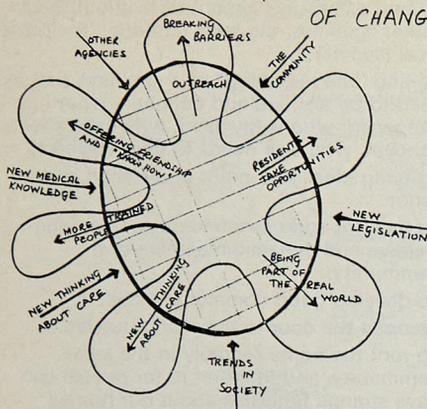
- Where there is a fair degree of *agreement about objectives*.
- Where there is a sense of *corporate responsibility*, team spirit and determination – which lasts after the individual members have left a meeting and gone home.
- Where the *personnel feel adequate* to do the job, or that the necessary skills and information can be developed.
- Where people understand their *roles and relationships*.

Roles and Relationships

People on committees behave in particular ways. Sometimes they quietly fight each other, at other times they get into flight situations, running away without leaving their seats. At other times they gang up, or behave in such a dependent way that they appear to have lost all confidence, and lean heavily perhaps on the Chairman, perhaps on the Warden (Head of Home). And even in homogeneous groups which are agreed on their aims, personal foibles cannot be overlooked; and there are different points of tension at different times in all organisations – if it is not one thing it is another! We can never completely eliminate these frictions.

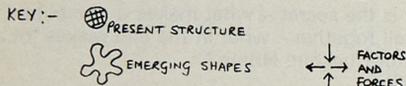
Much depends on the *Chairman/Head of Home relationship*, and how they define their roles, and how they determine the degree of responsibility the Chairman has in relation to the staff

A PROCESS OF CHANGE —



A CHESHIRE HOME

REFORMULATION PROCESS



members' job, and vice versa, — when to consult, when the chairman acts, when the staff member acts, how they keep each other informed — sharing thoughts and feelings as well as facts.

The *Chairman must be a mediator*. "He who would be a leader, let him be a bridge." Confidence and trust come from understanding the boundaries of each other's roles. Both need not only to know when to speak, but also the value of the self-imposed silence and knowing when not to interfere.

The Warden and staff need ongoing support, friendship and encouragement from the Management Committee, and the Warden in particular, who finds himself an authority figure without seeking this role, often needs opportunities for discussion on how he deals with situations that develop. Staff are now very aware that they are involved in personal and group relationship problems. Sometimes committee members can provide the help needed, on other occasions specialists in residential care, or other consultants may be more appropriate counsellors. The Warden and Deputy Warden need to be able to work without being manipulated against each other, and not at sixes and sevens with each other. With experience they will recognise when they are being pushed into this sort of position, as also they will come to see when individual staff members or groups of staff are being used by residents who have not yet overcome a need to play out their problems.

How do you train Management Committee members to do their job?

Hopefully, individual members come with either special skills or experience, often with professional qualifications in their own field.

But these do not necessarily equip them for the special approach that may be ours, concerned with attitudes about the enlightened care of the disabled. Most of us would admit that there are great gaps in our understanding of needs, and appreciation of potentials.

Partly we must train ourselves as we serve on management committees, reflecting on our experience, listening and evaluating. But there is need for more opportunity and time set aside specifically to share and learn, and I make a plea for more occasions when staff and committee members together, look at their task and seek to define a *professional approach*.

By this I mean that they:

- 1) Analyse their problems.
- 2) Decide priorities, approaches, methods.
- 3) Cultivate objectivity and self-discipline.
- 4) Identify and mobilise resources.
- 5) Develop understanding of group work and case work skills.
- 6) Design "tools" and strategies.
- 7) Choose immediate and longer term goals.

Perhaps neighbouring Homes could get together for a "Thinking Day". In simple ways the good Chairman can help to train a committee, by really using the sub-committees, not frittering away a Management Committee's nervous energy on details, helping them to "move" and "do", not just sit. He uses his agenda as a valuable tool, and in summing up of discussion he clarifies issues and the thinking which leads to decisions. At the end of each item on the agenda he makes sure people know precisely what they have decided to do.

Here we could mention the role of the local *Trustee* in the development of training; they can perform an invaluable role as guide, mentor and evaluator to a local committee, as also can the Foundation's counsellors.

New recruits to Management Committees should, I feel be given an honest assessment of problems and possibilities, all relevant information about the Home, and opportunities to discuss the situation as they learn the ropes, and they should not feel they have let themselves in for a life sentence. We are all aware of the *need for renewal* and a steady stream of new recruits is vital, but we cannot just leave it to chance that they turn up when we need them, or understand our approach to the work. It is no good having

just an "in group" which runs the show – unless there is this constant renewal not only of personnel but also of insights, the time surely comes when boredom, inertia, and ineffectiveness set in. New committee members need a lot of help, and it is easy to overlook matters about which they need to know, e.g. complaints procedures, residents' rights to privacy, our aim for a non-institutional approach and the absolute minimum of rules.

To quote from a fascinating document by Hampden Inskip "the longer a Home is in being, the more conscious the residents rightly become that they are the permanent element, and that it is the staff and the Management Committee who are the ships that pass in the night".

Edward Hall, in his book "The Silent Language" says "It is essential that we learn to read the silent communications as easily as the printed and spoken ones."

I would like to suggest that the Foundation might from time to time send out discussion papers to be included on Management Committee agendas – in fact "training material" to nudge us into thought and reflection.

And as a postscript to this section on Management Committees I should like to ask each Home a question about its Management Committee

- does it practise "open management"
- is the idea of partnership "worked in" or "pinned on"
- if not, can you see ways of developing these ideas?

Who needs Training, What do you mean by Training, How do you do it, When?

Clearly, *all sides of the partnership* need it, and where possible training together where appropriate, using both formal and informal methods.

What do we mean by training – it can at its simplest just be the giving and receiving of information, but I think it is really using all methods which lead to a clearer understanding of the problems that are faced, and developing the skills and imagination to meet the challenge these present. It is about *imagination and discovery*.

The Staff and Training.

First let me pay a warm tribute to the untrained and partly trained. They have been not just the backbone, but almost the whole body which has carried the weight of work in residential settings. So much of an understanding comes from them. But I am convinced that we must seek to recruit and expect to employ more trained people, and gear ourselves for this development. We must be willing to provide

opportunities for them, and for the untrained to add to their qualifications by participation in further training experiences, and for us to expect pre-service, in service and re-training schemes. In some cases our Homes will themselves be training centres providing field-work placement opportunities not only for our own service corps people, but residential care workers of all kinds, and indeed for people such as police cadets, too.

We can, if we will, afford, or create, in our Homes, climates and conditions where training can take place. Of course, training must be relevant to the technical needs of the on the spot job, but perhaps above all we have to think much more of the need for skills in residential care and personal and group relationships – care in its widest sense – and realise that however important physical care may be, an understanding of human behaviour, group dynamics, how things happen in communities, and how communities change, can have an even greater relevance to providing life of real quality. We need to remember too, that staff often need to expend as much care and sensibility on their relationships with the committee and volunteers and other staff, as on the residents.

"Among the 65,000 residential social workers as few as four or five per cent have qualifications. In the past it was assumed that all you needed was a kind heart and common sense." Too many workers still *only* learn by experience.

Formal Training

Such experiential learning, in which in effect you train yourself, is something we all continue to do all our lives, but we are only too aware that more is needed in the way of exposure to the cutting edge of real hard training.

Such formal training brings the benefit of a disciplined programme, and underpins "concern" and "caring" with skill and knowledge, and develops confidence and judgement. It helps the trainee to expand their talents in human relations while at the same time coming to terms with their own personal limitations, so being more realistically equipped for the task.

The inexperienced worker often finds himself floundering when confronted by problems and conflict situations. Training can develop the sensitive response, and the resilience, which enable him to function in an emergency, and the insight to live with and use conflict and tension as points of growth and not of disaster. He can see better how to help the group to help the individual. Training brings to the surface and point of recognition, learnings we already have within us, but do not realise we possess, and can often enable us to cope with hostility when perhaps we would rather run away, or leave the simmering pot

to seethe until it boils over and drastic action has to be taken.

Plainly, progressive personnel and training policies are necessary to the life of any organisation. Their implementation depends finally on a creative partnership between employer and employee.

It implies the need for trainees, and programmes, and here we must pay tribute to the immense value of the Cheshire Home Service Corps and its contribution. But it also implies the use of the wider opportunities now being created through the Central Council for Education and Training in Social Work, and its courses leading to the CQSW (Certificate of Qualification in Social Work), and the use of opportunities provided by other agencies.

So, we are looking for training for a variety of skills – human behaviour, and its physical, social, and emotional aspects, an explosion of the imagination, the development of empathy and sensitivity.

It should be designed to ignite the will to learn and inspire awareness, questioning and problem solving.

It is for the setting of standards – we must be able to live up to public expectations of our competency.

It should be part of a continuous and on-going process.

The Residents and Training

I believe we can say, without hurting feelings, that residents need to be trained, and to train themselves, too, using the word in the wide sense of deepening their understanding and strengthening their ability to cope with their life and their environment – not training for a job, but training for a viewpoint, and often, strengthening their will to be themselves and lead their own lives.

This is going to depend upon their disability, and it is clearly going to be informal – arising much from the ethos of the place, and the atmosphere created by the management's total approach to the task of creating the home as organism and process.

Residents need security, but they want to plan for themselves, make choices, go on being their own person. This implies freedom to reject as well as select. Residents want a chance to maintain and develop their own life style – able to "live dangerously" if they want to (without, of course endangering others). They want to be in on decision making, and experience involvement – but they also want time to be alone – "to look at the wall" if they want to.

They are in one sense a captive group, but they have the right to privacy, choice, to be alone or to be sociable. They have to train themselves to fight

dependence – so let us welcome signs of independence – and be ready to interpret it to others who may see it as ingratitude. At the same time let us look forward to seeing residents supporting and working for community needs other than their own. Residents are still people, and can be selfish just like the rest of us.

They more than anyone can see the shapes and spaces in our buildings. These can be life giving and life enhancing or deadening and dull. They can see potentials for inter-action, for sustaining each other, for light, colour, movement in material things, and in the atmosphere of a building.

They may feel their opportunities have boundaries, yet there are "lots of uninvented ideas". In their environment they must assist in bringing in the new "conversation pieces". Helpers can bring change to the Home but it is the acceptance of and *generation of* change by the residents which indicate that they are living in the real world and not in a protective cocoon. It is not enough for them to criticise the existing order when it falls short – they have an equal share in being agents for change. On the other hand let us be well aware of the stumbling blocks still too often in the path of drawing them into real participation.

Conclusion

We all have to train ourselves to play the "What if" game. What if each Cheshire Home becomes:

- an opportunity centre,
- a communication centre,
- a training centre,
- a research and action centre,
- a centre of outreach and co-operation?

We need to be able to imagine what might be achieved, prepared to enter into insecurity while we search for ways and means. The creative approach comes from putting old things together in new ways, discovering new juxtapositions. This is the artist's great gift – to see, and make us see, in new ways.

In the words of Thoreau "the greatest art is to affect the quality of the day". It is of that art that we would be practitioners.

Message from Mr Alfred Morris MP given at the Annual Conference

I was delighted to be invited to address today's conference and I am sorry that existing Ministerial engagements made it impossible for me to be with you in person.

I take this opportunity to pay warm tribute to the tremendous achievements in the field of residential care of Group Captain Cheshire and all who are associated with the Foundation. Their achievements are of such great importance because, however much Whitehall, the health authorities and local housing and social services departments can do, the statutory services will never cover all the needs of handicapped people.

It is the Government's aim to provide as wide a range of accommodation as possible. This means – not only providing specially designed housing, but adapting existing houses. It also means making sure that residential care – in homes or in hospitals – is available for those who either choose this or who need the kind of support that can only be provided in such a setting. This policy can be seen as a reflection of far-reaching changes in attitude to the needs of disabled people, both in public and private life.

Over the years, the Cheshire Foundation has been in the vanguard of progress in this field. I am sure that all who are involved in the work of the Foundation, the residents and the people who care for them, would agree with me that the Cheshire Homes are "homes" in the true sense of the word. The Foundation has attempted, and with admirable success, to give disabled people what they want. It has shown a constant willingness to co-operate with other organisations and never fails to try and meet contemporary social needs. We have evidence galore of the Foundation's success.

I personally owe a considerable debt to Leonard Cheshire for his help and encouragement in the drafting of the Chronically Sick and Disabled Persons Act in 1969-1970. It gives me particular pleasure to recall this today because, although there is still so very much to do, there has been so much endeavour by the Government and voluntary organisations alike to see that the Act really does bring help to disabled people in the way we have always wished.

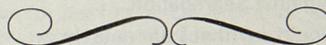
One of my tasks as Minister for the Disabled is to maintain close links with voluntary bodies. I hope that local groups from which there will be many representatives present today, will gain strength and encouragement from this meeting. I trust they will continue not only to provide help for those who are most in need, but also work towards changes in attitudes and towards inculcating in the public a greater awareness of the needs and claims of handicapped people.

The humane work of the Cheshire Foundation has enriched the lives of large numbers of people sorely in need of enrichment. Not only does the Foundation deserve the highest praise: I am proud to be able to include you all among my

strongest allies in the drive to give disabled people the opportunity of a better life as full and equal members of our society.

Kind regards,

Myra Thomas.



EQUIPMENT FOR THE DISABLED

The third edition of *Equipment for the Disabled* – a series of ten illustrated booklets on aids and equipment – is now published and can be purchased as a complete set or as single copies. The information contained in the booklets is intended for those professionally concerned in advising and selecting equipment for handicapped persons of all ages. Aids shown have been assessed in use with disabled people and 'guide lines' are given to assist in the selection of an appropriate aid for a particular individual. Brief details and an illustration are included, together with manufacturers' and suppliers' addresses, and an indication of the price area.

Titles available are:

WHEELCHAIRS AND OUTDOOR TRANSPORT –
special supplement
COMMUNICATION
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HOME MANAGEMENT
DISABLED MOTHER
PERSONAL CARE
LEISURE AND GARDENING
HOUSING AND FURNITURE
HOISTS AND WALKING AIDS
DISABLED CHILD

Booklets available from: *Equipment for the Disabled*, 2 Foredown Drive, Portslade, Sussex BN4 2BB.

UK prices: Booklets £1.50 each; Binders (for 10 booklets) £1.50. Postage extra.

Overseas prices quoted on request.

Compiled and edited at Mary Marlborough Lodge, Nuffield Orthopaedic Centre, Oxford. Published by the Oxford Regional Health Authority.

LETTERS TO THE EDITOR

Hampshire Gate, Langley, Hants.

Dear Sir,

I would like to comment on the article in the summer issue on the Union of the Physically Impaired Against Segregation.

First I would say that I am entirely in agreement with their aims and aspirations and have unstinted admiration for the *concept* of such a Union. But I was deeply saddened by the militant and emotive stating of the policies in the article and was surprised that they were expressed with the trendy militancy of today's pressure groups as used to fight financial, political and other "wrongs" which are nearly always perpetrated with ill will.

The great difference with their cause is that, except for a minority the wrongs are usually done with goodwill, however misguided. (Incidentally, many of the other features in this issue of the "*Smile*" are examples of the paternalistic goodwill which understandably drives the Union to despair!) So the use of the word "oppression" so frequently, would seem to do the cause of the Union a disservice, and to antagonise those whom we surely wish to persuade, educate and convince that segregation and management must be replaced by integration and freedom.

The term "ultimate human scrap-heaps" is also sadly sweeping for all institutions caring for the disabled. Undoubtedly some are, but some are not. Also, institutions are comparative; to a disabled person finally forced to surrender his beloved home and enter one, they could be hell; to someone of 21 in a geriatric ward, or "oppressed" and segregated by shamed and non-understanding parents, a Home could be a heaven on earth. To some they are a halfway house between a living death and a new life, from which they can progress when they are ready, to some, (and here I come to a hardly-ever-mentioned aspect) whose physical disability is matched by an unadmitted but greater or less mental disability, static or progressive, they are a haven of security and friendship which they do not want to do without.

Certainly let those who want their full freedom, financial freedom, sexual freedom, fight for it. Let them fight for their rights. But with those rights go responsibilities which they must also accept; the responsibility of taking physical risks,

the responsibility of married disabled persons as to how great a burden their partner may be able to bear, and so on.

And it is sad too that nowhere in their manifesto is mentioned love, friendship, or of course that unfashionable word compassion; all of which work both ways – the teenager who grows towards maturity by volunteering to run an adventure playground for delinquent children, the old man in a lonely room whose horizons are widened by the lively zest of the students who offer to shop and decorate for him, the Samaritans whose staggering reduction in the suicide rate speaks for itself. Surely the demand for integration into the full loving, hating life of this world which the disabled are seeking could be couched in terms which will win the sympathy, goodwill and active help of those who can change the climate of public opinion and enable them to lead the lives they so passionately desire?

Yours sincerely,

Mrs Dickie Finucane

Dear Sir,

I would like to put my answer to your "Viewpoint" of "Oracles of Oracles" contained in the Summer edition of the *Cheshire Smile* 1975.

I am glad that this article has been published in the same "*Smile*" issue in which Louise Battye has written a very apt reply to "Oracle of Oracles", although I appreciate that this was not his intention, but nevertheless, anyone interested in the aims (able bodied or otherwise) of the Union of the Physically-Impaired Against Segregation should read Louis' articles to set the U.P.I.A.S. aims and aspirations in perspective.

Yes, we have heard of disabled people for whom life at home is hell, but there are institutions for those who have to live in them in which life can be hell both mentally and physically because of the way they are treated by those who are supposed to look after them.

The U.P.I.A.S. was formed to help the inmates of institutions who are oppressed by unnecessary restriction and cruelty, in any institution where the physically-impaired are incarcerated.

We presume to follow our course of non-segregation of the physically-impaired and the sooner this is brought about the better. That to me will be a "hopeful endeavour".

We don't mind being termed "uppy ass", if by earning that title we win for the physically-impaired the right to "live and be free".

Yours sincerely,

A. E. Baker

(Mouth Painter), Le Court.

Dear Sir,

Thank you for publishing the Aims and Policy summary of the Union of the Physically Impaired Against Segregation in your Summer edition of the *Cheshire Smile*. We are, however, extremely surprised at your scurrilous attack on the Union's ideas. Your editorial stands in stark contrast with your professed "aim to encourage free expression of ideas". We fail to see how ideas can be freely expressed in a climate of editorial mockery and, frankly, intimidation. Nevertheless, we trust that the freedom of expression of ideas was meant to be editorial policy and that you will publish this letter in full, allowing us the accepted democratic *right of reply*. On our part we welcome the opportunity for all disabled people interested in the problem of social integration to seriously consider the issues with us and to contrast our approach with those who have no other way to debate except by using ridicule.

In your editorial you only raised two issues mentioned in the UPIAS Aims and Policy. Firstly, you say, "We can endorse many of the aims of the UPIAS". But, even the most superficial reading of the Policy will show that we are absolutely explicit in our aims - this is clearly set out in two sentences under the heading AIMS on page 11 (of the *Cheshire Smile*). It was precisely these aims that you rejected! To say that you endorse many of our aims without saying which aims you mean, can only be confusing and misleading. We hope, now, you will be able to state which of our aims you endorse so that disabled readers can judge for themselves our agreements and disagreements.

Secondly, you say, "it is nonsense to describe institutions" as "the ultimate human scrap-heaps". You then go on to pose the problem *as if* there were only two alternatives - either institutional living or "life at home" that "is Hell". We, however, have called for the replacement of segregated residential institutions precisely because history has moved on and there is now a new alternative. We have clearly stated that the arrangements to enable us "to participate fully in society must include the necessary financial, medical, technical, educational and other help required". The latter includes caring assistance, etc. Arrangements along the lines of the Swedish Fokus scheme prove that this is possible. It is only when disabled people living in homes that are "Hell" have no other alternatives for living in the community, that they are thrown upon the scrap-heap in institutions. Of course, the detailed historical and social reasons for this happening need full analysis. They appear to be fundamentally related to the kind of social organisation that ensures that physically impaired people can only avoid impoverishment if they can successfully "compete in the labour market to earn a living". Failure to do this inevitably leads to social insecurity and the possibility of being "cast on

the scrap-heap". That, in this sense, segregated residential institutions are scrap-heaps is undoubtedly true precisely because they are created only when other methods of containing disabled people in society have not been provided. But we now know that there are real and secure possible alternatives and that whatever the merits of institutions in the past "Britain today has the knowledge and technological means to bring physically impaired people into the mainstream of life".

Thus, the Union recognises that disabled people *can* enter the "mainstream of life" provided the necessary "arrangements" are made. This is obviously an optimistic, positive and exciting perspective for our future. On the other hand, apart from knocking the Union in your editorial, what future have you painted for us? In the light of our contrasting future perspectives, disabled readers can judge who is doing the "disservice" and who is "depressingly negative"? Similarly, it is obviously arrogant of you, an individual, to ridicule the elaborate and thoroughly democratically worked-out ideas of a national association of disabled people. This arrogance is clearly shown when you have the effrontery to associate the organised efforts of physically impaired people to better their lives with an absurd fiction - "one-eared hypochondriac spotted dog owners". Are physically impaired people so different that when we organise you need to poke fun at us and encourage others to regard us as a joke? Disabled people are all familiar with this attitude - it is called prejudice. And prejudice sugared with the "groundswell of spontaneous affection" looks like what is commonly called being patronising.

The Union recognises that given no alternative except "Hell" some disabled people will, understandably, have affection for the institutions that offer a kind of security, etc. However, it is right that people continue to struggle for better alternatives. Developments are rapid in our society and history waits for no man. We believe that integration is on the agenda and we believe that this can be demonstrated in argument and practice. We ask that all disabled people are given a chance to broaden their outlook, to read and take part in discussion about our future. The *Cheshire Smile* can truly play a constructive part in this development by really encouraging free expression of ideas and treating the considered views of disabled people seriously. The Union welcomes the opportunity for constructive debate on the issues and will be happy to continue this dialogue at a serious level. We are also happy to take part in discussions of views with disabled people and other provided this is on an agreed principled basis.

Yours sincerely,

P. HUNT, General Secretary
on behalf of the Executive Committee UPIAS

Dear Sir,

As a resident of seventeen years' standing (or sitting!) in a Cheshire Home, I would like to reply to Louis Battye's article, much of which seems to me to be a load of tripe!

He points out that Mrs Hopcroft asked him to represent residents of all Cheshire Homes. As he observes, he is eccentric and therefore in my opinion not truly representative of all residents.

He comments that people come to Cheshire Homes just to live and die. May I remind Mr Battye that for many years before he came on the horizon able-bodied people lived and died at the same house, and have been doing so for time immemorial.

Re- Mr Battye's suggestion about Cheshire Homes with six single rooms being made available to residents, I would point out that today, most councils build accommodation upwards – a policy followed all over the world. If he wants houses for six residents, I suggest he looks to where St. Cecilia's stands and he will find houses being built which would accommodate six people with ease for £45,000; by the time this article is printed, the cost may well be advanced by another £5,000.

He also says that people prefer to live in Local Authority Homes in preference to Cheshire Homes. It is their privilege to choose where they live if they have the option. A number of Local Authority Homes have been built on ideas learned from Cheshire Homes, but for all that I believe there is a long waiting list for vacancies at all Cheshire Homes.

Regarding the first resident of a Cheshire Home who died at Le Court – I would remind readers that he was picked up by the Group Captain in the most destitute condition but died at least in a fair amount of comfort. I hope that, when my time comes to die I will receive the care and treatment which I expect.

Mr Battye concludes his article by saying he represents young, active, intelligent, purposeful people who are unfortunate enough to be handicapped. I say that, as an eccentric, he has not got the right to represent anybody, and I would meet him in any place at any time to debate matters with him.

As I have said, I have lived at St. Cecilia's for approximately seventeen years and I can honestly say I "live and am free".

Yours faithfully,

David Floom

P.S. I forgot to mention that if Mr Battye feels he prefers Local Government Authority Homes, why doesn't he take steps to move into one – I believe such transfers can be arranged by mutual agreement.

Expectation of life in a Cheshire Home

Presented by Iona Parry-Jones at the Regional Conference at Loughborough, 23rd July, 1975.

What should a "Home" really be – an institution, a place where you are cared for, given food, shelter, and whatever necessary administrative needs you may require? This was my impression of "Homes", before I came to live in a Cheshire Home, when I learnt what a mistaken view this was.

We may be physically handicapped, and our capabilities limited in various degrees, but this does not mean we have no "life" to lead, given the opportunity and facilities. Of course it does not rely entirely on the circumstances surrounding us. We might have all the facilities possible, and yet have no life in the true sense of the word. Life is what you make of it. You've got to take any opportunity that comes along, and utilise any facility that may be available to you. Only in this way can we benefit not only ourselves, but others also, for, by seeing us using the facilities provided for us, will those in authority be encouraged to give us more facilities, and coupled with it, more responsibilities.

Taking into consideration what I have already said, what should a "Home" for the physically handicapped or disabled consist of?

First let us consider the environmental situation – in one word "freedom". The freedom to live as near a normal life as our capabilities will allow. For instance, what about the time limits one has to go to bed at night? Some, it is true, wish to go to bed at an early hour of the evening, as they might feel, that sitting all day long in a wheelchair can be rather too much for them, while to another person, long hours in bed can equally be tiring and cause such discomfort, especially if you are unable to turn, and change your position, the entire time you lie there, until someone gets you up in the morning.

Now, I would like to say here, that this situation of a reasonable bed time does, I appreciate, cause a problem, staff wise. My suggestions would be here, if it were possible, to stagger the hours of shifts, so that instead of say, two shifts a day, – one for the mornings and the other from the afternoons until late evenings, of average up to 9.30 p.m., we could have three shifts, consisting of first, early mornings from about 7.00 a.m., the second afternoons and early evenings, and the third late evenings up to about 10.00 p.m., or if there is transport available, or the staff have living-in accommodations on the premises, as late as 10.30 p.m. Alternative to these, instead of having the average of only two night staff on duty,

we could have three, so that those Residents who so wish, could stay up later, and be put to bed, by the night staff. This, if I may say so, has been proved that it can be successfully done, at our "Home".

Another aspect of freedom, – which is not entirely divorced from what I have just said, – is the availability to go out, either in groups or individually, not only during day time, but also in the evenings, such as to Theatres, Cinemas, Restaurants, and different kinds of Clubs, such as Clubs for the handicapped or any other kind of places, for social evenings. This of course incurs coming in late at night, perhaps 11.00 p.m. or even later. But if there were sufficient night staff to put people to bed, this would be no problem, as again, we at our "Home" have proved.

A good environment does not only consist of "Freedom", in the sense I have just mentioned, but also on good relationship, all round, between Residents, Staff and the Management Committee.

If I may speak personally here for a moment, I have lived in two Cheshire Homes. In my former "Home" the practice there was to call each member of the staff by their christian names, except for the senior staff, such as the Head Orderly, Staff Nurse, Sister, and of course, the Matron. When I came to my present "Home" on holiday last year, I found that nearly all the staff were called by their surnames. Now to me, this gave me an attitude of "us and them" – of formality and a degree of separation. However, when I came back this year, to live at "Greenacres" much to my delight, I found the practice of using surnames relaxed.

In my opinion, the relationship of residents and staff, should be one of friendship or comradeship, with whom you can share jokes, and talk to, even being teased, and able to tease back. Maybe some among you, may feel that "familiarity breeds contempt" as they say, but surely most of us are adult people, and have enough respect for each other, not to let this happen, so the risk is negligible, compared with the richness of a free and easy environment.

Next, I would like to take the second consideration of what a "Home" should consist of, namely "Facilities". Here of course, we all, I think are somewhat limited by financial situations, especially under the present economical conditions of our country. So, what should our priority be? This is a very hard question to answer.

The biggest enemy to one's happiness and well-being is boredom, and the only way to cure boredom is to occupy the mind and body as far as possible, to fill our time with some interest, for a life which has interest will never be a lonesome one. In this respect, surely, Occupational Therapy is indispensable. There are many things in arts and crafts that quite a few of us can do, which can be

to our own profit, through sales of our crafts and art works, as I am sure most of you here today know from your own experiences.

Another way of keeping our lives ticking over, would be, for those more able, to get out and do part-time work perhaps, in local factories and offices.

Of course there are some who may be totally incapacitated with their hands, but here even, with greater use of the many wonderful equipments of Possum, many can usefully occupy their mind in one way or other. All this of course does cost money, but if we ever do have cash to spare, why not use it, in this direction. It would, I feel, pay dividends, if not in money, then in fuller, happier and more contented lives.

As home is not just somewhere we live, eat and sleep, but also entails a kind of responsibility, and that is why in my opinion, every "Home" should have a Residents Committee. In my former "Home" for instance, there was no such Committee, hence if there was anything concerning the "Home" or our welfare to be put forward, we had no proper authority to put forth our views. I am also very much in favour, where there are Residents Committees, that one or two members of the Committee should also have a seat on the Management Committee of the "Home", for only in this way can a fair liaison between Management Committee and Residents exist, and it would be highly desirable that the Residents – who after all are the most concerned – have their say, in the general day to day running of the Home. One way of contributing to this, would be for those who can move about fairly freely, to lend a hand on the domestic side, if only to keep one's room as tidy as one is able and help to lay the tables, before mealtimes. In this way we are sharing with each other "our" home, and this is what a "Home" should consist of.

What of the future? In what way should development take place? I cannot think things would go far wrong if developed on the lines I have tried to describe, only to add that when plans are in progress for any future extensions of "Homes", priority should be given to where our mental and physical abilities remaining to us, can be encouraged to grow and be utilised, such as proper workshops to work in; quiet sitting rooms or libraries to read in and study, and perhaps a recreation room for music and various games. Also an indispensable part of every "Home" should be a Physiotherapy room with adequate equipment.

As I said at the beginning, we may be physically handicapped, but our lives can still be very full, given the right opportunity and facilities, to use the words of a well known advert, for – "work, rest and play."

Iona Parry-Jones

Around the Homes

Antique Fair at Alne Hall, York

Recently the Residents and Staff got together and raised £285 to re-tile the dining room and kitchen floors. To do this they ran a massive Raffle. The Occupational Therapy Room was turned into an Antique Fair by the courtesy of several local dealers. 'Antiques' being such an attraction these days we had nearly two hundred guests to whom we served sherry. It gave great pleasure to see so many ladies in evening dress, and we considered the evening a great success.

We are now planning holidays and several Residents are going to the Red Cross House at Harrogate and Bridlington, while two of us are off to the Edinburgh Festival having booked concert seats well in advance. The Festival Office in Edinburgh has been most co-operative, especially finding seats with as few steps to negotiate as possible.

David Dunn

Champion House, Bradford

A DAY OUT WITH THE ARMY

On August 14th, we were invited to go to Harrogate by the Army, where they were displaying all the different types of work and careers organised by them, from catering to dentistry. In the afternoon a display was held by the Royal Horse Artillery, the School of Physical Training, the Motorcycle Unit, and Massed Bands performed. It was really wonderful.

The idea of the project was to encourage new recruits, but I doubt if anyone enlisted from Champion House.

However, it was a very interesting day, and we were grateful to the Army for inviting us.

Our Annual Garden Party held in June was very successful. It was a glorious day, and we raised £2,000.

Elsie Lister

Rathfredagh Cheshire Home

Dear Sir,

We like our married people to overnight at home regularly, and maintain the family bond. It seems providential, but a matter that has been uppermost on our minds, was written about in the *Cheshire Smile* "Sexual problems of the Disabled".

We do not have the Social Services that abound in England, and so we must ourselves see our responsibilities in these areas. Often, when we are discussing something, I find I need only look through the *Cheshire Smile* and there is something that is most helpful, as in this case.

All our Committee, our Chaplains, and our Doctor, get the magazine, so they are all aware of developments taking place, in the thinking going on throughout all the Homes. It serves a very great need.

Yours sincerely,

Win Harrington

Cotswold Cheshire Home, Cheltenham

DAYS TO REMEMBER

Our annual outing which took place on a blazing hot day was to Wells and Cheddar Gorge. We wound our way through Bath, where we saw the Abbey from a distance, and arrived in Wells where we had a picnic lunch on the lawn of the Bishop's Palace.

Some of our party were escorted round the Cathedral while others investigated the Saturday Market. Later we made for Cheddar, where our driver took us up and down the Gorge before we had tea in a cool spot.

After tea we looked around the various gift shops before the homeward journey. We made for Frampton-on-Severn, and are grateful to our Cheltenham Group of Friends for the drinks that were provided. The landlord and customers of the village inn who saw us enjoying ourselves on the Green, sent us four boxes of chocolates.

Another memorable day was when the members of Coventry Aero Club entertained us at Coventry Civic Airport. On this, our third visit, old friendships were renewed and new ones made.

A flight for many of us in a four-seater plane and a sumptuous meal was provided by our friends, including a salmon salad. Now we know what the original prodigal son's welcome was like.

With all best wishes,

Bob Hughes

Flower Festival planned for Mickley Hall, Sheffield

Mickley Hall was a rather forbidding building that had been an orphanage, until in 1967 a more modern home was built for the children on a site higher up the hill. From our hillside position there is a beautiful view over Totley, on the Yorkshire border, to the Derbyshire Peak Park moorland, even though the hill is rather a disaster for wheelchairs.

From ten residents in the original building, the Home grew to its present complement of 36 by the addition of a large new L-shaped wing of ground floor bedroom accommodation, built around a central courtyard, with money raised from many appeals and opened in 1969. The next big scheme was a purpose-built craft room, from which the residents now produce a wide range of very attractive articles for sale. This room is equipped with sewing machines with which the residents make quite a lot of their own dresses etc., going on excursions to Sheffield Market for fabrics, in their own 17-seater bus, which has a specially built hydraulic lift for the chairs. Its arrival in September 1973 after months of anticipation and many more money raising events was another landmark in our history.

All the building which had taken place left the grounds with piles of builders' rubble and mounds of earth in all the wrong places, but in 1973/4 the old greenhouse was repaired, the vegetable garden cleared of weeds and planted, the rough field rotovated and re-seeded, and various areas asphalted and paved. Matron's office now looks onto a neatly paved area instead of a mountain of clay and weeds.

Last winter saw the upstairs of the main block converted from the old orphanage dormitories to bedrooms, bathrooms and common room for the staff, students and police cadets, who can now be resident if they wish.

After all the past events, for which there have been large and small coffee events, sales of work etc., we staged our first ever Garden Fete in June. Ian Carmichael performed the opening ceremony, and an enthusiastic fete committee worked hard on preparations for displays, stalls, teas and all the other items which go to make a success of these things.

When we get our breath back, and summer holidays are over, we have planned a Flower Festival for the three days of 18th-20th September, and this should be a lovely feature.

The Home will be 10 years old in 1977. We wonder what event will be held to celebrate our tenth anniversary; we have come a long way from the bleak old orphanage of 1967!

Happy days at Douglas House, Brixham

A brand new swimming pool has been opened nearby. Residents are making good use of it. Guided by many helpers they are slowly learning how to swim and float again. Some of them just go around in circles which just adds to the general fun and many duckings.

At a dance arranged by the Entertainments Committee, over 100 guests danced to the popular police band the "Pandemoniums"; (no-one received a breathaliser test or speeding fine).

The event of the year was undoubtedly the wedding of two residents, Nancy Libby and Monty Davey at St. Mary's Church, Brixham. All the residents attended to see Nancy walk courageously and radiantly down the aisle in an orchid pink Victorian style dress.

Another very important event was a Royal Visit to Brixham, when the Duke and Duchess of Kent came to name the new lifeboat and to open the swimming pool.

Walking back to the helicopter, the Duchess stopped and spoke to us all individually which made us very proud. She was presented with a Cheshire Feather Brooch, and was interested when told of the origin and meaning of our emblem. The day will not be forgotten.

Seven Rivers News

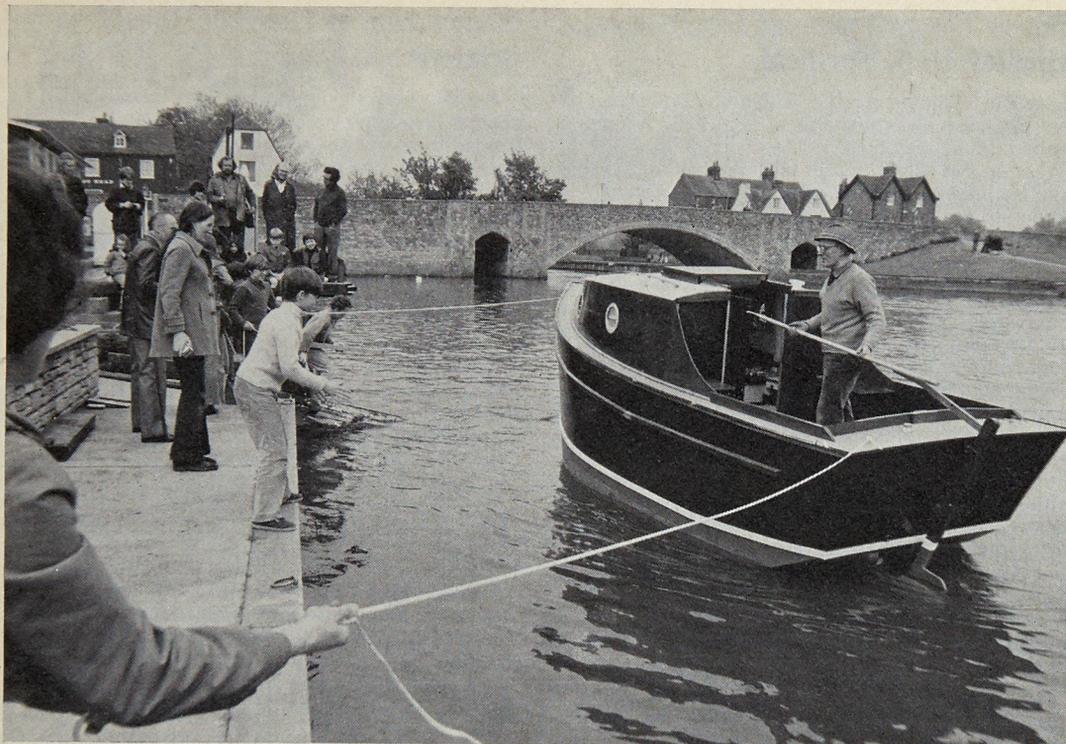
After days of snow, heavy rain and high winds, Saturday, 7th June dawned sunny, cloudless and hot. This was our Fete Day and what a day it turned out to be! By 10.45 a.m. a steady trickle of visitors began to pass through the gate. By mid-day it had become a stream and after lunch it turned into a flood.

The police controlling the traffic had an impossible task finding parking space and eventually gave it up as a bad job.

By the end of the day, more than 9,000 people had visited the Home.

The enormous increase in attendance was due to the presence of two of the Wombles, Macam Cholet and Orinoco. The poor things should have been given danger money for apart from the heat of their furry costumes they were almost crushed to death by eager children trying to touch them and get their autographs. Eventually they found a flat roof where they did a little Womble dance in safety and finally toured the grounds, in a Land Rover.

The grand total at the end of the day was £3,000 which was doubled by a Charitable Trust.



Launching day

The Honorary Recorder of Abingdon, Mr Patrick Medd, with no experience of boat construction, has built an 18-foot two-berth river cruiser, for the John Masefield Cheshire Home at Burcot, of which he is chairman. It was launched by a resident of the home, Mrs Chloe Westrope-Bernard.

Mr Medd took 18 months to build the cruiser at a cost of between £600 and £700. It is made of wood and glass reinforced plastics and has two berths, a galley, a spacious cockpit and an inboard engine.

JACQUELINE'S Swim

at Seven Springs, Kent

One of our Residents, Mrs Jacqueline Norris did a sponsored swim in aid of the Home. She is a left hemiplegic, has the use of one arm and leg and swims on her back.

The swim was of 30 minutes duration and sponsoring took the form of the number of lengths swum in this period, which was 20.

The demand for sponsor forms was tremendous and the money raised so far is £694.18.

As the whole idea of the swim was Jacqueline's own she decided how the money was to be spent and this was that it should be made into a fund for hiring films for our newly acquired 16 mm projector and the renovation of the aquarium which Jacqueline looks after.

Fiona MacKechnie

The Kilt and Pipes at Spofforth Hall

July 28th was a very special day at Spofforth Hall on the occasion of our Annual Fete. It was a beautiful and very enjoyable day. After a grand opening by Mr Ian Campbell an ex-wrestler, in Scotch kilt accompanied by a piper in full regalia; everything went off with a swing (the kilt as well?) entertainment for old and young alike from punch and judy, to karate, and a dog show.

It was a delightful day and the financial results were excellent too as the gross takings were over £2,500.

*Mrs Wyn Reeder
(Wyn and Possum typewriter)*

FLOWER POWER AT CHILTERN

What do all the flowers mean?

Regular visitors to the Home may have noticed, in recent weeks, small flowers blooming on the breasts of some residents, staff and other visitors. This is not as one might suppose an indication of Spring's approach, nor yet of the takeover of the home by flower power; although the latter supposition – flowers being a symbol of love and peace – has some truth in it.

In fact these flowers are the badges of three new support groups, but groups formed within the Home rather than outside; and devoting time, talent and energy to the support of three children's Cheshire Homes in poorer areas of the world.

Charity begins at home, but should spread outward in ever increasing circles which by and by overlap – no man being an island. There is enough, said Mahatma Gandhi, for every man's need – but not, he added, for every man's greed. Children starve and die in the African famine belt while Europeans and North Americans scratch their heads over vast wheat surpluses, glaciers of frozen beef and butter mountains.

The key is money, which can be the root of all evil, or, if one chooses, can be magical in its power for good. Pebbles from a holiday shore, varnished and polished, made into paperweights, have already raised money to feed the children in the Addis Ababa home. Bread from stones, the classic miracle, is a practical possibility any time. All you need – as the song says – is love.

So flower power has come to the Chiltern Cheshire Home. Wearers of orange marigolds support the Addis Ababa home, where children, formerly kept hidden away by their families, are fitted with aids for their disabilities, educated, taught a craft and sent into the community as useful and dignified citizens. We have seldom enough money for more than five weeks, writes an Addis staff-member, yet it costs only £15 a month to care for a child.

Bethlehem is a name to ring a bell in most hearts. The children's Cheshire Home there is in need of proper buildings – the hard hills of Judaea are cold in winter. Supporters of this home wear the pink.

Coimbatore is in south India. Leonard Cheshire is, we gather, more and more concerned with the Indian situation. In a sub-continent with a population of four million and poor conditions, the number of handicapped is daunting, nor are there large public funds to be drawn upon. Governments are only as rich as the people they govern. Supporters of this home wear the violet.

"I never give to these funds," one hears it said so often, "most of the money never gets there, you know." We at least have no worries on that score, all money raised goes direct to the foundations overseas office, where it is allocated to the home for which it is intended. Because it is for children it is work for the future; passing political boundaries it is work for peace; and it is Cheshire work.

"What, giving again?" I asked in dismay, "Am I forever to be giving away?" "Oh no," said the Angel, whose eyes pierced me through, "Just stop when the Almighty stops giving to you."

St. Bridgets, West Sussex

Open Day this year was held on 16th July and as luck would have it, it turned out to be a bright and sunny afternoon despite the fact of the weather being rather unsettled and windy a few days before.

The event was opened this year by Stanley Holloway, and was very well attended by a crowd of over 400 people, and during the afternoon about £676 was raised.

Stanley Holloway related a story of how he first met Group Captain Cheshire many years ago. He was asked to take a Concert Party up to entertain some of the R.A.F. – so he, Binnie Hale and Dougie Bing were driven to the R.A.F. camp. On their way Stanley Holloway noticed that the driver was wearing several ribbons, and it turned out to be none other than the Group Captain himself.

Ann Pink

Horse Racing and Swimming at Staunton Harold, Leics.

I am happy to report two new ventures which are giving our residents great pleasure.

The Leicester Race Course Committee have allowed us to attend two meetings which have been enthusiastically supported. The winners naturally are cock-a-hoop and the losers seem to think their money well spent on a pleasant afternoon.

The other venture is swimming at the Ashby-de-la-Zouch Grammar School Pool. Help is given by the boys themselves and members of Ashby Rotary Club and their wives.

*H. Vernon,
Warden*

Great Goings-on at 'Green Gables', Derbyshire

We have great pleasure in announcing the engagement of two of our residents, Miss Dorothy M. Brockenhurst and Mr William A. Hood. Dorothy has been with us since November 1972 and William since last February.

Congratulations also to Betty Crafts and Dorothy Sykes in passing "O" Level Exams in Religious Instruction.

What a start to Summer, an ice storm with hailstones as big as golf balls followed by glorious sunshine. We are so lucky here with such lovely panoramic views of the Derbyshire countryside from our lounge windows.

All the new fire precautions with smoke detectors, magnetic fire doors have been completed. A new telephone which all residents can use has been installed, all windows have been double glazed, so we should be warm and comfortable this Winter.

Our Garden Party raised £600, and Ann Taylor who uses a wheelchair but is not a resident here had a Garden Party at her home which raised £86. She always seems to find time and ways to help us. She is a great gardener and a very talented painter.

W. F. Brooks

Marske Hall Stops the Rot

Marske Hall, the Teesside Cheshire Home, has just had to endure nearly three months of noise and dust. This was because rising damp was found to be spreading rapidly up nearly all the walls of the 300-year-old building, and urgent action was needed to stop the rot. Fortunately the spell of high summer coincided with the start of the work, so that the residents could escape into the grounds for much of the time.

Shortly before this upset, the Home had held its Open Day with remarkable success. The amount raised, £3,256, was more than double the previous record, and is a most useful boost for the funds in a year when general contributions have dropped by half. But the Home's support groups have also come to the rescue, and contributed 50 per cent more than last year.

Much sorrow came to the Home during the summer. Four of its Thornaby-on-Tees group workers were killed in the Yorkshire bus disaster, not long after they had helped to start a sewing circle in a special effort to raise money. At the Home itself, two residents have died - Will Tuck, a real trier who made light of severe disability, and Ann Readman. And the death of Matron's mother, Mrs Margaret Abraham, a very special friend and worker, brought us great sadness.

Thirty four overseas residents and their escorts visit the Chiltern Cheshire Home

Due to the unfortunate effects of Britain's cold Spring this year upon the blossom in Richmond Park and the desire to visit a U.K. Cheshire Home, our Home was selected as the venue for tea on the Tuesday of Family Week for all the Overseas Residents visiting Britain.

Initial consternation met the first news that they were coming. You can imagine the questions. Where would we find room for up to 100 people: would we have enough cups: what we give them to eat and how would we be able to make ourselves understood? Very quickly this gave place to delight at our good fortune in being selected and all sorts of friends rallied round to help with sandwiches, cakes, and constructing lovely flower arrangements and other features. When the visitors eventually arrived there was pleasure all around. Each of them had an escort who gladly acted as interpreter, but the obvious happiness on all sides ensured an understanding, and fun which confounded any language difficulty.

We look forward to the next time.

Our Home will never be quite the same again. Many of our residents had already formed themselves into Support Groups to help some of the Overseas Homes. Since the visit all this has taken on a new meaning.

A very happy postscript to the visit has been the longer stay of two of the Overseas Residents Lyvia Fuentes and Domingo Blanco who came to us at the end of the Family Week. Both were Spanish speaking and so could help each other. Again everyone from the Residents to the Staff to many old friends, some new and others well known, helped to make their stay an enjoyable one. We hope particularly that Livia will prove to have benefited from the medical visits which she was able to make while near London.

Which Bone are You ?

It has been said that the Membership of any Organisation is made up of four bones:

There are the "WISH" Bones who spend all their time Wishing someone else would do the work.

Then there are the "JAW" Bones, who do all the talking but very little else.

Thirdly, there are the "KNUCKLE" Bones who knock everything that anybody tries to do.

Finally, there are the "BACK BONES", who get under the load and do the work.

Which are you ?

Which are you ?

From 'The Nutshell'

Greenhill House, Timsbury arranges an International Exchange

An exchange visit was recently organised by Greenhill House, Timsbury and Monsieur Bruno Gaurier of the Association Des Paralyés de France. Nine residents and two escorts from this Home went to Bordeaux by air from Lulsgate Airport and stayed in a home where they mixed with German and French handicapped persons. The following morning nine handicapped persons and two escorts were collected from Southampton. The return of both parties was via Le Havre – Southampton.

An intensive programme was arranged with the co-operation of many organisations and friends. Visits included afternoon tea with the Timsbury Group of Friends, a visit to a farm by special request of the visitors, from which they all returned in a horse box from which came hoots of laughter! There were visits to Longleat, Fry's Chocolate Factory, Stourhead Gardens, Bristol Zoo, an R.A.F. Station and trips to the City of Bath culminating in a formal visit as guests of the Mayor, City Council and the Bath Round Table. As the buses and ambulances pulled away the Bath Round Tablers joined by a local constable, lined the pavements with their umbrellas sloped and sang the "Marseillaise" to the amusement of many visitors, and especially our French guests.

Before leaving, the remaining residents of Greenhill House laid on an excellent party with a Morris dancer entertaining – an excellent punch being provided by James Ibbs our barman.

We learn from Betty Penfound and Anita Dennis the two Service Corps Nurses who accompanied our party, of an intensive programme with an international flavour where Germans and French all joined in to make it a holiday of a lifetime. Many friendships have been made and a few hearts, if not broken, were badly dented!

We are sure now that this exchange has gone so smoothly and was so worthwhile that other Homes would like to copy us.

The photo shows our guests arriving at Greenhill House and I am sure will be of interest to many of our friends.

"Le Patron"

Birmingham Tapes for the Handicapped Association, 20 Middleton Hall Road, King's Norton, Birmingham sends out a tape recorded sound magazine to handicapped people throughout the country, once a month. Loan of recorders is free in the Birmingham area. Greater London Councils may wish to consider lending recorders to handicapped people. Cost of joining and acquiring monthly tapes is 25p a year.





Murray House, Durham

The enclosed photograph is one of our residents Joan Stewart who after 10½ months of surgical treatment walked back into Murray House. She has now discarded her previously used Possum unit (thereby making history).

Since her return she has completed the dressing of all the dolls around her, including running repairs. Lots of these were sold at a recent Wine and Cheese Party.

“Waste Not Want Not” *Guidance and Hints from Chiltern*

In the war we called it salvage, now it's known as recycling; really it's plain old-fashioned thrift, and for the Home it's a money raiser.

In deciding what to salvage, recycle or save we ask first, for what is there a ready market, and second, what is economical to handle and store in terms of time and space.

Plastics demand considerable know-how to sort the many chemically different kinds, and cardboard really requires large bins to store the many irregular shapes. At present we concentrate on three materials.

The first is newsprint. Newspapers quickly fold into a standard shape, are easily tied into handy bundles, and can be stacked compactly. In the Autumn the bottom fell out of the newsprint market, but fortunately we still have a buyer paying £16 a ton – or, as they quaintly call it, “tonne” – for the manufacture of building board.

Our second material is coated paper – magazines, colour supplements, catalogues – made of more or less shiny paper and held together with wire staples or glue. Here the market is depressed just now, but we still get £8 a ton.

The quickest way to bundle newspapers is with the ironmonger's slipknot – also used by butchers to tie up the Sunday roast – which can be tightened by pulling the free end. For those who left the Scouts or Guides too long ago, the same firm result can be got by tying the bundle with an ordinary knot and then stuffing in more papers until the bundle is solid.

We receive some bundles beautifully tied – but with knitting wool – which produces a rather “April Fool” effect when we try to pick the bundles up by the “string”. Others, well tied with strong twine, unfortunately have to be dismantled as they contain a mixture of newsprint and magazines. We are, needless to say, grateful all the same; it's all grist to the mill.

The third material which we can handle easily and sell rapidly is aluminium foil. This includes milk bottle tops, kitchen foil, supermarket food trays and the pull rings from beer cans. We also sell odds and ends of scrap metal – copper, lead, brass and aluminium again. Scrap dealers will also buy old car batteries.

Design for the disabled

by Carol Dix

With acknowledgements to 'The Guardian'

Disabled people may be affected by the drab, grim, formalised things they have to use, thinks Penny Thrift. 'Why shouldn't a wheelchair be a fun thing?' she says. 'Why shouldn't it be brightly coloured? Or maybe we should just scrap the whole idea of a wheelchair and start again from scratch.'

Penny Thrift has just been granted £21,500 by the National Fund for Research into Crippling Diseases for a three year research project into the psychological and human needs of disabled people in relation to their environment and their equipment.

She is a remarkable woman. In her early thirties now, she has been heading the Disabilities Design Research Group at Middlesex Polytechnic since

the excited response to her diploma student work (it was then Hornsey Art College) and an ecstatic write-up in the *Guardian*. She has designed a walking and climbing frame, called the Pennyweight, which is light, bright and practical (but as it costs £14 it is not in the Ministry's handbook). Then there's her 'dustbin chair,' a padded, prettily upholstered chair made from the base of a dustbin. Severely handicapped children can sit up in it, and look the world in the eye. 'They don't get upholstered chairs, normally. But something bright appeals to them more than institution grey.'

At the moment, she's working on an office unit, designed and made by herself for disabled people not necessarily in sheltered work. 'I want to help get as many disabled people back to work. There are so many office jobs they could do, and too many good brains are rotting at home. I made this system for £100. Luckily some firms are interested, now we have to persuade the employers.' Another invention is a caravette – a mobile caravan which could be adapted for use by a person in a wheelchair. 'The two things a disabled person loses, and misses desperately, are mobility and independence. With this caravette, which they could perhaps hire, a family could go on holiday anywhere in the world, without fear.'

A very happy party of residents, Chairman of Management Committee and staff from Carnsalloch were given an excellent vantage point when the Queen visited Dumfries on 4th July to open the new Infirmary there. It was a very thrilling and enjoyable day for everyone.



At 28, Penny Thrift was rushed to hospital paralysed in both arms and legs, and blind in one eye. They diagnosed multiple sclerosis. They told her to expect to be disabled all her life: 'I thought, "we'll see about that." When I left hospital the first thing I did was the washing up, then I went to visit a friend in hospital.' It took some time, but she recovered the use of her legs and arms. She has had relapses since, that have put her out of action for a year. But now she walks and drives a car.

'I was getting bored at home, so I decided to go to college.' She worked on furniture design at Hornsey without thinking of the disabled angle. 'Then one day we were given a completely free hand, and I started on the walking frame. I knew then, there were a lot of things needed rethinking for the disabled.'

She had to raise the research funds for the original design group, and the Quaker organisation, Scott-Bader Commonwealth helped her. She had always worked, to keep herself and her daughter. She used to play in the same cricket team as Rachel Heyhoe, and even now won't give up. 'I went to play golf once, and ended up twice in the dyke, once in the nettles, and once flat on my face. I can walk, but I'm not very stable. We had such a laugh, though.'

She's helping to form an action group for MS sufferers: the Multiple Sclerosis Action Group started five months ago with seven members, now has 500 members, and has raised £11,000.

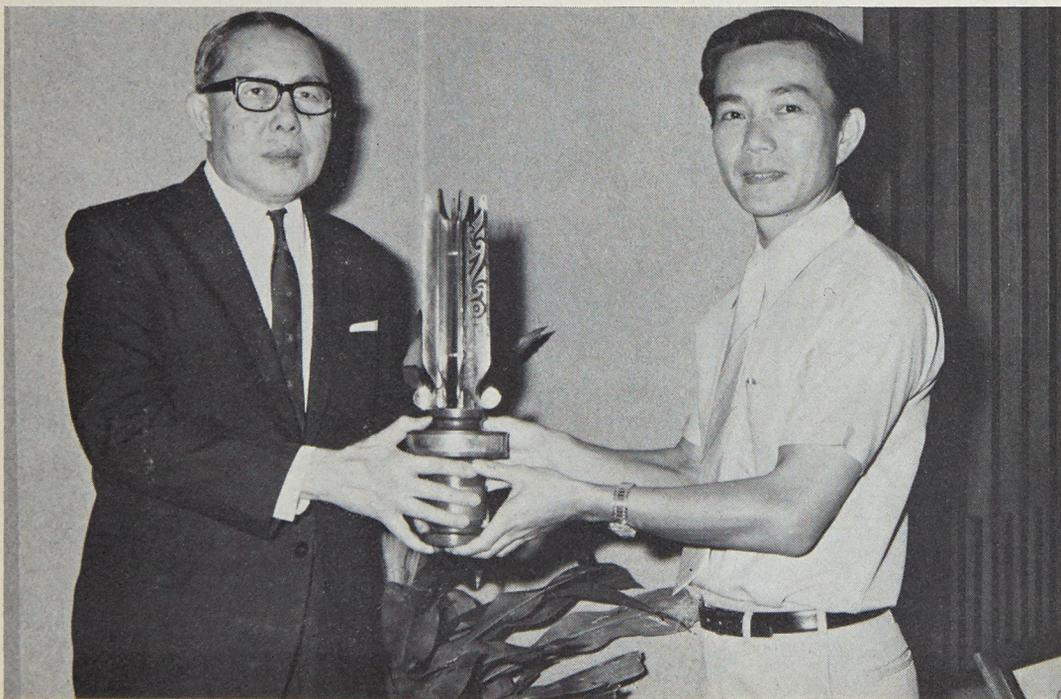
We are pleased to associate ourselves with the views expressed in the quaternary Bulletin of the

Queen Elizabeth's Foundation for the Disabled

Voluntary Organisations and Inflation

In recent months much publicity has been given to gloomy predictions about the likely effect of inflation on voluntary organisations; the Foundation does not share this gloom and refuses to be depressed by the current economic situation. Never, since the pioneering days of the 1930s when the College was founded, have things been easy for the Foundation or for charities in general, nor have charities the right to expect things to be easy: they have always built on the faith that their work is essential and worth doing, and this faith has continued to inspire both practical and financial support.

Film Director-Cameraman Heng Fock Mau, on behalf of the Federation of Film Producers in Asia, presents the Mitra Award won by the Cheshire Homes film "Where Courage Lives" to the Singapore Cheshire Homes President Justice Tan Ah Tah. The film was made by Cathay Film Services Singapore for the Cheshire Foundation London and was filmed in Bangkok, Hong Kong, Johore Bahru, Kuala Lumpur, Manila, Port Moresby and Singapore.



OVERSEAS

The Singapore Home

The Singapore Cheshire Home was opened in 1957 at 90, Nicholl Drive, Telok Paku on the beach at Changi.

The original buildings were constructed by volunteers upon the foundations of a derelict gunsite on land which was made available by the Singapore Government at a purely nominal rent. They consisted of a room for the matron, a kitchen and a dormitory for three residents.

The Home has grown from these beginnings to include three dormitories and a Communal Hall. In 1969 a small Hydrotherapy Pool was added. While the Singapore Cheshire Home caters for all races, creeds and ages, in particular it seeks to provide a home for the disabled young adult whose needs are, perhaps, less conspicuous than those of the distressed child or deserving aged. Today, it is the home of over 70 permanently disabled or chronic sick individuals, men and women, boys and girls who are very cheerful and as active as possible in many occupations, either in assisting with the running of their home or in making items for sale to enable them to buy the little extras that make life interesting.

Mrs G. Ferguson S.R.N. is the Hon. Matron and she gives her entire life to the welfare of the Residents. She was a prisoner of the Japanese at Changi during the occupation and has many an interesting story to tell of life here before and during the war.

Two voluntary doctors take turns each week to attend to the medical needs and instruct those doing dressings or helping with the physiotherapy.

There is a dedicated group of willing helpers employed to care for the comfort of the Residents and a diminishing but still very enthusiastic band of volunteers who come when they can to help with physiotherapy, occupational therapy, teaching the younger residents or just helping in the small hydrotherapy pool. The Residents can only enter the pool with the assistance of rubber rings around arms and legs and a couple of volunteers to guard them.

This year has been exciting, as one of the Residents, Miss Tan Keok Tee, was selected to represent the Home at the Cheshire Homes

International Family Day in London. There was great activity here as she was selected and passports and vaccinations, clothes and shoes, handbag and suitcase had to be arranged. The difference in her attitude changed overnight and she studied to improve her English and firmly disdained a wheelchair for crutches for as long as she could manage at a time. She forced herself to struggle up steps and soon had more mobility than she had had for years. Miss Tan had never left Singapore before but she was not shy. She sings very nicely and gave us a little sample at the airport singing a Mandarin Love Song to us, before she left on the British Airways flight.

The Cheshire Home, San Fernando, West Indies

We send our best wishes and hope you will continue your good work.

I must say that your magazine is much looked out for here in the Trinidad Branch of the Cheshire Homes. We welcome it and enjoy reading the news of our other brothers and sisters across the seas. Though we are not able to see each other we learn from your way of communication and are grateful for that "Thank You".

I would like to encourage all who read the *Cheshire Smile* to make use of the "pen-friend" column.

Ramnarine Rampersand and Krishna Roopnarine

Trinidad

Greetings from Trinidad, the most southerly isles of the tropical Caribbean which is fanned by lush tropical breezes and home of the fantastic steelband, calypso and limbo. With its picturesque mountain ranges and valleys, Trinidad is a tropical paradise for all those who wish to either sightsee or settle down.

Trinidad is the most cosmopolitan country of the Caribbean if not the world. The inhabitants migrated from many different countries of the world and settled on its shores. Some of these countries include India, Africa, Portugal, England, America, Barbados, Grenada, St. Vincent and Syria.

Although the population is quite cosmopolitan the people live harmoniously with each other. They respect each others culture and heritage and most of all they live like one big family.

Trinidad with its democratic society enjoys freedom of religious worship. In this country most of the people are Christians, with the Hindus who have brought their religion and culture with them from their native India, and preserving it through decades, having the second most followers.

Industry-wise, Trinidad is very rich. With its oil refinery at Texaco, Point-a-Pierre, this country refines crude oil from countries all over the world, apart from the oil that is in and off the coast of Trinidad. The pitch Lake, one of the wonders of the world, found by Sir Walter Raleigh lies within its shores.

Tourism in Trinidad is of a very high standard. People from all over the world come to this country to enjoy its beauty, heritage and culture. I would like to encourage all those fine people through this medium to visit this country, for I know that it will leave with them an indelible impression of its people, places and charm.

Ideas wanted

The Central Region (Africa) of the Foundation are trying to get information and articles to circulate in the form of a newsletter to the Homes within the region. They are looking for information under general topics of practical problems, rehabilitation of residents after the age of 16, occupational therapy and vocational training and work, ideas for the future, daily life of residents in adult Homes, and have asked us to find contributors.

Obviously there are situations and standards which would not apply in Africa as they do in the U.K., but there must be a great many areas of mutual relevance, and it would be splendid if we could have contributions not just from the U.K. but from everywhere that the 'Smile' finds itself around the world.

Contributions should be addressed to: The Overseas Secretary, 5 Market Mews, London W1Y 8HP.



Miss Tan Koek Tee sings a Mandarin love song for (from the left) Mrs Nancy Jolley, Mrs Sheila Snowden, Mr Leong, Mr Payne (of Barclays International), Mrs Maggie Murphy, and Mr Roderick Pestana (of Burson-Marsteller) with Suyati from the Indonesian Cheshire Home listening in.



Mr Henry Marking, Chairman of the Overseas Trustees Committee recently made a trip to South Africa, where he discussed Cheshire Foundation activities, progress and problems with new Homes planned there, and visited the two Homes in Durban.

The photograph taken during his visit to the Queensburgh Cheshire Home shows Mr Marking, with Dr Fatima Mayet who is on the Committee of the Chatsworth Home, a resident of the Queensburgh Home (centre standing) and three voluntary helpers.

Wheelchair Fund (Overseas)

The Fund for raising money for wheelchairs came into being after Mr R. Norman Whiteley, a resident at 'Athol House', had attended the International Conference of the Cheshire Foundation where there were delegates from many Homes in the U.K. and Overseas. It soon became clear to him, by the interest shown by a number of speakers that there was a great need for wheelchairs. He asked the G.C. for permission to organise a fund which was given willingly. He then wrote to each Cheshire Home overseas asking them to fill in a form giving their requirements, approximate cost of each chair and whether it could be purchased in their own country. In many cases we have found that chairs could be bought in the country of origin so was able to send a bankers' draft to cover the cost. In the cases where this was not possible the chairs have to be sent out by an agency.

At the start over 30 requests for chairs were received and up to date 15 chairs have been supplied with some more in the pipeline. The requests are still coming in.

The money for these chairs has been raised mainly from donations, which have come from the Inner Wheel Clubs of Great Britain, Schools and other interested parties. The Kingsdale School of Dulwich's Military Band played at Waterloo Station in very cold weather to raise funds which proved to be very successful. Mr Whiteley has also designed a lapel badge which is sold through schools and various boy and girl organisations, they are attractive in red and gold bearing the Foundations' emblem of a feather.

Being disabled himself through an accident at 14½ years of age and relying on a wheelchair for his independence, Mr Whiteley can understand the difficulties and frustrations of those who haven't been able to have a chair, or for those who have to share one, which is so often the case in some of the Overseas Homes.

If any one is interested in helping to raise Funds for this scheme, he would be only too pleased to hear from them, and could let them have badges on a sale or return basis and provide them with literature concerning the Fund.

Write to:

R. Norman Whiteley,
Athol House Cheshire Home,
138 College Road, Upper Norwood,
London S.E.19

DISABILITY ALLIANCE PUTS ITS CASE

The Disability Alliance, the newly-formed umbrella group which represents 35 organisations, pressed Minister for the Disabled, Mr Alfred Morris, to adopt a comprehensive income scheme for the disabled.

The Alliance says that government support schemes are uneven and inequitable. It wants a disability allowance, varying according to severity of disablement, for every disabled person, to compensate for the financial disadvantages of disablement. The alliance also wants an invalidity pension payable to all disabled persons incapable of work, irrespective of contribution record or marital status. The third component is a system of special allowances to meet the expenses of specific disabilities, such as dietary, heating, mobility and attendance allowances. One universal special allowance should be one for housing.

Chairman of the Alliance, Professor Peter Townsend, said that the Budget had hit the poorest hardest, while social security payments were not keeping pace with inflation. More than maintenance of incomes, Professor Townsend wanted the disabled to have an improvement to offset deprivation.

Mr Morris has promised to study the scheme, estimated to cost £400 million a year. He pointed out that the government had made two massive increases in benefits in a year, had introduced pensions legislation, and would soon be introducing legislation for a mobility allowance. He said that more had been done in a year of unprecedented economic difficulty than in any other year.

Social Services, 3/5/75

WHEELCHAIR FAILURES

Children in wheelchairs rarely play outdoors. Even indoors, physical limitations may prevent access to all the rooms in a home. And wheelchairs themselves are often unsuitable for the children they are designed for. By being underused children's mobility is limited even further.

Dr Stephen Jarvis, who has studied children's wheelchairs at a special "clinic" at the Wolfson Centre, the Institute of Child Health, in London, found in the clinic's first year that nine out of ten of the wheelchairs used by the children were unsatisfactory. New or modified ones were prescribed and later detailed all-day observations were made of 30 of the handicapped children at home and at school.

Writing in *Action Magazine**, Dr Jarvis says that many of the children could do so much more for themselves if their mobility was increased just a little. "Most people assume that these children's disabilities do not change," he declares. "On the contrary," he adds, "they are growing and learning constantly; they have many unused and often unrecognised abilities and they have a lot of determination to use them."

"Unfortunately," says Dr Jarvis, "the wheelchairs which are supposed to be an aid to their abilities do not help them as much as they could." He criticises them for being too heavy. In addition they are high off the ground so that reaching the floor to pick things up, or sitting at an ordinary school desk are impossible. And as if this was not bad enough, the big wheels are placed where many of these children find them difficult to push. Also the canvas seats sag badly and increase unstable posture.

"If your 'legs' were as bad as this you would probably complain," contends the author. "Surely we can do better?" he pleads.

A working party on integration of handicapped people has been set up with Lord Snowdon as Chairman, after consultation with Alfred Morris and Duncan Guthrie. Its aim is 'to do away with the apartheid of disability.'

COMMUNICATION AND CONSULTATION – Or Moans and Groans

By Courtesy of THE DOLYWERN DIGEST

Study Conference – Staff, Management, Residents – May 3/4th, Llandrindod Wells.

I attended this Conference as a resident from Dolywern and in preliminary discussion groups with people from other Homes we identified the main problems. In the later "talk-back" with management and staff representatives I have to say that we encountered what we saw as too much complacency.

We had many criticisms – not enough communication with management, not nearly enough consultation with them about things done and planned for homes, not enough part for us to play in the running of our homes.

I'm sorry to say we did not find that management, or staff, were ready to reply to, or even talk about, these things. An opportunity offered by the conference was therefore lost. Any outspoken criticism seemed to be written off as "moans and groans". This may make the work of management easier, but it cannot be called Communication, Consultation or Participation.

Rather Depressing

For example, the people from South Wales said that when they wanted to do small jobs about their home they were told they could not because this was the work of staff. Yet they said that when they had asked for other things to be done they were told that the staff did not have time to do them.

There may have been something to say on this from the other side – but it was not said. At least there was some dissatisfaction which should have been answered. I found little reaction from management and staff at the conference.

This complaint is typical of frustrations that build up when management, and staff, and residents see themselves as Them and Us.

They are, of course, faults on both sides. Things can only get better if the Them-and-Us barrier is broken down by mutual respect and trust, and talking to each other or Communication, which is what the conference was supposed to be about but wasn't. Management should come into a home, not as they so often do, regarding it as "their" home but realising it is "ours".

About participation in the running of homes it was said that residents were now more likely to be represented on management committees. But this is not the panacea it is often said to be; it is perhaps a beginning. Residents should have a real part in decision-making.

Management argued that many residents don't want an active part, that they are content to have things done *for* them. But this attitude is created by lack of opportunity. If you have spent years having your life run for you, you will probably come to accept that there is no other way to live, no alternative to doing what you are told. You will become apathetic.

Management and residents should together create the alternative – communities where residents may live the lives that they want to live as free human beings.

To sum up, I was disappointed by what I thought was a lack of real contact between management and residents. I was pleased because residents from different backgrounds were able to speak up: about what they wanted in life, about their hopes – and fears. If management and staff were not always listening – and I think complacency prevented them often – the Wales Council was listening.

From this kind of conference may come the moral pressure for freedom and control over our own lives.

I hope that future such get-togethers are being planned. As a resident may I say that there were too many topics on the agenda and we didn't get down to talking about practical things. Residents are not used to taking part in this sort of programme and are therefore at a disadvantage in getting their ideas together, unlike management.

This should be borne in mind in future. Residents could gain the necessary experience by attending more, and perhaps smaller, such gatherings with management and staff participating fully.

DAVID CARTWRIGHT,

(Chairman-Resident's Committee)

NOTHING TO FEAR

There is nothing to fear for the faithful heart – though storm-clouds break, and friends depart . . . There is nothing to fear; for the battle's won – when we learn to say, 'Thy Will be done'.

There is nothing to fear for those who pray – for strength and guidance on the way; though the last faint hope has all but gone – the trusting soul goes bravely on . . .

There is nothing to fear for the man who stands – with blameless conscience and clean hands; for those who know that they have tried – setting claims of self aside.

There is nothing to fear for the man who feels – that he would die for his ideals . . . There is nothing to fear in the final test – if we've done our utmost – and our best.

Patience Strong

GOING DUTCH

BY BRIAN LINE, LE COURT

In these days of supersonic travel, flying for the disabled is becoming more normal as I discovered on a recent trip to Holland. I had been worried – how would British airways react to a disabled person flying unaccompanied? My fears proved groundless, so long as one is sensible in matters such as fluid intake, there are no insuperable problems.

For my stay I had chosen Heerlen, a new mining town with a population of 76,000. My flight from Heathrow to Amsterdam in a British Airways Trident was comfortable – the seats to the right of the forward door are noteworthy for more leg room. However, I would mention that boarding the aircraft is complicated in London. First I was required to be transported in a most uncomfortable wheelchair, only to discover that I was not to be allowed to take my own wheelchair in the ambulance with me, but with difficulty I persuaded the ambulance men to relent.

The flight was sunny and agreeable, particularly so as a kindly fellow passenger proved very generous in helping me to drink my brandy!

At Amsterdam the disembarkation is far easier, as a telescopic corridor rolls out from the main terminal building to the aircraft door, and to my amazement the Dutch nurses spoke perfect English and handled me with great care into a K.L.M. wheelchair. It was then a simple matter of taking the lift and a short walk to collect the luggage and my beloved wheelchair.

The next part of my journey was equally uncomplicated because (Joke), my Dutch escort, had done her homework and there was ample room in the K.L.M. bus for me to be able to stay in my wheelchair for the journey from Schipol Airport to the station where we caught an inter-city Blue train to Heerlen, a journey of nearly three hours. Travelling on the Dutch railway is more comfortable than by British Rail and they usefully provide folding seats on which your escort can sit.

There are three types of Dutch trains, the Yellow are fast trains, modern with wide doors suitable for wheelchairs; the slow Green trains are similar. In the inter-city Blue trains one has to travel first class to get the wheelchair aboard. We were served with coffee and sandwiches on the train.

When we arrived at Heerlen, the station was modern and convenient with ramps wherever there are steps, not alas primarily for disabled but for prams!

A two and a half mile drive from the station to the O.R.A. Hotel cost approximately £1.20. The initials stand for Old, Rehabilitations, Amsterdam.

This wonderful facility is the brainchild of a mining technologist, who lost a leg after severe injuries in a mining accident. Until proposed landscaping is completed the approach to the Hotel remains depressing. It took Mr Jenson from 1956 to 1972 to find the site, build and open his hotel, he still needs funds for the finishing touches. The building is well thought out – all on the ground floor, arranged in a U shape; with ample space for parking wheelchairs, a small T.V. room, a pleasant dining-room, which can double as a concert hall. There is also a very large sitting-room with a radiogram and a courtyard where one can sit in the sun; and best of all a bar with no licensing hours! There are ten double bedrooms and 30 singles, but these can be linked in pairs to your escort's room by a personal bell system – a great help if you are 'taking a holiday with a member of the opposite sex' to quote the hotel brochure. The bell system has an indication board next to the bar. For me, one of the most important things about the REMCA Bell System was that the button was big and easy to press and as you do so lights up. It does not stop ringing until your escort comes and switches it off.

There are two unisex toilets for wheelchairs on each wing, although the turning in could be difficult for a horizontal disabled person. However, there is one bathroom and toilet in the hotel big enough for long chairs. Each wing has three showers designed for wheelchairs. On the whole I found going to the loo much less of a problem than in England. The ladies and gents are all in one, going off from the central room where there is always an attendant (usually female). It is easy when tipping her, (as one always does) to ask if there is anybody in the gents. She would warn any other unsuspecting male of the presence of a lady in the loo, – the Dutch answer questions much more freely and easily on this problem than we do and so become much more integrated.

The O.R.A. has a well equipped store with special wheelchairs for showers and commodes, bottles and bedpans, as well as a mobile hoist. If I have any criticism at all it is of the bathrooms – they are not very convenient and too low.

Like any holiday really, a great deal depends upon your escort. The hotel arranged two coach trips – an afternoon one which takes you through some of the most beautiful countryside of Holland. I was lucky as mine was on one of the last glorious summer days and we went to an area near Vaals where we stopped to see the borders of Holland meeting those of Belgium and Germany. The other trip was a whole day trip into Belgium, although the countryside is interesting architecturally Belgium is untidy and sometimes ugly. We finished our journey at Coö Spa where a magnificent lake has been built with waterfalls and a chairlift. As it was a sunny day we all enjoyed a drink and took pictures. Each week the

hotel organizes a group to play Dutch music – which certainly helps the beer go down. Apart from this, however, you can do what you like. Meals are at fixed times but the hotel will provide packed lunches if you want to explore on your own. This is not too difficult, most of the taxis are Mercedes and have plenty of room for wheelchairs. The Daf coaches are fast and comfortable, but it is worth trying to get the front seat inside the door, with good vision, easy access and better leg room. Tours extend as far afield as Paris.

Two other nearby interesting places to visit are Eindhoven (reached by rail) where the Philips Company exhibit the Evoluon, a remarkable exhibition of modern electrical technology that one can follow with an English cassette tape as a guide, and a little nearer, the town of Maastricht, a historic Dutch city, dominated by the Limburg coal mines, but which, however, shows how complete harmony can be obtained – splendid buildings set against a backcloth of mineshafts, odd but effective.

I was lucky in having a Dutch S.R.N. as an escort. Further information can be obtained by the V.V.V. Dutch Tour Centre. The O.R.A. Hotel is a charitable foundation, and does not aim to make a profit. The cost of a full week's board in 1974 was DF 175 plus extra for the coach tours. This is made possible by having a staff of 16 people. Mr Jenson plans to try to make more room, employ more staff and provide more facilities such as electric hoists and chairs. When I was there money was handed over for this purpose by the local guides and scouts.

I would rate the O.R.A. Hotel as approximately two star, as the food and accommodation is adequate but not luxurious. This is more than compensated for by the other holiday makers – Dutch, German and Luxemburg. Most speak a smattering of English, so do not be shy at having a go at 'going Dutch' – most disabled people have the same problems whatever their nationality and Mr Jenson told me that all nationalities are welcome. But remember the Hotel summer season runs only from the 1st April until the 30th September.

'The Fellowship of the Road'

"The Fellowship of the Road" is an ecumenical society open to all who are interested in the following aims:—

1. To try and bring sick and well people together through a bi-monthly magazine called *The Road*.
2. To link sufferers together through prayer and correspondence.

3. To encourage able bodied people to visit the housebound and to try and remember their birthday.
4. To promote health education.
5. To bring spiritual comfort and inspiration.

The aim to bring sufferers and those who befriend them together, by prayer, correspondence, visiting and through their quarterly magazine has become a real and wonderful thing. "The Fellowship of the Road" has achieved its purpose, to link many sufferers together, to encourage the housebound to pray for those out in the world, and well people to bring a breath of the outside world to "Indoor Folk." It has developed naturally into a family.

New members who will always be welcome should send their name and address and Annual Subscription (50p) to the Editor, Miss Peggy Harding, St. Luke's House, 41 Northumberland Road, Bristol BS6 7BA

Disabled week at the Royal Scottish Museum

The Royal Scottish Museum is now much more accessible to disabled and elderly visitors. A new entrance with no steps has been provided on Lothian Street and there are now ground-floor toilets suitable for use by visitors confined to wheelchairs. The new facilities were opened on 4th March by the Hon Lord Birsay, K.T.

Lord Birsay, who is Chairman of the Friends of the Royal Scottish Museum, has a particular interest in the problems of the disabled, and is President of the British Council for the Rehabilitation of the Disabled (Scotland).

The occasion was a reception given by the Museum during 'Disabled Week' for about 150 officials and disabled members of over 40 organisations represented on the Edinburgh Committee for the Co-ordination of Services for the Disabled. The aim of Disabled Week was the creation of a better understanding by the general public of the problems of disabled people, and the theme this year was 'Integration not Isolation'. Dr Norman Tebble, Director of the Royal Scottish Museum, is particularly pleased that the opening of the new facilities for elderly and disabled visitors can be performed during Disabled Week.

The function was very well attended and was a great success. We hope that this mention of the new facilities will encourage disabled visitors to the Edinburgh area, as well as local people, to use the Museum freely.

The right gift for the occasion

by Roger Jefcoate

In this period of severe financial stringency it is more than ever necessary that Management and Staff at our Homes should be opportunists and, happily, many are.

In visiting Homes up and down the country to help staff and residents alike I am very concerned to obtain sponsorship for equipment for individuals to lead a more independent and meaningful life. This is simply an additional part of the advice service which I am trying to provide. I discuss possible sponsorship with Matron on each visit and it has become clear that there is a need for a list of possible equipment which could usefully be used by residents, whether on an individual or on a shared basis. It should always be remembered that many devices can not only increase the independence of residents but, equally important, can also lighten the load of hard pressed staff.

This list is merely intended to be a guide and will give you from as little as £1 right up to an upper limit of £500 a suggested selection of items which may be useful. The purpose of this is to enable Matrons, when that unexpected telephone call comes offering a particular amount of financial sponsorship "and could Matron say what is needed" a quick glance at the list to match the offered finance with the equipment required will then enable an instant answer to be given. This also discourages the possible donor from retracting - a very important factor. Nothing is more cooling to a possible donor's enthusiasm to hear Matron must consult Senior Management or await a Committee meeting or will phone back "when we have thought of something".

Use this list to benefit your Home. All recommendations are for equipment which is well known, tried and tested with, very important, good reliability and rapid service; few things are more disappointing to a donor when the inevitable follow-up comes to find that the equipment concerned is either not being used or, worse still, not working.

Above £500 there are equally useful devices for general use such as the Lightwriter (up to £600), a speech substitute machine which resembles a portable typewriter which will enable the non-speaking to communicate when out and about, battery operated.

There are also electronic typewriters costing between £600 and £1,000 such as the Electraid (address as above), Possum and Pilot (a light operated system which is very simple because there is, literally, no code to learn). Going still higher there are, of course, items such as a generator (£1,500) and even ambulances.

Note that prices quoted are approximate only and exclude VAT which you may not necessarily be able to reclaim although, of course, it is always worth trying; so remember to ask for a VAT invoice when you purchase.

It is important that this list should be as useful as possible and suggestions and improvements will be very welcome. This is the first one of what is hoped will be a continuing series and use it to benefit *your* Home.

Roger Jefcoate is the Foundation's Electronic Aids Adviser and visits homes throughout Great Britain to give specialist individual advice on the spot. If you want a personal visit - whether staff or resident - write to Mr M. Lord, at Foundation headquarters who will make the necessary arrangements. It is proposed to produce this guide annually so any advice or suggestions as to how it could be usefully improved will be appreciated.

<i>Cost:</i> <i>(Approx. only excl. VAT)</i>	<i>Name:</i>	<i>Address:</i>	<i>Comments:</i>
£35	Reconditioned Electric Typewriter	Cheshire Foundation, 7 Market Mews, London W1Y 8HP. Tel: 01-499 2665	IBM Electric typewriters which have reached the end of their useful commercial life are reconditioned especially for disabled people. Because of the number of letters to the inch (usually 12) these are of limited value to those with poor vision - e.g. Multiple Sclerosis or some Spastics.

<i>Cost:</i> <i>(Approx. only excl. VAT)</i>	<i>Name:</i>	<i>Address:</i>	<i>Comments:</i>
95p	Plugalite	Interlock Systems for the Disabled, Sherrards Training Centre for Spastics, Digswell Hill, Welwyn, Herts. Tel: Welwyn (07073) 33609	Rectangular pin plug (13 amp type) glows all night, provides just enough light to see but does not glare.
£2 to £4	Continuous Stationery	Interlock Systems for the Disabled, Sherrards Training Centre for Spastics, Digswell Hill, Welwyn, Herts. Tel: Welwyn (07073) 33609	Ideal for those with Electric or Electronic remote control typewriters. 500 sheets at a time. With or without carbon. Practice or commercial quality. Eliminates the need for putting in individual sheets of paper.
£5-95p	Flexilite	Interlock Systems for the Disabled, Sherrards Training Centre for Spastics, Digswell Hill, Welwyn, Herts. Tel: Welwyn (07073) 33609	Plug in table lamp brightness control, large knob, easy to turn. Useful in single or multi-bedded room situations; simply turn knob to adjust light level.
£8-50p	Sentinel	Interlock Systems for the Disabled, Sherrards Training Centre for Spastics, Digswell Hill, Welwyn, Herts. Tel: Welwyn (07073) 33609	Automatic table lamp on/off control. Switches any light on at dusk, completely automatically.
£9-50p	Airswitch	Interlock Systems for the Disabled, Sherrards Training Centre for Spastics, Digswell Hill, Welwyn, Herts. Tel: Welwyn (07073) 33609	Alarm switch for residents unable to use existing call switches. Operated by light puff down pipe stem provided.
£24	Wireless Intercom	Interlock Systems for the Disabled, Sherrards Training Centre for Spastics, Digswell Hill, Welwyn, Herts. Tel: Welwyn (07073) 33609	Plugs into mains for room to room communication – note this may not work in many homes because the two outlets must be on the same phase line. Interlock are prepared to lend you a set to try, however.
£10 to £40	Cassette Tape Recorder for Talking Library	Calibre, 7 Market Mews, London W1Y 8HP. Tel: 01-499 2665	Annual subscription £7 approx. Standard cassette system. Use your own cassette machine if you have one.

£64	Inverter	J. W. F. Electraid, 8 Bramcote Close, Aylesbury. Tel: day 87309 evening 82850	Delivers 200 watts of mains power automatically if mains fails. Needs car battery also (up to £20) lightweight and portable. Ideal small central heating systems, or black and white TV sets and some (small) colour sets.
£95	Portable Hoist	Mecan aids Ltd., St. Catherine Street, Gloucester GL1 2BX. Tel: Glouc. 24997	Strong portable hoist. Screwjack principal, easily dismantled and can be carried in boot of small car.
£250 to £350	Electrically adjustable bed.	Tutor Holdings Ltd., 17 Market Place, Henley-on-Thames, Oxon RG9 1LT. Tel: (04912) 2663	Range of posture beds for patient adjustment (saves staff time and energy) smooth quiet action, will suit many disabilities. Very easy to operate.
£360	Electrically propelled wheelchair	The Spastics Society, Meadway Works, Garretts Green Lane, Birmingham B33 0SQ. Tel: 021-783 6081	Versatile chair, with easy release drive in event of breakdown, for hand pushing. Progressive action joystick control. Easy to manoeuvre.

News from the CCD—continued from page 5

Housing

Mr Carter-Jones asked the Department of the Environment what steps were being taken to increase the amount of housing suitable for people who were physically handicapped. Mr Freeson replied that progress since the 1970 Act was far from satisfactory, and he was starting an urgent drive to get much more of this type of housing provided. "My aim is that within twelve months every housing authority in the country will be incorporating housing for disabled people in at least one new scheme." He went on to say that Local Authorities had, over the past four years, reported proposals for building 1,721 new dwellings for handicapped people. Not only was this not enough, but of these prospective dwellings 1,088 had not yet been started and he was deeply concerned about this.

A considerable number of questions have been asked about the education of deaf children and about the field of enquiry of the Working Group appointed by the Advisory Committee on Services for Hearing Impaired People. A number of questions have also been asked about the training and recruitment of speech therapists.

Huntington's Chorea

On March 19th, Mr P. Walker (Worcester) raised the subject of Huntington's Chorea, the need for doctors and social workers to know more

about the disease and a plea for more research into its incidence and for greater national concern. Dr D. Owen replying for the Government, agreed with the views that Mr Walker had expressed, detailed what was being done and said that the Government was considering ways in which sufferers might be helped.

A large number of questions have been put by various MPs on different dates about accidents to invalid vehicles, and particularly about their wind resistance. In reply to a question by Mr J. Hannam, Mr Alfred Morris said that a contract had been signed in August 1974 for the supply of a further

1,500 invalid vehicles, and without this order a large number of severely disabled people would have been immobilised. Members of Parliament who put questions recognised that their mail showed that a substantial number of people wanted to retain the three-wheeler, and Mr Alfred Morris said that an unofficial survey during 1974 showed that 20% of three-wheeler users would be unable, in their view to manage a car.

In reply to further questions, Mr Morris said that the Government was resolved to legislate during the present session for the new mobility allowance which was expected to bring in 100,000 additional people who at present received no mobility help.

The Beach at Cronulla

by John Bell

He remembered the Beach at Cronulla, where the wild Pacific rollers churn in, rapping the shore. He remembered, when, as a boy, before the road and houses came, the times he'd been down to the beach with his friends, and the day he'd seen the Blackfeller sitting on his haunches, gazing at the sea, his dark, deepset, mazy eyes focussed on infinity.

He remembered how the Blackfeller's eyelids had flickered as he became aware of his watching presence, and the Blackfeller saying, 'Whitefeller-boy want know whatfor, Blackfeller him bin watch sea, whatfor him listen sea, whatfor him bin listen wind. Longtime back, in dreamtime Blackfeller come from sea: sea know all thing: sea tell Blackfeller where go, where look, where find. Whitefeller-boy him bin listen sea all time – one time sea tell Whitefeller-boy where look, where find.'

He didn't understand then, he thought, 'just a crazy old Abo gone walkabout from his tribe.' He was to see the old man many times, always sitting crouched in the same place on the rim of the beach, watching the sea, until he became part of Cronulla.

Sometimes when he left the beach, he would climb the steep upstretch of sand and stand by old Blackfeller, watching the sea and listening to that indescribable sound: the voice of the whole bay, which told not of single wave breaking, nor of spent wave retreating: a resonant, rumbling oneness of sound: the sound that was Cronulla. This was the bond between them: their kinship was Cronulla.

He never spoke to Blackfeller, but one day the old man spoke again. He remembered the day well: a day of unusual stillness: a day standing comfortably at ease. A soft susurrant breeze was blowing offshore, muting the sound of the sea, when, surprisingly, the old man's head turned, his eyes retreated from infinity and he spoke, saying – 'Whitefeller-boy listen Blackfeller talk, him say, one day sea tell Whitefeller-boy, where look, where find.'

Soon afterwards he had to leave Cronulla, but always through the passing years, whenever he thought of Cronulla, he remembered the old Blackfeller sitting crouched on the rim of the beach, watching the sea. He began to understand about Blackfeller: he knew the old man believed that in the Dreamtime the Blackfeller race was born of the Creative Mother who came from the sea. But the sea could not tell: Blackfeller's mind was far deeper than the sea: the sea told him nothing, nor could the wind tell, but that which was borne on the wind told many things; it told

of the coming Wet and the Dry, of fire and food, and of Brumbi, Dingo and 'Roo.

Blackfeller had probably been one of the tribal trackers, who, when their bushcraft told them nothing, or when they read nothing of scent or sound on the wind, they would sit in the silence, go into the 'deep think', and afterwards they knew from pictures in the mind, where to go, where to look and where to find.

Later in life he went back to Cronulla to spend a few idyllic years with his wife and child in the weatherboard house, on the new road which ran round the upper strand. He half expected to see old Blackfeller, sitting crouched on the rim of the beach, but the old man must have finished his walkabout years ago and returned to his tribal area to die.

He would never forget the Beach at Cronulla. He remembered the day he had searched the swirling waters for the child.

She was seven years old: a child of the beach, sharing his love of the sea. She would fiddle day long in rock pools, and search for coloured treasures in the sand.

He could see her now in the red and white polka dot costume, lying by the water's edge, letting the surf roll over her and then swimming in the shallows, her perky little head held high, when, in her efforts to keep the sea from her mouth, her neck always appeared so much longer.

He was swimming seaward of her, as he always did when the rollers were heavy. His wife was watching at the water's edge: she hated the sea and all it contained; rarely going in and then only on the calmest days. Whenever by chance she strayed out of her depth, she was sure invisible, unearthly creatures were rubbing against her dangling legs, or nibbling her toes, and sinister black fins of imagined barracudas were steering rapidly towards her.

She called to him, – 'Bring her in, its too rough, bring her in'. He had called back, – 'She's alright, I'm holding her costume, just five minutes more.'

He heard his wife call again, – 'If you don't bring her in, I'm going.' And with that she turned and walked back up the high upstretch of beach, never turning.

They both watched her retreating figure; the beach was deserted and the wind rising. He knew it was late to be on Cronulla and he tightened his grip on the child's costume. He was thinking 'they ought to be going', when something hit him hard on the back of the neck, and he was tumbling over and over and over, under a gigantic roller, in a churned up mass of foam and sand and swirling water, where he could see nothing.

It must have been twelve seconds before he surfaced, and the child was gone: there was no sign of the red and white dotted costume. He touched bottom and standing up to his armpits in the swirling mass, waited, ready to take off as soon as she surfaced. The sea was pulling hard back: there was nothing on the surface but the elongating rings of foam, covering the raging wet sandstorm below.

She must be well down and the strong undertow would be pulling her out; if she passed under the next roller before it broke, she might surface fifty yards out or more.

His thoughts were racing round, torturing him with possibilities: supposing she did not surface: supposing he could not find her. How could he ever go ashore? How could he live with his wife's agony, his own conscience? How could they live without the child?

His surf training told him he must swim out fifty yards and search, but there was no one to line him out, no one to circle with him. Out there, in that sea, his visibility would only be a few yards: it could only be a matter of luck if he swam on the same course as the undertow: anyone on the high beach would have a better chance of seeing her, but there was no one up there, or was there? For a fleeting moment he thought he saw the crouching figure of old Blackfeller on the rim of the beach.

His tortured mind was a tumult of indecisions and disconnected thoughts, pulled out of the years: his wife's fear of the sea: the child, a baby with wondering eyes, lying in her cot: so clean: where was she now? A storm raged within him, lacerating the raw edges of his bleeding conscience. From over the years Blackfeller's words came back to him, like a voice on the wind - 'One time sea tell Whitefeller-boy, where look, where find.' But the sea told nothing; the sea was violently engaged in its own activity; an ever changing petulance of motion.

His mind was made up, he would swim out under the approaching roller. He would circle and search and he would never leave the sea without her. But he could not move, his legs seemed rooted in the sand. He could only stand there, looking around. The oncoming wave had broken and was foaming towards him. He braced for the impact - it was over him but he was still there, completely anchored in the sand. Even as the backward pull tore the sand from under his feet, he remained rigidly stuck. Then suddenly, something swept past him, touching his ankle. He dived down and there she was. He grabbed and pulled her to the surface. She took a great gasp of air, coughed and spluttered, but she was alright - she was alright. She must have been under more than half a minute, what for him had been a lifetime of agony.

They left the sea together, and she said, 'I thought I'd lost you Daddy.'

'You did lose me dear,' he said, 'I was very lost until you found me.'

They walked in silence, hand in hand, across the beach and up the steep upstretch of sand.

GOOD HOME NEEDED FOR . . . !

Residents, staff and friends of the Chiltern Home have for some time been raising money to support three overseas Cheshire Homes, those at Addis Ababa, Bethlehem and Coimbatore; but now feel it would be better to concentrate these efforts for the benefit of one Home, in Coimbatore.

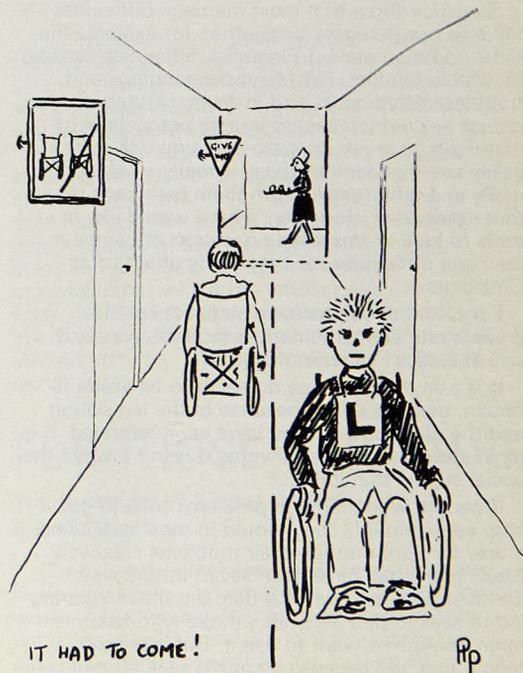
Bethlehem already receives support, we understand, from the Seven Springs Home.

Will any Home take over from us the support of the Home in Addis Ababa? We shall be very pleased to send our information, photographs etc.

Please write to the Warden, Chiltern Cheshire Home, 29 North Park, Gerrards Cross.

Yours,

P. Hughes



Marriage Breakdown

by *The Revd. Alan Nin*

"He's unbearable at times, and if I have to go on living here with his Mother and her nagging – I won't be responsible for what I do".

"It's always the same every week, a few days before pay day, you turn round and tell me you've got no housekeeping left. Other men's wives seem to manage alright, why can't you?"

"You might as well know now, I've made the bed up in the other room, I just can't go on sleeping with you any longer. I'm sure no other woman has the demands made on her that you make on me".

These are just three typical remarks, that the red light is on, a sort of danger signal if you like, that there is a threatened breakdown in these marriages.

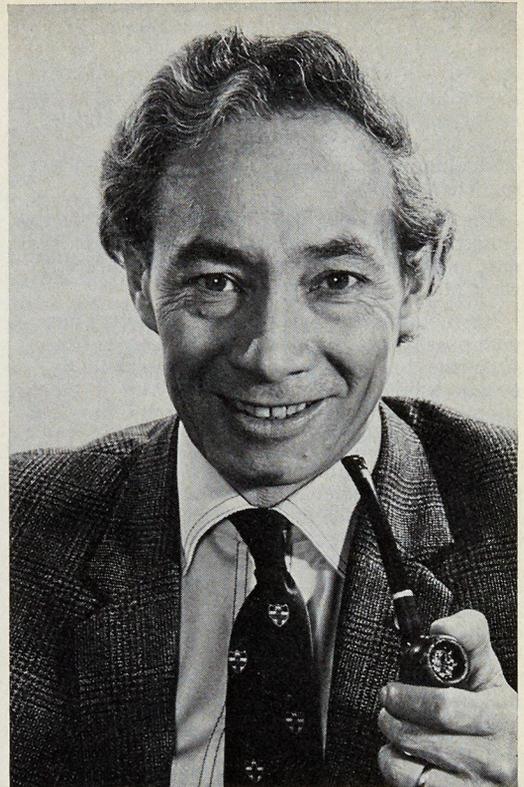
In my experiences of marriage counselling, I find that you have got to treat every person, every case, every marriage problem, differently. It doesn't matter how superficially you understand it, each is a new and different case and it can only be dealt with in the light of the evidence which is laid before you.

Statistics show that most marriage difficulties fall into one category or another, for example the most common are (a) Financial difficulties causing inevitable conflict, (b) Misunderstandings and troubles with parents and in-laws, (c) and of course sex, which causes a large percentage of marriages to break up. I am sure you will quite easily see that each of these is really a subject by itself, and what great depth there is to each of these problems. However, what I would like to do is to look at this whole question of people in marriage difficulties, as they really affect us as Christians.

I don't think comparative statistics on the divorce rate are particularly important, except if you like, as a "straw in the wind".

It is true that divorces do seem to be easier to obtain, perhaps this is because of the legislation and the way in which the laws are interpreted. It is most certainly true that divorce doesn't involve the social stigma that it did.

If people with marriage problems tried to get help early enough, they would in most cases find a way to work through their problems creatively. Many marriages have been saved in this way. The first people to get this help are those who are led to seek it, and secondly, those who become open enough to want to use it. But it doesn't follow that just because a couple seek guidance in dealing with the troubles in their marriage, that



they will necessarily arrive at a happy solution. Yet, many of the cases that end in the divorce courts could have been helped, if only the people concerned had known that help was available, where they could find it and helped to use it. In my work as a Parish Priest this was only too obvious to me. If only they had talked their whole problem over with someone, usually a clergyman or a specialist lay counsellor, they could have been passed onto the specialists, such as the Marriage Guidance Council and so on.

Marriage is of the order of creation. Christian Marriage is of the order of Redemption. These theological statements are basic to any effective Christian approach to marital problems. It is true to say that men and women in every social system will mate according to the patterns which that system decrees, both to procreate the species and because male and female are so necessary to each other for the fulfilment of personality. But it is one thing to marry, and quite another thing to discover what Christian Marriage really means. This involves discovering through God's help, the real meaning of acceptance, forgiveness and mature love – as a man and woman make decisions and work through conflicts and share a life which will never be a bed of roses without thorns.

Our Christian duty to Marriage problems is primarily a business of bringing to the light of a faith, which is Loving rather than Rigid, all the misunderstandings and hurts, which tear people's hearts apart and make them afraid to be anything more than strangers to each other.

As I have already said, involved in the difficulties of marriage are a variety of factors such as, Sexual, Economic, Parents and In-laws, and there are clashes over likes and dislikes and so on. Often special skills, such as those of the psychiatrist, the gynaecologist with a psychiatric orientation, or the social case worker, are needed, or at least can be very helpful. These resources however, do not eliminate the need for the specifically Christian insight to marriage, but they are most valuable in making marriage viable. Along with these most helpful resources, is the Christian note that conflict is not, ultimately destructive – Marriage is not a relationship without disagreements and problems – but acceptance and forgiveness make it possible for people to meet as persons in the presence of God.

Those people who come for help, do not as a rule, need to be told that more is involved than their own individual feelings. Besides the feelings of the other party, is also the welfare of the children. Perhaps when we are trying to help and through patient and non-judgemental questioning, we may be able to sharpen the awareness of the person seeking help, in this area, so that he is able to look at his total situation, as far as he possibly can. But one thing we must do, and that is to avoid adding to the guilt that this person already feels, even though he may be trying to hide from it by projecting on his partner the major responsibility for the difficulty. Certainly the welfare of children has a kind of priority over the convenience and desires of the parents, yet the parents are still people with lives to live. God cares for them in their own right, but he does expect an adequate discharge of their parental responsibilities.

The survival of any particular marriage, however, is not, in and of itself, to be regarded as good, with divorce as the absolute evil. There are some situations, which we have to admit, where an end to an intolerable relationship will be the best for all concerned. Certainly there is a tremendous responsibility to be faced, before accepting divorce as the best solution, because the end of a marriage is not to be taken lightly, even where the welfare of children is not a problem.

Whatever our considerations or conclusions may be, they will lead us to the fact that marriage cannot, in any intelligible way, be termed indissoluble; but that the vow and covenant between husband and wife made at their wedding and sealed at its consummation, establishes a

moral obligation to preserve the integrity and permanence of their union, and no effort should be spared to deepen and enrich in every possible way, the common life, to which they are committed. In other words, marriage is essentially a moral and not simply a legal union. It is also a personal relationship and as such it is subject to relational laws and principles, in general. If a couple fail to honour their mutual obligation as to cause the disintegration of that relationship, no purpose is served and no principle is maintained by refusal to concede that the marriage, as a marriage, no longer exists. In such a case, the better wisdom is surely to accept the facts, devise legal means by which society can recognise the breakdown and release the parties from engagements which are now meaningless and incapable of fulfilment.

We all share in this responsibility for the breakdown, and we should make whatever reparation lies in our power. For the Church and for the State, this will consist of dealing with the whole problem constructively and compassionately, by trying to bring out of the evil situation whatever good is possible. For the man and woman concerned, a successful second marriage may sometimes be the most creative and social amend for the original wrong done. But the moral or ethical value of such measures is greatly diminished, if they are not accompanied by genuine regret, and by mutual forgiveness for injury received.

Finally, to end on a positive note – there can be little doubt that all too often marriage is being taken in hand, in the words of the marriage service "Unadvisedly", "Lightly" or "Wantonly", and to the casual and ignorant way in which so many couples address themselves to the great and exacting task of building together a common life as "one-flesh". Given an understanding of the right and sensible choice of partners, a healthy independence of false and unworthy sexual ideas and attitudes, and devotion to an undertaking in which the whole person is creatively engaged, marriage can prove not only the most rewarding of all human enterprises, but also an enduring relationship which no change, nor chance can shake.

FOR THOSE WHO CARE

The Institute of Social Welfare Special Notice

'Caring' people includes every person involved in social welfare – whether as a professional social worker or a member of a voluntary organisation providing a welfare service to the mentally or physically handicapped. All can be termed 'partners in caring.'

The Institute of Social Welfare have introduced a new category of membership to be known as AFFILIATE so that a greater diversification of experience can come together into one totally inter-professional organisation. By enabling everybody to share in practical communication and relationship, all who need help will be better served.

The Institute is promoting channels of communication so that the expertise, the knowledge and personal involvement of all engaged in social welfare can be brought to one point, through local branch meetings and to national level, so to better the services and facilities of both those that serve, and those that receive.

There are now four categories of membership of the Institute:

Associate Member (A.I.S.W.)

(Engaged in the Social Services either as a full or part-time officer or holds a responsible salaried post in a Voluntary or Community service). Membership subscription is £3·00 (Tax relief makes this £2·68 nett).

Member (M.I.S.W.)

(Engaged in Social Services as full or part-time officer or holding a responsible salaried post in a Voluntary or Community service and who has passed an examination or holds such other qualifications or awards as may be prescribed from time to time by the Council including those shown on the reverse of the application form). Membership subscription is £5·00 (Tax relief makes this £3·35 nett).

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Any member who in the opinion of the Council has rendered distinctive service either to the Institute or in the social service field. Membership subscription is £6·00 (Tax relief makes this £4·02).

Affiliate

This category is available to anyone not eligible for Full Membership but who is interested in furthering the objects of the Institute. Affiliates are entitled to all the benefits of Full Membership except for voting rights, office holding and the use of abbreviated title. Membership is £3·00 annually.

Anybody wishing to pursue better services for everybody and is engaged in ANY form of social service, whether in a voluntary or statutory capacity should consider linking with a nation-wide Association which is recognised as an Association representing all in the social welfare field.

Application Form from:

Bernard Brooks MISW, MWI
Hon. PRO Institute of Social Welfare
Liaison Officer (Bristol)
Department of Social Services,
Metropolitan House,
Price Street,
Bristol BS1 4BA.
Telephones: Bristol 298548
Bristol 294981
EVENING : Bristol 565833

The quarterly Journal *Welfare* is issued free to all members and discussion papers and reports from meetings are circulated to inform members and to seek their comments. These latter are often included in reports submitted to government departments for review of legislation etc.

The Institute is recognised at national level, as an authority in its statements because the membership includes all who are involved 'where the work is done' – at ground level!

OBITUARY

Tobin: on 14th April, 1975, FLORENCE TOBIN, aged 61, resident at Cotswold Cheshire Home.

Stone: on 11th February, 1975, DOROTHY MARGARET STONE, aged 45 years, resident at Cotswold Cheshire Home.

Franks: on 15th June, 1975, GEORGE ERIC FRANKS, aged 61 years, resident at Cotswold Cheshire Home.

Willie McGregor

On 7th March, 1975. Mayfield House lost Willie McGregor, who died suddenly after many years disablement following a stroke.

Willie came from Inverness and had pursued a career in law until his serious illness. Despite his handicap he took a keen interest in the affairs of Mayfield during his six years as a Resident.

John Rutherford

On 3rd May, 1975. Jack died very suddenly at Mayfield House. He was a Resident for nine years and was always interested in what was going on and tried to contribute his ideas even though he was severely disabled.

Both Jack and Willie's quiet humour is a sad loss to the Home.

Margaret Precious

On 19th August, 1975, was a very sad day for us all at Beechwood. Margaret, a most popular resident since April 1969, passed away, after much suffering, which was patiently borne. We thank God for every remembrance of her.

Small Advertisements

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

Note to Advertisers. All enquiries, and matters regarding advertising in *Cheshire Smile* to be sent to: The Secretary, *Cheshire Smile*, Greenacres, 39 Vesey Road, Sutton Coldfield, W. Midlands B73 5NR.

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Do you know that you can make a gift of a year's subscription to the *CHESHIRE SMILE* to your friends or relations?

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Hand made goods of various kinds are available, or can be ordered, at most of the Homes. Why not visit your nearest Home, and see if there is anything you would like?

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

Do you collect Green Shield Stamps?

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

Spare parts for electric indoor wheelchairs wanted by London Cheshire Home (Athol House), and Le Court.

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1 The Cheshire Foundation Homes for the Sick

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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.

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Cheshire

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TS11 6AA. Redcar 2672.

Cornwall

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Parkstone 740188 (740272).

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Cheshire Home for Physically Handicapped Children,
PO Box 100, BETHLEHEM

Kenya

Cheshire St. Vincent Home, PO 325, LIMURU, Nairobi

Malaysia

Cheshire Home Johore, Jalan Larkin, JOHORE BAHRU
Cheshire Home, PO Box 1267, KUCHING, Sarawak
Rumah Amal Cheshire Selangor, PO Box 2111,
KUALA LUMPUR

Mauritius

Cheshire Home, Tamrin, FLOREAL

Morocco

Foyer Koutoubia, Parvis de la Koutoubia, MARRAKECH (C)
Dar el Hanaa, 3 Place des Aloes, Marshan, TANGIER (C)

Nigeria

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Oluyole Cheshire Home, PO Box 1425, IBADAN (C)
Cheshire Home Lagos, 91 Agege Road, Mushin, LAGOS
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Cheshire Home Orlu, Ubulu-Theojiofor, ORLU, E.C.S. (C)

Cheshire Home, PO Box 365, Churchill Road,
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Papua and New Guinea

The Cheshire Home, PO Box 1306, Boroko, PAPUA (CM)

The Philippines

Sinag-Tala for Men, Congressional Rd, Carmel Sub-Div.
QUEZON CITY

Sinag-Tala for Women, Grant St. 74, G.S.I.A. Village,
Project 8, QUEZON CITY

AN Children's Home, c/o Sr. V. Baerts, PO Box 2508,
MANILA (C)

Bukang Liwayway, Anonas St. 68, Quirino Dist,
QUEZON CITY

Kakayahan, Rd. 22, Urduja Village, Calooça Bdry,
NOVALICHES

Pangarap Home, Paraiso St. No. 31, NOVALICHES

Portugal

Lares Cheshire em Portugal, Rua Joao da Silva No. 3.
CARCAVELOS

Sierra Leone

Sir Milton Cheshire Home, PO Box 150, BO. (C)
The Cheshire Home, PO Box 916, 18 Race Course Road,
FREETOWN (C)

Singapore

Singapore Cheshire Home, Singapore Council of Social
Services Bldg. 11 Penang Lane, SINGAPORE 9

South Africa

Chatsworth Cheshire Home, PO Box 3827, DURBAN,
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7° B, Moratalaz, MADRID 30

Sri Lanka

The Cheshire Home for Elders, Kiula, MATALE
Sir James & Lady Peiris Cheshire Home, 17 Siripala Road,
MOUNT LAVINIA

Wester Seaton Cheshire Home, 76 Main Street, NEGOMBO

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The Cheshire Home, PO Box 801, KHARTOUM (C)
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Siri-Wattana Cheshire Home, BANGPING, 25 Chitlom
Lane, Bangkok 5

Cheshire Home, RANGSIT, 25 Chitlom Lane, Bangkok 5

Uganda

Buluba Cheshire Home, PO Box 151, BULUBA, Iganga
Cheshire Home for Paraplegics, PO Box 6890, KAMPALA

U.S.A.

Enquiries to Cheshire Home in N. J. Inc., Red Cross Building,
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The Cheshire Home, 10a Twin Palm Road, LUSAKA (C)

2 Sue Ryder Foundation

Registered as a Charity Number 22229

Sue Ryder Home, Cavendish, Suffolk CO10 8AY

Founder: Sue Ryder, O.B.E.

Chairman: Mr H. N. Sporborg, C.M.G.

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The Sue Ryder Foundation was established by Miss Ryder during the Post War years, after she had been doing relief work on the Continent. Its purpose was—and still is—the relief of suffering on a wide scale by means of personal service, helping the needy, sick and disabled everywhere, irrespective of age, race or religion and thus serving as a Living Memorial to all who underwent persecution or died in defence of human values, especially during the two World Wars. Sue Ryder Homes care for the sick and needy of all ages, including children, and principally for the incurably sick and disabled, the homeless and those others for whom the general hospitals can do no more and who have no suitable place to go.

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