

Cheshire Smile

The Quarterly Magazine of the Cheshire Homes Price 10p

Winter 1977/78



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The Quarterly Magazine of the Leonard Cheshire Homes

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Cover: Mouth painting by a resident of "Greenacres" of
The Ann Harding Cheshire Home.

The Chairman's Page

As we enter the New Year, I am lucky enough to be able to look back on a wonderful experience with which I closed the Old. Between mid-October and mid-December I toured our Eastern and Far Eastern regions, visiting nearly all the Cheshire Homes in those areas. In all I called on 36 Homes in 11 countries in two months, during which two new ones were also opened. I was also delighted to hear of good prospects for new Homes in many other places, including Hong Kong, the Philippines, Penang, Thailand and several parts of India.

Not only was this a most encouraging and rewarding experience; it was also sometimes a humbling one. In our sophisticated civilization we perhaps feel a little over-confident that we are in the vanguard of the philosophy and practice of the care of the handicapped and chronically sick; in our affluent society we perhaps take it too much for granted that somehow or other we shall always get the money we need. We may tend to be somewhat patronising about societies and peoples who are not so advanced or who live permanently on the edge of poverty and under the threat of starvation. Yet I found in so many places that it was I who was the pupil and the learner. In Hong Kong, for example, I found that the concepts of domiciliary care, short-stay beds, the use of Homes as day care centres and so on, were all already in the forefront of people's thinking. The liaison between the Government's Social Services and those working privately in the same field was as close and mutually beneficial as anything I had seen elsewhere in the world.

In India, Thailand, Sri Lanka, Bangladesh and The Philippines there is much poverty; and there are no helpful local authorities to provide weekly subsistence payments for our handicapped residents. Yet the local people of these countries somehow manage to provide the resources needed to maintain their Cheshire Homes. Furthermore the residents themselves play a very large part in making the Homes economically viable. The Home, largely for burnt-out lepers, at Katpadi in India meets nearly all its own financial needs by weaving,



knitting, carpentry and printing; both the Home's secretary and the Head of the Dispensary are themselves burnt-out leprosy cases. In The Philippines, again, the residents, the majority of whom are young paraplegics, are largely supported by their own work in wood, in metal, in textiles, in jewelry and in other trades; they run their own accounts, they do their own catering and they elect a resident as the Head of Home. On the main wall in one of the Philippine Homes is the remarkable motto, "What is important is not what a man has lost but what he has left". We may be able to offer some help and advice to our fellows overseas; but we have also very much to learn from them.

We are all one family growing every month and, as in any family, everyone can and should contribute as far as their abilities permit to the good of the whole; and the stronger the links that bind the component parts of that family the stronger will be that whole. With this spirit pervading our people and our Homes, which now number over 170 world-wide, we can face with confidence both 1978 and the years that lie beyond it.

Sincerely

Christopher Farbridge

Chairman

VIEWPOINT

This Winter issue of the *Smile* goes out to all its readers be they subscribers and members or friends of their families, Friends of the Homes or maybe someone having picked it up casually, with our warmest wishes for a very happy and prosperous 1978.

While good health is usually added to the list of wishes for the New Year, we realise that unfortunately the main 'raison d'être' of the Homes under the Leonard Cheshire Foundation is that good health is perhaps one of the ingredients that has been either left out or lost from the lives of the majority of the residents within their care.

But good health in itself is not a commodity that can be bought or sold, although it is one that is always treasured, and one of the most sought after and even envied gifts in life. Yet health without happiness can so often be almost meaningless, and it is here that the Foundation can offer so much.

Happiness according to one of the 'pop' songs of a few years ago is 'the greatest gift that I possess' – so to provide an atmosphere of warmth and happiness will automatically take in the whole of Life.

Sometimes perhaps we talk a little glibly about the comfort, the happiness and the freedom of residents in our Homes, and it may be a good thing for us all, from time to time, to re-examine the situation a little more closely, and ask how much happiness and how much freedom do the residents enjoy? Are they too protected, are they given sufficient stimulation and encouragement to do more for themselves?

It would appear from recent papers, discussions and seminars that have been taking place in various regions that the pattern varies considerably from Home to Home. Residents, for instance, in some Homes, have full representation taking a

full and equal share of responsibility as other members, on Management and other committees, and this as we see it, is as it should be.

The recent visit of our Chairman, Sir Christopher to the Homes in India and the Far East to which he refers, and the observations he makes in his wonderful message on the opposite page present to us all (wherever in the World we are, or in whatever capacity we serve be it in that of Management, Resident or Staff), with a challenge to sit up and take stock not only of the progress we have made over the past year, but also of our plans for the future.

The culmination of all our efforts surely can only lie in the happiness, the comfort and the well-being of the residents.

The *Smile* offers the opportunity for an exchange of views on these and all matters concerning the Homes and we look forward to receiving your letters and articles of special interest, so please keep us posted.

R.E.L.



Happiness

Happiness is love and love is care.

Happiness is something we all want to share.

There are different sorts of happiness – many kinds,

Beauty brings happiness to our minds.

Happiness is found in peace or noise,

Happiness is found in girls and boys.

Everyone should be happy for some reason or other,

Particularly if you live with your father and mother.

Happiness is standing together always,

Throughout the years, the months and the days.

Cheryl Perlow (age 15)



THE COUNSELLING SERVICE

A COUNSELLOR'S VIEW

Counsellor – according to the Oxford Dictionary, an adviser – a role of considerable responsibility for anyone to undertake. It was, therefore, with no little concern and anxiety that I joined the Cheshire Foundation in May 1977 as a Counsellor, with the task of offering advice and help to anyone who might seek it, resident, member of staff or Management Committee Member, in thirty-five Homes in the western half of the country.

My anxiety did not lessen when it was pointed out that I might well be regarded by some, as a kind of "Market Mews Inspector" and I thought rather ruefully that, if people did feel this, then it felt to *me* very much as if the boot was well and truly on the other foot and that it was I who was rather anxiously facing inspection by thirty-five groups of people!

Yet, over and above these fears, I was most of all convinced that the idea of a Counselling Service was right, and that, in setting it up in 1973, the Foundation had provided further evidence of an awareness of the needs of its residents; for, in my previous experience of social work with people with disability, I had been only too aware that many of them felt a kind of resentment at being all too often abandoned by their social worker once they went into residential care. Many I know, felt (particularly if they had no family of their own), that they then had no-one to whom they could turn for help with a problem that they were finding particularly upsetting.

Happily, within the Cheshire Foundation, many residents find that Heads of Home and care staff are very prepared to help with any difficulty that may arise. Yet, despite such ready help, residents sometimes feel that their problem is one which they do not want to discuss with anyone else within the Home, just as many people feel that they do not always want to discuss their anxieties with colleagues at work or with members of their own family.

In such situations, many residents have said how good it has been to have been able to talk in confidence with someone from outside, whom they did not have the embarrassment of seeing every

day thereafter, once the immediate distress of their difficulty had passed.

Equally, I have found many Heads of Home, Heads of Care and staff who have told me how frustrating it has been when, in helping a resident with a problem, they have found it almost impossible to obtain the necessary information and advice from local social workers, who have little time to devote to residents in care, and who change so frequently that it is hard to establish any continuity of contact with them. In these circumstances, far from resenting any help offered, staff have said how valuable it has been to have been able to seek help from the Foundation's own social workers, the Counsellors.

Again, there are occasions, I find, when staff themselves have problems which they do not want to discuss with anyone locally, or occasions when staff and Management Committees feel that they have a particular difficulty within their Home which they have grappled with so long that they can now no longer "see the wood for the trees". Many in this situation have expressed relief at being able to turn to someone from outside who can come along with an objective view, held in the light of seeing difficulties across the wide spectrum of thirty-five Homes. It is interesting that, having joined in looking at difficulty, even the most intractable problems so often seem far less daunting, when people in one Home learn that at least three or four other Homes are experiencing similar difficulties, and are only too pleased to share ideas for a possible solution.

It is this opportunity for communication in so many different ways, with individual residents, members of staff, Management Committees and Trustees, and with groups of Homes at regional meetings and seminars, that has been, for me, the most enriching and satisfying part of my job so far. It seems to me that, if the Foundation and its Homes are to remain lively and in tune with the needs of the people living and working within them, then good communication, the free flowing of information and feeling between all groups, is vital and I think that the counselling service can, be particularly useful in this respect.

My colleague, Mrs Wise, and I hope that the people we have so far met have found us helpful, and we hope that still more people will have the confidence to contact us in future and to offer us an opportunity of helping. We would welcome too, any suggestions as to how we could improve our service, under the guidance of the Head of Counselling, Ron Travers; for to meet people within the Foundation, to offer help if it is asked for in an honest and open way to the best of one's ability and experience, is what counselling is all about. We want to do it well – your comments and support, can help us to do it more effectively!



TOBY CHURCHILL and his Lightwriter

by Ann Sparkes

It was great to see Toby at the Tara Hotel on the day of the Annual Conference conversing freely with many people with his Lightwriter on his lap. For those who have missed him, here is a picture of his marvellous invention and some excerpts from his letter to me bringing his lively personality closer.

"I hadn't had such a hectic day as the rest of you — because when you went back into the conference hall we collared one of the hotel staff and asked if I could have a lie down, whereupon he offered us the medical centre with a couch. No sooner had I been lain horizontal than a lackey appeared with toast, jam, and a pot of tea; so I had to be got up again. Hard life isn't it?

"You ask how I came to invent the Lightwriter; I was taken ill (virus) in 1968, and lost my speech. Within months of the onset, I realised that an electronic writing engine would be perfectly feasible. Being in hospital I did not have access to the skilled persons needed, nor to the equipment and general facilities. Anyway the need was not particularly immediate, and the matter lapsed for several years.

"Then one day some friends took me to a race meeting at Silverstone. For some completely unexplained reason, we all went straight into the beer tent. Anyway, a young lady got talking to me; I felt a real prune trying to spell out my answers on my spelling card, and after misunderstanding a few replies, she walked away. Right, thinks me, the time has come to invent a Lightwriter.

"After a year of assembling brochures of suitable components (many of them American), I met up with three electronics engineers, and they put my ideas into prototype form in just three weeks — much to my shame, since I had taken a year to achieve one tenth as much.

"That's about the long and the short of it. The prototype aroused massive interest in the Press, radio and TV — in every conceivable country, from New Zealand to New Mexico. We four decided to form a Limited Company to design, construct and market them. Interest has not abated, and we are kept extremely busy organising the production on a sub-contract basis".

Those wishing for TCL details should write to: Toby Churchill Ltd., 20 Panton Street, Cambridge CB2 1HP, for the brochure, prices and full description.

To the Editor,

I was very interested to read an article by a "Resident" about the art of feeding patients who are unable to feed themselves.

I have worked for many years at the "Star and Garter Home" for disabled ex-Forces in Richmond, and amongst my many duties was the feeding of patients. I was taught that food had to be almost minced to make sure the patient could swallow it and a spoon was always used. The use of fingers was almost forbidden in the handling of the food, and tiny pieces of bread were balanced on the teaspoon, although this was rather difficult to manipulate.

I had to feed four patients at a time, so I never had the chance to sit down, but I always tried to have a little chat to each man as I "spooned" food into his mouth.

I was a driver-mechanic in the W.R.A.C. for 15 years, so I never had any nursing training. But I think it all depends on the persons themselves and compassion for a sick person is something some people have and (unfortunately) some people have not.

With best wishes,

Miss Davina Williams

GIVE THE DISABLED A CHANCE

by *Dougald Brown*

The physically handicapped employee is a well-known and time-honoured part of industrial folklore. According to the accepted version, the story is one of persons who have bravely overcome their afflictions and disabilities to play a useful and productive role in industry. As far as it goes, the story is true. It is also comforting and has given too many managers a false complacency and an excuse for self-congratulations.

In truth, the dilemma of the handicapped worker cuts much deeper and offers little ground for complacency, for despite undeniable progress, the disabled job-seeker often remains shrouded in misconception and myth; despite demonstrated ability, he remains categorised by his disability; despite his contributions as an individual, he is often lumped into a supposedly homogenous group known as "the handicapped"; and despite his efforts and the efforts of agencies working on his behalf, he usually remains the subject of cautious uneasiness.

Policy towards disabled workers is indeed a sensitive area. So sensitive, in fact, that most firms refuse to discuss it. One company, however, that has no qualms about its attitude is a U.S. firm, whose president has this to say about his experience with disabled employees. "At first we were kind of easy on our people. But we soon found out that charity and business don't mix. We have to compete with able-bodied workers on price, quality, production speed and in every other way".

The company, which does sub-contracting work for electronics manufacturers, has a history of regular dividend payments, and all its employees are disabled, including the president who is a paraplegic from a combined attack of polio and spinal meningitis.

Even the term "handicapped" is taboo; the company points out that the term first adopted to soften the connotations of the word "crippled" but the newer label is just as offensive in that it implies an across-the-board inability to perform a job.

Such a notion has been disproved time and time again — people with physical disabilities can

be found performing jobs that are beyond the talents of many so-called "normals". In certain instances, disabilities often turn out to be a plus factor in a work environment.

One Montreal manufacturing plant, for example, found itself a few years ago engaged in converting one whole work area into a preserve for deaf and dumb mutes. The work involved riveting terminals on to short pieces of wire and the accident toll in lost fingers was exceptionally high among regular employees. The firm finally deduced that employee chatter was to blame. When employees talked to one another, they tended to look away from their work, much to the detriment of their fingers. The firm decided to experiment with one deaf mute employee, whose safety record was so superior that the firm adopted a policy of hiring deaf mutes for the operation.

Other examples where physical handicap has turned out to be positive factor on the job are numerous — persons confined to wheelchairs are admirably suited for detailed assembly work that can be literally back-breaking for some employees; and deaf persons can operate satisfactorily in noisy areas that could pose a health hazard to other employees.

But important as these special situations are, rehabilitation experts are quick to point out that handicapped people can also make a contribution on an equal footing with other employees.

"The most important factor is to match a person's skill and personality with the work environment", says Hugh Russel, National Director of Employment Services, Canadian National Institute of the Blind. "People vary in degree of disability and, of course, in skills — we have people with college education and people with primary school education".

Norman Millington, former Executive Director of the Rehabilitation Foundation for the Disabled in Toronto echoes the same sentiments. "We must find constructive jobs that allow individuals to use their particular skills. We have to try harder to find creative jobs because unfortunately we still tend to think only of menial tasks for disabled persons".

On the other end of the hiring line, most personnel recruiters express the same desire to match skills with job requirements. But in practice, many admit that most often this means scrutinising and evaluating a person's disability rather than assessing his abilities.

People in that rehabilitation field argue justifiably that a company should look no differently at a potential employee who has a physical handicap than it does at an executive who has a history of cardiac trouble. After all, the argument runs, each man has skills to offer in

many work situations. But rarely is the treatment the same.

Perhaps the biggest road-blocks to increased participation and opportunities for handicapped people are in the minds of employers themselves. Trying to help disabled persons find jobs is a rewarding but highly frustrating task, one placement worker explains, because the same fears and myths must continually be dispelled. Much of the problem lies in the fact that many employers and potential employers have never bothered to examine misconceptions that should have long been banished as old wives' tales. For instance:

A handicapped person will be more prone to accidents, won't he?

Statistically untrue. In fact, a U.S. study a few years ago indicated that "impaired persons" have fewer disabling injuries than the average worker when exposed to the same work hazards. Explanations of this phenomenon are varied. Some say that disabled workers are more attentive and try harder to prove themselves. Probably the best explanation comes from Russel of the CNIB: a person with one disability isn't going to try for two. In the case of blind workers, they are covered by special blind workmen's compensation legislation.

Won't the employer's pension and insurance company prevent him from hiring handicapped people?

Insurance companies don't tell companies who or who not to hire. In fact, insurance companies themselves are among the leaders in hiring disabled people.

Other employees might not accept a disabled person and thus only make it harder for him.

Rehabilitation experts say that on the basis of their experience, this is a greatly exaggerated fear. Millington believes that a disabled person can help improve morale, after an initial period of adjustment. The person and the personality are likely to affect employees more strongly than any disability. And as Millington notes, disabled people are like everyone else – some easy to work with, some are not. Russel believes that fellow employees tend to be over helpful to a blind employee until they appreciate his self-sufficiency. After a short period, he says, other employees tend to forget about the disability. The goal of the CNIB is social integration, so that the period of adjustment is also crucial for the blind employee himself. In fact, the Institute prefers that blind persons should not be placed with other blind persons, even to the extent of placing them in separate departments in the same plant.

How will I be able to tell a disabled person if he can't do the job?

This is perhaps the most insistent and deepest-seated fear of employers, report rehabilitation workers. In some respects, it is a justified fear, although it does not justify barring the door to all qualified disabled persons. To get around the problem, the CNIB assures employers that a member of the Institute staff will break the news if a blind employee must be let go because he cannot do the job. This fear, however, is exaggerated because experience has shown that the vast majority of disabled people can do the job.

While these myths have taken deep root among many members of the industrial community, rehabilitation workers have gained considerable ground by taking their case to top management. Both Millington and Russel stress that a shift in attitudes to hiring handicapped people must come from the top. In the absence of any stated management policy, personnel recruiters and mid-managers tend to assume that the unstated policy is to shy away from the handicapped.

Much of the credit for the good record of disabled in industry must go to the various rehabilitation agencies involved in retraining and helping to find new jobs for the handicapped. By the time a physically disabled person in ready to enter or re-enter the workforce he has in all likelihood been through a battery of psychological and physical assessment tests that are designed to pinpoint both his abilities and aptitudes.

In most cases, he has also been exposed to the work environment by means of a special workshop. There, as a worker's production goes up, so do his wages until he reaches normal production speed, at which time he receives the full minimum wage. At that point, he is ready to enter the workforce – if there is a job available.

Millington, for one, is frankly worried about the prospects of helping disabled workers find jobs in a tight labour market that must constantly adjust to technological change.

"I wonder how we will be able to find jobs for the disabled when there aren't enough jobs for able-bodied people?"

What would he say to employers to encourage them to take a closer look at qualified handicapped workers.

"Don't knock it until you've tried it".

Reproduced from 'Caliper', Canada.

HELPING TO IMPROVE ACCESS FOR DISABLED PEOPLE

*By Peter Large, Chairman of the
Silver Jubilee Access Committee*

I have often thought that one of the easiest ways to start a riot in this country would be to impose on the population at large the same restriction of choice of activity and freedom of movement in and around our buildings and cities that we now impose on disabled people. People with impaired hearing or sight, people who cannot walk easily or have to use wheelchairs, and others with other disabilities are too often restricted in their freedom of choice and movement less by their disabilities than by the additional man-made handicaps we superimpose on their disabilities. The additional handicaps – the architectural, attitudinal and other barriers we construct – make sections of the built environment 'no-go' areas for disabled people. The barriers dictate to disabled people which shop, library or post office they can use, which play, film or concert they can enjoy, which school or evening class they can attend, the job they can take and even whether they work at all. The non-disabled would not tolerate such restrictions.

If you are not disabled consider what you would do if, because of your sex or colour, or the initial letter of your surname, you were prevented from using a public lavatory or library or getting into your Town Hall or listening to a concert. What would you do if you were told you were not allowed to shop in an Oxford Street crowded with shoppers from all parts of the world, or if a Health and Safety Committee decided in your absence that you were to be restricted to working on the ground floor? What would you do if you were banned from food stores and restaurants on the grounds of hygiene, or refused entry to some other place because your presence was deemed to be hazardous to or, worse, to be potentially upsetting for others? My guess is you'd explode with indignation. If you are disabled you will remember

what you did and know what you will do when it happens again. You will know how much it hurts to have to realise that your disabilities are being compounded by the action or inaction of your fellow citizens.

An opportunity to help avoid this hurt in future is presented by the existence of the Silver Jubilee Committee on Improving Access for Disabled People. The Committee was set up by Alfred Morris, M.P., Minister for the Disabled, to harness for the benefit of disabled people the goodwill created by the Silver Jubilee celebrations. It is an official Silver Jubilee Committee and Her Royal Highness the Duchess of Kent is giving her personal support to its activities. Most of its members are themselves disabled or have personal knowledge of disability and everyone involved is committed to achieving one modest aim before the Committee disbands next year. That aim is simply to make more people aware of the needs of disabled people as regards access to and convenience of use of the built environment.

One of the initiatives we have taken is to write to 'First Citizens' throughout the country outlining the problems disabled people face in an environment built for people who walk, see and hear without difficulty. We have asked First Citizens to assemble a group of disabled people, local officials and representatives of interests with a key role in providing and managing facilities which the general public commonly use. We have asked that the group decides access initiatives that disabled people in the area want, promotes and publicises the initiatives and advises us of those that merit recognition through an award scheme we are arranging. I hope you will have heard of action in your area and are already involved in that action, but if you have heard nothing I urge you to write to your First Citizen. Ask if anything is happening and, if nothing is, get together with other disabled people and get things moving. You can help us in our campaign by so doing.

You can also help us help you by letting us know of examples of good and bad practice and of problems solved and problems yet to be solved in the fields of both architecture and attitudes. Some of us on the Committee are particularly interested in the restrictions imposed by non-disabled people who fondly believe that the quest for ultimate safety is worth whatever it may cost other people in terms of money or loss of freedom. We hope to produce a report on our work before we disband and you can help us make that report very interesting. I hope you will.

At the time of writing, early in October, we are in the process of organizing a competition for schoolchildren and arranging the production, by the Central Office of Information, of a short technical film as an Architectural Newsreel item

for architects. We have written to a large selection of cinema and theatre managers seeking their help in making their premises accessible to and convenient for disabled people. We have also contacted people who can promote the cause of access in newspapers and magazines and on radio and television. Their response has been heartening, as too has been that of many Members of Parliament all of whom we wrote to at the start of our campaign. You have probably seen or heard some of the results already and I hope you will be reading and hearing a lot more about access in the months ahead.

The week commencing 4th June, 1978 has been set aside as 'Access Week'. This will be the week when awards will be presented and other events we are now planning will take place as a finale to our ephemeral but, we hope, not inconsequential existence. Everyone is welcome to take part. Let us know what is planned in your area and we can try to get it publicised. In the meantime, make sure someone is doing something in your area. Tackle your First Citizen and let us know what's happening or not happening; the good and the bad are of equal interest to us – and to others.

Further information is available from the Committee Secretary, Mr R. B. Brown or the Assistant Committee Secretary, Mrs E. J. Hirst, C/o the Department of Health and Social Security, Alexander Fleming House, Elephant and Castle, London SE1 6BY (Tel: 01-407 5522, ext. 6411 and 6443).



C.E.H. (Centre on Environment for the Handicapped)

REGISTER OF BUILDINGS FOR PEOPLE WHO ARE HANDICAPPED OR DISABLED

CEH has received a grant from the Stanley Thomas Johnson Foundation with which to establish a national register of buildings designed or adapted for people who are physically, mentally or visually handicapped, and also of buildings for general use which have been designed to allow maximum use by handicapped people.

The intention is to ensure that comparable data about such buildings is available to architects, planners, and all those who contribute to the

briefs for special and general buildings. They are looking for information about day centres, schools, hostels, group homes, public buildings, housing or other projects and especially those which have been designed or adapted with an understanding of the human as well as the physical needs of the people who will use them. CEH's records, compiled over the past five years, show that many projects have been proposed and they would now like to know if they have been completed and how successfully they are operating.

The information CEH provides from this register can only be as good as the information they receive. They are contacting voluntary societies, working closely with central and regional offices of government departments, asking them to publicise the survey so that readers can inform them of what has been achieved.

People who contact them will be asked to complete a simple form and the information received will be available to enquirers as the survey proceeds.

They intend to visit many of the buildings, and a selection of schemes which in their opinion are successful both architecturally and socially will be published when the survey concludes in 1979.

For further details please contact Ros Purcell at CEH or telephone 01-267 6111 extension 264.



Minutes of Gold

Two or three minutes – two or three hours,
What do they mean in this life of ours?
Not very much if but counted as time,
But minutes of gold and hours sublime,
If only we'll use them once in a while
To make someone happy – make someone smile.
A minute may dry a little lad's tears,
An hour sweep aside trouble of years.
Minutes of my time may bring to an end
Hopelessness somewhere, and bring me a friend.

Author Unknown

Ack.: Handy-Cap Horizons.

NEW MOBILITY HELP

Mobility Allowance is to be increased to £10 a week from 1st July, 1978, and inflation-proofed it was announced by the Secretary of State for Social Service, Mr David Ennals, in the Commons on 6th December.

To protect against inflation, there will be an annual uprating starting in November, 1979. The allowance will continue to be taxable.

NEW CHARITABLE BODY

A group of prominent people drawn from the professions, from finance and industry, from voluntary bodies and from the trade unions to be known as MOTABILITY, and chaired by Lord Goodman, has now set up a voluntary organisation for the United Kingdom, working in collaboration with the Government, to ensure that disabled people, both drivers and passengers, who want to use their Mobility Allowance to obtain a vehicle will get maximum value for their money in doing so.

Motability's aim is to assist people rendered immobile by helping them to obtain and run suitable cars, either as drivers or as passengers, where they are unable to do so by themselves and seek aid for this purpose. It plans to do this in ways which will supplement, and not duplicate, State provisions and will in no way impinge on the independence of those who are helped. But it should be made clear that it will be entirely for disabled people themselves to decide whether they want to use Motability's facilities or to make their own arrangements.

Motability will have two main functions. The first, and the most important, will be the provision of facilities to enable disabled people to get the maximum value for money from their Mobility Allowance and other resources. It will seek to mobilise and furnish the best available information and advice about the choice of cars and the adaptations needed to the normal controls.

Discussions which are already well advanced show that it will be able to negotiate a number of favourable financial arrangements and to make them available to the severely disabled. The most

important result so far achieved in this field is that the Clearing Banks have agreed to make a sum of up to £100 million available on terms appreciably more favourable than could be procured by any individual disabled person. This should enable Motability to work out a scheme for leasing cars at minimum cost, and in certain circumstances to purchase a car.

Secondly, as a charity, Motability will try to make provision for cases of hardship, i.e., where the disabled person's own resources are insufficient to meet the full costs of the required mobility. It must, of course, be understood that its capacity to do this must depend on the public response. It will in due course be appealing for funds for this purpose, and it will be happy to receive donations straight away.

THE NEXT STEPS

It is clear that there is an important job to be done. Motability will seek to do it. The organisation has only just come into being, and a lot of planning and administrative work remains to be done before it can become fully operational. For the time being, therefore, it is not in a position to deal with enquiries from the people it wants to help. As soon as Motability is ready, full information will be published: on present proposals it hopes to be fully operational and ready to receive applications by next July.

In providing its services, including a leasing scheme, it may be necessary to operate a system of priorities so as to deal first with those who most need it, for the time being deferring dealing with those who already have serviceable vehicles. But the resources already offered show that there are good prospects that no long delays will be involved for anyone.

Motability is breaking new ground and there are many problems to be solved. But given the increased help for the disabled which the Secretary of State announced on 6th December, and the support of the Government and the Opposition. With the co-operation of the many other bodies concerned, Motability has a good prospect of success by enabling many disabled people to achieve mobility.

Further information may be obtained from The Disabled Drivers' Motor Club, 39 Templewood, Ealing, London, W13 8DU. Telephone: 01-9981226.

Ack.: The Disabled Drivers Motor Club.

FOOD FOR THOUGHT

The British Government's declared objective of directing more aid towards the poorest people in the poorest countries can only be achieved by substantial changes in the methods of aid administration, it is claimed in a report commissioned by Mrs Judith Hart, Minister for Overseas Development.

But overseas aid was not forgotten when Chancellor of the Exchequer Denis Healey in a mini-budget, relaxed his tight squeeze on Britain's purse. He promised £20m more for Britain's foreign 1978-9 aid programme.

The extra funds bring Britain's planned official aid disbursements for that year up to £683m - a

9.6% rise on the current year. It seems to justify the actions of the Minister of Overseas Development, Mrs Judith Hart, who broke her October tour of East Africa in order to fly back to Britain to lobby the Chancellor for more overseas aid.

But looked at more closely there is little to crow about. The £20m does not restore the £100m pruned from the Ministry of Overseas Development's budget last December.

Development assistance spending remains at 0.38% of GNP, roughly the level it has been for most of the seventies, and well below the 0.7% it is pledged to disburse.

Britain is having at least some success with its 'Help for the Poorest' policy. However, in 1975 there was an increase of 3.8% in project disbursements directly benefiting the rural poor - from 20.6% in 1974 to 24.4% in 1975. 62% of British bilateral aid in 1976 went to countries with a GNP per capita of under \$200 per annum. The Development Assistance Committee of the OECD commented favourably in June that Britain had succeeded in allocating aid to the poorest countries in proportion to their share of the population of all developing countries.

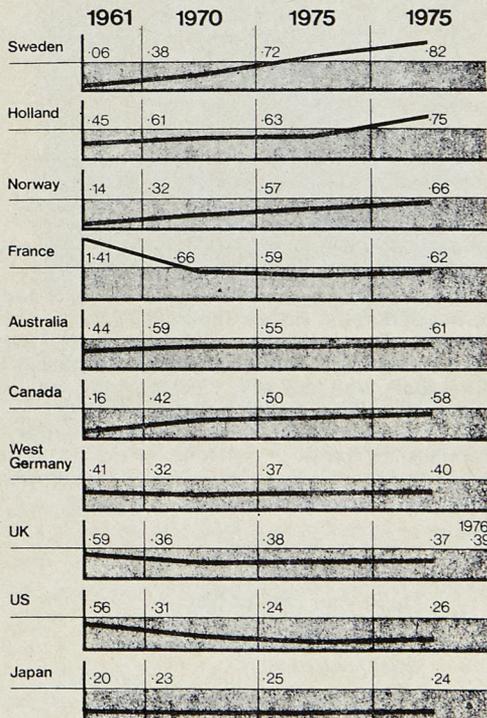
But too often the facilities simply are not available for donor countries like Britain to find suitable rural projects for aid.

© GEMINI.

Ack.: Action for Development.

WHO GIVES WHAT

Aid tables show that only two of world's rich countries have hit UN target - 0.7 of GNP



below 0.7%

1678

Giving

God gives us joy that we may give ;

He gives us joy that we may share ;

Sometimes He gives us loads to lift

That we may learn to bear.

For life is gladder when we give,

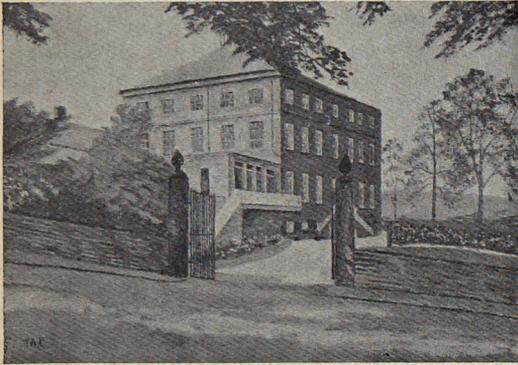
And love is sweeter when we share,

And heavy loads rest lightly too

When we have learned to bear.

Author Unknown

Around the Homes



'White Windows' Cheshire Home, Sowerby Bridge, Yorks.
By Tom A. Parker

WHITE WINDOWS

1st November, 1977

FEAST OF ALL SAINTS

What seems a long time ago, it came about that a group of people got together and Dedicated themselves to work for an Ideal. They just have heard about the great work Group Captain Cheshire was doing, and felt that they would like to do the same in this part of the country.

The first thing they had to do was to find a house which would serve their purpose. The house they found, and in which we now live, is a four-storey rectangular building on a hillside overlooking the small industrial town of Sowerby Bridge in West Yorkshire.

Only those people can tell of the hard work they did for the day, the great day, when they could say White Windows Cheshire Home, the first resident coming to live here on the 1st November, twenty-one years ago. On that day a seed was planted which has now grown into a tree with its branches and roots spreading into all parts of the surrounding area.

A few days before the Anniversary, Matron and I had a chat about the forthcoming event, and she

felt that something worthwhile should be done on such a great day, and had the idea that a collection could be made from the staff and residents, and the proceeds to go to Dehra Dun, India. This was done and the sum of £25 was forthcoming.

After breakfast Mass was held for those people wishing to attend, and then Mr R. H. Blackburn, who was the Home's first Chairman twenty-one years ago, presented pink and white carnations to residents and staff, this being a tradition he has undertaken each year on the Home's birthday. His great ambition has always been to live to see the Home attain its twenty-first birthday, and that he could come and pin on each of the residents and staff a carnation. This he was able to do, which must have made him a very happy man.

Matron and the kitchen staff put on a super lunch. Turkey with all the trimmings, followed by Christmas pudding. The afternoon was spent very quietly, everyone looking forward to the Social evening to follow. This was attended by the Support Groups and friends of the Home, along with the staff and residents. The dining room was full of people, and there was a very happy party atmosphere in the room. The Mytholmroyd Gala Queen and her retinue attended, and presented a cheque to Mr J. N. Gibson, the present Chairman, for £50, and the Ripponden Group also presented a cheque for £400 for the Extension Fund. Around the room were tables filled with all the goodies one could think of, provided by the various Support Groups and friends. It was an evening to remember, and put new life into the Home.

As the time passed by, I sat in a corner taking everything in, when an old song came into my mind - "When you come to the end of a perfect day", and you sit alone with your thoughts". I thought of the great work the Founders had done to start this Home. I thought of all the Support Groups doing such good work over the years and the Residents; the House Committee and Secretary who meet each month looking after the Home's affairs; the Doctors, Matron, Sisters and all the Staff, who look after us day by day. We have much to be thankful for; above all else, these twenty-one years have proved their worth as a Cheshire Home.

T. A. Parker

Chairman, Residents Welfare.

A day to remember
Came our way
Upon your twenty-first
BIRTHDAY.

So thanks to all
For your efforts so splendid,
I assure you they did
Just what you intended.

For a spirit of "Peace"

On White Windows descended,
And your coming of age
Was superbly attended.

Now, let's look forward
To the next rejoicing,
Your twenty-fifth anniversary,
Just four years of waiting!

R.H.B.



George and Audrey celebrate their engagement.

Mickley Hall romance

When wheelchair bound Audrey Longley came to Mickley for a holiday she little thought she would encounter romance. But she met up again with George Lamb, who became a resident at the Home during the summer, with whom she grew up in Barnsley. After a whirlwind courtship of three weeks, George, 52, and Audrey, 49, have announced their engagement and fixed the date for 26th January, 1978. George put a diamond ring on Audrey's finger just before Christmas, and the ceremony will be performed by a local Minister with a reception at Mickley Hall for everyone to wish them happiness together – our first married couple in the Home.

Chipstead Lake Residents Enjoy Music Hall

A party of ten residents from Chipstead recently enjoyed a matinee of "The Golden Years of Music Hall" at The Churchill Theatre, Bromley, Kent, and received V.I.P. treatment from the theatre management and staff.

Alderman H. W. Haden, J.P., Chairman of The Churchill Theatre Trust, welcomed the theatre-goers and every effort was made to make their visit a happy one, even to removing nine seats from the balcony to accommodate their wheelchairs.

The residents were the guests of the K. J. Group of Companies and Mrs Garth Magraw, wife of the Group's Managing Director who has been actively associated with the Chipstead Home, and is a voluntary helper there, was one of the helpers.



Residents of the Chipstead Cheshire Home, at the Churchill Theatre.

Self-Catering Holidays For The Handicapped

The Le Court Residents' Association offer their new luxury holiday caravan for hire to other disabled people – with their helpers – for the 1978 holiday season.

The caravan has been specially designed for handicapped people – particularly wheelchair users – and is fully equipped for six persons.

The caravan is sited on a holiday leisure park on the South coast, with all amenities close at hand.

Bookings will be open from 1st March, 1978.

For further information please write to:
Miss T. Edwards, Le Court, Liss, Hants.

SUMMER IN THE SKIES

One day last year an acquaintance came to see me, and during our conversation I said, "Oh! I hope it will be good flying weather tomorrow". He said, "Why is that, Sue?" I replied, "I am going gliding!"

He said, "I beg your pardon, you can't go gliding, you're disabled!" I said, "Can you tell me what difference that makes?" With a look of embarrassment, he made no reply.

Peter Deakin, our Financial Adviser, came to see me one day and said, "Do you think the residents would like to go gliding?" When I made a few enquiries, the response was very encouraging. So we went ahead with the necessary arrangements.

The following day, John, another resident and I set off on our adventure, and Mr Deakin accompanied us. We arrived at Dunkeswell Airfield near Exeter, in the true Cheshire manner. I suppose you might say this was a pathfinding expedition to see what it really was all about, and if it was going to be a practical proposition for us.

The weather seemed very good, but when we arrived at the airfield to our disappointment we were told that the cloud level was unsuitable. The bad news was given to us by John Fairclough who, together with his wife Barbara, has built up Dunkeswell "Flying and Gliding Club", so that it is now one of the busiest small airfields in the country. So, unable to go up, we spent some time watching aircraft take-off and land. We also saw parachutes – all pinks and blues, purples and greens, floating like exotic blooms on the wind.

It seemed wise to discuss the practical side of disabled people gliding, and the necessary care needed to place us in a cockpit. We also had to arrange for our gliding trip and to give us unrestricted gliding at an economic fee, we had been advised to take out a Club Summer Membership.

We returned to Dunkeswell on the following Friday, with seven residents, together with Mary Barnet – a member of staff – and Peter Deakin and a member of our management committee. Delight upon delight, upon arrival we found we were able to fly, so thought it reasonable to fortify ourselves with a glass of "Dutch courage" in the bar, then we each took our turn for a flight.

I was the first to volunteer and was placed in the small cockpit and harness, with assistance from something which I can only describe as a sky hook. The perspex cover was secured above me, and we prepared for take-off. As the car that was towing us gained speed, I felt the heady thrill of excitement and exhilaration when I realised that we were actually airborne. Through the headphones the instructor told me how to handle the controls, and when to push the joystick forwards or backwards. As we soared like a bird in the silent air, he explained about thermal currents and cloud levels. Being a mere female such technicalities went right over my head (now firmly in the clouds), but I could appreciate the wonderful sensations, and thought the jargon could come later.

The perspex cover gave me a feeling that the sky and I were one, and I felt all I had to do was reach out and touch a cloud. The landscape below was a carpet of virgin green, seemingly unmarred by such intrusions as caravans and tents, but it all seemed so brief, for suddenly I heard the instructor say that we must prepare for landing. We descended slowly and touched down smoothly on the runway.

I was delighted to learn that we were to have another flight that same day. On this second flight we were given far more control and felt as if we were truly participating in this exciting activity.

With all our flights completed, we decided to go to the clubhouse bar again and talk about our experiences. The boys in the party had some knowledge of gliding, and talked about such things as "thermal currents, cloud ceilings, and wind velocity". Whereas the girls were more lyrical in their descriptions, and perhaps a little more bewitched and bewildered (though certainly not bothered!) We already felt confident, and looked forward to more trips in the sky.

How I would love to meet that man, who doubted the possibility of us gliding, again! I would soon show him! Just because we are chairbound it doesn't mean we have to be earthbound, does it?

Susan James

Douglas House, Brixham.

Major improvements at MARSKE HALL

Marske Hall, the Teesside Cheshire Home, was in a state of upheaval during the last few months of 1977. A new sickbay unit, a medical examination room, and a TV room were being added to the old mansion, and the development involved radical changes to the laundry.



All the inconvenience was suffered in good heart, however, and there is no doubt that the Home is greatly improved as a result. One added boon is the installation of three automatic doors, two of them giving access to lavatories.

Following this extension, a feasibility study has been started to consider long-term planning for the Home, and how best it can meet the needs of the eighties.

Jack Threadingham Extension to the Cotswold Home



The presentation of the decanter to Mr Threadingham. Foreground (left to right): Gerald Howes, Mr Ralph Elliot (with microphone) and Mr Threadingham. In the background are Mr and Mrs L. G. Northcroft (Mr Northcroft is behind Mr Elliot, and Mrs Northcroft is on her husband's left, against the window).

Ack.: Photographic Department, Spirax-Sarco Ltd.

Our new building was officially opened on 14th November, 1977. It has been named the "Jack Threadingham Extension", after our dynamic Chairman, whose efforts, together with those of Mr and Mrs Northcroft, and their Committee, have achieved a splendid reality.

Opening the extension Mr Threadingham defined its purpose as enriching the lives of

disabled people, and providing for them some of the comforts and amenities which are available to able-bodied persons.

He was introduced by Mr Robert Hunt, Chairman of the Gloucestershire Area Health Authority, who paid tribute to Mr Threadingham's tremendous efforts on behalf of others, despite a heavy load of business activity, and being himself partially disabled.

Mr Ralph Elliot, a Trustee of the Foundation gave an outline of the growth of the Homes and also referred to work done for the mentally handicapped, and of plans to move into the field of domiciliary care.

The vicar of nearby Christ Church, the Rev. John Harwood, performed the dedication ceremony and our blind chaplain, the Rev. Geoffrey Treglown, said prayers on behalf of those living and working in the Home, and concluded with a Blessing.

The residents watched and listened to the ceremony from the warmth and comfort of the Northcroft Room, the re-decoration of which had been provided by the generosity of Mr and Mrs Northcroft who then unveiled a plaque to commemorate the occasion.

Later, Mr Gerald Howes, on behalf of the residents, presented an inscribed crystal glass decanter to Mr Threadingham, as an expression of their appreciation. The inscription read: "Gratitude is the memory of the heart". A sentiment which was close to the feeling of every resident.

Earlier, before the ceremony, ten of the lady residents presented the platform party with flowers; orchids to the ladies and a red rose buttonhole to each man, symbolising the thanks and affection of the residents for all that had been done.

Finally, Mr Bob Hughes, Chairman of the Residents' Committee, expressed sincere thanks to all who had contributed in any way to the provision and equipment of the new extension. He stressed how deeply the residents appreciated the dedicated efforts of the Management Committee, Matron, Bursar, and the staff, and the many others whose work had made the day possible.

A buffet lunch followed and in the afternoon the Home was open to the public, and tea was served by our loyal Group of Friends. The Home was decorated throughout with lovely flower arrangements provided by Mrs M. Robinson and Mrs Smallwood and their friends from the Cheltenham Floral Society.

Bob Hughes

TOTTY'S TRIP



Ideas often come while wallowing in a hot bath, but this one came while icy water cascaded down my neck as I ran behind Totty in order to keep warm on my way home from a Driving Club Rally. I had been caught in a storm with no coat, yet by the time I reached home my plans were well formed to drive 200 miles to Norfolk, in aid of Greathouse.

The hero of this effort was my small skewbald pony "Totty", who had previously collected scrap in Leicestershire and came to this family five years ago. At times he is as mischievous as a naughty little boy, yet he is trustworthy enough to have given rides to two of the residents of Greathouse.

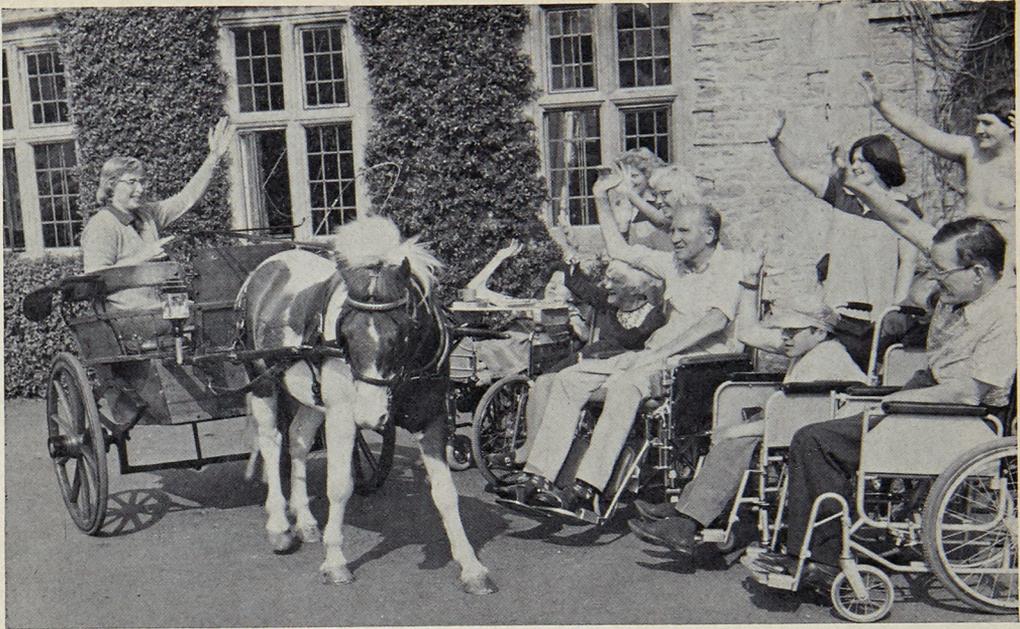
After 8 weeks of regular exercise to get him fit, Totty was ready to undertake this journey, and with help from my family and friends we had collected many sponsors and donations. I had planned our route with night stops at a variety of private homes, the blacksmith had put on a set of specially hardened shoes with studs to prevent Totty slipping on the road.

On 10th July, 1977, Totty had a good bath, his harness and little governess cart were cleaned and polished, the cart was packed with pony nuts, water bucket and my clothes and maps, then I drove him over to Greathouse. We had a grand send-off from there, with a police escort for the first 2 miles to help us safely on our way.

During the journey we came across kindness, generosity and interest that warmed the heart and what a wonderful way to see the countryside! We followed lanes that were often so overgrown that the grass brushed both sides of the cart. Six times I had to open gates and the fourth ford



Mrs Labourchere presents the cheque.



Waving goodbye. Photo: Wiltshire Newspapers

proved so deep that Totty thought he was going to have to swim and I got wet feet inside the cart!

So many people stopped us on the way, to ask about the trip and gave me donations that we collected over £80 during the journey. Once we were held up by a most sinister looking and unshaven young man, who spent four minutes rummaging in his car before explaining sadly, "I did so want to give you a donation but I can't find a penny in this old banger of mine".

Many times I was invited into peoples homes for coffee, lunch or tea and Totty had a great fuss made of him.

Donkeys seemed to play a big part in this drive, as we spent one night at a donkey stud. Here Totty developed a great affection for them, although he found it hard to stand 60 of them all braying at the same time! Later we met a lone donkey tethered on a grass track when we took a short cut while crossing the fens. To Totty's delight there was no chance of passing as there was a ditch on one side of the track and a steep bank on the other. It took me ten minutes to push the donkey far enough up the bank to give me time to return to Totty and get him past before the donkey scrambled back for more chat with Totty!

The whole journey took 10 days with one full day's rest half way. We travelled an average of

27 miles a day, but we took it slowly and Totty never got tired or sore; in fact he seemed to be enjoying himself more each day and so was I! Never had I made more friends in so short a time.

When we reached Cley, on the Norfolk coast, there was a grand reception awaiting us. This included the former Bishop of Malmesbury and all my family. Totty was given a well deserved tankard of beer and a bunch of carrots, which he enjoyed with a chaser of rose buds from my bouquet of flowers!

This drive of 228 miles through some of England's prettiest countryside was a wonderful experience; I was even more delighted when, thanks to so much support, I was able to present the Group Captain when he came to visit Greathouse in October, with a cheque of £1,756 for the Extension Fund. Greathouse plans to build an additional 20 single rooms, so a major fund raising effort is now under way.

Totty joined us in the house for the presentation, where he enjoyed another pint with some of his best friends, the Residents!

P.S.—Where possible I would be delighted to come and talk about my drive with Totty and show a few slides.

Mrs Labouchere
Priory Cottage, Kington St. Michael, Chippenham.



21 Glorious Years

Having lost his parents, Alne Hall has been the "Home" of David Dunn for the past 21 years. He is the oldest inhabitant in length of stay, and hopes for many more.

His photograph is reproduced by courtesy of *Yorkshire Gazette and Herald* who recently gave the Home a tremendous spread of publicity on its Improvement Scheme and with luck they hope to be in residence in the New Year.

They now have two Residents who have become members of the local Women's Institute, and one male resident has joined the 'Over Sixties Club' in the village. This has made them all much more outward looking.

David Dunn

FRESHFIELDS

The Freshfields Gazette being the monthly publication for Support Groups, Residents, Staff, and helpers at "Freshfields", has just achieved its first birthday, so is one year old with twelve issues and a total printing of about one and three-quarter million words.

The Editor, Arthur Hunter, writes: "I hope it has been of interest to you and that it has helped you to appreciate that we all work towards one goal, the welfare and progress of 'Freshfields'." In wishing everyone a Very Happy New Year, he continues, "May you find real happiness in working for, and with, other people. Happiness springs from the comradeship of warm hearts, from those with whom we come in close contact during our lives".

HELPLESS THINGS

Mrs Catherine Hodder writes:—

The following verses were composed by my friend, Paddy O'Halloran in the winter of 1974/5, and were dictated to me in what was at that time the "Quiet Room" of St. Michael's Cheshire Home, Axbridge.

Patrick, who has M.S. and is unable to hold a pen, shares a love of poetry and a sense of pity and outrage for all helpless things – in particular all captive creatures whether imprisoned by disease of their bodies (as in his own case) or in zoos or circuses, or in intensive farming establishments as are the tigers and calves mentioned in the poem.

VICTIMS ALIKE

I pity the tiger, caged,
frustrated and enraged,
Close behind bars,
Pacing his tiny space,
chafing to bound and chase,
At night, like mine, awake,
do his green eyes escape
To the same stars?

Sometimes, in dreams, I walk,
and in those dreams I talk –
Easy – and effortless!
Free in kind sleep I run
through fields in summer sun –
Fleeting this happiness –
freedom and joyousness
So soon are gone.

Waking, remembered pains
ensnare me still in chains
Here where I stay.
I watch the morning sky,
little birds winging high –
Pink morning sun arise
climbing the brightening skies
To light the day.

I pity the calves, close-tied,
in darkness, side by side,
Never to see
Grass growing tender-sweet,
clover beneath their feet –
Through their eternal nights,
do they know these delights
In dreams, like me?

Paddy O'Halloran

Saltways Cheshire Home.

LETTERS TO THE EDITOR



Dear Friends,

I am a terrier called "Dormouse", and I want to wish all my friends a very Happy New Year. Being only a Voluntary Dog, I don't appear on anyone's Staff List, but I used to work a lot in the kitchen at Greenhill House, Twyford (the Oxfordshire Leonard Cheshire Home).

I used to sit on the deep freeze for hours while my mistress washed-up the dishes. On wet days I used to sit in the laundry and supervise. But, best of all on fine days I dug in the garden, weeded and played ball with all the kind children whose mums were helping in the House. The staff *were* kind and I had bones to take home for later, and *sometimes* I stole "Tiger's" dinner. THOSE WERE THE DAYS!

Then, sadly, we all moved house, right up to the North East, and, "Mousie", I said to myself, "it's goodbye now to kind folk in Cheshire Homes". But, "No". My mistress has found *another*, at Blackhill called "Murray House". So now I go off to work there and play with balls and friends, and take folk drives. I even take people riding.

There is a dear little dog there called "Sheba". She lives with Matron and comes out sometimes to share our sandwiches at lunch time.

I would like to add I have just become engaged! His name is "Mr Toad"! We wonder what a Toad-Mouse puppy will look like?

Licks from yours,
MOUSIE.

Park Cottage,
South Harting,
Petersfield,
Hants.
October 1977.

Dear Sir,

Towards the end of the most interesting and informative Annual Conference on the 1st October, the question was asked as to whether or not the passing of a night by a member of the opposite sex in a Cheshire Home bedroom should be allowed or forbidden. As there were no replies from the floor to this question, I am venturing to set down a few thoughts on the subject; although having only recently had the privilege of becoming involved with a Cheshire Home, and now of serving on its Management Committee, I realize that my ideas may be pounced on as ill-considered or unacceptably radical.

It seems to me that the answer should lie within the terms of reference of any Cheshire Home. If the Home is run as a Nursing Home, then hospital rules and all that they entail would, of course, apply. But if the Home is run as a genuine 'home' for the residents, then a different set of principles should surely prevail, amongst them being that the privacy of residents' rooms should remain sacrosanct, as in a private house. Remembering that one is considering the lives of intelligent adults, who, barring the misfortune of physical disability, would all be responsible for his or her own private life (and who, as disabled people, have precisely the same emotional and sexual needs as the able-bodied), who are we to criticise or interfere?

I, myself, am wheelchair disabled, and now live alone. I don't think that I should expect my friends or neighbours to consider it their duty or prerogative to question or interfere with whatever my lifestyle might be, unless I were causing some sort of unreasonable disturbance. Even bearing in mind that the proximity of communal living does present certain social obligations not applicable in a private house, I think that the principle of freedom of choice should still apply, irrespective of any personal scruples held by staff as to the ethics of casual relationships. I don't at all mean to imply that residents should or shouldn't lead celibate or promiscuous lives, but that they should be free to choose.

May I explain that these jottings are my personal views, rather than the joint view of the Management Committee upon which I serve. It would be interesting to read in *Cheshire Smile* other opinions and ideas on a subject which, until quite recently, seems to have been swept under the rug.

Yours sincerely,
PRUE LE FANU

(Prue Le Fanu was disabled by polio at the age of 17, and is now a widow with three grown-up children.)

OVERSEAS



RAPHAEL

Raphael, which began as a group of tents to house mentally-retarded and leprosy patients in 1958, is now a community caring for 300 residents. It stands on the banks of the usually dried up River Rispana, across from the Indian town of Dehra Dun, 140 miles north-east of New Delhi. Temperatures range from broiling heat of summer to winter cold. The founders, Group Captain Leonard Cheshire and his wife, Sue Ryder, keep in close personal contact with Raphael and visit the centre as much as possible. Today, in the shady groves of Raphael, there is a leprosy village; a unit for the mentally-retarded; a 50-bed hospital with one wing for TB; and "The Little White House" for children of leprosy parents and those who have been abandoned or who come from sad and very unsatisfactory home backgrounds. The aims remain as clear today as when the tiny settlement began, with the emphasis on rehabilitation. As Group Captain Cheshire says, "The whole object is to lift a man up and help him feel he is a useful member of the community".

Links Across the World

Raphael is by far the largest undertaking in the Leonard Cheshire or Sue Ryder Foundations. It is not, unlike other homes, locally financed (there is, in fact, a Cheshire Home in the town of Dehra Dun), therefore it relies for its finance almost entirely on donations collected in Australia, New Zealand and the United Kingdom.

Through individual sponsorship of children and others at Raphael, people in Australia and New Zealand, have forged warm, personal links with the Ryder-Cheshire centre. The sponsor, who may be an individual, a family, a club or a school, raises the money needed to care for the "adopted" resident and establishes a personal link with him or her. This personal link is very real indeed. Sponsors receive two letters a year giving news of their "adoptee", and a photograph. It means, for example, that not only does a child feel that he has a close bond with someone, but



Group Capt. Leonard Cheshire and Sue Ryder with two of the children at Raphael.

the whole community has a link with a faraway country. Similarly, a school in Australia, New Zealand or Britain can follow with interest the progress of its sponsored patient or child in Raphael.

Such bonds are a vital part of rehabilitation at Raphael, especially where the children are concerned. Some are the children of people in the centre's leprosy colony, others come from a wide range of deprived backgrounds. One child who was sponsored in New Zealand, was a young, mentally-retarded, Chinese girl, found wandering in the streets of Calcutta.

Medical care and nursing have and are helping wherever possible, to lift people out of disablement, and what otherwise would be a desperate life, into something useful. The aim is to make them feel they are working, contributing members of society. Through work, therapy, leisure and education, numbers have returned to a happy, independent life in the neighbourhood.

Here, an important factor is the interplay between the different units – the leprosy village, the TB and chronic wards, the mentally-retarded unit and the children. Each has a part to play in the general community. It is, in fact, a working experiment in a village of different people, with large numbers broken down into manageable groups. Above all, it is a human experiment and as such, despite everyone's best endeavours, does not always go right. However, many at Raphael feel that they "belong" in a world which had largely rejected them; what is more, through their links with their friends abroad, they can now feel they belong to a community which stretches across the world.

Talks and Audio Visual Presentation

A vital part of our work centres on the giving of talks to create the initial awareness of the Foundation's objectives. The past success of talks given to Service Clubs schools and other

organisations is reflected in the adoptions and endowments received.

With the use of audio visual equipment the interest and impact of Ryder-Cheshire work at "Raphael" is brought home most vividly.

One Talks Officer, Stephen Millard has reported and witnesses some most interesting reactions to the audio visual presentations.

At the Victorian Country High School Form 5 students showed not only interest by "grilling" the speakers, but one lass displayed genuine concern by asking how could she become a volunteer nurse at Raphael. The school responded by an endowment.

On another occasion at Scotch College, Melbourne, the boys of Form 1 were enthralled by a 16mm movie called "DILIP". The film tells the story of a young Indian boy's adventures while searching for a lost member of his family. Dilip contracts leprosy and the people of Raphael assist him to love his new life. They give him love and encourage him to build a career.

The boys of Scotch declared, "That's great! Why don't we see interesting things like Dilip on T.V.?" The school continues to be a very generous supporter.

Ack.: The Raphael Newsletter of Australia and New Zealand.

RATHFREDAGH'S BIG DAY

Our Garden Fête and Gymkhana was held on Sunday, 3rd July. The day was lovely and fine, in contrast to the pouring rain of the previous few days.

The preparations for this big day, every year, begin a few months beforehand with meetings of the organising committee chaired by Mrs Eithne



The scene in front of the Home just before the grounds get too crowded, making photography impossible from a wheelchair.

O'Regan from Kilmallock. They are held in the sitting-room and are always attended by a large crowd including some of the residents.

The Great Day begins at 2 o'clock with the crowds already rolling in. By 3 o'clock the long avenue leading up to the house is black with vehicles of all shapes and sizes.

Come that morning, it is all activity with the various stalls and games to be set up. Luckily we have a great number of voluntary helpers and the boy-scouts from Newcastle West give a welcome hand.

On sale here on this big day are old books and magazines, new and second-hand clothes, cakes, garden produce, potted plants, furniture, footwear, teas, sweets, cigarettes, minerals, ices and our own crafts, which made a profit this year of £265.

The farmers who own the land around here are very generous in giving it for the gymkhana and for parking space. Great thanks is due to them.

This year we had more people than ever, and almost £3,400 was raised, which was the best yet.

Many thanks go out to everyone who help to make the day a success, and thanks also go to the nurses, not forgetting the girls in the kitchen, for their patience and their service with a smile.

THANKS

A few words of thanks to Alice Goh, a member of the Service Corps, from Yeo Chong Choo, a resident of the Singapore Home where Alice worked for five years.



DEAR ALICE

Your thoughtfulness throughout the year
Your special little words of cheer
Your happy thoughts and helpful ways,
Your sunny smiles for cloudy days.
All of these are things I prize
More than you might realise.
With best remembrance.

Yeo Chong Choo

Mind and Body

By Violet Oon

WHAT SEVEN YOUNG PEOPLE HAVE PUT INTO THEIR WORK AT THE HOME IN SINGAPORE

The residents of the Singapore Cheshire Home, at Changi Point since May 1976, belong to all age groups and suffer from a variety of ailments. Some are very old people who are unable to take care of themselves.

Physically disabled they may be but a group of determined young men and women, residents of the Singapore Cheshire Home, are out to prove that they are no burden to society. More than that, they can be of real use.

They are working together to create a shell and coral display and a reference library unequalled by any in Singapore. The project is certainly unlike the usual basketry and toy-making which one associates with the handicapped in Singapore, and has injected new life and a sense of worth into the residents, say the Home's organisers.

The person behind the scheme is none other than Johnny Johnson – the man who built the Coralarium at Sentosa and who is now handicapped by the recent loss of one leg – but all the work involved in the project is being done by the residents themselves, a fact which Johnny himself is quick to emphasise.

Johnny injured his left leg when he was creating the Coralarium and because of his diabetic condition, the wound did not heal. It was only in January this year that he was discharged from hospital and his artificial leg was fitted a few months ago.

Johnny explained how the project began: "I had been commissioned to paint a mural of

Johnny Johnson (left) the initiator of the project, explaining the shells intricacies of sorting out to Tan Hwee Jin.



an underwater scene in the Home's recreation room and I was struck by the interest shown by the young men and women. I realised that they too could create their own Kingdom of the Sea as they are intelligent, patient and interested".

His idea was greeted enthusiastically and in May the project started with seven residents working full time on it. As the scheme progresses, more and more residents will be involved in the identification, cleaning, cataloguing, and display of exhibits.

The object is to: Build a reference and display collection of the various sea creatures, that is shells, corals, preserved crabs, starfish, seahorses and other creatures.

Johnny explained: "The reference collection will be catalogued and kept in cabinets. The display collection will be attractively mounted on a large world map. Shells from the various countries will be set in their respective areas.

"Correspondence will be established and maintained with the many world authorities on marine life with whom we already have a cordial relationship, and we hope to organise shell exchanges with other collectors world-wide.

"Already we have friends who help us by transporting the shells to the Home, some by sea and others by air".

When I paid a visit to the Home last week, I found five of the residents hard at work in their recreation room.

Two were busy identifying the shells, one was painstakingly cleaning a large shell, yet another was sorting them out and the fifth was typing out labels and correspondence. Simple enough procedures until one realises that many of them do not have complete control of their hand muscles and find it tiring to hold up objects for long periods.

Barbara Lee does the cataloguing.



Most of the people involved in the project suffer from muscular dystrophy or polio. Those whom I spoke to were confined to wheelchairs and what we would consider effortless movements do not come easily to them.

Yet they cheerfully work on what they consider their most exciting job.

Miss Barbara Lee, 28, a polio victim, pointed out: "I feel more excited being involved in a project like this one.

"This is mentally more stimulating than stamp collecting, sewing, making toys and writing to pen pals".

Barbara, who lost the use of both of her legs and has difficulty controlling her right arm, nevertheless manages to do all the paperwork for the project on her typewriter.

A fellow resident, Mr Jason Chan, 24, through an attack of polio when he was a child, is without the use of his legs but he has complete use of his hands and his is the painstaking job of cleaning the shells.

With shell in one hand and small sharp knife in the other, Jason quietly explained just what his work involved. "Lots of patience", he said softly as his knife eased into some caked dirt: "Sometimes it takes me a few days to complete cleaning a shell but there is a sense of satisfaction at the end when I know I have done a good job of unveiling nature instead of destroying it".

He explained that even the slightest impatience can result in a chip or a crack.

Johnny pointed out that handicapped people are particularly suited to doing such jobs as they have been conditioned by their circumstance to be patient.

Jason Chan cleans shells.



On the other side of the table sat 21-year-old Mr Yeo Chong Choo, who spends his time identifying the shells by poring laboriously through books.

Looking up from his work, he said: "This is the first time in my life that I have been involved in a serious mental exercise". He suffers from muscular dystrophy which has affected his limbs and though his arms are weak, he can still control his fingers to an extent.



Yeo Chong Choo and Leong Joong Doa, identifying shells.

To date, none of the exhibits have yet been mounted as the residents are still in the process of sorting out, identifying, cleaning and classifying the marine-life exhibits.

They are still waiting for more shells to come from the contacts Johnny has established around the world and Barbara has yet to begin her task of typing out all the material.

The residents are hopeful that by Christmas, the outline of the maps will be painted on to the three rectangles already etched out for them on the wall, and that some of the exhibits will be mounted.

Below the wall maps will be cabinets for exhibits and books and here, another resident of the home will play his part. He is the wizard with the saw, Mr Ker Hock Seng, 39, the handyman of the home.

He suffers from rheumatoid arthritis and cannot stand unaided but is still able to do carpentry because: "I like working with my hands".

Cleverly he manages to "stand" up to do his work by supporting himself on the table with his left hand and working with his right hand.

The best part of this project says Johnny is that it is a never-ending one which future residents can participate in.

Continued on next page



Ker Hock Seng does carpentry for the project.

For the future, there's the hope that if this project is successful, as it surely will be with such enthusiastic support from the participants, Cheshire Homes all over the world will build up their own Kingdom of the Sea to provide a world-wide network of libraries.

Reprinted from "New Nation", Singapore.

The Handicapped Person in Church

Documen-Cap is a new service which has been set up to make available notes, texts and documents concerning the handicapped person in Church.

It proposes to bring together relevant material from a variety of sources, both Catholic and non-Catholic, and topics covered will include official Church statements, religious education, spirituality, pastoral care, worship and liturgy, moral questions, the sacraments, theology, as well as significant items of news.

The publishers of *Documen-Cap*, which will be issued four times a year and costs £1.25 per annum, believe it will be of special value to all those who are concerned with the place and role of the handicapped person in the Church.

Further information from Father David Wilson, Director, St. Joseph's Centre, The Burroughs, Hendon, London NW4 4TY.
Telephone: 01-202 3999.



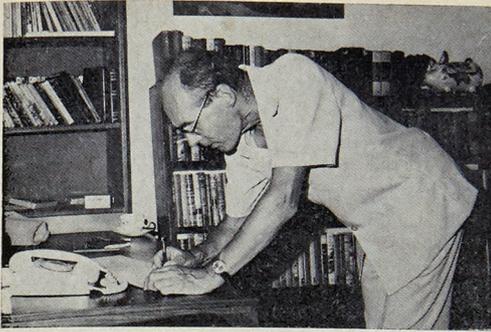
Ann Harding Cheshire Home in South Africa

The 19th November, 1977, was a red-letter day at Ann Harding Cheshire Home, Randburg, South Africa, when the Home was officially opened by Group Captain Leonard Cheshire, V.C., D.S.O., D.F.C. Speeches of welcome were made by the Mayor of Randburg, Mr E. Pienaar, and by the Chairman of the Cheshire Homes in the Transvaal, Mr Jimmy McAllister, and by Mr C. S. Margo, the Senior Trustee. Before the ceremony of unveiling a plaque commemorating the official opening, the Group Captain was presented with a certificate of merit for his services to humanity by the youthful members of Johannesburg's "mini-council".

A feature of the fete was a low-level, formation fly-past. Planes taking part were three Harvards, a single Spitfire (a rare sight in South Africa these days) and three Tiger Moths. A homely touch was provided by the South African Air Force pilots waving to the spectators, who were not very far below!



Group Captain Leonard Cheshire (in the centre of picture) unveils the commemorative plaque at the official opening of Ann Harding Cheshire Home in Randburg, Transvaal. Behind the Group Captain is Mr J. McAllister Chairman of Cheshire Homes in the Transvaal and wearing dark glasses is Mr C. S. Margo, Senior Trustee. On the left of the picture is the Mayor of Randburg, Mr E. Pienaar.



Group Captain Cheshire signs the visitors' book on the occasion of the official opening of Ann Harding Cheshire Home in Randburg, South Africa.

After the opening ceremony and during the braaivleis (meat cooked over open flames) the G.C. moved into the spacious grounds and chatted with residents and their friends, signing autographs and taking photographs.

A display of archery by paraplegics and by an Olympic representative drew a large crowd as did the tombola stall and the beer and tea-gardens.

A most enjoyable and a memorable day was passed both by the residents and visitors who were unanimous that the braaivleis-fete had so many outstanding features that the time had passed all too quickly.

The Ann Harding Cheshire Home is the pilot Cheshire Home in the Transvaal. Because of economic conditions it was felt better to start by converting an existing house and cottage on property which was donated by the Randburg Municipality, and although this Home can only care for a total of eight residents, the Committee are planning a purpose-built Home which when built will look after many more.

The Ann Harding Cheshire Home had its first resident - Alex Somerville - on 10th December, 1976.

Deaths

Carr: on 11th October, 1977, EDITH CARR, age 61, a resident at Cann House since 1st June, 1976.

Bramley: on 21st October, 1977, JOSEPH RICHARD BRAMLEY, age 63, a resident at Alne Hall since 1968.

Williams: on 1st November, 1977, SYLVIA WILLIAMS, age 55, a resident at Greenhill House, Timsbury, Bath, Avon, since October, 1973. Her passing is deeply regretted.

Chinn: on 13th November, 1977, ARTHUR CHINN, age 52, a resident of Cotswold Cheshire Home.

naidex '78

NATIONAL AIDS FOR
THE DISABLED
EXHIBITION AND
EUROPEAN
CONFERENCE
OF REHABILITATION
INTERNATIONAL



Conference theme: 'Disability in the Family'

The first European Conference in Lisbon in 1974 took as its theme 'Integration of the Severely Disabled Person into the Community'. The second meeting in Brighton, England, in September 1978 considers 'Disability in the Family'.

Particular emphasis will be given to the barriers, both social and others which hinder family development. Presentations on this theme will be invited from a selected number of European countries.

Attention will be given to the particular problems of congenital, neurological traumatic and unstable disabilities and also blindness, deafness and mental handicap. Special seminars will be held on these subjects.

Problems in Education, Employment, Housing, Transportation, Planning and Design will be closely examined. In addition a full day will be devoted to the sexual and emotional problems of disabled people.

Round table meetings are planned to discuss the family and priorities in rehabilitation, the need for prevention of disability, Integration of Disabled People into the community and their participation in the rehabilitation process.

Thompsett: on 26th September, 1977, HENRY DEMEZA THOMPSETT ("Tommy"), one of the longest reigning residents of Athol House.

The following quotation taken from a "Book of Daily Readings" on the date of Tommy's passing, sums up the sense of loss in the Home.

"By friendship I mean the greatest love and the greatest usefulness, and the most open communication, and noblest sufferings; the most exemplary faithfulness, the severest truth, and the heartiest council, and the greatest union of mind of which brave men and women are capable".

CHAIR DANCING

by Ann Turner, M.B.A.O.T., T.Dip.,
Joan Norman, M.B.A.O.T., T.Dip.,
Tutors (and amateur chair dancers),
St. Loye's School of Occupational Therapy, Exeter.

The term 'Chair Dancing' probably appears as a contradiction. But in its fullest description, i.e. 'Wheelchair Dancing', all sorts of ideas come to mind; or, possibly to some readers, even that term constitutes a contradiction.

This art form and social activity enjoyed by the physically handicapped is comparatively new. It was the conception of Arthur T. S. Edwards, the present Physical Education Adviser to the Spastics Society.

Over a decade ago, he was teaching disabled children, new to the use of wheelchairs, how to use them. Firstly he taught them, in a military fashion, to manipulate their chairs. This, I understand from him, they found to be somewhat boring after a time. He then introduced movement to music and the 'Art' was almost born.

Simple country and folk dances were adapted for the use of wheelchairs. With the assistance of Mrs Sally Murphy, a lecturer, and with the permission of the English Folk Song & Dance Society, a book of these dances was published by the Spastics Society.

Toward the end of 1970 I, among several other folk throughout Britain, was informed by Mr Edwards that he was intending to hold a Wheelchair Dance Festival, the first of its kind, in the Spring of 1971. I was requested by him to form a team of eight to ten dancers, with a view to entering this Festival. On a bitterly cold January night in the Winter of 1970/71, I managed to get three interested folk, all men, to meet with Mr Edwards and Mrs Sally Murphy in Falmouth, with a view to getting to know just what it was all about. We started off by learning an adaptation of the St. Bernard's Waltz.

In April of that year we saw the first Wheelchair Dance Festival at Hammersmith Palais, London, with teams from England and Wales taking part. A great time was had by all. I remember we had to perform four set dances, i.e. The St. Bernard's Waltz, Progressive Barn Dance, Dashing White Sergeant and Virginia Reel (stripping the willow). We had also to introduce a dance of our own devising: I made a dance to Glen Miller's 'In the Mood'.

The hotel telephone was constantly ringing that evening with the Press after Mr Edwards for information. Wheelchair or Chair Dancing was on its way!

Since those very early days great strides have been made. Teams have chosen their own mode of dress and this has become a feature in itself;



The Cloughs—Stripping the willow during the Virginia Reel.
"International Festival 1976".

we are all known by 'our Colours' and our Team names (my team is the 'Cloughs' for instance). Folk, who had for years had no great reason to dress up in anything special, were now doing so. Disabled folk from all over Britain, including Scotland (as they came into the 1972 Festival) were now going on journeys and meeting other dancers — things beyond their wildest dreams. Social Dances were also becoming the order of the day. Many teams were giving numerous demonstrations and 'teach ins' to other handicapped folk at their weekly/monthly gatherings.

New forms of dancing were being introduced in wheelchairs, namely Formation Dancing, Olde Tyme, Modern Sequence and Ballroom, with Latin American making itself felt. Chair Dancing had made it with hundreds of dancers throughout the country.

Most of the early dancing took place in the various schools and centres for the physically handicapped and as a result it was mainly teachers and leaders, at these centres, etc., who taught Chair Dancing to their charges.

Things were now, however, progressing beyond this; disabled clubs were taking up the art and more teachers were required. It was then thought that the disabled themselves should have the opportunity, not only to dance, but to become teachers of dance. Seminars, organised by Mr Edwards and other folk in their own locality, began to take place.

An association (the W.D.A.) then came into being to act as clearing house for information and suggestions, etc. Clubs and Centres, etc., were invited to join the Association for an annual fee and the W.D.A. Bulletin then took shape; this kept the members alive as to what was happening generally, inviting new ideas, etc., and new dances for distribution to their contemporaries. The W.D.A. now has over forty member teams, clubs, etc.

In 1976 it was decided to hold three National Festivals: the English Festival took place in

London; the Scottish in Glenrothes; and the Welsh in Cardiff; with an International Festival at Hammersmith Palais in October of the same year. Winners of all the National Festivals competed internationally! What a tremendous occasion this was – a truly electric atmosphere prevailing. It was a very emotional experience for me and many other dancers there that morning.

There is still a mounting interest and enthusiasm all over Britain and abroad and tremendous response in Scotland. At most of the later Festivals there have been observers from the E.E.C. countries; and Dance Club Centres, etc., are beginning to spring up on the Continent.

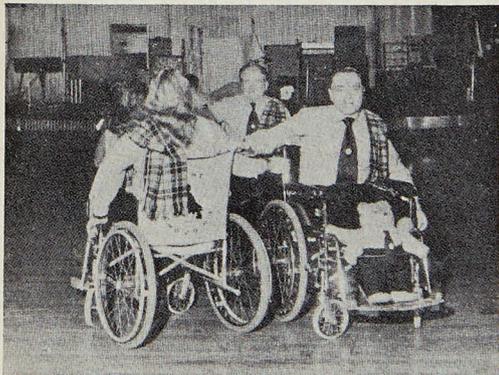
Special weekends are now being held for Chair Dance teachers and would-be teachers to take an examination to be W.D.A. Certified. Ten such teachers did so at Dene Park, Tonbridge, on 23rd/24th April, including a professional dancing teacher, of 46 years experience, from Leiden, Holland!

The great value of chair dancing is not only that it teaches you how to manipulate a chair, or how to be an integral part of a team, or that it enables one to 'shine' as an individual; it brings one to the realisation of one's own potential, it enables one to move to music, instead of sitting frustratedly on the sidelines. It enables the ungraceful to become graceful, the unfulfilled to become fulfilled. Above all, the absolute enjoyment of doing all these things, and sharing it with a partner, is immeasurable.

George W. J. Hart
Wheelchair Dancer and Hon. Treasurer, W.D.A.

We, at St. Loye's, first heard of Wheelchair Dancing about 18 months ago and since that time George, ably assisted by Margaret Ainsley (now a fully qualified Chair Dance Teacher) has been coming to teach groups of students regularly every 6 weeks.

We have always found these sessions extremely enjoyable but certainly hard work; and George's



The Choughs—swinging in the Oggie Dance. The winning performance. "International Festival 1976".

greatest delight is seeing groups of strapping students and staff flagging visibly at the end of a day's session while he, like any other sportsman able to utilise their energy for maximum result, is still raring to go!

Having envisaged chair dancing, initially, as a relaxing and perhaps rather gentle, pastime, we are still at the stage of eagerly pumping our chairs to and fro, arms aching from the effort and faces rigid with concentration while our instructors shout, hopefully, "Relax, FEEL the music".

A group of students and staff attended the International Festival at Hammersmith Palais last year and the high standard of all the teams competing certainly showed us, from our own futile efforts, not only the hours of practise that must have been put in by all competitors, but also the tremendous social and physical advantages of the art – as George has already described. The two photographs were taken at the Festival. Both are of "The Choughs" and George can be seen, centre left in the aerial picture, competing in one of the set dances "The Virginia Reel". The Choughs won both the Set Dance and the Original Dance trophies at the Festival and we, I think, were as delighted as they.

As Occupational Therapists we feel that the benefits of chair dancing are growing as the art itself develops. The attitude towards being confined to a wheelchair changes somewhat when it becomes an essential part of a social activity.

Learning to manoeuvre a chair is a priority in treatment and what better way to begin, while still in hospital or unit, than to learn to dance knowing one can continue when at home.

As more local teams are formed, teach-ins and competitions held and festivals arranged, the day when any therapist or chairbound person with an interest in the art, will be able to enjoy its benefits in their own district, cannot be far away. This is not a pastime only for the physically agile wheelchair person, for at Hammersmith ages ranged from 7 years upwards and those with the capacity only to control an electric chair on a chin switch were competing (and winning) against those with athetoid cerebral palsy and low level spinal injuries. The degree to which the competitors, especially the teenagers, were able to control their chairs was an eye-opener to us, who sometimes forget that no-one can just sit in a chair and attain ability without practise, though everyone present gave a rousing cheer at the end of a performance of "Rock Around the Clock" danced almost entirely with the chairs balanced back on their rear wheels.

We hope that Chair Dancing will continue to grow. It really has to be seen to be appreciated, better still, it has to be TRIED to be fully appreciated – so go on, try it! you don't know what you are missing.

Reprinted from "Occupational Therapy", November, 1977.



Government's Achievements in Helping the Disabled

On 15th November, Mr Alf Morris, Minister for the Disabled, told Parliament of the present Government's achievements in helping disabled people. Mr Morris, who was answering a question from Mr Chedwyn Hughes, M.P. for Anglesey, referred to a long list of the major decisions and actions taken by the present Government since March, 1974, to improve the welfare and status of disabled people. The list shows that, despite the economic difficulties it has faced, the Government has accorded high priority to helping disabled people. There is still much to do and all Government Departments concerned have consideration of further help under constant review.

The list includes:

Invalid Care Allowance (ICA) for men and single women who look after severely disabled relatives.

Non-Contributory Invalidity Pension (NCIP) for men and single women.

Extension of Non-Contributory Invalidity Pension to married women incapable of normal household work (HNCIP) (from November 1977).

Mobility Allowance for an estimated 100,000 new beneficiaries, including severely disabled children. Third increase in the amount of Mobility Allowance in next financial year.

Benefit upratings will have added (from November 1977) £2 billion extra to benefits received by chronically sick and disabled people.

Zero rating of VAT on aids and appliances for the disabled and also on medical equipment for donation to a hospital for the purpose of treatment or research.

Introduction of new behind-the-ear hearing aid for an estimated one million hearing-impaired people.

Industrial Injury provision for occupational deafness introduced and currently under review.

Recipients of ICA, NCIP, HNCIP, Attendance Allowance, Invalidity Pension, War Pension, War Widow's Pension to receive the £10 Christmas Bonus 1977.

Study of the problems faced by disabled people in relation to membership of occupational pension schemes.

Wide-ranging Seminar on Disablement held at Sunningdale.

UK co-sponsors UN Declaration on the Rights of Handicapped People.

Better co-ordination between Government Departments.

Much increased financial support for voluntary bodies.

Integrated education of handicapped pupils given new impetus by the passing of Section 10 of Education Act 1976.

Further parking concessions for all 'Orange Badge' holders.

Publicity and encouragement for improved facilities for disabled drivers at motorway service areas (including signing them on motorways).

Disabled people now automatically entitled to priority in taking driving tests.

Two distinctive traffic signs prescribed and supplementary signs, exempting disabled people from vehicle traffic prohibitions, may now be used.

Petrol allowance restored (and doubled) for drivers of government-supplied invalid vehicles.

Easement of Car Hire Purchase Restrictions for certain disabled people.

Public Transport - Special arrangements for disabled travellers by British Rail, and easier access into new rolling stock.

London Transport to review travelling problems faced by disabled. New bus design to be tested.

Government help for Private Member's Bill to exempt mini buses used by certain voluntary organisations from Public Service Vehicle Licensing Scheme.

Research Liaison Group - to look at research needs in the disablement field.

Incorporation into building regulations of standards for ramps for wheelchair users and others.

Study of stairlifts and personal passenger vertical lifts for the disabled.

Advisory Group on Medical and Scientific Equipment and Aids and Equipment for the Physically Disabled.

New electronic aids for disabled people available on prescription.

Catalogue of and guide to environmental control equipment for the severely disabled.

Remedial professions – improved status.

Silver Jubilee Committee on Improving Access for Disabled People.

Awards for best public buildings for disabled people.

Pressure on public and other bodies to improve access and services for disabled people, e.g. special low counters for wheelchair users.

Improvement of facilities for disabled people in the National Theatre.

Improved provision for the needs of disabled people in educational establishments.

Closer liaison with voluntary bodies.

Issue of new edition of "Help for Handicapped People".

“Actions speak louder . . .”

Ministers are Good Neighbours to Elderly and Handicapped

Four Government Ministers are doing their bit to give the Good Neighbour campaign a boost.

The scheme launched in 1976 was renewed on 1st November when Mr David Ennals, the Secretary of State for Social Services, and four of his ministerial colleagues met and helped elderly and handicapped people and those who are concerned for their welfare.

Just before Christmas

Mr Ennals, in a wheelchair himself following hospital treatment for a leg condition, served lunch to physically handicapped and elderly people at the Atheldene Centre, 305 Garratt Lane, Wandsworth SW18. He also helped with the washing up, and spent some time in the centre's information room where volunteers answer telephone enquiries from housebound elderly and handicapped people.

Mr Alfred Morris, Minister for the Disabled read to Alice in North Peckham, and did some shopping for Mrs M. A. Russell, Bermondsey SE1.

Mr Eric Deakins, Parliamentary Secretary, was up bright and early to join up with milkman Mr William Barrick, on his round in the Walthamstow area, which is in Mr Deakins' constituency. Mr Barrick, like thousands of milk roundsmen throughout the country, keeps a watchful eye on elderly and handicapped customers who may need help.

Mr Roland Moyle, Minister of State for Health, visited a social club for the mentally handicapped in Lewisham, and spent an hour taking part in the

social activities at the Leamore Training Centre in Lewisham.

Mr Stan Orme, Minister for Social Security, is mending a tap for a pensioners in the Camden Town area.

BEHIND-THE-EAR HEARING AIDS NOW AVAILABLE TO ALL WHO NEED THEM:

Mr Alf Morris, Minister for the Disabled, recently announced that Health Authorities can now provide behind-the-ear hearing aids to all people who will benefit from them. Authorities can start to do this immediately provided they have completed issues to those on the original priority group waiting lists.

Health authorities have been notified that, provided they have completed issues to those on the waiting lists in the earlier priority groups, they may now extend the programme to all others who wish to exchange their body-worn NHS hearing aid and to all new patients.

To date 300,000 of these behind-the-ear hearing aids have been issued and it is estimated that the number may rise to one million.

First Scottish National Forum For Disabled People

A very successful weekend Forum was held at Dundee University, in September. Following the formal Dinner, chaired by Professor A. S. Duncan, Convener of the Scottish Council on Disability, the Speakers – Mr Harry Ewing, M.P. and Mr Jimmy Reid – *emphasised the need for disabled people to speak out for themselves about their difficulties and frustrations, and more importantly, how these problems could be solved or lessened.*

Disabled speakers gave a personal insight into how they personally coped with their own particular disability, i.e. epilepsy, blindness, deafness, mental illness, mental handicap, paraplegia and cerebral palsy. Group Discussion highlighted areas of need and suggestions as to how these could be alleviated.

Mr Harry Ewing stressed it is only by co-operation and communication between the many statutory and voluntary agencies that the theme of 'the disabled in society' can hope to be translated into reality.

S.I.S.D.

Building loving relationships

by Mrs Jean Kennedy Chamberlain

Mrs Jean Kennedy Chamberlain has a Bachelor's Degree in Psychology from the Michigan State University and a Master's Degree in Psychology from the California State University at Fullerton. She has worked in Probation, and as a social worker, school counsellor and psychologist. Her work has involved her with various types of handicaps as well as with gifted. She is now with the Ministry of Social Affairs, Singapore.

Feeling inferior can be felt in many different ways – for example, it can be experienced as being shaky or weak-in-the-knees, a “knot” or “butter-flies” in the stomach, or a hot, flushed face or sweaty or trembling hands or the heart pounding or the chest feeling so tight that we can hardly breathe, and at the same time, worried about how we look to others and what they think of us. All of this if someone we consider important talks to us or even looks our way! It means we go around thinking we are not as good as other people and feeling very dissatisfied with ourselves.

Self-consciousness can mean we are so painfully aware of ourselves that we can hardly think about the other person or concentrate on what they are saying because we are so filled with feelings and worries about ourselves.

First, let's view these feelings within one kind of framework and then we will look at some steps we can take to change these feelings. This framework looks at how people try to meet human needs. We continually grow and change over a lifetime but if our needs are not met at one level we may find it difficult to move on up to the next level (growing emotionally and psychologically as human beings).

Level I

Physiological – basic needs. We all need food, water and rest for the body. If these needs are not met the person's attention and energy must be focused on these needs for survival.

Level II

Safety Needs for security, stability, order, law, a predictable environment. We try to protect ourselves with insurance, savings, unions, pensions, welfare programmes, police, armies, laws, religion, etc. When the government provides well for the safety needs of its people, we can move up to the next level to take care of our other human needs.

Level III

Belonging and Love Needs. People hunger for affectionate, caring trusting relationships and when they occur in stable, long-term groups, it can meet our need for belonging and love, whether it is in a family or in a friendship group. This could be the way some of you could provide for your needs on this level if you do not marry – live together with friends who all want to help provide for one another this kind of affection and caring that is built upon trust and love.

Sex is not synonymous with love but when the two occur together so people can both give and receive love combined with sexual feelings, then it can generate powerful and intense emotions and fulfill human needs for belongingness and love in a very special way. Conversely, people can feel life has passed them by or that life has no meaning so they feel deprived if love and belonging needs are unmet.

Level IV

Self-Esteem Needs. There are two aspects:

- (a) we desire achievement, a confidence in our ability to take care of ourselves, to face problems and solve them; if we are able to be somewhat successful then not only are we happier and more satisfied with life but it usually results in that—
- (b) we earn or gain respect and esteem from others.

Now, this idea of self-esteem is where we can focus some of our attention and effort because I want to share some ideas with you of how this can

- (1) help you get rid of feelings of self-consciousness and inferiority and
- (2) make it easier for you to meet your belonging and love needs.

People often ask how they can get rid of feelings of self-consciousness and inferiority – we cannot just tell these feelings to go away or tell ourselves that such feelings do not exist, because it doesn't work, does it? I see such feelings as the negative side, with self-esteem as the positive side of the same coin. And the system operates like a see-saw (you know how a see-saw in a playground works – when a heavier child is at one and the lighter-weight child at the other end goes up in the air, when one end of a see-saw goes down the other end goes up); when self-esteem increases then self-consciousness and inferiority feelings decrease. Lucky for us, there are so many steps we can take to increase our self-esteem you can start on it immediately – TODAY! I'll make some suggestions now but you can also think of ideas yourself, and, better yet, share them with one another.

Step number one to build self-esteem: it is easier if we break it down into "mini-steps":

- (a) **Achieve competence** in some area: it can be a very ordinary and practical skill such as learning inexpensive ways to brighten up a room, or to cook one very special food, or to grow plants in small pots on the window ledge of your flat or to draw pictures of flowers (or frogs or whatever).
- (b) **Share your skill** with a friend or two: offer to help them brighten up their room, or invite them to come over and learn how to cook your speciality and then sit down together and enjoy eating it, or give them cuttings, shoots, or small plants you have started from your own, and show them how they can grow plants also, or show them how they can draw flowers (or frogs).
- (c) **Plan some activity** with friends where you each contribute in some way to the gathering and so gradually you increase the circle of friends you are doing things with but always keep busy planning the next activity to follow so there is a sense of progress.
- (d) **Plan some special events** that will follow naturally after you carry out (a), (b) and (c) above. For example, you could have an exhibit of home-decorating ideas, a food festival or food fair, a plant show, or an art exhibition. Have publicity through posters, banners, newspaper articles and photos, etc. to let other people know what you are doing and to have them join with you – integration. Will seem slow but the more active you are as a group the faster you can enter into the mainstream of society.
- (e) **Feel an identity** with other individuals and groups who are struggling to overcome handicaps and discrimination because they are viewed as "different" by people in the mainstream of society; people viewed "different" in some way find it harder to get jobs and to be paid the same salary as other workers; the problem is made immeasurably worse by some prevailing attitudes and/or practices in most societies, such as:

(1) people comparing themselves and others with movie stars, athletes, etc., who look so beautiful and so perfect;

(2) allowing transport problems, mobility problems, or self-care problems to interfere with school attendance, so it is easier to let children stay at home to grow up without education or job preparation;

(3) isolating children who are "different" by default (to reduce cost or economise on facilities, staff, etc. and for efficiency of teaching but without due consideration for preparation-for-living) so often children with the same problem are grouped together (schools for the deaf, the blind, the retarded, etc.) or else they stay at home, and either type of isolation accentuates feelings of self-consciousness and inferiority, falsely emphasising how important such "differences" must be, and exaggerating the problems of social interaction when opportunities for integrated experiences do arise. A further consequence of this isolation is that other children are not accustomed to seeing anyone who looks different, walks differently, has calipers on one leg, has one leg stiff or much thinner than the other or shorter than the other, or who acts different in a noticeable way. Children having not yet learned how to interact with such people will often react by giggling, finger-pointing, namecalling, ridiculing, mimicking, or taunting. Children can learn to accept the wide range of colours, sizes, shapes and variations in noses, eyes, and bodies that human beings have, that such differences are only wrappings or "packaging" but underneath we all have sensitive feelings and are all struggling to live a meaningful life. On the other hand, adults may react by staring or whispering to another person, by showing prejudice, or in the other extreme, may ignore the person as if he did not even exist. If you can feel an identity with others who have suffered in these kinds of situations the pain is not as sharp or deep if you can think of yourself as in the vanguard to educate such people whose ignorance results from this artificial social isolation.

- (f) Be willing to join with others in working constructively toward integrating people who are viewed as "different", work to bring we all together in the society in which we live so it can be a much more human and dynamic society. This means accepting ourselves as we are, if we look "different" then we accept ourselves as such but at the same time know that we have something to contribute to our society. We want to use our abilities to be productive, creative individuals and to find our place in society, but by joining with others like ourselves we can actually become a strong constructive force as a united group and also feel stronger as individuals because at this point we actually are **stronger**.

Step number two:

When you have reached this last step – above, are feeling quite strong and self-sufficient and can reach out to other people, not out of need but out

of joy in being capable of experiencing life and exchanging some of these human feelings with another human being, then we can enrich our own lives and the other person's as well. At this point we can feel valuable as the unique, individual human being that we are and then our outside appearance does not matter so much. **Now we have some self-esteem.** Up until this point we may be worrying about the fat around our waist or the colour of our skin or the grey in our hair or the spectacles on our flat nose or the pimples on our face or our one leg that is so misshapen it seems ugly or the hundred and one other things that human being can find wrong with themselves and that we think keeps us from being a loveable person. NOW, at this point, we can bring to see it all more clearly: if we can sincerely care about another person, not because of our own needs or what they can do for us but because we truly like them, and if we can give (giving in the true sense) the other person a feeling of being loved and accepted for whatever they are, then they can find us loveable in spite of (or perhaps even because of!) all our human imperfections. Reality is still with us; the limp doesn't go away, going up the stairs is still difficult or impossible or the hump on the back is still there or whatever else is still there, but just like growing old – which comes to all of us if we live long enough – we can learn to make the most of what life has to offer at any particular moment. Some people think they can only be happy if they get married and have children but this is denied some people for one reason or another. Instead of feeling a failure, let's look at what is open to us. Many non-able-bodied wish to marry an able-bodied person but if the demand exceeds the short supply of those who are willing, then another non-able-bodied person may make you a loving companion or lifetime partner. If parenthood demands abilities or resources we are not likely to have, why not enjoy and appreciate and give love to one of the many children already born who are deprived of the love and attention and tender caring that children need as developing human beings. If you can only give one or two afternoons or evenings a week or on a weekend the child will still benefit. It might be a neighbour's child whose parents both work or one whose father died or is away at sea most of the time, or both parents may be there but they do not know how to be warm and loving with the child. If you are living with flatmates in a friendship group (as described in *Level III* Belonging and Love Needs) you have much to offer a child. If you are all non-able-bodied you could share the hosting and conversation and responsibilities – and joy. If you are living in a stable friendship group where affection, care, and trust abound, you can meet a child's need for emotional security and love, even on such a part-time basis, and it can help you understand yourselves better as you learn to understand a child and share the fun of simple

activities appropriate for the age and interests of that particular child.

If the usual form of sexual expression and sexual activities seem unlikely or impossible because of the extent of physical disability, remember that human sexuality can be expressed in such a variety of ways it is only limited by our imaginations. If marriage and a family seems unlikely, remember there are already more than enough children in the world so people do not have to feel they are incomplete adults or failures as adults.

Society sets up certain models (such as marriage and families) and we can feel so utterly miserable and unwanted if we fail to fit into such models, but we can alternatively find our own paths and search for our own models for living in an atmosphere of love with responsible, affectionate relationships based on trust and mutual caring. Having the security of loving relationships in our lives enables us to find ways of fulfilling our human potential.

RIGHT NOW YOU can develop new ideas, your own ideas of how to continue growing as human beings so that life has joy and meaning (but growing also means allowing ourselves to feel disappointment and pain in ourselves and in others because that is part of life, too). It is all possible for each of you when you experience loving relationships with others in your life.

Ack.: The Handicaps Monthly of Singapore.



MOBILITY INTERNATIONAL

An international non-governmental organisation committed to the provision of opportunities for international travel and exchange for the handicapped and their friends.

What is Mobility International ?

Mobility International is a non-political, non-racial, international organisation, free from religious prejudice and is registered in the United Kingdom as a charity.

Its stated aims are the following:

- (i) To promote the integration of those who are in any way handicapped into Society through international travel and exchange.
- (ii) To provide information, documentation and development in the field of travel and exchange for the handicapped.
- (iii) To promote the establishment of national co-ordinating bodies to facilitate the development of travel and exchange for the handicapped.
- (iv) To provide a comprehensive youth exchange service for the handicapped.
- (v) To conduct research and evaluation into specific areas of travel and exchange for the handicapped.
- (vi) To provide a platform for the lobbying of national and international bodies concerned with travel and exchange for the handicapped and to seek representation on such bodies.

How can Mobility International help you?

Information and advice

Mobility International has an extensive network of contacts in some 45 countries, many of which have national committees overseeing domestic affairs and providing advice and information for would-be visitors: travel, accommodation, access, cultural visits and study tours. It is particularly orientated towards youth exchange.

And to keep you informed of what is happening in all of these countries, Mobility International is to produce regular news-sheets, documenting travel possibilities, current affairs, holiday and conference details, youth events and including contributions from individuals and experts in the field.

In the near future, too, Mobility International is to issue all members with a pocket-size travel directory including all you need to know about international travel, and listing all member organisations so that, wherever you are, if you need help, you know where to go.

Money

And if money is your problem, Mobility International may be able to help by advising on sources of grant aid. Through its status as an international voluntary organisation Mobility International is seeking representation on a variety of international bodies and establishing links with many others.

Projects

International events, conferences, seminars, study visits; these are all to be regular features of

Mobility International's annual programmes; all of which will be specifically designed to increase the opportunities for international travel and exchange which are available for disabled people and their friends.

A Voice

Membership of Mobility International which is now actively seeking representation on various international bodies with similar interests will enable you to help bring the voice of disabled people into the international arena. Your voice might make all the difference!

How can you Join?

Individuals

Any person, disabled or able-bodied, interested in promoting the aims and objects of the organisation should affiliate to his/her national Mobility International group. If you don't know how to find it, contact the International Office in London.

Local Groups/Clubs

These too should affiliate to their national Mobility International group. If you discover there isn't one in your country, how about setting one up? For information and advice on how to go about this, contact the International Office in London.

National Organisations

If you represent a national organisation and are seeking *active* involvement, join your national Mobility International group. If you just want to be kept informed of what is going on, write to your national group for details of Corresponding Membership.

International Organisations

If you represent an international organisation interested in promoting the concept of international travel and exchange for the disabled, why not register your organisation direct with the International office? If you are not seeking active involvement but would nonetheless like to be kept informed of what's going on, write to the International Office for details of Corresponding Membership.

For More Information

For further details on any of the areas outlined in this article or any other questions you might have about Mobility International, please contact:

A. Lumley, Esq.,
c/o The Central Bureau for Educational Visits
and Exchanges,
43 Dorset Street, London W1H 3FN.

The Riding for the Disabled Association

This Association is one of the kinds of charities that will benefit from the Queen's Silver Jubilee Appeal. Its patron is Princess Anne.

"Freedom is what riding means to me. To be able to move about where I want to without having to ask someone to give me a push".

More than 9,000 physically and mentally handicapped people now enjoy riding through the help of the Riding for the Disabled Association. It is a registered charity and was formed in 1966 with 14 Member Groups. Today, there are over 365 Member Groups in the British Isles and Ireland.

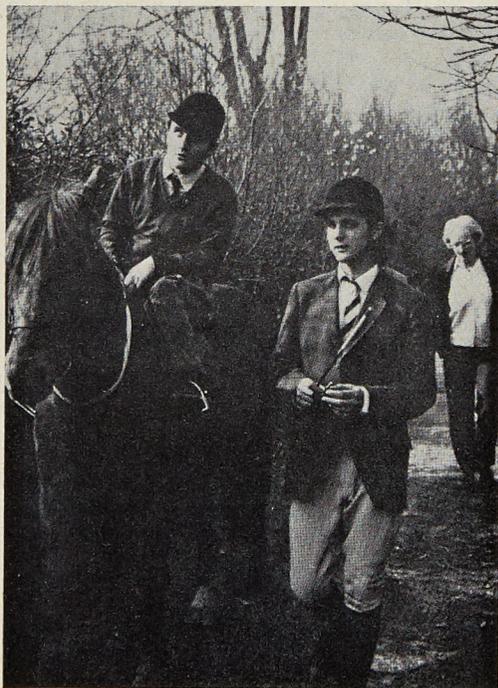
The horse provides a warm and solid base on which to sit, and has a mobility of its own. Learning to control a horse brings a degree of independence hitherto unknown to many disabled people and the psychological benefits can be enormous. The improvement in riding ability points to actual physical improvement since riding depends on balance and co-ordination. The aim is to provide a new incentive, enjoyment, physical recreation and a sense of achievement as well as making a link with the able-bodied world.

Member Groups operate in many different ways. Horses and ponies may be borrowed or hired from local riding schools, lent by private owners, or owned by the Group itself. Each Group relies on a small "army" of voluntary helpers who provide moral support and encouragement and remain close to the pony until the rider has established his balance and confidence. It is not essential to have

knowledge of horses and riding, but it is necessary to have energy, enthusiasm, and a good pair of running legs! Many thousands of people give their time voluntarily to help in the operation of these Groups; but for them very little progress would have been achieved. The growth of the Association, particularly the founding of new Groups, depends immeasurably on this voluntary support.

There are many more handicapped people, especially in our large towns and cities, who could enjoy this freedom and the pleasure it brings; but this is a problem that the Riding for the Disabled Association is trying to overcome.

If any reader would like further information on the Association or the location of their nearest Member Group, then please contact the Secretary at the Riding for the Disabled Association, Avenue R, National Agricultural Centre, Kenilworth CV8 2LY, Warwickshire, or telephone Coventry 56107. Whether you would like to ride or to help we are always pleased to hear from you.



Ack.: RESPONAUT, Summer 1977.

Strictly for the Birds: New guide to nature reserves

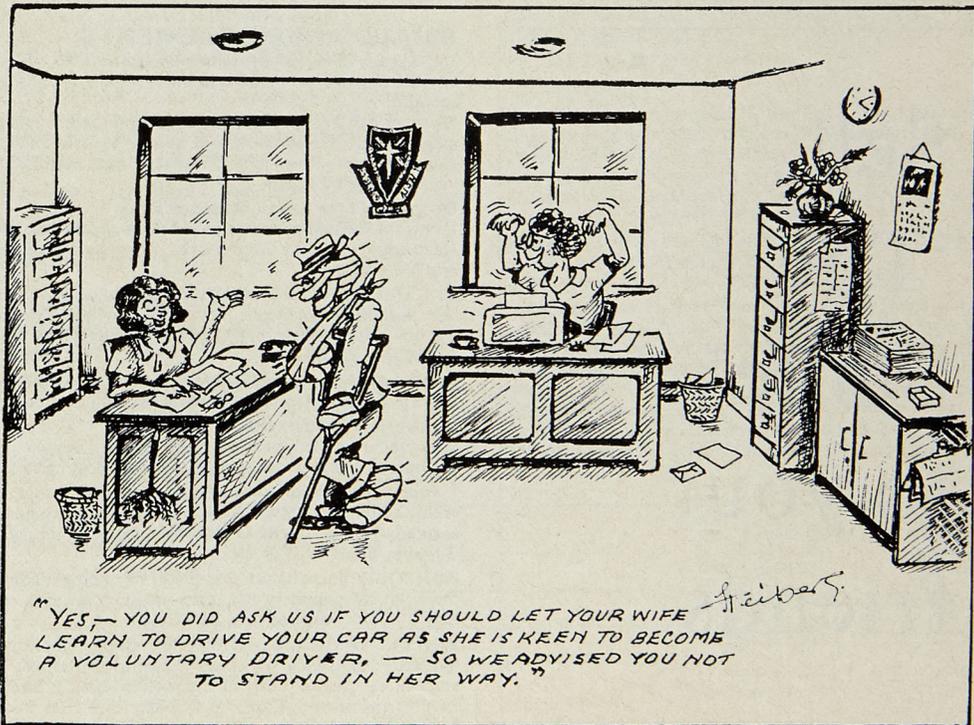
A booklet containing details of many of the nature reserves in England, Scotland and Wales is in England, Scotland and Wales is the latest addition to RADAR's series of Access Guides.

Information for the guide has been compiled over a two year period by Anthony Chapman, who, as Assistant Reserves Manager at the Royal Society for the Protection of Birds, combines his obvious knowledge of wildlife with a first-hand experience of disability since he was confined to a wheelchair after an accident twelve years ago.

Some 57 reserves are listed in the guide with comments on their accessibility to the ambulant disabled as well as to those in wheelchairs, together with details of the different varieties of bird and animal life and plants which can be seen. There is a special bias towards birdlife because birds are probably the easiest branch of natural history to observe and the hobby is therefore especially popular with many disabled people.

Copies of the Access Guide to Nature Reserves are available from RADAR price 20p (including postage and packing).

(RADAR – The Royal Association for Disability and Rehabilitation).



A Home across the Bay

There is a home across the bay,
Conceived of love, where others may,
Find companions with whom to share
A bond of friendship, based on care.
This abode which gives so much pleasure,
Took root in the mind of one Leonard Cheshire.
For the strong to serve the needs of the weak,
Is the purpose that he is proud to seek.
The spirit of those who dwell within
Reflect the privilege in suffering.
There is so much good that one can say,
Of the folks in the home across the bay.

Derek Phillips

Douglas House, Brixham.

GARDEN FÊTES

In our Summer Issue 1977, we suggested that Homes should have a stand at their Fêtes for selling the *Smile*. Although it was late August before the Issue was published the response overwhelmed us, as we order a limited quantity of extras to endeavour to economise on our heavy printing bill.

As you will now presumably have fixed the date of your Summer Fête we should appreciate receiving any additional orders you wish to place as soon as possible – to enable us to increase our printing orders in advance.

Owing to the prohibitive cost of postage we are sorry we cannot accept orders on 'Sale or Return' but we will maintain our discount of 10% for orders in excess of 10.

This arrangement will enable you to make a profit from the Stall and if your Sales 'person' will draw attention to the Subscriber's Form, which appears in each copy, we should get some permanent Subscribers.

W. G. Taylor

*Hon. Treasurer and Business Manager,
"The Smile".*

Sell
'The
Smile'
to your
friends

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.

Do you collect Green Shield Stamps?

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

BACTRIC ELECTRIC CHAIR for sale. Pavement or roadway but licence unnecessary. De Luxe 4-wheel Model with Canopy. Easy controls on tiller. £180. 5 Pewley Hill, Guildford. Telephone: 70502.

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

Someone, Somewhere, is Waiting . . .

Have you ever thought that a letter can be a prayer answered? Many people long to hear the postman's knock.

Pencils, superb ball-pens, combs, diaries, etc., gold stamped with Church name. Raise funds quickly—easily. Repeat orders assured. Details: Northern Novelties, Spencer House, Spring Gardens, Bradford BD1 3HE.

ASH TRAY for wheelchairs. Stick-on and/or magnetic ash tray with twin snuffers and removable cap for easy cleaning. Size 3½"×2". Assorted colours £1.00.

WHEELCHAIR TOOL-KIT in PVC Case comprising small hammer, adjustable spanner, screwdriver handle and 4 screwdriver heads. Case in assorted colours. Size 5"×3" £1.35p (minimum) Post and Packing 25p from Brian Line, Le Court, Liss, Hants.

1 The Leonard Cheshire Foundation

Registered as a Charity Number 218186

Leonard Cheshire Homes care for the severely and permanently handicapped—those for whom hospitals can do nothing further. They are run as homes, and offer the affection and freedom of ordinary family life, the residents being encouraged to take whatever part they can in the day-to-day running of the house and to develop their remaining talents. Disabled people are admitted according to need, irrespective of race, creed or social status.

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

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

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

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Secretary: Mr. Wally Sullivan.

2 Sue Ryder Foundation

Registered as a Charity Number 222291

Sue Ryder Home, Cavendish, Suffolk CO10 8AY

Founder: Sue Ryder, C.M.G., O.B.E.

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

Honorary Councillors: Dr J. Apley, C.B.E., M.D., F.R.C.P., J.P./Group Captain G. L. Cheshire, V.C., D.S.O., D.F.C./Miss E. B. Clarke, C.V.O., M.A., B.Litt.(Oxon), J.P./The Rev. Sister J. Faber/Mr Airey Neave, D.S.O., O.B.E., M.C., M.P./Mr John Priest, J.P./Sue Ryder, C.M.G., O.B.E./Mr J. W. Steed/Mr John L. Stevenson, F.C.S., A.C.I.S., F.T.I.I.

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.

There are Sue Ryder Homes/Hospitals in Britain and overseas.

3 The Mission for the Relief of Suffering

Registered as a Charity Number 235988.

Founders: Sue Ryder, C.M.G., O.B.E., and Leonard Cheshire, V.C., D.S.O., D.F.C., in association with Mother Teresa of Calcutta.

President: Mrs Lakshmi Pandit.

Secretary: Ronald Travers.

The Mission was founded by Sue Ryder and Leonard Cheshire for the principal purpose of pioneering new projects which, although fulfilling a clear need and in keeping with their general aims and objects, would probably not be undertaken by either of their respective organisations. Four such projects are:

Raphael, The Ryder-Cheshire International Centre, P.O.Box 157 Dehra Dun, Up, India, caring for a total of some 300 people in need.

Raphael comprises a colony for burnt out leprosy cases, a Home for severely mentally retarded children, the "Little White House" for destitute orphaned children and a small hospital with two separate wings, one for general nursing and the other for the treatment of TB. In addition, Raphael operates a Mobile TB and Leprosy Clinic in the Tehri, Garhwal area of the Himalayan foothills. There is a Cheshire Home in Dehra Dun itself, so Raphael is not able

Subscription Form

Annual Rate—50p. (post free)

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

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

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(block capitals)

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

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Strike out what is not applicable

to appeal locally for funds. With effect from June 1976 responsibility for its financial upkeep has been taken over by the Ryder-Cheshire Foundation of Australia and New Zealand. The administration is in the hands of a General Council under the Chairmanship of Lt./Gen. S. P. Bhatia, O.B.E. (Retd.).

Gabriel, St. Thomas' Mount, Madras, South India
A training Unit for leprosy and non-leprosy patients who are living on their own in Madras but are incapable, through lack of a trade, of obtaining work. Financial responsibility is shared between India and Ryder-Cheshire Support Groups in the United Kingdom.

Chairman of Governing Council: L. Nazareth.

Ryder-Cheshire Films, Cavendish, Suffolk
This Unit produces films and video-tape programmes about the work of the two Foundations.

Details of these productions available on request.

Raphael Pilgrimages

A Pilgrimage to Lourdes is arranged annually for those chronically ill and permanently handicapped people, many of whom would not be accepted on other pilgrimages, and willing helpers.

Leader of Pilgrimages: Gilbert Thompson,
23, Whitley Wood Road, Reading, Berks.

Cheshire Homes in Britain

Residents telephone numbers in brackets.

ENGLAND

Avon

Greenhill House, Timsbury, near Bath BA3 1ES.
Timsbury 70533 (70866).

Bedfordshire

Agate House Cheshire Home, Woburn Road, Ampthill,
Bedfordshire. Ampthill 403247 (404470).

Buckinghamshire

Chiltern Cheshire Home, 29 North Park, Gerrards Cross
SL9 8JT. Gerrards Cross 86170 (84572).

Cheshire

The Hill, Sandbach. Sandbach 2341 (2508).

Cleveland

Marske Hall, Marske-by-the-Sea, Redcar, Cleveland
TS11 6AA. Redcar 2672.

Cornwall

St. Teresa's, Long Rock, Penzance. Marazion 710336
(710365).

Cumbria

Lake District Cheshire Home, Holehird, Windermere.
Windermere 2500 (387).

Derbyshire

Green Gables, Wingfield Road, Alfreton DE5 7AN.
Alfreton 2422.

Devon

Cann House, Tamerton Foliot, Plymouth. Plymouth 771742
(772645).

Douglas House, Douglas Avenue, Brixham. Brixham 6333/4.
Forches House Cheshire Home, Victoria Road, Barnstaple.
Barnstaple 75202.

Dorset

The Grange, 2 Mount Road, Parkstone, Poole.
Parkstone 740188 (740272).

Durham

Murray House, St. Cuthbert's Avenue, Blackhill, Consett
DH8 0LT. Consett 504000 (502363).

Essex

Seven Rivers, Great Bromley, Colchester. Colchester 230345
(230463).

Gloucester

Cotswood Cheshire Home, Overton Road, Cheltenham
GL50 3BN. Cheltenham 52569.

Hampshire

Le Court, Greatham, Liss. Blackmoor 364 (229).

Hereford and Worcester

The Saltways Cheshire Home, Church Road, Webbeath,
Redditch. 0527-62938 (60590).

Hertfordshire

Hertfordshire Cheshire Home, St. John's Road, Hitchin.
S94 9DD. Hitchin 52460 (52458).

Isle of Wight

Appley Cliff, Popham Road, Shanklin. Shanklin 2193.

Kent

Chipstead Lake Cheshire Home, Chevening Road, Chipstead,
Sevenoaks, Kent, TN13 2SD. 0732-59510 (51855).
Mote House, Mote Park, Maidstone. Maidstone 37911
(38417).

St. Cecilia's, Sundridge Avenue, Bromley BR1 2PZ.
01-460 8377 (7179).

Seven Springs, Pembury Road, Tunbridge Wells.
Tunbridge Wells 31138 and 33522 (20130).

Lancashire

Honresfeld, Blackstone Edge Road, Littleborough.
Littleborough 78627 (78065).

Oaklands, Dimples Lane, Barnacre-with-Bounds, near
Garstang, Preston PR3 1UA. Garstang 2290 (3624).

Leicestershire

Roecliffe Manor, Woodhouse Eaves, Loughborough
LE12 8TN. Woodhouse Eaves 890250.

Staunton Harold, Ashby-de-la-Zouch, LE6 5RT.
Melbourne Derby 2571 (2387).

Lincolnshire

Hovenden House, Fleet, Spalding PE12 8LP.
Holbeach 23037 (23241).

London

Athol House, 138 College Road, London SE 19 1XE.
01-670 3740 (6770).

Merseyside

Freshfields Leonard Cheshire Home, College Avenue,
Formby, Liverpool L37 1LE. Formby 70119.
Springwood House, Cheshire Home, Springwood Avenue,
Liverpool L25 7UW. 051-427 7345 (5400).

Middlesex

Arnold House, 66 The Ridgeway, Enfield, Middlesex
EN2 8JA. 01-363 1660 (01-363 0750).

Norfolk

The Grove, East Carleton, Norwich NR14 8HR.
Mulbarton 279.

Northumberland

Matten Hall, Matten, Newcastle-upon-Tyne. Stamfordham
212 (383).

Nottinghamshire

Holme Lodge, Julian Road, West Bridgford, Nottingham
NG2 5AQ. Nottingham 869002.

The Dukeries Cheshire Home, Hospital Road, Retford,
Notts. Retford 5765.

Oxfordshire

Greenhill House, Twyford, Banbury. Adderbury 679 (667).
John Masefield Cheshire Home, Burcot Brook, Burcot,
Oxfordshire OX14 3DP. Oxford 340324 (340130).

Somerset

St. Michael's, Axbridge, Somerset BS26 2DW.
Axbridge 358 (204).

South Humberside

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

Staffordshire

St. Anthony's, Stourbridge Road, Wolverhampton WV4 5NQ.
Wombourne 3056 (2060).

Surrey

Harts Leap Children's Home, Harts Leap Road, Sandhurst,
near Camberley. Crowthorne 2599.
Hydon Hill, Clock Barn Lane, Hydon Heath, near Godalming.
Hascombe 383.

Sussex

Heatherley, Effingham Lane, Copthorne, Crawley RH10 3HS.
Copthorne 712232 (712735).
St. Bridget's, The Street, East Preston, Littlehampton.
Rustington 3988 (70755).

West Midlands

Greenacres, 39 Vesey Road, Sutton Coldfield, West Midlands,
B73 5NR. 021-354 7753 (7960).

Wiltshire

Greathouse, Kington Langley, Chippenham.
Kington Langley 235 (327).

Yorkshire

Alne Hall, Alne, York YO6 2JA. Tolverton 295.
Beechwood, Bryan Road, Edgerton, Huddersfield HD2 2AH.
Huddersfield 29626 (22813).
Champion House, Clara Drive, Calverley, Pudsey LS28 5PQ.
Bradford 612459 (613642).
Kenmore, Whitcliffe Road, Cleckheaton BD19 3DR.
Cleckheaton 2904 (2724).
Mickley Hall, Mickley Lane, Totley, Sheffield S17 4HE.
Sheffield 367936 (365709).
Spofforth Hall, Harrogate HG3 1BX. Spofforth 284 (287)
White Windows, Sowerby Bridge, Halifax HX6 1BH.
Halifax 31981 (32173).

SCOTLAND

Dumfries

Carnsalloch House, Dumfries. Dumfries 4924.

Edinburgh

Mayfield House, East Trinity Road, Edinburgh EH5 3PT.
031-552 2037 (4157).

WALES

Clwyd

Dolywern, Pontfadog, Llangollen. Glynceiriog 303.
Eithinog, Old Highway, Upper Colwyn Bay LL28 5YA.
Colwyn Bay 2404 (30047).

Dyfed

Coomb, Llangynog, Carmarthen. Llanstephan 292 (310).

Gwent

Llanhennock Cheshire Home, Llanhennock, near Caerleon
NP6 1LT. Caerleon 420045 (420676).

South Glamorgan

Danybryn, Radyr, Cardiff CF4 8XA. 842237 (842335).

IRELAND

Ardeen, Shillelagh, Co. Wicklow, Eire.
Rathfredagh House Cheshire Home, Newcastle West,
Co. Limerick, Eire.
St Laurence Cheshire Home, Lota Park, Cork, Eire.
St Patricks Cheshire Home, Tullow, Co. Carlow, Eire.
Cara Cheshire Home, Phoenix Park, DUBLIN 20.
The Barrett Cheshire Home, 21 Herbert Street, DUBLIN.
The O'Dwyer Cheshire Home, Lisnirrane, Boholo, Co. Mayo.

HOMES FOR PSYCHIATRIC AFTER-CARE

London

Miraflores, 150-154 Worple Road, Wimbledon, S.W.20.
01-946 5058.
Gaywood, 30 The Downs, Wimbledon S.W.20. 01-946 9493.
Nicholas House, 3 Old Nichol Street, Bethnal Green E.2.
01-739 5165 (9298).

MENTALLY HANDICAPPED CHILDREN

Cheshire

The Green, Christleton, near Chester. Chester 35503.

Dorset

Buckfield House, Lyme Regis.
Fairfield House, Lyme Regis. Lyme Regis 2487.
Hawthorn Lodge, Hawthorn Road, Dorchester.
Dorchester 3403.

Special Services

Leonard Cheshire Homes wing for G.L.C. Flats: (care service
only) Cheshire Estate, 30 Palace Road, Tulse Hill, London
SW2. Tel: 01-671 2288

Flats for couples, one of whom is disabled:

Robin House, St. John's Road, Hitchin, Herts.
Disabled Students accommodation:
Taylor House, 16 Osler Road, Headington, Oxford.

Training Centre:

Cheshire Foundation Service Corps, Study Centre,
Le Court, Liss, Hants. Tel: Blackmoor 421

Leonard Cheshire Homes Overseas

Secretary, 5 Market Mews, London W1Y 8HP.
Tel. 01-499 2267

Argentina

Hogares Cheshire para Lisiados Casilla de Correo 896,
BUENOS AIRES

Bangladesh

Cheshire Foundation Home, 14/E Bonani Model Town,
P.O. Box 150, DACCA 2.

Brazil

The Cheshire Home, Rua 7 de Abril 252, 12, SAO PAULO

Canada

Ashby House Cheshire Home, 78 Springhurst Avenue,
TORONTO
Carey House Cheshire Home, P.O. Box 985, Oakville,
ONTARIO
Clarendon Foundation (Cheshire Home) Inc., 21a Vaughan
Road, Toronto, Ontario
C.O.R.D.I. Home, 1604 Pullen Street, OTTAWA. KIG.0N7.
The Durham Region Cheshire Homes, 829 Simcoe Street,
N. Oshawa, ONTARIO
McLeod Home, 11 Lowther Avenue, TORONTO
Peel Cheshire Home, 361 Queen Street, Streetsville,
Mississauga, ONTARIO
Quinte Cheshire Home, 246 John Street, BELLEVILLE,
Ontario
Saskatchewan Cheshire Home, 314 Lake Crescent,
Saskatoon, Saskatchewan
*London, Nova Scotia, Toronto.

Chile

Hogares Fundacion Cheshire de la Esperanza, Casilla 3337,
SANTIAGO
Hogares Cheshire Home, Casilla 74, CONCEPCION

Ethiopia

The Cheshire Home, PO Box 3427, ADDIS ABABA (C)
The Cheshire Clinic, PO Box 1383, ASMARA (C)
The Cheshire Home, PO Box 18, SHASHAMANE
Makalle*

France

Foyer Cheshire de Fontaine-Francaise 21610.

Guyana

The Cheshire Home for Spastic Children, Mahaica Hospital,
E. C. DEMARARA (C)

Hong Kong

The Cheshire Home, Chung Hom Kok, PO 15061,
NR. STANLEY

India

The Cheshire Home, H. A. L. Road, BANGALORE 17
The Cheshire Home, Opp. Buddhav Colony, Kareli Baug,
BARODA

Bethlehem House, Mahakali Caves Road, Andheri,
BOMBAY 69

The Cheshire Home, (Amansol) Dt. Burdwan, BURNPUR,
W. Bengal

Serampore Cheshire Home, "Bishop's House",
51 Chowringhee Road, CALCUTTA 16

Tollygunge Cheshire Home, Tollygunge, CALCUTTA
Cheshire Home, Sowripalayam Road, COIMBATORE.
641028

"Anbu Nilayam", The Cheshire Home, COVELONG,
Chingleput Dt.

Govind Bhavan Cheshire Home, 16 Pritam Road, DEHRA
DUN

Rustomji P. Patel Cheshire Home, c/o Telco Ltd.,
JAMSHEDPUR

"Vishranti Illam" Cheshire Home, KATPADI Township.
Vellore 632006, N.A.Dt.

The Cheshire Home, Towers Lane, Kankanady,
MANGALORE 2

The Cheshire Home, Balamore Road, NAGERCOIL 629001

Delhi Cheshire Home, c/o C-1/33 Safdarjang Dev. Area,
NEW DELHI 16

Meathmarg Cheshire Home, PO Box 10, RANCHI Lucknow*
Cheshire Home, Thoppar B.O. (via) MADURAI-625006, India.

Indonesia

Wisma Cheshire, 90 PO Box 3018 Djarkata.

Kenya

Dagoretti Childrens' Centre, P.O. Box 24756, Nairobi.

The Limuru Cheshire Home, P.O. Box 325, LIMURU,
Nairobi.

Likoni Cheshire Home, P.O. Box 83094. MOMBASA.

Malaysia

Cheshire Home Johore, Jalan Larkin, JOHORE BAHRU

Cheshire Home, PO Box 1267, KUCHING, Sarawak

Rumah Amal Cheshire Selangor, PO Box 2111,
KUALA LUMPUR

Sabah Cheshire Home, Peti Surat 1271, Kota Kinabalu, SABAH

Mauritius

Cheshire Home, Tamarin, FLOREAL

Morocco

Foyer Koutoubia, Parvis de la Koutoubia, MARRAKECH (C)

Dar el Hanaa, 3 Place des Aloes, Marshan, TANGIER (C)

Nigeria

Cheshire Home Enugu, 1 Adelaba Street, ENUGU (C)

Oluoyole Cheshire Home, PO Box 1425, IBADAN (C)

Cheshire Home Lagos, 91 Agege Road, Mushin, LAGOS
State (C)

Cheshire Home Orlu, Ubulu-Theojiofor, ORLU, E.C.S. (C)

Cheshire Home, PO Box 365, Churchill Road,
PORT HARCOURT (C)

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, Calooca Bdry,

NOVALICHES

Pangarap Home, Paraiso St. No. 31, NOVALICHES

Portugal

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

CARCAVELO

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

Cheshire Homes - Natal P.O. Box 3887, DURBAN 4000
and 119 Salisbury House, Smith Street, DURBAN 4001.

Queensburgh Cheshire Home, 890 Main Road, MOSELEY
4093, Natal.

Chatsworth Cheshire Home, House No. 74, Road 217,
CHATSWORTH 4092, Natal.

Ann Harding Cheshire Home, P.O. Box 51357. RANDBURG.
Transvaal. South Africa 2125.

The Cheshire Home, Gomery Avenue, Summerstrand,
PORT ELIZABETH.

Eric Miles House, 20 Corsair Road, Sandrift, MILNERTON,
Cape Province.

Spain

Hogar de la Amistad, Calle Beneditti No. 60. BARCELONA
Hogar de la Amistad, de Sants, Calle Auگرانes 103 Bajos,
Sants, BARCELONA

Hogar de la Amistad, de Mosnou, Avda de Navarro 68,
Mosnou, BARCELONA

Hogares Cheshire de Essana, Cno.de los Vinateros 127 7° B.,
Moratalaz, MADRID.

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

Sudan

The Cheshire Home, PO Box 801, KHARTOUM (C)

Juba*

Thailand

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,
One Madison Avenue, Madison, N. J. 07940, U.S.A.*

Venezuela

Casa Cheshire, Cuarta Avenida 24, Campo Alegre,
CARACAS

West Indies

Thelma Vaughan Memorial Home, The Glebe, St. George,
BARBADOS (C)

The Cheshire Home, Sauteurs, St. Patrick, GRENADA

The Cheshire Home, St. Andrews Gardens, San Fernando,
TRINIDAD

Jamaica Cheshire Villiage, Mona Rehabilitation Centre,
Kingston 7, Jamaica.

Zambia

The Cheshire Home, 10a Twin Palm Road, LUSAKA (C)

* Homes in preparation. (C) for disabled children.

(CM) for Mentally retarded children.