



# Cheshire Smile

SUMMER 1981 25p



# CHESHIRE SMILE

The Quarterly Magazine of the Leonard  
Cheshire Foundation

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Cheshire Smile is edited and managed by disabled residents at Le Court. Contributions to the magazine are invited from all readers. Opinions put forward in individual articles do not necessarily represent the official view of the Leonard Cheshire Foundation. It is the Editors' aim, however, to encourage free expression of ideas but they reserve the right to shorten, clarify or reject, at their discretion, material received for publication.

Publication dates fall roughly in the middle of March, June and September, but in early December.

If you would like to ensure that you receive Cheshire Smile regularly, we should be glad to put your name on our mailing list.

Last date for contributions for Autumn issue 16th August.

## *Front Cover:*

H.R.H. The Prince of Wales, accompanied by the Lord Lieutenant of Gloucestershire (Col. Martin St. J. V. Gibbs), Henry Blake, a resident of the Cotswold Cheshire Home who was instrumental in organising the National Ride and Drive Event, and a nursing auxiliary at the Cheshire Home.

*Photograph by Terry Bliss.*



*Editorial Staff at work on the Cheshire Smile at Le Court.  
Photograph by courtesy of Don Eades*

## EDITORIAL

We begin this editorial by sending good wishes to REL in his renewed post as Chairman of Greenacres Cheshire Home where, for the past eight years, together with his invaluable team, he has ably edited and produced Cheshire Smile and we trust that your new editors here at Le Court will carry forward the good work that has kept the magazine going over the years. A change of address has also occurred at the Foundation Headquarters where the staff have moved to more suitable premises (accessible to wheelchairs!) at 26-29 Maunsel Street, London and we extend our good wishes to them as they settle in to more spacious conditions. The magazine takes on a new look both in cover design and typeface and we hope readers will approve the change. It is our intention to bring you a wide range of articles—those covering new concepts in the field of care and attitudes to the disabled and some with a touch of humour. A series of potted biographies begins on the Headquarters staff which we hope will be of interest. A significant change is the deliberate omission of the homes' gazetteer from the back of the magazine. It is not intended to completely do away with this valuable reference section. It will be published once a year in pull-out leaflet form. Our reason for making this change is to allow the space released to be used for other articles. To produce a magazine of your choice we are seeking the help and co-operation of all our colleagues throughout the homes both in the UK and overseas. We would like to have as wide a representation of news and stories from our homes as possible. If there are any special topics or subjects that you would like to write about please do so; we are happy to receive all contributions for consideration. Photographs or drawings that you send to illustrate your article must be in **BLACK AND WHITE ONLY**. Photographs should be postcard or en-print size; drawings may be of any size.

### A WORD FROM THE CHAIRMAN

"As the Cheshire Smile enters on its new look in its new location under its new management, I write on behalf of everyone within the Foundation to wish it all possible success for the future; and also to thank those of you who have gallantly undertaken the task of producing and editing it.

If the new magazine is as good and does as much good as its predecessor, you will have accomplished all that can be asked of you. We are quite confident that you will succeed."

Sir Christopher Foxley-Norris  
Chairman

## THE CHESHIRE FOUNDATION'S CENTRAL HEADQUARTERS

People, working and living in Cheshire Homes in the United Kingdom and overseas, may feel somewhat out of touch with the function of central headquarters and the people who work there.

Cheshire Smile therefore feel that it is time to tell readers a little more of what goes on there.

The Centre's headquarters at Market Mews, London W.1., were decidedly cramped and provided no access for wheelchair bound or handicapped people. However, this has now been rectified and offices more suitable to the needs of the disabled have been found at 26/29 Maunsel Street, London, S.W.1. At last everyone will be able to have a desk of their own to work at!

A brief outline of the central organisation's functions are:—

1. to provide the legal and financial headquarters of the Foundation.
2. to provide a service to the 75 homes in all situations where they seek central help and advice.
3. to provide an international headquarters/office for the overseas operation covering 115 homes in all parts of the world.
4. to provide a secretariat for the Trustees and their various committees.
5. to provide a contact point with other voluntary and statutory bodies, and for the general public who have an interest in our work and want to know more about it.

The Foundation has 27 voluntary working Trustees, all of whom put in a tremendous amount of their time in furthering the aims of the Foundation. Most of them specialise in areas which are of particular interest to them, but all are responsible for formulating policies which are the cornerstones of the charity. The Trustees also have responsibility for maintaining close contacts with Cheshire Homes and for acting as a link with the body of Trustees as a whole.

The Director of the U.K. is Mr Arthur Bennett, who is responsible for the work of the

central staff generally and for the administration of headquarters. An important part of his function is also to maintain personal contacts with the U.K. homes.

Mr Ron Travers, the International Director, travels all over the world seeking out the needs of disabled people, obtaining grants and finance, and making arrangements for setting up Cheshire Homes in areas where the handicapped are in great need.

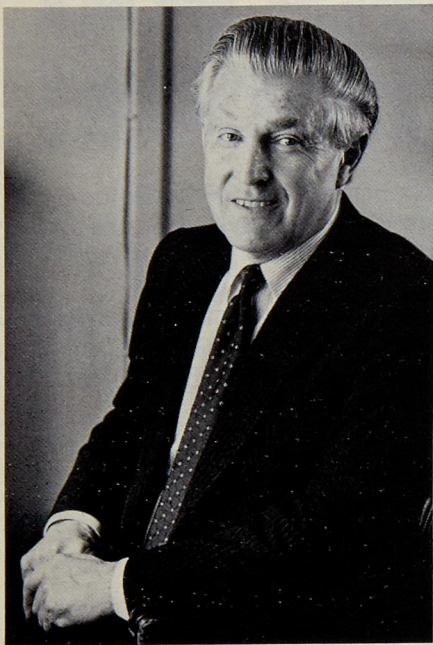
The total number of people who work at the Centre's headquarters is 23, plus seven field workers who are out in the regions. In addition, there are two voluntary part-time secretaries and two part-time assistants in the Honorary Treasurer's department.

The aim at central office is to work as an integrated team and, aside from day to day activities, there are a great many special events which fall to the lot of headquarters to organise, which are very time consuming. For example, masterminding the Cheshire five day International Conference in honour of IYDP with 300 handicapped delegates, their helpers and other staff being transported from all parts of the U.K. and overseas. It involved conference sessions to be arranged, speakers to be briefed, accommodation to be organised, travel to be planned and receptions and entertainments to be laid on. A particular headache was the very poor access for wheelchairs and handicapped people which exists in London.

It is very much hoped that closer contacts will be established between the central organisation and homes both overseas and at home as time goes on, and that we shall get to know each other very much better.

As a start in this direction, The Cheshire Smile proposes to start a "getting to know you" programme by publishing short biographies of the people who work at headquarters, together with their photographs. By this means, next time you meet someone from head office the chances are that you will recognise the face and he or she won't seem quite so much a stranger as before.





### **ARTHUR BENNETT, U.K. DIRECTOR**

Arthur Bennett, the U.K. Director, left the R.A.F. as a Group Captain in 1977 at his own request in order to join the Foundation. He describes himself as a former "first generation jet pilot" and, in a flying and staff career lasting more than 25 years, his main specialisations were fighters, light bombers and helicopters. He was seriously burned in a flying accident in North Africa in 1953 and his interest in disabled people dates from that time.

As U.K. Director he is generally responsible for the work of the central staff and for the management and administration of the central office. Committee work takes up a good deal of his time and he is a member of the Trustees' Executive Committee and an ex-officio member of the eight other standing committees. Arthur attaches great importance in keeping in close touch with the homes and he tries to average one visit a week to a home. However, the Foundation is now so big that it is rather like painting the Forth Bridge!

### **KAY CHRISTIANSEN, PUBLIC RELATIONS ASSISTANT**

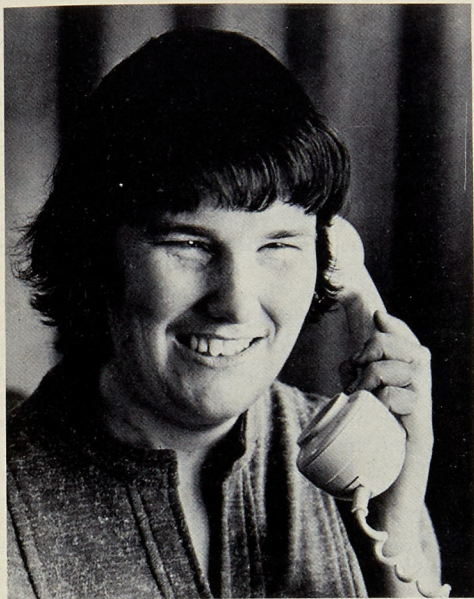
Kay Christiansen joined the full time staff of the Foundation in May 1981.

She was formerly Head of Information at The Spastics Society and so has extensive knowledge of the charitable field.

She was trained as a journalist and worked for the Daily Mail for seven years as a reporter, feature writer and gossip columnist. She also contributed as a freelance journalist to numerous publications including The Times, The Guardian, Daily Mail, Sunday Express and many magazines.

Her brief at the Foundation is to assist the part-time public relations consultant to increase public awareness and understanding of the aims and work of the Foundation.





### **HILARY LEACOCK—FOUNDATION'S RECEPTIONIST-TELEPHONIST**

First impressions are always vital and that's why Hilary's job as receptionist-telephonist is such an important one.

When you have occasion to call H.Q., Hilary's voice will be the first that you hear. At Maunsel Street she operates a PABX switchboard dealing with as many enquiries as she can personally, or passing them on to whoever is the appropriate person. As receptionist she welcomes the many callers to the Foundation and does secretarial work in her spare moments.

Hilary's guide dog, Ziggy, is also an important member of staff, though Hilary has given strict instructions to over-indulgent dog lovers that no tit-bits are to be given!

Because of and for **ALL** of us:

### **TOMORROW**

Most find it easy to take it for granted,  
to use hands and arms and put feet where  
they're planted.

Your toes and fingers can wriggle and write,  
without pain it's easy to sleep at night.

With pills and potions pain becomes quite  
bearable,  
our dignity pride makes that fixed smile quite  
wearable.

A smile on our face and a cheerful demeanour,  
makes the pity, discomfort in eyes less keener  
than ours, who hear the thoughts in your minds,  
say:—  
"I really must do something nice or quite  
kind".

We use two sticks to walk the ground,  
or maybe in wheelchairs we zoom around.  
Some of us see with our ears and our hands,  
or use white sticks or those dogs that are grand.  
Others can't hear, their world is *so* silent,  
never hearing the song of that bird that's so  
vibrant.

Some don't breath so well 'cause asthma  
hovers,

some days a talk and a chat quite bothers.

But there is always tomorrow—that's the way,  
and tomorrow—well, that's another day.

Does this sound like self pity or a cry for help?  
Well—it aint you know—we're the first to help  
ourselves—that is, and others worse than  
we'll ever know.

So don't think that we, metaphorically  
speaking,  
don't grab the nose of fate and tweaking.

Don't laugh and love and live a lot,  
we're lucky, so lucky in so many ways,  
and **TOMORROW**—well, that's another  
**DAY!**

Lonna Jones

*Mrs Lonna Jones is a frequent short stay visitor to  
"The Saltwats" Cheshire Home in Redditch, Worcs.*



## CARE WITHOUT STRINGS

Disabled people are handicapped by not having able bodies. The less physically able a person's body is, the greater is his handicap. A person's handicap would be completely taken away if he could exchange his disabled body for a new, able one. Of course, this is not possible, but what can be done is that another person's body can be made available to a disabled person, so that he can act through the body of the able-bodied facilitator, which is rather like the way that all of us act through our own bodies; we, however, are not answerable to our bodies, they do not know best, make up rules or indicate to us standards to live by. Central to the Boundary Road philosophy is that severely disabled people and residents should not be subservient to "their bodies", that is, able bodied care givers. We make decisions with our minds and our bodies carry out the action arising from the decision making. In the traditional model of residential care, the staff know best, they hold the power, they take away from the resident the right to decision making because the action arising from the decision cannot be carried out by the disabled person.

The staff at King Henry's Walk and Boundary Road give care without strings. The residents make their own decisions, they take responsibility for themselves, the staff are not in charge, they do what they are told to do.

Two of the first residents at King Henry's Walk were students. One was doing a degree and the other was doing A levels at a Polytechnic. They were both physically dependent on their care givers for their every action. Each had a single bed-sit. Harry lived in a total shambles and his room was in such a muddle that he could never find anything. He had a cat and in his room was a litter tray which was always very smelly; his bed was never made. On the other hand, Kevin lived in an immaculate room—everything was in its place and it was spotlessly clean. He was very much into music and had very expensive equipment, all of his albums and cassettes were catalogued and in order. He had stuck egg boxes on the walls and ceiling to improve the acoustics. My guess is that anyone who had known Harry and Kevin for a little while, but who had never seen their rooms would, had they been asked, been able to look at all the rooms at King Henry's Walk and pick out which one was Harry's and which one was Kevin's, so exactly did their rooms match their personalities and style.

There is nothing remarkable in any of this, until we consider that both Harry and Kevin achieved what they wanted to achieve through the same people. They both worked through the same staff group. The people who did the care did not set the standards, the residents were in charge of their own rooms, it was their business what their rooms looked like and it was their business whether their rooms were clean or not.

In my opinion, the blame for all that is wrong with residential provision for disabled people can be placed at the door of the medical profession. They are, after all, more concerned about the bits that do not work than they are about the bits which do work. Disability is highlighted and ability is ignored.

As far as I know, King Henry's Walk was the first non-medical model of residential provision for physically handicapped adults. At the beginning, lest the Social Services Committee wanted to call the place "Councillor Smith House" or "The Willows" we made a great point of referring to it by the number, so it became known as 28, King Henry's Walk in the same way that every other house on that street was known by a number.

A lady who worked for the Spastics' Society and found it impossible to write to me and address the letter to Jack Hughes, 28 King Henry's Walk, decided to call the place "The Islington Total Care Unit" so that I often received letters addressed to "Jack Hughes, The Islington Total Care Unit, 28 King Henry's Walk" in the same way that every other house on that street was known by a number.

It occurred to me then that all of us, whether we are disabled or not, need total care. The vast majority of us get care without strings, care that we do not need to be grateful for. We get exactly what we want, when we want it and maybe from the person who is most concerned about us, namely, ourself.

Before King Henry's Walk, it had never been possible for a severely disabled person to take responsibility for him or herself when the action arising from the resident's decision had to be carried out by someone else. If a disabled person needs help to get into bed, he does not need someone to tell him which bed to get into, or whom to get into bed with. If a disabled person needs someone to prepare breakfast and feed that breakfast into him, he does not need

someone to tell him when is breakfast time or that "Its scrambled egg today and fried egg tomorrow". Handicapped people must have the right in residence to make a total cock-up if they want to. Members of staff are employed NOT to know best, but to do what they are told to do. They must learn to leave their morals, to leave their principals and to leave their standards at the door when they come in to work.

I was recently quite intrigued by Lord Snowdon when he opened I.Y.D.P. and drew attention to the fact that many disabled people are living in Dickensian institutions. Although it was a fine speech and I was pleased with what he said, I couldn't help but be amused by it, because the lady who used to be his mother-in-law is the patron of the most Dickensian place of all, namely the Royal Hospital and Home for Incurables, and I thought then that if he could influence her either to withdraw her patronage from the Royal Hospital and Home or, better still, get her to use her influence to make some changes in the place, that would probably be the best thing that Lord Snowdon could do during this International Year of the Disabled.

The question has been asked, can the medical profession care for those they cannot cure? They cannot. They should not try and they should not feel guilty about not trying. After all it is not something which they are trained to do. When we go into hospital, we give up our civil liberties, our human rights and most of our dignity in order to get better. That is the price we pay for being cured. It is not a high price. Naturally we are grateful to be made well again. Many people are not going to be cured and many more who are handicapped but who have never been ill are condemned to live their lives in establishments set up and run by the medical profession. I cannot imagine anything more soul destroying for a disabled person than living in an Area Health Authority Young Chronic Sick Unit for ever, in the custody of a profession whose main interest is the parts of people which no longer function.

Disabled people do not have able bodies. If we could provide all disabled people with an able body through which they could act, then we would go a long way towards removing the handicap which is associated with disability. If every child born disabled and every adult who became disabled was provided with someone else's body to act through, we wouldn't need so many special separate and different places for

disabled people, we wouldn't need schools for handicapped children, we wouldn't need day centres and work centres for handicapped people, indeed we wouldn't need residential provision for disabled people. At King Henry's Walk and Boundary Road we have found a way for severely disabled people to act. They act through others, through the facilitators, through the care givers and, unlike all other residential places, the care givers are not in charge, unlike those in the medical, custodial model, they are not in the business of destroying people. They are enabling the residents to free themselves from the handicap arising from their disability.

Jack Hughes



**The Jubilee Sailing Trust** intends to construct a purpose-built vessel in which the physically handicapped will represent 50% of the trainee crew enabling them to take a full and active part in the day to day running of a sizeable sailing ship. In this way the Trust will provide one of the finest and surest forms of integration of disabled and able-bodied people which exists, the sharing on equal terms the demands and exhilarations of life at sea.

The Jubilee Sailing Trust was set up out of the Queen's Jubilee Appeal and the backing received from this fund has enabled the Trust to develop the initial idea into a practical and feasible reality. Research, by means of pilot schemes and design study, has led to the preliminary plans being drawn up for the construction of the Trust's own vessel.

For further information contact: Jubilee Sailing Trust, Tavistock House North, Tavistock Square, London WC1.  
Tel: 01-380-0160.



## NAIDEX '81

Naidex '81, the National Aids for the Disabled Exhibition and Conference, is to be held at The Royal Showground, Stoneleigh, Warwickshire. Both the Conference and Exhibition will run from 21-23 October and the Exhibition will remain open for a further day on Saturday 24 October.

The Conference theme this year is to be 'A part or apart—the removal of barriers for disabled people' and there will be seminars on:

Attitudes and their Effect on Integration

Integration in Education

Hospital to Home—a co-ordinated approach

Communication Aids for the Speech-Impaired

Research in Rehabilitation

Volunteers

The International Charter for the '80s

Sexual and Personal Problems

Sport and Leisure

Housing

Day Care for the Mentally Ill

Financial Benefits

The Exhibition will comprise some 1500 square metres and will include a vehicle display and a special section on communication aids.

Naidex began in Brighton in 1973 as a small Exhibition and Conference. It aimed at providing a forum for discussion on the problems of disability and an opportunity for disabled people, and all those who work in the field of disability, to look at available aids and appliances.

Now, eight years later, the basic aim of Naidex remains the same even though the event is several times the size it used to be and has become an international rather than a national event.

From a one day seminar for 300 people the Conference has grown into a three day event with anything up to five parallel seminars on each day. The Exhibition has increased from a mere 200 square metres to almost 2000 square metres, with well over 150 companies displaying their products and giving information, and has become one of the most comprehensive displays of aids and appliances in the world.

Such an increase in size can only show that Naidex has proved valuable to those who have attended and that there is a growing concern about the problems that disabled people face and the methods of minimising them.



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## AN EXPERIMENT IN 'GROUP LIVING' WITHIN A CHESHIRE HOME

By Shirley Hughes. Head-of-care, Chiltern Cheshire Home

### WHY?

A member of the care staff was leaving. But this was different. This was probably the best member of our staff, an exceptional person. She was in her late to mid twenties. To describe her care of individual residents would be to say that she carried out the physical care as one would wish for oneself; but once that stage was completed, would tactfully motivate, and pursue common interests.

You will appreciate my concern to hear that she was going to try 'pastures new' at Boundary Road, Camden. This is a modern, purpose-built unit for thirty physically handicapped people. Their residents must have ability, drive, ambition or potential to live outside an institution, despite their handicap, however severe. It is not intended to be a secure and comfortable haven where they can live cushioned from the rigours of life. Residents live in units of four, assisted by six members of staff. Staff are employed to be the arms/legs of their clients, but never their brains. They do only what is asked of them.

The concept had appealed to my friend, and she had been accepted after a lengthy interview. I was left with the feeling that maybe I was becoming complacent; "Stale" was the motivating word she had left me with. This caused me to step back and take a dispassionate view of the Chiltern Cheshire Home, and our progress over a seven year period. Our main achievement had probably been the setting up of a domiciliary care (family support) service some six years previously.

Residents were now playing a much more active part in the running of the home. Apart from obvious things like representation on all committees, they help interview potential staff members; always play host to visitors; give fund-raising talks and play a more active part in the community. The staff and committees, one felt, were becoming more enlightened... but... yes, maybe I was becoming stale, and my complacency needed a shake-up. Could we try to emulate Boundary Road? In the first instance the lay-out of our small home would not permit diversion into units. In the second place six staff to every four residents would mean thirty staff—quite inconceivable.

Obviously what Camden could afford, a Cheshire Home could not.

Following the most recent dependency study, we were on the point of increasing the staff ratio from 13.5 to 17 whole time equivalent (based on 40 hrs. per week). I could certainly not provide six staff for each of the four residents, but why not try an experimental pilot scheme? The possibility was put to a staff meeting. My husband and my deputy were, I felt, favouring the side of caution, almost in opposition, and I was encouraged by them to give Boundary Road a really critical look before contemplating any change. Many hours of careful thought and planning had to be put in before the project could be suggested to the residents.

At one of the subsequent resident/staff 'chat-ins' we discussed Boundary Road in the context that two of our ex-members of staff were working there and it seemed to be a place with many new ideas, also one of our residents was hoping to go and live there. We had, therefore a natural interest in seeing the place and on a visit were warmly welcomed. Six residents were at our disposal, and Jack Hughes, founder of the establishment, was asked to talk to us. I remember being intensely annoyed as he inferred that Cheshire Homes were ghettos for the disabled, and I felt he was preaching to the converted. However, two residents took us to see their flats and we had an excellent lunch.

I left with a great feeling of disappointment. Their residents' lives seemed to consist of subsisting. They spend their lives shopping, cooking, washing and cleaning; or rather, seeing that their basic essentials were done—which appeared to leave little time for anything more enterprising or interesting. I asked myself whether all our lives were really so boring?

### HOW?

A staff meeting was called, and we fully discussed our visit. Feelings were mixed; but it was agreed that we should, with the residents' consent, try a pilot scheme. Staff who were keen to participate were encouraged to get together to start thinking the project through. Trained nurses were left out of the team, partly because there are feelings that nurses are too 'bossy'. We wanted maximum participation from the residents, surrounded by their willing

enablers. Finally, four paid members of the care staff (including two Danish girls) were selected, backed up by two full time volunteers. No-one should object.

Selection of residents was to be a little more tricky, and it had to be a democratic decision. Basically, we narrowed down the field to those who would benefit most. Our newest resident was an obvious choice. Another resident, whom we all felt would benefit most from individual care and attention, flatly refused to participate.

Any minor opposition was initially outweighed by reasonable discussion, and it wasn't until later that the opposition really made itself felt. This expressed itself basically as WHY do we need change? We are quite happy as we are. My feelings, rightly or wrongly, were that not to try to progress is in fact to regress, and that it seemed to be a scheme worth trying. A favourable vote passed the project, and the question of resident selection arose. Of the eight who expressed active interest, four were finally selected. I felt that the staff were taking on far too much, which would risk jeopardising the scheme, but they were all determined. It was planned to run the scheme for 3-4 months though some felt that nothing would be achieved in less than six months.

#### PREPARATION

Being one of the bossy nurses, I was anxious not to interfere or to push my ideas on to the group. It was important that they should work things out for themselves, and it would be interesting to observe how much initiative came from the residents. The greatest danger would be that a dichotomy would develop in the home. With this firmly in mind, my aims for the group were as follows:—

1. To attain as normal a lifestyle as possible for each resident.
2. To enable each resident participant to achieve their individual ambition and potential.
3. To achieve greater integration with the local community.
4. For each resident to remain an integral part of the community in which they live (i.e. they must be seen to participate in the running of the Chiltern Cheshire Home, and not be excluded by virtue of their participation in the pilot scheme).
5. To maintain unity within the home whilst achieving the above.

Monitoring the scheme would be important. The residents decided that they would like the staff to work 'flexitime' according to their individual daily needs. The staff expressed a willingness to adapt and to start work at 6.45 a.m. when necessary (which, as it turned out, was most days). Together they worked the off-duty for the first week according to any social plans the residents already had.

It was impossible to give them any specific area within the home. Their rooms were already in close proximity to each other, and we decided that they should have access to the main kitchen when the cook was off duty. They decided as a matter of policy that, wherever possible, they would eat with the other residents, as they saw this time to be one of normal socialising. As the commencing date dawned and the scheme was under way, one of the problems I was not aware of at that time was that some of the staff were feeling like second class citizens. The 'chosen few' were seen to be special in some way. With hindsight, I would have prevented this by making others feel equally important in helping the scheme off the ground; but at this stage I must admit my enthusiasm for the group was perhaps a little too obvious. It was generally seen as Shirley's new hobby—much as the care service had been six years earlier. This must have generated suspicion and ill-feeling among those who were not involved.

#### LIFT OFF

I have never known the home in general so animated. The atmosphere was excellent. The 'scheme' seemed to be the sole topic of conversation. The group had a very successful launching party. The pressure was off, suddenly there was no tension. This blissful state remained intact for three days.

Comments from the participating residents were that they had really enjoyed the day, and felt pride in that they had achieved something new in catering for themselves. They had really appreciated the extra time they felt was now available from 'their' staff. The leader of the staff group felt that it was the group's attitude to work that was changed. They were much more willing to do what was asked of them, and were responding well to the extra demands of a smaller group.

By the third day problems were beginning to be apparent. Other residents had inadvertently asked 'scheme' staff to do little jobs for them, and had been refused. After a while the refusals

began to annoy residents, and the predictable division began to make itself felt.

Anxious to see some tangible results and trying to anticipate the problems of division within the home, I felt a need to push the small group into action. This was a pity because it should have been a spontaneous growth within each resident as they individually realized ambitions and saw the need to participate more in general activities.

At the beginning of the second week, the main group of residents organized a referendum. Three questions were handed to each resident:

1. What do you think of the scheme?
2. Is it affecting you personally?
3. Would you like it to stop?

After the 'count' the residents' representative was heard to mutter, as she propelled herself down the corridor that "everyone had written a load of rubbish"—so results were inconclusive.

The Management Committee were interested to hear details of the scheme. While some had reservations about its wisdom with the possibility of division in the home, they were assured that it was all being closely monitored. I wondered how we would win over the determined opposition from a nucleus of residents.

#### *SUMMARY OF FOUR WEEKS*

Scheme residents certainly benefitted from more individual care and attention.

The person to gain most was the most handicapped—he became much more positive as a person and was very indignant when the mini pressure group suggested that the scheme be stopped.

The person to benefit least was the resident who had most initiative. She was able to get out more and became active in the outside community which made her happy. Another missed some of her friends amongst the older care staff with whom she tended to equate.

All experienced difficulty in knowing how to fill every day with profitable and interesting activity. One person said "when you have had decisions made for you for three years it is very difficult to suddenly be offered so much time". They were all depressed at times with the 'aggro' and it was difficult for one resident to be in the scheme with her room-mate 'out'. We felt that they all needed much more time, without critical eyes watching and observing from every angle, to develop their personalities and ideas.

The main resident group did become more tolerant, especially as the scheme staff became a little more flexible: but there was still the feeling 'why should they be able to do so much with their staff, while we sometimes have to persuade people to come out with us when they are off duty'.

The staff found early on that they were not communicating with each other sufficiently, and misunderstandings were arising. One in particular, felt overawed by responsibility and was acutely aware of the need for older, more experienced staff. She felt that it would have been desirable to have a nurse in the group, and staff with a greater variety of age. She agreed that she had learned a lot from the experience of being in charge of a small group, but because of her age sometimes found the staff difficult to handle.

After the initial four weeks, I wrote down the feelings which were then uppermost in my mind:—

1. It was probably not a good idea to give special treatment to a small group within a large one. It eventually leads to jealousy and adverse comment—leaving too much room for criticism.
2. It is much easier to work with a small group rather than within the home as a whole.
3. There needs to be a balance of age, experience and maturity within the group staff. All levels are needed to satisfy different residents.
4. All residents need to benefit from escorting time, and staff should not feel obliged to escort in their free time.
5. Each resident will become more interested (less apathetic?) with individual attention from a special 'friend' on the staff.
6. Groups need to be flexible to prevent 'aggro'.
7. It had proved too much for 'scheme' residents to fill each day with activity. It would perhaps be better to share out the time by giving each full time member of staff an 'escort' day to do whatever residents wished, from letter writing/room tidying, to going out for a day.
8. Since the scheme was only in its fourth week, it might be better to develop the above ideas and then maybe try the scheme again in six months time with a better balance of staff.
9. The supreme importance of regular communication at all times between members of

groups was uppermost in my mind, in order to prevent misunderstandings.

I then developed the scheme to include all residents and staff by dividing them into three groups.

There were other considerations:—

1. 'Good' staff get overworked when there is no division. There is no evening worklist, as we believe residents should have the right to choose the person to put them to bed. The less popular, or new staff, are consequently under-employed and spend too much time sitting drinking coffee. We could try to arrange that there was always one experienced member of staff on with a newer member.
2. If we had smaller groups there should be better continuity of care for all residents, who should not have to spend so much time explaining their care.
3. There MUST be flexibility.

#### *DEVELOPMENT—PLANS FOR SCHEME MARK II*

During the next few days, I considered dividing the residents and staff into three groups. My main endeavour was to keep friends together (both residents and staff). There was a need for me to be (slightly) attached to a group in order to provide a third nurse. There was now an S.R.N. or S.E.N. in each group. It was all made easier because of the expected arrival of two Norwegian volunteers.

At the next staff meeting we discussed the existing scheme, and feelings were reiterated regarding the benefits of working in small groups, the need for a 'mix' of staff. It was seen that there must be some changes to accommodate the emerging needs of the whole group. I then presented the plans for the enlarged scheme. Since there would be two people on duty for each group, each morning and evening, the problems with new staff would cease to exist, and they would soon get to know their group of residents.

A co-ordinator for escort duties was elected, and I resolved to discuss the plans with individual or small groups of residents the following day.

Result: Every resident thought the proposals were excellent, and it was planned to commence the improved plan on the following Sunday, five weeks after the beginning of the original scheme. It was agreed that although we would work in groups, escorting would be

seen as an opportunity to socialize with anyone across the board.

#### *SCHEME MARK II*

The escort days were fully utilized and an unqualified success. The fact that the period was the month leading up to Christmas meant that everyone had plenty to do. Shopping trips and many other different outings abounded and it became difficult to find people 'in'.

Two weeks later at the Management Committee meeting, I was surprised and delighted to hear acclaim from our two dissenting residents, who said how marvellous it was to see even the more apathetic residents going out.

There were no major problems in that month at all, but the residents did not feel that it was a bad thing to learn a little 'give and take'. However, I felt that a little re-grouping was needed before we started again, and we had to wait until some new part-time staff were employed to fill a few gaps.

After a return to normal over the Christmas period, the scheme began again on January 19th.

The main problem in the first two months of the year hinged around sickness of both residents and staff and our well laid plans were forced to become more and more flexible. Residents needed fewer escort days—just as well when staff were reduced to a working minimum; but we managed to continue with staff having escort days on alternate weeks. Residents who have joined in local groups have managed to keep these activities and one of the local staff seems to concentrate successfully on endlessly entertaining residents with meals in her own home. There have been fewer long distance escorting requirements, although successful days at the January sales in London and Oxford were reported.

#### *CONCLUSION*

The emphasis now seems to be on planning holidays. The trend seems to be to take an escort so, if staff are to be needed in this way, we shall clearly have to economise on the day outings. So long as they can all be persuaded to go at different times, and I can be flexible and produce enough staff out of my hat, all should be well. Maybe we can rethink more schemes for next Autumn: it all helps to make life more interesting and stimulating.

### "ALEX GOES ON PARADE"

Alex Cox, a resident of Hydon Hill was specially invited to attend the St. Patrick's Day celebrations of 1st Battalion Irish Guards in which he served in the early 1950's. Alex paraded with the Old Comrades detachment of his Regiment at Chelsea Barracks on 16th March 1981, and was inspected by, and later marched past (in his wheelchair) H.M. the Queen Mother, who presented the Shamrock to the Battalion.

Alex later joined in the St. Patrick's Day festivities with his ex comrades.



# Around the Homes

## COTSWOLD CHESHIRE HOME, CHELTENHAM

Bob Hughes

The Cheltenham Rotarians have launched an appeal for a new coach which will be shared with this Cotswold Cheshire Home, the Senior Citizens and handicapped of the town. Before making the appeal public they had raised over £20,000 with approximately £8,000 more needed towards the cost. They are also acquiring for us a new and larger wheelchair mini-bus which will be of immense value to the Home.

Henry Blake, one of our residents and a former jockey, has written three books on horses and is engaged in writing a fourth one in which racing and many other happenings in his life are included. For the second year running Her Majesty, the Queen Mother stopped to talk to Henry when she visited the Cheltenham Races.



The Prince of Wales, together with Lady Diana, visited the Head Quarters of Cheltenham Constabulary and our Police Cadet, Mark, had the honour of opening the door of the building for them, thus having his photograph taken with the happy couple.

One morning some residents went to see the daffodil fields behind Tewkesbury Abbey but the roads were flooded so our lovely picnic lunch was consumed near the Abbey on the field where the last battle of the War of the Roses took place. It was amusing to see the sign 'No Parking' where the fields were flooded! We returned home for an afternoon performance of songs by the 'Evergreen' choir who joined us for tea.

Recently we were visited by a group of young people from North Gloucestershire who had collected over £500 for the Home. They entertained us with Country and Western style songs which was most enjoyable and throughout the evening we had refreshments and drinks!

## ST. MICHAEL'S IN LONDON

A trip to London! What a treat in store these few words conjure up and, in that mood, 17 residents accompanied by staff set out from St. Michael's Cheshire Home, Axbridge at 6.30 a.m. on April 1st. A misty morning but a good journey. En route we collected our two guides Mrs. Pat Woodhouse from the London Tourist Board of Guides and Mrs. Pam Edgson. Incidentally, the husband of Mrs. Woodhouse was a former archdeacon of London and residential Canon at St. Paul's cathedral so her store of knowledge and experience proved invaluable. We arrived in good time at Buckingham Palace for the thrill of seeing the big gates opened for us as we had received special permission to view the Changing of the Guard from the forecourt. Then away down the Mall, Trafalgar Square, the Strand, Fleet Street for the sights and sounds of London before coming to the Mansion House where we made a brief halt. We entered St. Paul's by the crypt, more negotiable for wheelchairs, and then up in the lift. We were fortunate to see the cathedral in all its splendour as the BBC were busily filming for Nationwide and there were many lights enhancing the wonderful carvings, the mosaics and the richly decorated baldachino. The works staff supervised by Mr Robert Harvey, clerk to the works, helped to push us around and showed us much of interest. The choir were practising for Evensong and their voices soared up to the dome—we were reluctant to leave such lovely music. The homeward journey down the Victoria Embankment afforded glimpses of the buildings across the Thames, the Festival Hall, National Theatre and many others. Then close by the Houses of Parliament, back to Kensington again and many miles further on the lights of St. Michael's came into view. We were welcomed home and enjoyed a cup of hot soup.

Eileen F. Milton,  
Chairman, Residents' Committee



## FAMILY DAY AT MOTE HOUSE

As the evening of 29th May approached, another successful Family Day drew to a close and the delightful picture of Heads of Care and Management Committee members doing their best dashing down the wheelchair slalom course (no, Sister, it isn't as easy as we wheelchair veterans make it look, is it?) faded till next year.

Old friendships were renewed and new ones formed as we played crib, rollerball bagatelle, carpet bowls, bar skittles and TV handball, competing for the Cup, held last year by Mote House. We have found unexpected entertainment talents in some of our friends, and the fancy dress parade provided a lot of laughs such as when "Friar Tuck" accidentally got announced as "Maid Marion"—well, they both appear in the same legend—and showed how much ingenuity is in all of us.

We have been impressed and, hopefully, inspired to greater efforts ourselves by the craft displays put on by our visitors.

The kitchen staff did a wonderful job feeding a small army of residents, visitors and escorts, not to mention the helpers recruited from families, friends and acquaintances—if you have any connection at all with Mote House, you will be here for Family Day. As we all sat down to chicken and chips in a basket and a welcome cup of tea, we felt happily content with the day. Even the weather had decided to smile on us and we had the first dry day for some time.

The Cup was presented, this year to Heatherley. Mote House key rings were given to everyone as souvenirs of what we hope was an enjoyable and happy day. Before the various groups piled into their ambulances and waved farewell, plaques commemorating Family Day 1981 were presented to Heatherley, Athol House, Seven Springs, St. Bridget's, St. Cecilia's and Chipstead Lake.

Jean Taylor, resident,  
Mote House Cheshire Home

## CANN HOUSE CELEBRATES ITS TWENTY FIRST BIRTHDAY

On Tuesday, 24th March we celebrated the 21st Anniversary of the opening of Cann House as a Cheshire Home, so we join the elite number of homes that have "come of age".

First sign that this was no ordinary day was the lighting of a log fire in the huge grate in the Front Hall, central heating may be more efficient but there is nothing so cheerful as a crackling log fire.

After a lunch of cold pork and ham with apple pie, the residents had a quiet afternoon whilst our Head of Home, Mrs Lister, and members of the committee were busy preparing the diningroom for the evening meal. What better way to remember the day than with an excellent meal of roast turkey, potatoes, carrots and sprouts and for sweets, a Black Forest gateaux which was made in the shape of "21". After this superb meal we made our way to the one other big room where a party had been organised. I say it is a big room but not nearly big enough to invite all our many friends. We apologise to those we were unable to invite but we would have needed to hire the Plymouth Guildhall to accommodate everyone!

Music for the evening was provided by that maestro of the hammond organ, Len Jackman, a man of rich talent and personality. Len soon had everyone in a party mood and we thank him for coming along and giving his services. Drinks were available for those who felt the need for refreshment, and for those with a sweet tooth, there was a huge box of chocolates. The Treasurer of the League of Friends made a really delicious birthday cake to which we did justice as not a crumb was wasted.

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### From the Snowdon Report

Steps should be taken, particularly on long distance trains, to improve the toilet facilities for the disabled.





*Cheshire Smile sends loyal greetings*

*to*

*Prince Charles*

*and*

*Lady Diana Spencer*

*on the occasion of their wedding*

*at*

*St Pauls Cathedral*

*on*

*Wednesday 29th July 1981*



## FROM DOLYWERN DIGEST

There was great excitement in the Home on 23rd and 24th January when Mrs. Ridgeway, a member of Seven Springs Cheshire Home, Tunbridge Wells, Kent came with a team of young people to film the residents and staff at work. Dolywern was one of ten homes to be chosen for a film which is being produced for the Foundation for the 'International Year of Disabled People'. Our chef was filmed preparing lunches for the Meals on Wheels Service, and Mrs Brown of Glyn Ceiriog WVS loading them into her car ready for distribution. Peter Dutton was filmed by the river discussing the possibility of using its power for generating electricity. An afternoon was spent filming in the workroom with Miss Weller; our occupational therapist, with Warren working at a scraperboard and Miss Bartlett aged 81 years, doing our mending. Majorie Kentish was filmed wrapping a birthday present for one of the children at the Christelton Cheshire Home for mentally handicapped children. We look forward to seeing the completed film.

Residents and staff would like to take this opportunity to send our heartiest congratulations to our founder Group Captain Leonard Cheshire on receiving the Order of Merit as a personal gift of Her Majesty, the Queen.

We were pleased to have with us S.E.N. Rosemary Harris, the longest serving member of our nursing staff. She has been with us just a few weeks short of twenty one years. Also present was Captain H. R. Harold, R.N. who was on the steering committee and played a large part in getting the home started and subsequently became secretary—a post he held for seven years. To this day he takes a keen and active interest in Cann House and he gave an interesting speech on the development of the home from those early days.

Shortly we will be starting a Phase 3 which will give us another five single rooms and a larger sun lounge. None of the original residents are with us today but we do have Pamela Bennett who has been here 19 years and Arthur Orchard 18 years. We were also pleased to welcome four members of Plympton Toc H who have given sterling service over the years, especially in the early days. I like to look upon them as being representatives of those voluntary helpers we were unable to invite owing to lack of space.

So 21 years have passed. What of the next? Well I predict in the year 2002 Cann House will still be fulfilling a useful role caring for the severely disabled.

M. F. Freeman  
Chairman Residents' Committee



Photograph taken at Greathouse Cheshire Home, Kington Langley, Wiltshire, shows the new mini-bus being handed over to the residents by Mr Tony Evans. Also in the photograph are—from left to right—Mrs Deane Davies (Secretary) Mr Graham Thomas (Management Committee and Chairman of Transport Committee) Mr Reg Coates (Management Committee) helping resident John Smith, Mr Bryan Jones (Chairman of Management Committee) with Jan Baverstock (Deputy Head of Care) and resident Alice Hounslow.

## OAKLANDS, GARSTANG

1981, International Year of Disabled People, started very well for us. In February, Green Gables, the Cheshire Home, in Derbyshire, sold us their bus because they had bought a new one. Our purchase was a real scoop as the residents of Green Gables offered us their bus at a very fair but modest price which we managed to raise after scraping the bottom of our barrel. We have since visited Green Gables and received a splendid welcome from the staff and residents there.

In March, on our Public Report Day, we had an exhibition of aids for the disabled, including a turning bed and a special bath; the Post Office, Electricity Board and Social Services put up displays and the local branches of the M.S. Society and A.R.C. Society put out leaflets which the general public took away after acquiring a great deal of help and information from the exhibition. There were also available leaflets about holidays from Across, Holidays for the Disabled and Winged Fellowship Trust; visitors (and residents) enjoyed exploring the Jumble which had kindly joined in by parking in front of our home.

On the 6th June, 1981, we held our Annual Garden Fete the main object of which is to raise funds to help pay off the enormous debt still owing for our lovely extensions. The weather was unkind and a Yoga demonstration on a wet lawn was slightly de-transquilised by the Punch and Judy man calling out: "Roll up, roll up, Come and watch the Yogi bears..." However the pony rides delighted the children and the ice cream was delicious; so in spite of the rain we managed to raise £2800 and we have plans to increase this amount next year.

Our bus is a great success and we have visited Colwyn Bay, and the Lake District and have more trips in the pipeline. Our staff, organised by Nurse Margaret Bond, willingly give up their off duty time and bring husbands and families to help; all of which makes these outings possible.

Some of our residents will be having holidays abroad this year to Amsterdam, Lourdes, Haute Savoie, Edinburgh, Nottingham, etc., but we are always happy to return home to a warm welcome at "Oaklands".

K. Williamson

## THEATRE OF THE DISABLED

The Theatre of the Disabled, an informal group of physically disabled professional actors and actresses recently visited Oxford and gave a single evening performance of "The Public Lives of Hodge" with which they are touring England and Scotland. One aim of the company is to show that physically disabled actors and actresses are capable of coping with the working conditions of the theatre.



*Scene on the boards.  
17th Century*

The particular entertainment, by Martin George was a portrait of the common British fighting man, made up by a selection of extracts from letters, reports, poems and songs from the seventeenth century to the end of the first world war. Performed by four actresses in wheelchairs with a skillful variety of voices, song and movement, the material was given an extra sharpness because it was presented by women.

Watch out for this group when it comes your way.

Ralph Newton

### 'Rostrum'

... of our more recent voluntary helpers is Mr T. C. He visits us twice weekly to improve the decor of the Home.

## AN ANSWER TO MOBILITY

Many disabled people prefer to travel in vehicles remaining in their wheelchairs. In the past the only way this could be achieved was to adapt a van or suitable car. This is far from ideal because of the following drawbacks; vans are not suitable vehicles for carrying people—they are lacking in many safety aspects that even the smallest car boasts. However, a designer in East Sussex has come up with an alternative for those people who wish to travel, remaining in their wheelchairs. Instead of putting normal wheelchairs inside special vehicles, he has a special chair that will fit into a normal car. Apart from being much cheaper, because wheelchairs are easier to build than cars, it is also much safer.



The vehicle requires few modifications, the front seat is removed—either passenger or driver seat can be removed whichever is required. The unit consists of a hydraulic lifting mechanism which fits behind the special chair when it is in the car. The chair has to be made especially strong to support both occupant and chair when it is lifted into the car. Because the space inside cars is too small for a normal sized wheelchair, the new chair has retractable wheels and detachable footplates. The operation of the system is as follows: the chair is reversed to the open front door of the car, where it engages with the extended hooks of the lifting arm. A switch operates the hydraulic pump which lifts the chair off the ground. Once the wheels are free they can be retracted by pushing down two levers. The chair can now swing freely into the space left by the removal of the front seat. The switch is next operated to allow the chair to settle onto the door pan where it is automatically locked into position. Seat belts can be worn as usual.

The wheelchair is designed for continuous use, not just for travelling; it boasts a special ergonomic seat that gives greater support than the usual canvas slings on most chairs.

The backrest and squab can also be moved to provide recline, without increasing the length of the chair drastically. The rear wheels also have suspension which allows the powered version to handle better on uneven ground. For stowage the chair can be folded like a shopping trolley, batteries do not have to be removed as they are lightweight and leak proof. Although not available yet, it is hoped that the designer, Brian Waite, of Lower Barn, Bodiam, Robertsbridge, Sussex (tel: 058 05 35 35), will offer both a push and electrically powered version, costing £700 and £1,500 respectively. This includes the fitting of the hydraulic unit. This is obviously far less expensive than buying a complete car or van. It is hoped that the International Year of the Disabled Person can generate enough interest to ensure that this project succeeds.

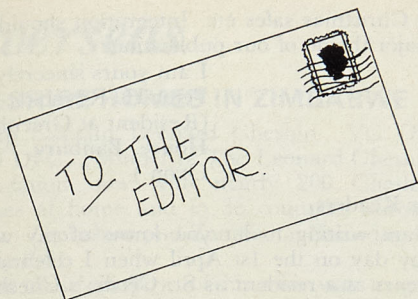
Philip Scott, March 1981

## THEN AND NOW

“That cripple, send to ‘Bedlam’”,  
They said in days gone by,  
With all his limbs a-twitching  
And with his speech awry.  
“‘Tis plain the devil’s in him,  
Cast him away’”, their cry,  
So the poor helpless creature  
'Fore he lived, 'twas time to die.

Now life is made more pleasant  
By gadgets of every kind,  
Electric hoists and Possum,  
Talking books to feed the mind.  
We in the Cheshire Fam'ly  
In every sense have found  
A home, a place of caring  
Where activities abound.  
With high aims and aspirations  
Of achievements we are proud;  
Joint members of the human race,  
Not madmen 'neath a cloud.

Doris Manning



Dear Editor,

It seems to me that this Year of the Disabled is a most appropriate time for management, staff and residents of Cheshire Homes to take a long, hard look at the way their Homes are run, with a view to ascertaining whether the residents honestly believe that the Singapore Declaration is, as far as humanly possible, being put into effect. Perhaps the area Trustee would be the right person to check this out by joint discussions with all concerned parties? It should certainly produce some interesting ideas and form the basis for some stimulating exchanges. Attention might be drawn to the part which says: "a place from which to help others less fortunate", as a resident was telling me recently of the immense satisfaction he had felt from helping raise funds for Jimmy Saville's Stoke Manderville appeal. "It was a great feeling," he said, "to be giving for once instead of receiving".

While sorting through old magazines as part of my Spring-cleaning, I started re-reading old "Cheshire Smiles", and was immediately struck by the number of articles and letters with the same theme, i.e. the frustration, unhappiness and even anger of residents at the way they are treated. I'm sure it takes a very great deal of courage to speak up when one is in the minority—to quote from somewhere or other, "In a community of non-swimmers no-one likes to be the one to rock the boat". But when one reads a heart-cry like: "Homes are not Houses of Correction, and we are not criminals" it is deeply disturbing. Did the Chairman of Management and Head of Home sit down and have a real discussion with the resident, with a view to arriving at a happier state of affairs? Was the Counsellor called in to help? (Incidentally, how many residents know the names of the Counsellors and how to contact them when needed?) Failing everything, was a move to another Home

suggested? It stands to reason that out of a total of between 30 and 40 residents, there are almost bound to be a few who don't "gel" with the others—people vary so greatly in response to situations that what is perfectly acceptable to the vast majority can be totally unacceptable to others—and by the same token most Homes have their insensitive, unimaginative members of staff.

Perhaps the only real way to improve communication between management, staff and residents would be to completely rethink the way the Homes are managed: instead of a large group of "outsiders" plus Head of Home plus one or two obligatory residents, a committee composed of equal numbers of residents, staff and outside members would seem to stand a much better chance of getting a rounded view of problems. Perhaps there are Homes already operating in this sort of way. If so, it would be most interesting to hear from them. Management members, caring and concerned though they may be, are largely unaware of the many stresses and problems within a Home, and would, I feel sure, welcome more information. Perhaps the local doctor could give a few talks about M.S., cerebral palsy, spinal injuries, muscular dystrophy, the effects of depression etc. I remember reading an article by someone who said that although he had represented the Round Table on a management committee for several years, it wasn't until he had married the matron that he really learned about the "inner workings" of the Home!

The other areas which occur to me to merit re-examination are diet and "fringe medicine". Over the past few years it has become largely accepted that a high percentage of raw food in the daily diet is beneficial—salads of all kinds, fruit, nuts etc. Would it not be possible for Homes to offer this kind of diet as an alternative to more conventional meals, for residents who wished it? I hope fringe medicine doesn't sound too "cranky", and I am not suggesting that the advice of the general practitioner be disregarded. But alongside their conventional medicine many doctors nowadays practise acupuncture, homoeopathic medicine, and medical herbalism, any of which could perhaps be of help to residents. Maybe there are Homes already using them. I should like to think so.

Mollie Smithson

*Editors Note: Names of counsellors are listed in the back pages of the magazine.*

Dear Editor,

Our head of home has passed on to me a letter which stated that the "Smile" was not as successful as had been hoped and asked for advice which might give it a boost. I understand that it has been suggested to change the title of the publication.

Changing the title of a commercial product can sometimes be dangerous, but I think the "Smile" sounds rather patronising and should be changed for more than one reason. I have been told that more than once it has been asked if the Cheshire Foundation run homes for cats! Therefore I think a more impressive title for our publication would be Red Feather International. Perhaps you could place a Cheshire red feather at both ends of the top line of the title? Of course this would mean that the front page colour of every issue would be red.

I am deeply concerned about the fact that very few Heads of Home and members of management committees read the "Smile". I think there is a lot to be learned from our publication. How can we persuade the people concerned with the running of Cheshire Homes to read and thus gain experience of what should be their biggest concern? One of the things which I had to learn during my own period of editorship for a local journal in Harrogate, Yorkshire, was the fact that people are more interested in people than material facts.

To give more space to the subject of people we would have to take it from some other subject. We could begin with the front cover which could be useful for one or more pictures of people doing something or helping each other, linked with a feather inside, such as Around the Homes. A crossword puzzle would also be popular if we could find the space.

We must ask the homes to have stalls for the magazine at their Garden Fetes, Open Days

and Christmas sales etc. Integration should be a major theme of our publication.

I am yours sincerely,  
Peter H. Revnolds

Dear Readers,

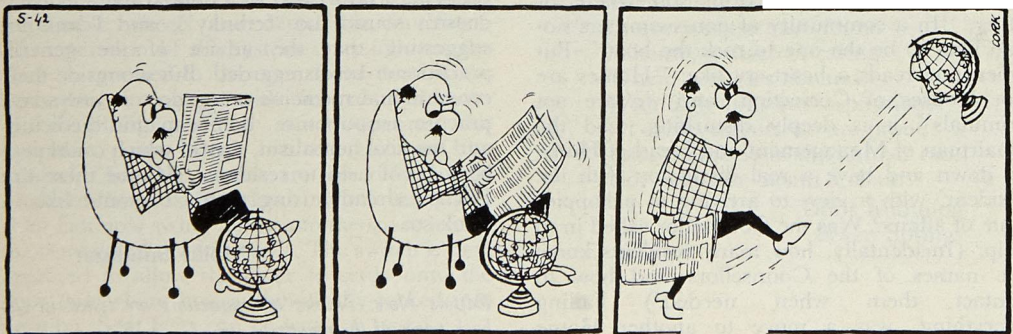
I am writing to let you know of my very happy day on the 1st April when I celebrated 21 years as a resident as St. Cecilia's Cheshire Home. The celebrations was kept a secret from me so you can imagine my feelings when I entered the lounge to find a large gathering of people, including our chairman and committee, singing, "For she's a jolly good fellow!" It took me so much by surprise that I felt quite bewildered and honoured. I was presented with a lovely cake lit by 21 candles, lots of beautiful flowers from the kitchen staff and a friend had made a chocolate walnut cake, which happens to be a great favourite of mine and which was shared around. I was touched by all the love and attention shown me and I certainly felt I was "host for the day".

To my surprise the Mayor and Mayoress of Bromley came to see me and having met the Mayoress previously, we had a most enjoyable conversation together before they left.

I really had a wonderful day and even now it all seems as though it was a dream. We are looking forward to a similar event in September when one of our other residents will be celebrating his 21 years at St. Cecilia's.

I hope you will find this letter interesting both at home and afar. I send my best wishes to all residents in the many Cheshire Homes.

Yours sincerely,  
Pen (Elsie Peddercorn)



# Overseas

## CHESHIRE HOMES IN ZIMBABWE

Group Captain Leonard Cheshire, VC OM DSO DFC, Founder of The Leonard Cheshire Foundation now with nearly 200 Cheshire Homes at home and in 36 countries abroad, flew to Zimbabwe and Zambia on Saturday 4th April, 1981.

The main purpose of his visit was to give support to the establishment of two Cheshire Homes, the first ones in Zimbabwe. One Home will be at Mazoe for physically handicapped children, and the other for adult handicapped people in Salisbury. He was accompanied by Father Kevin Doheny, The Leonard Cheshire Foundation's Liaison Officer in Africa.

The intensive programme included discussions with the Zimbabwe Home's organising committees, a lunch with leading people in Salisbury, an address to the Bishop's Conference, radio and TV interviews and other meetings designed to assist the establishment of the Homes and the raising of funds.



Group Captain Cheshire with Captain Kruger of Air Zimbabwe and his crew.

Group Captain Cheshire's programme, however, also included tennis—his main sporting interest that helps to keep him fit in spite of the fact that he has only one lung. He met President Mugabe in Salisbury and President Kaunda when he visited Zambia before returning to London on Friday 17th April.

During his time in Zambia he visited and inspected the site of a new Home to be built at Ndola, the second Cheshire Home to be established in Zambia. There are at present 24 Cheshire Homes throughout Africa.

## WEDDING AT THE SELANGOR CHESHIRE HOME

May 27th 1981 was a very special day for all at the Selangor Cheshire Home, for resident "Papa" Jane Palani married M. Padapan of Johor.

Jane, 25, suffering from osteogenesis imperfecta, met Padapan 31, a polio victim while on holiday in Johor last year. Padapan, a carpenter was working in a sheltered workshop Jane visited.

Padapan came to the Selangor Cheshire Home this April for a stay and once the engagement was announced the Home went into top gear preparing for the happy day. The marriage took place at the Cheshire Home, followed by a reception given by the Home's Committee Members.

The Hilton hotel in Kuala Lumpur generously gave Jane and Padapan the use of their special suite for handicapped visitors, for their honeymoon.

The couple are to settle at Mimaland (holiday resort) where Padapan will be working in the workshop. Mimaland has also very kindly provided accommodation for them, but no doubt Jane and Padapan will visit their friends at Cheshire Home on their days off.

## VISIT TO THREE CHESHIRE HOMES IN SOUTH AFRICA BY MRS. VAL ROBINSON

### CAPE TOWN'S CHESHIRE HOME

The home, a long, low gleaming white building lies on wide open land on the outskirts of Cape Town and has a dramatic backdrop, Table Mountain in the distance. We were welcomed by the Administrator, Essie Stemmett and met members of the Home Management Committee, who introduced us to the residents. Each of the 42 residents has a room to him or herself and the three married couples have flats. We were happy to hear that one of these married couples are to be the South African delegates to the International Conference in London in June, Johan and Erna Cronje.

We met Yvonne van Rhyn who is a founder resident of the home, and Denise Thomas, Chairlady of the Resident's Committee. We watched another resident, Mr. Theart, mouth painting. Everyone was still remembering with pleasure Group Captain Cheshire's recent visit to Cape Town and he must have been cheered by the amount of involvement in the home by the Cape Town community.



SOME OF THE RESIDENTS AT CAPE TOWN'S CHESHIRE HOME.

Back: L. to R. Hennie, Raymond, Anna, Millie, Speedie, 'Babs'.

Front: L. to R. Carol, Gert, Kotie, Christine.

In Front: Ernie Cronje (S.A. delegate to London in June)

### ANN HARDING CHESHIRE HOME, RANDBURG

This home is situated on a magnificent six acre site known as 'Golden Harvest' and was originally donated by Mr. Ben Harding. It was named after his mother Ann and was officially opened by Group Captain Cheshire on 19th November, 1977. On my visit I was greeted by Mrs. Patricia Basden who is a recently retired Matron of a Johannesburg hospital. We visited the workroom and I met Richard Lawson who is to be the delegate to the International Week in London. Fran, who hopes to marry soon, was making some very handsome doll's furniture from clothes pegs for the fete and Dorothy was doing some beautiful embroidery work. Glen Sills and Sandy Hamilton are two of the oldest residents, the latter having been there three years. A new resident, Manuel, who was once a farmer, has taken a keen interest in growing vegetables. Mrs. Wadham chairs the Home Management Committee but there is no Residents Committee as such as the numbers are small, but informal meetings are held with Matron where views are aired over a cup of tea. Residents look forward to welcoming visitors to the home.

### PORT ELIZABETH SUMMERSTRAND CHESHIRE HOME

I was taken to the home by Dr. L. W. Finnemore, Chairman of the Home Management Committee. The home is a custom-built single-storey building which was officially opened by Professor Christian Barnard on 24th July 1976. There is also a well equipped therapy block opened by Group Captain Cheshire on 10th November 1977. We were greeted by Matron Meg Strauss and met other supervisory members of staff—Mrs. Neethling and Mrs. Walker. Again, each resident has a single room and there is a Residents' Shop, run by the residents themselves, each turn on duty being shared by a wheelchair and ambulant resident. I was introduced to Malcolm Bridger, chairman of the Residents Committee and spoke to the secretary of the committee, Mrs. Joyce De Meuse, who is to be the delegate to the International Conference in London.

The workshop at the Summerstrand Home is very active and some particularly fine examples of wood sculpture using jelutong, a soft light wood easily tooled on metre length boards, were to be seen.



I met Alice Calitz and Frances Gernetzky, both founder residents at the home, and Anna Rudman and Kieth Thorne. Some of the residents were at church or out on the day I visited, but I was impressed with the quiet friendly atmosphere and the easy mobility of the residents who were at home.

## GEETHA



Geetha (Miss Geetha Perera) who gave a two and a half hour Benefit Performance of Bhartha Natyam at the Navarangahala Hall recently in aid of the CHESHIRE HOME, Mt. Lavinia, was given a rousing welcome by the handicapped residents of the Home.

Geetha was a pupil of the internationally famous Kandyian dancer Mr. Heen Baba Dharmasiri and an equally famous teacher Mr. Pani Bharatha. Thereafter for more than five years, Geetha learnt Bharata Natyam under Mrs. Kamala Jayatilleke of the Kala Niketan.

Geetha decided to present her first solo performance in Bharata Natyam for the benefit of the Cheshire Home, Mount Lavinia through the Rotary Club of Mount Lavinia and the

sponsorship of the Ratmalana Development Foundation.

The Performance was under the patronage and presence of the Hon. Lalith Athulathmudali, M.P., Minister of Trade & Shipping, the M.P. of Dehiwala, Mrs. Senethra Ranasinghe and Mr. Raja Werrasinghe, Mayor of Dehiwala, were also present.

Geetha responded enthusiastically to the invitation given by the residents to be present at their Sinhalese New Year Celebrations held at the Home as a gesture of thanks for her magnificent contribution.

On her arrival she was presented with a bouquet and a hearty vote of thanks was accorded by a resident. The vote of thanks was seconded by the Chairman of the Home, Mr. Dennis Cooray, on behalf of the Board of Management of the Home. Geetha is now a friend of the Home. Her parents Mr. & Mrs. K. R. Perera were also present.

*Board of Management*

## WELCOME AMERICA!

Early in May Le Court was happy to welcome Sharon and Edward Gronet from America who were in England on their honeymoon having been married on 27th April. Sharon, who has training as an administrator, is going to take up duties as the Head of Home for the New Jersey Cheshire Home being opened in September. This will be the first purpose built Cheshire Home in the U.S.A. According to Sharon there is a great need for residential accommodation of this kind in the U.S. At the present time severely disabled people are mostly committed to care in hospitals and institutions for the elderly. The concept of Cheshire Homes is something new to America and presents a new angle on caring for severely handicapped people.

The land for the home was donated by Exon—known in the U.K. as Esso. Funding is being given by both State and Federal Government. The home will provide places for 35 residents. Already 150 applications for admission have been received.

The home is sited next to the local High School and within easy reach of shops and industry. It is planned to run the home with full participation of the residents.

## WHY DO WE ASSUME?

By Pamela Phillips

The International Year of the Disabled is nearly a month old. Already we have been bombarded with ideas and inventions to make our lives more amenable. Even in this time of economic crises we are prepared to spend money dotting the country with ramps and fantastic toilet facilities that few really know how to use. Then the powers that be will sit back smiling and thinking how good they all are. Before they go wasting public money, I beg them to consider the true aim of The International Year of the Disabled. That is that we change the attitude of the public to disabled people.

May I give an example. In the course of conversation with an acquaintance my mother remarked that putting clothes on the line in windy weather brought out her rheumatism. The acquaintance immediately assumed I could not do it. Now I am the first to admit that I am not the world's most practical person but if I cannot hang a few clothes on the line, God help me, because no one else should. Although I am in my mid-thirties even in my childhood the medical and educational authorities took the view, that the disabled must learn to tackle everything somehow. Putting clothes on the line or making a cup of tea is not something to brag about but most female human beings learn to do these things, so why not the disabled.

Of course it is not only those who were born disabled who suffer from this attitude. A friend of mine who has recently become disabled told me that her family will not allow her to wash the dishes in case she breaks them. Previously to her disablement, she had held down a job, cared for her husband and brought up three children. As well as being engaged in all kinds

of voluntary work. It is ludicrous to suppose that a bit of a handicap should eliminate her from her former role without giving her the opportunity to try to regain that role. Again medical opinion states that those who become disabled must be rehabilitated as soon as possible. The health service costs so much nowadays. Can we afford to pay doctors whose advice we have no intention of taking? I must say sometimes the disabled do not help themselves in this matter. I am frequently told by a fellow disabled member of my swimming club, "do not overtire yourself". Will it affect her if I do overtire myself. Having given the problem conscious thought I have come to the conclusion that it will not affect her one iota if I overtire swimming, so why interfere?

A few days ago I was asked what I was going to do for the International Year of the Disabled. I could go on countless committees who talk about assisting the disabled. To my mind they serve no purpose whatsoever. I will, as my contribution to the International Year of the Disabled, continue the job that was started by those doctors who saved my life at birth and the job that was continued by my parents. The job is to make Pam Phillips a useful member of society. If some people do not wish to help me with that job would they please keep out of my way. Really it is a job that only I can do. I will probably make a mess of it but I will do it somehow.

## 16TH SCOTTISH INTERNATIONAL CHESS CONGRESS FOR THE DISABLED 7TH TO 12TH SEPTEMBER 1981

The Hopetoun Hall, Thistle Foundation, Edinburgh EH16

Competitive chess for disabled people is the aim of the Thistle Foundation. The congress aims to bring together the best players from the world of disabled people.

If you are interested and would like to know more, contact Mrs Bess Smith, 22 West Court, The Thistle Foundation, Edinburgh EH16 4EB.

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Sharon has some excellent ideas and, should all her plans come to fruition, the people of New Jersey will have a home to be proud of. Edward, though not directly connected with the administration of the home, will play a strong supporting role in the operation. We wish our new colleagues a very successful future.

## 'THE GREAT ESCAPE'

by Christopher Nias—Le Court Cheshire Home

Drizzle was just succeeding in spotting the screen of Cyril Cryngewell's rusting green Mini as it dawdled into Acacia Avenue, Croydon, one grey, half-asleep morning in late November. The diminutive power plant struggled up to Cyril's inevitable, suburban, pass-me-if-you dare 28½ m.p.h. Terry Wogan's daily drivle, squawking relentlessly from the cheap, Japanese car radio, the only 'luxury' feature of the otherwise spartan conveyance, was nevertheless conspicuously cheerful that morning.

Before long Cyril found himself wondering how much the disc jockey was being paid to pretend to be so insanely bright on such a dismal day. After all, the scene outside the window from which he was broadcasting the programme could hardly have been conducive to light-hearted chat. No! he wouldn't have the Irishman's job for anything.

The gods had decreed that this Wednesday was to be a wet one, and soon the insistent beat of the latest chart-busting disco smash was having to compete with the equally monotonous flipflop of the wipers. The blades which carried the, on such a day, absurdly over-optimistic tradename of 'Rainbow' stamped on their mounting, were making a decidedly mediocre job of rendering the Triplex transparent. They were merely sweeping the waiting globules into two intersecting and barely penetrable arcs of grime.

This vertigenous vehicle hardly stood out as it meekly took its place in the string of traffic hesitantly parading along Purley Way. Dwarfed by the No. 47 bus in front and over-shadowed by the brand-new, limegreen Opel Manta behind, Cyril's humble little conveyance could easily escape notice. But, needless to say, the German car was not there long. As soon as the opportunity came, the Teutonic rocket took off and, as it passed the clothes brush salesman's inferior but British product, he yearned for even a little more power. Terry Wogan announced that it was just coming up to sixteen minutes past eight.

Tony Worman, star D.J. of Miami's station WROK Radio—'Good music is the name of our game'—Beach, bee-zily confirmed the information furnished by Clark Curzon's expensive digital wrist-watch, namely that it was exactly eight sixteen. The cloudless evening sky promised another perfect day on the morrow.

Hidden by the soundproof panels behind the young detective's head, its throaty roar reduced to a mere murmur, the mighty Chrysler Hemi was unnoticeable. The little yelps of the fluorescent yellow Montiverdi's radials as he changed course were greeted at every junction by a chorus of caterwauling crossplies, as the much bigger, rolling sofas, each with the famous wallowing marshmallow ride, so dear to the hearts of natives of the land of the hamburger, bowed mockingly to make way for the savagely citric Swiss sports car.

The reason for the presence of this vivid vehicle on the Fort Lauderdale Road tonight was reclining in the passenger seat by C.C.'s side. She was a croupiere at Miami's most exclusive gambling den. She was beautiful. Of course! She could cause traffic pile-ups with her flashing smile, emerald eyes, stunning figure, ivory skin, luxuriant glorious auburn hair, etc. Her name was Casey Kent and tonight she was wearing her favourite mancatcher—a short, low-cut, clinging creation in Pu-PINK.

Just as Clark Curzon's spirits rose when the fiery phaeton's quartz halogens illuminated the signpost advertising their destination, so Cyril Cryngewell groaned inwardly as he caught sight of his Doris. She was wearing that awful fawn mac again, and the inevitable, blue, Marks and Sparks headscarf.

LMF 13H came to a halt like an expiring set of bagpipes. TEC 816 pulled up with a throaty roar. Doris landed in the seat like a sack of potatoes. C.K. vacated it with nimble grace. Cyril grinned as he fondly remembered how sweetly Claire Kirkham, the boss's pretty young secretary had smiled at him the week before. The American grinned at the prospect of another conquest.

"Where the hell have you been?" snapped Doris testily. Cyril swerved, narrowly missing a stray Post Office van.

"I suppose you took the long route again. How many times have I told you . . . ."—he had lost count long ago—"and another thing . . . ."

But she needn't have bothered. Cyril wasn't listening. He had heard it all before. Besides, he was busy—keeping a date.



## MATTERS FROM THE MINISTRY

### INVALID CARE ALLOWANCE TO BE EXTENDED TO FRIENDS

Invalid Care Allowance—the benefit paid to people looking after severely disabled people at home—is to be extended to include friends as well as relatives. Until now friends looking after the disabled person could not claim the allowance—£16.30 a week at present—which was restricted to relatives. Funds have now been made available to extend the allowance and about 2,000 people should benefit. The department is inviting fresh claims from those persons who previously failed to qualify for invalid care allowance because they were not related to the disabled person.

See leaflet number NI 212.

### FIRST STUDY OF THE EFFECTS OF MOBILITY ALLOWANCE

The first detailed study of the effect of mobility allowance—introduced in 1976—was published in April. It finds that most people receiving the allowance, a benefit for those who are unable or virtually unable to walk because of physical disablement, keep it separate from other household money and spend it on transport. When there is a car in the household, the allowance tends to be used for petrol and maintenance; other families tend to spend it on taxi fares. In general the benefit goes some way towards helping its recipients to enjoy a better social life.

The report, by Mr Ken Cooke and Miss Frances Staden of the University of York Social Policy Research Unit, in collaboration with the DHSS, found evidence that a higher proportion of mobility allowance recipients had cars than the population as a whole, even though they did not appear to be a particularly well off group. The study, which was based on interviews with about 1,000 people, revealed that, while the allowance did not in general make a great impact on the mobility of those receiving it, for a minority, including nearly half the adults, it increased the number of journeys

they were able to make—especially for recreational and social purposes, such as visits to friends and relatives.

The researchers concluded that the main effect of the allowance was to sustain the outdoor mobility already enjoyed by beneficiaries by contributing to their mobility costs. In this it was particularly helpful to lower income groups.

Most of those interviewed in the course of the research felt in need of further help with mobility. A larger allowance was high on the list of preferences, though other priorities voiced by recipients included home adaptations, relief from caring for the child and better education and training facilities. The authors point out, however, that the interviews for the study were carried out in 1977 when the allowance was worth only £5 a week. Since then it has been increased in real terms and its present weekly rate is £14.50p. (It is to be increased again later this year to £16.50p, a rise of 14%). The other main development for beneficiaries since these interviews, say the researchers, is the introduction of the Mobility scheme for those who need help in buying a car.

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### ACCESS—NATIONAL KEY SCHEME FOR LAVATORIES FOR DISABLED PEOPLE

As an increasing number of local authorities lock their public lavatories because of vandalism or other social misuse, pressure has grown for a national key scheme to public lavatories for disabled people.

After discussions with local authority associations and voluntary organisations, including the Disabled Living Foundation, the National Key Scheme was devised and a special lock and key has been designed.

A number of local authorities have expressed their intention of adopting the scheme although of course many have confirmed that they will continue to lock their public toilets. It will be some years before the scheme can accurately be described as national. Disabled people in areas in which public toilets provided for them are locked may wish to make enquiries locally as to whether their authority is actively considering changing to the scheme.

Full details of the scheme have been sent by RADAR to all local authorities and also organisations such as motorway service areas and the National Trust.

## ACCESS TO THE SKIES

In the Autumn of 1978, Rehabilitation International U.S.A. launched the Access to the Skies campaign to try to do something about barriers in the cabins of commercial aircraft. Designed to be a partnership between the rehabilitation community and the industry concerned, success has reached beyond expectations.

The campaign has now become world wide and it is the first time that industries have joined together to attempt to solve a mutual human problem. Approximately fifty airlines attended meetings where the programme was discussed, and indicated a desire to participate. The International Air Transport Association has assumed a leadership role and has issued a formal set of regulations governing the carriage of handicapped people in all airlines under its jurisdiction. To date prototype equipment and new areas have been designed to help make toilet facilities more accessible to people in wheelchairs. These are now in the process of being tested.

At least one airline has a production model of a new aircraft with such design features. It is hoped to have the first planes flying with such equipment by the end of this year.

It would have been impossible for the campaign to achieve its goals without the involvement of the disabled at all stages of development. Four members of the campaign's technical advisory committee are disabled.

Access to the Skies would appreciate your comments regarding ways to foster and implement the campaign: the address is—Flying Ridge, Newtown, Connecticut 06470.

## NATURE TRAIL FOR THE DISABLED

A self-guided nature trail for the disabled is to be opened in the Snowdonia National Park in July. The Penmaenpool-Morfa Mawddach walk is sited on a disused railway track running roughly East-West along the southern edge of the Mawddach estuary approximately between Fairbourne and Dolgellau.

It is only 1600 feet long at present and is laid with crushed shale-waste for easier wheelchair negotiation. Suitable car park and toilet facilities are available for the disabled. A continuous handrail runs the whole length of the trail. This acts as a guide for the blind and partially-sighted people and as a support for those with walking difficulties. There are seats spaced at regular intervals and bilingual braille plaques inlaid in the handrail to warn blind people of their immediate proximity. The seats are built into the continuous handrail and form effective "lay-bys" which can act as passing places for wheelchair users.

For further information please contact Rod Gritten, Snowdonia National Park Offices, Penrhyndeudraeth, Gwynedd.



## ULTICARE 'FLEECE' WHEELCHAIR SEAT PADS

### A special offer to Residents

TRAVOX Ltd. has recently announced a new synthetic 'sheepskin' in the UK. The material is made from a Bayer fibre-Vestan 16—which has exceptional wash/wear properties. The dense fleece pile is soft, yet resilient and has been produced for hospital use to ease skin pressure problems. The material is widely used in Europe. It will withstand repeated washing by hand or machine and will spin or drip dry. The Smile has negotiated special prices as follows:

Size 1: Ulticare Wheelchair Pad (17" × 17") costs £3.00 (inc. VAT)

Size 2: Ulticare Seat and Back Pad (17" × 40") costs £6.00 (inc. VAT)

Orders should be sent direct to TRAVOX Ltd., Lower Station Road, Newick, Sussex BN8 4HU, adding 50p p. and p.

# Books

## MOBILITY MATTERS

The Disabled Motorists Club have produced their 5th edition of 'How to Push a Wheelchair' by David Griffiths and David Wynn. A useful little booklet giving simple instructions on wheelchair handling, illustrated with line drawings.

Disabled individuals and members of their families will find that many of their questions and problems will be answered. Copies—17p inc. postage.

"Wheels Under You", also by David Griffiths is a publication written expressly with the needs and aims of the young and newly disabled in mind. The aims of the booklet are to encourage the reader to seek his own solutions to his mobility problem, and inform him of the possibilities and options available. Subjects covered include: Mobility Allowance, Hire Purchase, O.P. Badges, Motability etc. etc. Plus illustrations of various hand controls, accessories to make driving easier, Insurance, etc.

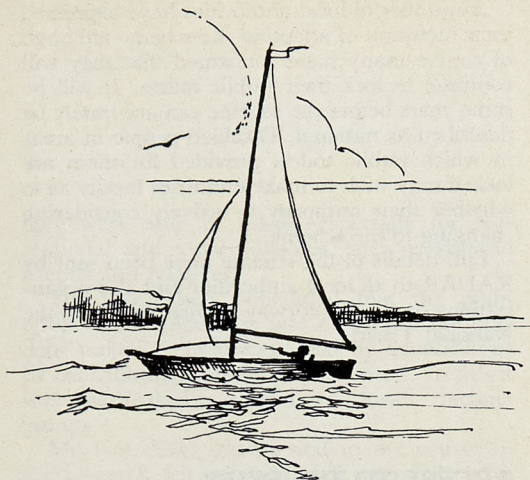
"Wheels Under You"—30p per copy (Inc. p & p) from Mobility Information Service, Copthorne Community Hall, Shelton Road, Shrewsbury, Shropshire.

Mobility Information Service can supply a series of leaflets on all aspects of mobility for the handicapped. For further details of all, write to Mobility Information Service, Copthorne Community Hall, Shelton Road, Shrewsbury, Shropshire. Please enclose a SAE for reply.

**Cooking made easier** for disabled people by Audrey Ellis is a handy 32 page booklet especially designed to help people with physical disabilities to enjoy cooking. There is advice on making kitchens as convenient as possible and many utensils for the preparation of foods are described and illustrated.

There are helpful hints on basic food stocks and on balancing the diet with convenience and fresh foods.

This food guide has been written as part of Sainsbury's contribution to the International Year of Disabled People and is available at all Sainsbury's check-outs for 30p and through RADAR.



## AHOY THERE!

The little-known achievements of many handicapped people—including the partly paralysed and the totally blind—in the world of small boat sailing are recorded in an illustrated book entitled "They Said We Couldn't Do It".

It contains 50 pictures and contributions from 14 writers, five of whom are either physically or visually handicapped. Catherine Carter, a 21-year-old shorthand typist who has been totally blind since she was eight, writes: "I have tried many sports and activities including ski-ing and horse riding but sailing is the one that has given me the most pleasure."

This small, 20,000 word book, sponsored by the Royal Yachting Association Seamanship Foundation and produced by Ian Allan Ltd. was published in April, 1981, price £1.00.

Although not intended as a text book, it is hoped that the experiences recorded may help and encourage others particularly during this, the International Year of Disabled People. Group Captain Sir Douglas Bader has written the forward.

A "launching ceremony" was held at the Queen Mother Reservoir, Slough, at which a number of physically and visually handicapped sailors demonstrated their skills both in standard sailing dinghies and in the specially designed "Challenger" trimarans which are now coming off the production line and which provide opportunities for fast, exciting sailing including racing, for even severely physically handicapped people.

## 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.

Leonard Cheshire House, 26–29 Maunsel Street, London SW1P 2QN.  
Tel. 01–828–1822

**Patron:** Her Majesty The Queen

**Founder:** Group Capt. Leonard Cheshire,  
VC, OM, DSO, DFC

*Chairman:* Sir Christopher Foxley-Norris,  
GCB, DSO, OBE, MA.

*Trustees:* Peter Allot, Esq.; Dr F. Beswick; Group Capt. G. L. Cheshire, VC, OM, DSO, DFC; Lady Sue Ryder Cheshire, CMG, OBE; R. E. Elliott, Esq.; Mrs P. K. Farrell, JP; D. Greig, Esq.; Dr Wendy Greengross; G. Reid Herrick, Esq.; J. H. Inskip, Esq., QC; B. R. Marsh, Esq.; Sir Henry Marking, KCVO, CBE, MC; Lady June Onslow; Mrs G. Pattie; The Hon. Sir Peter Ramsbottom, GCMB, GCVO; D. M. Roe, Esq.; Peter Rowley, MC; Mrs. P. Rowntree; J. Threadingham, Esq., OBE; N. R. Trahair, Esq.; J. V. Tindall, Esq.; Mrs E. Topliss; H. Turner, Esq.; P. Wade, Esq.; R. B. Weatherstone, Esq.; B. Worthington, Esq.

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*Homes Planning Officer:* Mr Keith Cook

### Homes Counselling Service

*Office:* Leonard Cheshire House, 26–29 Maunsel Street, London SW1P 2QN.

*Counsellors:* Mr Robert Hopkinson, Mr Harry Lowden, Mrs Alma Wise.

## 2 SUE RYDER FOUNDATION

Registered as a Charity Number 222291

**Sue Ryder Home, Cavendish, Suffolk  
CO10 8AY**

*Founder:* Sue Ryder, CMG, OBE

*Chairman:* Mr H. N. Sporborg, CMG

*Honorary Councillors:* Dr J. Apley, CBE, MD, FRCP, JP; Group Captain G. L. Cheshire, VC, OM, DSO, DFC; Miss E. B. Clarke, CVO, MA, BLitt(Oxon), JP; The Rev. Sister J. Faber; Mr John Priest, JP; Sue Ryder, CMG, OBE; Mr J. W. Steed; Mr John L. Stevenson, FCS, ACIS, FTII.

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, CMG, OBE, and Leonard Cheshire, VC, OM, DSO, DFC, 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, (Pin 248001) 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 Chronic patients (10 beds) plus general Nursing and the other for the treatment of TB (12 male and 14 female beds). 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 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. R. S. Hoon, PVSM, AVSM (Retd.).

#### **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.

#### **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.

### **THE LEONARD CHESHIRE FOUNDATION INTERNATIONAL**

*International Director:* Mr Ronald Travers

*International Secretary:* Miss Priscilla Arnold

Leonard Cheshire House, 26-29 Maunsel Street, London, SW1P 2QN.

### **THE LEONARD CHESHIRE FOUNDATION FAMILY SUPPORT SERVICE SCHEMES(...F.S.S.)**

The Family Support Services aim to provide personal care and help for physically and mentally handicapped people living in their own homes. It thereby helps to prevent or alleviate stress in families with handicapped member(s) and enables disabled people, whether living alone or with their families, to continue living at home for as long as possible. That is it in a nutshell—it is probable that family support services for disabled people (including services under the umbrellas of other organisations) will be greatly expanded as they meet the needs and wishes of so many people.

#### **CHILTERN F.S.S.**

*Chairman:* Mrs Shirley Hughes SRN, c/o The Chiltern Home, 29 North Park, Gerrards Cross, Bucks. Tel: Gerrards Cross (49) 86170

*Organiser:* Mrs Gay Reid, Croft Cottage, 2 Rickmansworth Lane, Chalfont St. Peter, Bucks. Tel: Chalfont St. Giles 71158

#### **BOURNEMOUTH & POOLE F.S.S.**

*Chairman:* Mrs M B Redfern, 16 Little Forest Road, Talbot Woods, Bournemouth. Tel: (0202) 764980

*Organiser:* Mrs E. Viney, c/o The Grange Cheshire Home, 2 Mount Road, Parkstone, Poole, Dorset. Tel: (0202) 740188



### SHERBORNE & DISTRICT F.S.S.

*Chairman:* Lt Commander Mark Ross, MBE, RN (Retd), c/o Ms Carol Ringwald

*Organiser* (2 days per week): Miss Carol Ringwald, Hawthorn Lodge Cheshire Home, Hawthorn Road, Dorchester, Dorset. Tel: (0305) 3403

### SOUTH WEST WILTS F.S.S.

*Chairman:* Peter Bancroft Esq., Little Leigh Cottage, East Knoyle, Salisbury, Wilts. Tel: East Knoyle (074 783) 510

*Organiser:* Mrs Vicky Randall SRN, North Hayes Farm, Matcombe, Shaftesbury, Dorset. Tel: Shaftesbury (0747) 204

### STOUR VALLEY F.S.S.

*Chairman:* Miss Christine Hall, Phoenix, Hewletts Drove, Rivers Corner, Sturminster Newton, DT10 2AE. Tel: Sturminster Newton 72876

*Organiser:* Mrs Clare Hadow, Dale Cottage, Fifehead Neville, Sturminster Newton, Dorset.

### WEST DORSET F.S.S.

*Chairman:* Mrs Judy Wilson, Manor Farm, Wraxall, Dorchester. Evershot (093 583) 294

*Organiser:* Miss Carol Ringwald, Hawthorn Lodge, Hawthorne Road, Dorchester. (0305) 3403

## SPECIAL SERVICES

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. Oxford 68620.



## LONDON TOURIST BOARD

One problem faced by individuals and groups of handicapped people wishing to visit London is access. As part of its contribution to the International Year of Disabled People the London Tourist Board is planning a guide for the disabled tourist.

Information will be included on the accessibility of tourist attractions, big department stores and also a list of hotels accessible to wheelchairs. For further information send s.a.e. 8" x 6" to: Angela Whitcher, The Volunteer Centre, 29 Lower Kings Road, Berkhamsted, Herts., HP4 2AG.

## SMALL ADVERTISEMENTS

The Workshop Manager, Le Court, would greatly appreciate any surplus coloured seagrass other homes might have at their disposal.

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

Taylor House Cheshire Hostel for Disabled Students, 10 Osler Road, Headington, Oxford.

Holiday accommodation for disabled people available at Taylor House Cheshire Hostel in Oxford during August. Anyone wishing to bring their own care-helper or companion can do so at a much reduced charge to the helper. Basic charge for a disabled visitor is £103 per week but can be subject to negotiation.

Resident care-staff (not trained nurses)

Transport available in our ambulance.

For details contact Mrs Dee

Green Ridge, Lincombe Lane, Boars Hill, Oxford, OX1 5DZ

Telephone Oxf. 735706

Still time to book a holiday at White Horse Caravan Park, Selsey, West Sussex. Luxury 6 berth caravan, specially designed for people using wheelchairs. Available July 25-Aug. 1st. Sept. 5-12th. Sept. 26-Oct. 3rd. Oct. 3-10th. Oct. 10-17th. For further details contact Miss I. Chant, Caravan Sec. R.A. Le Court, Greatham, Liss, Hampshire GU33 6HL. Tel: Blackmoor 638.

## DEATHS

### *Cotswold Cheshire Home*

Miss Mildred Daphne Ruby Hanks, aged 60, passed away on 14th November, 1980.

### *Carnsalloch, Dumfries, Scotland*

FYVIE, on 24th April, 1981, Isa Fyvie, aged 69, a resident at Carnsalloch since 1961.

CAMPBELL: on 29th April, 1981, Chris Campbell, aged 62, a resident at Carnsalloch since 1968.

## OBITUARY

On May 28th Tonette Edwards died after four days illness. Born near Nottingham in October 1931, Tonette proudly retained her Nottingham accent and her Midland tenacity. She spent most of her first 15 years in hospital. When she went home the Local Authority provided her with a home teacher and she became an exquisite needlewoman. For the next few years she did dressmaking from home, and indeed all her life she made her own clothes. When she was 25 she came to Le Court as a permanent resident. The lack of formal education did not stop her from taking her 'O' level in Italian after staying in Rome for 3 months. Not only that, for some years she was a most efficient Treasurer of the Residents' Association Fund. More recently she and Dennis Jarrett organised the buying and equipping of the Le Court caravan for the disabled at Selsey. Only in February she made an appeal for Green Shield stamps which, because of the generosity of newsletter and newspaper readers and others, raised over £600 for renewals and maintenance of the caravan. She also ran a draw every year for the Grand National, and gave the proceeds to charity. The year the big patchwork quilt was raffled, she made and raffled a smaller one for the Brittle Bone Society. She was a dedicated indoor gardener, and her balcony and the corridor outside her room became extensions of this, packed with plants.

Tonette not only contributed in many ways to the community within the home but she also took a lively interest in the welfare of the disabled in the world outside. She will be sadly missed by all her many friends.

Marske Hall, the Teesside Cheshire Home, has lost its oldest resident through the death of Miss Lily Burrill, a few days before her 84th birthday. She had been a greatly respected resident for 16 years.

Due to severe spinal trouble, Lily spent most of her girlhood lying on her back, and couldn't walk till she was 17. Then she managed to get herself a job in Middlesbrough's leading store as a dressmaker. Her parents didn't think she would last a month, but she carried on for 21 years.

Nearly a year before she died, Lily had a major stroke—but still she never gave in. She astonished even her doctors by regaining her voice, and continued to exercise a powerful influence on the life of the home. At her special wish, her ashes were cast over Roseberry Topping, a local landmark, and her host of friends were left to mourn a lady of exceptional character and courage.

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A tree without leaves, would surely die,  
A bird with no wings, could not fly.  
Any human that is blind, cannot see,  
A river without a current, wouldn't flow to the sea.

If there wasn't a sky, there would be no sun,  
If there was no laughter, there would be no fun.  
Any human without a voice, could not talk,  
Any human without legs, will cease to walk.  
Would a horse be a horse, if it had no tail?  
A ship with no keel, would it drift or sail?  
We supposedly know, heaven is up and hell is down,  
But what colour is God—white, dark or brown???

If there are seven wonders in the world to date,  
And there certainly is a God—why don't they make it eight?

I wish I had done, what I didn't do then:  
I wish I were, what I am not now.  
To be a man amongst the men;  
Or to know the reasons, why and how:  
To walk with the limbs I can't use now.  
Also to put pen to paper, like I did once before;  
To co-ordinate my movements, henceforth I'm slow.

Oh! just to be the person, I'm not anymore.

Malcolm Stewart.  
Mayfield House