

Cheshire Smile

Quarterly Magazine of the Leonard Cheshire Foundation—Autumn 1983 25p



- A place of My Own
- Annual Conference

- In Focus—St. Cecilia's
- From the Beginning

Cheshire Smile

The Quarterly Magazine of the Leonard Cheshire Foundation

FOUNDED 1954 No. 1 (New Series) AUTUMN 1983

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.

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Editorial

"I think you'll find there are others like myself who haven't anywhere to go" Arthur Dykes 1948.

The author of these few words was never to know the impact they would have on Leonard Cheshire; this phrase touched him so deeply that it concentrated his mind at a time when he was most unsure of what he should do with his life. The story from then on is a familiar one to most people and is now part of our social history.

Today there are more than 220 Cheshire Homes throughout the world, plus a number of allied services to help the physically handicapped overcome some of their difficulties. In 1948 the primary aim was to get the young chronic sick out of the geriatric wards. Happily, that aim has been achieved to a large extent and the objective now is to encourage more severely physically disabled people to go and live out in the community. Not everyone will achieve this and it is likely that some of the older people may prefer to remain where they are, but the important thing is that there should be a choice made available. The Leonard Cheshire Foundation believe in this policy and has set up its own Housing Association to help meet the requirements of those wishing to lead an independent life. The article "A Place of My Own" by Liz Briggs illustrates most clearly how it is possible for a severely physically handicapped person to go and live out in the community given the right kind of help and encouragement.

Now the lead has been given, let us hope that this will encourage more residents living in our homes to move out into the community in the near future. But, in doing so, let us remember to ensure that our homes are run in accordance with the last sentence of the Singapore Declaration "a place in which to gain confidence and develop independence and interests, a place of hopeful endeavour and not of passive disinterest". The disabled person who chooses to live in residential care must be able to maintain his individuality. However, there is still evidence of homes being run under repressive regimes with petty restrictions which results in the new resident becoming a grateful receiver and an inferior human being who feels inadequate against such authority. Could this be the reason for the apparent lack of resident participation in the majority of our homes? A subject that was well discussed at the annual conference, a summary of which is published in this issue.

We hope readers will approve of the change in layout and size of Cheshire Smile. For too long it has been necessary to subsidise the low cost of the magazine and this is now becoming increasingly difficult. It is therefore inevitable that an increase in the cost will have to be made in the near future. It is a regretted decision, but necessary if we are to continue publishing a quality magazine for the Foundation.

FRESHFIELDS

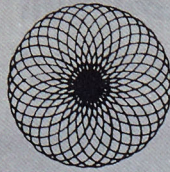
Since the 5-room holiday wing opened at Freshfields at the end of 1981, short-term residents have been able to enjoy the privacy of a room of their own, instead of sharing with permanent residents. This has made their visits more of a break for them, as well as a relief for their families, or a change of scene from another home.

Freshfields is one of the larger Cheshire Homes and is one of the few which have a wing especially for holidays. The rooms are compact, but with everything necessary for a short stay. Several short-stay residents visit us regularly and have a high opinion of the holiday wing. George, our friend from Liverpool, comes here four or five times a year to relieve his family from the pressure of looking after him, and for a change of scene and company. He praises the pleasant outlook from the rooms and the comfortable, homely T.V. lounge, which is part of the wing. He is glad too to be so well looked after when he visits, which seems to be the general opinion of our short-term visitors.

All residents seem well pleased with the new shop, which opened early in 1983. The shop has been built up from a couple of shelves out in one of the passages to a corner of the dining room, partitioned off to form a well-stocked, lock-up shop, which sells everything from shampoo to shoelaces, and is manned for an hour or more each day by eight willing volunteers.

One of our senior care officers here at Freshfields has retired after eight years service. Her farewell present from the various committees was a bicycle. She was delighted with this gift and said she would use it regularly during her retirement. The residents gave her a cheque for £40 to show their appreciation of all she has done for them.

AROUND



THE HOMES

MOTE HOUSE

Mote House has a flourishing Day Centre where disabled people still living in their own homes are able to come for a day, to give their caring family members a day's rest, having a stimulating, sociable day themselves, and where we can provide bathing facilities with the refinements of electric hoists to help make bathing the pleasure it should be.

Recently there has been an interesting development, when it was decided one of our Day Visitors needed residential care since living at home was becoming too difficult, and application was made to Mote House. Bob is now one of our permanent residents and says that his time as a Day Visitor helped to ease the trauma of coming into residential care since he already knew the members of his "new family" and those of us already settled here felt he was "one of us".

In the T.V. lounge



GREAT HOUSE

The first week in April saw many dreams come true. The residents of Greathouse moved into their extension. All the efforts, the traumas, the delays, the anxieties and the incredible hard work of so many people were finally realised.

The move itself was rather dramatically accelerated by a "gremlin" in the old fire alarm system. It called out the Fire Brigade on 3 false alarms in 36 hours! To avoid any further anxiety, men from the Chippenham Fire Service set-to and did a marathon move of every single bed that evening!! Everyone slept securely downstairs that night. There are just a few more alterations in the old part of the house to be completed, the main one being another entrance into the dining-room from the extension side, then on May 27th, Pemier Constructions Ltd. officially handed over the extension to the residents.

Family Support Service Groups are being set up throughout the country by the Cheshire Foundation. These help care for disabled people within their own homes and they are proving an enormous benefit to the community. Mrs. Rachel Worsley is now setting one up in Chippenham.

ST. ANTHONY'S

St. Anthony's awoke to a hot peaceful morning, so quiet it was impossible to believe it was to be the centre of great activity. Quite suddenly as if from nowhere, the ever faithful stall holders were in full swing displaying their goods to the best advantage. By the time the Opener, Mr. Peter Woods arrived to open the fete the whole grounds were full of activity as wheeling and dealing took place, the band played and youngsters dressed for their dancing turn.

Many long faithful friends, and new, were greeted by residents and stall holders; an almost long awaited reunion. Despite the hot day, as one looked down upon the scene, there was a happy contented air around, icecream, cold drinks being the most sought after refreshment.

I can only sum up with the words of Mr. Woods' companion "What a happy afternoon with friendly family people".

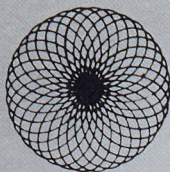
ALNE HALL

We were very pleased to welcome Mrs. Ann Chaffin as our new Head of Care in February of this year, and were very sorry to lose Mrs. Jean Ledger, after eleven years of devoted care to us all.

In May the house was open from 10 a.m. until evening for our many friends to view an excellent Art and Craft Exhibition, buy from innumerable stalls, and generally support us. The Alne Women's Institute ran a luncheon and tea buffet which was very popular, and members of the local Lions Club had a wine bar.

July we ran our usual Mid-Summer Fair on the Race Course Enclosure at York. The entertainment side was spectacular, ranging from police dogs, Fire Brigade, to Scottish country dancing, and we made £3,300. All this was achieved by the Appeals Committee and their friends, for which we are very grateful.

AROUND



THE HOMES

GREEN GABLES

After several years of trying to solve the problems of toxic waste disposal, Green Gables decided to commission an investigation into their requirements, which resulted in a suitable unit being installed. It is cylindrical in form, stands on a suitable welded base, contains cast iron firebars, ceramic lining, gas flame jets and all the equipment for electric photometric control, air supply etc. The chimney is of stainless steel and 35 feet high. The unit is smokeless and odorless and ensures a fine ash product easily contained in the local authorities disposal system, without danger of contamination.

H. Hartlew

ST. CECILIA'S

A frequent visitor to the home was asked for any suggestions of interesting items for the Newsletter, and the immediate reply was "what about the girls who went out for a pub lunch and came back with their ears pierced!?"

Three lady residents went out for a pub lunch and on the return journey from Keston, their driver pulled up outside the chemists in Bromley and enquired about ear-piercing. The chemist obligingly brought out his equipment and "operated" on the three ladies in the ambulance (Charles, the driver, could not be persuaded to join in) and it has been suggested that considering where they lunched no doubt anaesthetic was not necessary, but they swear that lager and lime was the strongest drink consumed! The chemist then produced his camera so that he would have a souvenir of his first-ever ear-piercing session in an ambulance. (An ambulance is not usually required!) Needless to say passers-by who witnessed these strange proceedings in the High Street were not a little mystified.

JAMES BURNS HOUSE

(Left to right) Leonard Cheshire, Peter Rowley, Chm. Leonard Cheshire Foundation, Mr. Fred Curtis, Mrs. M. B. Redfer, Chm. of Man. Com., and the Mayor, Cllr. Mrs. Jeanne Curtis. Seated, Miss Bery Crosby

Photo: Bournemouth Advertiser



JAMES BURNS HOUSE

On Saturday, 23rd July, two hundred specially-invited guests from the supporting local community and from the Foundation, assembled on the large side lawn at James Burns House to join in the celebrations at the Official Opening of its extension. Nearly six years ago, Group Captain Leonard Cheshire opened the original part of the home to provide purpose-built, single-storey accommodation for eleven residents; now, with an encouraging continuity, he performed this second ceremony, extending the enriched quality of life made possible by a Cheshire Home to a further nine people in need of such care.

After speeches of welcome from the chairman of the Management Committee, Mrs. M. B. Redfern, and the Mayor of Bournemouth, Cllr. Mrs. J. Curtis, and an address by the Chairman of The Leonard Cheshire Foundation, Mr. Peter Rowley, M. C., the Group Captain spoke of the splendid surprise it had given him to see the transformation that had taken place in the home and its surroundings since his last visit. Dr. James Burns G.M., after whom the home is named, proposed a vote of thanks, later intimating his own delight at the successful completion of the project. Miss S. Joiner, a resident, seconded these thanks, flowers were presented, then Leonard Cheshire unveiled a commemorative plaque outside the Hudson Room—so called in recognition of the outstanding practical concern shown by Mr. Jack Hudson of the Management Committee, par-

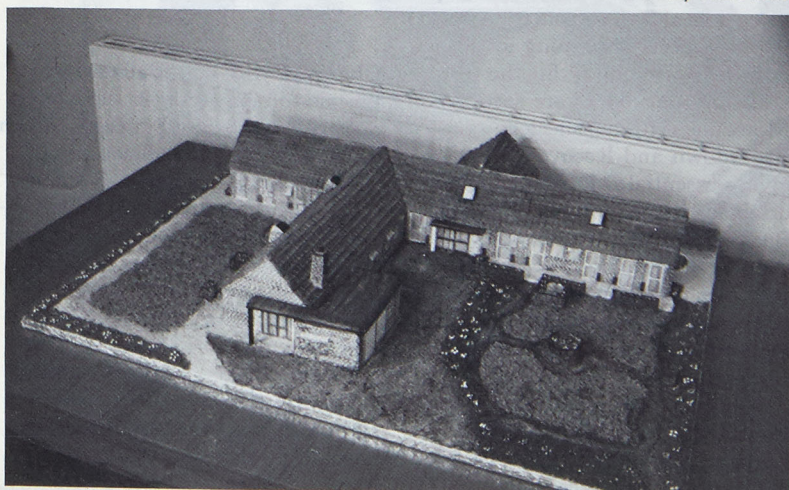


ticularly in the provision of the specially-designed gardens.

A tour of inspection revealed the ten new single rooms (one being for short-term, respite or holiday care) and the novel 'Parker Bath' (entered by a door in the side then tilted backwards at will!); finally to the Hudson Room—designed for the pursuit of residents' interests and with facilities for events and entertainments.

Most people took their refreshments outside, glad of the shade of garden umbrellas, pausing only to marvel at the realistic detail of a scale model of the entire home, a wholly-edible cake—afterwards to be formally cut—which had been baked and decorated by the Head of Care, Miss D. Chapman, and her sister. On a perfect summer's afternoon, everyone seemed reluctant to tear themselves away. At a significant stage in the history of James Burns House and surrounded by this and other such evidence of goodwill, residents, staff and Management Committee must surely have been re-inspired with dedication to the ideals of the Founder whose presence had once more honoured the home.

... 'a wholly edible cake'



RATHFREDAGH

Rathfredagh Cheshire Home has seen many great changes over the past few years. I might add that these changes are much appreciated by us, the residents. It would be impossible to name all the changes, but let's try a few!

For instance, the old laundry facility was very poor until it was updated. The floors got a well deserved new covering; new beds replaced the shabby old ones. The badly needed new generator was installed and four new toilets and a quiet room were built.

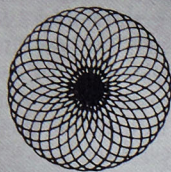
And now the latest addition. It's the most exciting since the home opened in 1971. It's a fabulous new building consisting of 8 single bedrooms and a specially equipped bathroom. Could anything have been more perfect than to have a gloriously fine day for our Founder to open this building and our garden fete. The opening ceremony did not take place in the new building itself, but on a special platform in front of the house. On this platform sat Charlie Crerand, a resident, who had the enjoyable task before a large happy crowd, of welcoming Leonard Cheshire. Also sat Mary Gaynor, another resident, whose privilege it was to thank him for his attendance.

The outside grounds too have been delicately transformed. Many of the trees have disappeared, making room for lush green lawns and wide paths, whilst two magnificent fountains spin their water canopies with great esteem. One of them occupying the ingeniously designed patio at the back, the other creating its own beauty as it sits in the lawn in front of the new building.

How many more luxuriously equipped dreams are in store for us? At least one! We're getting a new coach this year. It's costing £18,000 or thereabouts. The gigantic task of collecting funds for this is nearing completion, with everyone eager and willing to do their bit. The annual walk of 20 miles is, this year, in aid of its purchase and will, we hope, go a long way towards this end. Therefore we expect to be all geared up and ready for take-off, with lights flashing, very soon.

'By heavens' as the fellow said, 'there's no doubt about it, Rathfredagh, but you're turning out in grand style'.

AROUND



THE HOMES

CHIPSTEAD LAKE

From many of the news items, it is obvious that transport features prominently in the lives of residents, and this means drivers and escorts (all volunteers) to make social journeys possible in addition to 'business' trips to dentist, hospital or optician. It means too a suitable vehicle.

In 1977 a Leyland goods vehicle was purchased and adapted for use by passengers in wheelchairs. This ambulance served its purpose but it was not a comfortable ride for residents, drivers or escorts. The residents have saved hard for several years and, more recently, have added contributions from their fundraising and workroom efforts and attracted donations to the Transport Fund.

Imagine their delight when a brand new Renault Traffic was delivered towards the end of march. It was on Maundy Thursday that the vehicle was handed over by Alan Belcher, the Sales Manager of Davis' Garage in Sevenoaks, and there followed a short but impressive Service of Blessing for those who travel in it, conducted by the Rt. Rev. The Bishop of Tonbridge. We were privileged to have the Bishop's presence for that service and earlier for our annual Service of Holy Communion attended by residents, staff and friends.

Jim Davis sought ideas and gave advice, all of which have provided an excellent conversion—and it seems a popular one as subsequent orders from all over the country have been numerous. Residents now have a comfortable and secure ride, with access and egress, by means of a folding ramp rather than by negotiating the perils of a tail-lift. They compare travelling conditions now as like riding in a saloon car—it is a tremendous improvement.

PUBLICATIONS

RADAR has published a review of research on housing services for disabled people with particular reference to those provided by local authorities. The report, written by RADAR's Research Assistant, Peter Keeble, has sections dealing with assessing housing needs, specially designed accommodation, allocation, management and adaptations. It also includes an extensive and detailed bibliography and detailed abstracts of particularly relevant research.

Peter Keeble has shown clearly the diversity in range and usefulness of what has been carried out so far, and in doing so has exposed a number of areas of housing policy and practice as they effect disabled people to which little or no attention has yet been paid. The report outlines the lessons that can be drawn from existing research for policy makers.

'Local Authority Provision of Housing Services for Disabled People' by Peter Keeble is available from RADAR, 25 Mortimer Street, London W1N 8AB. Price £1.50 inc. postage.

This second edition of **Motoring and Mobility for Disabled People** gives a wealth of information covering all aspects pertaining to the problems of mobility for the disabled person. There are sections on Motoring With a Wheelchair, Breakdown and Recovery Services giving essential information to the disabled driver and the Orange Badge Scheme is well explained. A chapter on the Dial-a-Ride services indicates the popularity of this form of transport. The information dealing with Wheelchairs for Adults is comprehensively written.

A book worth purchasing from Radar, 25, Mortimer Street, London, W1N 8AB. Price £2.50 inc. postage and packing.

The art magazine for the physically handicapped, **Spectrum** is published three times a year and is the magazine of Conquest, the Society for Art for the Physically Handicapped. The magazine produces illustrations of member's work as well as articles about painting techniques, mediums used and reports from exhibitions held during the year. The Society's aim is to:

1. Achieve co-ordination of local groups and individuals who practise the visual arts as a means of obtaining pleasure and relaxation.
2. Provide a central source of information on art matters for the physically handicapped and their friends.
3. Encourage the setting up of new groups.
4. Arrange for work produced to be displayed at exhibitions.
5. Bring fresh hope and faith to sufferers, promote their happiness and progress towards habilitation, and encourage the integration of the disabled into society.

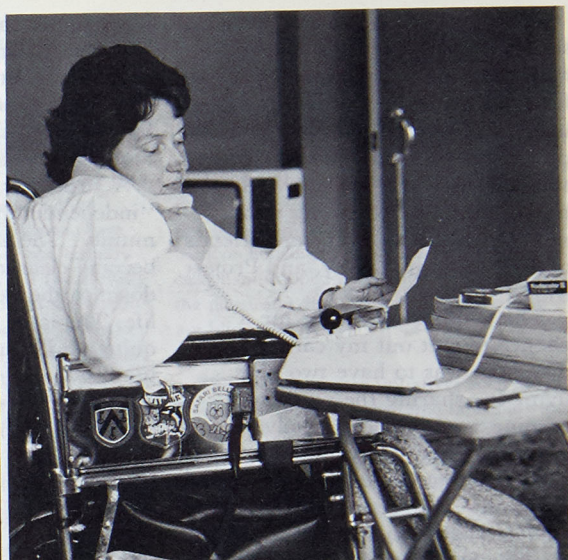
Spectrum is published three times a year. Articles, letters and news are welcomed by the Editor, Kit Masters, Old Barn Cottage, Church Lane, Witley, Surrey, GU8 5PW.

Charities Aid Foundation have revealed information in their latest publication **Charity Statistics**, which gives an account of all sources of charity funding. **Charity Statistics** gives a unique portrait of the charities' year. It contains tables of the top 200 charities, company donors, trusts and articles by eminent researchers in the field. All suggest that the voluntary sector is underestimated—and is changing.

Charity Statistics 1982/83 (6th edition) is published by the Charities Aid Foundation, 48 Pembury Road, Tonbridge. Price £9.00.

A Place of My Own

by LIZ BRIGGS



Last September I fulfilled a long held dream. I moved to "a place of my own". Sounds like any normal young person's ambition to you? Well, yes, but I am a severely disabled person, having to use an electric wheelchair for mobility, and need constant care.

When I was twenty I had to leave my parents' home because my mother had to go into hospital. During the following year I moved from one residential home to the next. Funnily enough, at school, I had been the only one in my class who hadn't wanted to leave home, and there I was moving from Oxford to Dagenham, to Hackney, and finally to Hampshire. By this time I felt that I needed somewhere to settle, so I was really pleased when I was offered a permanent place at Le Court Cheshire Home.

That could have been the end of my story, but I became involved with a group of active young disabled residents and friends, who planted a seed in my mind: "What next?". This group became known as Project 81, whose aim was to research alternatives to residential or parental care for single disabled people.

House Hunting

For a while I was extremely unsure of what I really wanted for the future. I was happy at Le Court, leading a full and active life. I could understand someone who had become disabled being restless and

needing to return to what was a normal way of life, but why was I thinking of it? I was used to having people doing things for me. Suddenly it all became clear. After a stay with my sister and her family, I realised that what I wanted was a home of my own; a little bungalow in a town, near accessible shops, with two people to do the many things I am unable to do for myself. So I went to the group and discussed my ideas. The general manager of the Leonard Cheshire Foundation Housing Association, Ann Parkes, is a member of Project 81, and she believed that my dream could become a reality. Of course, there are many rules and regulations the Housing Association must adhere to, but what I was basically told to do was to go house hunting in the normal way, looking at places within a certain price range. Then, when I finally found a property, to wait for the Housing Association and the Housing Corporation to decide whether they would accept it. This was a nail-biting couple of months, as I was convinced that we would lose the property to a "cash-buyer". Eventually it was confirmed that the Housing Association would accept responsibility for the bungalow.

The next step was to sort out the alterations and get quotations from the builders for the work needed to be done. The property became the Housing Association's around Christmastime 1981, and was ready for me to move in by September 1982. The builders were still working at the time I moved in!

Care Needed?

Meanwhile, I had to look hard at my ideas about care. How many hours a day would I need? Who would pay the people I chose? How would I attract people to the job? Many questions, some of which still need clarifying.

Many people in residential care are sponsored by their local social services "out of county". I was sponsored by a London Borough, so I decided to talk with them first.

Together with two members of Project 81, and Brigadier John Regan, Head of Home at Le Court, I had a most productive meeting with my social worker. Her first reaction, she told me later, was that she was coming to hear some hair-brained scheme that wouldn't be viable.

Before the meeting, my fellow members of Project 81 had recommended that I should work out a "Care Chart". This was quite a simple operation, just timing everything that needs to be done for me during a twenty-four hour period. This I costed, with the help of Mrs. Gannon, Head of Care, and the home's accountant.

My social worker said she realised we meant business, especially when it was pointed out that in the long run it would be less expensive to support me in my own home. She became very interested in this new approach and went back to paint an attractive picture to her superiors.

At the beginning of 1982, I learned that my sponsoring authority had accepted responsibility for my care.

After living in residential care for six years, how does one find all those thousands of things needed to furnish a three bedroomed bungalow? I had started to collect bits and pieces when I heard that I was getting a house, and when my friends heard, they began finding things, not to mention the home and friends of the home, my family, and Project 81.

The waiting time gave me a chance to sort out my care staff. The plan was to have two girls living-in, sharing the work and earning a wage. Fortunately, a friend who had worked at the home had agreed to come and help me set up home. The second girl was one who had applied, unsuccessfully, for a job at Le Court (there were no vacancies) and whose address had been passed on to me for reference.

Social Services by law are unable to give money direct to pay for my care, but they can pay it through a suitable "Association". Le Court agreed to be that "Association" and they now act as the agent. It gave me quite a shock when I found that it was my responsibility to work out the income tax and National Insurance every week!

Making the Move

The area I was moving to is covered by Havant Social Services, so my next job was to contact them and tell them of my needs. An occupational therapist came and discussed the sort of equipment I would need, such as a hoist and a Possum door opener. I also needed an adapted kitchen, so wheels were set in motion for me to get an environmental health grant.

Perhaps one of the worst parts of the move was actually leaving Le Court. I had been very much involved in the life of the home, and it felt quite strange when the annual elections came round and I took the job of Returning Officer, which meant that I couldn't be nominated for any position. Changing from being Vice-Chairman of the Residents' Association for three years, a member of the Care Advisory Group and Bar Committee, to doing nothing was very hard. I was grateful for the understanding and interest shown to me by my fellow residents.

The day I moved will be engraved on my memory for ever. I was quite tired from all the arranging. Apart

from an official leaving party the week before and an "unofficial" party the night before, I also wanted to say my goodbyes to all my friends, even though I was only moving seventeen miles away.

A year later, here I am, living "independently" within the community. The situation has slowly become clearer and I am settling down to the new "normal" way of life. The local people accepted me quite readily, and show great interest in the ideas I have brought with me. Sometimes I think they believe the girls who work with me are my sisters, they'll soon find out I have a very large family as most stay only six months or so!

Back to School

I had to learn to select and buy my own food, deal with trades folk, pay my own bills, and find my way around a new district. Together with having to do these things, I had to negotiate the maze of trying to understand what benefits were available, and to which I was entitled. This is no simple thing to do and, even now, I am finding problems in explaining my situation to a particular section of the social security system.

I joined the local adult education college, which is accessible and within walking distance. In my first term I studied italic handwriting, and now I am in my second term of painting on china.



On my own—at last

I have found that some of my former ideas needed adapting in practice. In the way of care, I now have one girl living-in permanently and another living out. As I interview and select my own staff, there's only myself to blame if things go wrong.

Many people, including myself at times, didn't believe it possible for a person as disabled as I am to cope with this "unsupervised" life style.



Of course there have been, and may still be in the future, times when I wonder if I have really done the right thing, but if I weigh up all the "fors" and "against" the "fors" far outweigh the "against".

One of the best parts of living here is being able to invite friends over for a meal or to stay. I really enjoy having visitors and I am getting quite good at the catering side of things!

My latest acquisition is a little dog called Holly. I can remember asking Father Christmas for a dog when I was small, but at that time and later, when I went into care, it was not possible. I now have a home of my own, a pet dog, and a life in my own style.

It is amazing just how quickly one adapts to a new situation. I know it will work as long as I have the support of my local authority, both here and in London, my relatives, friends and Project 81. Sometimes I find it hard to believe that I have only been here a short while.

And the next step? To make people more aware of how easy it can be to adapt society to the needs of the disabled, whether working as one of a group or on my own. By proving that I can live "independently", may encourage others to do the same.

If you would like to know more, please contact Ann Parkes, Housing Association, Leonard Cheshire House, 26-29 Maunsel Street, London, SW1P 2QN.

HOUSING DISABLED

I am investigating on behalf of the Royal Association of Disability and Rehabilitation the degree to which housing authorities are prepared to consider applications from disabled people in residential accommodation. I would be extremely interested to hear from readers who have attempted, with or without success, to be considered for local authority housing; and from those who may know of other people's experiences in this regard.

Please contact Peter Keeble, Research and Intelligence Unit, RADAR, 25 Mortimer Street, London, W1N 8AB. Tel: 01-637-5400.

TEA TOWEL

All Cheshire Homes were circulated recently with a sample of an attractive pure linen Cheshire Foundation Tea Towel, and are reacting with enthusiasm. Commander Roy Davies, of St. Michael's, reports that already 650, which cost £1.25 each, have been ordered for sale at fetes and bazaars.

The idea of a Foundation tea Towel really sprang from the Midlands Region who produced an attractive design showing homes in their area. Arthur Bennett, Foundation Director, thought a Foundation tea towel might go down well and consulted volunteer Roy Townsend and Public Relations Officer, Kay Christiansen. Roy, a retired businessman, came up with the design—not easy as we wanted to make sure that every home and Family Support Service in the Foundation was represented.

The result was a map of England, Scotland and Wales, pin-pointing homes in all areas. This is surrounded by a green border and red feathers. The result is a gay and colourful design. Don't delay. Order now from St. Michael's Cheshire Home, Axbridge, Somerset, BS26 2DW. Tel: Axbridge 732358. Cost £1.25 plus post and packing, e.g. 10 towels £1.30. 24—£2.10. 50—£2.30. 100—£3.05. 200—Free.

PARK HOUSE ACCEPTED

Park House, Sandringham, the birthplace and childhood home of The Princess of Wales, which was offered to The Leonard Cheshire Foundation in November 1982 by Her Majesty the Queen, has been accepted.

Following an extensive assessment of the need and viability of converting the house the Foundation has decided to use it as a short stay centre for disabled people normally cared for at home or in residential centres. A Management Committee of local volunteers will study the problem of converting the building for severely handicapped people and will subsequently be responsible for running the home.

Park House will be run as a friendly country guest house for physically handicapped people, their families and friends. It will be staffed and equipped to enable the most seriously handicapped people to come and stay and have a really good break, whether the handicapped person is coming simply for their own enjoyment or primarily to give a rest to the family or friend who normally care for him or her.

Strenuous efforts will be made to meet the needs and wishes of each guest both in arrangements for his or her stay in Park House and in visits to places which will interest him or her in the vicinity. Volunteer workers will be welcome as helpers, drivers and guides.

HOUSING/CARE INFORMATION

The Centre on Environment for the Handicapped and the Long Term and Community Care Team are collaborating on a joint project aimed at developing an information bank on housing and care schemes for physically handicapped people, by this we mean the physically disabled and also those who are blind and deaf.

The 1970s saw care initiatives such as Crossroads Schemes, sheltered housing with warden services, and the development of other options for housing/care to assist physically handicapped people to live in the community. Recent additions to the range of options include 'group' homes for young physically handicapped and 'money packages' to buy in services for individuals.

CEH and the Long Term Care Team are aware that there is a need for accurate information about these schemes, their viability, how they are funded and what specific needs they are meeting. Information is also needed about the geographic spread of such schemes.

A letter and survey form was sent out at the end of March to housing and social services departments, some health authorities, housing associations, voluntary organisations and individuals who are involved with the provision of services for the physically handicapped. The information bank it is hoped to develop from this survey will be accessible to all those interested in the provision of services for this group.

RE-ORIENTATION

From time to time it seems to be "all change" at Green Gables; this is a real problem when hospital-trained nurses enter the family atmosphere of a Cheshire home. It is easy to get "up-tight" when addressed brusquely as to a patient in hospital. Not many of us are keen on hospitalisation and this probably accounts for the resentment felt when reminded too vividly of it. However, we usually manage to settle down in time as our new staff get accustomed to our ways and meet us in a friendly, informal way. Perhaps a copy of the first Foundation Handbook of Care in Residential Homes would be helpful if presented to staff on appointment and might help to speed up re-orientation.

REPORT

Annual Conference Stoneleigh—11 June 1983

Chairman's Address

Mr. Peter Rowley welcomed delegates to the conference and stressed that the object of such a meeting was basically for representatives from the homes, management committees, residents and staff to talk over problems and to exchange views. He felt the year had been a reasonably good one for the Foundation and although no new homes had been opened in the UK a number of extensions and improvements had been made to several existing homes and the Family Support Services had been expanded. He spoke of the interest Her Majesty, the Queen was taking in disabled people, particularly the Foundation of which she is Patron. Partly as a result of this interest, Park House had been offered to the Foundation and would be run as a holiday home. More careful research was needed in the choice of locality and the size for new homes, and it was vital, he said, that the Social Services were involved when forming a Family Support Service, so that funding of these services would continue.

The Trustee Weekend had, he continued, concerned themselves with the question of full resident participation, a matter on which he felt there was still resistance in some homes. It had also been suggested at this meeting that residents, who, on their basis of merit and ability, could be Trustees of the Foundation.

Mr. Rowley stressed that the financial success of the Foundation over the years was no reason to think that funding would always be available for new projects. By co-operation between homes in financial aspects and by harnessing resources, great things would be achieved. No review of the Foundation over the last year would be complete without a reference to the overseas activities and in this regard, Mr. Rowley mentioned the



Central Region Conference in Zambia and the increasing number of homes on the African continent. It was clear from the conference last year that no formal structure for regionalisation was needed but rather a closer working together in groups and this, he said, seemed to be working and, had enabled better communication between homes and Maunsel Street where the number of staff was now fully established and in keeping with Foundation policy.

Treasurer's Report

Because the conference was being held early this year, Mr. Dennis Greig explained that his report was based on two thirds of the Foundation's year. Donations and legacies to the Central Foundation had recovered well from the previous year and it was hoped that with this increased income, the surplus over the running expenses will be up a million pounds as opposed to £400,000 last year. He reported that up to October 1982, legacies and donations in the homes had reached a figure of two million pounds, a well deserved tribute to the homes

for the support they attract and the careful way this money is spent. Loans to homes and for other projects, he continued, amounted to two and three quarter million pounds. He explained that approximately ten million pounds would be required over the next three years for new homes; projects and contributions to overseas; headquarters expenses; public relations; training and family support services, leaving a nil balance if action to avoid this was not taken. Therefore, it was obvious to spread the bigger projects and encourage loan repayments as this money must be returned to the Foundation. For this he said that he had budgeted for an eight year repayment period and hoped that, as Treasurer, he would be able to continue to help homes who suddenly required bridging loans because of unexpected crises.

The Annual Conference will take place at the National Agricultural Centre, Stoneleigh, on Saturday, 9th June 1984.

The Changing Times

The conference then continued its morning session with speeches being given by four different speakers. The first of these was Dr. Beswick (Trustee) who told of the way homes were established and run in the early days when a tutorial attitude was taken and it seemed perfectly reasonable to place three or four people in a room to live together. But times had changed this and the most significant change, was that residents had now been given freedom to live their lives as they wished. He felt that new trends would influence the individual not only living in residential care but those living in the community. He saw this change as a significant move to encourage disabled people to live in the community. The Foundation had, he added, approved this idea by starting the Family Support Services. He felt that the Foundation should review its resources regularly to see how they can best be economically disposed and to discover ways in which Family Support Services and homes can be integrated in the best possible way.

The second speaker, Dr. Wendy Greengross, (Trustee) felt that residential homes would be places people passed through as more choice of accommodation became available in the community. It was necessary to maintain the goodwill of volunteers and for homes to question their role to be taken for the future, she said, in order that evolution was not thrust upon them but that by looking to the future, they and the Foundation could make its own choices.

Independent Living

There followed two talks by residents from Le Court. Mr. John Evans based his talk on the concept of independent living which, he emphasised, was not performing some miraculous task that previously was physically impossible, it was establishing self-control, self-responsibility and determination in the total management of one's life. It was not for everybody, he said, for it was a life style demanding and requiring considerable stamina, energy and the ability to deal with problems.

Independent living was about equality and the full participation of disabled people in every day life and in the mainstream of society. For those disabled people wishing to live this way, a Centre for Independent Living—which he and a group of fellow disabled persons were setting up in Hampshire—would offer help to do this.

The next speaker, Mr. Graham Thomas, explained that the proposed Hampshire Centre for Independent Living was hoping to recruit support from other disability groups by forming a mixed disability "outreach" team. He outlined the three programmes currently being conducted by this team. The first was to explain the aims and intentions of HCIL to as many people as possible, focusing on specific topics using audio-visual material to illustrate HCIL thinking.

The second programme, he continued, was to encourage disabled people to pay an active part in the process of making their communi-

ties more responsible, more aware of the issues of independent living and to develop contacts and goodwill between HCIL and other bodies, both statutory and voluntary.

The third important programme, he added, was one of advocacy where the group would promote a disability awareness within society. This was best achieved, he said, through direct involvement in all aspects of daily living, emphasising that an important advantage of the participation of the consumer is the positive influence of active self-help people on public understanding. HCIL would try to help those disabled people, who, out of choice, seek to live independently in their own homes.

Group Discussions

During the afternoon session delegates participated in group discussions: followed by a summary from the chairman of each group. Mr. Peter Wade (Trustee), chaired the discussion under the title "Residents' Rights and Responsibilities" and said that no one questioned the concept of participation; they were perplexed as to how to bring it about. He felt further discussion was needed to help establish a situation in which residents were allowed to make choices. Sir Peter Ramsbotham (Trustee), reported that his group had discussed matters under a similar heading. The need was stressed for positive encouragement to resident participation. There was some division of opinion on the subject of residents being given control of their medications. Mr. Dennis Greig, Treasurer and Trustee, who led the discussion on per capita fees, felt it was important for homes' Treasurers or whoever was responsible in the home for negotiating per capita fees, to liaise with neighbouring treasurers to investigate possible omissions which could be including in their negotiations. Mrs. Lorna Ridgeway (Head of Home, Seven Springs), chairman of the group discussing "Use of Computers in Homes", said the general feeling was that little was known on the value of this technology and there was no source from which to acquire information but, that a great deal of enthusiasm had been given for the project.





Sir Christopher Foxley-Norris talking with Gen. Virendra Singh.

“Relationships Between Homes and Family Support Services” was the heading for the group chaired by Dr. Beswick. The group felt that homes, Family Support Services and those wishing to live independently under the wing of the Foundation required some formal structure.

Mr. Peter Allott (Trustee), chaired the group under the heading “Call Systems and Communication Aids”. There was a definite demand for an overriding emergency call system, he said, for there were many snags and many different call systems. The group unanimously expressed the desire for a day session to be held on communication aids.

The Chairman's Closing Speech

The Chairman, Mr. Peter Rowley, in his closing speech said that wherever possible the staff at Maunsel Street would try to make available to homes, all the information and help they could offer. He thanked everyone for their participation in the conference.

Overseas Visitor

It was delightful to see General Virendra Singh who expressed his pleasure at being able to attend the conference. He spoke of new projects in India where help and training was being given in Cheshire Homes to disabled people from the rural areas. He thanked the UK homes that were twinned with homes in India and stressed the great value of such contacts. He had been pleased to welcome visitors from headquarters and said how pleased they were to know that the Group Captain would be visiting India in 1984. The presence of residents at the conference gave him strength and renewed confidence in the work being done for the relief of suffering.

Address by the Group Captain

After a sincere “thank you” to everyone for their attendance, the Group Captain stressed how meaningful the Annual Conference was to him. He had found it interesting and well structured. He described the Central Region Conference in Zambia which he had attended earlier in the year, when groups of tribal dancers, singers and a police band added to the already stimulating atmosphere. He felt it had been a very successful gathering of people from different parts of a vast continent, and which gave a new dimension to the work of the Cheshire Foundation. There was still a great need, and in response to this need he envisaged the setting up of a Volunteer Corps based in England, a venture which would be beneficial to both the Cheshire Foundation and the Sue Ryder Foundation. He explained that, although this was contrary to the basic principles of the Cheshire Foundation, the only projects that the Ryder-Cheshire Foundations undertook were those which of their nature, the Cheshire Foundation could not locally fund. He conveyed his wife's warmest wishes and her regret at not being able to attend the conference as she was on her way to Poland.



United Nations Corner UNICEF

U.N. Volunteers

The United Nations Volunteers Programme established by the General Assembly, began work in 1971. Young people over the age of 21 find it a challenging and enormously enriching experience to be a U.N. volunteer. The volunteers are usually young professionals covering a very wide field—agronomists, foresters and surveyors to mechanics, economists, and medical doctors.

Sylvia is an entomologist who won her Ph.D. as a result of her work on the control of mosquitoes. She is now a volunteer in a malarial control project in Thailand. The project was set up in 1979 as part of a larger U.N. world food programme relief operation to assist the refugees who flooded over the border from Kampuchea. Sylvia's communications with the V.S.O./U.N. co-ordinator in the U.K. show that life is not easy in the refugee camp where she endeavours to control malaria carrying mosquitoes. Young people certainly need to be dedicated, yet it is not all work; an important part of the volunteering is the learning process—learning a new language and culture. Sylvia

is meeting the challenge of the experience, but feels—like so many volunteers—that she is gaining more than she can ever give.

A new scheme has been in operation since January 1983 which establishes Voluntary Service Overseas as co-operating agency in the U.K. for the U.N. Volunteers Programme. “This is a very exciting development” says Frank Judd, V.S.O. Director. “U.N.V. has a key role to play in the future of volunteering and through it a wider cross-section of people can identify and become constructively critical advocates of the U.N.'s relevance young people from all U.N. member states in both First and Third Worlds can gain from each others experience ...”

At present there are about 1,000 U.N. volunteers serving in 90 countries. They are not paid a salary; they are provided with living quarters and a modest living allowance.

Interested young people with skills to offer should apply to Pam Farmer, the V.S.O./U.N.V. Co-ordinator at 9 Belgrave Square, London, SW1X 8PW.

Elizabeth Greenwood

in **F**OCUS - St. Cecilia's

by Kay Christiansen

Continuing our tour of the great family of Cheshire Homes we feature in this issue St. Cecilia's Home in Bromley, Kent, which has a unique place in the history of the Foundation. Unique because it was the first time that Group Captain Cheshire saw the feasibility of running and managing a Cheshire Home by means of a local management committee—an arms length operation. A stroke of genius, many might say, and a decision that has enabled so many more disabled

people in need to be reached than might otherwise have been the case, because from then on the homes multiplied.

St. Cecilia's stands in a tree-lined road of prosperous residential houses on the borders of Bromley and Chislehurst. It was the third Cheshire Home, founded in May 1954, and was acquired for a mere £4,500 on a 95% mortgage, and was launched with a gift from the Group Captain of £60 and a great deal of faith, goodwill and optimism.

l. to r. Gwen Marriott, Hilary Whittle, Joan Hester, Ann Adams, Ann Pare, Charles Lewis, Elinor Cashman, Doris Elford



Making a deal

It all began in 1953 when the Founder was a patient in Midhurst Sanatorium awaiting a serious operation. An eight year old boy, Richard Worthington, wrote to him offering some fine raspberries from his Chislehurst garden. The offer was gratefully accepted and Richard and his parents, Mr. and Mrs. Bob Worthington accordingly arrived bearing a basket of luscious fruit. Further visits followed as a result of which Bob Worthington offered to search his neighbourhood for a suitable property for a Cheshire Home to serve the many requests for help that had been received in the South East. A house owned by a Miss Coleridge Taylor, daughter of the composer, was found but the asking price was high—£8,000. G.C., still with an open wound in his chest spent his first weekend's leave in Bromley viewing the property. He thought it not entirely suitable but just possible if the price could be reduced. The owners eventually halved the asking price, G.C. visited the bank, arranged the mortgage and the deal went through.

First Residents

Let Elinor Cashman, Warden of St. Cecilia's since 1965, take over the story as she was involved at the start, and a member of the first Management Committee. "It was a house with an immediate happy feeling" she recalls. "We took over in May 1954 and somehow our needs became known to the local community so that with much hard work, and gifts of furniture, bedding, crockery etc. we were able to welcome our first four residents at the end of July. Members of the IVS and other volunteers from such organisations as the Girl Guides, Rotary, Round Table, Scouts and Youth Clubs rallied round to help and scrubbed floors, painted walls, tidied the garden and humped furniture. A few months later a wonderful donation of £1,000 came from Sir Archibald Jamieson, later a Trustee of the Foundation. With this we were able to prepare the first floor and by Christmas 1954 we had a total of 21 residents.

Hard Times

"Everyone was so good to us. One member of staff, for example, sent



Gwen Marriott tends the plants with the help of volunteer Marjorie Swaddling

us back all her salary when she married. She had waited long enough for it as at one point we hadn't got the money to pay the staff their wages or meet our bills, although eventually we settled all our debts. We were short of everything but somehow when we were most desperate, something turned up. We were always very optimistic, and so things improved gradually".

Today it is hard to imagine those hard times as one enters the well polished, panelled hall, and the quiet, orderly atmosphere. The Home is now well-established and enjoys the support of four active Friends' Groups, together with much local goodwill.

Progress

A new wing was completed in 1958 at a cost of £21,500 and since then there have been numerous additions such as a Craft Room, a garage and a laundry. Alterations and improvements have provided 23 single rooms and three doubles for residents who would be unhappy not sharing with their friends. Accommodation includes a spacious sitting room, a quiet room, a dining room, a physiotherapy room, a craft room and a chapel. A delightful well kept garden provides a terrace for residents to sit on.

The residents now number 29 and know that their wishes are always

the paramount consideration of all those involved with the Home. There is physiotherapy every morning, sessions in the craft room, where pottery is a particularly popular pastime, and a host of other activities arranged by Joan Hester—for example, visits to art galleries, theatres, concerts, to stately Homes in the area, to films, snooker contests and boxing matches at the Fairfield Halls, to Wimbledon, the Mansion House, St. Pauls, Westminster Abbey, picnics in Greenwich Park, Bingo sessions, pub visits, shopping trips, days at the races—the list is endless.

The Chairman of The Management Committee, Joan Hester, began her involvement with the Home fourteen years ago when she came once a fortnight to help with teas. She confesses that the part of the job she enjoys most is the personal involvement with the residents. "They have become my friends now" she says. She relates, with a smile, how much the residents enjoy members of the Management Committees putting on a show for them. "We really make fools of ourselves. One time I dressed up in a gym tunic as a St. Trinian's schoolgirl and they had a great laugh".

A garden party in the grounds is an annual event and a very good money raiser. This year they made £2,400. A similar event is held inside the house in the Autumn.

The Residents

Most of the residents have hobbies and deep interests. Bill Farley, for example, who is Spokesman for the Residents' Association—the title is his own choice—is writing a book. It is set in a circus environment during Queen Victoria's reign and the main character, autobiographical, is called "Trikey Norman", Norman being Bill's second name, and cycling was his great joy in past days. The book involves lengthy and meticulous research and Bill is justly proud of his success here in ensuring accuracy. He is also instrumental in organising an annual Quiz Contest with some of the Kent Cheshire Homes.

Bill Farley and Horace Collinson enjoy a game of draughts watched by Stan Mounter



John Jolly

John Jolly is King of the flourishing greetings card business at St. Cecilia's. He deals with thousands of used birthday, Christmas, Get Well and other greeting cards and last year raised £1,048 for the Home from the sale of these through fetes and bazaars and visitors.

Ann Adams is the latest arrival at St. Cecilia's. She is happy now but naturally took time to adjust to her new life. She loves sitting in the garden, knits a little and is feeling much more at home now she has her own things around her and her room decorated to her own taste. She also enjoys listening to taped books. Her mother and son live locally and visit her regularly.

Beryl Morton

Beryl Morton is another Resident with enormous interests and diverse talents. Her great love is painting water colours and pastels and she regularly has an exhibition of her work at the local Ripley Arts Centre. Her output over the years has been enormous. She also enjoyed doing brass rubbings but now finds the standing too arduous. Writing is another love and Beryl won 1st prize in The Foundation's Creative Activity Contest for her article. She also likes to garden and the specially raised flower beds outside her room contain splendid blooms that are testimony to her green fingers and faithful watering.





Mary Rose and Chairman of Management Committee, Joan Hester

Charles Lewis is a great traveller and has been to France, Switzerland, Denmark and Majorca.

Doris Elford's great interest is her newspaper which she reads with the aid of an automatic page turner operated by pressure from her chin. Another interest is documentary programmes on TV. Doris gets out a good deal; she also has a way of being a most successful seller of raffle tickets.

Mary Rose is a great embroiderer and always has orders on hand. She also plays her part on Spastic Flag Days. Her other great joy has been the eighteen pilgrimages she has made to Lourdes.

Spirit of Service

St. Cecilia's is twinned with the Father Hilarion Cheshire Home in Grenada and the residents send them aid and exchange news whenever possible.

The Head of Care, Anne Blanc, has a great rapport with the residents and is kept busy organising a large nursing staff into giving the best possible care. With the supporting therapeutic, maintenance and domestic setup, there is the equivalent of 29 staff on a 40 hour week basis i.e. a ratio of 1:1. A constant factor in the fortunes of the Home has been an immense spirit of voluntary service. As well as very active Management Committee and House & Welfare Committee members, a terrific job is done by drivers and escorts for the numerous outings, and regular assistance is received with teas, ironing, sewing, handicrafts, shopping, letter-writing, games of chess and scrabble etc. and best of all a steady stream of visitors offering personal friendship.

All in all, St. Cecilia's is what it should be—"a place of hopeful endeavour and not of passive disinterest".

SORRY

The article "The Jersey Cheshire Home" and photographs published in the summer issue of Cheshire Smile were printed by kind permission of the Jersey Evening Post. It is regretted that this acknowledgement was omitted at the time.

SMALL ADVERTISEMENTS

For sale—Egerton Paragon 2000 adjustable bed with dunlopillo mattress; approximately 1 year old, excellent condition. £500. Mr. A. C. Oliver Tel: Farnborough (0252) 542642.

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

Pen friend. Paul Fisch, resident of Champion House, would like a pen-friend, preferably female, living in any one of our homes. Paul, who is spastic, uses a typewriter with which to correspond. Please write to Paul at Champion House, Clara Drive, Calverley, Pudsey, LS28 5PQ.

Directory of Leonard Cheshire Homes—Extra copies of the Directory, as published in the centre pages of the spring issue, are available on request to the Secretary, Cheshire Smile, Le Court, Greattham, Liss Hants. GU33 6HL. Single copies 17p, 5 copies 21p, 10 copies 39p.

CONCERNED TECHNOLOGY

Nationwide Travelling Exhibition

A series of twenty-nine exhibitions entitled "Concerned Technology (Information Technology for those with Special Needs), is being staged around the country to introduce to the disabled community, the general public, and to manufacturers, the importance of new technology in the design and development of equipment for disabled people. On show will be a wide range of micro-processor based aids which have been, or are being developed to help disabled people lead a fuller and more independent life.

The route for this series of Exhibitions has been charted to ensure that no-one need travel more than 60 miles to attend. The first stage of the tour will travel along the south coast of England, returning inland towards Norwich, before Christmas. The tour will resume in February 1984 from Birmingham.

The Exhibition layout has been designed with visitors' disabilities in mind. Simple panels will be used with plenty of room in between exhibits to allow space for wheelchairs. There will be no protruding bars or edges to trip those with poor sight or to harm anyone who may be a little unsteady on their feet.

Disabled people in each area are being encouraged to demonstrate the aids on show and visitors will be given the opportunity to "have a go" on any piece of equipment in which they are interested.

The range of micro-processor based products currently available is extensive—ranging from computer/word processor terminals linked with control for Braille input, to a unit to allow a severely disabled person to control his environment—opening and closing doors, changing television channels and switching on lights. A single-hand-operated typewriter and a "Toucan Communicator", a specially designed unit which allows a speech-impaired person with severe disabilities to hold a "conversation", will also be among the exhibits.



NIL DESPERATUM

Some thirty to forty aids will be on display and exhibits will periodically be changed to allow as many different products as possible to be shown. Both large and small items will be included—ranging from large work units worth several thousand pounds, to the Sound Bubble—a small play aid for the handicapped pre-literate child.

The exhibition tour is being funded by the Information Technology Division of the Department of Trade and Industry, which actively encourages the development of equipment—by colleges, universities and companies—and also assists with the manufacture of these aids on a commercial basis.

The tour, which commenced in September, has visited Hastings, Bristol, Southampton and Exeter. It continues as follows:

Plymouth	October 6th-9th
Newquay	October 13th-16th
Oxford	October 20th-23rd
Cambridge	October 27th-30th
Ipswich	November 3rd-6th
Norwich	November 10th-13th

It resumes in February 1984 with an Exhibition in Birmingham.

For further information please contact Concerned Technology, P.O. Box 114, London, SW15 1AS. Tel: 01-788 7755.

Never before have the disabled had so much to choose from, all thanks to modern technology and well tried aids. The computer outshines all other aids. The satisfaction of writing your own correspondence must have a high value. Just in case you are wondering what I'm on about, this article was written without the use of hands.

This is achieved by the chin pressing on a probe and stopping over the required letter shown on the video display screen. You are now in business. I have tried a possum typewriter and found it hard work. where as the computer is fun. Don't kids pay 10p a time to play on these? The personal satisfaction of being able to write is a rich enough reward.

Even with the computer don't think your worries are over, for suddenly you are expected to know that much more. After all you do have a computer. You are now on your own as you start writing, so think of this—you can fool some of the people all the time, all the people some of the time, but not all the people all the time.

Robert A. Mathison,
Matfen Hall

“

Of all the many memories that the original Le Court holds for me, there is one that stands foremost in my mind which, I feel, has a special message for the Foundation today.

”

It was the summer evening in 1948 when Arthur Dykes said: “I don’t think all this can be only for me. I think you’ll find there are others like me.” My heart at that time was set on selling the house as soon as I was free and going off to do something else, but Arthur urged me to stay, and he was proved right.

“Family” decisions taken collectively

At the start Le Court had no structure and no staff, just a few untrained volunteers. Consequently everyone’s participation in the household chores was essential, even if just by offering to go without something in order to make life easier for the others. Decisions that affected the “family” as a whole were mostly taken collectively, for instance whether to say yes or no to an urgent appeal for admission when we felt that we were already stretched to the limit. This worked because it was perfectly clear to us that we were all involved and could only succeed if we operated as a team, and I think that it gave a meaning and a sense of purpose to our lives that we had not had before. It also meant that we could respond quickly to an emergency or a sudden call for help. However we could not go on for long without some kind of a structure, and with the structure things would inevitably change, quite rightly so. The question was, could the Foundation acquire a structure and still retain its original spirit of enterprise and togetherness?

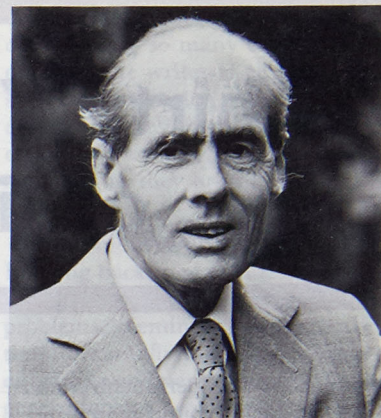
INDIA the crucial development

I think the most crucial development in our evolution was the unexpected invitation to go to India in 1954, at a time when it looked as if this was not a very responsible step to take. India, however, was to prove decisive in shaping our future. Starting with an injection of only

£100 capital and with no further outside financial help, six Homes were launched and operating within two years, only one fewer than then existed in the UK. Thus India became the gateway through which the basic pattern for residential care as hammered out in England was to spread to other countries. The fact that India kept me away from England for prolonged periods between November 1955 and the end of 1958 demonstrated that it was not I, but the newly formed central Foundation and the local management committees who ran the UK operation. It also demonstrated that expansion at a financially difficult time, far from hurting the existing Homes, actually helped them, by providing a broader base and offering proof that the movement had an inbuilt dynamism. But most important of all, in my view, was the fact that India brought us face to face with the poor of the developing world. From now on poverty was no longer a “problem” that we read about; it was an integral part of the Foundation, in the form of individual people whom we could get to know and learn to respect, and whose struggle to lift themselves up was also ours.

Towards independent living

This reaching out process has been given added momentum by the founding of our Family Support Services and by the recent move towards independent living initiated by Project 81 at Le Court. Both of these are a sign of the progress that society has made over the past 30 years in offering greater options for living for disabled people. They are also a sign that a good and outward-looking residential Home is not a backwater, but a necessary and authentic part of the mainstream of disabled living. For some it is a staging post towards life in a home of their own, for others a means of fulfilment and freedom that could not be found in any other way.



The responsibility that freedom confers

Whatever my starting point, I find myself ever coming back to the notion of freedom as the goal towards which we should all be striving by which I mean greater freedom for each individual to lead a life of his own choosing. The point about freedom is that it confers responsibility, it makes us responsible for our own lives and requires us to accept a share of responsibility for the well-being of all our fellowmen. That is why I believe that Arthur’s words, “I don’t think all this can be only for me”, have a special message for us today. I think that they are reminding us of the responsibility that freedom confers, reminding us that we keep the freedom we have won only so long as we use it to bring a greater measure of freedom into the lives of others.

An international family with unity of purpose

It is all too easy to think that once a Home has reached its full stature, the task is done, and all that remains is to keep things going. But this is not what I find is happening. I see many signs at different levels within the Foundation of a reaching out to meet other human needs in the surrounding community, and even further afield to the very poor of the developing world.

One day, perhaps, the Foundation in its entirety, as an international family will acquire the cohesion and the unity of purpose to make its own contribution towards solving the crying injustice of these closing years of the 20th century, the gap between the poorer and the richer nations.

Leonard Cheshire

Thirty Years Back or little did I think . . .

After a somewhat perfunctory interview, I suddenly found myself in June 1953 facing a dilapidated mansion being expected "to look after Leonard's 32 patients". Although previously one of his father's law pupils, I had no specific qualifications for the job: there were no "role prescriptions" in those days; and I was hardly into the deep end before asking myself what exactly the Warden was supposed to do.

New Beginning

To start with, the mansion—no thing of beauty, but a real home to those 32 folk who quickly took me to their hearts—was literally falling down: the rain came through the roof in 17 different places; windows didn't fit; the lift needed 365 hand-turns of a rusty winch to get people up and down stairs several times a day. The week I arrived, the foundation stone of the "New Building" was laid, so in next to no time I was building surveyor and clerk of works. It was soon clear that the architect's plans needed modification if our new home was to fully match its purpose. The answer was a series of informal meetings between architect, contractor, staff and residents so that important environmental details could be got right with minimum delay and expense. Those meetings were a further seed from which grew that paricipative style of management that makes Le Court the place it is.

Model Home

It soon became obvious that the Carnegie Trust's munificent £65,000 (a cool million in today's terms?) would be insufficient to bring the grand plan to fruition: Le Court was to be built as a "model" (the first of its kind anywhere in the world) of what all future such establishments might be like, so it had to be as good as we could make it.

All sorts of things cropped up that had not been envisaged. One example: the roof timbers were just going up when it was noticed that the void was apparently big enough to accommodate a second storey. A hasty consultation: yes, extra rooms could be provided in the roof space, provided a decision was made within days; and it would cost £1,500. Was it right to go ahead with no money in the kitty to pay for it? Another: before the building was finally handed over and the contractors more or less off site, it occurred to us that the new building (unlike the old one), though the essence of "efficiency", possessed no odd corners where people could be creatively untidy and do their own thing if that was impractical for bedrooms. A hasty consultation, and, yes, the builders could run us up a little "Pavillion" (now the Workshop) for about £2,000 if this were done immediately while some of the workmen were still around. The committee did not relish the idea of more extra costs—"after all the patients have a lovely new home, are fed, clothed and kept warm. What more should they want!" (I quote). Was it irresponsible to go ahead unilaterally and build that workshop? Thirdly, the plans included only one chapel: Anglicans justified in wanting (and eventually getting) a second one, of their own? Anyway, all in all an extra £10,000 was needed to add to the Carnegie grant, and it was found.

Dilemmas

So far as running expenses were concerned, a lot had been done by my immediate predecessor, the late P. G. E. Nash, CBE, to rationalise staff salaries, maintenance grants from health and welfare authorities, etc. the latter involving short-term

outlay on better fire precautions in the old building. But again, in my first week or so, came a complaint from a staff colleague: would I please do something about the sytem whereby salaries were paid out by a patient? The dilemma: was this really discourteous to staff, or was it an example of that "living togetherness" as preached and practised by the founder? There were many such dilemmas to catch an unwary and amateur Warden in those early days. Some of the issues must now sound absurdly petty. A committee ruling was that care staff wear uniforms, and that patients should never address them by their Christian names. Should one have insisted on adherence to such rulings, or tried to be more human? And residents were of course invariably referred to as "patients", and expected to be "grateful"!

Newcomers

Nature of authority was a constant, though not always explicit, pre-occupation. The Warden was left very much to his own devices (as I said earlier, no job description) so that any divergence from a committee view usually emerged fairly unexpectedly with little opportunity for measured response and debate.

Sometimes a member wished to sponsor someone for admission, and we would be assured "not bedfast, not incontinent, charming contributive personality", the patient perhaps arriving the same day. Not infrequently the diagnosis was woefully wrong, so that retention was an impossible burden for the rest of the community. How one's heart bled for the would-be newcomer. This kind of embarrassment eventually led to the formation of an admissions committee, coupled with the practice of accepting people only after they had first had a holiday or trial period at the home.

(The Editors asked Alan Finch, a former Warden, how he found Le Court in the early fifties. He says has tried to recollect with affectionate candour).

Redefined Role

All this time Le Court was trying to settle down to its recently redefined role of caring specifically for the "young chronic sick". But it already had within its family many people from a much wider spectrum of need, including some who were not ill at all. The mix was certainly "mixed", and tensions were not eased by the inability to respond equally to everyone's needs: some wanted to and could contribute positively to a lively community life: others (by no means the oldest!) were content to accept a more vegetable form of existence and simply express appreciation, or otherwise, for service provided.

Anxious Moments

A constant management style was hard to maintain with so many interested parties anxious to mould the situation to their own ideals or priorities, and it was at times tempting to cock one's ear for the occasional grinding of axes. But a useful lightning conductor for tension was the nirvana of the new building going up a few yards away. It would, so we assumed, solve all our problems: perhaps this was too naively accepted. But it certainly was a great adventure preparing for the big day, with official openings and a Royal Visitation to follow. A certain measure of, dare I call it grace came in handy when two days after we moved in, a deputation of residents came to complain bitterly that the place was too noisy and too cramped . . .

Participation

Participative management, already mentioned in the context of helping the architect with resident-oriented modifications to his plans, was given another shove forward with the setting up of the Welfare Fund, financed partly by the sale of "manufactured" artifacts and partly from the profits from the shop. The fund was managed by a joint committee where discussions of day-to-day minutiae could easily be led into the sharing of views on home policy . . .

No Neat Answer

The social life of the place, three miles from Liss, was a constant challenge. Various voluntary helpers (notably Toc H) and a growing number of student "slaves" from universities, etc., certainly brought in fresh air from the outside world. But there were other issues. A resident and a senior nurse expressed their intention of marrying each other: shock horror waves at committee level. Was it right for the Warden and colleagues to take residents down to the local pubs for an occasional night out, and in the ambulance to boot? Some "respectable" neighbours felt moved to complain, but not to the Warden! Could that ambulance (not legally an ambulance at all despite appearances to the contrary!) be used for staff outings? Should staff quarters be out of bounds to residents? Were staff entitled to a "life of their own" or should they remain "dedicated"

to caring twenty-four hours of the day? Among so many other sins of omission the writer is all too conscious of having left no nice, neat answers to these questions which could only be wrestled with pragmatically as they arose.

A Sense of Balance

Looking back, one wonders whether all that wrestling with so many problems, seemingly unique at the time, eventually did bring a sense of balance and perspective for future generations at Le Court, and elsewhere. It was certainly a privilege to be in the midst of it all at that seminal time. One's abiding memory is of how endlessly "patient" and understanding (and may I say forgiving) everyone was. For myself, it was an unforgettable period of grateful learning from so many wiser than myself. One thing is surely certain: Heads of Homes are professionally selected these days!

Mrs. Peggie Roberts first began work at Le Court, in the old house, in January 1951, and is a senior member of staff at Le Court today. She remembers the good family atmosphere created by the willingness of patients (the term used then) working together and helping each other as a matter of survival, for there were not the aids and facilities now found in homes. Some residents helped in the kitchen, whilst others sorted the laundry. Until their own bus was acquired, Red Cross transport was used for monthly outings. The sister-in-charge at that time (note the authoritarian title!) had her office in the large bathroom—with the bath being in frequent use! Peggie vividly recalls the periods of time spent taking residents up and down the vast oak staircase upon which cats crept stealthily at night, as well as an elderly resident with lighted candle! Future plans and policies were not given a great deal of thought as it was hard enough for the home to function on a daily basis. No one working in the old house at that time could have envisaged the expansion of such a venture. The concept of caring for disabled people then, many of whom were hidden away or in geriatric wards, is now vastly different. A change she welcomes.



Alice receiving an 80th birthday card from the Group Captain together with Mrs. Peggie Roberts.

Mrs. Alice Rowell came to live at Le Court from Camberwell, London, in 1950, making her the longest surviving resident in the Cheshire Homes. Alice soon settled into the happy atmosphere of the old house, sharing a room upstairs with six other residents. Everyone helped in whatever tasks they were able to do, and Alice soon found herself as the chief washer-up! So many changes have taken place at Le Court that it is difficult for her to recall them all. For the resident who enters Le Court today to use it as a stepping stone towards living in the community, Alice is in full agreement.

**The Right Hon.
LORD DENNING**
Lord of Appeal

I would like to send to all of you all my best wishes on the 35th anniversary of the beginning of the Cheshire Homes.

It brings back to my mind the year 1948 when there was the old house of Le Court and Leonard Cheshire taking it in hand as a Home for the Disabled. I remember too the wintry day when my wife and I drove over from Sussex for the first meeting of the three first trustees—Leonard Cheshire, Professor Cheshire and myself. The story since then has been one of constant progress. I ceased to be Chairman of the Trustees in 1962 when I became the Master of the Rolls, but I have taken great interest since then in all that you do.

The Foundation which Leonard Cheshire started has been the most remarkable achievement in social welfare in our time or in fact in any time, not only in England but all the world over and, as we all know, Leonard Cheshire has been the guiding spirit all the time. It has drawn out the best in people: courage in adversity, patience in suffering, help for those in need and faith in God, following the precept, "Thou shalt love thy neighbour as thyself".

35 YEARS

a few
Tributes

**The Right Hon.
LORD EDMUND-DAVIES**
Privy Councillor

At my age anyone of 35 seems a mere stripling! But with institutions it is different. The important question then is: What have they *done* during those years?

To that question the Cheshire Foundation can proudly answer that the reality has vastly exceeded our wildest dreams.

Yet a great deal remains to be done. Through God's grace, may there never be lacking men and women to shoulder the burden and share the blessing of helping the handicapped to live a fuller and happier life.

**Sir Christopher
FOXLEY-NORRIS**
Chairman Emeritus

Thirty-five years—half a statutory life-time. Yet how quickly it seems to have passed and how remarkable the progress we have made in that time. From one home to over two hundred and twenty, from one country to forty-two; and ever growing.

Yet we should not measure the achievement of Leonard Cheshire and his Foundation in terms only of size and quantity. We can also be proud that not only have our original objectives been maintained and even advanced. So have the spirit and the ethos. The standard of life now available for those with some physical or mental handicap has kept pace with the actual growth, not only in residential homes but in the various other concepts we have been able to implement; family support, independent living and so on. The welfare and independent individuality of our people remain overriding considerations in our work; may they always remain so.

We have accomplished much, but there is still much to do. May the next thirty-five years prove as fruitful and progressive as the last.

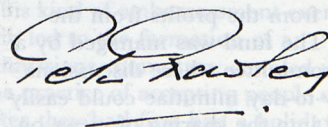
. . . and the Chairman says . . .

It is an essential part of our approach to the care of disabled people that conditions in our Cheshire Homes should be as near as possible to the conditions in our own private homes. These will of course vary from place to place and country to country according to where we live but we all have dining rooms and we all use our dining rooms once or more a day.

I would like to see the dining rooms in our Cheshire Homes here and throughout the World more like the dining rooms in our own private homes. In some homes we have polished tables with attractive table mats and place settings and in others attractive table cloths and napkins. Often there are flowers on the table and sometimes in the evening candles. Our cutlery, crockery and glassware is all designed to enhance and make the meals which we eat in our dining room more enjoyable.

In some Cheshire Homes this approach to their dining rooms is very evident but in others there is considerable scope for improvement and if they are given the opportunity I am sure that the residents would like and be able to make helpful suggestions as to how their dining rooms could be more homely.

Flowers on the table improve the quality of life and I do hope they will be there when I next call to visit you.


Sir Christopher Foxley-Norris

PLAN CHEST

A door is a door, is a door, is a . . . ?

Keith Cook

To the disabled person it seems to be a symbol of many things. A door forms that irritating barrier in an otherwise easy corridor and bangs shut one short moment after the fire alarm has sounded. The door is marvellous for keeping back kitchen aromas and all those smells which are a part of living, but then someone always seems to leave it open. It is a symbol of our individuality and independence when it can be closed on our own room, but one of separation when the handle cannot be reached or the opening is too narrow to be easily entered.

So how do we make the door our friend and not our enemy? The first consideration, although not the most important, is the width of the opening which should allow for the occasional movement of extra large equipment and special beds, while still leaving a main section easily opening for everyday use. The principle of a "door and a half" door may well meet this requirement and

can be hinged or sliding. The second consideration should be whether it does its job. A door will not be private if it has a window panel or no latch and a curtain cannot stop sound or air movement.

The third and most important factor is whether the person using the door can operate it easily and this raises many questions which can only be answered satisfactorily by the person concerned. Is the door too heavy, or the catch too stiff? Is the corridor wide enough and the handle away from the adjoining wall so that a "wheelchair driver" can get up to it? Does it swing or slide so as to leave the best access to the room, and is it easy to shut again? Doors should have a clear opening of not less than 775mm and in bedrooms, particularly where corridor or access widths are restricted, should preferably be capable of opening to at least 1,150mm. There has until recently been some difficulty in obtaining doors wide enough

to suit these requirements, but these are now being produced.

The Fire Officer has rarely made access easy, but there is a good selection of door holders and closers available which only operate during a fire and can be fitted with a delay action to make their closing less abrupt. Nylon brush welts and intumescent strips are now often demanded and it is essential to ensure that these do not hamper the free movement of the door. Lastly, a door should be welcoming and cheerful, whilst being robust, and it might help to adopt the method seen in many Homes of replacing the kick plate with a piece of the room or corridor carpet to soften the impact and appearance.

A door is a door, is a friend!

This year has so far seen good building weather, helping progress throughout the country, and an "up-date" will be given of the current Projects in the next "Plan Chest".



A Chance to come to LONDON?

The LONDON HOTEL for DISABLED PEOPLE

If you are a disabled person, you may never have spent any time in London. You may never have been to a London theatre, restaurant or night-club. You may never have visited any of the sights other tourists take for granted, nor may you have attended a concert, sporting event or conference held in the capital. This is not necessarily a conscious choice, a lack of interest in city life. Nor is it always physical inaccessibility which is the bar. To visit London is, more often than not, to stay in London for a night or two, and there's the rub. Where do you stay?

Draw a picture of a London hotel and you are likely to conjure up something plush, possibly offering facilities that could deal with the problems of handicap, and with a nightly price-tag to match. At upwards of £40 a night, and that is something of a bargain, to close your eyes in sleep is to indulge in a costly set of dreams. How many disabled people relying on a low income can afford that extravagance? Then there is the other end of the scale, something frankly basic. It may not be costly—though a lack of trimmings does not guarantee a bargain—but neither may it

be much use to you. In London hotel terms, something basic is unlikely to cater for handicap with anything like adequate facilities or expertise and, with all the good will in the world, a cramped building with no room for large lifts, bathroom adaptations or wider doors is not a comfortable base for a disabled visitor to launch out on the London scene. What all this means is that too many potential disabled visitors to London simply stay away and miss out on the unique offering it has to make.

A Better Future?

That is the way it has been. The future could be very different. For the past several years, a group of people drawn from various organisations of and for disabled people, along with other concerned individuals, have been working on the problem. The question they confronted was: "How best do we ensure that handicap, low income and a possible reluctance of some disabled people to appear difficult to cater for in an unprepared hotel, do not bar people from their right to enjoy the capital from the base of adequate accommodation?". The answer appeared to be simple. Build and run a purpose-built hotel that can cater for all handicapped people at a reasonable nightly rate, and write in provision for non-disabled family and friends at the same time. With a generous donation from the Ernest Meaker Trust to start the operation and continued financial and administrative support from Barclays Bank, a charitable company called the London Hotel for Disabled People Limited was born. There were, however, difficulties ahead in the shape of a treasure hunt across London for a site that would offer access to the heart of London but within the budget that the group set itself. Site after site was discovered, raised at meetings, examined, even negotiated. Each time the site was rejected as unsuitable until the latest plan which is to start work in 1985 on a promising project in the Victoria area of London. 1985 is still some time away, however, and so a parallel development is also under way.

What it costs

From September 1983 extensive facilities for disabled people will be offered by the London Tara Hotel, Scarsdale Place, Kensington, W.8., in conjunction with the London Hotel for Disabled People Limited. The result of some enthusiastic negotiations is that ten specially adapted rooms will now be available to disabled guests, including those in wheelchairs, and these adaptations include a specially equipped bathroom in each room. In addition, able-bodied companions will be able to maintain contact by using adjoining rooms with communicating doors. There are other aspects of



London Hotel for Disabled People

this hotel which commended it to the charitable company. Amongst them, level access to and from the car park, large lifts, no steps to restaurant or coffee-shop all featured, but, as important as any physical facility, the hotel staff are trained to understand and help with the special needs of disabled guests. With this approach as basis, how much more relaxing a hotel stay could be, and the hope is that such facilities will be noticed and copied in time by other hotels unused to catering for disabled guests. There remains the question of that other barrier to a hotel stay, the cost. As the intention of the project in the first place was to provide accommodation accessible in price as well as in facilities, the London Hotel for Disabled People Limited has negotiated concessionary rates for any disabled person booking a room at the hotel through them. They have instituted the Visitor's Club, which enables a disabled visitor on joining to rent a shared twin room for a fully inclusive price of £16.50 per

person per night, and that includes continental breakfast, or £26.40 for sole occupancy. Although the room-rates at the Tara Hotel will undoubtedly vary over any length of time, the proportionate concession will always, it is hoped, keep costs to disabled guests reasonably within reach.

All that now remains is for people to use the hotel, the concession and, above all, what London has to offer. It is a city to be explored and enjoyed and now, for the first time, real facilities for doing just this are open to disabled people. Will the Visitors' Club open flood-gates? Is this the start of other London hotels taking up the challenge in their turn? The answer lies in the hands of every disabled person who could make the scheme come alive. London is there for the enjoying.

by Marilyn Alan

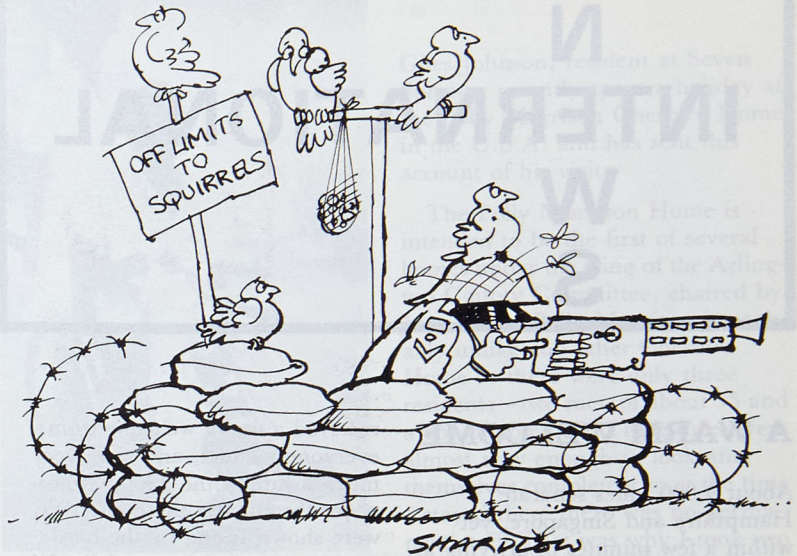
HALF-WAY HOUSE

This modern bungalow was architect designed with a very special purpose in mind to accommodate physically handicapped people who, provided with every modern aid for normal living conditions, wish to prove to themselves that it is possible to live independently. It is a known fact that more disabled people than ever before are hoping to marry. It is sad but true that there is practically no housing whatever available providing a model of this accommodation, incorporating hoists over the beds from which one can transfer to the toilet and shower, and cooking equipment in a most up-to-date kitchen with cupboards, oven, sink, etc. at the correct height to operate from a wheelchair.

The purpose of the bungalow is thus to provide a safe "Half-way House" where disabled people may try out independent living for a limited period before moving on to the outside world. A trial period of four to six weeks is envisaged, with every possible back-up facility given, *if desired*, by staff of Seven Springs. We are most anxious to aid in any way possible to the establishment of independence.

The rent is most moderate (£20 a week for two people, which includes heating and lighting). The second person may be an aide or relative. Main meals are obtainable in the home for a nominal charge if advance notice is given, but self-catering is envisaged in day-to-day living.

For further information, please write to the Arthur Busk House, Seven Springs Cheshire Home, Tunbridge Wells, Kent. TN2 4NB. Tel: Tunbridge Wells 31138.



By courtesy of Paul Shardlow

NUTS

by Jean Taylor

A "hazard" of living at Mote House has proved to be a very active and hungry band of squirrels occupying the trees in the park. Last year they kept stealing the nets of peanuts I used to put out for the birds. The nets would be slit by sharp squirrel teeth, then as the precious nuts streamed out onto the ground they were pounced on by the little gentlemen in grey fur coats and demolished at a great rate of knots. Then they

got even cheekier and took the whole net (plus nuts, of course) to dismantle in a comfortable tree nearby. At this stage I decided the game was becoming rather too expensive and the birds were getting a raw deal, so I got a squirrel-proof feeder for the birds, which lived up to its reputation.

This Christmas I had a gift of another feeder made of very small gauge wire netting with four wooden perches mounted on it, and this was duly hung on the bird table and remained there for two days before it disappeared! A hunt round the trees at the back of the house failed to find the feeder, so I gave up hope of seeing it again, until someone found it beneath a conifer (incidentally the one planted in our garden by the Group Captain). The nuts were still in the metal container but the wooden perches had been completely chewed off.

Somewhere in Mote Park there must be a squirrel suffering from a severe state of frustration since he couldn't get at the nuts, and I can imagine him throwing the feeder under the tree in disgust, and returning to more formal foraging for food.

At least the birds are now happy since the feeder has had new perches fitted and is securely screwed on to the bird table.

Even squirrels can't use screwdrivers—or can they?

N INTERNATIONAL W S

A WARM WELCOME

About 9,000 miles separate Hampshire and Singapore, yet within a few minutes of arriving at the Cheshire Home I had met two people who actually knew Le Court at firsthand! Incredible! There was Yeo Chong Choo, Chairman of the Residents' Committee, who had been a delegate to the Cheshire Homes International Week and Conference in 1981 and had visited Le Court on the 28th June, the day when the whole world (almost) met at the first Cheshire Home. Yeo recalled with great pleasure the events of that day and the people he had met. Then a member of staff, a Singaporean girl named Alice Goh, rushed up asking whether the Service Corps still existed. The Service Corps was housed in a building adjacent to the home at Le Court and was in fact a centre funded by the Foundation for training care assistants to work in Cheshire Homes. The answer to her question—No, the Service Corps was no longer in existence and the building is now used to house resident staff. Alice did her training there about 10 years ago, when she got to know Le Court well. She worked in two English homes before returning to Singapore. Needless to say, she bombarded me with questions about the residents and staff whom she still remembers and was interested in the up-to-date brochures and postcards I had taken over.

Since Mr. Selwyn Goldsmith produced an excellent and comprehensive article about the Singapore Cheshire Home for the *Smile* as recently as Autumn 1981, I won't dwell on every aspect of the home. Like him, my husband and I

received a warm welcome from everyone we met, and were very much aware of the happy atmosphere throughout the home. We were shown round by the hard-working young Matron, Miss W. G. Tan, who introduced us in a variety of languages and dialects. Of the 69 residents, the majority are Chinese (they speak in widely varying dialects, though their official language is Mandarin Chinese), and there are smaller numbers of Indians, Malays and other nationalities. We met only one resident who spoke no English, so had no problem in conversing.

Three hours were hardly long enough to absorb everything, to meet so many friendly and interesting people—and to answer countless questions about Le Court. However, these are some of the lasting impressions from our visit:

There were only about five electric wheelchairs in the home. One resident had just had his chair adapted in the home's own wheelchair repairs workshop—we were interested to see that he steered it by means of bicycle handle-bars. It had obviously made a great difference to his life and he was really enjoying his newly-acquired independence.

Some residents had their own pets—cats, dogs, mice and birds—and I recall in particular Jason Chan Ah Chia with his inseparable canine companion. He thought it rather tough on Le Court residents that they are limited to cage-birds for pets!

We were impressed by the number of residents who were busy using their expert skills in various handicrafts. When they sell their products, part of the proceeds are retained by the maker and the balance goes to the resident's "Family Fund" or the home's General Fund.

During a recent holiday in the Far East, Vivien Pike, the Assistant Secretary at Le Court, visited the Singapore Cheshire Home.



Alice Goh, Vivien Pike, Matron W. G. Tan, Yeo Cong Choo, Johnny Tan

We admired many exquisite soft toys and dolls, all made and dressed with infinite care. Quite a number of Kok Kwan Chong's Chin-Chins, little Donald Ducks in Chinese dress complete with pig-tails and fans, have now found their way into several rooms at Le Court. Mary Kaw Lian Geok was making her lovely paper flowers and by the end of our visit had completed a "bouquet" of roses for us. Several residents were working on various stages of patchwork to be made into quilts for every bed in the new home (more of that later!)

Apart from the handicrafts, residents contribute in the running of the home in a variety of ways. Ker Hock Seng runs his own workshop where he repairs and adapts residents' wheelchairs and manufacturers aids for the home. Chan Chin Ngoh helps in the kitchen every day. Others help with cleaning, washing clothes, gardening and carpentry. In addition, residents seem very willing and happy to help each other. All this is of great benefit to a home which is understaffed, where there is no workforce of "domestics" and which is dependent on the services of regular volunteers to help the dedicated staff maintain the well-being of the residents.

In a wing of the home which accommodates elderly fee-paying residents, we met a 95 year old English lady. She was eager to hear about our long plane trip and the weather in England, and reminisced about sitting round an open fire in winter. The heat outside was incredible that afternoon—over 100°F with thunder rumbling overhead—and it seemed strange to be talking about open fires. From the oldest to the youngest residents—young men in their late teens and early 20's, many of whom have moved over from the Red Cross Children's Home next door. They are accommodated in what must be the best-situated wing of the home, facing the sea. They were a delightful, humorous group, and included two sets of brothers.

The setting of the home at Changi Creek is something we are unlikely to forget. A former R.A.F. Transit Camp, it is situated close to the sea, within easy reach of Changi village and a long way from the hustle and bustle of the city. However, the lease on the site has run out and in 1984 the residents will be moving to a purpose-designed home at Serangoon Gardens/Ang Mo Kio, a much busier area of Singapore. The estimated cost of the land and the new building is in excess of \$3.2 million (about £1,000,000), and the Management Committee face the formidable task of raising this sum from voluntary sources—this being over and above the normal running expenses of the home. Well-organised major fund-raising events and generous donations from Companies, organisations and individuals are helping the Committee to move towards their target.

I can understand why the residents are looking forward to the move with mixed feelings. There will be the advantages of living in a permanent home, a purpose-designed building with modern facilities, and there will be a greater opportunity to integrate into the community (also, hopefully, the staffing problems may be overcome). But how they will miss the sea, the peace and the space at Changi Creek!

Anyway—good luck with the fund-raising and the move, greetings to everyone, and thanks for a wonderful afternoon.



Matron W. G. Tan with Devasah Ayam

WEDDING IN BARCELONA

A very special event took place several months ago when Rosario "Charo" Perez of Masnou Home and Carlos Dominguez of Benedetti Home were wed in the Bonanova Catholic Church. The officiating priest conducted the entire service in the sitting position in deference to many guests and the bridal pair who were not able to stand. After the ceremony everyone retreated to the Benedetti Home where the staff had prepared a super wedding buffet and enjoyed a delightful reception. The bridal pair spent a short honeymoon in Madrid with the bride's parents, after which they returned to Barcelona where they have set up up their home in a flat. We all wish them every happiness together.



U.S.A.

Giles Johnson, resident at Seven Springs, recently spent a holiday at the Polly Morrison Cheshire Home in the U.S.A. and has sent this account of his visit.

The Polly Morrison Home is intended to be the first of several homes under the wing of the Arlington County Committee, chaired by Joan Tuck. Polly Morrison is probably unlike any other Cheshire Home as there were only three residents—two men of about 35 and a boy of about 18. These three were almost spry enough to look after themselves completely so at the time I stayed there there was no permanent staff! That was why I took two "boys". The "House Mother" was on holiday and her place was taken part-time by a friend who had a regular office job at the Pentagon. She came early mornings for two hours to see the boy off to school and came back after work to get supper, leaving for her home about 10.00. The result was a very homely and friendly atmosphere, with members of the Management Committee stopping by pretty often. In fact one or other was usually sharing our supper round the kitchen table.

I, of course, did not get very much knowledge of management style. As can be seen from a list of board members, there are more management chiefs than Indians—not that that is the management attitude I hasten to say. Management jobs must be daunting, not only coping with present residents' problems and getting new homes underway, but above-all, publicity. I should think hardly one in a million Americans have heard of Cheshire, and before parting with their money they want to know what is so special about Cheshire Homes, as distinct from their County Homes for the disabled. One taxi-driver thought Polly Morrison was some kind of lodging house—quite natural as two of the three residents went out to work or vocational study.

As to the home, I have very happy memories of their hospitality and friendliness and wish them the best of success, from my entirely different Cheshire Home in which I am happy to live, in the entirely different British environment.

Sir James and Lady Peiris — the 'veteran' of Ceylonese homes

Although the Sir James and Lady Peiris Cheshire Home is the "veteran" of Ceylonese homes (founded in 1968), life here has taken some new turns recently which have stimulated the ways of our small community.

With so many people having helped us all these years, we thought why shouldn't we start rendering some service to the needy of our neighbourhood. In fact we are located very closely to a beachside fishing village. Life here is less romantic than people in Europe might think it is. Hundreds of families live in tiny cadjan cottages in very poor conditions, particularly during the monsoon season when no fishing means no income to keep the family going.

Given the facility of our spacious Cheshire Hall a project was started to train and occupy young people from the community.

There is a typing and an English class. In craft workshops rugs, flowers, envelopes and woodwork are produced. The instructors include volunteers and residents from the home, who have great skills in various crafts.

JERSEY C.I.

The Jersey Cheshire Home which featured in the summer issue of Cheshire Smile was officially opened on 25th July by Princess Alexandra, accompanied by her husband the Hon. Angus Ogilvy and Group Captain Leonard Cheshire.

Residents, staff and friends mixed with a large group of distinguished guests, and made it a "family occasion" for Leonard Cheshire. The Royal guests were made to feel at home when they visited the private rooms of the residents, with their specially equipped features.

Group Captain Cheshire said the home was a credit to the generosity of the island. The purpose of the homes, he said, was to provide accommodation for disabled adults who needed help in managing their lives, but who did not belong in a hospital ward.

While rendering this service to the neighbourhood, we feel that the residents, too, benefit from the effects. The home has become more lively with the presence of these youngsters and the increasing number of outside people. Perhaps a step forward to the integration of the Cheshire Home as a place of encouragement to all in the community.

The visit of Gina Leveté and Wolfgang Stange earlier this year is fondly remembered. With their great enthusiasm these two dancers have reminded us that there is really no handicap to enjoy music, movement and dance. Try it out yourselves! With best wishes to all Cheshire residents around the world. Ayubowan (may you live long) from Sri Lanka.



CENTRAL REGIONAL CONFERENCE



A musical welcome

Held in Lusaka, Zambia earlier this year, the conference was opened by President Kaunda and attended by the Group Captain, the Hon. Justice Silungwe, National Chairman of the Cheshire Homes in Zambia, and delegates from headquarters in London and all corners of Africa.

During the three day conference, talks by visiting speakers were given on such subjects as "Aids and appliances appropriate to Africa", "Nature and causes of disability in Africa", and "Training in Cheshire

Homes in Africa". There were working groups and discussions and, as communication between different countries on the continent is always a great problem, the opportunities for exchange of views, problems and experiences between delegates will prove invaluable and beneficial for the future.

Delegates enjoyed a visit to the Lusaka Home for Children where a musical welcome and entertainment had been prepared for them by the residents.

NEW HOME in NDOLA

Mrs. Willie Van Iersel, leading light in the establishment of the new Cheshire Home in Ndola, Zambia, first became impressed with the work of The Foundation when her handicapped daughter entered The Sparks Estate Cheshire Home in Durban, South Africa.

She was so delighted by her evident happiness that when she went to Zambia she resolved to set up a Cheshire Home. That was ten years ago. On April 14th, just before the Zambia Conference, Mrs. Van Iersel had the pleasure of seeing the Home officially opened, in the presence of Group Captain Cheshire.

It is built along traditional African lines and made of local materials to fit in with the landscape. Initially it will house 12 physically handicapped girls from the age of 12 years upwards; later the number will rise to 20 and eventually a total of 40. The aim is to treat and educate the girls and give them vocational training.



PAMELA FARRELL, JP awarded the OBE



Mrs. Pamela Farrell, J.P., a Trustee of The Leonard Cheshire Foundation, was awarded the O.B.E. in the Queen's June Birthday Honours for her work for the Farrell Charitable Trust and the Foundation.

Pamela Farrell founded Heatherley Cheshire Home at Copthorne, and became Chairman of its Management Committee and is now its President. She also founded Seven Springs of which she is now President and was involved with setting up Chipstead Lake and Appley Cliff.

A member of The Cheshire Foundation International Committee she has travelled extensively overseas and instigated the formation of Cheshire Homes in Guyana, Jamaica, Barbados, Ontario and Quebec.

Pamela Farrell set up the Farrell Trust to provide housing for families with a disabled member and the eighteen houses and bungalows produced have now been gifted to the Cheshire Foundation. She has

extended the activities of the Trust to providing holiday accommodation for similar families and has so far raised sufficient funds to provide two holiday houses in Bognor, two mobile homes in Selsey and two holiday chalets in New Milton and just recently, an apartment and two bungalows in Eastbourne.

All this holiday accommodation is on or very near the sea and to places offering much varied entertainment. They offer complete access for wheelchair bound people. Applications for bookings should be made direct to her at Sandgate House, South Strand, Angmering on Sea, Sussex BN16 1TN stating requirements, length of stay and accommodation required.

Pamela Farrell became involved with the work of the Leonard Cheshire Foundation through her first husband, the late Squadron Leader Ginger Farrell, D.F.C. who, after qualifying as a doctor, contracted multiple sclerosis. Before his death he was Welfare Officer for the Foundation.

NOW—the square orange badge

For as long as I have been a disabled driver (17 years) and probably, for far longer, parking has been a problem. In that time I have seen the arrival of the round orange badge and now the square orange badge. I have also seen parking restrictions and controls move from a position where restriction was exceptional, to a position where the absence of a yellow line in a town centre usually means fresh tarmac conceals one. Similarly changes in enforcement mean that in many (most?) places waiting restrictions are frequently ignored due to the shortage of traffic wardens.

. . Useless holder

Hopefully the new square orange badges will reduce abuse of the concessions for disabled people. However, if my own new badge is typical, the date is so badly stamped that it can easily be altered. The new holder is virtually useless and an alternative is not easy to find due to the shape. The result will be altered badges, badly worn badges and inevitable loss. Considering how long government and relevant organisations chewed this problem over, the end result is hardly a credit.

A Code needed

The present concessions in England and Wales generally allow parking for just two hours. This would be adequate if there were ample convenient and suitable longer term spaces, but these are rarely provided. Two hours is inadequate for many purposes and I honestly doubt if there would be any increase in obstruction if this were increased to four hours. The main problem in doing so would be those disabled people who fail to use any common sense when parking on yellow lines. One all too often sees parking causing an obstruction to lorries and buses and the obstruction is frequently displaying an orange badge. To maintain the goodwill of other road users and enforcement authorities, we must ensure good conduct. Perhaps it is time a code of conduct was drawn up by the relevant organisations.

PARKING

a cause for concern

by Douglas Campbell FCA

The introduction of such a code could encourage government to extend concessions.

For some unexplained reason, no proper system of concession applies to much of London unless you work or live there. Experience does not indicate that the traffic and parking situation in London is any different to that in Birmingham or Bath. If, like me, you have visited London on business, you have to either take a chance or contact the police. Contacting the police is not easy, as first you have to find the right police station, then the right officer. Each officer sets his own arbitrary rules but this usually means a detour to visit the police station to collect a permit. The police station may be difficult to find, difficult to park at and impossible for access. It is not the fault of the police, as they do not make the rules. Taking a chance cannot be recommended as the fine can be costly and there is always the chance that the car could be towed away or clamped. There is absolutely no reason why concessions cannot be extended to London as far as parking on metered or controlled spaces, resident's permit spaces, etc., immediately. The spaces provided for holders of London Borough disabled badges should be made available to all.

Stupid rules

Finally the reasons for restricting our concessions in London must be spelt out and properly justified. A further problem arises with local authority car parks. Frequently it is difficult to tell these car parks from highways. There is one major difference if you have an orange badge—your rights have gone. Any concession is local and depends on the individual authority. Some allow free parking only in marked spaces, some charge in full. Where the pay-

ment system can be used by disabled people, I feel we should not demand free parking. However, as 'pay and display' machines cannot be reached by many people, this type of car park must always be free. Stupid rules about which spaces are free should be abolished. Most importantly of all, any rules should be clear to first time users. Are the rules in your local car parks apparent to a disabled visitor strange to the area?

Why not access symbols?

A major problem is that many multi-storey car parks carry no useful information. You may have to enter and drive round to find out whether there are suitable spaces, level pedestrian exits or lifts, etc. Surely it would be simple to display a clear access symbol outside suitable car parks. This would encourage disabled people to use car parks rather than park in the street.

ACTION NOW required

All in all, we definitely have a cause for concern. This is a field directly related to mobility and one which The Disabled Drivers' Association must take up. The need for a high level committee exists and our Association must take the steps to get this started now. There is little point in having vehicles if we cannot park where we need to go. If we could travel by public transport we would. (Perhaps! Ed.) If we have an orange badge, it is because we need it and we must have concessions everywhere. This need cost the state nothing except surrendering a stance they have adopted. Action now is what we need, do you agree? Acknowledgements to The Magic Carpet Disabled Drivers Association

Sir,

When I moved in, rent free from Barclays Bank, over seven years ago I thought we were only there for months. In that time, with my helpers, we made over £70,000 for the Cheshire Hostel in Osler Road, Headington, Oxford. When the bank sold the shop it was very depressing as we need the money to help the students through their studies in the hope they will become self-sufficient.

I am delighted to tell all our readers of the Cheshire Smile that I have found another shop, given by Lloyds Bank at 83 Jordon Road, Headington, Oxford, and we hope to make another £70,000.

Yours sincerely,
Mrs. S. Roe.



on all committees with full voting rights, etc. We have a Head of Home and Head of Care—no Matron—and although residents have been invited to address them by Christian name, the answer came back from the Residents' Committee "We respect you and want to keep you on a pedestal". Oh dear! There is only one way off a pedestal and that isn't up.

However, one phrase in the article struck us as being slightly wide of the mark. "Matron and staff are hired to help in running the home; they only work there, they don't have to live there".

Now we don't want a Matron/Patient relationship, nor that between Schoolmaster and Pupil but perhaps it is possible to go too far the other way. Surely the quote does not intend to imply a Boss/Worker or Master/Servant situation. This would lead to further unhappiness with the minimum work being done, staff not staying beyond the last minute of their shift and those little extra touches that make all the difference to a resident's life would be missing. We are aiming to make a home, not an hotel.

We suggest that there is a middle course of partnership between staff and resident. The good care staff will anticipate the resident's wishes because by working closely with them they get to know the resident's mind and become an extension of their body doing, without need for request, those things that through disability they are unable to do for themselves. There is much more to being a member of Care Staff than the routine of getting up, washing, dressing, feeding, toileting, bathing and so on. It is the talking, finding out about family backgrounds, interests, hobbies, favourite TV programmes, in fact all the things that make a human being a person and the reacting sensitively to that individual. This may sound simple enough, but we do not employ angels with limitless time. There is the round of essential work to be done and it is often tiring, at times unpleasant and occasionally upsetting, but most residents understand this. It is said that marriage is a matter of "give and take". A smile and a little tolerance from both partners goes a long way. It is true that there would be no jobs for the staff if the home was not there, but there would be no home for the residents if the staff weren't there. It is a partnership which has to be worked at patiently to achieve the aim of making a home in which residents are happy to run their own lives and staff are proud to work.

Commander R. J. Davies
Head of Home, St. Michael's
Cheshire Home

Sir,

We are writing in response to John Lambert's forthright article "Whose Home is it Anyway" in the Summer 1983 edition. To give some background, we come from a home described flatteringly if inelegantly as "fully handbooked" by the Chairman of the Foundation when he joined us for our AGM in March 1983.

We support virtually everything that John Lambert says: no uniforms, come and go as you wish (normal courtesy of letting the cook know please), guests as many and as often as you want, representation



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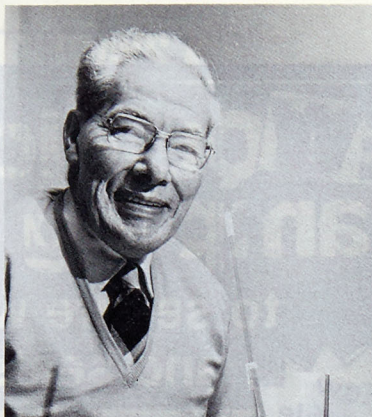
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The Pat Saunders straw has a small valve which holds the level of the drink at the top of the straw, so after drawing up liquid initially, no air is taken into the stomach. Apart from medical benefits, the straw is more pleasant to use than an ordinary one, in fact it is easily controlled and is much the same as drinking from a cup. It eliminates the loss of dignity for the disabled person resulting from accidents arising from spilled drinks. The straw can be sterilized, and may be boiled or cleaned with denture cleanser daily. It may be used for both hot and cold drinks and is unaffected by mildly acid citrus drinks. A conservative estimate of the life of a straw would be six months.

The straws are sold in a unit of 2, one 7" and one 10" in a plastic container. The two straws retail at £1.50 including V.A.T. and are available from Nottingham Medical Aids Ltd.,

17 Ludlow Hill Road, Melton Road, West Bridgford, Nottingham, NG2 6HD. Tel: 0602 234251.



Meyra Rehab introduce their new range of folding, self-propelled and transit wheelchairs. Economically priced, but manufactured to the highest standards, the chairs feature a range of options and variations to provide for individual personal needs. Additionally, they can be fitted with Meyra's own anatomically designed posture system (Forma System) to give even greater support, security and comfort, whilst also preventing secondary ailments.

Also available from Meyra are a new lightweight range of walking sticks and crutches.

Full details and colour brochures are available from Meyra Rehab U.K., Millshaw Park Avenue, Leeds, LS11 0LR. Tel: 0532-776060.

MARKET PLACE

Wheelchair for Hemiplegics

The Arnas, a wheelchair with a one-sided lever control, either on the left or the right, enables hemiplegics and patients with severe strength limitations to move about without an attendant. The system is simple, quick and easy to adjust and can be supplied fitted to either side of the foldable wheelchair. The Arnas system adapts the propelling, steering and braking effort to the user's capability.

A forward/reverse drive selector and simple adjustment device reduces the propelling effort. A removable steering handle, enabling the user to approach a table, and removable arms enabling side transfer to a chair or onto a bed, are additional features.



For further information on these three items please contact Downs Surgical P.L.C. Church Path, Mitcham, Surrey, Tel: 01-648-6291.

New Toilet Support System

Together with the Danish Institute for Aids, Dansk Pressalit A/S has developed a new toilet support system with many possibilities of combination, which make the system adaptable to meet individual requirements. The system includes folding toilet supports of "Rilsan" (nylon) coated steel to which, amongst other things, a paper holder, adjustable front rails and two different types of back rests can be mounted. Thanks to a special wallbracket the toilet supports are adjustable vertically. The soft back rests of Polyurethane are also adjustable vertically. The front rails can be mounted in three different positions and can also be used as extension rails if they are mounted parallel. They are locked with an easy locking system.



This toilet seat was specially designed for the elderly and disabled. Numerous "sitting tests" have been made with people of different handicaps in order to study the pressure of the gluteal muscle and the femoral muscle, resulting in a beautifully designed toilet seat. The sides of the toilet seat are shaped as a comfortable hand support when sitting and transferring from wheelchair to toilet. Pressalit Ergosit is supplied with universal hinges of stainless steel, adaptable to varying bowl dimensions. The toilet seat is supplied with special buffers to increase the stability.

Further information is available from Dansk Pressalit (U.K.) Ltd., 25 Grove Promenade, Ilkley, West Yorkshire, LS29 8AF. Tel: Ilkley (0943) 607651.



Positelec Powerchair

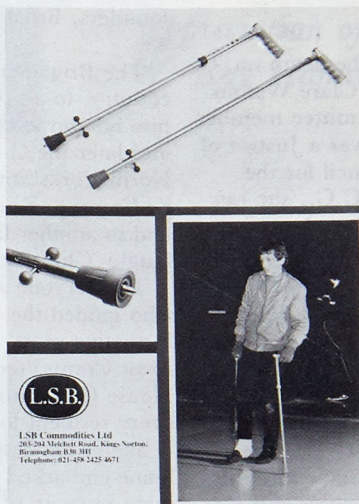
The 10" diameter front casters enable the chair to climb kerbs between 3½"-4" high. The reclining backrest, elevating leg rests and adjustable angle seat are all pneumatically operated. The seat width can be quickly and easily adjusted to any size from 14¾"-19". The electronic control unit can be fitted to either side of the chair and can be adjusted in any direction. It consists of a single lever for directional movement, an on-off and charge switch, battery condition indicator, maximum speed restrictor, deceleration adjustment and charger socket.

The Positelec features a triple braking system: regenerative braking, which allows the chair to slow down gradually when the control lever is released; automatic brakes, which are applied two seconds after the chair becomes stationary, with the control lever in its central position; and hand operated brakes on the rear wheels for use when the motors have been disengaged. The battery is sealed for life and, other than charging, requires no maintenance. It is sufficient for a range of up to 18 miles, or approximately 5 hours continuous use.

Positelec is collapsable for easy transportation and is supplied in three models for indoor and outdoor use, with the necessary road driving accessories if required.



MARKET PLACE



An entirely new patented design of "Tip-Stick" walking sticks (and crutches) has been developed by LSB Commodities with the aim of providing positive grip, even on ice, for those people who depend on walking sticks or crutches for mobility.

The design of "Tip-Sticks" is ingenious yet simple. A lever on the shank of the stick extends a tungsten tip through the centre of the rubber cap, so providing the positive grip necessary in icy and potentially dangerous conditions. For normal conditions or in-door use the lever is released from the "locked" position to retract the tungsten tip, so leaving the large rubber cap to provide grip. "Tip-Sticks", including elbow and axillary crutches with the same mechanism, are available from LSB and their agents.

The price for non-adjustable sticks, supplied to length, is only £11.95 including VAT, post and packing. Alternatively the fully adjustable stick is supplied for just £12.95.

For further information, contact
LSB Commodities Ltd.,
203-204 Melchett Road, Kings Norton,
Birmingham, B30 3HU.
Tel: 021-2425-4671.



Elo-Boy Powered Scooter

Bringing new standards of freedom and mobility to disabled people, the Elo-Boy has an attractively modern style. It is powered by a 120 w motor through the front wheel giving a speed range from 0-4 m.p.h. from a 12 v 45Ah battery which is rechargeable from a standard household wall socket.

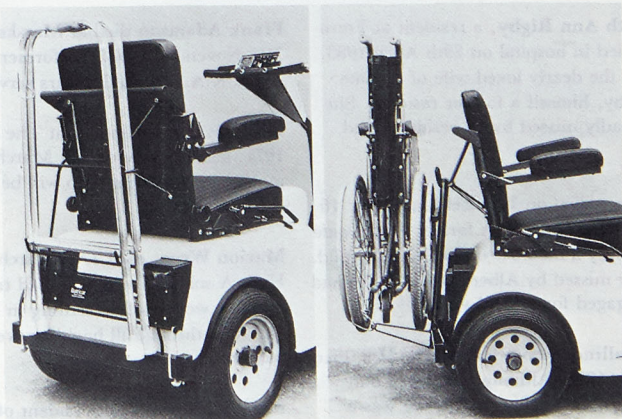
The Everest and Jennings Ortopedia range covers wheelchairs of the highest quality, with a high level of reliability and the power to take the user where they want to go, up and down kerbs and over most types of terrain.

The outdoor model has a range of 25/27 miles with an easy to use, efficient re-charging system. The standard model adds a touch of class, with lights, horn, hazard warning lights, indicator and two speeds all included. The chairs are both attractive and practical. There are four separate braking systems on the chair and the user is in complete control at all times—that all adds up to a high degree of safety.

Everest & Jennings have built up a comprehensive network of power chair dealers, each given specialised training. So wherever a customer may be, a dealer is on hand to give first class service for what is recognised as a first class power wheelchair.

Further information can be obtained from Everest and Jennings,
Princewood Road, Corby, Northants.
NN17 2DX. Tel: Corby (05363) 67661.

Batricar Accessories



Wheelchair Carrier and Walking Aid Bracket, both of which are attached to a Batricar's seat back. The Wheelchair Carrier is specially designed to carry a folded wheelchair, thereby adding further flexibility and freedom for the Batricar user. The Walking Aid Bracket can similarly be attached to the seat back of all new and most existing Batricar or Batrichair models and will take most makes of folded walking frames. Both items are finished with a plastic coating for maintenance free long-life and double as wheeled shopping trolley carriers.

The Wheelchair Carrier Kit costs £31.50 and the Walking Aid Bracket £19.50. For further information please contact: Brian Cripps, Batricar Ltd., Griffin Mill, Stroud, Glos. GL5 2AZ. Tel: (0453) 882243.

OBITUARIES

Clare Walton

It is with great sadness that we report the death on April 19th of our greatly loved P.R.O. Clare Walton. In addition to being an invaluable Committee member at Llanhennock for over 20 years, she was a Justice of the Peace, a member of the Welsh Council for the Disabled, a busy worker for the N.S.P.C.C., she ran a large house, had raised a family of three charming children, cared for an aged and infirm mother-in-law and all this in addition to providing a cushion of loving care to a husband whose health was seriously impaired by his War-time injuries.

Clare was an indefatigable P.R.O. who spread the gospel of the work at Llanhennock Cheshire Home throughout the length and breadth of Gwent and the neighbouring areas. She visited and spoke to a variety of clubs and associations and was particularly successful in involving Sixth Form students in the work of the home. This work produced many practical benefits for our residents as well as material benefits in the administration of the home.

In Management, her great strength was to insist that any and every decision made in committee should be to the benefit of the residents and she would ensure that no short cuts or special arrangements were made for the convenience of administration, unless there was also some practical advantage for the residents. She would pursue any shortcoming in administration with remarkable tenacity and although often holding a minority opinion, it was a measure of her strength of character that she would often in time, persuade a minority view to be accepted by the majority.

She will be sadly missed by her family and by her multitudinous friends. In particular at Llanhennock, we shall miss her cheerfulness and stimulating vitality and for her great practical input into the work of the home. Her illness began during a meeting at the home and it was typical that her last spoken words concerned the welfare of our residents.

Marske Hall's Sad Loss

Marske Hall, the Teesside Cheshire Home, has suffered a heavy loss through the death of one of its principal founders, Brigadier T. T. J. Sheffield, at the age of 88.

The Brigadier had served his community, and his country, to an outstanding degree, which had brought him honour after honour. He was awarded the O.B.E., and later the C.B.E.; he was a Deputy Lieutenant of North Yorkshire, and of Cleveland; he was an Aide-de-Camp to King George VI, and to Queen Elizabeth; and in another field he was president of Middlesbrough Rugby Club for 28 years.

To everyone at Marske Hall he was a father-figure who guided the home with great wisdom through its formative years. He was twice chairman of its Management Committee, and for many years chairman of its House Committee. He befriended every resident—and every resident loved and respected him.

Sadly, the Brigadier died a few months before the home embarked on an ambitious extension scheme, the main purpose of which is to provide nearly every resident with his, or her, own room. His devoted service down the years undoubtedly laid the foundations for such a development, just as his inspiring leadership helped to make the home the place it is.

Fortunately the family link is maintained, for the Brigadier's son, Michael, has taken over as chairman of the committee looking after the new extensions, which will be completed soon after the home comes of age, next February.

Ted Cocking

It is with deep regret that we announce the sudden and sad death of Ted Cocking, a senior resident at Agate House. Another resident has said of him 'he was a charming, patient, well mannered man'.

Ted took an interest in everything going on in the home and when possible outside it. He was an active Mason, with other interests, formerly was a member of the Management Committee, a Radio ham, and interested in other electronic devices. His "What do you know" greeting will be missed by us all.



Bill Forsythe died 1st March after 7 years at Marske Hall. A former member of Edwards scout troupe and the sea scouts. This led him to playing the drums and touring professionally with a dance band. An expert at making cane topped stools. Specially missed by Florence to whom he had latterly become engaged.

Mrs. Winnifred Marshall, resident of Alne Hall for five years, died 12th June 1983. May she rest in peace.

Alfie Muttitt, resident at Cann House, died on the 17th May 1983 aged 66. Liked by everyone, he will be sadly missed.

Elizabeth Ann Rigby, a resident at Freshfields, died in hospital on 29th April 1983. She was the dearly loved wife of the late Bill Rigby, himself a former resident. She will be sadly missed by all residents and staff.

Eva Bruce died on 17th February after 16 years at Marske Hall. A former Girl Guide and recently a member of the Trefoil Guild. Specially missed by Albert to whom she had been engaged for several years.

Neil Challinor, a resident at The Hill, died 31st May 1983. Although Neil had only been with us for a few months he was a very popular character and will be missed by all.

Frank Adamson died at Marske Hall on 21st November, 1982—a former Sergeant in the R.A.F. with 22 years service.

Emily Wray, a resident at The Hill since 1971, passed away on 7th March 1983. A much loved resident who will be great missed by everyone.

Marion Wren, died 27th March in Marske Hall. A soldier's wife, she had travelled all over the world before settling in Richmond, and then through ill health moved here 15 months ago.

Miss Mary Yeoman, resident of Alne Hall for five years, died peacefully on 7th February 1983.

"THE QUIET WATERS BY"



*An Appreciation of the life and work
of W. Roy Hamilton 1915-1983*

by Beryl C. Lane

It is an honour and a privilege to be invited to write this appreciation, just as it was a source of inspiration to be a friend of Roy's.

He was a supreme example of those who benefit most from the opportunities to be found in a Cheshire Home, and he will be remembered for his serenity, great courage and tenacity, but above all for his appreciation of the smallest service rendered to him—appreciation that went far beyond the service given.

Roy's Quiet Waters were his beloved Ullswater, which he visited from time to time with close friends, and which he never tired of painting. It was a painting of Ullswater which was to gain the greatest of all his awards. For one who could move only his head for the last nine years of his life, the use of the word "work" at the heading of this appreciation might sound strange, yet work he did, and indeed he was at work the very moment he was called upon to surrender his life, actually typing a letter to a fellow disabled friend.

He was a regular serviceman in the R.A.F., enlisting at the age of 16 as an aircraft apprentice. Prior to the war he served in the Middle East, and during the war as a Flight Sergeant in the Western Desert Airforce. He was eventually posted to Germany where he did two tours of duty, and it was on the second tour that he became ill with disseminated sclerosis at the age of 39. He was invalided out of the R.A.F. in 1956 after 23 years service.

For some time he lived with his wife and daughter at Mawnan Smith in Cornwall, and together they visited many of the beauty spots, which he painted in water colours. From Cornwall he came to the Lake District Cheshire Home, first on holiday, and then permanently.

It is quite amazing that Roy's many awards were won after he had lost the use of his hands, and after he had despaired of ever being able to paint again. This was achieved through the help and ingenuity of a retired consultant engineer and a local dentist who, between them, contrived to make a special palate to fit over Roy's own teeth so that he could grip and manipulate a paint brush by a suck-blow method. After only eight months of learning and mastering this new and difficult technique, Roy was awarded the D.H.S.S. Challenge Shield for the most outstanding achievement. This was followed quickly by the top national prize in the whole competition for his work—a water colour painting of Ullswater. Then first prize in the annual War Pensioners' Homecraft and Art Exhibition in London, judged the best out of 600 entries.

Roy's other work, which he never mentioned to anyone, not even his wife, was writing on his Possum typewriter a great many letters of encouragement to other disabled people all over the country.

He leaves a legacy of many beautiful paintings all over the country, including one hung in the hall of a school at Arnside with a special tablet beneath it bearing his name. Let us never forget to value life to the full in all its aspects. Thank you, Roy.

DIRECTORY 1983

THE LEONARD CHESHIRE FOUNDATION

registered as a Charity Number 218186

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

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Leonard Cheshire Homes care for the severely and permanently handicapped. 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 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.

FAMILY SUPPORT SERVICES

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. 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.

Family Support Services Officer:

Mrs. Margot Hawker, Leonard Cheshire House, 26-29 Maunsel Street, London SW1P 2QN. Tel: 01-828-9535

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.

CARE ADVICE SERVICE

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

Care Advisers: Hugh Bryant, Esq. (SW); Robert Hopkinson, Esq. (N); Harry Lowden, Esq. (Midlands); John Timms, Esq. (NE); Mrs. Alma Wise (SE)

HOUSING ASSOCIATION

General Manager: Ann Parkes, Leonard Cheshire House, 26-29 Maunsel Street, London, SW1P 2QN. Tel: 01-828-9535

The Leonard Cheshire Foundation Housing Association deals with requests from groups and individuals, or committees acting on behalf of physically and/or mentally handicapped people. To acquire property or land, apply for funding through the Housing Corporation or Local Authority, and arrange for the conversion or building of suitably adapted accommodation. The accommodation may range from hostels, group homes, sheltered housing or independent houses in the community.

THE LEONARD CHESHIRE FOUNDATION INTERNATIONAL

Chairman International Committee: Sir Henry Marking, KCVO, CBE, MC

International Director: Mr. Michael Palmer
International Secretary: Miss Toni Morgan, Leonard Cheshire House, 26-29 Maunsel Street, London, SW1P 2QN. Tel: 01-828-1822

The Leonard Cheshire Foundation International comprises some 147 homes in 45 countries throughout the world.

THE RYDER-CHESHIRE MISSION (for the Relief of Suffering)

Registered as a Charity Number 235988

Founders: Lady Ryder of Warsaw, CMG, OBE, and Group Captain Leonard Cheshire, VC, OM, DSO, DFC, in association with Mother Teresa of Calcutta.

President: Mrs. Lakshmi Pandit.

Chairman: The Hon. Sir Peter Ramsbotham, GCMG, GCVO.

Administrator: Michael Humfrey, Esq.

The Mission was founded by Lady 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 not quite fall within the scope of their respective Foundations. Five such projects are:—

Raphael, the Ryder-Cheshire International Centre, P.O. Box 157 Dehra Dun, U.P., India which cares for some 300 people of all age groups who are in need.

Raphael comprises a colony for burnt out leprosy sufferers, a home for severely mentally retarded children, the "Little White House" for destitute orphaned children and a small hospital with two separate wings, one for general nursing and the other for the treatment of TB.

In addition, Raphael operates a mobile TB and leprosy clinic in the Tehri, Garhwal area of the Himalayan foothills. There is a Cheshire Home in Dehra Dun itself, so Raphael is not able to appeal locally for funds. With effect from June 1976, responsibility for its financial upkeep has been assumed by the several separate and autonomous Ryder-Cheshire Foundations which exist in Australia and New Zealand.

The administration is in the hands of a General Council and the Director is Major-General Ranbir Bakshi MC (Retd.).

Gabriel, Mount Poonamallee Road, Manappakkam, Madras 600-089, India

Gabriel is a training unit for leprosy and other patients who are living on their own in Madras but who are incapable of obtaining work because they lack a trade.

The Unit is financed mainly from Indian sources, but some help is given by the Ryder-Cheshire Mission.

The Chairman of the General Council is Mr. N. E. S. Raghavachari, ICS, (Retd.).

The Ryder-Cheshire Home, Jorpati, Kathmandu, Nepal

This home for 30 disabled young people is intended to complement the work of the existing Nepal Disabled and Blind Association which donated the land to the Mission. The home will concentrate on the rehabilitation of its residents and will share its training facilities with the N.D.B.A.

The home will be administered by a Governing Committee and a Local Administrator has already been appointed.

Because it is not possible to raise locally any of the funds needed to run the home, all the money required has to be found by the Mission within the United Kingdom.

Ryder-Cheshire Films Unit, Cavendish, Suffolk

This Unit produces films and video-tape programmes about the work of the Founders and their respective Foundations. Details of these productions are available on request.

Raphael Pilgrimages

A pilgrimage to Lourdes is arranged annually for chronically ill and permanently handicapped people who might not be accepted on other pilgrimages. Willing helpers are welcomed on these pilgrimages.

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

SUE RYDER FOUNDATION

Registered as a Charity Number 222291

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

Founder: Lady Sue Ryder, CMG, OBE

Chairman: H. N. Sporborg, Esq., CMG

Honorary Councillors: Group Captain Leonard Cheshire, VC, OM, DSO, DFC; Miss E. B. Clarke, CVO, MA BLitt (Oxford), JP; A. J. A. Green, Esq.; W. L. Morris, Esq.; J. Priest, Esq.; A. Powditch, Esq., MC; Lady Ryder of Warsaw CMG, OBE; Mrs. M. Smith, JP, John L. Stevenson, Esq., FCS; ACIS, FTIL.

The Sue Ryder Foundation was established by Lady 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 are 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.