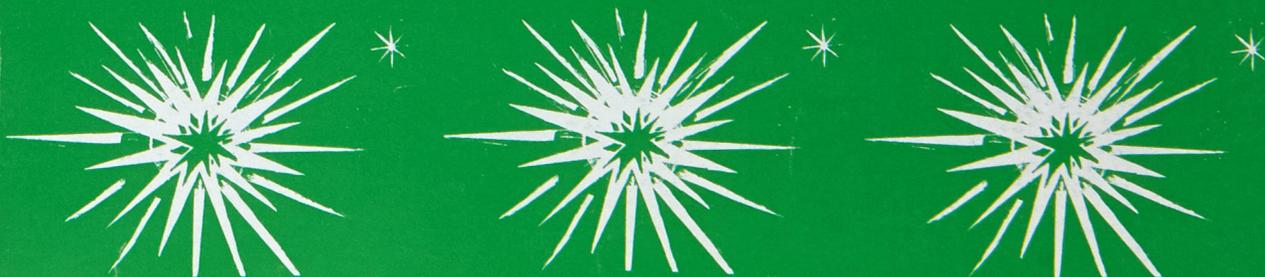




Cheshire Smile

Quarterly Magazine of the Leonard Cheshire Foundation—Christmas 1984 25p



Cheshire Smile

The Quarterly Magazine of the Leonard Cheshire Foundation

Founded 1954 No. 6 (New Series) CHRISTMAS 1984

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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Christmas Cooking	Page 4
Chairman's Page	7
Herb Gardens	10
Creative Activity Contest	13
Around the Homes	18
Pyrography	21
U.N. Corner	23
International Round-up	24
Star Attraction	27
Letters	28
Then there was the time	30
Deaf-Blind—and Brilliant	31

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A COMFORTING STORY FROM RAYMAR

AFTER USING MY ROHO CUSHION FOR TWO YEARS, PRESSURE SORES ARE A THING OF THE PAST. IT'S CERTAINLY GOT TO THE BOTTOM OF MY PROBLEM!

I SIT IN MY ROHO NOT ON IT THAT'S HOW IT WORKS-BY SPREADING MY WEIGHT WITH NO SINGLE PRESSURE POINT.

MY ROHO IS EASILY CLEANED AND MAINTAINED-SOMETHING NOT POSSIBLE WITH SOME CUSHIONS

I CAN NOW SIT FOR HOURS & DO MANY THINGS I COULD NOT THINK OF DOING BEFORE!

MY ROHO GOES ANYWHERE WITH ME - EVEN IN MY CAR.

I THOUGHT MY ROHO WAS EXPENSIVE AT FIRST - BUT NOW I KNOW IT'S WORTH EVERY PENNY. ROHO WORKS!

TAKE THE PRESSURE OFF WITH

ROHO

THE DRY FLOTATION CUSHION

Raymar, P.O. Box 16, Henley-on-Thames, Oxon. Telephone: Henley-on-Thames (0491) 578446

Christmas Cooking

a century ago



Taken from Modern Cookery, published 1878.

ROAST TURKEY

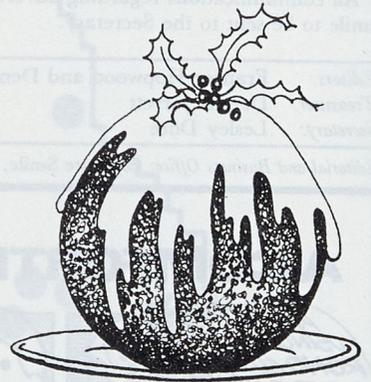
In very cold weather a turkey in its feathers will hang (in an airy larder) quite a fortnight with advantage; and, however fine a quality of bird it may be, unless sufficiently long kept, it will prove not worth the dressing, though it should always be perfectly sweet when prepared for table.

Pluck, draw and singe it with exceeding care; wash, and then dry it thoroughly with clean cloths, or merely wipe the outside well, without wetting it, and pour water plentifully through the inside. Fill the breast with forcemeat, or with the finest sausage meat, highly seasoned with minced herbs, lemon-rind, mace, and cayenne. Truss the bird firmly, lay it to a clear sound fire, baste it constantly and bountifully with butter and serve it when done with good brown gravy, and well-made bread sauce. An entire chain of delicate fried sausages is still often placed in the dish, round a turkey, as a garnish.

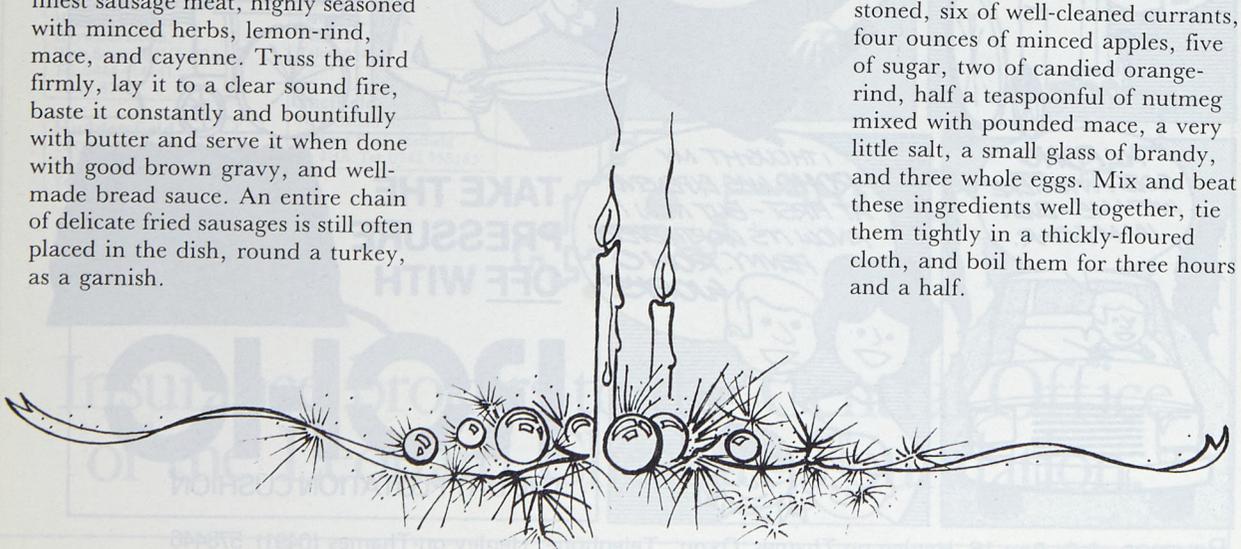
It is usual to fold and fasten a sheet of buttered writing paper over the breast to prevent its being too much coloured: this should be removed twenty minutes before the bird is done. The forcemeat of chestnuts may be very advantageously substituted for the commoner kinds in stuffing it, and the body may then be filled with chestnuts, previously stewed until tender in rich gravy, or simmered over a slow fire in plenty of rasped bacon, with a high seasoning of mace, nutmeg, and cayenne, until they are so; or, instead of this, well-made chestnut sauce, or a dish of stewed chestnuts may be sent to table with the turkey.

A turkey should be laid at first far from the fire, and drawn nearer when half done, though never sufficiently so to scorch it; it should be well roasted, for even the most inveterate advocates of under-dressed meat will seldom tolerate the taste or sight of partially-raw poultry.

PLUM PUDDING



To three ounces of flour, and the same weight of fine, lightly-grated bread-crumbs, add six of beef kidney-suet, chopped small, six of raisins weighed after they are stoned, six of well-cleaned currants, four ounces of minced apples, five of sugar, two of candied orange-rind, half a teaspoonful of nutmeg mixed with pounded mace, a very little salt, a small glass of brandy, and three whole eggs. Mix and beat these ingredients well together, tie them tightly in a thickly-floured cloth, and boil them for three hours and a half.



Editorial

To be considering, in early autumn, those plans and ideas relating to the festive season, can only impress how near 1984 is to its end and it is hoped that among the contents selected for this Christmas issue of the magazine there will be something of interest to all our readers.

We are fortunate not to have to return to our birth place every time the Census Board wishes to take count of the population in the United Kingdom as was the situation in Judea at the time of the birth of the Christ child 2,000 years ago when Caesar Augustus sent out a decree that all the world should be enrolled. Were this to be an eventuality the journey would be taken by land, sea or air in the comforts of the three most popular modes of transport with an assurance of previously arranged accommodation on arrival at the destination so avoiding any possibility of being turned away.

There are now several travel agents dealing specifically for the disabled traveller who are advertising as accessible to the wheelchair user, places previously

not thought possible to visit and it is encouraging to know that this section of the community are seeking to widen their horizons and to venture further afield. This independent move is found not only in the areas of holiday travel but within the confines of our Cheshire homes. Here disabled people are searching for a more individualistic life style to enable them to live a way of life as near normal as possible in order to remain the people they are, for fear of being engulfed in the institutional and custodial atmospheres which can still be found in some of our homes today. May there be a move away from these attitudes in the year that lies ahead. Big Brother may not have reared his head during 1984 but for some residents he is very present in the guise of those around him who stand for authority.

In many homes preparation will be taking place for festive events on the December calendar. In this season of goodwill and merriment may those not able to participate because of political or physical barriers, still be remembered. Happy Christmas and New Year!





Mr. Stan Richmond, organiser of the forum, with some of the members of the team. From left: Mr. Richmond, holding the cricket bat to be raffled in aid of the Geoff Boycott fund; David Bowen (show jumping); Ken Dagnall (world cup soccer referee); David Jones (chairman), and Jimmy Armfield, former England footballer.

Photograph: Evening Gazette, Blackpool.

14 COMMITTEE

Sporting subjects from the Tokyo Olympics to the Los Angeles Olympics, from Greece to Bloomfield Road, were discussed by some of the country's leading sports participants with a small but very appreciative audience at a Sportsman's evening at the Fernlea Hotel in St. Annes, Lancashire on the night of 17th September.

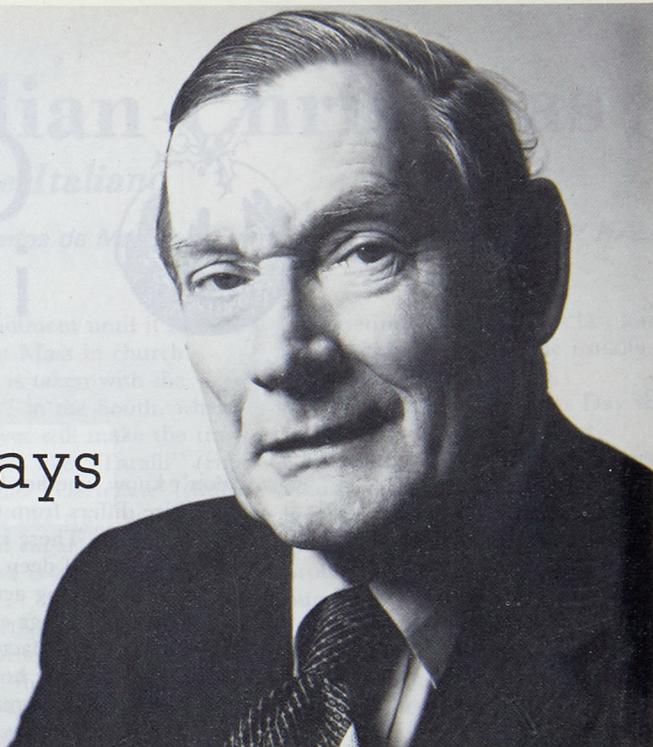
During the evening the panel drew the winners of a Sporting and Holiday Raffle promoted by the 14 Committee which will have raised over £1,200 for the Leonard Cheshire Foundation.

Prizes included a cricket bat donated by Geoffrey Boycott which went to Consett in County Durham, an official Southampton F.C. pennant donated by Laurie McMenemy, to the Isle of Wight and Local Holiday prizes donated by The Fernlea and Imperial Hotels and Mike Stuart Travel, went to Blackpool and Manchester winners, whilst other local winners came from St. Annes and Freckleton. A limited edition plate of aircraft prints, personally signed by Leonard Cheshire, was donated by Nottingham Forest Manager Mr. Brian Clough and this was won by Mr. Norman Hooley of St. Annes who gave the vote of thanks to the panel.

The panel of Jim Armfield, David Bowen and Alf Meakin was joined at short notice by Ken Dagnall. Alf was a participant in the Tokyo Olympics as a sprinter and David with the Show Jumping team in Los Angeles. Jim has travelled the world with England whilst Ken has done the same as a FIFA referee.

All expressed their hopes that similar events might be arranged but the 14 Committee, who organised the event, felt that much more support must be forthcoming before they could invite such a distinguished panel again.

the Chairman says



SALAM BAHAGIA to our residents, staff and Management Committee Members in Malaysia and Singapore, this being the nearest I know to the Happy Christmas Greetings which I send to all of you.

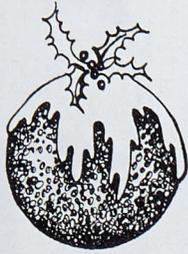
I have just returned from a trip to South East Asia, partly to visit our Homes there, partly to attend the Conference in Penang and partly on holiday. It was my first visit to Malaysia which I found quite delightful; beautiful countryside with trees and flowers in abundance; sunshine and warm seas; busy, prosperous towns; and people whose hospitality and natural care for others may be the reason why the universally accepted definition of a Cheshire Home originated from Singapore. The quality of life in the Cheshire Homes, though simple, was remarkably high and in our Singapore Home they even had a social worker as a full-time member of staff to counsel and help the residents.

There was a shortage of physiotherapists as there is almost everywhere but in the grounds of our Penang Home they have built a small training centre which was opened by Group Captain Leonard Cheshire and where they plan to run, amongst other things, short courses to train workers to assist rehabilitation through occupational and physiotherapy. They may well have vacancies to train people from outside the Far Eastern Region and if so I would recommend it as a most pleasant centre to acquire these skills.

The Conference was very successful and will hopefully result in the establishment of Family Support Services in this Region. I feel I must mention a point made by two of the disabled residents who were participating in our discussion about difficulties experienced by disabled people when living in the community. They said that failure to appreciate the needs of a disabled person from that person's point of view is the main difficulty. This results sometimes in over-protection and at other times in unjustifiable restrictions being imposed by those who think they know what is best for the disabled people in their charge. One function of Family Support Care Attendants should therefore be educating families to avoid over-protection.

It is most important that everybody involved with the care of disabled people should ascertain and, whenever possible, give effect to the wishes of residents and clients. Just asking residents and clients for their own views will go a long way towards achieving this.

Peter Rawley



Christmas in Yorkshire

I don't know whether Christmas in Yorkshire differs from Christmas anywhere else. There is perhaps a popular image of deep snow and church bells ringing across the fells, or, more likely, clogs echoing down a cobbled street as factory workers 'knock-off' for the holiday but I don't think either is really true nowadays—if it ever was.

For the most part the drop hammers and forges are silent and the billowing clouds of smoke stopped billowing when the Clean Air Act came out in 1956.

Christmas now means the brightly illuminated shops and foun-

tains in the pedestrian precincts, particularly when we have the "dancing waters" when the fountains play in time to music. It still means children singing carols at the door and stockings being hung up on Christmas Eve. For some it means Midnight Mass in the local church and others the Christmas Morning Service and for everyone the church bells at midnight.

Many people still have a real Christmas tree and the smell of the pine needles mingles with the aroma of the turkey cooking in the oven. The fresh white linen on the table enhanced by red napkins and crackers waiting to be pulled is all typical of our Christmas as is the Queen's Speech and friends and relatives calling in the afternoon to exchange gifts and Christmas wishes.

Following such a large dinner everyone appreciates a light buffet meal in the evening after which some people prefer to meet their friends in the "local" and others to sit in front of the fire enjoying the Christmas entertainment on television or playing family games.

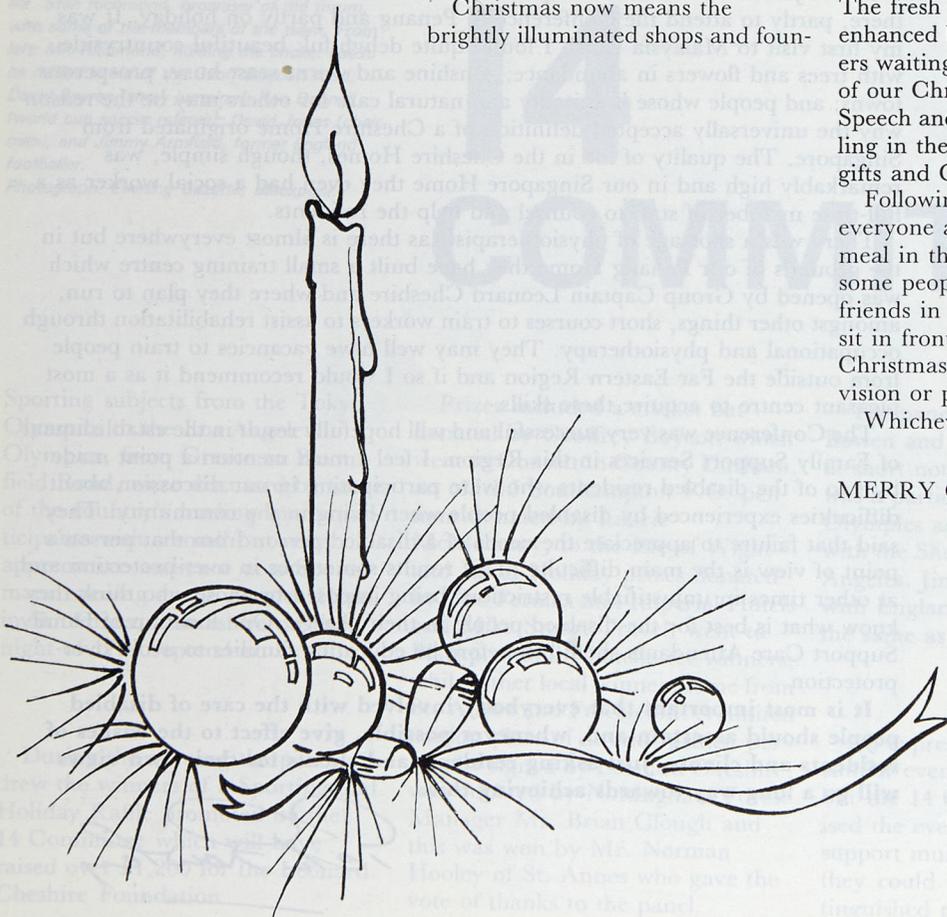
Whichever is your choice—

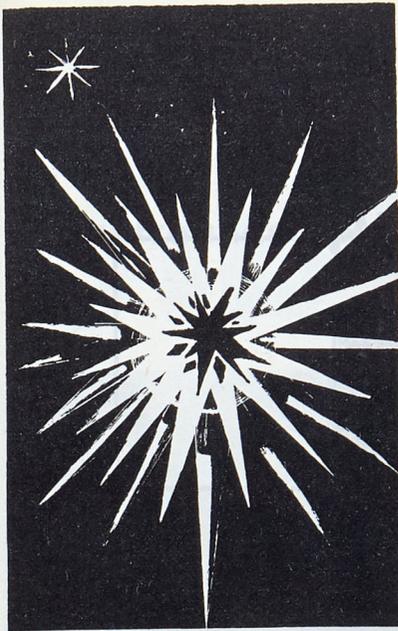
MERRY CHRISTMAS!

BARBARA RAVEN

Administrator

MICKLEY HALL





Italian Christmas

Nata Le Italiano

by Juan Carlos de Martin & Francesco Canfora • MICKLEY HALL

In Italy, as in many other Christian countries, Christmas is one of the most religious festivals of the year, but unfortunately since the sixties, the commercial side of this important day has become more and more evident.

This is particularly noticeable in big towns, where people forget the old traditions about these special occasions. However, in the country one can still find the genuine old Italian customs and particularly in the southern part of Italy, where people still feel strongly their country roots.

"Italian Christmas" is a very wide definition, as in common with the rest of the world, we don't have nationwide customs about such a holiday, but rather a number of very different ones varying from region to region.

In the countryside, Christmas means special meals (and this is still usual in the big towns) and it's very common to have one (or two) gigantic meals called "CENONE" (which literally translated means "big supper"). People usually spend a lot of money in arranging and cooking this meal and restaurants have a lot of work during this period.

Friends and relations get together for the Christmas "CENONE", which usually lasts several hours, and afterwards they play a game, not very different from Bingo called "Tombola" which is meant to be

good entertainment until it is time for Midnight Mass in church.

Special care is taken with the "CENONE" in the South, where the housewives still make the traditional sweets like "Taralli" (ring like cakes) and "Cartellate" (little cakes shaped like trays with honey and coloured sugar). Another typical course is a fish dish called "Capitone".

In the north on the mountains torch light processions are held at midnight on the pistes led by ski instructors, who sometimes draw with their torches the number of the new year.

Gifts are opened before or after the church service, according to the family custom, these gifts are usually placed under the Christmas tree.

Sometimes the festivities last long after midnight and people usually drink a lot of champagne.

The day after Christmas Day the families reminisce about past Christmas's, but as mentioned previously the commercial side of this holy day often overtakes the religious one, and many people will probably give more attention to the purchasing and receiving of gifts and where and how to spend the rest of their "Christmas holidays", rather than to the religious significance of the event.



HERB GARDENS



34 Boscobel Place London SW1 Telephone 01-235 1530

“O! Mickle* is the powerful
grace that lies
in herbs, plants, stones and their
true qualities;
For nought so vile that on earth
doth live
But to the earth some special
good grace doth give.

Romeo and Juliet

*Archaism: Great, Large, Much, etc.

Time: Late 20th Century or Post-Industrial Age

Place: Garden of English Stately Home Circus

Dis- Head Gardener and Land-
ussion: scape Designer

L.D.: Yes, stonecrop, comfrey
and wild chamomile are to
be planted in the beds
specified.

H.G.: But, them be the same
weeds I been fightin' for
going on these 25 years . . .

Some other first-hand experience gained from helping design herb gardens at major English stately country homes include suggesting to one peer that his ravenous picking of the French Tarragon didn't help the look of that bed of herbs when the paying public came to view the herb garden. Another involved an ennobled lady wife who was certain that Tarragon was a good thing on the planting plan although she seemed to give more enthusiasm to the question of automatic popcorn machines than to the new herb garden.

by
Gordon Taylor
and
Guy Cooper

*“Herbs.” Why don't English women
use more herbs in their concoctions?
They are easy to grow: take up little
room, and make all the difference.*

Garden Book, 1968
Vita Sackville-West

Through history the enclosed rectangular space either within the house or adjacent to it was the traditional form of “the garden”. The main rectangle was then sub-divided into equal smaller four-sided plots bounded on all sides by paths. There seems to have been a logic behind this basic historical formal garden in that the squared areas of planting were highly accessible for husbanding; planting, weeding and watering; there is also an aesthetic pleasure in the regularly bounded spaces. Artefacts from earliest times give evidence of the formal garden which included culinary, fragrant and medicinal herbs: Egyptian wall paintings, Greek vases, frescoes from Roman Pompeii, the Alhambra courtyards of the Moors, paintings from the Persians and Mughals, illuminated manuscripts of mediaeval, monastery and castle gardens to the earliest Renaissance gardening books showing Tudor and Jacobean England's fanciful geometric open and closed knot gardens and later the French-style of complicated plant embroidered parterres of Carolean times.

Good advice surely for the over-worked mother of 2.6 nuclear age children; she could whizz-up the beans-on-toast with delicious fresh chopped chives from pot or plot. Or, for the generous hostess giving that Saturday evening dinner party for eight in town or country who will surely feel extra pride when she presents the *Grande Bavaroise* sparkling with a pale green sugared garnish candied from the stems of her own mature Angelica plants.

The culinary herbs indispensable to either a formal or an informal herb garden are Sage, Thyme—either common or Lemon; the perennial Pot/French Marjoram—closest form to mythical unavailable oregano of Mediterranean holiday memories, Winter Savory and its annual type Summer Savory; Parsley—either Curled or flat-leaved Italian; the legendary Rosemary; ever reliable Chives; a good Mint; true French Tarragon—not the Russian impostor; delicate Dill and the other glorious annual of Pesto sauce and Pistou soup fame—Basil: Green, Dark Purple Opal or Italian Crisped-Leaf; and if there is a large pot or space in the plot then Fennel, green or bronze; finally, do make room for Golden Lemon Balm, Borage, Salad Burnet, Caraway, Chervil and Coriander.

Editor Marries

surrounded by harvest produce . . .



Guests, residents and staff filled the parish church of St. John the Baptist, Greatham, on the 29th September to witness the blessing of the marriage of Dennis Jarrett, editor Cheshire Smile, to Rosemary Gannon, Head of Care, Le Court since 1973. The service was conducted by Canon Paul Duffett and ended with the organist playing a wedding march specially composed for the occasion by Hilary Callin, a 26 year old resident at Le Court.

Helped by the fine weather, the shuttle service which was arranged to transport residents to and from the church, ran smoothly thus enabling all to be back at Le Court to a crowded entrance hall before the newly weds arrived to a loud applause. In the large dining hall, where guests mingled in the happy atmosphere, Major General Mills (Head of Home Le Court from 1973 to 1977) proposed a toast to Dennis and Rosemary. Graham Ian Millard, former member of the Le Court Care Staff, acted as best man. In his speech, Dennis warmly thanked those who had travelled many miles in order to be present at the occasion and remarked, in humorous tones, his change from one institution to another!

Dennis will continue his work on the magazine but his involvement on so many Le Court committees and his long contribution as an active member of the resident body, will now certainly be missed. His wife will remain Head of Care.

★ Herb Gardens—continued on Page 36 ►

Some Plants for an Informal Herb Garden:

average height—inches

Plants from the Formal Herb Garden List ought to be included, depending on the taste of the garden-maker and the type and extent of the informal design.

Aconite, *Aconitum napellus*: 24-48
(poisonous)

Alkanet, *Anchusa sempervirens* 24-36

Bergamot, *Monarda didyma*: 30-36
(scarlet/purple/white forms)

Borage, *Borago officinalis*: 36

Camphor, *Balsamita vulgaris*: 36

Chervil, *Gnathicus Anthriscus cerefolium*: 24-36

Clary Sage, *Salvia horminum*: 20

Dill, *Anethum graveolens*: 18

Evening Primrose, *Oenothera biennis*:
36-48

Fennel, *Foeniculum vulgare*: 50 (green
and bronze forms)

Feverfew, *Chrysanthemum parthenium*:
30

Golden Lemon Balm, *Melissa officinalis aurea*: 36

Holy Thistle, *Carduus benedictus*:
36-48

Honeysuckle, *Lonicera periclymenum*:
120

Ladies' Mantle, *Alchemilla mollis*: 12

Lungwort, *Pulmonaria officinalis*:
12-18

Marshmallow, *Althaea officinalis*:
36-48

Mullein, *Verbascum thapsus*: 48-96

Sweet Cicely, *Myrrhis odorata*: 36-48

Sweet Woodruff, *Asperula odorata* 6-8

Tansy, *Tanacetum vulgare*: 48

Viper's Bugloss, *Echium vulgare*: 30

Woad, *Isatis tinctoria*: 36-48

Yarrow, *Achillea millefolium*: 36

(Part of this article appeared in Vogue, March 1981. Copyright Conde Nast.)

Creative Activity Contest 1984

A total of 31 United Kingdom Cheshire Homes and 12 overseas Homes sent a record number of entries to The Foundation's Creative Activity Contest and the general opinion of all who saw the exhibits was that the volume, standard and quality of entries was a record.

A remarkable display of talent was shown in the wealth of hand crafts—soft toys, needlework, knitting, wood carvings, basket work, macrame, ceramics, collages, flower arrangements, pottery, leatherwork, rugs, as well as paintings and drawings and photographs.

Outsiders visiting the hall were drawn in by the colourful array and exclaimed with amazement and pleasure at all they saw. The general comment was: "Are they for sale? We'd love to buy."

Prize winners and runners up attended the prize giving at the Westminster Conference Centre, Morpeth Terrace, London, on Thursday, October 4th. After touring the exhibits they enjoyed a buffet lunch and then the presentation began. Lady Troughton, member of The Foundation International Committee, presented the United Kingdom Handicrafts prizes, Dr. Michael Kauffmann, Keeper of Prints and Drawings, Victoria and Albert Museum, presented the United Kingdom paintings, Mr. Michael Langford, Reader in Photography, Royal College of Art, the photography prizes, Lady Wilson, wife of the former Prime Minister, Lord Wilson, presented the prose and poetry prizes, and Mr. Gwyn Gwilym, MBE, the International Sales Development Director, Mars Inc., who personally sponsored the Contest, presented the prizes for Overseas Handicrafts and Paintings and the United Kingdom Homes Cup for the Home with the greatest number of overall points and the Overseas Homes Cups for the Home with greatest number of overall points.

He announced that he would be happy to sponsor the Contest in 1985—for the third time running. Mr. Gwilym had flown in from Tokyo especially to be present at the Contest.

Introducing the proceedings, Lady June Onslow, Foundation Trustee, said that the volume and standard of entry showed that the Contest was becoming increasingly popular. The judges task in deciding on the winners had been a hard and difficult one, and she did hope that those who had not won a prize this year would not be discouraged or deterred from competing again next year.

The judges in the four sections were as follows:
Handicrafts: Mrs. Berenice Luetchford, Miss B. Collins, both Senior Tutors of The Hand Crafts Advisory Association for the Disabled, Paintings: Dr. Michael Kauffmann, Keeper of Prints and Drawings, Victoria and Albert Museum, Photography: Professor John Hedgecoe, Pro-
Rector, and Head of Photography, Royal College of Art, Poetry and Prose: Lady Wilson, wife of the former Prime Minister.

The winners of the United Kingdom Homes Cup was Holme Lodge, West Bridgford, Nottingham, and the winner of the Overseas Homes Cup was Rangsit Cheshire Home, Thailand.

Mrs. Rosa Krepa of St. Anthony's presented Mr. Gwilym with a magnificent framed tapestry she had made herself which she hoped he could raffle to raise funds for the Koutoubia Cheshire Home in Marrakech. Mr. Gwilym has a deep interest in this Home and over the years has raised many thousands of pounds to help with the upkeep of the young polio victims who live there.

**For individual winners and runners up
SEE NEXT PAGES▶**

PRESENTATION: *Lady Troughton, member of Foundation International Committee and wife of Sir Charles Troughton, Chairman of the British Council.*

WINNERS: HANDICRAFTS U.K.

1st Prize Handicrafts Section A	PHYLLIS YOUNG, Le Court
2nd Prize Handicrafts Section A	JOYCE BADDER, Arnold House
3rd Prize Handicrafts Section A	ELIZABETH ROBINSON, Mickley Hall
Highly Commended Certificate of Merit Section A	DORIS BIRCH, Llanhennock
Highly Commended Certificate of Merit Section A	MURIEL PROWSE, Douglas House
Highly Commended Certificate of Merit Section A	LAURA PINK, Chipstead Lake
Highly Commended Certificate of Merit Section A	ELIZABETH ROBINSON, Mickley Hall
Highly Commended Certificate of Merit Section A	ROSA KREPA, St. Anthony's
1st Prize Handicrafts Section B	BARRY CHERRYMAN, Hertfordshire
2nd Prize Handicrafts Section B	MEGAN WILLIAMS, Coomb
3rd Prize Handicrafts Section B	JOHN ASHENDEN, Mote House
Highly Commended Certificate of Merit Section B	IAN SHORTER, Chipstead Lake
Highly Commended Certificate of Merit Section B	PHYLLIS ROBERTS, Dolywern
Highly Commended Certificate of Merit Section B	PHYLLIS POCOCK, Coomb
1st Prize Handicrafts Section C	JEAN TAYLOR, Mote House
2nd Prize Handicrafts Section C	PHYLLIS YOUNG, Le Court
3rd Prize Handicrafts Section C	GARY EASTLEY, Chipstead Lake
Highly Commended Certificate of Merit Section C	ALEC COX, Hydon Hill
Highly Commended Certificate of Merit Section C	RONALD ALLSOP, Bedfordshire
Highly Commended Certificate of Merit Section C	DOROTHY SUMMERS, Hydon Hill

PRESENTATION: *Dr. C. Michael Kauffmann, Keeper of Department of Prints and Drawings, Victoria and Albert Museum.*

WINNERS: PAINTINGS AND DRAWINGS U.K.

1st Prize Paintings	BERNADETTE JONES, Dolywern
2nd Prize Paintings	ROSE KREPA, St. Anthony's
3rd Prize Paintings	JOAN HOULT, Holme Lodge
Highly Commended Certificate of Merit	GORDON PRICE, Dolywern
Highly Commended Certificate of Merit	KEN MORGAN, Llanhennock
Highly Commended Certificate of Merit	ALLAN BRETT, Chipstead Lake

PRESENTATION: *Professor Michael Langford, Reader in Photography, Royal College of Art and Head of Photography.*

WINNERS: PHOTOGRAPHY U.K.

1st Prize Photography	GEORGE SHEPHERD, Douglas House
2nd Prize Photography	DAVID JOHNSON, Douglas House
3rd Prize Photography	JOSEPH EYRE, Hovenden
Highly Commended Certificate of Merit	JOE PARK, Holehird
Highly Commended Certificate of Merit	ALEC COX, Hydon Hill
Highly Commended Certificate of Merit	GARY EASTLEY, Chipstead Lake

PRESENTATION: *Lady Wilson.*

WINNERS: LITERATURE (PROSE)

1st Prize Literature (Prose)

ALAN HANDFORD-PRICE,

Douglas House

2nd Prize Literature (Prose)

BERYL MORTON, *St. Cecilia's*

3rd Prize Literature (Prose)

JOHN FENNER, *Douglas*

House

Highly Commended Certificate of Merit

DOROTHY SUMMERS, *Hydon*

Hill

Highly Commended Certificate of Merit

DAVID CARTWRIGHT,

Douglas House

Highly Commended Certificate of Merit

JOSEPHINE WAGSTAFF,

Douglas House

1st Prize Literature (Poetry)

ELIZABETH F. GREENWOOD,

Green Gables

2nd Prize Literature (Poetry)

GWEN MARRIOTT, *St.*

Cecilia's

3rd Prize Literature (Poetry)

BRIGID HANLEY, *Greenhill*

Timsbury

Highly Commended Certificate of Merit

DOROTHY SORRELL,

Holehird

Highly Commended Certificate of Merit

EARL PINDER, *deceased:*

Mickley Hall

Highly Commended Certificate of Merit

GARY EASTLEY, *Chipstead*

Lake

OVERSEAS PRIZES

PRESENTATIONS: *by Mr. Gwyn Gwilym, M.B.E., International Sales Development Director, Mars Inc.*

WINNERS: HANDICRAFTS

1st Prize Handicrafts

CHAROEN NOINID, *Rangsit,*

Thailand

2nd Prize Handicrafts

ASRES TADESSE, *Addis*

Ababa, Ethiopia

3rd Prize Handicrafts

WANDERA JOSEPH, *Buluba,*

Uganda

Highly Commended Certificate of Merit

KONG NAM, *Selangor,*

Malaysia

Highly Commended Certificate of Merit

PHILOMENA KENEGHAN,

Ardeen, Co Wick

Highly Commended Certificate of Merit

BOONMEE SORNWANPEN,

Rangsit, Thailand

PAINTINGS

1st Prize Paintings

OSLAND B. OSMAN,

Singapore

2nd Prize Paintings

SUWAN RASA, *Bangping,*

Thailand

3rd Prize Paintings

ROSEMARY CASHMAN, *St.*

Laurence, Cork

Highly Commended Certificate of Merit

LIAM O'LEARY, *St. Laurence,*

Cork

Highly Commended Certificate of Merit

BENJAMIN TAN BOON

CHUAN, *Singapore*

Highly Commended Certificate of Merit

KURAH TRILAO, *Rangsit,*

Thailand

Winner of U.K. Homes Cup

Holme Lodge, West Bridgford, Nottingham

Winner of Overseas Homes Cup

Rangsit Cheshire Home, Thailand



CREATIVE ACTIVITY CONTEST ** PICTURES



Left: Miss Handmaid, Section 2
Ted Price, Handmaid, Section 2

JEAN TAYLOR, Miss House
PHILIP KING, La Court



Correction

In the article on RAPHAEL by B. K. Grover, which was published in the Autumn issue of Cheshire Smile (page 18), it omitted to state that Raphael is one of the projects pioneered by the Ryder-Cheshire Foundation, India.

Around the Homes * * *



GLAMIS HOUSE

It was a great day for the people of Fife on September 10th when Group Captain Leonard Cheshire officially opened Glamis House in Glenrothes, the latest in the family of Cheshire Homes. He spent the previous night in the home meeting the residents and some of the staff, and after a short service of dedication addressed the capacity crowd representative of

the many organisations and schools and individuals who had helped to fund-raise. After the home's Patron, Lord Elgin, had spoken a few words, the Group Captain planted a rowan tree in the gardens and the visitors inspected the facilities of the home. There is bed-sitter accommodation for 16 residents.

OAKLANDS

Since the appointment of an art teacher at Oaklands in 1981 there has been great interest in painting by many of the residents, and several Art Exhibitions have been held in the home. Mrs. Janie Snape, who had never painted before, and who had lost the use of her hands, to her own great surprise began to show talent in mouth-painting. Last year she was persuaded to enter the Cheshire Foundation Art Competition, and one of her works won a Certificate of Merit. Then she designed a Christmas card, of which 9,000 copies were sold in aid of Oaklands. Recently she has been accepted as a member of The Mouth and Foot Painters' Association, and we are very proud indeed of her success.

SPOFFORTH HALL

Tuesday, 9th October was a red letter day for the residents of Spofforth Hall Cheshire Home when Mrs. Dorothy Hill was presented with her B.E.M. award by the Marquis of Normanby, Her Majesty's Lord Lieutenant for the County of Yorkshire. The ceremony was held in the lounge at Spofforth Hall in the presence of Dorothy's immediate family and some seventy guests.

Dorothy was her usual charming self and after the dignity of the investiture Lord Normanby met and chatted with all the residents, staff and guests and we all appreciated his deep interest in the home and its activities.

SOCIAL SCENES SEVEN SPRINGS

A variety of social events took place during the warm sunny days of last summer. An invitation to see the workshop situated on the Scotney Castle estate gave us a pleasant glimpse of rural life. On a visit to the famous Covent Garden, we saw the original cobble paving and glass roofing which have been retained to enclose the large weather-proof area. This is full of interest and life, with lots of small shops selling a vast range of good quality merchandise, whilst at another end buskers aspire to make a few pounds from their turns. A rehearsal of the Trooping the Colour was watched on a fine June morning and, in equally fine weather, a picnic was taken outside Sheffield park before viewing the superb gardens within. A trip on a long barge was taken on Regents Canal, and a crossing on a larger boat was taken by nine residents, escorts and friends across to Denmark where a marvellous few days were enjoyed, thanks to the huge hospitality of the Danes.

* * * Around the Homes

WHITE WINDOWS

A most enjoyable week-end

Over the September break weekend we had members of the Huddersfield Toc H group to stay at White Windows and they arranged two outings for us.

The first was to the Liverpool Garden Festival. It was a cloudy chilly morning with a blustery wind blowing off the river Mersey, in marked contrast to the past glorious summer we have just enjoyed. The flower festival was well laid out, flowers and gardens from most foreign countries, with beautiful flowers of every colour imaginable. Also there were huge marquees with exhibitions, and again there were masses of flowers.

The gravel paths proved to be very difficult for both pushers and chairbound alike, but this problem was overcome with good humour by the young helpers. After tackling the paths we decided to have our packed lunch in one of the gardens.

The highlight of the day was an air display by RAF Falcons from Brize Norton, Oxfordshire. The Falcons are the only team in the world aiming to land a team of twelve parachutists on two small crosses on the ground. They are really amazing, jumping out from a Hercules aircraft flying at 12,000 feet, using coloured smoke canisters for effect, they made a perfect landing.

On the way home we stopped for drinks at a pub. We wanted to buy fish and chips, but unfortunately we couldn't find anywhere open. When we arrived home our chairman, Mrs. Brenda Alpin went to the local fish shop so we got our supper after all. We were very hungry by this time and found them delicious.

For the second outing the following day, it was extremely cold so the second group of residents decided to go for lunch at a pub next to Hollingworth Lake, Lancashire. They returned home having thoroughly enjoyed their day out and the company of the youngsters from Toc H. We all greatly appreciate their kindness in giving up their spare time, because we realise, with our various handicaps, that outings need much more organising and planning than usual.

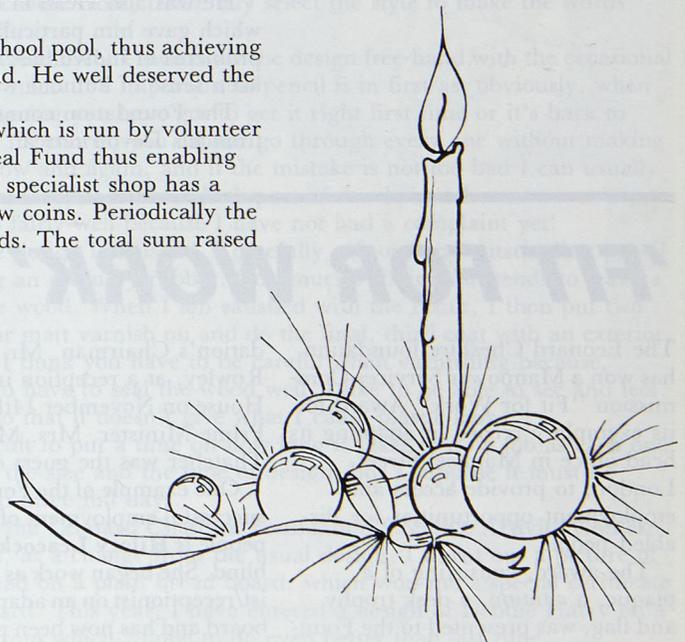
Susan Barnes

FUND-RAISING AT CHIPSTEAD LAKE

A record number of walkers took part in the annual Cheshire Walk in mid-summer when over £4,000 was raised.

Gary Eastley swam 20 lengths of the Valence School pool, thus achieving his target and raising £330 for the Transport Fund. He well deserved the congratulations given to him.

Profits from the Cheshire Shop in Sevenoaks, which is run by volunteer ladies on a rota basis, continue to boost the Appeal Fund thus enabling the purchase of necessary equipment. A Lighting specialist shop has a fountain into which customers are invited to throw coins. Periodically the pool is emptied and the home receives the proceeds. The total sum raised during the past ten years is £447.00.





Ronald's Return!

The many friends of Ronald Travers, both here and abroad, will be delighted to know that he has returned to the Foundation as International Director following the resignation of Mr. Michael Palmer due to ill health.

Ron was International Director from 1979 until he resigned in 1982 to enable him to spend more time with his family in Devonshire, and to have some respite from constant travelling around the world on Foundation business.

Ron began his association with the Foundation 25 years ago when he was still a wellknown BBC Television Producer, working as a voluntary helper for Le Court. He became deeply involved in the problems associated with disablement and fourteen years ago began to work full time as personal assistant to Leonard Cheshire.

As International Director he made a massive contribution to the rapid development of Cheshire Homes overseas, particularly in the establishment of thriving Homes in the United States of America.

He was also Head of the U.K. Counselling Services for some years which gave him particular pleasure as it brought him close to the personal problems of individuals where his easy manner, genuine sympathy and keen sense of humour were of immense help.

The Foundation counts itself fortunate to have persuaded him back from his Devon retreat.

'FIT FOR WORK' AWARD

The Leonard Cheshire foundation, has won a Manpower Services Commission "Fit for Work" Award for its exemplary record in adapting its head office in Maunsel Street, London, to provide access and employment opportunities for disabled people.

The award, consisting of a plaque, a citation, a desk trophy and flag, was presented to the Founda-

tion's Chairman, Mr. Peter Rowley, at a reception in Lancaster House on November 14th, when the Prime Minister, Mrs. Margaret Thatcher was the guest of honour.

One example of the Foundation's successful employment of disabled people is Hilary Leacock, who is blind. She began work as a telephonist/receptionist on an adapted switchboard and has now been promoted

to a full time secretary. She performs her job with total efficiency with a number of special aids including an optacon. The photocopier has been adapted so that she can use it and she takes shorthand in Braille.

Hilary, always accompanied by her guide dog, Ziggy, has never failed to arrive at work on time, notwithstanding snow, ice, bus and rail strikes. She lives alone.



PYROGRAPHY

It was not long after I came to live at the Hertfordshire Cheshire Home that I started the art of pyrography, or wood-engraving as it is probably more commonly known.

Someone had donated a poker machine to the workshop and it had been lying there for some time until I came. I had not long finished a couple of 'O' levels (of which the results I refuse to discuss!) when a former member of the workshop staff suggested I tried using the pyrography machine.

I first tried using the machine on leather, but soon found that I preferred to burn on wood. I think this preference stems from my school days, prior to my accident in 1970, when one of my interests was wood-work.

Due to my accident, I am now a tetraplegic having limited use of my arms and no use of my fingers, this is the closest I'll get to working with wood. I use two sizes of wood-slices to engrave on, and to be able to work on them I have to get someone to smooth them down by using a sanding machine. Unfortunately I cannot do the sanding as the dust flying about makes me feel ill.

The finished article is usually a number or the name of a house, surrounded by a small design of leaves, used for show on the outside of someone's house, flat or whatever it may be. But I do have the odd request for designs for indoors. For instance, one read "Ron's Love Nest" which had a couple of hearts on it, and another, more provocatively, read "Old golfers never die. . . they simply lose their balls!"

Each wood-slice is done to order and, when my customer has decided what he or she wants on it, I then choose a particular design of letter or

number which is relevant to the order. From the wide range of designs of lettering to choose from, I carefully select the style to make the words "look right".

Once I have chosen, I then draw the design free-hand with the occasional help from a ruler. It's important to pencil in first as, obviously, when you start burning you have got to get it right first time or it's back to square one! Of course, you cannot go through every one without making a mistake now and again, and if the mistake is not too bad I can usually adapt in some way to make it look part of the design. I must cover my mistakes up fairly well because I have not had a complaint yet!

When the design is finished, I carefully rub out any outstanding pencil marks using an ordinary rubber. Too much rubbing out tends to leave a mark on the wood. When I am satisfied with the result, I then put two coats of clear matt varnish on and do the final, third coat with an exterior, clear gloss. I think you have to be careful when varnishing because, although you have to seal the wood well, I like to be able to see and feel the design so that it doesn't give what I call a plastic look.

It is difficult to put a time on how long it takes to do a job as each one depends on the size and the type of design, but I suppose it must be about two to three full days.

I entered the Leonard Cheshire Foundation Creative Activity Contest in 1982 and, as a change from the usual design, I burnt out a picture of a horse's head on a plain bread board, which won me a special certificate of merit award. This year, I have entered a design of Debbie Harry on a wood-slice from which I hope to do even better than last time.

by

Barry

Cherryman

The Art

of

Woodburning

TEAM TRAVEL

At a Conference and Exhibition of Concerned Technology, held in Edinburgh and promoted by the Department of Trade and Industry, the Cheshire Foundation was represented by members of Compaid and Heather-Com, the computer units at Seven Springs and Heatherley Cheshire Homes who were pleased to have the help and support of Lesley King, Aids and Equipment Adviser for the north.

The equipment on the stand, some of which included BBC computers, a morse-computer-communicator, microwriters and an Epson black and white printer, proved very popular as did the disabled demonstrators. The stand was illustrated with photographs, leaflets, brochures and other literature and graphics-produced pictures by disabled users.

The stand aroused considerable interest especially as there were very few other disabled participants and explanations and advice were given to a continual stream of visitors. There were many enquiries from all over the country and others from abroad. Because of demands upon their time the team was not able to take full advantage of the programme of lectures. However, some members did attend those of special interest and a good deal of time was spent investigating other displays.

The team was glad to have had the opportunity to forward the work of the Foundation in regard to this valuable development of technology to improve the lives of disabled people.

Elizabeth Hicklin, Robin Nixon,
and Lorna Ridgway

The conference was very successful indeed, because we were able to be a link between people and places both nationally and internationally.

We made many useful contacts for the Cheshire Homes. Campaid and its other branches within the Foundation are now being accepted more widely because of the work we are privileged to be doing, not only for ourselves but for others.

There is a great need for information. Both in giving and receiving it we are more able to do what we want to do most of all; this is to help other people. The best way of getting the information that is so necessary is by going to conferences like C.T.E.I. and meeting the people, listening to what they have to say and then to make sure that we all move in the same direction forwards. This is my sincere belief and I do hope that you will agree.

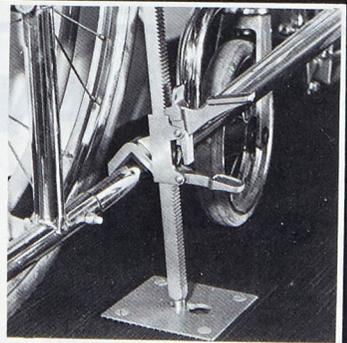
Mrs. M. Bradley



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United Nations Corner UNHCR

“What shall I be at 50
Should nature keep me alive
If I find the world so bitter
When I am but 25”

Tennyson

The initials I.Y.D.P. became very familiar to us and I think it is fair to say that the U.N. special year has made a considerable difference to the environment of disabled people.

Now, in 1985, we have the United Nations International Youth Year.

By the summer of 1984 organisations and local I.Y.Y. Committees were well underway with the planning of their programmes, the Headquarters for England being: Mike Cowder, Organising Secretary, I.Y.Y. England, 57 Chalton Street, London, NW1 1HV.

But this is an international project and contact is being established between committees in Great Britain and committees overseas. Derbyshire (“Green Gables”

county) is exploring the possibility of twenty young people from the Punjab visiting Derbyshire, and of twenty young people from Derbyshire undertaking a parallel programme of Community Service in the Punjab.

The keywords of the I.Y.Y. Programme are: Participation, Development, Peace. The Secretary General of the U.N. Perez de Cuélla, has introduced the special year by saying “Young people everywhere are aspiring to a world of justice and opportunity. They are seeking remedies to the poverty that besets much of mankind and an end to the arms race. I believe that no institution or government should ignore the significance of what they are trying to say”.

Those of us who are of the older

generation feel that, though we have striven for justice and freedom and peace, we seem to have achieved little and, though we would be very wrong to despair, we are saddened by the heritage we are leaving to youth. Little wonder that the more far-seeing of our political leaders feel that it is time the reigns of power were taken by those who have themselves to live in the future.

Hopefully the International Youth Year will allow the voice of youth to be heard throughout the world. It is perhaps not too much to say that in that hope lies the very survival of our earth which could be so unimaginably beautiful. Which will win—Beethoven’s Ninth Symphony or Becket’s mound of rubbish?

Elizabeth Greenwood

THE SWINDON AIDS CENTRE

The Aids Centre is a permanent display of a wide range of aids and equipment for disabled people. There is a supporting Information Service on benefits, facilities and services for disabled people and illustrated literature on aids not on display.

One of the main purposes of an Aids Centre is to enable the disabled and those involved in their care and welfare to try out, or to see demonstrated, equipment relevant to their particular needs. This will ensure that the most suitable type of aids may be selected either for private purchase, or if appropriate, provided by the Statutory Authorities.

A permanent display of aids and equipment for disabled people

Because an Aids Centre is not a commercial organisation, it allows a range of different manufacturers’ equipment to be assessed and compared and impartial advice given.

The other important function of an Aids Centre is in the education of paramedical staff and students. They may not be involved in the provision of aids themselves, but should be aware of the wide range of equipment that is available for disabled people and know where to refer them for help and advice on aids.

Aids on display range from simple inexpensive gadgets to complex electronic aids. Aids are not sold from

the Aids Centre, but information is available on manufacturers and prices, and also on the provision of aids through the statutory authorities and the facilities offered by the voluntary organisations. The Aids Centre is open from Monday to Friday. Parking facilities are available. Visitors are seen by appointment by an Occupational Therapist. You are welcome to ask for advice by phone, but an appointment must be made for visitors.

The Swindon Aids Centre, The Hawthorn Centre, Cricklade Road, Swindon, SN2 1AF. Tel: (0793) 43966

International Round-up



JAPAN KOBE HOME



BIYAYA



CAINTA WORKSHOP

FAR EASTERN REGION: The Far Eastern Regional Conference in Penang coincided with the opening of the New Training Centre there. As well as representatives from countries in the region, Group Captain Cheshire, Mr. Peter Rowley, Sir Henry Marking and Sir Christopher Foxley-Norris attended from London.

CENTRAL REGION: The government of Sierra Leone has recently released to the Sierra Foundation the ground on which the Freetown home is based. Consideration is being given to building a third home on this ground to house the young adults from Bo and Freetown homes, creating space for taking in more children.

Zimbabwe: Reports from the mobile project at Mvurwi are good and it is hoped that soon other countries might be encouraged to start mobile units.

Hong Kong: There is optimism about progress on the new home at Shatin in the New Territories—this home will care for 180 residents.

Japan: Group Captain Cheshire recently paid a visit to the home in Kobe, where he saw the residents' work activities. Land has been acquired near Osaka for a second home.

The Philippines: The homes there receive no government subsidies and the paraplegic residents all have to earn their own living and cope with rising prices of medical supplies, goods and commodities.

Thailand: A new building has been constructed in the home's compound which has been made possible by the fundraising marathon held by the home and Sahapathanapibul Co. Ltd. It will be called the Sahapathanapibul building.

EASTERN REGION: Cheshire Hall, the capacious workshop at the Mount Lavinia home Sri Lanka, has extended its facilities to those in the neighbourhood requiring training. Three residents have been trained as instructors and are teaching able-bodied young people.



SINAG TALA



PANGANAP WORKSHOP



KAKAYAHAN

WESTERN REGION: Canada: There are now three units at the Saskatoon home which have purposely been kept small to allow the young adult residents to achieve a sense of ownership through individual participation.

United States: The committee in Reno, Nevada has been offered a fourth house by the business community. The Louisville, Kentucky's Independent Living Centre has now asked to join the Cheshire Family. At the home in Madison, New Jersey some residents are active in Riding for the Disabled and others are taking a university course.

NORTHERN REGION: The Barratt home in Dublin, Ireland is building an extension at the rear of the home to reduce congestion in the home.

In Barcelona, Spain savings made in the past year plus new resources have enabled the Benedetti home to have its kitchen and toilet areas re-built, as well as acquiring new equipment, fixtures and fittings.

CHANNEL SWIM

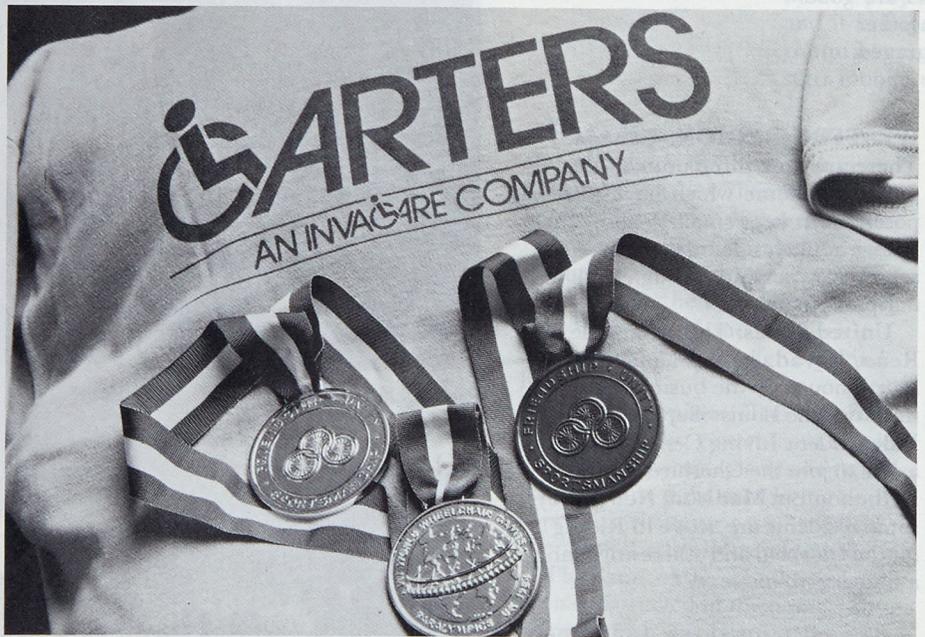
× Photo: Andrew Baker



The sponsored Channel Swim promoted by members of Ashby Rotary, Round Table and Rotoract clubs, took place in September and raised a total of £3,500 towards the moving expenses of Staunton Harold Cheshire Home to the new home in Netherseal. The Swim began in calm waters from Dover's Shakespeare beach but weather conditions changed rapidly within a few hours and it had to be called off half way across the Channel, a sad blow to the participants who are to be thanked for their stout efforts.

The Helen-Anne-Marie boat used in the Channel swim

Carters take Gold, Silver & Bronze medals



At the Paralympic Games held in Stoke Mandeville, Carters (J & A) Limited were honoured with the presentation of three medals—Gold, Silver and Bronze.

These three medals were presented to Carters by the British Paraplegic Sports Society as a gesture of appreciation to Carters for its financial sponsorship of the 1984 Games and the many years of commitment that Carters has shown

by the provision of its free wheelchair service facilities. Over the years, competitors from all over the world, in all makes of wheelchairs—have been assisted by Carters.

When the B.P.S.S. announced its intention to hold the 1984 Games at Stoke Mandeville Carters was quick to respond to the appeal for funds by presenting a cheque for £18,000. This was in addition to the \$75,000

which had already been donated by Carters parent company, Invacare Corporation, to the agencies which were attempting to organise the Games in the U.S.A.

As well as the cash donation, Carters also presented 20 of its advanced Rolls 500 Sports Chairs (retail value £17,975) and 1500 Carters tee shirts were donated together with 150 clip-boards.

Star Attraction

by Giles Johnson



Nine o'clock at night and three hundred miles of French roads behind us—Foyer Cheshire at last—the only Cheshire Home in France. My friend Mark and I had come for a fortnight, and Seven Springs, Tunbridge Wells, where we both lived (Mark on the care staff, I a resident) was part of another world.

Foyer Cheshire is in Burgundy, west of Switzerland, half a mile from the village Fontaine Francaise and twenty miles from Dijon city. The home is purpose-built and the family, allowing for my inadequate French, strongly reminded me of the folk back home, though we have no Moslem Foreign Legion veterans like Amar! But the life the residents lead is entirely different. We were in France!

I had heard tell that the Foyer was "rather isolated." It was certainly not isolated from the village. Anyone who felt like it went down to the village in their electric or even manual chairs, for a drink or two at the cafe or to shop, or go to church. The pavements had been adapted for wheelchairs, but residents always went in the roadway!

Along these roads whizzed the tractors and country juggernauts, each towing several trailers stacked high with grain to the mill next to the Foyer. The residents who took themselves down to the village were certainly not using a quiet country road.

Fontaine Francaise itself is picturesque, and a little sleepy. The name is derived from the monument to Henri IV's victory in a sixteenth-century battle. The Fountain is a quarter of a mile beyond the Foyer, at the far side of an enormous cornfield. Mark and I never got round to seeing it because we always went the other way to the village, either

to one of the three cafes, so very much like pubs, the church or one of the several good old village shops. For anything the shops cannot supply, the Foyer's one ambulance must go to Dijon, a delightful ride past cornfields and great woods full of wild boar. But petrol is expensive in France. The village is not on the railway, and the taxi driver also drives the ambulance and the hearse—and probably the school bus too! So the residents must be largely restricted to the village, like any of the fifteen hundred or so villagers who do not have a car.

It is a quiet life and completely different. The Foyer lies on the edge of the village, the cornfield stretching three-quarters of a mile to the church one way, to the fountain the other. I used to spend the evenings watching my friend Pierre's TV showing episode forty of a French serial. I would often look out of his window instead, to watch the swifts and later as dusk

fell, see the bats fly over.

For Mark, there was no disco for miles. If one wanted night life one would go to one's favourite cafe. By contrast, Seven Springs is on the edge of a large town and less than an hour from London. For the residents, the distances from their homes must seem vast, but after all, Mark and I had come to the biggest country in Western Europe.

Fontaine Francaise can not offer the theatre, cinema or day trip over the Channel, outings we enjoy in Tunbridge Wells; but the ability to make one's own way downtown, to my mind, is a star attraction.

I wish we would follow this French custom, and go on the roadway like everyone else!

I hope to go back. I would like to sit outside the Cafe Ancre of a morning and watch the village go by. I would like to visit the Fountain at last, and see old friends—and of course I would like to drink the wine!



Street Scene

LETTERS



SECRETARIAT OF STATE

VATICAN CITY
8 August 1984

Dear Miss Hopwood,

The Holy Father has received your kind message and the copy of Cheshire Smile, and he has directed me to express his gratitude.

His Holiness invokes upon you and all the members of The Leonard Cheshire Foundation God's abundant blessings.

Yours sincerely,

Monsignor R. Marsiglio
Department Head

Miss Frances Hopwood
Le Court
Greatham
Liss
Hampshire
GU33 6HL

Dear Editors,

Jorpati—The Ryder-Cheshire Home in Kathmandu Nepal

First of all I would like to thank the Cheshire Homes who have been collecting their half-pennies for Jorpati. Some of you have already sent funds and others are still shaking the collecting tins up to the end of 1984. Do keep it up!

So perhaps it is time to report progress at Jorpati. The Home is now very much in being. The total capacity of 34 will be reached by the end of the year. Many of the young people should benefit from good care and treatment and be able to leave much improved with skills acquired after a couple of years. But inevitably there are some who cannot hope to reach full independence and will need long-term care but within their capacity they too are being rehabilitated and showing improvement. One paralysed man who has a degree and could scarcely sit upright in his wheelchair is already more supple and is teaching some of the children in the adjacent

home who are either disabled or blind.

There is no way that this Home can be locally funded. Once full it is estimated it will cost in the region of £14,000 per year to run. So far I have raised £6,000 and the wonderful thing is that many of the donors intend giving once a year and some have already given twice. This is tremendously encouraging and keeps me keen and confident.

No longer can Third World projects be managed on a shoestring as food prices and basic costs have escalated. But rest assured the Jorpati Home is there to stay. It will survive and is the first of its kind for young adults in Nepal.

If time left for saving half-pennies is now brief, then do keep the boxes going for other coppers! But I will report the total raised in 1984 from Cheshire Homes in The Cheshire Smile in due course. Meantime thank you all very much indeed for your support and interest.

Ann Sparkes

Dear Editors,

May I as a humble voluntary helper beg a space in your magazine. Due to retirement, I would like a chance to say goodbye to all the residents and staff that have passed through The Chiltern Cheshire Home over the years gone by, and still keep in touch through your magazine.

Quite a few have been handed out Poetic Justice (your Editor's included!). It has been said over the years that the day I leave, the Chiltern Cheshire Home will fall down. I hasten to mention to those sceptics, that apart from a large crack in the walls of the workroom and the office, I was assured that nothing ever moves in those places, it hasn't! I do remember the days when visitors came to see the statues, till it was discovered one meal-time they were residents! I would like to thank all my old friends for the privilege of knowing them, it must have been agony for them to know me. My last poetic justice to be handed out;

Goodbye to you my friend
thanks for the memories good
All good things must come to an end
I bet there's a lot of you knocking on wood!
Au Revoir! 'twas fun working together
A Laugh, A Smile, and a Chat
Spreading the meaning of the Red Feather,
No one can dispute that!!

Yours sincerely,
F. Heelas ('Mr. H')



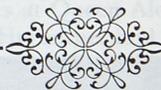
Dear Editors,

Why, oh why, will everyone in the Cheshire Home I am associated with (the residents being the worst culprits) insist on calling a certain room "THE SLUICE". If ever there was a word that immediately brought to mind that other 'dirty' word "INSTITUTION", it is the word "SLUICE".

I always thought what a forward, modern-thinking lot the residents here were. No 'Matron', 'Staff Nurse' or 'Warden' here. Nor 'canteen', 'bedtime' or, heaven forbid, 'uniform'. "We try to make it as much like living in an ordinary family home as possible" one resident told me on my first visit. Well, I certainly haven't got a "SLUICE" in my house, and I bet if any resident left here and went to live independently in the community, they wouldn't call one of the rooms in their house or flat "THE SLUICE"!!

Perhaps this letter will open the 'flood-gates' and bring forth a 'stream' of response so 'cleansing' my mind from these indignant thoughts that have really brought a 'flush' to my cheeks!

Yours sincerely,
Walter Closet



Dear Editors,

The Disabled Drivers' Association has in its possession a collection of historical invalid carriages, petrol, electric and manual, which are at present stored in the Science Museum hangars at Wroughton, near Swindon. Some of these vehicles have been refurbished by various organisations and are in running order.

Next May, we hope to show them at the Motor 100 Exhibition at Silverstone. (This is an international event over three days to celebrate 100 years of motoring.)

We have some gaps in our collection, namely the following:

- Veron VI car
- Trilox
- Fitt Continental
- Brown AC with the 250 cc engine
- Harding
- Yellow Barrett (known as the ice cream waggon)
- Mark 8 and 8A Invacars

If anyone living in or connected with the Cheshire Homes knows of the whereabouts of any of the above vehicles stowed away perhaps in barns or garages, I would be most interested and grateful to hear about them. Also any memorabilia such as handbooks, spare parts, keys, in fact anything appertaining to invalid carriages, would find a good home.

Yours Sincerely
Michael Lawrence

The Disabled Drivers' Association,
17 Calder Court, Britannia Road,
Surbiton, Surrey KT5 8TS

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POST CODE _____

----Then there was the time----

Then there was the time we had a genii—a wonderful fellow—he was 6 ft tall and 4 ft round complete with bare midriff and turban. It was the first (and only) year we decided to use “flash bangs” in our panto. We had with us at the time a young lad who was full of enthusiasm and accident prone—a lethal combination! On seeing the new “prop” he immediately cried “I can do it! I can do it!”—and laid the “flash bangs” near the genii—well, under his feet actually—and lit them with a flourish. The subsequent explosion caused the genii to bound through the curtains with a leap that wouldn’t have disgraced a grasshopper. He arrived on the other side like a character out of a children’s comic, the folds of his cumerbund undone, his bolero hanging off, his eyes like saucers and his teeth dazzling white in a blackened face. Fortunately he was unhurt but

the rest of the cast had to be treated for stitches caused by rolling about the floor with laughter.

The genii hadn’t finished with us yet—that was only the dress rehearsal! When it came to the big night he was at the back of the stage frantically going over his lines in an effort to boost his self-confidence. In between prompting the cast and opening and shutting the curtains like one possessed, I realised he was only two paragraphs away from his cue, so hissed at him to be ready to take his place for when Aladdin rubbed his lamp; unfortunately he mistook my hiss for a cue call and threw himself across the stage and through the curtains to arrive in front of a startled Aladdin who was poised to rub his lamp. Aladdin rose to the occasion and drawled laconically “well seeing as you’re here might I have three wishes”—and brought the house down.

That year was one of deep snow and blocked roads. On New Year’s Eve I decided to walk the few miles to the home with my daughter to wish the residents Happy New Year and we set off through the snow. It was a lovely walk, all traffic was stopped and there was only a single footpath up the middle of the dual carriageway. The branches of the trees were traced with ice and everywhere was so still and quiet. The stars were sparkling and the snow glistened in the moonlight. I felt a bit like Good King Wenceslas with my small daughter treading in my footsteps, the only sound was me gasping for breath as we climbed the last hill. As we entered the home all was bright and cheerful and warm. The staff had gone to some trouble; the evening drinks trolley was festively decorated and garnished with nuts, crisps and bite size snacks to accompany the Oval-



DEAF-BLIND -AND BRILLIANT

The road to independence for disabled cycle mechanic

tine "round" and the staff had all dressed up again in their Pantomime costumes. One of the residents waking up from a doze, rang her buzzer and thought she had rubbed the lamp when a genii appeared in full regalia carrying a cup of hot milk. Later, as there was a small group round the bar, we sang Christmas carols until it was time to go out again into the snow and walk home.

And then there was the time we had a fairy "Rosepetal". He was 6ft tall, like a streak of tap water, with white crinoline strewn with rosepetals (which owed its volume to a large number of balloons concealed underneath) and a large rosepetal on his head. He could take off Frank Spencer to a "tee"—and he thought to make a dramatic entrance by leaping through the curtains onto a small dais—unfortunately he missed and his lisping cry of "I am Fairy Rosepetal" was drowned by the popping of balloons, when he sat on them.

And then there was the time I had left the cast short of rehearsal time and on the big night thought to bolster their confidence with a few bottles of wine. This was gratefully received and whisked behind the scenes. They were too polite to tell me they had the same idea and it wasn't until later I realised their spirited performance owed something to the fact that there were several crates of beer and a lethal punch being liberally served between appearances.

And then there was the time I wrote the lead fairy part for a man but the part was eventually played by our cook. All went well until the poor lady had to say "I myself have seen better days"—and we suddenly found we were into audience participation! The lady took it very well and only served smaller portions for a week!

A new cycle shop opened recently in Hoddesdon, Hertfordshire. Headline news? Perhaps not, until you consider the fact that the young man running it, 23 year old Graham Hicks, is almost totally blind and completely deaf, and has to examine, fault-find and repair the cycles that are brought into his workshop entirely by touch.

This brilliant young man's battle to overcome his awesome dual disability has not been easy and the long, hard road to independence and success has been achieved by developing his amazing flare for mechanics. At four years old he built his first "Meccano Bike". By the age of 17 he was studying Cycle Mechanics at Queen Alexandra's College, Harborne, and spending every free moment stripping down and rebuilding cycles and motor-bikes, some of which he sold.

Then came the search for work at a time when, as now, even able-bodied youngsters were finding employment hard to come by. Once again, however, Graham Hick's determination and skill paid off and he landed a job with John Moor Cycles Ltd., in Stevenage.

The path to private enterprise began with a Saturday stall in the local market at Hertford. Now business has expanded to a rented workshop where Graham repairs and sells bikes and accessories. He employs a trainee mechanic, under the Youth Opportunities Scheme, who is learning the trade and also helps Graham to communicate with his customers.

Graham still has many problems to overcome. His dual disability makes it difficult for him to deal with his customers, whilst ordering and accountancy present further obstacles.

SENSE, The National Deaf-Blind and Rubella Association, are doing all they can to help him. They provided some initial financial assistance and plan to give more, since, without further support, Graham cannot afford to employ additional staff and thus expand his business.

Thanks to HASICOM, a pilot scheme set up by British Telecom and funded by the Department of Education, the latest computer technology is being used to overcome some of Graham's communication problems. Now he is able to type Braille messages onto the computer terminal in his home and this is transmitted, via British Telecom's computer Telecom Gold, to appear, in standard English, on the computer screen at SENSE headquarters. Equally, messages from SENSE are 'translated' en route into Braille for Graham's benefit. HASICOM can give deaf-blind people access to Teletext News Services and will eventually enable Graham to handle his own ordering and accounts, thus achieving even greater independence.

PUBLICATIONS

Amazing Grace is a small volume of poems by Elizabeth F. Greenwood which she has written during her many years in active Christian service which have involved a great number of varied posts in social and youth work. She was born in Yorkshire and trained at Ilkley College to become a Methodist deaconess. Owing to the onset of rheumatoid arthritis she was forced to retire from active work in 1970 and is now a resident at Green Gables Cheshire Home, Derbyshire. The proceeds from the sale of this book will go to the Cheshire Foundation.

Copies available from the author, Green Gables at £1 plus p&p 25p. Cheques, P.O.'s made payable to Green Gables Cheshire Home.

The AA have produced a booklet entitled "GUIDE FOR THE DISABLED TRAVELLER 1984/85" which lists, in county order, hotels, guesthouses and inns which provide accommodation suitable for those disabled persons confined to wheelchairs. It gives the names of organisations which offer specialised holiday accommodation for the disabled which is up to hotel standards, and information on self-catering, camping and caravanning holidays.

A very interesting and helpful section on the Disabled Traveller Abroad is also published.

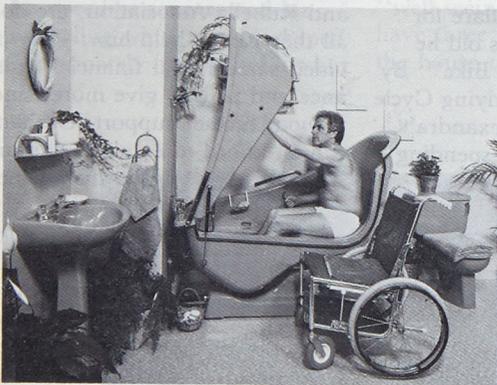
Free to members of the AA, or price £1.50 available from some bookshops.

QUEEN ELIZABETH'S FOUNDATION FOR THE DISABLED

A History of the Foundation has been published, and a specially bound copy of the book was presented to Her Majesty Queen Elizabeth the Queen Mother, patron of the Foundation, at her visit on 11th July, 1984.

The book traces the story of the foundation's units from the early days of the College before the war, through the war years and on to the work of the National Association for the Paralysed, Dorincourt Estates and the formation of the Foundation in 1967. All four units—Banstead Place, Queen Elizabeth's Training College, Dorincourt and Lulworth Court—have seen many changes in recent years, and these are described bringing the story up to date. A series of photographs illustrates the history through the years. The book is now on sale at £2.50 (£2.75 by post) and copies may be obtained from: Queen Elizabeth's Foundation for the Disabled, Leatherhead, Surrey, KT22 0BN.

IS BATHING A PROBLEM?



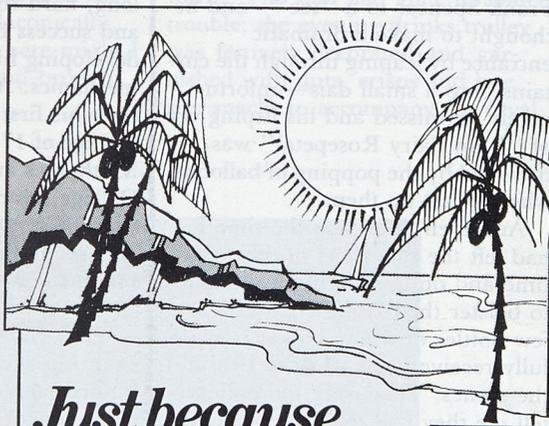
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★ PUZZLE TIME ★

LETTER CLUES

Try a JIG WORD PUZZLE!

3
NUT
FUN
PIE

All the letters to be fitted into the empty squares will be found in groups in the left hand column according to the number of letters each word contains.

The word NUT HAS ALREADY BEEN PLACED in the puzzle as the starting point. It will be seen that a total of 10 spaces runs right and left of the N of NUT. Looking at the group of 10 letter words below, it will be seen that the word SNOWFLAKES is needed for this line, as the N of NUT fits in with the N of SNOWFLAKES. Write this word in the spaces provided.

4
TOYS
CAKE

You will also notice that the T of NUT is part of a line of 7 squares. Looking at the 7-letter group, the word LANTERN has T as its fourth letter. This fits in with the T of NUT. And so the puzzle grows from this point until all the vacant squares are filled.

ALL the words required will be found in the groups shown.

5
PANTO
HOLLY
ROSES

ALL THE WORDS *MUST* BE USED.

6
TURKEY
CAROLS
CHURCH
TINSEL
SLEIGH

7
LANTERN
ICICLES
SNOWMAN

8
PRESENTS
YULETIDE
TIA MARIA
MINCEPIE
LAUGHTER
STOCKING

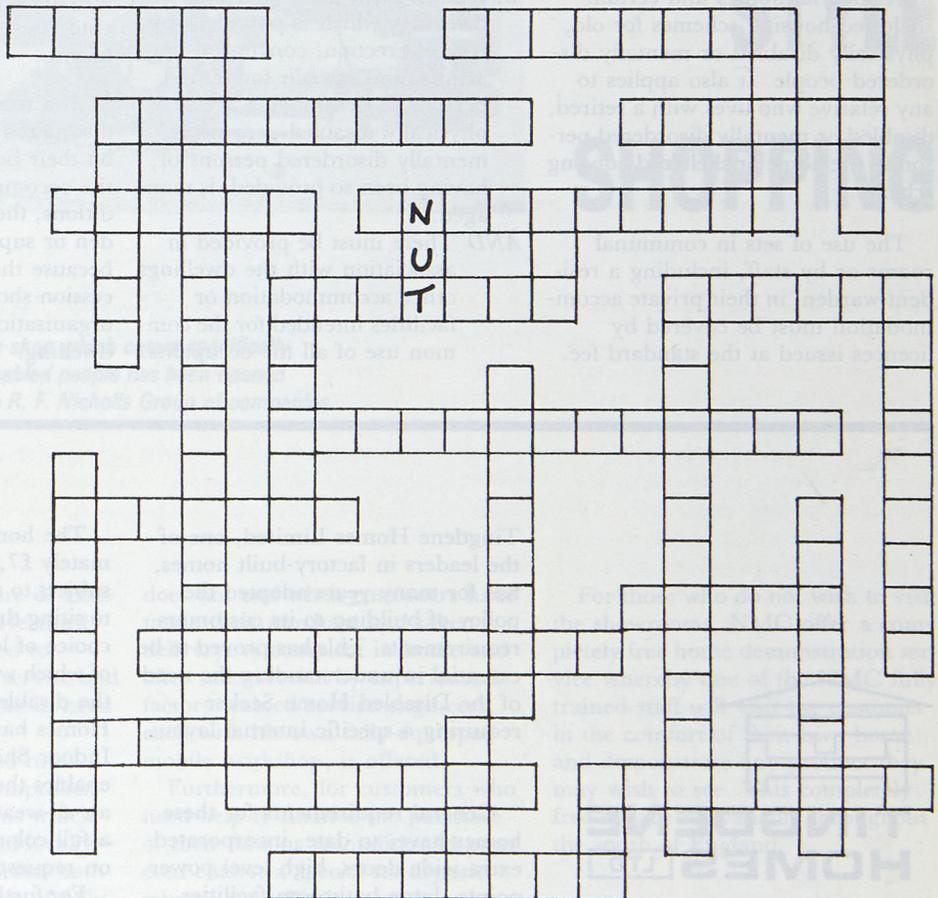
9
MISTLETOE
SUGARMICE

10
SNOWFLAKES
CHOCOLATES

11
PLUMPUDDING

13
ILLUMINATIONS
CHRISTMAS TREE

17
GOOD KING WENCESLAS



TV

LICENCES IN HOMES

The following is a guide to the new conditions of eligibility for the concessionary licence which came into force last September.

1. General

The Accommodation for Residential Care Licence authorises the use of television sets by retired persons of pensionable age (60 years for women and 65 for men), physically disabled persons and mentally disordered persons in their own rooms, in residential homes and certain sheltered housing schemes for old, physically disabled or mentally disordered people. It also applies to any relative who lives with a retired, disabled or mentally disordered person in the home or sheltered housing scheme.

The use of sets in communal rooms or by staff, including a resident warden, in their private accommodation must be covered by licences issued at the standard fee.

2. Fee

The fee is 5p for each person licensed.

3. Conditions for eligibility

For residents to be eligible for the Accommodation for Residential Care Licence their accommodation must comply with either condition A or condition B below.

A. It must be a residential home which has as its sole or main object the provision of accommodation for retired persons of pensionable age, physically disabled persons or mentally disordered persons, and

B. It must form part of a group of dwellings which is provided (by way of erection, conversion or acquisition) *specially* for retired persons of pensionable age, physically disabled persons or mentally disordered persons or, having been so provided, is managed:

AND There must be provided in association with the dwellings other accommodation or facilities intended for the common use of all the occupants.

Each application for an Accommodation for Residential Care Licence must be considered on its merits, but generally specially provided accommodation may consist of a group of houses, bungalows or flats on their own, or as a separate part of a mixed housing estate, or specially selected flats in a block or blocks of flats. Examples of the type of communal accommodation or facility which might qualify are a common dining room or lounge, or the services of a warden employed to look after the welfare of the occupants.

4. Hotels, nursing homes and private houses are not eligible for the licence.

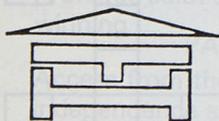
5. If a retired, disabled or mentally disordered person, or person acting on their behalf, is not sure whether the accommodation meets the conditions, they should consult the warden or supervisor of the property because the application for the concession should be made through the organisation responsible for the dwelling.

Tingdene Homes Limited, one of the leaders in factory-built homes, has for many years adopted the policy of building to its customers requirements. This has proved to be essential in understanding the need of the Disabled Home Seeker requiring a specific internal layout.

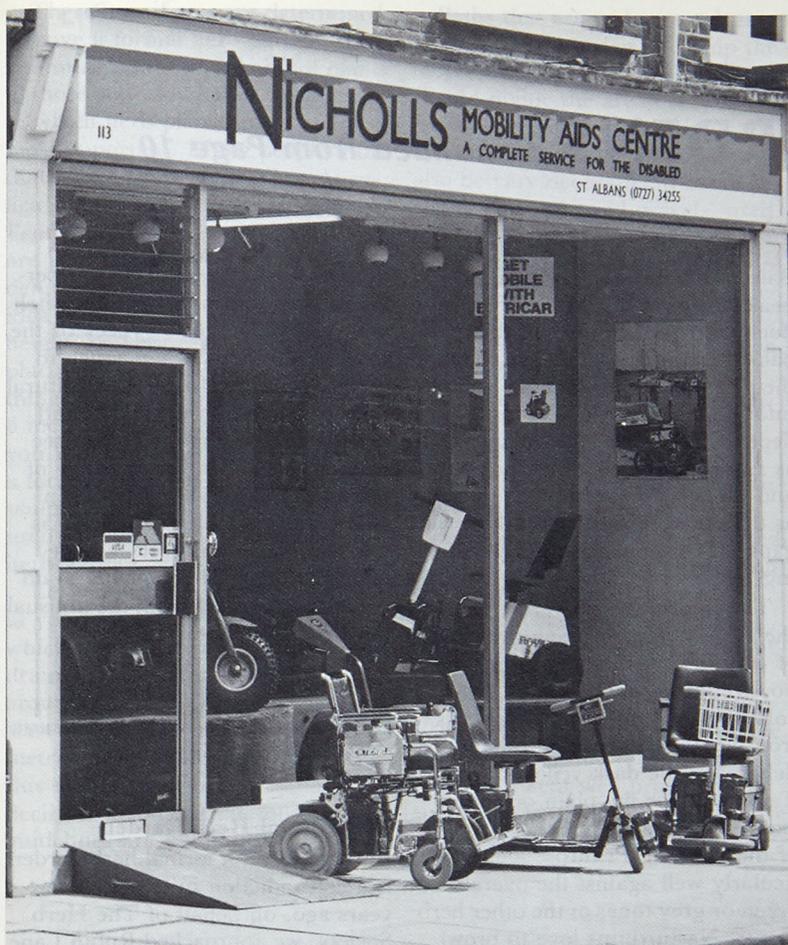
General requirements for these homes have, to date, incorporated extra wide doors, high level power points, large bathroom facilities with support handles in specific positions, ceiling hoists, access ramps and specialist kitchen fitments. There are, of course, further amenities which can be included if required.

The homes range from approximately £7,000 to £21,000 ex-works, subject to specification. With regard to siting these homes, there is a wide choice of locations available, many of which would prove convenient for the disabled owner. Tingdene Homes have also developed an Indoor Show Home complex which enables these homes to be viewed in an all-weather Display Centre, and a full colour brochure is available on request.

For further information telephone Graham Jackson on Wellingborough (0933) 225157 or write to Tingdene Homes Limited, Bradfield Road, Finedon Road Industrial Estate, Wellingborough, Northamptonshire.



**TINGDENE
HOMES LTD**



NEW STYLE SHOPPING

A new shop which caters specifically for disabled people has been opened by the R. F. Nicholls Group of companies.

Nichols Mobility Centre of Hatfield Road, St Albans, Hertfordshire, has been established to provide the best possible service and impartial advice for people in need of any type of disability equipment—all under one roof.

NMC also stocks a comprehensive range of smaller items which are so often difficult to find locally—from walking sticks to special bath aids; together with a range of fully reconditioned machines, all of which are refurbished in the company's workshops and are sold with the benefits of a full warranty.

The company's responsibility

does not end when customers have made their purchase and taken delivery. A complete in-home and after sales service by experienced, factory-trained service engineers, each with his own fully-equipped mobile workshop, is offered.

Furthermore, for customers who need help to finance the purchase of their new or reconditioned powered chairs, a special no-deposit scheme is available over three years which includes full life insurance. Alternatively, any of the range can be purchased on the Motability finance plan. Powerchairs are also taken in part-exchange.

For those who do not wish to visit the showrooms, NMC offer a completely free home demonstration service whereby one of the NMC fully trained staff will visit the customer in the comfort of their own home and demonstrate any product they may wish to see. This completely free service is available throughout the south of England.

For further information, contact Nicholls Mobility Centre, 113 Hatfield Road, St Albans, Herts. Tel: St Albans (0727) 34255.

HERB GARDENS *Continued from Page 10*

The Informal Herb Garden

A few years ago the recently formed Association of British Herb Growers and Producers were allowed to plan a herb garden on a bank at the Chelsea Flower Show. The plot was approximately 40 feet by 12 feet and the plan of the design is shown below. The Association wished to demonstrate that it was a newly-formed trade organisation, by showing a wide variety of herbs planted in a novel and unusual way.

Mrs. Moyra Burnett, the well-known landscape designer, decided to plant the 26 types of herbs in drifts so that the excitement of the plan depended on the contrast in height and leaf shape rather than in a super-imposed geometry. But, even with such a design, the planted area was never more than 4 feet wide at any point, so that both cultivation and cropping could be carried out efficiently. The paths on this occasion were made of wooden paviours (1½ inch thick cross-sections of tree branches and trunks). Such paviours or stepping 'stones' can be placed in the middle of wide beds for easier maintenance.

Planning an informal herb garden presents exactly the same problems as planning a herbaceous border. Some herbs, such as Angelica, the Mints and Lovage reach their full height in June and continue looking attractive for the rest of the summer. Others, such as Golden Lemon

Balm, Dill and Sorrel reach their peak of growth in mid-summer, produce their seed heads and then die back, leaving an untidy gap to mark their presence. In planning such an informal herb garden certain dependable longer-lived plants such as any of the Marjorams, Lungwort and Ladies' Mantle are invaluable as they tend to spread and hide the gaps left by the more quickly maturing herbs.

The informal herb garden is also the perfect place for the introduction of certain herbs having more pronounced decorative aspects. The colours of the different Bergamots, from white to deepest purple are delightful; the dark yellow of Tansy—either the plain or crested leafed form, and the delicate yellow of the Evening Primrose look particularly well against the overall green or grey tones of the other herb plants. Nasturtiums love to prowl round the other plants and Honey-suckle either trained as a mound, or up and over wattle or other fencing, looks as sweet as its scent. The blue starry flowers of Borage are entrancing, but remember that once you have it in your garden, even though it is classed as an annual, it is likely to spring up in odd places in succeeding years, but that invasion is no bad thing.

In planning an informal herb garden, list the 10 or 12 herbs that you must have; plant them in groups or

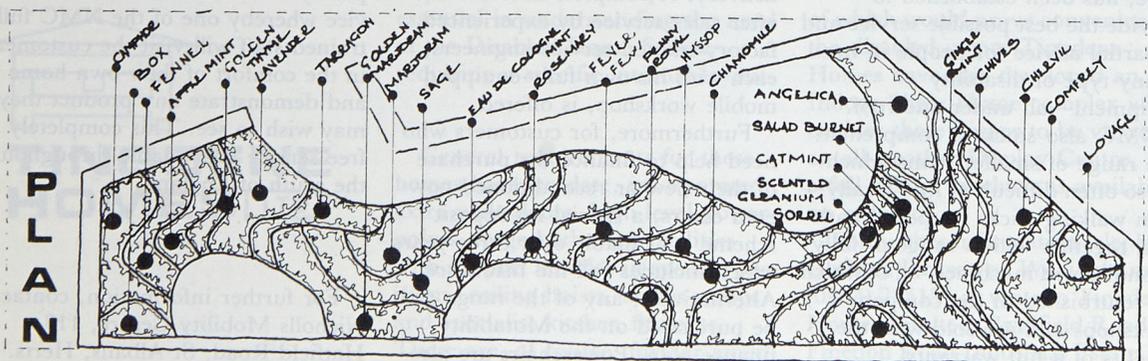
drifts of 3-6 plants and then experiment with unusual ones that catch your fancy. Do go to Wisley or the Chelsea Physic Garden—open to members of the Royal Horticultural Society on certain days only and tickets *must* be obtained—and see what a vast and a varied range of herb plant material exists. Then contact a reputable herb farm, as few garden centres carry a wide enough range of herb plants so do try and experiment with the unusual herbs.

The Knot garden serveth for pleasure: the pottle garden for profitte.

Horman—1519

The Formal Herb Garden

In some ways, a formal herb garden is a contradiction in terms. A few years ago, on behalf of The Herb Society, we approached Robin Lane Fox who writes so knowledgeably and entertainingly in *The Financial Times*, to write an article on herbs for *The Herbal Review*. His post card reply was he was so busy, and might he be recontacted in 18 months time . . . We then read in his gardening book how he hated herbs for their unkempt habits. This seemed rather exaggerated as some of the most useful, such as Fennel—delicious with fish, are by nature a bit untidy. But, even it can be kept neater by judicious cutting back.



INFORMAL HERB GARDEN - CHELSEA FLOWER SHOW - MAY 1977 - DESIGNED BY: M. BURNETT

Therefore, if you are determined to have a formal herb garden, then you must limit your choice of plants to those with tidy habits. The height to which herb plants grow is also most important. Many people think that all herbs are small, but *Angelica* grows to 7 feet and Lovage and Fennel both to 6 feet. So when you are planning this type of herb garden, even though it is a pleasing idea to have some variation in height, be very careful about the placing of the tallest herbs, i.e. anything that grows more than 3 feet 6 inches high, unless you are certain you want a particular tall plant for a focal point. Sundials, seats, urns, sculpture and fountains are often used for such emphasis in a formal herb garden.

Let us assume you have a space in your garden 12 feet by 16 feet which is south facing and well-drained, and there is sufficient area around that space for walking—at least 2 feet. The traditional geometric design which you choose for this space is a purely personal decision as long as the following guidelines are followed.

Paths that are wide enough to tend the herb garden and crop the herbs, but not less than 1 foot should divide the area every four feet. They will help amazingly to keep to garden tidy. Such paths can also be very decorative if made in contrasting coloured gravels, used to high-light Elizabethan gardens. These gardens were designed to be viewed from above and sometimes chips of coloured glass were included to catch in the sun. Such a design would be practical and attractive for those small London gardens with a view from a first floor drawing room.

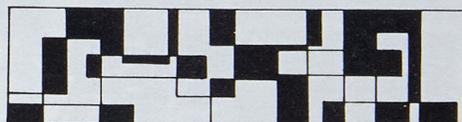
Most formal herb gardens have low hedges bordering the paths. Traditionally, dwarf Box was used. It is still an excellent plant for this purpose, as it keeps its leaves throughout the year, thus giving interest and shape to the herb garden even in winter, showing the basic pattern under heavy snow. Rue, either Jackman's Blue or the creamy variegated form is good as a hedge if kept well pruned, with that scent you either loathe or love.

The Santolinas (Lavender Cot-

ton) especially the Nana (dwarf form) and Lemon Queen are most attractive and will form a low hedge in a couple of years. The shiny-leaved Wall Germander is another excellent hedging.

All of these hedges will need pruning once during the summer to keep their shape and to encourage growth, but being the bones of a formal herb garden it is essential that they are kept neat.

The varieties of herbs to be chosen are wide and a list of those for a formal herb garden is given below. The average family will only need three plants of any culinary herb with the exception of Parsley and Chives. A single type of herb contained or shown with its border of hedging is the most traditional planting for a formal herb garden. If you wish to have more than one type per bed, then be certain to choose those herbs with highly contrasting leaf shapes and textures. Remember that in most cases, herbs have an insignificant flower and their charm depends often upon the subtle variation of green and grey and shape of the leaves.



Some Plants for a Formal Herb Garden:

average height (inches)

Focal Point/Centre Piece Plants

Standard Bay Tree, *Laurus nobilis*: 60

Angelica, *Angelica archangelica*: 84

Cardoon, *Cynara Cardunculus*: 96

Lovage, *Levisticum officinale*: 72

Basil, *Ocimum basilicum*: 12-15

Box, (dwarf form) *Buxus sempervivum nana*: 9-12

Catnep, *Nepeta cataria* or *mussini*: 36-48

Chamomile, (lawn form) flat mat

Chives, *Allium schoenoprasum*: 12

Costmary, *Tanacetum balsamita*: 36

Germander, *Teucrium chamaedrys*: 12

Hyssop, (blue/white/pink forms)

Hyssopus officinale: 15

Lavender, (Hidcote form) 12-15

Marjoram, (compact form) *Origanum vulgare compactum*: 6-8

Marjoram, (golden form) *Origanum aureum*: 8-10

Marjoram, (Pot/French) *Origanum onites*: 12-15

Parsley, *Petroselinum crispum*: 10

Rosemary, *Rosemarinus officinalis*: 48

Sage, *Salvia officinalis* (green) 36

Sage, *Salvia officinalis ictérina*: (golden) 15-18

Sage, *Salvia officinalis purpurea* (red) 18

Sage, *Salvia officinalis Tricolour* (pink/green/white) 12

Salad Burnet, *Poterium sanguisorba*: 18

Santolina, (Cotton Lavender) *chamaecyparissus nana*: 6-9

Santolina, (Cotton Lavender) *chamaecyparissus Lemon Queen*: 12

Southernwood, *Artemisia abrotanum*: 36; 48

Thyme (upright form) *Thymus vulgaris* (common) 6-9

Thyme, (upright form) *Thymus citriodorus* (lemon) 6-9

Thyme, (upright form) *Thymus aureus* (golden lemon) 6-9

Thyme, (upright form) *Thymus argenteus* (silver posie) 6-9

Thyme, (creeping form) *Thymus serpyllum* (Doone valley) flat mat

Thyme, (creeping form) *Thymus serpyllum* (Herba Barona) flat mat

Winter Savory, *Santureia montana* 12

Among the rosemaries I always like, if possible, to 'tickle in' a China Rose or two, the tender pink of the rose seems to go so well with the dark but dull-surfaced rosemary.

Wood and Garden, 1899
Gertrude Jekyll

NEW PRODUCTS



POWER

The Power Plus is easy to control and can be operated either by hand, foot, chin, elbow, wrist—or by breath. It is comfortable, safe and reliable and can be taken wherever you wish. Its tight turning circle and its manoeuvrability in small areas are a great advantage in the home. The Power Plus has two speed control and its motors are fitted with an automatic cut-off and re-set systems. The kerb roller allows the chair to overcome most kerbs and obstacles easily. For portability, the Power Plus is the most portable kerb climbing powerchair available as it can be easily folded to a size that will fit in most car boots.

PLUS

NEW PRODUCTS

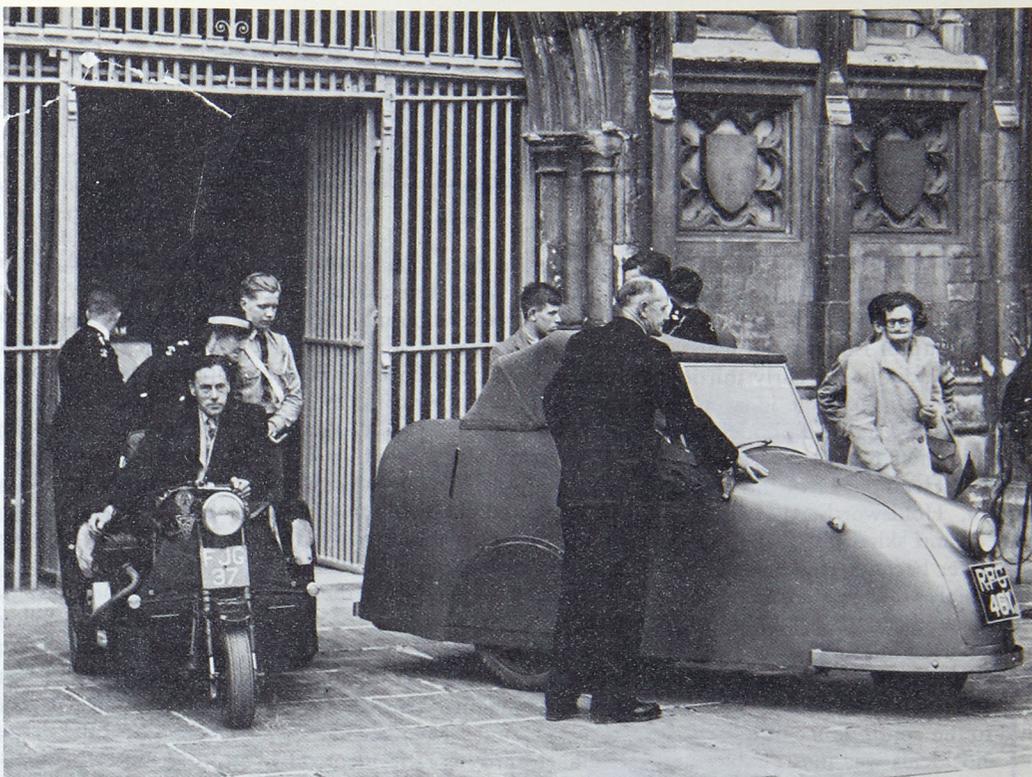


THE EXTRA PLUS

The Extra Plus has been designed for those who spend a good deal of their time out of doors. It has a heavy duty frame and an entirely new transmission system and type of alloy wheel on the front with a set of specially developed tyres that give firm, positive grip on pavement and road. The new finger control panel covers all major functions such as steering, acceleration, lights, horn and indicators. The range of Extra Plus chairs is flexible enough to accommodate different passengers widths. Extra power means better kerb climbing ability and the unique kerb roller enables you to travel forwards down the kerb without any problems.

THE OUT RIDER

The Out Rider opens up a new world of possibilities to the more active disabled and it has been designed to cope with your special needs. If you can get from a wheelchair to a car then you are a potential Out Rider. It can operate for 12 hours on 1 gallon of fuel and it is legal to ride it on pavements as it comes in the same category of vehicle as electric powered wheelchairs. The Out Rider can be bought on the Mobility Scheme. **Phone now for a FREE test drive. Telephone St Albans (0727) 34255.**



FLASHBACK!

This photograph was taken at Canterbury Cathedral in the 1950's. On the left is a "Continental" tricycle built by George Fitt Motors at Tankerton in Kent. On the right is a Model 43 Brown A.C. built by A. C. Cars at Thames Ditton. 3,000 of this model were on the road in those days.

[Photograph kindly loaned by Fred Nailer, Editor of MAGIC CARPET—Disabled Drivers' Association.]



A 'happy snap' taken by Laurie Smith at the White Windows Fete Day in May 1984

Obituaries

John Martyn OBE

John Martyn who died in Vienna on 29th June 1984 belonged to the small group of Englishmen who came to India in the early thirties bringing with them the ideas and ideals of the English Public School. (Among their number were Foot, the first Headmaster of the Doon School, Holdsworth, the mountaineer and skier and Jack Gibson, who later became Headmaster of the Chiefs College at Ajmer.)

John outlasted them all and was himself Headmaster of the Doon School for many years. His contribution to the success of the school and to the continuance of its character and ideals was inestimable; and when Margot Mason, as she then was, arrived in Dehra Dun with two helpers and a jeep in 1956 to set up a Cheshire Home it was inevitable that John should come to their help. The senior boys set about repairing the derelict house that had been given to Margot while John himself paid for the first two residents so that they could be admitted immediately.

He was the first person whom Leonard himself consulted on arriving at Dehra Dun, and though dubious about his unorthodox methods soon became his friend and adviser. He encouraged the Doon School to take an active part in the Home and later on in Raphael, The Ryder Cheshire International Centre.

He had a great sense of humour and at the same time a deep love of India and understanding of her problems, not least of the physically handicapped. His cheerful personality was always welcome at Family Days and international conferences. He married Mady Singh in 1969, who supported him most loyally in his work and enabled him despite failing health to remain active to the end. He died in her home town, Vienna, while they were there on a visit.

Increasingly he became committed to the Indian Foundation, becoming Managing Trustee and a leading Council Member of Raphael until his retirement. His practical common sense, his shrewd judgement of both establishments and to the difficult problem of, in such a vast Continent, giving cohesion to the various Homes.

He was awarded the OBE, and by the Indian Government the Padma Shri, a rare honour for a foreigner. His name will be long and affectionately remembered in that beautiful valley at the foothills of the Himalayas by his many old boys all over India and by everyone who knew him in the Cheshire family.

Mary Driffill died in Wrexham Hospital early in August following two years of suffering from a progressive disease which covered a period as a paraplegic. Mary joined the original Service Corps Training Scheme in November 1967 having worked in Cheshire Homes for over ten years. She was anxious to avail herself of knowledge which might help her to give better service to the residents.

At the time she was employed at Stonecroft and following six months special training, returned there to become Head of Care.

Mary was interested in the young students of the Service Corps posted to Stonecroft for practical experience and she took great trouble to help them to gain as much knowledge regarding the running of the home as well as individual care of residents. Although Stonecroft was situated in a fairly isolated area, the home was not isolated. Residents and staff were included in various ways in the life of the village, with help and encouragement given by Mary.

As the years pass people like Mary Driffill are only too easily forgotten but the residents of Stonecroft and members of the original Service Corps Scheme will remember her and regret the period of retirement for her was so short.

Edith E. Chapman

Thomas Parker, resident at White Windows since January 1960, passed away on 28th July, aged 83. Tom's great love was painting and he had a studio in the home. His paintings have been bought by people all over the world, and we are lucky to have several here at White Windows. During his 24 years he had been both treasurer and chairman of the residents' committee several times, and he will be sadly missed by staff and residents.

Miss Peggy Sharples died after a short period of illness on 26th July, 1984. She had been at Oaklands for only 18 months but right from the start she showed a willingness to serve the home, as she had served her church and her neighbourhood before she came to us. Her good nature and serenity were much valued by her many friends, and she was the residents' committee Chairman at the time of her death.

Mrs. Kathleen Williamson, who had lived at Oaklands for six years, during most of which time she had served as secretary of the residents' committee, died suddenly on the 19th July, 1984. Her death has left a tremendous gap in the community because she was a very friendly outgoing person with plenty to say, and she was also a very good correspondent.

Barbara Lloyd Evans

Barbara, a resident at Le Court for 26 years, died on 12th September 1984. She first came to Le Court on holidays in the old house in 1954 where she helped to organise games evenings, read to other residents and generally help in any way she could.

After becoming a permanent resident in 1958, she soon took on jobs which helped Le Court to evolve into what it is today. The Film Unit gave her great pleasure and she wrote the scripts for the films that the residents made. She served on most of the Committees including the Management and Appeals, and was at one time the Vice-Chairman of the Residents' Association. She was a most active member of the Workshop Appeal Committee and the Le Court Association right up to the time of her death. On top of this she took on Publicity and Press Officer 14 years ago. She thoroughly enjoyed this job, especially the writing of the newsletter. It was imperative to her that the newsletter got written each month, and even though these last few months she was very ill, she still managed to dictate it. She took on the Fete publicity two years ago.

In 1974 Barbara married a resident of Le Court, Norman Lloyd Evans at Empshott Church.

In 1981 Barbara bought herself a new powered wheelchair which opened up new horizons for her. The chair, which she operated by mouth, was powerful enough to enable her to go out shopping whenever she wanted. It was also suitable to go round the grounds at Le Court which are mostly on a slope. She enjoyed writing and reading and, in more recent years, she managed to continue reading with the help of a page turner. One of her articles was about the difference her new wheelchair had made to her life, and this was published in the April 1981 edition of the Link magazine.

Barbara was a truly remarkable person of indomitable spirit, great courage and tremendous determination, who devoted her talents so unstintingly in the service of others. She will be greatly missed by all at Le Court and by her many friends in the community at large.



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THE WESSEX VERTICAL SEAT
SOLE AGENTS FOR THE MEDIC BED**

Note: Where applicable all equipment is built to the relevant British Standard

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

Past Chairmen: The Rt. Hon. Lord Denning, PC
Professor Geoffrey Cheshire
The Rt. Hon. Lord Edmund-Davies, PC

Chairman Emeritus: Air Chief Marshal Sir Christopher Foxley-Norris, GCB, DSO, OBE, MA

Chairman: Peter Rowley, MC, MA

Hon. Treasurer: Dennis Greig

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

Director: Arthur L. Bennett, Deputy Director (Care): C. Paul Brearley, Administration Manager:

Simon Hardwick, Asst. Treasurer: Rita Bellety. Head of Mental Care: Michael Libby, Personnel Adviser: Molly Roe. Homes Planning Officer: Keith Cook, Family Support Service Adviser: Mrs Margot Hawker. Public Relations Consultant: Bill Simpson, Public Relations Officer: Mrs. Kay Christiansen Information Officer: Wally Sullivan.

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 Adviser:

Mrs. Margot Hawker, Leonard Cheshire House, 26-29 Maunsel Street, London, SW1P 2QN.
Tel: 01-828-1822 (Queries to Christine King).

SPECIAL SERVICES

Aids and Equipment Advisers:

Judith Cowley (South), Lesley King (North)
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.

DIRECTORY 1984

CARE ADVICE SERVICE

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

Care Advisers: Hugh Bryant (South-West), Beryl Capon (South Yorks/Notts/Lincs), Mary Copsy (Central South), Brian Foster (Scotland and North-East), Bob Hopkinson (North-West), Sue Langdown (East Midlands), Harry Lowden (West Midlands), Alma Wise (South-East)

THE LEONARD CHESHIRE FOUNDATION HOUSING ASSOCIATION

Chairman: L. P. Mecklenburgh, Suite 1, Argyle House, 29-31 Euston Road, London NW1 2ST. Tel: 01-278-6630.

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: Ron Travers

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.

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 Bakhshi MC (Retd).

Gabriel, Mount Poonamallee Road,

Manapakkam, 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 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, 77 Woodcote Road, Caversham Heights, Reading, Berks, RG4 7EY.

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, CMG

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

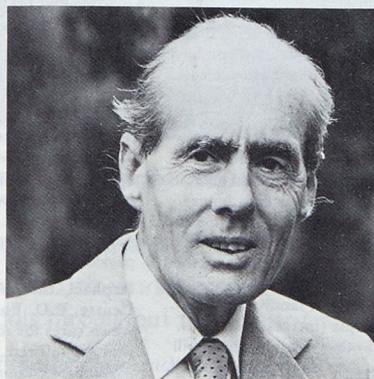
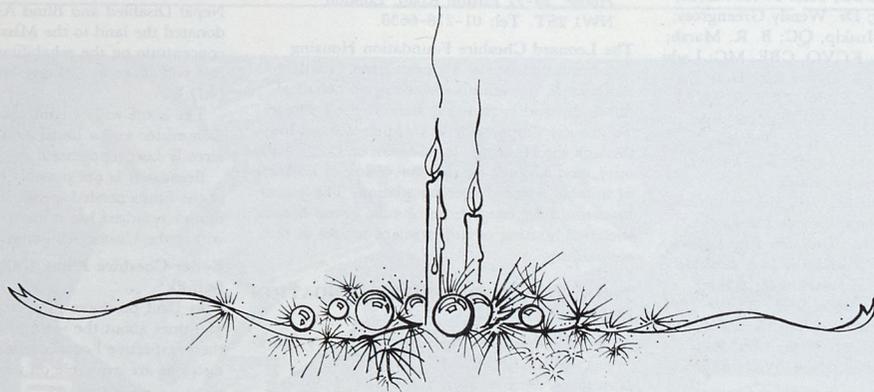
The Sue Ryder Foundation was established by Lady Ryder during the Post War Years, after she had been doing relief work on the Continent. Its purpose was—and still is—the relief of suffering on a wide scale by means of personal service, helping the needy, sick and disabled everywhere, irrespective of 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 care for the sick and needy of all ages, including children, and principally for the incurably sick and disabled, the homeless and those others for whom the general hospitals can do no more and who have no suitable place to go.

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

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Christmas and New Year Greetings to all our readers



ROYAL SOCIETY OF MEDICINE AWARD

Group Captain Leonard Cheshire, VC., Founder of The Leonard Cheshire Foundation for severely disabled people, and Dr. Howard Rusk, a leading world authority on rehabilitation, were jointly honoured in New York by The Royal Society of Medicine and The Royal Society of Medicine Foundation, Inc, when they were presented with the Richard T. Hewitt Award.

Group Captain Cheshire's citation was for "distinguished achievement in the improvement of human health" and consisted of a silver emblem and a cheque for 5000 dollars.

His Incarnation

by Elizabeth F Greenwood

From the Father's heart proceeding
Thou the One Begotten Son,
Heaven's choir enraptured singing
Of salvation now begun.
O the wonder of Thy coming!
O the marvel of Thy birth!
Son of God through Grace becoming
Son of Man, to live on earth.

Lo the Babe in manger sleeping
Is the Word through whom was made
Yonder star that watch is keeping:
He the world's foundations laid.
To the angels' voice we hearken,
They the joyous tidings tell,
To bring peace on earth He cometh,
Evermore, Emmanuel!

One the manner of His coming
With the pattern of His life:
Gracious, gentle, lowly, loving,
Peace has dwelt amid our strife;
Through the darkness of our dwelling
He has shed His Holy Light
Through that life of wonder telling
Love alone is heaven's might.

Help us still to trace the story
From Thy cradle to Thy Cross,
And to know Thee in Thy glory
Help us count the world but loss.
Live Thy holy life within us
Let Thy love our pattern be,
Still dispread Thy vict'ry through us
That the world Thy light may see.

