

Cheshire Smile

Quarterly Magazine of the Leonard Cheshire Foundation—June 1985 25p



Cheshire Smile

The Quarterly Magazine of the Leonard Cheshire Foundation

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

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Growing Pot Plants	Page 8
Around Britain	10
Gardens for the Disabled Trust	12
International Wheelchair Fund	14
Volunteers Needed	16
Help! Help! Stop!	18
Cheshire Homes Around the World	20
No Place like Homes	30
Aid to Starving Ethiopia	31
Those were the days . . .	32
Journey Down Under	35
New Products	41

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THE TRAVELMASTER HOIST



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MANUFACTURERS OF THE WESSEX PATIENT HOIST, HOME LIFTS, THE WESSEX VERTICAL SEAT, STAIRSETS, ELECTRIC DOOR OPENERS, POOL LIFTS

Editorial

Change we are told, is inevitable; but the need for change and the nature of change is something that we can influence and alter to suit our own requirements. In recent times a big change in Cheshire homes policy has been the provision of a single room to all those requiring them. It took sometime to influence the change, but it did finally happen. The greatest change yet to take place is the change of attitudes towards the resident in the home. Now the material comforts which once were lacking have been put in place, **now** is a good opportunity for a start to be made on changing some of the existing poor attitudes towards residents taking a more active role in controlling their own lives within the home. To begin, start by encouraging residents to take over running their own affairs. In many

homes it is the administration who arrange all the social events, who organise the outings, run the transport etcetera. At annual conferences we often hear Heads of Home and Heads of Care say that there are not enough residents capable of doing these things in a particular home, but nobody has ever been heard to say what a splendid idea it is and, how should we begin! It is all too easy for people to be written off as incapable simply because they happen to be disabled. Much of the boredom and apathy that we hear about in the homes is a direct result of non-caring attitudes, a quote from the Singapore Declaration 1969 might be an appropriate point to note "a place in which residents can acquire a sense of belonging and of ownership by contributing in any way within their capabilities".



The assurance of fine weather on holiday has a definite influence on the place that one chooses to go for the long awaited "break", but there are those who, whatever the elements may have in store, find the ever-changing beauty of the British

Isles a fascinating and much longed for experience. In the first of a series of articles on places worth a visit, Tom Gardner takes us to South Devon where the holiday-maker can find gentle beauty, rugged coastline and long beaches.

Residential Care Consortium Computer Project

A NEW COMPUTER BASED SERVICE FOR DISABLED

Carematch, a computer based service to help physically disabled people to find a suitable residential home, was launched in London on Tuesday, 7th May.

It is a major project of The Residential Care Consortium, a registered charity, formed by a group of national charities in 1981, and is grant-aided by the Greater London Council and The Department of Trade and Industry.

Aims

Carematch aims to provide a service for disabled Londoners. At present it has a database register of Homes for physically disabled adults in the GLC area and 60 Cheshire Homes throughout the United Kingdom. In time it hopes to cover the whole country.

Carematch aims to cut through the frustrations, confusions and difficulties experienced by physically disabled people under the age of 65

seeking a suitable residential establishment, as well as to help carers, social workers and other organisations advising or seeking to place clients to lessen the time-consuming investigations necessary.

How it works

The disabled individual or social worker or carer contacts Carematch who then send a comprehensive form asking for information, always regarded as completely confidential, such as the area preferred, the type of accommodation sought, the degree and type of disability suffered, the amount of individual help in daily tasks required. This completed form is then matched against the information on residential homes in the database and a list of possible suitable homes is then sent to the applicant.

From then on, it is up to the client to select a suitable home from

the list and to contact it personally to make further enquiries and arrangements.

Carematch does not match clients on anything but the personal aspects of care and some preference on area and type of home. However, there is a telephone counsellor, Miss Lin Berwick. She is herself handicapped by cerebral palsy and blindness. Her own experience of the problems enable her to offer sympathy and practical advice, some additional factual information and some guidance on specific problems as well as help with difficulties over completing the form.

Those seeking the Carematch Service should write or contact Carematch at 286 Camden Road, London N7 0BJ. Tel: 01-609 9966.

Those seeking telephone counselling should contact: Miss Lin Berwick on Hornchurch (040 24) 58325, Monday to Friday 2 p.m. to 5 p.m.

Little Girl

So you can't walk
And you can't talk
But don't be sad
It's not so bad, little girl,
You have a long way to go
As well you know.

You don't sigh
And you never cry,
You live in fear
That perhaps you never will,
But how can you learn the process
To shed a tear, little girl,
You might if you lose your fear.

So many words with nothing to say
But in a way that's O.K.,
Though you don't know it, life is
good
And should be lived to the full.

There is so much love in life,
Look for it, you'll find it in time
But, little girl,
Don't ever be sad.
With so much friendship
Life can't be bad.

Brigid Hanley
Greenhill House, Timsbury

Light of Reason

You must always conform
And tow the line,
There is no reform,
Freedom will not be thine.

Stand up and fight,
You would not dare,
They will not see the light
Though the brightness glare.

Everything goes on just the same,
The few that have tried
Are heaped with blame,
And are left to wish they had lied.

When will we see that insight
That comes to the few,
Give back this light
And raise hope anew.

Kathleen Hill



the Chairman says

Those who started Cheshire Homes some nearly 40 years ago, started something wonderful, intended to give disabled people a home free from constraints of institutional life. In those days most disabled people had to choose between hospital and residential homes, those who achieved places in residential homes were fortunate and those who provided the homes and cared for disabled people in them were, and are, doing great service for humanity.

More than a generation has passed since many of the homes were started. Things have changed and are still changing. There are more options available to disabled people. In particular, it is now possible for the care which many disabilities require to be provided in their own homes and environments until later in their lives and the lives of those who care for them. The state funds provided for their assistance are more often being supplied direct to or through disabled people themselves thus giving them more control over their choice of options.

All of us who are concerned with caring for disabled people must not only change with the times but must also plan for the future. Amongst other things, this involves identifying the many good aspects of care in Cheshire Homes and Services and using these aspects as the foundation for future expansion.

I would like everybody to help with this. Will members of Management Committees, staff, residents and supporters please write either to the Editors of The Smile or to the Director of the Foundation describing one or more aspects of "what is good in what they are doing", particularly in areas which assist disabled people to achieve a personally acceptable lifestyle, so that the ideas may be shared and developed.

Peter Rawley



GROWING POT PLANTS

by
Miles Stapleton

Pot plants can be the first and last joy of the disabled, for when we were first smitten and struck down, there were perhaps, flowers by the bedside.

Then next perhaps, flowers in a pot replaced flowers in a vase—and we were hooked. At least that is what happened to me. Flowers, whether in a vase or pot, will cheer anyone up.

Our appetite whetted, we pass on from plant to plant, mostly given in a decrepit and near defunct state by Mr and Mrs Abel Fitt from outside. The plants all had one thing in common—they were all in pots and near to death, either from overwatering, or no watering at all.

ASPIDISTRA TO ORCHID

From this procession of helpless victims I gained experience of dozens of varieties of plants, ranging from Aspidistras to Orchids, and soon reached the conclusion that there are three varieties of plants that are best suited for the disabled resident to grow and handle. The first variety is *Impatiens* commonly known as *Busy Lizzies*. The second variety is *Coleus*, the English name for which is *Flame Nettle* and thirdly there is *Tradescantia* and *Zebrina Pendula*, and the common name for both of these is *Wandering Jew*. A fourth which should be

added to the above is the *Aspidistra*. This plant will stand up to anything, except overwatering, hence no doubt the origin of one of its English names, *Cast Iron Plant*. Another name for it is *Parlour Palm* which is slightly more flattering. It was well known to the Victorian housewife. When the use of coal gas for domestic purposes came in all other house plants became casualties while the *Aspidistra* continued to grow and flourish in solitary triumph in Victorian drawing rooms until other hardy plants were discovered and introduced. It was during this period one supposes, that it acquired the name *Parlour Palm*. Our advice for growing is not to repot once you have got it into a suitable pot. Don't leave it in direct sunlight. Don't overwater, but don't underwater in summer either. It likes to be hand sprayed and looks much fresher afterwards. If the plant becomes too large the roots may be divided up and repotted separately, preferably in late spring or early summer.

SOIL MIX

With regard to suitable potting soil. It is possible to purchase correctly mixed and balanced potting soil but, it can be expensive. You can however make your own mixture by using half garden soil, one quarter

peat and one quarter sand. This functions very well according to many reports from friends.

COOK'S CONTAINERS!

Then there is the question of suitable pots or containers in which to grow your plants. The old fashioned earthen-ware pot, which shattered when dropped, has been largely replaced by the new fashioned plastic pot, which in theory doesn't shatter but in practice often does! They both have one common fault, their price! If you have a kindly disposed cook in your Cheshire home, you should explain your difficulty and ask her to save all suitable containers, holding anything from half-a-pint to a gallon or more. Punch a few holes in the base for drainage—to drill this is best as the plastic does not split, then make two holes, one on each side of the rim opposite to each other. If these two holes are connected by a short length of twine, it makes a useful handle for the converted flower pot, enabling it to be lifted by hand or the crook of a walking stick. You can't do that with proper flower pots! There are also pot bags made of plastic sheeting usually black in colour, which can be fitted with string handles in the same way by threading it with a bodkin. We have found three-and-a-half inches to be a good size for these pots.

BUSY LIZZIE

So much for potting soil, pots and pot substitutes but let us reconsider plants! Firstly, some more details of the Impatiens (Busy Lizzie). Its botanical name is Impatiens Walleriana. It has been a popular pot plant for at least one hundred years, probably more. Its flowers can be white, pink, mauve or red, and other colours. Cuttings can be struck at any time of the year, even from Christmas onwards but not so successfully as in late spring. Seeds should be sown in the spring too. The plant will flower best if it is "underpotted" and the roots fill the entire pot. It appears to enjoy central heating and likes to be moist but not waterlogged, so don't be too rash with the watering. There should be no difficulty in obtaining cuttings.

COLEUS, TRADESCANTIA and ZEBRINA

Secondly, further details of Coleus, whose English name Flame Nettle would indicate that it has been in this country for some time, is grown for its coloured foliage rather than its flowers. The flower buds should be nipped off when they appear, unless you wish to save some seeds. It should be kept trimmed back to twelve inches high to make it bush out. It is grown from cuttings or seed, and like the Busy Lizzie, it enjoys central heating in winter. It should be kept moist and in the light. Thirdly the Tradescantia and Zebrina families. These are both trailing plants and have been with us for several hundred years. The cuttings and prunings of both these root easily and both must be kept

well watered, but not drowned and like the others, kept well pinched back to encourage bushiness.

When you have gained experience with these four plants—Busy Lizzie, Flame Nettle, Wandering Jew and Parlour Palm, you may wish to graduate to something more exotic and temperamental.

WAYS OF WATERING

Finally, there is the eternal problem of watering pot plants. Few, if any, residents of Cheshire homes can lift a full standard watering can, complete with rose, and use it correctly. If you are chairbound, and nine out of ten residents are, then it may be possible to hang a small plastic bucket from the side of your wheelchair in which several bottles of water can be carried. If you cannot screw or unscrew the bottle caps, don't fill the bottles quite so full so that they can be carried without much loss of water, what is spilt stays in the bottom of the bucket. There are some light

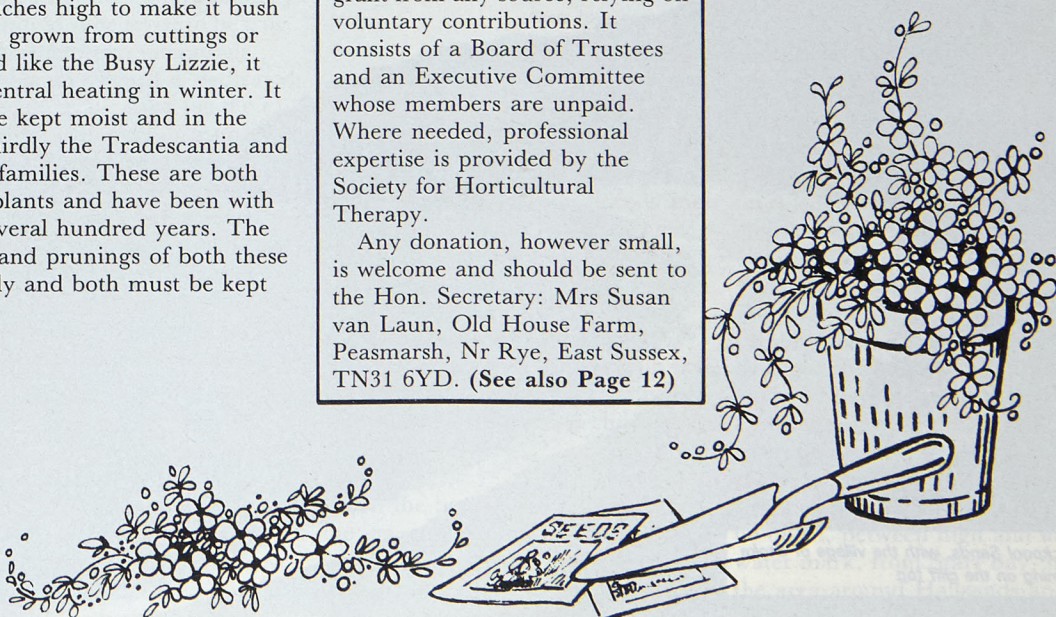
plastic watering cans on the market that might be easier for some residents to handle. A light plastic hand spray can also be carried which is most helpful in keeping plants in a fresh condition.

Watering, in our experience, is the greatest difficulty for the resident pot plant keeper. Few pot plants die of old age. They are either watered to death or die for lack of it. Of course there are other hazards to face, such as good intentioned friends!

In a certain Cheshire home that we heard tell of, a visitor, noticing that in their opinion, some pot plants looked rather dry, thought it would be helpful to water them, and did so. Unfortunately the water turned out to be diluted paint stripper! Over the next week the plants withered and died in front of their distraught owner. Life is full of incidents like this for the Cheshire home gardener.

The Gardens for the Disabled Trust receives no regular yearly grant from any source, relying on voluntary contributions. It consists of a Board of Trustees and an Executive Committee whose members are unpaid. Where needed, professional expertise is provided by the Society for Horticultural Therapy.

Any donation, however small, is welcome and should be sent to the Hon. Secretary: Mrs Susan van Laun, Old House Farm, Peasmarsh, Nr Rye, East Sussex, TN31 6YD. (See also Page 12)



Around Britain

SOUTH DEVON

Dartmouth Kingsbridge

with TOM GARDENER

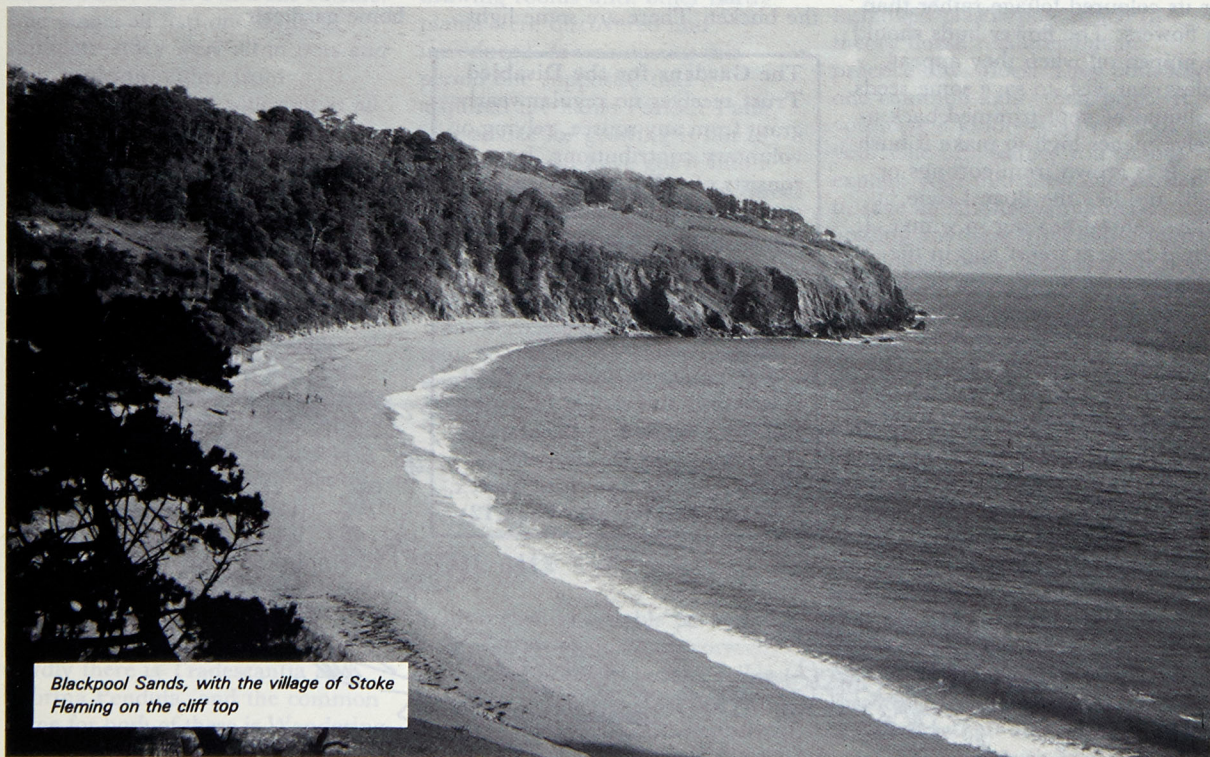
Dartmouth, when travelling down to Devon, can be approached by two routes, both of which have scenic advantages. The first from the A38, through Dartington and Totnes, will bring you down the hill, with the Royal Naval College on the left. The view of the Dart is excellent. Coming from Torbay, it is necessary to take one of the two ferries, crossing from Kingswear or Britannia Holt, and into Dartmouth. Again the view of Dartmouth, from the Torbay side, is breathtaking. No matter how you approach Dartmouth, it will leave a lasting impression. The embankment of the river is ideal for wheelchairs, and there is always something of interest to watch on the river. The gardens with palms and flower beds are carefully laid out, and Dartmouth is often successful in the "Britain in Bloom

Competition". Although much of Dartmouth is built on a hillside, much is flat, and many places, the Butterwalk, the Museum, Newcomens Engine and the Castle surrounds, are easily accessible. Bayards Cove, by the Lower Ferry, is well worth a visit. It was here that some of the Onedin Line was filmed, and so have many other films. Bayards, as is the rest of Dartmouth is steeped in deeds of bygone times. In 1147 an International Fleet, with German, French and Flemings, together with the English, gathered for the second crusade. The third crusade fleet, following Richard the Lionheart, also assembled here. Trade and war made Dartmouth flourish. The Mayflower, bound for America, called in for repairs. Part of the Armada Fleet set sail from here. In 1944, over four hundred and fifty

This is the first in a series of Around Britain, where isolated pockets of interest are talked about. The first is in Devon, between Dartmouth and Kingsbridge.

This must be one of the most fascinating areas of the West Country. Much of the coastal area is similar to the South of France and the recorded hours of sunshine appear high on the list.

small boats set sail for the liberation, their destination being the Normandy Beaches. Many of the cafes, restaurants and pubs have easy access. The Windjammer in Victoria Road, is an example where you will receive a warm welcome, excellent meals and local seafood at very reasonable prices. Dartmouth is an excellent centre for a variety of activities, but also ideal for a real holiday of non-activity.



Blackpool Sands, with the village of Stoke Fleming on the cliff top

Villages of Start Bay

Leaving Dartmouth, by retreating up the hill, follow the signs to Stoke Fleming and Strete, Slapton and Torcross. These are the villages that surround Start Bay. Stoke Fleming and Strete are cliff top villages, and in between is one of Devon's most beautiful beaches, Blackpool Sands. Unlike its namesake it has no lights or pier, but is surrounded by beautiful shrubs and trees. It was here in 1404 that a party of raiding Bretons were defeated in a local battle.

Passing through Strete, noticing the Kings Arms and its beautiful ironwork outside, the road drops down to the long beach of Slapton, stretching for two miles. On one side of the road is the sea and on the other Slapton Ley. This is an area of water and marsh, famous for many varieties of birds, and controlled by the Field Study Centre. Those of you who have read Leslie Thomas's novel, "The Magic Army", will know of its fame. Slapton Sands, because of the similar formation to Normandy, was completely evacuated so that rehearsals for "D" Day could be practiced. An area from Stoke Fleming, Strete, Slapton, Torcross, Stokenham, inland to Blackawton was evacuated of humans and animals. Many were not to return. The Americans moved in and many of them were to lose their lives after an attack in Start Bay by the Germans. A figure of approximately seven hundred is believed to be true. Today there are two memorials. One, by Slapton Beach is dedicated to the people of the area for their sacrifices, as a thank you from the Americans. The second is more recent. A Sherman tank which fell off a landing craft whilst under attack from the Germans, has now been recovered. It is positioned by the Start Bay Inn, at Torcross, and this time it is dedicated to the Americans who lost their lives. Access to all these places is simple.

Leaving Torcross following the Kingsbridge road, turn left at Stokenham following the signs Start, Hallsands, Beesands and Prawle. All of the roads are narrow, and out of season sightseeing is far easier than at the height of summer.



St. Petrox Church, overlooking the Dart to Kingswear. It is in this estuary that many of the fleets have assembled for voyages which are now part of history

HALLSANDS has a most interesting story to tell. It was a fishing village and behind it in the fields, the Devon violets were grown, taken by cart to Totnes and then on to Covent Garden. The village life depended on fishing, mainly pilchards, but shoals declined and the prime catch was crabs. Hallsands did not have a harbour. Boats were dragged up the shingle beach, after the days fishing by the men, women and children.

When the boats were returned to the sea, it is rumoured that the women carried and lifted the men into the boats, so that they didn't go to sea with wet feet!

Dredging led to disaster

The nearest houses to the sea were about one hundred yards from a normal high tide. They were built on a ledge backing up against the cliff face—often the cliff was the back wall of the house. The village was protected from the storms by a ridge of shingle. At the turn of last century plans were being made to enlarge the Dockyard at Plymouth. It would be necessary to find thousands of tons of shingle to mix with the cement to make the concrete walls. It was arranged that much of the sand and shingle should be taken, between high and low water mark, from Start Bay, mainly the area around Hallsands and Beesands.

(continued next page ►)

... Around Britain

In 1897 the dredging began, which altered the shape of the beach and also the position of high and low water. The low water mark now was nearer to the village than the original mark at high tide. The "powers that be", thought that the shingle that had been removed, would be replaced by the natural process of the sea and tides. The villagers could see the danger and the possible destruction of their homes. To try and keep the villagers happy, money was given to the village and also a Christmas present of about five pounds given to each adult. The dredging and the "money payments" went on for nearly three years, but the beach levels were falling. No new shingle was being brought in by the sea.

In 1900 the village was attacked and damaged by the sea for the first time. After desperate efforts in 1902 dredging was cancelled, and the shingle was then brought to Plymouth from a bank by the Isle of Wight. Various sums of money were given to villagers as compensation, but they had to sign a form stating that they would not claim again. The Weston Morning News started a public fund to help build new houses, if and when the villagers lost their homes. Some concrete walls were built to add to the limited protection. The houses by the sea often had their rooms awash with the sea when there was an easterly storm. For a period of thirteen years the new sea wall gave Hallsands some protection until 26th January 1917 when a huge storm sucked away the remaining gravel and twentyfour houses were completely damaged. Fortunately, and by sheer good luck, there was no loss of life. It is not necessary to account for all the stories of inconvenience and the arguments for compensation, but one family has a most interesting story. Ella Trout and her sisters moved to a farm where they were labourers in the winter and returned to

Hallsands to fish in the summer. In the summer of 1917 Ella was in her boat, when she saw a cargo boat torpedoed by a German submarine. Ella rowed a mile out to sea and rescued the one surviving member of the crew and was awarded the OBE. The crewman's family gave the Trout family money to start a new life. They built a new house on the top of the cliff at Hallsands and turned it into a guest house where it still stands today catering for many guests.

It is difficult, in a chair, to get down into Hallsands, but if you park by the Trout Guest House, looking at the sea it is easy to imagine the horror and despair that must have hit the village in 1917. Nobody lives there now. The last inhabitant was Miss Pettijohn who lived in the only habitable house until 1960.

For those of you who would find difficulty descending the steep slope from the Trout Guest House to village, I advise you to continue to Start Point, where it is possible to look down on to the village of Hallsands and Beeston, and on a clear day, the whole coastline to Berry Head where Douglas House Cheshire Home is situated.

Creamed climax

Leaving Hallsands and Start Point, it is possible to look at Prawle or East Portlemouth, where the views over the estuary to Salcombe are beautiful. Kingsbridge brings us to the end of our journey and is well worth a visit.

I suggest that a day needs to be spent enjoying this small section of Devon. Morning coffee in the Castle Hotel overlooking the Boatfloat in Dartmouth, followed by a tour of the town itself, and lunch in the Windjammer. The afternoon trip along the coastline I am sure you will enjoy. Perhaps a Devon cream tea might be a fitting climax to the day!

GARDENS FOR THE DISABLED TRUST

Gardening Grants

The Gardens for the Disabled Trust provides assistance, both practical and financial, to help disabled people wishing to take an active part in gardening. Since its foundation in 1968, grants and help with design for special gardens have been widely given by the Trust to homes, hospitals, institutions and schools catering for disabled people of all categories.

There is, however, an increasing number of would-be gardeners who, despite their disabilities, still live in their own homes or in small sheltered units, and it is now the main aim of the Gardens for the Disabled Trust with its Garden Club to help these people.

The Garden Club publishes a quarterly Newsletter which includes articles of special interest to disabled gardeners, and prides itself on being able to obtain the answer to any horticultural questions. It encourages handicapped gardeners to get together over the exchange of plants and seeds, and to share experiences in overcoming gardening difficulties.

Grants may be made to individual members to help to adapt a garden to their particular needs and requirements. Requests for such grants must be sponsored by the Social Services Department of the area in which the gardener lives, and the applicant must have been a member of the Garden Club for a minimum of one year.

The yearly subscription is £1 (minimum) for individuals and £2 for groups. Life membership is £15.

Membership Secretary: Mrs Marjorie Haines, Church Cottage, Headcorn, Kent, TN27 9NP.

INTERNATIONAL WHEELCHAIR FUND

While I was a resident of the London Cheshire Home for five years I became quite friendly with the late R. Norman Whiteley, M.B.E., and I knew that he must be involved in work of considerable importance because he spent such a lot of his time on the telephone and his room was packed with files, catalogues and books, but he did not talk about his work to residents of the home.

I must have seen Norman's name at the end of the Annual Report and Accounts when they were published in the Cheshire Smile, but I have to admit that I did not connect the man whom I knew with the Wheelchair Fund (Overseas) until I learned that he had died in February 1983. Therefore, when I was invited to administer the Fund from the beginning of September 1983, I had no idea of what I was letting myself in for, never having discussed the subject with Norman or studied his reports in any great detail.

However, thanks to the generous assistance of the Leonard Cheshire Foundation's International Office secretary, Mrs Lynette Learoyd, and one of Norman's honorary secretaries, Miss Barbara Buckland, I have learned enough to carry me through fifteen months of International Charity administration, meeting most requests for equipment without becoming bankrupt.

Of course, I could not have achieved this degree of success without the continued extremely generous financial contributions from many caring organisations and individuals. At the tip of this list

are the Inner Wheel Clubs of Great Britain and Ireland who contributed a grand total of £2,102.38p. To these people, who are continuing to support my work generously well into 1985, I offer my sincere thanks.

My first Annual Appeal was not as successful as in previous years, according to past Annual Reports, because I was using a very old copy of the Directory of Grant Making Trusts and a few hopeful letters from Norman's files. I sent out about 100 letters, but so many were returned marked UNKNOWN that I closed the Appeal after raising £350.00p. This includes what I believe may have been the result of an earlier Annual Appeal; £200.00p. from our old faithful, Tubifoam Limited, received via the Charities Aid Foundation, because I did not send my appeal literature to this firm.

During the financial year ending 30th September 1984, I sent the following equipment overseas to disabled people or to their caring organisations. To Kenya: 5 new wheelchairs; to Sierra Leone: 1 new wheelchair; to Nigeria: 1 reclining wheelchair, a Roho cushion and a sheepskin cover, all these items having been ordered by Al Lord. Al Lord was for a long time Equipment Adviser to the Leonard Cheshire Foundation. I continue the list from Nigeria with requests that came direct to me. New upholstery for 1 wheelchair, 4 new wheelchairs, 2 second-hand wheelchairs, financial aid to a young man for an artificial leg, and 2 electrically powered wheelchairs donated by the Chairman of a Cheshire Home in the UK to the Cheshire Home in Lagos.

Further requests that were met were to Sri Lanka: 1 wheelchair and 1 pair of crutches; to Ethiopia: 10 new wheelchairs and one second-hand infant's wheelchair; to Sarawak: 6 new wheelchairs. And last but not least, financial aid to the Philippines for the purchase of locally made wheelchairs.

As I write this report, well into my second Financial Year and the Wheelchair Fund's thirteenth year of activity, both financial contributions and requests for equipment are increasing and I am hoping to devise ways of increasing my income still further in order to meet what I know to be a genuine and accelerating need throughout the developing world. I have recently sent a large van-load of second-hand equipment to Addis Ababa, and I have just received an extremely generous donation of £350.00p. from the Rotaract Club of Ealing.

I offer my sincerest thanks to my many financial contributors, Inner Wheel Clubs of Great Britain and Ireland, Rotary and Rotaract Clubs, Women's Institutes, the Classic Cinema Junior Club of Banbury, to the financial and trading companies, and Trusts, who answered my Annual Appeal favourably, including Tubifoam Limited, The Jonathan Towler Foundation and Trustees of The Leonard Cheshire Foundation, and to the residents of two of our Cheshire Homes, Douglas House and Alne Hall, and to the Warden of the Chiltern Cheshire Home. I was also extremely grateful, yet sad, to receive £2,180.55p. from the estate of the late R. Norman Whiteley, M.B.E.

I also record my thanks to my suppliers, Rapley & Co., and to David Gray, who is always willing to advise me on the cheapest way of meeting requests for items having different definitions in different parts of the world; to Addenbrookes Hospital, Cambridge, for a constant supply of second-hand equipment other than wheelchairs, to Freshfields Cheshire Home, Formby, for collecting and storing second-hand wheelchairs until we are able to bring them to Greenhill House, Oxfordshire and to Le Court Cheshire Home, also for second-hand wheelchairs.

Thanks also to my transporters, The Joint Mission Hospital Equipment Board (ECHO); to my auditors, Edmund R Gibbs & Co., who have produced my balance sheet free of charge; to my treasurer, Mr. V. A. Hain and my two honorary assistant secretaries, Miss Joan Sims and Mrs Doris Palmer.

Peter H. Reynolds

Annual Report and Accounts for the year 1983/4

Income		Expenditure	
1983	1984	1983	1984
169 Inner Wheel Clubs of Great Britain	2,102	3,704 Wheelchairs and Equipment	7,246
324 Rotary Clubs of Great Britain	258	230 Shipping and Transport	3,085
— Cheshire Homes	72	23 Sundry Expenses	220
— Womens Institutes	10	— Insurance	50
930 Appeal Donations	400		10,601
570 Other Donations	2,373	3,957	
— Sales etc.	35	6,001 Bank Balances at 30th September 1984	915
882 Leonard Cheshire Foundation	—		
177 Deposit Interest	265	£9,958	£11,516
3,057	5,515		
6,906 Bank Balances 1st October 1983	6,001		
£9,958	£11,516		

AUDITORS REPORT: The above income and expenditure account is in agreement with the accountancy records which in our opinion have been properly kept.

46 St. Giles' EDMUND R. GIBBS & CO. Oxford. Certified Accounts

OX1 3LT

14 January 1985

PETER'S PLEA

Mr. Peter Reynolds, International Wheelchair Fund, wishes to revise his appeal for second-hand wheelchairs. He does not require any more electrically propelled chairs because they are difficult to maintain in developing countries. For the rough terrain of some of these countries solid tyres are more reliable than pneumatic tyres and

chairs with the big wheels at the front and castors behind are easier to manoeuvre along rough tracks, because it is easier to pull tiny castor wheels out of holes and over stones than to push them in front. Unfortunately our wheelchairs are usually designed for comfortable driving over smooth surfaces.

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Volunteers Needed

Guidelines for volunteers wishing to act as 'advocates' to represent the needs and interests of mentally handicapped people in long-stay hospitals have been launched by **The Advocacy Alliance** in a drive to expand the scheme nationwide.

The Advocacy Alliance was formed in 1981 by five national voluntary organisations—The Leonard Cheshire Foundation, Mencap, Mind, One to One, and The Spastics Society, because of their concern that the human and legal interests and rights of mentally handicapped people were not being represented.

The project was established in three handicapped hospitals, by agreement with the hospital authorities—at St Ebba's, Epsom; Normansfield, Teddington; and St Lawrence's, Caterham. Currently there are 35 advocates who have been trained by co-ordinators in their spare time for the job of representing and befriending mentally handicapped residents in these hospitals.

Funding consists of a three year grant of £40,000 from the DHSS, and additional, smaller grants from King Edward's Hospital Fund, The Mental Health Foundation and others, including the five sponsoring organisations.

More than friends

Advocates are more than friends. They are also counsellors and spokespeople who will stand up for a resident's rights and interests as if they were their own. They will, if necessary, pursue their statutory entitlements, assist with access to social, educational and rehabilitation services, explore leisure and work opportunities, help with money management, seek redress for injustices and help generally to create a higher quality of life for those whose very real needs are being largely overlooked.

for The Advocacy Alliance

Training

The training of advocates is of great importance. It covers awareness of mental handicap, an introduction to the principles of normalisation, the role and function of the advocate, the needs and rights of the individual, information about benefits and legal rights, introduction to professionals and staff caring for residents.

Throughout the course trainees are encouraged to visit the hospitals and meet eligible residents. Matching a resident to an advocate is informal, depending on how each relates naturally and sympathetically to the other.

Already the pilot schemes have had considerable success in improving the lives and outlook of mentally handicapped people, particularly in the matter of clothes. It was observed that staff found it much more convenient to keep residents in their demeaning hospital clothes but general intervention has now taken place so that they can choose, buy and wear their own clothes.

Personal help

Equally advocates have done much in interceding for residents to receive money held on their behalf by the hospital, and in negotiating for statutory allowances due to them but never applied for.

Most important of all, residents and advocates have become personal friends, going out on shopping expeditions and other excursions and spending weekends together or spending the Christmas day together in a family home.

The benefits have been immeasurable in the increased awareness of the resident, his or her improved social behaviour, and sense of relating to a caring person in the outside world.

The Advocacy Alliance selects Advocates with great care. It is essential that the responsibility of the job is fully understood as sudden withdrawal from the scheme could have a very bad effect on the residents. Reliability continuity and a sense of commitment are essential.

But the need for more advocates in all areas which have a long-stay mental hospital is pressing. There are 45,000 people with mental handicaps living in long stay hospitals and between 65% and 80% of these never receive so much as a visit from the outside world. They need the support of a friend and counsellor very badly.

If you think you could be an Advocate please contact: Sally Carr, Advocacy Alliance, 115 Golden Lane, London EC1Y 0TJ. Tel: 01-253 2056

LETTERS

Dear Editors,

My husband Tony Oxford died recently after living for nearly a year at James Burns House, Bournemouth. I would like to express my sincere thanks to all the staff there who cared for him with so much love and skill and to the residents who became his friends.

He and I were able to spend many happy hours together during that year and the quality of both our lives was improved immeasurably.

Yours sincerely

Susan Oxford

Dear Editors

I was extremely interested to read in your March edition, the story of George Wilkins' book being accepted by the Imperial War Museum. I myself have been engaged for the past 18 months in submitting—by instalments—a report to the Imperial War Museum on conditions prevailing in Japanese prisoner of war camps in Sumatra. To date, after researching with the Dutch Foreign Ministry, I have reached late 1944.

I am appealing, through your magazine, to any ex Malayan, Singapore or Jahore Volunteer Forces, who may be residents in a Cheshire Home, or readers of Cheshire Smile to write to me.

Yours sincerely

Robbie Robinson.

Dear Editors

On 1 April 1985 the British Association of Wheelchair Distributors officially came into being following an inaugural meeting of interested parties on 12 December 1984.

The Association which undoubtedly will fill a most important gap in communication in the ever increasing world of wheelchair mobility has, as its founder members, upwards of 40 of the leading Companies in the UK who specialise in selling both Power and Hand Propelled Wheelchairs and Mobility Aids.

The British Association of Wheelchair Distributors is a Trade Association whose aim is to liaise with and advise Government, Organisations for less able persons, Manufacturers and other bodies in order to promote:

- 1 The interests of less able persons generally.
- 2 To provide corporate responsibility to the public in accordance with a published Code of Practice.
- 3 The interests of members of the Association.

The Association offers a Conciliation Service where a dispute between a wheelchair owner and a Distributor has not been settled satisfactorily between the two parties.

Membership of the Association is restricted to Companies with Dealer or Distributorships granted to them by UK Wheelchair Manufacturers and must be able to provide a complete after sales service.

Yours sincerely

D. R. Smytheman

Secretary—The British Association of Wheelchair Distributors Ashley Mobility, Hay Road, Hay Mills, Birmingham B25 8HY
Telephone 021 772 5364

HELP!

HELP!

STOP!

My riding days were over—after fifteen yards on horseback. It was several years ago that I tried riding a pony called Rondo, being placed carefully on and carefully encouraged by my horse loving friends. I was a firm believer in “nothing ventured, nothing gained.” After fifteen yards I was so saddle sore and felt so shaken after being jolted along that I thanked the owner, gave Rondo a sugar lump and returned to the comfort of my wheelchair.

Nearly two years ago Rondo's owner invited me to dinner and we were reflecting upon my painful riding experience.

“The only way a horse is going to move me is if he tows me along in a cart,” I told her jokingly.

It was then she told me about the West Horsley Pony Driving Group. There they had carts designed to take someone in a wheelchair.

Accepting the challenge

Now the good Lord gave me a determined mind, so I decided to take up the challenge and grab the reins in both hands. There were dual controls, and an experienced driver, called a “whip”, sat beside me with slack reins, to let me know that I was actually in charge. I felt really grand sitting up there as Star, the pony, plodded gently around the grounds in the warm sun. This was easy. Star seemed to know exactly where she was going. How to make her halt at the finishing line, where others had assembled for tea, had never occurred to me. Cries of “Over there by the tea, Star” or “Stop!, Stop! Help!” were not what she was used to.

Shopping Precinct shelter

My first trip away from the riding centre was a trot through the woods. The pony pulled the cart along tracks it would have been very difficult for a wheelchair to go on. There were no mishaps and we all enjoyed the marvellous views. Above our heads we watched a pilot doing aerobatics in his bi-plane.

The ponies didn't seem at all perturbed by the noise and munched happily at the bracken.

Then we drove around Leatherhead for a fund-raising event with the Lion's Club. They had shire horses pulling a Regency-style coach, which towered above us. I was driving a handsome little pony called Justin, who won the hearts of many. It started to rain hard and because we were so small, Jack, Justin's owner, suggested we park under the roof of the shopping precinct where it was dry. Many shop assistants came out to stroke Justin. It was great fun, even though Jack had to clear away Justin's calling-card before we left.

Fancy dress was needed for our next event which took us to Windsor. I was with my old friend Star again, who looked extremely smart with a red plume and plaited mane. My lady whip, Mary, was daintily dressed as Queen Victoria. I was suitably clad as Prince Albert, whiskers and all. The castle in the background made a perfect setting. Some children brought their friends because they thought that Mary and I were royalty, and asked if she was a real queen. There were some splendid entries and we were proud to win second prize.

The Lord Mayor's Show

I couldn't have driven a more even-tempered little pony than Justin on 10th November 1984, in the Lord Mayor's Show. We all arrived early to be ready to leave with the procession from the Guildhall at eleven o'clock. We were dressed in traditional bowlers and suits with green aprons. Justin's harness gleamed in the sunlight as he proudly marched us down the

Strand. Everywhere people were waving and cheering. The Streets echoed to the sound of the horses' hooves. Behind us a Salvation Army Band was going full swing (I think they could have been heard on the other side of the river), but Justin took it all in his stride. It was like stepping back in history to drive a pony and carriage through the streets of London with no motorcar. I wondered how much it had changed since King John's reign in 1215.

We parked near the Law courts for pork pies and sandwiches, as the Lord Mayor went to make his promises and sign the declaration. Jack, my whip, happened to know the chairman of the Taylor Walker Brewery Company, whose carriage was parked near. The gentleman seem pleased to see him and handed us a brew. It certainly helped the pies go down! I also met Rags, the Blue Peter pony, and saw one of the first motor buses. Many people asked me about our group, but I think they really came to pat our faithful pony.

What a lunch break! I had almost forgotten the Lord Mayor in his gold coach. He was now ready to make his way to the Mansion House. The procession started again with a hundred and forty colourful floats to accompany him. The people had their new Lord Mayor and I had an experience I shall never forget.

by PAUL de VERE

Precision driving

The events that really demand timing and precision-driving are the musical drives. To trot round an arena on a course, doing a tight circle or a serpentine, takes tremendous team effort. The "figure-of-eight" routine can be a complete write-off if one isn't in one's place at the right time, especially in the centre where paths cross. For a team to finish an exercise to a stirring march on time is quite an art in itself. I have driven on two of these displays, in Arundel Park and at the Equestrian Centre at Stoneleigh in the presence of H.R.H. Princess Anne, who came over to congratulate us. Dressed in a bowler and suit, I was driving a bright responsive pony called Muffett. It was great fun, and we felt honoured as Princess Anne handed out rosettes to each of us.

I can honestly say that the relationship between our four-legged friends and myself has been restored.

The Riding for Disabled Association strongly encourages and advises on the setting up of such riding/driving groups throughout Great Britain. For further information please contact the chairperson: Mrs. Stella Hancock, Hillside Farm, West Horsley, Guildford, Surrey.



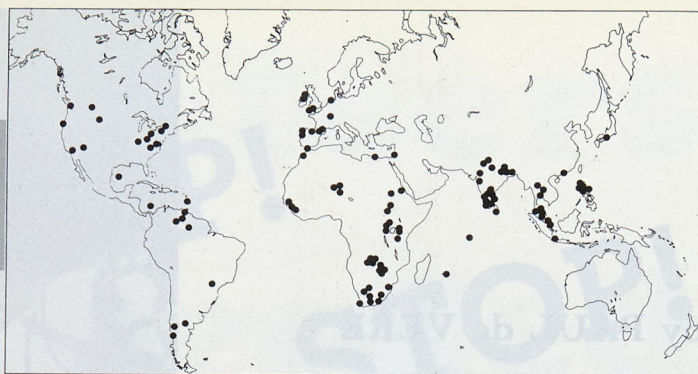
Paul, at the Reins



Participation in the Lord Mayor's show



Cheshire



Mickley Hall

The Duchess came to tea

We stood in the spanking new entrance hall as the police relayed to us the Royal progress through the City and gave the “countdown”—on the one hand the waiting seemed interminable and on the other the seconds flew past—it was rather like being at the top of a roller coaster—you half wish you hadn’t started but there’s no getting off!

When Mrs. Farrer, Chairman, had announced that HRH the Duchess of Gloucester had agreed to open our new wing, everyone had smiled and nodded and said how delightful it would be, we little knew what we were letting ourselves in for!

The first thing was the “lists”. These started off quite simply as lists of those to be invited; it was estimated that it would be best to limit the number of 200 and from that number representatives of each group were to be presented to the Duchess. There was the list of those connected with the new wing, those connected with raising money, all the residents of course and the Management Committee, the staff and support groups and even finally a list of lists!

The residents had decided they would like to make gifts for the Duchess’ children and there was much discussion as to what would be appropriate. Mrs. Bennett, who is in charge of the re-organised Activities Centre, managed to obtain some material at the right price for curtaining the room and she and her helpers were running up curtains on every available surface that could hold a sewing machine.



Sheffield Newspapers Ltd

The week before the Royal Visit we were given “completion” of the new wing, which consists of eleven single rooms, one double room, five toilets, two bathrooms and a sluice. The builders moved out of the bedroom which had been their temporary office, mounting the plaque on the lounge wall which the Duchess was to unveil as they went, and Mrs. Holland and the care staff then helped the residents to move in to their new rooms.

Catering—oh catering! The cook, bless her, didn’t turn a hair when I asked if she could provide afternoon tea for 200 extra people! Our support groups rose to the occasion as usual and provided loads of their excellent small cakes. The only

thing was, with the cost of the new wing we didn’t feel we could justify spending money on hiring crockery. Was this going to be the panic we had been expecting for the past six weeks? But no, the electrician had called in to put right some minor fault and he asked if there were any other problems before he left. ‘Not unless you know where I can locate 200 cups, saucers and plates free of charge?’ ‘No trouble,’ he said, ‘I have contacts in catering’—I nearly fell off my chair! He made a quick phone call which started a search (I later found) of the whole of S. Yorkshire and even Leeds. However, at the end of 24 hours we had our crockery—borrowed through the good offices of one of

Homes Around the World

the catering assistants who turned out to be the mother of the Guide who was to be presented to the Duchess!

The Royal Visit was on Wednesday, 20th March. Before the event a plan was put up of where everyone had to stand and a rehearsal had been held so that those who wished knew how to bow or curtsy—it appears that ladies in trousers should not curtsy but as they are not supposed to bow either I never did find out what they should do!

The day dawned dry but cold. By lunchtime there wasn't a spare bathroom anywhere and people were changing in the most unlikely places, new dresses and hairdos appeared like magic (wherever did anyone find time to fit that in?). At last the Duchess's entourage swept in to the newly tarmaced forecourt and the great day began.

The Duchess was charming and showed a real interest in the new wing, also in the people she was presented to and many others. She found something to say to every resident and had a long conversation with a young Danish student who was staying with us (the Duchess is herself Danish and we never did find out what was said!) During the serving of tea someone asked if all the hard work had been worth it and the answer was a resounding "Yes!". It was a truly lovely occasion and the support groups and visitors all saw how worthwhile our new wing was and that the money had been well spent.

Barbara Raven

Hovenden

Move to Marriage

Hovenden House residents Fred Bradshaw (67) and Cynthia Bowers (55) made their wedding vows in front of a congregation of about 120 in Fleet Church on the 2nd March in a ceremony conducted by the Rev. Andrew Stokes.

Fred has lived at the home since 1961 and he met Cynthia when she stayed at the home for a month's holiday before becoming a permanent resident a year ago. Fred is a well-known character around the home and was a familiar sight

in Fleet which he used to visit in his powered chair in his younger days.

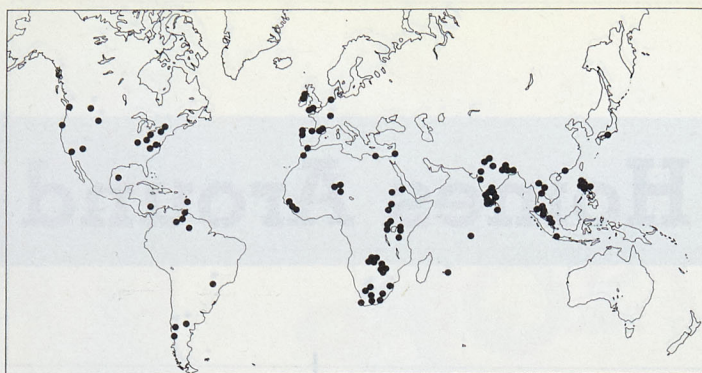
Both had close relations attend the wedding and the Head of Care, Mr. John Thornley, was best man.

The flowers in the church were arranged by Mrs. Pat Ashley, assistant secretary at the home, and Mrs. Mabel Heading, a member of the management committee, did the floral decoration for the reception at Hovenden House.

*Back row (l. to r.) Peter Barre—Head of Home
John Thornley—Head of Care
Front row: Fred and Cynthia Bradshaw*



Cheshire



Greathouse

Scorpion Scare

Most people would be wary, even scared, if they encountered a scorpion on their doorstep. Not so the residents of Greathouse Cheshire Home at Kington Langley, Wiltshire, for the Scorpion that appeared on their doorstep was a tank belonging to a squadron of the RAF Regiment based at nearby Hullavington, and it certainly had no sting in its tail.

Many of the residents braved March winds and intermittent rain to watch as Squadron Leader Kennedy presented a cheque for £235 to Jean Brown, who received it on behalf of the home.



Squadron Leader Kennedy with Jean Brown

Although the squadron had intended raising money for Greathouse by attempting a new world land speed record in a Scorpion, this attempt had not been possible and the money was amassed by various other fund-raising events.

After the presentation several residents and members of staff took advantage of the opportunity to inspect the tank while the Squadron Leader and his party were shown round the new extension, opened in 1983.

Patricia Phillips



Jean Brown Receives The Cheque from Squadron Leader Kennedy.

Homes Around the World

Greenhill House

Evening to Remember

In November 1981 a building to provide 17 new single rooms was completed thanks largely to the generosity of local individuals, businesses and organisations. This improved accommodation has made a profound impact on the quality of life of the residents and this is clearly reflected in the atmosphere that exists in the home. Buildings alone, however, are not the sole ingredients of happiness. It is also the high degree of care provided by the staff

that gives encouragement to the residents to live a full and active life within the limits of his or her disability.

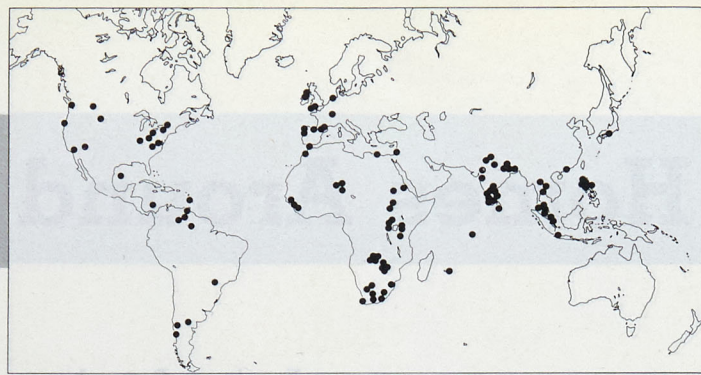
A party was held at the home on 1st March to say "thank you" to all those who helped with the appeal and who had been involved with the building. An excellent spread was provided by the home's catering staff, helping to make a thoroughly enjoyable evening to remember.



Staff, residents and supporters raise their glasses to the new extension

(Photo: Banbury Guardian)

Cheshire



Seven Springs

A crock of gold

It used to be said, a very long time ago, that at the end of every rainbow there is a crock of gold. Funny, but nobody believes it any more, except fairies and elves. Now my opinion has changed because I know there is a crock of gold at the end of my RAINBOW.

"Help, help" I heard a voice cry. It was only a little voice and it said "Please let me draw and paint". That voice was the baby artist inside me. I said to it, "You know you can't paint, what's more I don't think you ever will". I did not think at the time that my painting or drawing would get much beyond uncontrolled scribble—my friends used to call it "abstract".

Some little people heard me talking to myself, they said, "Don't worry Murgy, it may be that if you can write on a computer, then you can draw on one as well. Let's wait and see what the big "prog" Wizard has to say". The big "prog" Wizard said, "It's not only you that will benefit from this program, other people will as well—it is a very good idea, I will talk to my two "prog" Wizards and see if they agree". And do you know, they did.

It was many weeks of magic-lantern work, late into the night, burning lots of magic midnight oil, reading books that had been read before and were to be read again and again before the program was

finished. Then all three 'prog' Wizards came to me saying, "Murgy, try this" and "Murgy, please will you 'de-bug' that. Oh, and Murgy, is this speed too fast or slow?". Questions, questions, questions. But now I have my dearest wish, thanks to the three Wizards: Robin, Glenn and Phillip.

My drawings and paintings are not a dream any more. THEY ARE REAL. My paper is a monitor screen, my now steady hand is a very accurate cursor-pen and my ink is the red, yellow and blue of the computer's colour graphics.

And what you may ask, has a computer program got to do with magic? Its name. It is called RAINBOW. Why is it magic? Because it has opened up a whole new world for me and all the people who are lucky enough to be able to use two switches. Why a crock of gold? Because at the end of every RAINBOW program there is a picture that is much more precious than any amount of gold.

My Wizards are still working and improving the RAINBOW so it gets better and more beautiful every time I am able to draw and paint.

IT'S MAGIC, IT REALLY IS A DREAM COME TRUE.

Mary "Murgy" Bradley

RAINBOW was originally written for "Murgy" who can only operate two switches using her left foot. The above article was written by her using MAC = APPLE.



Marske Hall

Special Day

Even by the standards of Marske Hall's long and happy history. Wednesday, 24th October was a memorable occasion. The bedroom extensions were completed. Colin Johnson had finally succeeded in arranging a date to fit the Founder's busy diary and here he was amongst us at last. The plaque was hiding behind the curtain and everything was ready.

Here were the architects and builders, the committee men and women who had decided to build and raise the finance to do so, the support groups and money raisers whose unflagging efforts are to pay for it.

Homes Around the World

Park House

Three Wheeler for Park House

"Park House" at Sandringham has recently been prominently in the news in Cheshire home circles and we are all looking forward to the day (hopefully sometime next year) when it will be opened as a holiday home for disabled people from whatever part of the world they may come.

We at "Greenacres" were privileged to have been the hosts to Lady June Onslow on 13th March when, on behalf of the Foundation, she accepted an electrically propelled 3 wheeled run-about painted in brilliant orange which will be available to short-stay residents at "Park House" enabling them to roam over and through the pathways and roads which encircle the estate.

The vehicle was presented by Mr. Chris Gibb the head of the Adult Training Centre at Lichfield, from a member of his staff. A small party had visited the Training Centre earlier that morning when they were enthralled with the work carried out which varied from packaging to propagating plants for sale from the Centre. Everyone seemed so busy and enthusiastic that we could not help but think that some of our homes could well take a leaf out of their book!

In accepting the vehicle, Lady June said how very much everyone was looking forward to the official opening of "Park House" and she stressed the need to raise the necessary funds to meet the costs of the essential conversions. She made everyone who listened to her feel determined to make every effort to help in any way possible.

Roland Langley

Eithinog

Take a lead!

An unusual place to sell a dog leash, in a dentist's waiting room—Fred Sykes, a resident at the home, seeing so many gloomy faces decided to cheer things up—pulled a macrame dog leash he had made, from his pocket and secured a sale.

Since Fred was bitten by the "macrame bug" he has raised £141.75p from the sale of his work.

Joan Monckton

Ardeen

On February 9th the residents of the Ardeen Cheshire Home, Shillelagh, Co Wicklow were entertained by Jomac Productions, a Dublin based group of voluntary entertainers who have a long association with the home. The programme had something to suit all tastes including music, song, dance and comedy and was greatly appreciated by the audience. "Jomac" visits about 40 hospitals, childrens' homes, and senior citizens' centres each year and numbers the Ardeen Home amongst its "Top 10".



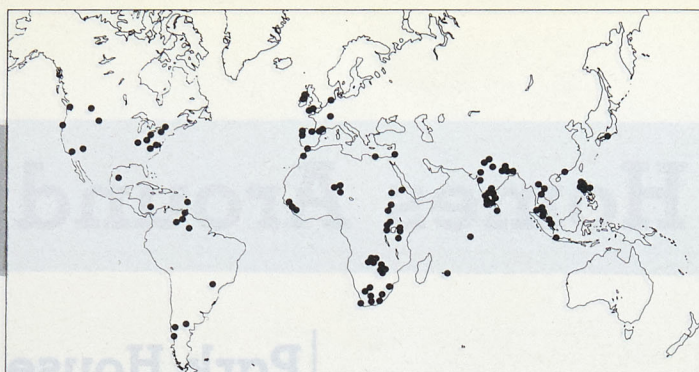
Two of the Entertainers with Jomac Productions Tommy Boyle and Fidelma Mulligan

After unveiling the plaque, Group Captain Cheshire reminded us of the purpose of so much effort. "The object we should all aim for is to give each disabled person the freedom to choose their own way of living. Society must provide different facilities so that each may choose."

But above all else he reminded us of what it is so easy to forget in the daily round and common fundraising task. That our thanks are due to the residents and not the other way around.

Yes, a very special day.

Cheshire



Bell's Piece



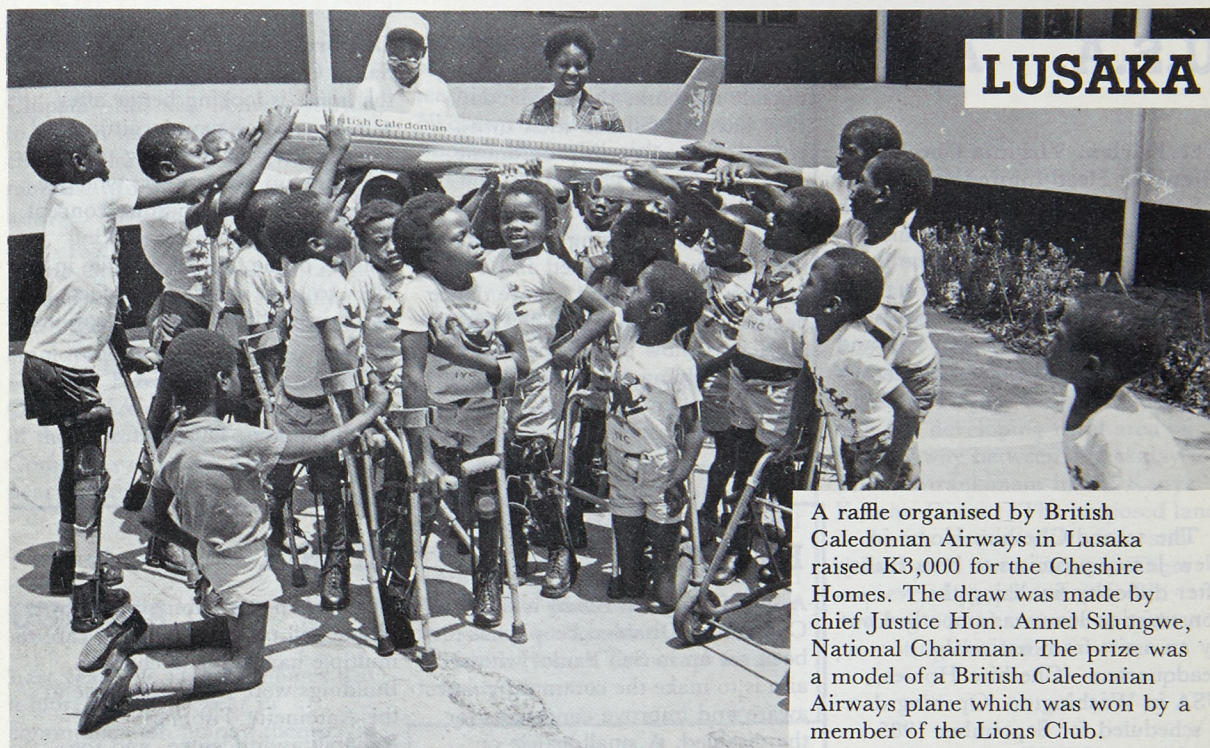
Sadie's Safe

Sadie, who went missing from Bell's Piece Cheshire Home in Farnham where she has been a beloved pet to the residents there for three years, was found after an absence of a fortnight.

Together with some of the residents, Mr. Geoff Wallis who runs the home, made an extensive search of Farnham Park and neighbouring roads but to no avail. Police, local papers and the R.S.P.C.A. were informed but it

was only when a friend personally visited the R.S.P.C.A. kennels at Chobham that Sadie was identified. Her return was greeted with delight and excitement. So much so that people were phoning their homes to report the good news.

Homes Around the World



LUSAKA

A raffle organised by British Caledonian Airways in Lusaka raised K3,000 for the Cheshire Homes. The draw was made by chief Justice Hon. Annel Silungwe, National Chairman. The prize was a model of a British Caledonian Airways plane which was won by a member of the Lions Club.

L to r: Sister Lydia Mlauzi and Mrs. Hilda Mbewe of British Caledonian



*L to R: Sister Annie, Matron in Charge, Lusaka Home
Mr. Francis Mpepho, Chairman, Lusaka Home
Mrs. Hilda Mbewe, British Caledonia
Chief Justice Hon. Annel Silungwe, National Chairman
Mr. Ray Jackson British Caledonia Regional manager, Mrs. Pathok, Secretary Cheshire Homes Lusaka*

Cheshire Homes Around the World

U.S.A.

The Fairfax, Virginia Cheshire Home for Head Injured Adults held a Spring Fair sponsored jointly with Mount Vernon Hospital to raise funds to rent or build a home in Fairfax, Virginia. Area Toyota dealers contributed a new car for raffle and the large hospital staff and its volunteers sold tickets at two area shopping malls.

The second Cheshire Home in New Jersey promises to be a reality after difficulty finalizing the construction loan was smoothed out by an assist from national headquarters—Cheshire Homes, USA in Washington. Opening date is scheduled for September 1985. the home will be for six people and a house manager and will be purpose built so that residents may have maximum access to the community.

Arlington, Virginia had a minor stall in constructing their third Cheshire Home! However, endless red tape was knifed through by their board members who are skilled at such things (having put together two other successful ventures in Arlington County). The new home will open this autumn and will be home for six residents. Based on the small group home concept, a house manager will assist in tasks. The house will be located conveniently near transportation should residents want employment or to further their education. Like other Arlington Cheshire Homes, it is going to be an active place in which to live.

Since all the residents at **Gulfport, Mississippi Cheshire** are working outside the home during the day, they have established their own community outreach programme.

Each Tuesday evening, the doors to the big home are opened and a very popular old fashioned square dance begins. A professional caller and musicians show up and proceeds go towards helping other members of the disabled community less fortunate than Cheshire residents.

California has five residents in the **Santa Cruz Cheshire Home** and the home is looking better after acquiring some new furniture and some money for a Spring paint job and tune-up. Volunteers who are familiar with the Cheshire concept are needed and we are seeking readers of the Cheshire Smile in the USA to send names of contacts living in California to our national headquarters for follow-up:

Cheshire Home, USA
3501 Newark Street, N.W.
Washington, DC20016

BRAZIL

A hopeful sign in Brazil is that a Council for Disabled People has just been set up in Sao Paulo, whose aim is to make the community more aware and improve conditions for the disabled. A small article on access now appears in the Sao Paulo tourist guide. There are at present 5 residents in the home.

PHILIPPINES

Building should start on the new Home at Tagaytay during the next six months' good weather. The home will concentrate on horticulture.

THAILAND

Some 100 people attended the opening ceremony of the Tiam-Saipin Chokewatthana Building at the Chiang Mai Home. A most generous donation was received from Khun Saipin Chokewatthana for accessories for the new building.

SPAIN

The Barcelona Homes have been enjoying generous support during the past year.

LIBERIA

The Antoinette Tubman Cheshire Home will provide custodial care to multiple handicapped children. Buildings were made available at the Antoinette Tubman Rehabilitation Centre, and the J. F. Kennedy Hospital has released eight nursing aides to work in the home. There is considerable support for the home from the local community.

SIERRA LEONE

Sir Christopher and Lady Foxley-Norris visited Sierra Leone while in West Africa and saw the homes in Freetown and Bo. The homes will, like the rest of the country, feel the effects of the recent devaluation of the currency by 100%, as not only essential materials, but also foodstuffs including rice, are increasingly imported. The 19 children in the Bo home attend the primary school adjoining the home, but thereafter there are difficulties with acceptance and accommodation elsewhere. Water supply is a serious problem.

Cheshire Homes Around the World

ZAMBIA

Chipata—this new home is starting to take in its first eight resident children during the next three months. More children are being assessed for admission. Two more girls, probably from St. Anne's Home Craft Centre will be taken on and trained, and eventually, when the need arises, a cook will be employed.

Father Kevin Doheny, Liaison Officer in Africa, is to visit several of the Homes and Steering Committees in East Africa in the near future.

UGANDA

Last year, the Uganda homes had a more successful year in communication among themselves. There are now opportunities for residents to obtain better skills in handcrafts and leatherwork from Government Institutions like the Kireka Industrial Rehabilitation Centre. At a recent annual co-ordinating committee meeting of the Uganda Homes, it was proposed to start a leather workshop for orthopaedic appliances for the disabled. A Professor at the Mulago Hospital has expressed his willingness to assist with materials or technical knowledge when required.

The 23 boys at the Butiru home get medical care from nearby Kumi hospital where most of them start walking for the first time in their lives with the aid of calipers or crutches. Crops are grown, including maize, beans, soya beans and millet. Some of the boys have organised their own choir and produce very nice music using local musical instruments. Three disabled girls who were sponsored on a

tailoring course in Kenya have returned to Uganda. One is teaching tailoring and crafts at Nkokonjeru, and the other is at the Budaka Home for girls. The third girl has returned to Kenya for further training.

SOUTH AFRICA

The R.A.F. Association (Transvaal) have agreed to share a premier film presentation with Cheshire Homes Transvaal. The R.A.F. Association would like 65% of the profits to go to the Cheshire Homes. Six disabled guests from a workshop in Soweto were entertained at a barbeque, and there is the possibility of a property in Soweto being transferred to Cheshire Homes Transvaal on a leasehold basis.

Mangalore

Residents are now engaged in the rearing of broiler chickens which is proving profitable. Government of Karnataka meets 50% of the expenses of the poultry farming. Donations have been received for a television set and washing machine.

Katpadi

Since its inception in 1956 with just two residents in the rented building, the home has cared for 200 persons in total, many of whom leave from time to time to earn their livelihood elsewhere. Activities in the home include mat-weaving, spinning, making of stockinette, carpentry and loom-making. The dairy consists of four cows and two calves supervised by the residents. The residents are involved in the day-to-day running of the home; they also conduct dramas in which local children participate.

INDIA

Trivandrum

An acre of land has been offered to the Indian Trust by the Rt Rev Benedict Mar Gregorios, Bishop of Trivandrum, and a Trustee of Cheshire Homes India. The site is in a fast developing rural area on the highway between Thuckalay to Thadikkarakonam in the Kanya Kumari District. The proposed land is already under cultivation, and should yield some income. There are several people interested in forming a local committee and promoting this home.

Madurai

Here the coconut plants are growing satisfactorily and a third well has been completed. The extension of the building is progressing and is nearly ready for occupancy to accommodate five or six more residents.

India—Jamshedpur

A one day sporting contest for 200 handicapped children was organised by the Lions Club of Jamshedpur and the Welfare Department of Tisco Limited. The contest, which was held in the town's Keenan Stadium had many competitions for the children from the R. P. Patel Cheshire Home and other organisations who took part. The function was inaugurated by Mr. R. N. Sharma, Vice President of Tisco.

'NO PLACE LIKE HOMES . . .'

January 1916 was a time of mixed blessings for my parents. First the good news: their son Robert was born. But the bad news: doctors advised them that I would never walk—I suffered from spastic paraplaegia, which had been complicated by an attack of meningitis.

My mother, who was a teacher by profession, looked after me with all her patience and skill and I continued to live at home in Milngavie, Glasgow until my father died in 1942. Unfortunately a year later my mother herself became ill and, much against her will, she was forced to allow the doctor to send me to an Emergency Medical Services Hospital in an isolated area some distance from Glasgow which was used predominantly for women. At the time I was there, 40 females occupied the hospital beds, with 10 female staff. I was the only man in the hospital—so you can imagine it was an interesting situation! The E.M.S. Sister had, by coincidence, been friendly with my mother when they both taught at the Milngavie Public School, and she obtained an extension of time for me at the hospital when it was found that my mother had a malignant condition.

From 1946 to 1948 I lived at Strathaven Old People's Residential Home where, as I was only just 30, everyone else was at least twice my age! However, I enjoyed being there and spent many happy hours chatting to the old folk and hearing of the wisdom acquired with great age. I particularly liked talking to a retired qualified music teacher who had taught at Queens Park School in Glasgow.

In 1948 at the age of 32 I was transferred to Broomhill Hospital in Kirkintilloch and spent 12 years there. I was still walking with the aid of two sticks but, because of the slippery floor, I was more often on

my back than on my sticks! So the Sister in charge put me in a wheelchair and to this day I am more or less still in it.

In 1955 I heard that a Foundation had been started under the name of Leonard Cheshire and I wondered if I might have a chance to seek a place in one of the homes under that Foundation. In September 1960 a home was opened in Edinburgh, but the age limit was 45 years. I was then 44, so I kept my fingers crossed, and on October 27th 1960 I was lucky enough to be transferred to Mayfield House in Edinburgh.

While there I found life much more interesting. Outings included being taken to church (if you wished to go) every Sunday morning. Our escorts were changed regularly and the Minister of Edinburgh St. Serf's made sure that we would get to know all members of the congregation by this means.

Being a resident in a home together with other handicapped people unable to lead a physically active life, means that talking become a prime occupation. As a result I fear I am now very much inclined to get carried away with my own verbosity!

In 1964 I was transferred from Mayfield House to St Cecilia's in Kent, where we had many happy evenings "in aid of the home". One evening we had a Cheese and Wine Party. A very nice elderly Cockney gentleman was there but he had taken "one over the eight" and by the end of the evening this was evident. He was saying goodnight and meant to kiss a young lady sitting between us but unfortunately his aim was not too good and he leaned over and kissed ME instead, and then walked out the door! Imagine what I felt like, since Doris missed her chances and I had to bear the consequences!

In most Cheshire Homes we have bedrooms of our own and this reminds me of an incident in my childhood when my mother decided I would start sleeping in a room alone. Before she put the lights out she said "I am in the next room if you want me, but in the meantime you need not be afraid as God is watching you". From that day to this I can still remember her last words on that occasion, but that night I had no sleep and I still have that sleep to make up, because the idea that God was watching me made sleep impossible!

We have, for those of us who wish, an exchange scheme for holidays between the various Leonard Cheshire Homes and this gives us an opportunity to see the activities of other homes and to chat with different people. On several occasions I have "exchanged" with a gentleman from Roecliffe Manor in Leicestershire and once while I was there I was asked to put some washing in the washing machine. I am not very accustomed to doing this, however, so I had to read the directions carefully about putting the soap in and turning on the water etc. A short while later, someone asked me how the washing was coming on and I said "fine" but when we went to look we found that I had—despite my careful attention to detail—left the pile of washing out of the machine and it was merrily going around empty!

In 1972 whilst I was living at Hovendon House Cheshire Home, Lincolnshire, I was invited to join the percussion group and became something of an "expert" on the castanets. In fact, we used to give concerts to audiences both inside and out of the home but not everybody appreciated our musical efforts! During one of our performances a march tune was chosen which of course involved a

by Robert Hunter

drummer. He gave his drum a loud beat and suddenly a black cat, who had been dozing nearby, leapt to its feet and scurried across the room and disappeared for the rest of the evening!

Many and varied have been the homes in which I have stayed and of course I have enjoyed many experiences—such as the time at Broomhill when a helper put me to bed in the wrong room. You should have seen the expression on the face of the real owner of the room—fortunately it was a man, not a woman!

In March 1977 I came to Spofforth Hall Cheshire Home, near Harrogate in North Yorkshire. We have many activities within this home which I thoroughly enjoy, and an excellent occupational therapy room where I have been persuaded to take up weaving again. (I say again because when I was in Broomhill I tried to do some hand-loom weaving but the teacher had told me then that I was no good at it.) I now have enough work to keep me going for quite a few months, generally making tartan scarves, although other articles can be made providing the loom is large enough. I have had many orders from people for their different Clan tartans.

We have numerous outings from the home, and each year parties of residents go to Blackpool to see the illuminations during September and October. Last year however it was very cold and it was unanimously decided that the Pleasure Beach was not for us, so at 7 p.m. we headed for the Star Hotel bar. We surfaced at 11 o'clock, almost as "lit up" as the promenade and it was a very tired party that got home around 2.30 a.m. next morning! Seriously, though, I would like to pay tribute to the staff at this and all other homes for their unique care. I am certainly happy to live here.

AID

to Starving Ethiopia

The Leonard Cheshire Foundation and The Sue Ryder Foundation have mounted an emergency project to bring help to starving, homeless people in the Ethiopian capital of Addis Ababa.

In February, The Cheshire Foundation sent out an SOS to all UK Cheshire Homes asking for their help with these crying needs. They responded with 15 tons of blankets, many of which had been made by residents from knitted woollen squares, and second hand clothing. Goods were despatched for sorting and packing to Hydon Hill Cheshire Home, Godalming, where Head of Home, Major Gordon Mitchell, organised a central clearing station with the aid of volunteers, children and residents themselves.

In addition, wheelchairs for disabled Ethiopians were despatched from Greenhill Cheshire Home, Banbury, Oxon, and several tons of high protein food and multi vitamins, were also obtained for the relief programme.

Distribution in Addis Ababa was organised by Father Kevin Doheny, Cheshire Foundation International Liaison Officer for Africa.

In March Lady Sue Ryder, Founder of the Sue Ryder Foundation, and wife of Group Captain Cheshire, flew out to Addis Ababa with Mr. Ronald Travers, International Director of The Cheshire Foundation, where they saw with shock and horror the suffering around them.

Distribution Centre

On behalf of both Foundations they purchased a house in the centre

of the town with 5,000 square metres of land around it. This is being used as a distribution centre for the dry feeding programme and soon will provide a daily hot food service for children and lactating mothers at high risk. Food supplies will be provided by The Catholic Relief Services.

They also made a plan to build a rehabilitation centre in the grounds of the house to provide help for the many disabled and orphaned children in Addis who have the added problem of severe malnutrition. It is hoped to restore them to a reasonable state of health and provide them with orthopaedic aids and equipment and treatment which at least will give them a chance to survive in this harsh climate.

Tragic conditions

Describing the conditions he and Lady Ryder saw in Addis, Ronald Travers said that the conditions in the area of Addis where the joint project of feeding will operate were as bad as anything he had seen in years of travelling about the world in poverty and disease stricken areas.

"In this area there are 20,000 men, women and children sharing a single tap. There were no lavatories and excrement was everywhere. Dysentery was rife and the conditions were near starvation. Small, rough huts provided shelter for five people who shared also with their animals."

Many of the children were orphans. He saw one boy of nine who was alone trying to care for three younger children, existing on meagre scraps that he could beg from neighbours.

We have had over thirty six years of the National Health Service. Those who remember the years before, when so many of us had to pull ourselves up by our own boot straps, look back with a certain nostalgia whilst appreciating the many benefits which we now enjoy.

I went to the Derwen Training College, where one hundred and fifty students were trained for various occupations in the hope that they might be able to find employment. We were what could be described as walking wounded and, being in the heart of the country, our one great interest was mobility, though in those far off unsophisticated days it was referred to as getting about. We would glance down the Invalid Carriages column of Exchange and Mart to see if there were any bargains. All the wheelchairs which could be taken on the road were hand-controlled, only a very few had motors attached and no one at the College possessed such a luxury. I had a third or fourth hand Argson (lever type) chair.

One pedal—one strap

Some students whose disability allowed, bought bicycles, often removing one pedal to accommodate a stiff or frail leg, adding a strap to the other pedal to help keep their foot on it. Those who were capable of walking the three-quarters of a mile to Park Hall Halt could get in to Oswestry by the single track railway. Those with really strong arms would propel themselves in their wheelchairs.

I was doing a secretarial course. The girl at the next desk had had a through-hip amputation but because she was only seventeen, she had not been allowed to have a proper artificial limb in case she outgrew it. She was then five feet-six inches and a very attractive girl but had to wear a peg leg. My knowledge of artificial limbs was very meagre. It was, in fact, gleaned from an old music hall ditty, presumably sung by a bridegroom:—

“An eye and a tooth lay on the table,
And her hair hung in curls upon the
peg,
I had to laugh as loud as I was able,
When I saw her screwing off her
wooden leg.”

Those were the days

O or were they?

I had been misinformed. Win's leg did not screw off; it slotted in at about where her knee would have been and was held in position by suction, I suppose—or will power! Win was often to be seen in the washroom, doing a “stork act” whilst soaking her peg leg in water in the hope of making it a better fit.

Win was a cyclist and went into Oswestry most Saturdays. One day when she was pedalling along the High Street, a man called out, “Hey Miss! You’ve dropped your pump.” You, reader, will have guessed that it was not the bicycle pump that had fallen in the road but Win's peg leg! There was nothing she could do but wait on one leg until the man came up and gave it to her. There was no question of going somewhere private so she just put it back on, right in the middle of the High Street. She was a girl with a keen sense of humour and lived on that story for years.

Chish 'n' Flicks

There were two cinemas in Oswestry. In the centre of the town was the Odeon and on the outskirts, our side, was the Fleapit. I have forgotten its proper name, it was rather a run-down place with a long flight of stone steps outside, which went up the side of the building. One boy, Robert, propelled himself to this cinema every Saturday afternoon. My heart warms when I think of the fatherly commissioner who used to carry that lad up the steps and plonk him down in the one and nine's although he had only bought a sixpenny ticket. When the performance was over he would go up and carry him down to his chair and Robert would slowly trundle his way back to the college.

Another popular rendezvous in Oswestry was Owen's Fish and Chip shop. The recession must have hit the trade because they were advertising a “special offer.” Every time a fish and chip supper was bought, the customer was given a green cardboard token and when ten of these tokens could be produced, a free supper was given.

One day we were asked to stay in the dining hall after lunch as the Manager wished to speak to us. There was the usual speculation as to what it would be about but when he came in with a face like thunder, we knew the news was not good. He started off by telling us that he had received a letter from the Station Master at Oswestry which had filled him with anger and sorrow, (not a bad start!) The honour of the college was at stake. The good name of this establishment was being dragged in the mud, etc. The Manager went on in this vein without actually revealing what terrible crime had been committed. After what seemed like hours we were told the sordid details. Some students had been entering Oswestry station via the goods yard, (thus avoiding going through the booking-hall and buying a three-halfpenny ticket). Upon arriving at the Halt, they had given the short-sighted ticket collector an Owen's fish and chip token. To what depths will some people sink?

Who knows, perhaps one of the perpetrators of this crime is even now living out a shadowy existence in one of the Cheshire Homes. (Letters to the Editors will be treated with confidence!)

Beryl Morton

John Grooms Association for the Disabled now offers a very broad and interesting range of holidays for physically disabled people and their families and friends. A new and very useful addition to John Grooms holidays is the provision of "Break Facilities". These three locations provide holidays with personal care.

Both the West Shore Hotel, Llandudno, Gwynedd and The Promenade Hotel, The Esplanade, Minehead, Somerset are British Tourist Authority Award winners, offering a high standard of comfort and have the following amenities:

- Level access
- Lift with wheelchair controls
- Hoists in many bedrooms and bathrooms
- Wide doorways and corridors
- Emergency 24 hour call system in public rooms and bedrooms
- A bus with tail lift for tours and general transport

Both hotels are run on a non-profit making basis. Guests are encouraged to bring able-bodied relatives and friends to provide any help needed, which will not be available from the hotel staff. Groups are welcome and special rates are available.

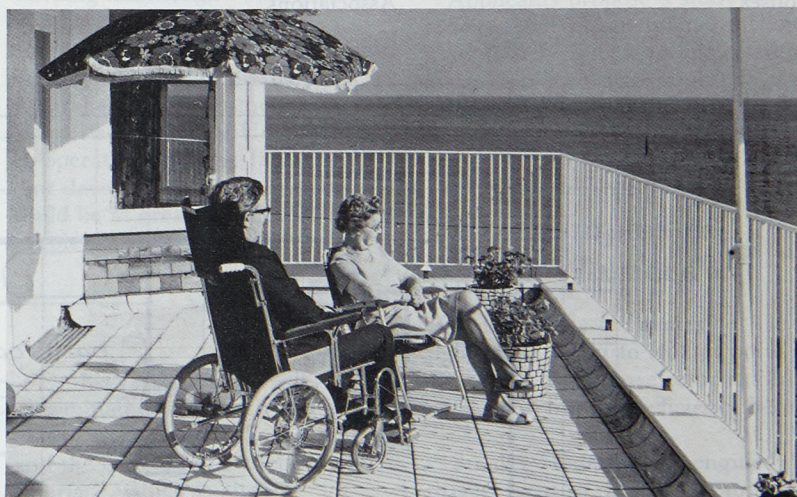
Self-catering holidays can also be taken in static caravans, bungalows, chalet or a flat in London.

For the colour brochure, bookings and further information, write to John Grooms Holidays, 10 Gloucester Drive, Finsbury Park, London N4 2LP
Telephone 01-802 7272-5

john grooms holidays



The Promenade Hotel Minehead



A disabled guest enjoying the sun and sea view at one of John Grooms holiday venues.

DHSS

Speech Therapy Adviser

Mrs. Susan Swan, District Speech Therapist at the Paddington and North Kensington Health Authority and the Victoria Health Authority, has been appointed speech therapy adviser to the Department of Health and Social Security.

Mrs. Swan will offer advice to the Department on the planning,

provision and development of speech therapy and rehabilitation services; on the effect of current policies on speech therapy services and on the work of speech therapists and their in-service training. She will also offer advice to the Management Side of the Whitley Council.

PLAN CHEST

Keith Cook

Coming from a generation which always raised its school cap to ladies, I may claim the right to set a difference between the two sexes and ignore the howls of protest which this will raise.

Last week, on entering a group of offices at Maunsel Street, I remarked that they needed a woman's touch and was met by raised eyebrows. You know what I mean because you have seen the difference in a room when someone expresses their individuality. You must have walked into a resident's room in a Cheshire home and suddenly felt that you had entered a different building and yet you would not have been surprised had you visited two of your friends on a new estate and met totally different atmospheres in identical houses.

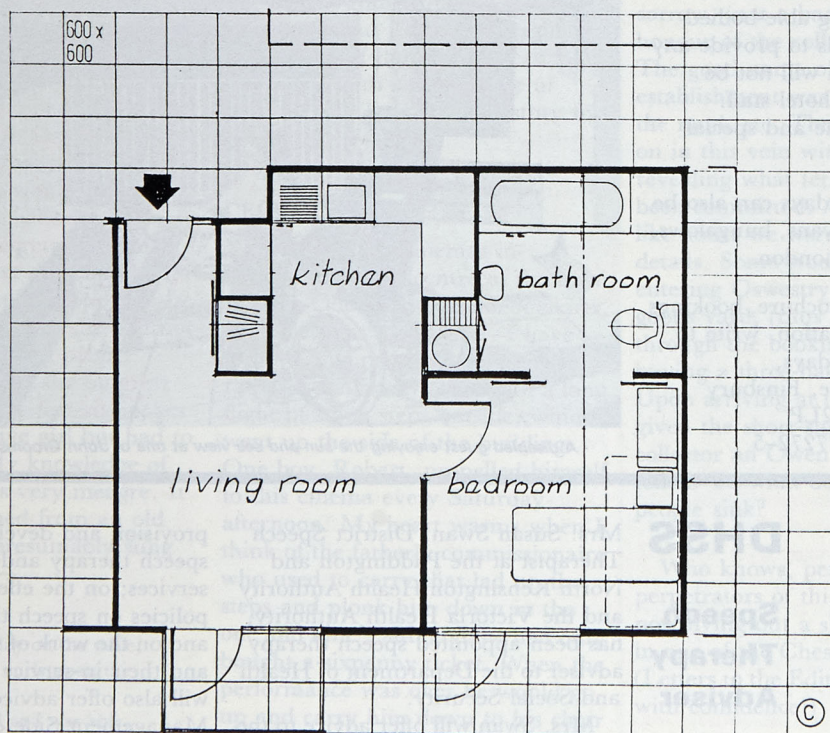
That is one of the signs of independence. Not the 'Englishman's home is his castle' separated by distance and a moat from his neighbour, but freedom to control his own environment near to those whose company he chooses.

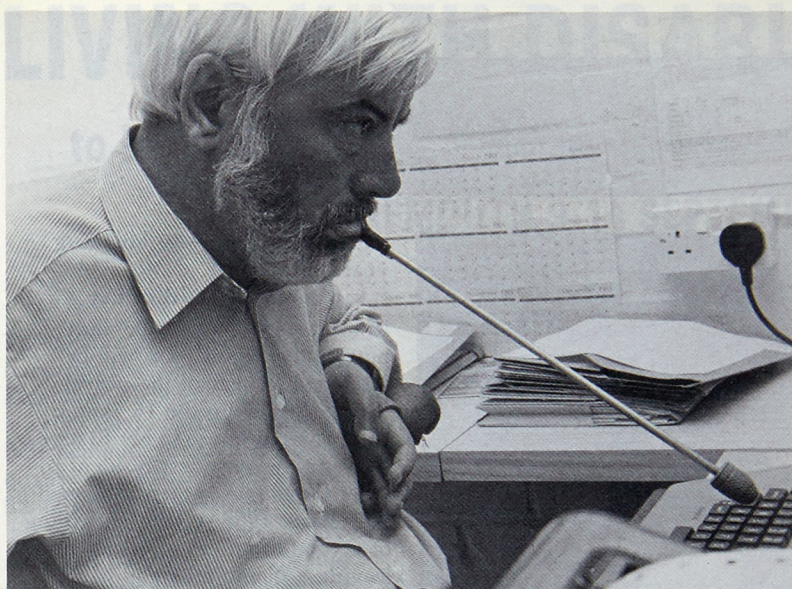
A First for PLAN CHEST

Plans are always difficult to reproduce, but as a first try, I am showing the lay-out of a suggested flatlet which could form the basic living unit for some future developments. This is prepared by the Foundation's Consultant Architect, Mr. C. Wycliffe Noble, based on his wide experience in designing for disabled people, his work with a number of Cheshire homes and also with Housing Associations.

In an area of 35 square metres this lay-out provides a small entrance lobby with coat cupboard, a lounge with kitchenette recess and a bedroom with bathroom en suite. A resident using a wheelchair should find this easily accessible and an overhead hoist can serve both bedroom and bathroom. The plan is designed on a 600 mm grid and is therefore capable of expansion to suit special disability needs or to accommodate a partner. From any point of view, such a unit can be linked to form a small "housing estate" to which care services can be supplied in whatever way the resident chooses.

Looking to the future, it would seem that such a plan would meet most expected needs and give freedom for change, but I would like to know your reactions to this, and whether it would provide a home where the gentle touch of individuality can be applied.





JOURNEY DOWN UNDER

Living tribute

The Churchill Trust was set up in 1965 with a sum of £3,000,000 of publicly donated money as a living tribute to Sir Winston Churchill in gratitude for his leadership. It provides Travelling Fellowships to men and women from all walks of life to enable them to gain a better understanding of the lives and work of people overseas and to acquire knowledge and experience which will make them more effective in their work and in the community on return. About 100 Awards are made annually. All U.K. residents are eligible at any age or from any occupation.

Applicants propose a study project related to their interests and if an award is given are expected to make their own plans and arrangements.

Two examples of Award Winners

Harold Briggs, a Thames lighterman, went to look at ports in Europe and has since returned full of ideas to improve efficiency here.

Stanley Hadaway, an engine driver, went to the U.S.A. to study railwaymen's conditions and passenger and crew safety. He has now been appointed driver/lecturer to give talks in schools about rail safety, as a result of his acquired knowledge.

Application forms for those interested from Winston Churchill Memorial Trust, 15 Queen's Gate Terrace, London SW7 5PR. (Stamped addressed envelope enclosed, please).

Chris Gallagher, a leading member of Seven Springs Cheshire Home's COMPAID team (Computer Aid for Speech Impaired and Disabled People) has been awarded a Winston Churchill Travelling Fellowship and flew to Australia on June 15th on a five week mission.

Future

Chris, who was injured in an accident in New Zealand and is a C3/4 quadraplegic with no use of his hands, operates the computer by mouth control. His profession was an electrical design engineer which has been invaluable in his work for COMPAID. He uses Information Technology equipment and has a working knowledge of the general approach and availability of equipment in the U.K., which could be of great value to disabled Australians. Equally the work of The Brisbane Spinal Unit, which is co-operating with the Japanese on new developments in technology, could be of great benefit to disabled people over here.

Busy Itinerary

His brief is to spread information about the knowledge and skills acquired in COMPAID concerning the application of computers to a wide variety of disablement problems and also to collect and disseminate information on computer aid developments in Australia to bring back to the United Kingdom.

Accompanied by his wife Joan, who is a State Registered Nurse, Chris will be based in Sydney but will spend part of his time in Brisbane.

A busy itinerary will take him to the South Malaysian Conference on Spinal Injury, to the Computer Research Project at Queensland University, to a Speech Rehabilitation Unit at Sydney University, to the Bodel Power Station Computerised Control Room at Musswellbrook, and to the Paraplegic and Quadraplegic Association at South Hurstville. He will also meet various specialists on disablement, including speech therapists.

On his return, Chris will disseminate his findings through the library of software at Seven Springs and the quarterly newsletter Interface, which is already providing up to date information for all Cheshire homes and many other organisations for disabled people, including RADAR.

Chris is 47 years old and lives in an adapted bungalow in the grounds of Seven Springs Cheshire Home, Pembury Road, Tunbridge Wells, Kent.

Obituaries



Miss Hounslow Greathouse Wiltshire

Alice Hounslow—80 amazing years

"Age could not wither her . . ."

Many people both inside and outside the Foundation will be saddened to hear of the peaceful death of Alice on the 16 January 1985 at Greathouse in her 81st year. She was the very first resident to enter Greathouse when it opened in November 1958 so it is something of an end of an era of continuity, leaving a memorable gap in the family here. Born disabled, she was a very plucky lady and anxious to take part in everything. She was an intrepid traveller and visited places as far apart as the Canary Islands, Majorca, a Mediterranean cruise, Holland and last year she went to the flower festival at Spalding, celebrated her 80th birthday in July with her relatives in Surrey—being royally looked after by Hydon Hill—and then flew from Heathrow to see the Edinburgh Tattoo in August. She packed more activity into her 80 years than most able-bodied people. She will be sadly missed.

Annette Ainsworth died on 8 December 1984. She was the longest staying resident at Oaklands.

Edna Hardman died 5 January 1985. Oaklands resident from 1973. Both will be sadly missed by all at Oaklands.

William David George Nichols, a resident of Cann House for 10 years, passed peacefully away on 16 January 1985 aged 54. Loved by everyone and always had a smile.

Ada Evelyn Primrose Salmon, a Cann House resident for 3 years passed away peacefully on 17 February 1985 aged 59. She was very happy at Cann House and will be missed by all.

Mr. Peter Rowntree, a Trustee of the Leonard Cheshire Foundation, died earlier this year after a long illness. He was actively involved in a wide range of organisations and for thirty years, was a director of Rowntree and Company Ltd working in the marketing and advertising field. Mr. Rowntree leaves a widow, Eve, four sons and six grandchildren.

LIVING WITH DISABILITY WEEK

to be held in the new Bournemouth International Centre

BOURNEMOUTH 9-14 SEPTEMBER 1985

To enhance the value and importance of the "Living With Disability, Expo 85" exhibition, it is being made part of a week at Bournemouth concerned with the quality of life for those who are handicapped or disabled.

The events of the week will be arranged by various groups and organisations with the exhibition organisers providing venues, publicity and overall co-ordination.

Plans for the week already include the following:—

A series of discussion groups, seminars and lectures, some to be held at the **BOURNEMOUTH INTERNATIONAL CENTRE** and some at other places in the town and, with these, the emphasis will

be on letting the disabled themselves state their ideas and needs as strongly as they wish.

An Art Exhibition of works by disabled artists is being arranged in the public areas of the International Centre.

On a National level a "Quality of Life" design competition is being held. The prizes of computer systems awarded for the best design which improves the daily living of the handicapped, will be presented to the winners at a reception in Bournemouth during the week.

All of these will be supported by visual display throughout the town and maximum media publicity.

In addition to the above, organisations across the country

who are concerned with disability in all its forms are being contacted to offer them the opportunity of this week in Bournemouth to demonstrate the breadth of their interests and activities.

The aim of the week as a whole is to reduce the conflict and frequently man-made barriers which exist between so-called "normality" and handicap however caused. Quality of life is the right of all and the "Living With Disability" week will give everyone the chance to show how this objective can be achieved.

Further information contact Expo 85, The Firs, Trinity Road, Bournemouth, Dorset BH1 1QJ, Telephone (0202) 295777 Ext 23



The Chairman of the Foundation receiving the Foundation's Manpower Services Commission "Fit for Work" Award for "Outstanding achievements in the application of positive policies in the employment of disabled people" from Baroness Phillips, Lord Lieutenant of Greater London. Also pictured are Hilary Leacock who, though blind, is a full time secretary at the Foundation, and Peter Millwood, a resident at Arnold House Cheshire Home

★ PUZZLE TIME ★

LETTER CLUES

Try a JIG WORD PUZZLE!

All the words to be fitted into the empty squares will be found in groups according to the number of letters each word contains. The only word with 11 letters has been inserted to start you off!

ALL THE WORDS *MUST* BE USED.

3
DIP
EEL
POP
SPA
TUB

4
CRAB
COVE
FETE
GOLF
KELP
PIER
PARK
ROCK
SLIM
SURF
TOLL

5
GIRLS
LILOS
POPPY
SNAPS
SWING
YACHT

6
CHALET
DINGHY
MARINA
SANDAL
SEASON
SUMMER
SUNOIL

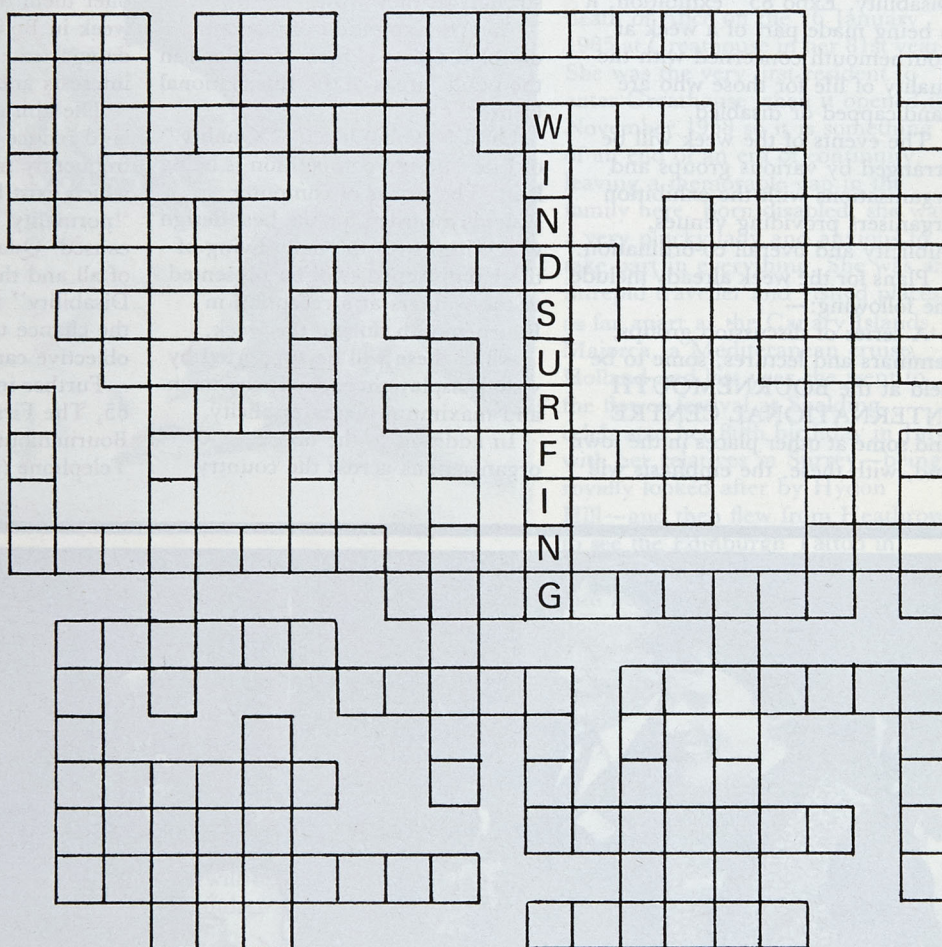
7
COSTUME
CRICKET
FISHING
GOGGLES
HOLIDAY
SEAGULL
SEASIDE
SNORKEL
SWIMMER
SURFING

8
FUNFAIRS
POSTCARD
STARFISH

9
HEATWAVES
ROCKPOOLS

10
LIFEGUARDS
SUNGLASSES

11
WINDSURFING



The Chairman of the Foundation receiving the Foundation's Member Services Committee "Fit for Work" Award for "Outstanding Achievement in the application of positive policies in the employment of disabled people" from Barbara Fidler, Lord Lieutenant of Greater London. Also pictured are Hilary Jackson who, though blind, is a full time secretary at the Foundation, and Peter Milward, Executive Home

SOLUTION on Page 44



United Nations Corner UNFAO

'Smallpox—A Happy Ending'

That sentence heads the first article in the November 1984 issue of "World Health", the monthly publication of the World Health Organisation. In this quarter's U.N. Corner I have drawn freely from the article which is written by John Wickett, Consultant with W.H.O.'s Smallpox Eradication Programme.

"A cast international campaign spear-headed by W.H.O. between 1967 and 1979 rid the world of smallpox. The disease was eradicated; it won't come back. The fact was certified by the best scientific experts in the World in 1979. Smallpox vaccination no longer appears in the International Health Regulations nor in the International Certificates of Vaccination. Nevertheless W.H.O. still receives rumours of suspected cases of smallpox. Every single one proves to be false.

"The programme to globally eradicate smallpox was hailed as a public health miracle. For the first time in the history of man a major killer disease had been eliminated.

"The eradication of smallpox is now a part of medical history . . . almost. You do not forget such a disease in just a few years. Large numbers of people still bear the disfiguring scars of smallpox. It was a disease which terrified people for thousands of years and decimated entire populations.

"In May 1980, the World Health Assembly solemnly declared that 'the World and all its peoples have won freedom from smallpox, which was a most devastating disease sweeping in epidemic form through many countries since earliest times, leaving death, blindness and disfigurement in its wake and which only a decade ago was rampant in Africa, Asia and South America'."

What has the U.N. achieved?
The end of smallpox!

Elizabeth Greenwood

ISRAEL SOCIETY FOR REHABILITATION OF THE DISABLED

International Rehabilitation Meetings

Host Organisation: Israel
Rehabilitation Society, 18 David
Elazar Street, Tel Aviv 61901,
Israel

Conference Secretariat: Peltours, 28
Ahad Ha'am Street, Tel Aviv
61003, Israel

1985
INTERNATIONAL
SYMPOSIUM ON YOUTH AND
DISABILITY.

July 1-5 1985, Jerusalem.

1986

3rd ISRAEL—SCANDINAVIAN
REHABILITATION SEMINAR
ISRASCAN "WORK FOR
DISABLED ADULTS."

March 2-5 1986, Jerusalem

ELEVENTH WORLD
CONGRESS OF
INTERNATIONAL
ASSOCIATION OF WORKERS
FOR MALADJUSTED
CHILDREN.

May 25-29 1986, Jerusalem

1987

INTERNATIONAL
CONFERENCE ON DISABILITY
EDUCATION

July 5-10 1987, Jerusalem

INTERNATIONAL
CONFERENCE OF
REHABILITATION
JOURNALISTS
July 12-16 1987, Jerusalem

INTERNATIONAL
SYMPOSIUM ON
PREVENTIVE
REHABILITATION AND
TRAFFIC ACCIDENTS
November 1987

MY FANTASY

LETTER
CLUES

by Joan Micklewright

My ambition, when I was young, was to be a musician and sing with the Sunday School Choir. Unfortunately the involuntary movements associated with my disability made learning to play the piano or joining the choir impossible.

The Sunday School Anniversary was always held on the first Sunday in July. We had practised three evenings a week since the beginning of May in order to be ready for the special day. We all wore white dresses and in front of the pulpit, a platform was draped with a white cloth and decked with flowers and foliage.

Music Career

On the day, three Services were held and a special preacher from outside the area was asked to take these services. The quiet organ music created a religious atmosphere. We, who were over seven years of age, went onto the platform. The smallest child was in the middle of each row and the older scholars in the pulpit.

The Church choir were in their own places facing us in front of the large pipe organ.

My dreams were to become so much more real when I took lessons privately from a teacher who specialised in vocal and instrumental training. I then decided to make music my career.

Ambition realised

After studying for many years with my teacher, I tried for a place at a College of Music. I thought the exams were hard and I decided to do my best—and succeeded. I had won a place at the Royal College of Music in London.

I arrived at the College with my parents. It was a cold Autumn day, and although I was feeling very nervous, I had my mind made up that I had every intention of making good use of my talent.

Eventually I was able to realise my ambition to play Church Music—music which I really loved so much—on the organ.

Singing Group

Sadly my college days came to an end—yet I was happy to return to my family and old Church and Sunday School, where I was invited to join the choir and some time later, I became the organist. I was by now a teacher of music, and had many pupils in my care.

Here at Dolywern, my day dreams of singing with a choir have come true. A small group of people like myself sing to entertain our friends on special occasions.

How wonderful singing is.



Celebration

Party

Resident for 35 Years

To mark the 35th anniversary of 82 year old Mrs. Alice Rowell, becoming a resident of Le Court, a celebration party was held, attended by her daughter, son-in-law, two grandchildren, three great grandchildren and many friends.

Alice, who was born in Camberwell, lived in the original Le Court, the first Leonard Cheshire home and has seen many changes since then which, she says, have all been for the best. Her sense of humour and strength of character are an inspiration to all who know her.

The Everest & Jennings Powerchair which has become so popular since its launch last year is now available as a semi-reclining model.

Just as much thought has gone into the reclining mechanism as into the whole concept of the Elite which provide extra comfort and performance. The single trigger system operating the recliner is both extremely smooth and easy to use. Infinite degrees of recline are available through to a maximum of 30°.

The semi-reclining Elite still has the attractive feature of a folding back for ease of transportation. The back unlocks by taking out a single pin making it a very simple operation.

For extra comfort both the arms on the semi-reclining Elite have sliding armrests so that they may be positioned to suit each individual.

For further information contact: Mr. David Russell, Everest & Jennings Ltd., Princewood Road, Corby NN17 2DX Telephone 05363 67661



The Everest & Jennings Elite semi-recliner. With a smooth trigger mechanism and sliding armrests on both sides it is extremely comfortable

MEYRA Grand Tourer

Following years of research and development and road testing under extreme conditions in the snow of the Dolomites, the Meyra Grand Tourer outdoor powerchair is now available in the U.K., following a highly successful launch in Europe.

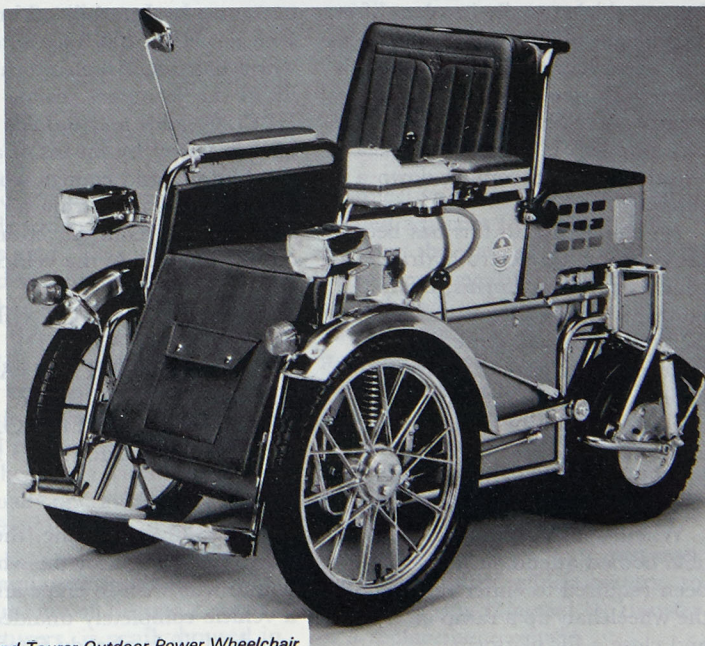
Increased ground clearance means the most undulating terrain and highest kerbs are easily negotiable and a range of 65 miles is possible on a single charge of the batteries.

Easy and effortless to drive with only the slightest use of a single finger required to operate the control lever, a top speed of 7 mph is reached by ultra smooth regulation. The control lever can be adapted for right, left hand or central positions.

Increased safety features include the unique Meyra electronic system. Should the wheels contact an obstruction (even when travelling up hill) the load and speed circuit automatically regulates the drive to ensure that the chair cannot roll back when starting on a hill (as cars with automatic transmission). A powerful full lighting system and distance recorder are also standard equipment.

As an extra precaution in the extremely unlikely event of any power failure, the chair can be quickly and simply disengaged from steering and drive enabling it to be freewheeled and steered manually.

For a colour brochure, please write or phone Meyra Rehab, Millshaw Park Avenue, Leeds, LS11 0LR Telephone 0532 776060



Meyra Grand Tourer Outdoor Power Wheelchair

NEW PRODUCTS



HBC 200 Automatic Wheelchair lift easily controlled from a wheelchair

AUTOMATIC Wheelchair Lift

Loading a wheelchair and occupant into a vehicle usually involves lifting to a height of 20" to 30" or pushing the wheelchair up a ramp which is often very steep and, in bad weather, can be slippery. Even more of a problem is controlling a heavy wheelchair when coming down a slippery ramp.

An alternative to this has been provided by the electro-hydraulic lift which, in various forms, offers a powered raising and lowering facility. However, these lifts are often complex to operate with a variety of latches and catches to release, and can be heavy and cumbersome to fold and stow. Also, in bad weather, the platforms can become wet and muddy to handle.

Whether using ramps or lifts, an able bodied attendant has always been required to either manhandle the wheelchair up a ramp or to open and close a lift platform.

These problems have been overcome by Interbility Limited with the HBC 200 fully automatic wheelchair lift. An electro-hydraulic lift of very compact design, the HBC 200 folds and unfolds under its own power by means of a simple two button hand control which can be easily operated, from a wheelchair if required, both from outside and inside the vehicle.

THE HBC 200 TOTALLY ELIMINATES ALL THE PHYSICAL CONTACT AND EFFORT PREVIOUSLY ASSOCIATED WITH LOADING A WHEELCHAIR INTO A VEHICLE.

Being fully automatic, the HBC 200 is ideal for the wheelchair bound who wish to enter and leave a vehicle completely unaided. The standard lift is already fitted with a

NEW PRODUCTS



HBC 200 Automatic Wheelchair lift fully powered opening and closing. No physical effort required

facility to accept remote control by infra-red, which will be available later this year. This will extend the independence of the wheelchair user still further as, in specially adapted vehicles, this infra-red control could be coupled with automatic door opening systems.

The lift platform has been designed to give all round security to the wheelchair without the need for manually operated ramps or stop bars—often a source of annoying rattles.

The miniature hydraulic power unit, from one of Europe's major manufacturers, is neatly housed in

a protective cover and is normally located adjacent to the lift pillar, allowing the wander lead control to be easily plugged in. The hand control itself is fitted with a magnetic backing plate which allows it to be "parked" on any convenient flat metal surface.

Installation of the HBC 200 can usually be completed in less than a day and requires little or no modifications to the vehicles. The lift is bolted in place, with just one connection to the vehicle battery, so it can be easily removed for transfer to a replacement vehicle.

The HBC 200 occupies only the minimum space within the vehicle and is particularly suited for installing in nearside doors, allowing instant access to the pavement. The platform is firmly secured when stowed to eliminate rattles when the vehicle is travelling.

Of French design and manufacture, the HBC 200 is distributed exclusively in the UK by Interbility Limited, 5 Badminton Close, Bragbury End, Stevenage, Herts. SG2 8SR, who may be contacted on 0438 813365 for further details.

HOME CARE FOR THE STROKE PATIENT IN THE EARLY DAYS

Home Care for the stroke patient in the early days—Pamela Grasty, BA, MCSP, DipTP

There are many stroke patients who are not admitted to hospital. Many of these will recover spontaneously within a short time, but it is not always possible to tell in the early stages which patients will need prolonged treatment in order to recover their independence.

It is during the early stages that correct care is so important. This booklet describes and illustrates ways in which families can care for relatives who have suffered a stroke so that they can reach their full potential for recovery.

The book begins by explaining the problems frequently encountered by stroke patients. This is followed by a section dealing with the safety of the relative when moving the patient and general guidance on the arrangement of furniture and the role of visitors.

The booklet is not designed to replace skilled treatment by therapists. Its purpose is to ensure that in the early stages the patient is handled safely and correctly thus preventing neglect of the affected side by the patient and its resulting damage.

Published by The Chest, Heart and Stroke Association, Tavistock House North, London WC1H 9JE, Telephone 01-387 3012

PUBLICATIONS

LARGE PRINT BOOKS

HISTORIC HOUSES CASTLES and GARDENS

The wheelchair symbol is used again in the 1985 edition of Historic Houses, Castles and Gardens, thus indicating those places accessible to the wheelchair user. For the first time a supplementary section listing properties under the control of the Historic buildings and Monuments Commission has been included as well as a new 12 page map section. Information on each property includes opening times, admission charges, exact location, facilities available and details on particular points of interest. Historic Houses, Castles and Gardens is published annually and is available from W H Smith and all leading booksellers at a cover price of £2.50 per copy.

SEQUEL TO 'THE VERDANT TREE'

'Sharing Thoughts' by Sue Whittaker

'Sharing Thoughts' is the sequel to Sue Whittaker's first book of poems, 'The Verdant Tree', published in 1981. It is being sold in aid of the Motor Neurome Disease Association, an organisation which helps those whose lives are devastated by the disease of this name which killed David Niven.

For further information, please contact Lis Bentham on 01-491 3764

Ulverscroft Large Print Books Limited

Our 1985 catalogue is easily the largest and most comprehensive list of large print titles in the world from one publishing house. We have received many letters praising the new lay-out of the list which has ensured easier and quicker access to the information it contains.

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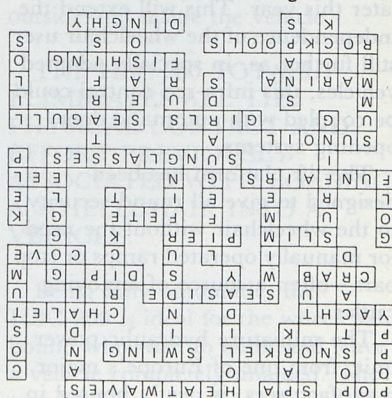
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Further details from Ulverscroft Large Print Books Limited, The Green, Bradgate Road, Anstey, Leicester LE7 7FU, Telephone 0533 364325

BARGAIN CORNER

FOR SALE	Cost Price £	Selling Price £	Carters Carter		
			Flow Cushion	35	15
			Luxury Roho Cushion	176	100
Slingsby Wheelchair Ramp 39" x 73"	170	100	Real Sheepskin Wool Pad 29" x 39"	30	20
Vessa Recliner Mark III Electric Wheelchair	1,500	950	Transfer Board Adjustable		2
Barrett Push Chair (Large Rear wheel)	175	75	Walking Stick		2
Blue Nylon Rain Cover	12	5	Contact Mr K G Ward		
			Telephone Eastbourne 34941 and Eastbourne 34844		

SOLUTION TO PUZZLE Page 38



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

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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 Margaret 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 1985

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 Copsey (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, 380/384 Harrow Road, London W9 2HU. Tel: 01-286-7664

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: Ronald Travers

International Secretary: 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. Sporgborg, 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.

Published by The Leonard Cheshire Foundation, Registered Office, 26-29 Maunsel Street, London SW1P 2QN.

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