

Cheshire Smile

Quarterly Magazine of the
Leonard Cheshire Homes Around the World
June 1986 25p



'BUNNIES'—
designed in
wool appliqué
and made by
EIRENE HANDICRAFTS
P.O. BOX 70
MARENDELLAS

Cheshire Smile

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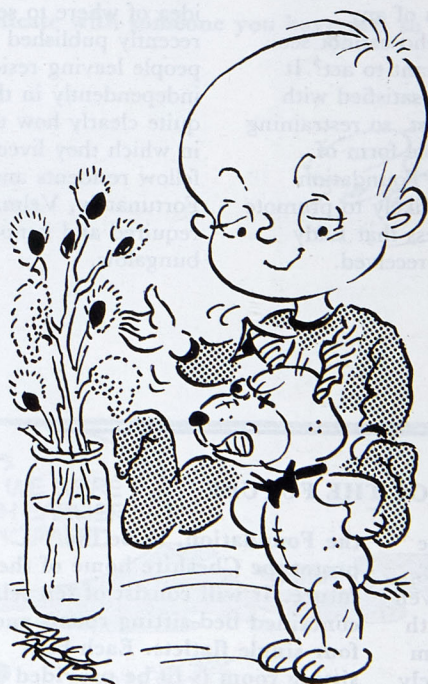
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with acknowledgment
and thanks to
Sally Artz

FORGET THE LANGUAGE OF FLOWERS —
JUST ENJOY THOSE PUSSY-WILLOW CATKINS.

Editorial

RELUCTANT TO ACT?

The swinging sixties saw a new concept in living standards that many in a somewhat rigid and sheltered society found hard to accept. They also brought visions of wealth and power as businesses and industry boomed; colleges and university places were increased with the aim of training people for the new space-age technology and everything seemed set for a healthy future. Sadly the boom was not to last and gradually decline set in, destroying confidence in the industrial and commercial sector, together with the family unit, and today we are now suffering the effects of the recession. Twentyone years ago, Hampden Inskip was caught up in the spirit of enthusiasm for the growing Leonard Cheshire Foundation and became one of the then fifteen Trustees appointed to guide and ensure proper management of the homes. In this issue you can read some of the reasons for his resignation, a decision which has saddened many who know him well. Has the Foundation become too big a business, so that those striving to bring about changes of any importance are frustrated by those who cannot see the urgency of change and are reluctant to act? It would appear that the Foundation is satisfied with maintaining the status quo at any cost, so restraining any progress towards a more equitable form of control amongst the homes. Can the Foundation afford to be so complacent that it is likely to promote its own decline? It is also with sadness that Lady June Onslow's resignation has been received.

TIME TO TRAVEL

With the prevailing wintry weather, Tom Gardner moves away from his visits around Britain for this issue and describes the delights and warmth found in the south of France where good food, wine and interesting scenery await anyone with a view to planning a holiday in this area. There are many travel agents and organisations who would help the adventurous disabled holiday maker to arrange a more individualistic holiday. Don't be put off from doing your own thing!

PLEA FOR HELP

In the article "My Fight For Independence" by Velma Corbridge, we read that she spent a most unhappy six months in residential care. When she made an attempt to move out she was met with nothing but indifference to her pleas. Why was this? Was it because nobody cared, or that they had no idea of where to seek help? Cheshire Smile has recently published stories of two severely handicapped people leaving residential care to go and live independently in the community. The articles showed quite clearly how they had been helped by the Home in which they lived, both by the administration, their fellow residents and their sponsoring authority. Fortunately, Velma was able to get the help she required and is now living happily in her own bungalow.

HOME OF THE FUTURE

As reported on page five of the Spring issue of Cheshire Smile, South West Essex has been given the green light to go ahead with their plans to build a long term residential home for the severely physically handicapped. It is envisaged that work will begin towards the end of this year. The home to be built is considered by

the Foundation, to be the prototype Cheshire home of the future. It will consist of ten self contained bed-sitting rooms and four single flatlets. Each bed-sitting room is to be provided with cooking facilities and a bathroom.

(From SW Essex Newsletter No. 12.)





A Welcome Awaits

We now have 76 Cheshire Homes and 21 Family Support Services in the United Kingdom and are associated with 150 Homes overseas. The numbers continue to grow and it becomes more and more difficult for the UK Trustees and staff to keep in touch with everybody they should.

We will all do our best to visit you whenever we can but it occurs to me that many of you come to London from time to time and if you are in the Victoria area and have time to call on us at Maunsell Street we will always be pleased to see you.

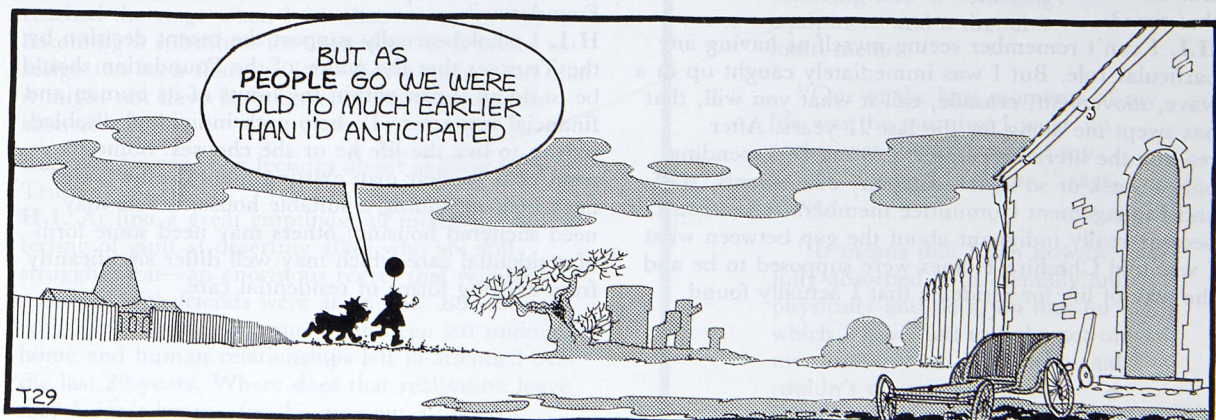
26 Maunsell Street is just off the Horseferry Road, five minutes walk south of the Army & Navy Stores, ten minutes walk from Victoria Station or the Houses of Parliament. The nearest bus routes are 507 (which runs between Waterloo and Victoria), 10 and 76.

Chairmen and members of Management Committees, residents, staff and supporters can normally expect to find someone here they would like to meet whenever they call although, if we have a day or two's notice, it helps us to cater for your particular interest.

It is so much easier to communicate with someone you have met so please do call when you are in London.

Peter Rowley

Chairman



Face to Face

The Editors are pleased to publish the transcript of an interview with His Honour Judge Hampden Inskip soon after his resignation from the Foundation.

He tells how he first became involved with the organisation, what he found there, and his feelings about the future.

Ed: How did you first become interested in the Foundation? Did you have any particular reason for joining? Did you have any previous interest in working for handicapped people?

H.I. Our next door neighbour, Pat Halahan, who was one of the original members of the first Foundation Management Committee at Le Court, asked me to go and have lunch with Leonard Cheshire in London. She wouldn't say why. I knew that he was a wartime hero, but I had never heard of Cheshire Homes and knew nothing of, and had no interest in, disability. I was intrigued and did as she asked and, I remember, we had fish pie at the old headquarters in Market Mews. Leonard, half way through the fish pie, said there had been some problems at Le Court, that the Trustees had new plans for it and would I be willing to take on the task of chairman of the Management Committee. Why did I say "yes"? My vanity had been flattered and at the same time I was in the middle of the Cost of Discipleship by Bonhoeffer. They were strange but compelling allies.

Ed: How did you see your role in the Foundation at that time?

H.I. I can't remember seeing myself as having any particular role. But I was immediately caught up in a wave, movement, crusade, call it what you will, that has swept me along for the last 21 years. After reading the literature supplied to me and spending only a week or so in the company of residents, staff and Management Committee members at Le Court, I became really indignant about the gap between what I was told Cheshire Homes were supposed to be and the way of life for residents that I actually found.

Ed: As the Chief Architect of the Handbooks on Care, do you think that greater pressure should be put on Homes to work within the standards laid out in those books?

H.I. Yes I do. I would like to stress that the Handbook of Care was not intended to be a straight jacket. Homes may well have developed alternative ways of working which are entirely consistent with the principles in the Handbook, but there are some Homes which are working in ways which everyone would agree are in conflict with those principles. It is in those situations that I believe that directions or orders should be given if persuasion fails to achieve speedy competence with the wishes of the Trustees. I accept that such action would upset some Management Committees but the interests of the residents must come first. I firmly believe that once the Trustees begin to show that they mean what they say and are prepared to standby it, the more ready Management Committees will be to run Homes and other services in the way the Trustees say they should be run. Past lack of resolution has encouraged some Management Committees in the belief that they can run their Homes as they wish, whatever the Trustees say, and this in turn has confirmed the view of those that say "Why upset Management Committees? They've always done as they please and always will."

Ed: How do you see the future role of the Foundation?

H.I. I wholeheartedly support the recent decision by the Trustees that the policy of the Foundation should be to do all it can within the limits of its human and financial resources. To help each individual disabled person to live the life he or she chooses. Some may need help in their own existing homes, others may need help in finding a suitable house, others may need sheltered housing; others may need some form of residential care which may well differ significantly from existing forms of residential care.

Ed: Is there need for greater central control?

H.I. I have already said that there is a need too for the Trustees to be more ready to give direction to ensure acceptable standards. Apart from that I do not see a need for greater control, but I do see a very urgent need for reform and improvement of existing methods of central control and administration and I have only time to touch on some of the problems. With very few exceptions, the Trustees do not have the time or knowledge to form effective links with Foundation services or to know whether they are being run satisfactorily. I have become increasingly convinced that the Trustees must make considerably greater use of really good professional staff and give far and more recognition than at present to their knowledge and skills. We need more Care Advisers and other field workers. We also need increased staff at the Foundation Headquarters, whether or not some measure of regionalisation takes place. At present some of the existing central staff have to work hours which should be quite unacceptable to any caring employer. Coping as "plumbers" with day-to-day requests from services for help and advice or complaints about this or that means that there is little if any time to do the planning which would enable the central office to give the service that Homes and Family Support Services are increasingly looking for.

Additional central staff and additional central office buildings will it seems to me become inevitable if Foundation Services grow at only 25% of the rate of the last 10 years. A kind of Menin Gate attitude that neither shall occur is blocking rational thought and evolution.

Ed: Do you feel discouraged or optimistic about the future of the Foundation?

H.I. Both! In the short term I feel very disappointed and discouraged. The Foundation has the potential to grow up and meet the needs of today and the future in new and effective and exhilarating ways. I feel at present that there are powerful and influential forces holding it back. But I remain optimistic because one day I know it must again break free and journey on.

Ed: After devoting twenty years of service to the Foundation, news of your resignation as a Trustee came as a great shock to many of your friends. Can you reveal to readers of the Cheshire Smile what led you into taking such drastic action?

H.I. There were disagreements about how and in what order, problems should be tackled and I had reached the stage when I felt that my anger was becoming a substitute for argument. It is better to resign too soon than too late—but who is to say that it might not have been better to have gone even sooner?

Ed: What were your feelings about ceasing to be a Trustee?

H.I. At first a great emptiness all mixed up with a feeling of guilt at deserting allies who are still struggling on—an enormous regret that regular meetings with friends were at an end. But then a realisation of just how much had been left undone at home and human relationships left ill-attended over the last 20 years. Where does that realisation leave me? I don't know—for the moment a little lost.

Dave's Wonderful Workshop

Inspiring things are happening down in the woodshed in the grounds of Oaklands in Garstang, near Preston.

Former farm labourer Dave Hoose (37) confined to a wheelchair since a swimming accident twenty years ago, has set up in business as a specialised electrical repairer.

The Manpower Services Commission Disablement Advisory Service Manager, Mr. Neil Caddle, in Preston, was so impressed with Dave's technical skills and enthusiasm to become self-employed that he recommended him for a £3,000 MSC grant to set up and equip a high-tech workshop in a former shed at the Oaklands Cheshire Home in Garstang.

The workshop is like an Aladdin's cave and Dave proudly reels off the names of the equipment which he uses in his day-to-day work. It includes a 20 Mhz dual beam oscilloscope, a 600 Mhz frequency counter, a stabilised variable power supply, soldering and de-soldering equipment and a digital multi-meter.

"One of the best moments of my life was the morning I woke up and it was the first day of my having my own business," says Dave.

"It means that I can now be fully absorbed both mentally and physically and do a job that for which I have had to fight not only my disability but those who said I couldn't move, even in a wheelchair."

Following his accident doctors told Dave that he might never move again, but he has striven to break away from total dependency on others.

Before the accident he had completed six months as an apprentice in an electrical shop in Ormskirk, and it was this early skill that came to his rescue in later life. Building on that he first took up an interest in radios and gained a Class A Licence Certificate to become a radio "ham". This opened up new horizons and Dave developed contacts and friends throughout the world. He also taught himself watch and clock repairs, and became very involved with the Lancashire Youth Clubs Association and the Young Volunteer Group, helping other people to enjoy themselves at residential weekend courses for handicapped and able-bodied in the Preston area.

He then put himself through a two year electrical engineering course and passed with honours.

One of the saddest periods of Dave's life was when his ailing parents faced the fact that they could no longer look after him. He has had various "homes" over the years but is now an enthusiastic

member of the Leonard Cheshire Foundation family and a self-employed one too. The Foundation has fully supported Dave's efforts to set up his own business.

This is thought to be the first time that a resident of a Cheshire Home has become self-employed whilst a resident, and a spokesman for the Foundation says that following the MSC help for Dave Hoose they are to examine ways in which more of their residents could perhaps benefit.

In addition to qualifying for the initial £3,000 grant for capital equipment Dave has now gone on to qualify for the MSC's Enterprise Allowance Scheme under which people are given £40 a week for a year to set up a new business.

Under the EAS people must have £1,000 in a bank overdraft or loan in order to qualify, so that they have that minimum to set up the business. In Dave's case this was achieved by cover from the first grant.

Neil Caddle, MSC's Disablement Advisory Services Manager in Preston said: "This is a very unusual case, and of course Dave is a very unusual chap. We tried everything to help him but he has a severe disability in that he is

a tetraplegic, (unable to walk and partial use of arms and hands). However, we came up with this solution and it seems to be working out very well. Much of our time is spent finding employment for handicapped and disabled people with firms, but that was not possible for David. He has proved that he can go it alone and we are very pleased with the results for him."

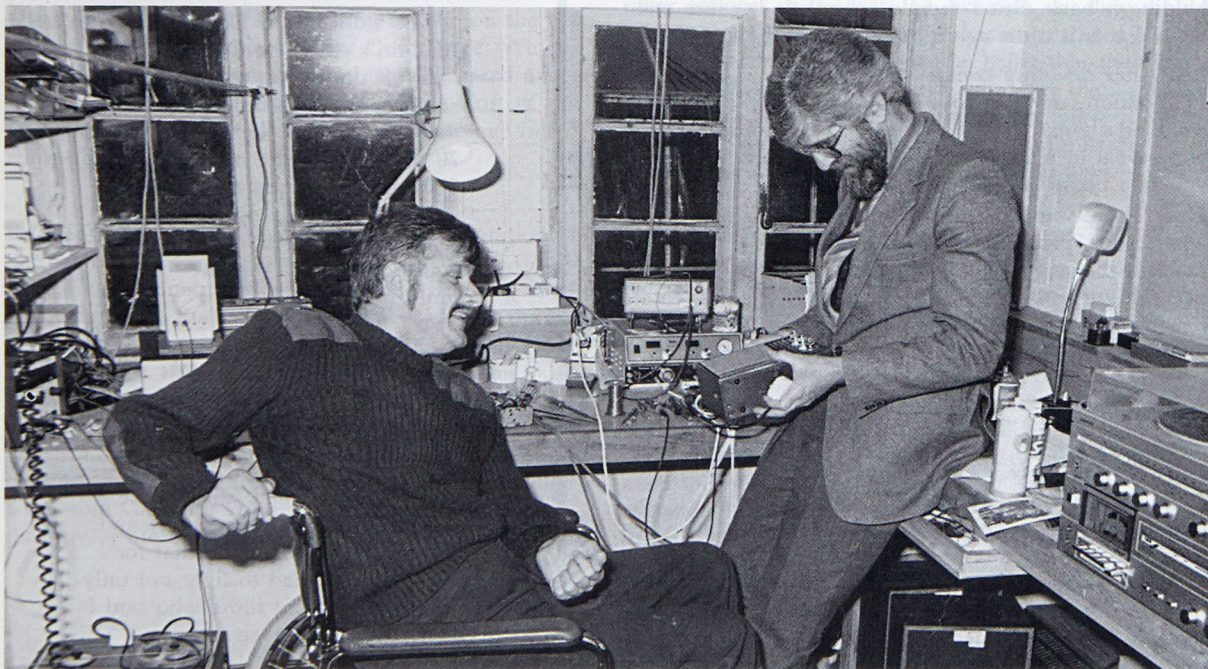
Dave did his own market research to set up the company and now deals with a steady supply of work sent in to him by local firms. He can repair radio cassette recorders, music centres, electronic calculators, cash registers, electronic adding machines, portable tv's, videos and CB rigs.

Despite working from 8 am until 4.30 every day he still finds time to be a Resident's Representative on the Management Committee at Oaklands, to help manage the resident's shop, to grow peach trees in pots, and be an avid follower of Teletext on television.

He would now very much like to take up driving.

Dave Hoose says that to be his own boss means a great deal to him and still recalls the day when doctors told him he would never get out of bed.

Dave Hoose (left) and MSC Disablement Advisory Service Manager, Neil Caddle, in the 'wonderful workshop' surrounded by electronic hardware



Greater London Centre for

INDEPENDENT LIVING

With a financial backing of a grant from the Greater London Council, the London Centres for Independent Living/Integrated Living initiative has been set up. We have two offices, staffed by a Development Worker, an Education and Publicity Worker and an Administrative and Finance Worker, all of whom are disabled. The six workers are employed by an Executive Committee, also entirely made up of people with disabilities who are interested in the CIL concept.

AIM

This concept originally came from California, USA, in the early 1970's and is basically to give disabled people with a wide range of handicaps, the option of choosing their own lifestyle by providing them with services and the support to enable them to do so.

Unlike the USA, we in this country have a welfare state which provides services for disabled people. These services differ depending on where you live, although all local authorities have to provide a certain amount of services under the CSDP Act of 1970. However, until recently, the services have been determined by the local councils who are elected by local people. This means that although services such as home helps, meals on wheels, etc. are nationwide, others may not fit into the council of the day's policies.

Our initial brief, given by the Executive Committee, is to identify disabled people and educate them in the CIL concept, whilst at the same time, establishing what services exist in their particular area. We also need to work alongside service providers locally so as to have a good working relationship.

CHOICE OF SERVICE

It is hoped that by identifying interested disabled people, we shall help them to discover their potential to lead a life of their choice. Many disabled people when confronted with the idea of "Independent Living" immediately think of having to leave their existing environment with its security, to live in a flat by themselves. This is not part of the CIL concept, although it is certainly one option which many disabled people find most satisfactory, given the right support. Each person should be offered a wide range of services to choose from so that they can live in the way they wish to. This may very well be in a residential establishment or other communal living situation.

IMPORTANT INVOLVEMENT

The most important aspect of such an initiative of this nature is that disabled people themselves are involved right from the start. It would prove impossible for any future development of CILs if this was not forthcoming. Although we are not initially employed to set up CILs in London, it is my hope that local disabled people will want to pursue such an idea. The CIL workers will give support and advice on how to approach the huge task of setting up a CIL in a designated area. Areas which we intend looking at are Education, Employment, Housing, Transport, Peer Counselling, Environmental Access, Personal Assistance, Technical Aids, Information and Advice. We will also look at other areas which may be directly more important in some areas than others.

FUTURE FUNDING?

The London CIL Executive will be supporting, guiding and generally keeping an overall picture of our work. Although we are currently funded by the GLC, we will need to identify resources to set up CILs if this is deemed to be wanted. This aspect is vitally important and we are currently investigating avenues of possible further funding so that our initial work can be put to good use, giving disabled people the chance to live their own lifestyle.

SUPPORT NEEDED

It is my personal hope that within two years six CILs will be set up in London. It would possibly mean boroughs working together in order to make sure all disabled people have an equal opportunity to live a life of their own choosing. However, there is much work to do before we get anywhere near this stage.

If any of you reading this article are interested in being involved in this exciting new initiative, or would like more information, please contact the offices below. We need not only your support but also your energy and voice so that we can continue our work knowing that we have you to help us.

Dick Harris (North Office)
c/o 48 Boundary Road
South Hampstead
London NW8
Tel: 01-328 6429



United Nations Corner UNWHO

From ancient times and in virtually every culture, leprosy has evoked images of horror and fascination.

Because the micro-organism which causes leprosy has not been cultivated in the test tube it has been difficult to study the organism and immune response to it. As a consequence biomedical research into the causes, treatment and prevention of leprosy has remained far behind that of most other diseases.

INITIAL RESEARCH

A very important meeting in Delhi in 1972, bringing together under World Health Organisation auspices, distinguished leprologists and a small band of immunologists, paved the way for the formation of the Steering Committee on the Immunology of Leprosy (IMMLEP). In addition there was a young Norwegian working in the Hansen Research Institute of Leprosy in Ethiopia, Dr. Tore Gordal (later to become the first chairman of the IMMLEP Steering Committee) who was uniquely able to bridge the gap between the science of immunology and the disease.

A key breakthrough made it possible to begin a serious study of immunology to leprosy, namely the discovery that leprosy bacillus could be grown in very large numbers in the nine-banded armadillo. One initial aim was to provide leprosy bacilli to qualified scientists all around the world in order to make research possible. So, in 1975, began the programme on the immunology of leprosy—IMMLEP.

POSSIBLE PREVENTION

Today—ten years later—WHO is testing a possible leprosy vaccine in a large study in Venezuela to see if it can prevent leprosy in a population of known contacts of leprosy patients who are at higher risk of contracting the disease.

It is sad to relate that there are insufficient funds to support many research projects which have been approved at the scientific level. This at a time when a single jet fighter costs more than the entire WHO programme for research training in six tropical diseases including leprosy.

LESS COSTLY

Why is there so little awareness that prevention of disease and the research which may be required, can prove infinitely less costly than the expense of treating or suffering the human consequences of disease? Twelve years of operations and research for the eradication of smallpox cost approximately 46 million dollars and the United States alone saves 500 million dollars each year in not having to vaccinate overseas travellers!

The information in this article is taken from "World Health" the magazine of WHO.

Elizabeth Greenwood

George Okonbwang before and after 5 years treatment by Dapsone, but will the bacillus become Dapsone-resistant?



IN THE EYE OF THE BEHOLDER

by Beryl Morton
St Cecillas

Mark Twain said of a symphony concert he had attended, "The banging and slamming and booming and crashing was something beyond belief. The cracking and wracking of it is stored in my memory alongside the time I had my teeth fixed."

I am sure that in the same audience would have been people who were in raptures over the music. One man's meat is indeed another man's poison.

I belong to the generation who had to learn poetry by heart when at school and for this I am very grateful. If I was unable to read, I could still enjoy poetry because I have so much stored in my head. Like other things, there are fashions in poetry which reflect the age. I remember in the '30's when it was the "in" thing to write poems using no capitals, no punctuation and very little rhyme or reason. During this period I spent a year or two in hospital and the girl in the next bed shared most of my interests, including poetry. We had contacted a couple of young men from the next ward who came to visit us about twice a week. These two lads adopted a sophisticated air and tried to impress us with their learning, especially on the subject of modern poetry. We decided to call their bluff. I wrote a "poem" which was just a string of unrelated words, just the first ones that came into my head. I remember it began

with "coffee pots and dustbin lids and last week's newspapers a red sun on a tideless sea." There was a lot more which, mercifully, I can't recall. I wrote this out and hid it between the pages of a book which was covered with brown paper so no title was to be seen.

When our friends turned up and we had talked for a while, I casually said that we had both been trying very hard to understand a poem, with no success, and wondered if they could help us. I said I would read it out to save time. Believe it or not, they spent over half an hour explaining the gibberish to us until we caught each other's eye and started laughing. They were quite cross at first but they had to laugh in the end though they vowed to get even with us.

Four of us went to the Tate Gallery a year or two ago and had a very pleasant time looking at the varied exhibits. We saw the bricks. We also saw a collection of wooden articles that looked as if they might have been obtained from a country auction when an old house was being cleared. These things were arranged in more or less a circle but I could not see what the artist was endeavouring to portray. I asked the friend, who was pushing my wheelchair, to look at the title but this did not help. A young girl, standing next to me joined in the conversation and as she told me

she was an art student, I asked her if it meant anything to her. "Oh yes," she said and proceeded to explain it all to us using very vague phrases with various movements of her hands and arms. She was obviously groping! I then said that I thought the artist was permanently disfigured. "Whatever makes you think that?" she said with surprise. "Through having his tongue in his cheek for so long." I said. She replied "I think you're right," and strolled away.

Another group of artists who might suffer from the same affliction are the surrealists. I wonder if their subconscious ever tells them that they are on to a good thing? We have become used to this type of art now but whenever there has been a large exhibition it has been the main topic of conversation for a few days.

I remember seeing an extremely good cartoon in "Punch". It depicted an art gallery hung with surrealist pictures. The visitors were having a whale of a time. They were laughing heartily, almost collapsing on to each other with laughter and beckoning their friends to point out a particular gem. In the foreground were two sombre looking men and one was saying to the other, "We miss SO MUCH, we, who have been brought up to understand these things!"



Cheshire



Alne Hall Yorkshire

ORANGEAIDS

Not a health drink but a specially designed selection of clamps, adaptors, poles and arms permitting a wide range of aids to be fitted to wheelchairs, bedsteads, tables etc.

You don't need to be an engineer to put this equipment together, anyone can do it. You don't need any tools either, everything is secured by handscrews and can be easily adjusted to the finest degree.

We have seen how Orangeaids have attached the following items of equipment to wheelchairs for one-hand operations:—cameras, binoculars, tapestry frames, embroidery rings, computer terminals, typewriters, small organ keyboards, small workshop bench, electric torch, arm support, reading lectern, tray and an umbrella (not to be recommended on a windy day!).

At **Alne Hall** we have started to use this equipment to enable John Stockhill to operate the BBC computer terminal and another resident is considering taking up photography. I believe most other residents could benefit from this equipment. It is well made, easy to use, efficient and expensive but (in my opinion) so very worthwhile.

Les Hardy.

(taken from News of Alne Hall)

Llanhennock

MILES'S DIARY

WASP'S NEST

After lunch I returned to where I had been working but my 2 wheeled barrow was missing. It was soon returned after I made enquiries. A Community worker was painting the guttering and I heard a loud oath from the top of the ladder. The painter came down at high speed, he had painted over a crack near the guttering in which there was a wasps nest and occupants of the nest had counter attacked. I withdrew out of range until the painters had worked their way round the corner and things had quietened down by which time it was nearly tea time.

A party of residents went off in the Home bus to Penarth.

After breakfast I went to look at my plants and was "buzzed" by several wasps, it would seem the smell of paint has upset them. Later I observed a community worker looking at the nest above the office and he informed me that a Wasp exterminating expert was coming out to deal with the nest which had caused casualties to community workers last week. The expert arrived after lunch. I have not reached and passed the 3 score years and 10 of the Prophet without learning of the habits of the common wasp, so when the man arrived I went in for tea!

I have now learnt the details of the liquidation of the Wasps' nest yesterday. The expert climbed up into the loft and dealt with them inside the house watched by a small crowd of onlookers, who might have been doing something more useful elsewhere. The whole nest and its defunct occupants were skillfully removed. They have been there every year for at least 16 years during which time residents and staff have been stung but no action was taken. The mistake the wasps made was to sting a Community worker, a protege of Gwent County Council who seemingly was more important. It seems the year 1985 has been a good "wasp year" and the expert had 30 nests to be dealt with. One would have thought that the constant rain would have washed them out, but it seems they have thrived.

On the subject of insects that sting, did you know that honeybees gather in three times the nectar to the honey they produce. The nectar from some 2,000 flowers is needed to make a single teaspoonful of honey. In an average hiveful of 100 lbs of honey, the swarm in residence have invested something like 50,000 miles of flight—or twice round the earth!

Miles Stapleton, Llanhennock.
Extract from diary.

Homes Around the World

Mickley Hall Sheffield

PRIZE PHOTOGRAPHY

On receiving the literature for the 1985 Creative Activity Contest, a few of us felt we would like to take some photos of Derbyshire with a view to entering the photographic section. Our initial thoughts were to take photographs of Chatsworth but with our usual luck the day of the trip dawned very misty and it was obviously going to be impossible to take any long distance shots. As I was the only one with local knowledge I suggested we look around Edensor village which is a small village set in the grounds of Chatsworth. Legend has it that the Duke in the eighteenth century looked out of his window one day and decided that he did not like to see the sprawling village making his grounds look untidy so he had it demolished and a completely new village was built out of sight over the hill. We pulled into Edensor and, having been to a choir festival there previously, decided to look round the church and then the graveyard where the late President Kennedy's sister is buried (she married into the Duke of Devonshire's family).

SEASONAL SUBJECTS

The mist still had not cleared so we decided to photograph Edensor instead. At that time of the year—February—it was not looking its best so we hit on the idea of taking several photographs over a period of time to show the changing seasons.

One of the helpers held the camera up for me so that I could

INTERNATIONAL NEWSLETTER

NEW HOMES

Homes continue starting and opening all over the world.

In August the new home at *Pune* in INDIA was officially opened. The original home was closed a few years ago due to shortage of funds. The new home will cater for 20 spastic children.

PORTUGAL

The new home at *Carcavelos*, near Lisbon, was opened by Group Captain Cheshire in September. Catering for 34 residents, it has two-thirds single rooms and the remainder double rooms. One of the girl residents was so excited by the move from the old home that she had her furniture moved into her new room well before the opening, and slept on the floor of her old room.

PHILIPPINES

The new home at *Tagayatay*, opened in November, will care for severely multiple-handicapped children. The blessing of the home took place on 30th November, and the children were joined by residents of the *Kakayahan* home, who were celebrating their 17th anniversary.

INDIA

The *Bangalore Home* plans to celebrate its Silver Jubilee by trying to raise enough money to put all its projects on a sound financial footing. The Rehabilitation Centre has taken its toll in expense—it now has one handcraft teacher and three volunteers. The home has three blind girls learning knitting; other residents learn typing, shorthand, embroidery and crochet.

The *Mangalore* home is extending its activities to include the making of cycle carrier baskets.

The new home at *Maruter* hopes to start its Day Clinic shortly to help as many people as possible in the surrounding areas. This home is the first rural Home in India, and Denise Tabernacle, for many years, our Overseas Representative in Africa, will be going to *Maruter* later this year to help in the setting up of the Day Clinic.

For anyone wanting further news about the homes overseas, copies of the International Newsletter may be obtained from the International Office at Maunsel Street, London.

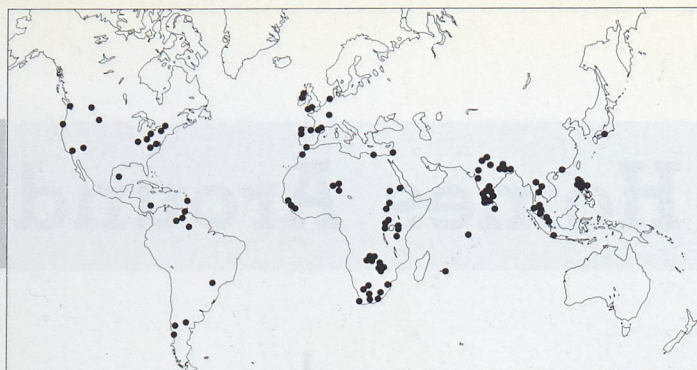
choose the view I wanted and when I was satisfied she pressed the button and took the photograph. Neither Dick nor I have any movement but this did not stop us from being very particular about the subject matter—all we needed was someone to hold the camera for us and to press the button.

Although neither of us wish to make this our major hobby, there

is no reason why photography could not be taken up seriously by a disabled person—all you need is a willing helper and an eye for a good subject.

Richard Morland and Roland Wilkinson were joint first prize winners in the photography section of the Creative Activity Contest, 1985

Cheshire



South African Selection



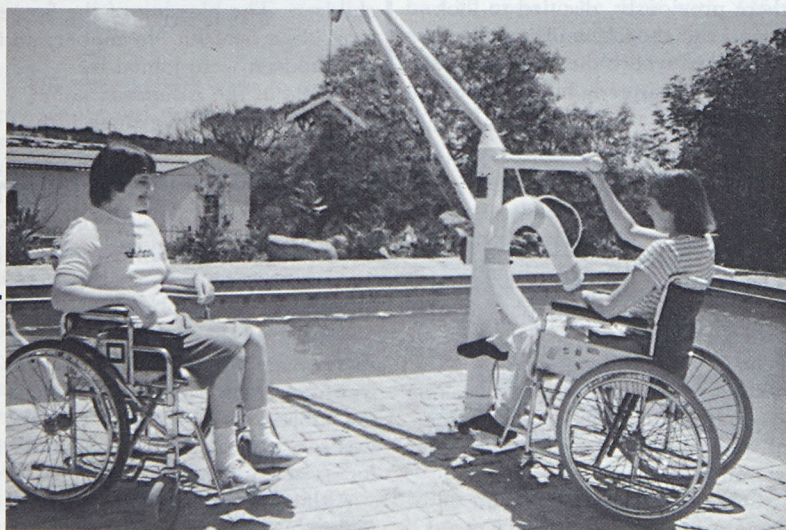
*Resident Boetjie with
Mrs Bosman—SUMMERSTREAND C.H.*



*Some of the staff at ANN HARDING C.H.
(L to R) Johannes, Selina, Rosie, Flora, Mavis. Sitting—Doris*

ANN HARDING, RANDBURG, TRANSVAAAL

Diane Schaassma and Karen Lourens operate the hoist above the new swimming pool at their home which was a gift from a Randburg charity.



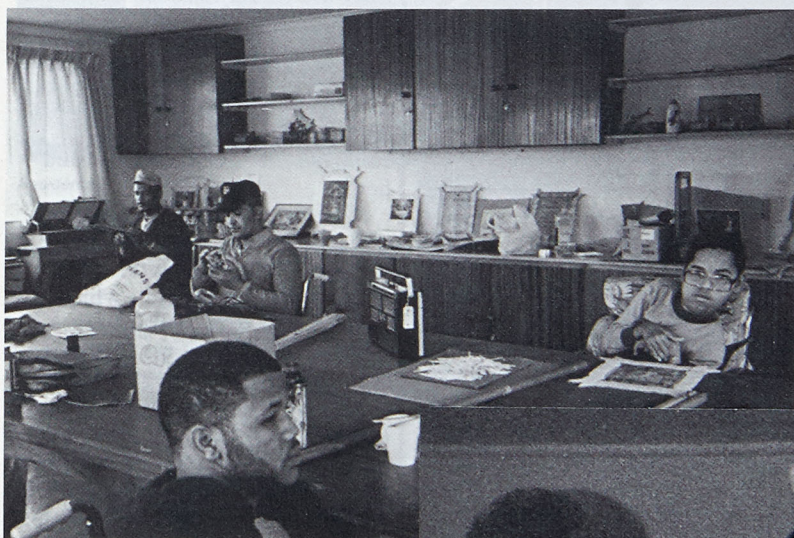
Homes Around the World



David Waddams with Sandy Hamilton
Richard Lawson and Karen Lourens at
ANN HARDING C.H. RANDBURG



Erna Crouje who attended the International Conference in
1981 outside one of the new bungalows for married people
at the ERIC MILES C.H. CAPE TOWN



TURF HALL, CAPE PROVINCE Active Workshop

A bus has been given to the home, a valuable provision for greatly needed transport. The reception desk is manned by residents who fully participate in the running of their home and there is an active workshop.

Showing the Graduation Shield are Mrs
Bosman, Memory and Mr. Vernon Vogel



SUMMERSTRAND, EASTERN PROVINCE

First Graduation Ceremony

This home for forty residents, held the first graduation ceremony in South Africa for African staff in care residence. Produce for the home, which will be ten years old this year, comes from the vegetable gardens manned by the residents. Any surplus is sold in aid of the home. Residents have also begun an orchid garden.

Cheshire

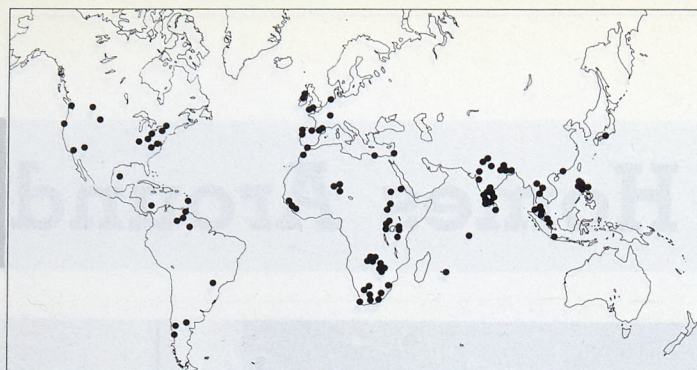
South Africa

(continued from previous page)

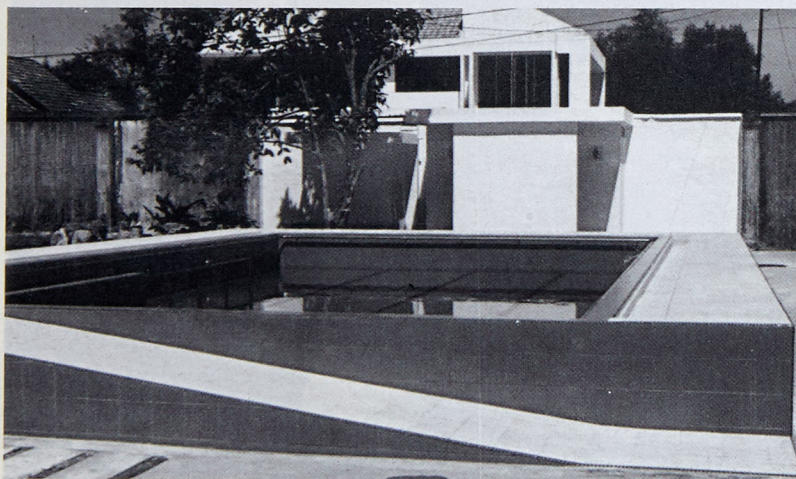
QUEENSBURGH, NATAL

20 Years On

The Queensburgh home in Natal for twenty six residents, celebrates its twentieth birthday this year. Computers have recently been installed and are proving very useful in dealing with financial statements, salaries and stock lists. There is full resident participation and one of the residents, Bernie Ackerman, is administrative assistant, coping with the telephones, correspondence and the newsletter.



New Pool at Penang



Penang Cheshire Home are now the proud owners of a forty foot long hydrotherapy pool, largely thanks to the fund raising efforts of a dedicated Cheshire Foundation voluntary helper, Captain Walter Salmon, who collected \$22,000 towards the fund from friends and wellwishers in England.

The pool, which has changing rooms and showers, will be used by residents and also by patients from neighbouring hospitals and clinics

in need of therapy, who are sent there by doctors and physiotherapists.

A small opening ceremony took place in February in the presence of His Excellency The Governor Dr. Haji Awang.

Captain Salmon, who is 71 years of age, has a special interest in the Penang Home but has also acted as temporary Head of Home at Heatherley Cheshire Home in Sussex.

REGINA Canada

Hullo readers of Cheshire Smile!

Yes, there is a group of Cheshire residents who live in Regina at 4404 Sherwood Drive and reside in their own specially designed home. We have lived here since October of 1981. From the moment we were presented with the keys to our home, it has been the dream of each individual resident that some day we would have the pleasure of seeing a second home in very near proximity to our own.

The dream became reality in April, 1986, when ten new residents moved into our second home.

What is so unique about being part of Cheshire's global family? We are a part of a worldwide movement, a movement which believes that each person, no matter what degree his handicap may be, has something to contribute to his family, his home, and his community. As I look back on the past five years I see both myself and the other residents and staff as having grown both as individuals and as members of the Cheshire movement. We contribute in many ways to the success of our home and I hesitate at this point to give illustrations because each resident and staff person has made many conscious contributions to the success of life at Cheshire.

The most exciting part of Cheshire life, is facing the challenge of making our ten new residents a part of our family. We hope and pray that they will in time, find comfort and encouragement, or better yet

Homes Around the World



Residents of New Milton Home

Photo "Advertiser & Times, New Milton"

New Milton

This new Home represents a dream come true for Yvonne Venables who five years ago, saw the need for a Cheshire home in the New Milton area of Hampshire. During this time Yvonne has given talks, shown films and organised a sponsored wheelchair push to raise the amazing amount of £90,000 towards the home. She thanks the many people who supported her in her fundraising efforts and is convinced it was all worthwhile for Spencer Lodge is now home for five other disabled people who are endeavouring to start their new lives together.

inspiration in their new surroundings, and be able to strive for new goals and horizons which will make their lives a constant source of joy to themselves and those who work with them to achieve their lifelong goals.

Eddie Davey, Cheshire Homes of Regina, Saskatchewan, Canada.

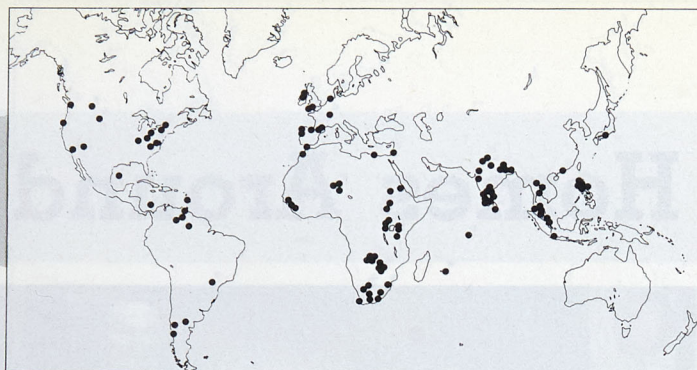
Before I close, I would like to acknowledge the work of our Board Members, who down through the years have supported staff and residents in countless ways. We have 12 members on our Board, 3 of whom are residents of our home, and each of us is very active on the various committees of which we are a part.

Eddie Davey



RAFFLE FOR REGINA

Cheshire



Roecliffe Manor



◀ Nikki Woods, a talented poet, pictured here with The Founder and Chairman, Bill Jones, after she had presented him with an autographed copy of her book of poems "Heated Ice".

The Founder and Chairman, Bill Jones pictured here with David Woods, and resident Ismael Patel at the official opening of Roecliffe Manor's Rehabilitation Unit.

David Woods is receiving physiotherapy and occupational therapy prior to being housed in a purpose built flat in Derbyshire. Before his stroke David was a chef and thought nothing of cooking for 300; the jam tarts he is putting in the oven presented no problem. ▶

Homes Around the World

U.S.A.

More Grants for Housing

Good news for the physically challenged in the U.S. was the announcement from the Department of Housing and Urban Development (HUD) that \$109m has been awarded in loans this year to finance more than 2,700 units of rental housing for physically challenged persons. This allocation represents 19.5% of the programme's funding and is the highest share to be earmarked for people with disabilities over the past five years. Five years ago, only 9.2% went to housing for nonelderly persons with disabilities.

What's going on

Exciting news comes from *Reno, Nevada*. Their latest project is an ambitious one. Two years in the

making, they now report that their blueprints for construction are at the Reno Building Department for approval. Once completed, the home will be large enough to house 13 residents. Local building inspectors have tried very hard to be flexible enough to permit a home-like setting for the house.

Parsippany, N.J., Home Opening

The house is about nine miles from the existing home in Florham Park, and will open about December 1, 1985. Residents who have acquired greater skills in independent living will move into this new home, which is "really going to be lovely," according to Executive Director Sharon Gronet. Sharon is an optimistic person who works to make everything she does a

success. She has been asked to steer a needs assessment committee charged with developing housing prototypes statewide in New Jersey.

Arlington, Virginia

Four years ago there were no barrier-free homes in Northern Virginia. Now there are three beautiful Cheshire Homes in Arlington, Virginia, a part of metropolitan Washington D.C. These homes are close to transportation and completely accessible. Each resident has a large bedroom with ample cupboard space and a bright window. There are two bathrooms (one with roll-in shower), a separate dining room, a spacious kitchen where people in wheelchairs can congregate, and a den.



This is a tribute to all those who have helped me in my fight for independence, particularly the dedicated and caring staff at the assessment unit where I have spent the last year.

MY FIGHT FOR

A.S.U.



Velma illustrating her independence in the hoist that enables her to move from bed to bathroom

Home Care

I spent a normal childhood until, at the age of 13, I contracted poliomyelitis and found myself completely paralysed and in hospital for the next two and a half years. Then I was allowed home to the care of my devoted parents and sister, only able to use my right arm. Certainly I missed out on the normal teenage activities but life was still very enjoyable. The daily exercising began to pay off as slowly over the years I began to be able to do jobs around the home. Gradually my right arm strengthened and a little use returned to my left arm but my legs remained useless.

Unhappy Time

Some fourteen years later my father's health began to fail and as he needed caring for he went to live with my sister, who was married with a grown up family. So, through force of circumstances because I could not get myself in and out of bed and my wheelchair, also on and off the toilet, I had to go into a Cheshire Home. This was something I had never wanted and it was the unhappiest six months of my life.

Eventually my mother died and I took over, as far as possible, everyday running of the home, cooking, pot washing, ironing, baking and in my spare time dressmaking, during this time we were able to have a home help.

INDEPENDENCE

by Velma Corbridge

Whilst I was there I read the book "Living Independently" by Ann Shearer, about disabled people who, despite their disabilities, manage to live on their own. I realised that with the right equipment I could probably do the same, but all my pleas to be taken seriously to the staff of the Cheshire Home, were met with negatives.

Freedom from Prison

Then one of the Foundation's Rehabilitation and Equipment Advisers visited the home. After listening to my moans and groans she assured me that with the right equipment I would be able to live on my own. She knew of a rehabilitation unit and she arranged for me to be referred there, in order that I could be assessed and taught new techniques to assist me in daily living. Going there was to me freedom from prison. I was treated as an individual with a right to live my own life as I chose, nothing was too much trouble for the dedicated and caring staff who always found time for an encouraging word.

After twelve months hard work by all concerned I had learned to use the equipment I needed and was at least independent and ready to move into a purpose built bungalow, provided by a local Housing Association.

Self Reliant

Now thirty years after contracting polio, one of those years spent at the assessment unit, I am living in my own home looking after myself. I have a home help for a few hours a week and I have arranged for some extra help at the weekends and I pay for this myself.

Once in the community again there was to begin with a sense of being lost and a lack of confidence as over a period of time institutionalisation, to a certain extent, becomes inevitable. In a Cheshire Home you also know that there is always a nurse or care assistant around to give help if needs be. At home you are on your own and any problems have to be sorted out by yourself. It takes time to adjust, it is hard work but is very worthwhile. You do need to be one hundred percent sure that this is what you want to do. For me there were never any doubts.

I am pleased that Velma has decided to tell her story but I would like to add that the greatest factor in this success story has been Velma's own determination and motivation. In addition, she was fortunate to be helped by a dedicated and committed team of professionals through the hospital, the Housing

Grateful Chance

I realised that I was very fortunate in meeting someone who was able to put my case to a consultant and ward sister who were willing not only to listen to but also to answer in a very positive way, my cries for help. I am more than grateful to them for the chance they gave me.

I hope I will continue to justify their faith in me. I know I could not have gone to a better place, among nicer people, to achieve my independence. I have some very happy memories of the time I spent there and it was an experience I will never forget. What I have always wanted and was told was impossible is now a reality, thanks to that dedicated team. May God bless, help and support them always.

[Footnote by Lesley King, Rehabilitation and Equipment Adviser (North)]

Association and Social Services. It is interesting to note that whilst in the Cheshire Home, Velma required a great deal of help from care staff. She now only requires a minimum of personal help. The cost of independence for her is a fraction of the per capita fee of a place in a Cheshire Home.

FOCUS on

In this issue The Smile continues its nationwide tour round Cheshire Homes and stops off to take a closer look at Greenhill, Timsbury, Nr Bath, Avon—sometimes known as the Avon Cheshire Home to avoid confusion with another Greenhill in Banbury, Oxfordshire.

Greenhill—with the same restless urge to get better and better that characterises so many Cheshire Foundation enterprises—is looking and planning ahead for future years.

IMPROVED AMENITIES

Despite active fund raising which is still forging ahead to pay off a £175,000 loan still outstanding on the new wing, opened in 1981, it has embarked on an ambitious long term plan to improve the amenities of the Home still further. A sub-committee, headed by the Vice Chairman of the Management Committee, Brian Norman has arranged for architectural plans to be drawn up to provide a better design of the ground floor facilities, a new occupational therapy room, a modernised, streamlined kitchen and a re-sited laundry and ironing room. The result will be greater comfort for the residents and a more compact and homelike environment.

ENTHUSIASM FOR CHALLENGE

Terry Bowring, Head of Home, is confident that, given time, it will all be accomplished. "We've got the muscle and we've got the will," he says. Terry is an ex Army Lieutenant Colonel with an enormous enthusiasm for the challenges that running a Home with thirty three residents and three day care attenders involves. He confesses, with a twinkle in his eye, that when he first took the job over three years ago he thought it would be a bit of a rest cure after his busy Army career. Now he admits; "The job has taken me over! It's very busy and very

by Kay Christiansen

demanding, but also very satisfying. And, fun too. I am lucky to have a marvellous staff, particularly the expert help of Head of Care, Sue Macey."

Just one of his recent headaches came last winter when the roof of the South Wing, which has been consistently patched up, started leaking in earnest. "We decided that it was useless to go on patching and that, despite the expense, a new roof was essential. The builders started the job and then departed for the weekend. Then the rains came! Water literally poured through. It was a question of dustbins rather than buckets to catch the copious flows."

DAMP AND DESPERATE

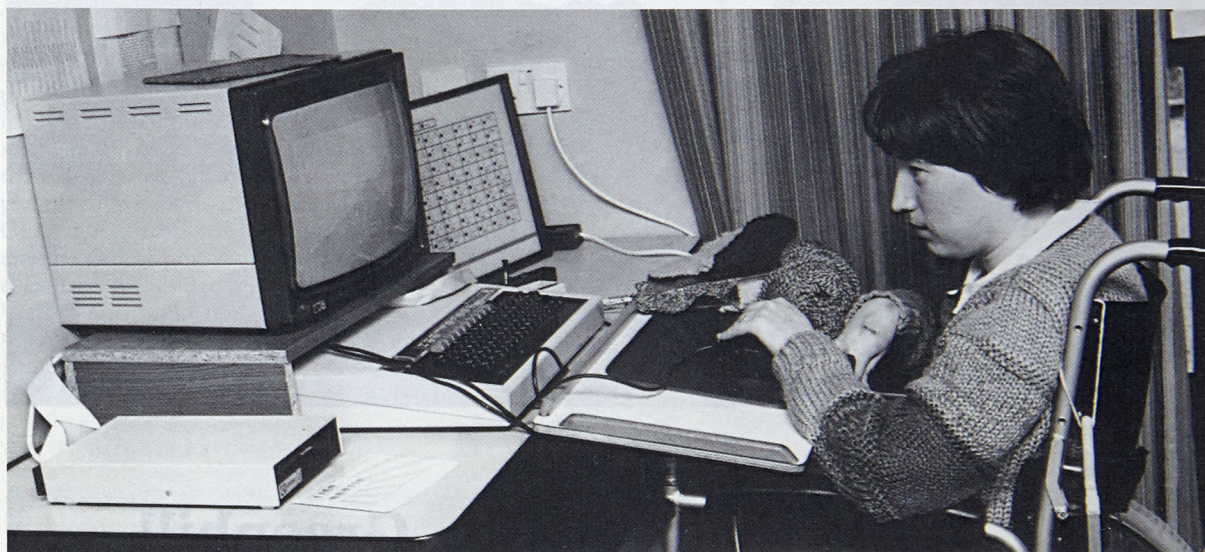
The real crunch came when the water started getting into the main electric system, threatening heating, lighting, cooking and safety. "It really was touch and go whether we could risk leaving the residents in that wing and we had to make contingency plans for an evacuation if things got impossible. In the meantime we wrapped up all the wires and fuse boxes and hired an SWEB man to stand over them day and night, desperately battling to keep them all dry. The residents were wonderfully patient and the staff rallied round splendidly. Anyway, we survived till the builders returned to finish the roof, but the water damage was pretty extensive."



Community Service Volunteer, 23 year old Adrienne Hamill (right) helps resident Frances Laverick to cook her lunch

GREENHILL

Timsbury nr. Bath Avon



Jackie 'Hedgehog' Holt concentrates on an absorbing computer game

COMPUTERS TO COOKING

Activities abound at Greenhill and the residents so actively interested that when one slack day arrives it causes comment. The most exciting recent development was the decision to install three computers with the aid of a £17,000 grant from the Manpower Services Commission.

"Some residents were far from enthusiastic to begin with, but you should see them now" comments Terry, "The computers are an enormous success and offer a wonderful opportunity to severely disabled people to open up and communicate".

Thirtyfive year old Stephen Williams, confined to a wheelchair, and with no speech, had a word board and Cannon Communicator as his only means of communications. With a computer's help he can now express his innermost feelings and write reams of poetry. Brenda

Andrews, who suffered brain damage in a road accident, was able to write to her father in Canada for the first time in many years,—an event which overjoyed him. She also expresses herself with many delightful coloured design pictures picked out on the computer. Jackie Hold, known affectionately by Terry as "Hedgehog" also enjoys complicated computer games.

Head of the Computer Room is Val Peters who is planning further developments as the users get more skilful at operating the machines, and soon will prepare more sophisticated programmes. The days of making basket and chamois leathers, with all their depressing connotations, have gone now, and Greenhill residents are engaged in creative pursuits that are deeply satisfying. Head of the Occupational Therapy room is Susan Hawtin who has organised experienced potters to come in and

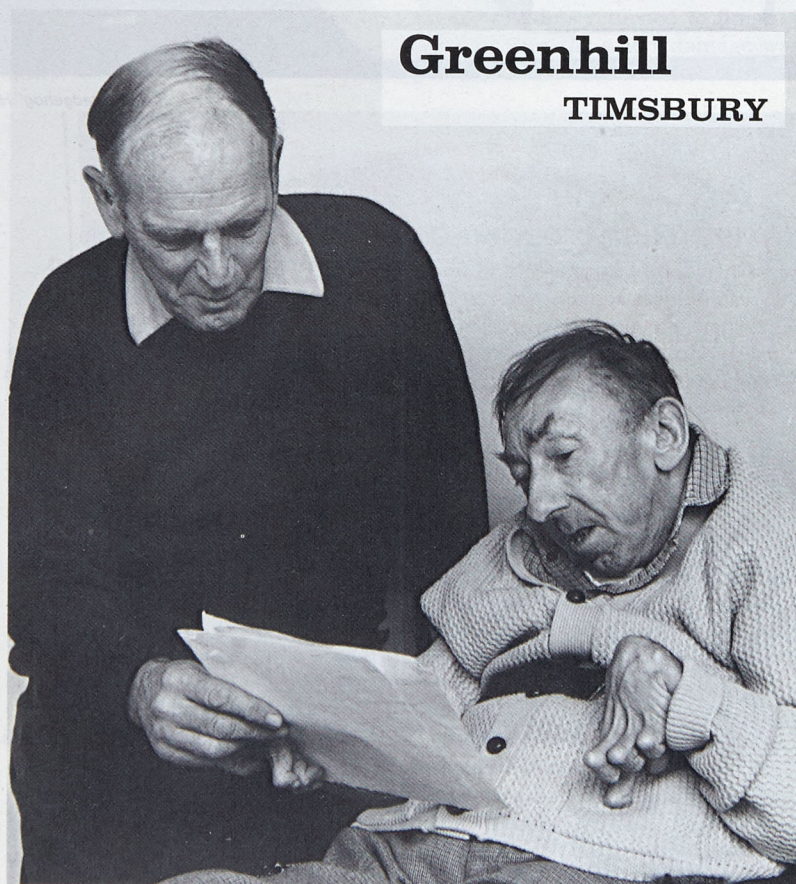
give lessons in the art. Several residents were happily covered in clay when I visited, notably Terry Harrison who was patiently and meticulously putting the finishing touches to a model of a camel. Residents are also interested in cookery and produce their own snacks and lunches from time to time. But painting, perhaps, is the most popular pursuit, and Greenhill has an abundance of most gifted artists who work with the help and advice of Ann Watts. Greenhill's walls are covered in framed examples of the work done in this field, notably by residents Dawn Clipson, Raymond Clarke, Brenda Andrews and Vivian Waller.

Gardening, too, is keenly pursued, under the enthusiastic guidance of Martin Chalkley with raised flower beds for the more ambulant, and tub and pots for those who are more heavily handicapped.



Resident Sheena Fletcher stirs the sauce

Greenhill TIMSBURY



Head of Home Terry Bowring reading John Churchill his winning essay

BIRD FANCIER

Other skills are also harnessed. For example, Alan Tutt runs the Home's shop with great business acumen and had increased the turnover this year by 21%. John Churchill, who won a prize in the Cheshire Foundation Creative Activity Contest with a moving account of his existence in a subnormality hospital and the transformation of his life when he came to Greenhill, is a keen bird fancier. However, the budgerigars in his room became a little too prolific, so a cage was constructed in the grounds and now thirty or more birds, happily breeding in their new home, give him great pleasure to observe and tend. Christmas card production is another flourishing activity, organised by resident Vivian Waller, and brought in £200 last year.

RESIDENT INVOLVEMENT

The Home is run on democratic lines. No uniforms are worn, and there is a resident on the Management Committee. A Home Management Committee, open to all residents, meets bi-monthly with carte blanche to raise any subject and express any suggestion or view. Furnishings are chosen by the residents and menus also agreed. There is a guest room for residents' visitors with the modest charge of £4.50 for bed and breakfast. With two extensions added to the original house, residents now enjoy 27 single rooms and the three shared rooms have been skillfully partitioned to offer privacy when required by those who prefer to share.

MISSION ACCOMPLISHED

Greenhill is keenly interested to offer opportunities for those who feel they could live in the community. One example is that of 61 year old former resident Muriel Taylor, an ex concert pianist, who had a longing for independence, but was understandably a little worried about her ability to manage. She was advised to try as otherwise she would always wonder if she had done the right thing. If she couldn't cope she was assured, she would be welcome to come back to Greenhill. As a result she moved out into an adapted bungalow. One month later she invited Terry to lunch—cooked by herself. Mission accomplished! Greenhill is indeed a place of hopeful endeavour and not of passive disinterest.



Terry Harrison and Robin Harding with Tutor Ann Sawyer enjoying a pottery session

The happy thoughts of sunshine, whether spent in this country or abroad will be in most people's minds after a bleak winter. The sun and the South of France are always coupled together and I have chosen a small resort between Toulon and Marseilles called

Bandol

Thoughtful Planning

Planning a holiday is always exciting, but it requires much thought. I'm not going to bore you with the details which a travel agent can give you far more professionally than me. I would, however, emphasise two points. Firstly, the crossing depends on where you live in this country and where you are going in France. The time of the crossing is also important—do you want to drive a long distance when you arrive? Perhaps a night crossing with a night's sleep and a full day ahead would be better! Secondly are you wishing to reach your destination quickly or perhaps just meander along country lanes taking your time.

Fresh Start

I will simplify matters by just describing the route and time taken reaching Bandol on the Mediterranean coast. Our party took an afternoon crossing from Portsmouth to Le Havre, reaching there at seven in the evening. We had previously booked our accommodation at our stopping places which were only two. We were greedy for sunshine, so it was decided to reach our destination fairly quickly. The first night was spent, in fact, on the outskirts of Le Havre; so shortly after arrival in France we were savouring French food and wine! We were fresh for an early start and long drive the following morning.

The bridge at AVIGNON



South of France

by TOM GARDNER

Destination's Drive

The first days drive was to Macon, which took us round the outskirts of Paris. Any driver of a nervous disposition should avoid this! We met up with the NG taking us through Auxerre, Beaune, Chalon to Macon. This drive took us, with three half an hour stops from seven in the morning to four in the afternoon. This gave us time to relax, look at Macon and sample the delicious wine of the area. This was the worst and longest days drive. The second day was far easier, once we had negotiated Lyon, and in fact we managed two hours in the pretty town of Avignon. Lunch in the sunshine and plenty of photographs of the famous bridge was most pleasant. In the afternoon we easily reached Bandol having gone through Aix-en-Provence. Most accommodation through France is good, but there are two chains of hotels which provide easy access for the disabled, namely Climat and Novatel.

Pool to Palate

We were in the fortunate position of having a villa for two weeks. We quickly decided our plan of action. We would spend most of the day in the garden by the pool, have a salad lunch and then at four o'clock go out and sightsee when it became cooler. This was ideal for all of our needs on holiday. It was interesting early in the morning, at the market, buying salad materials and shopping for bread and wine.



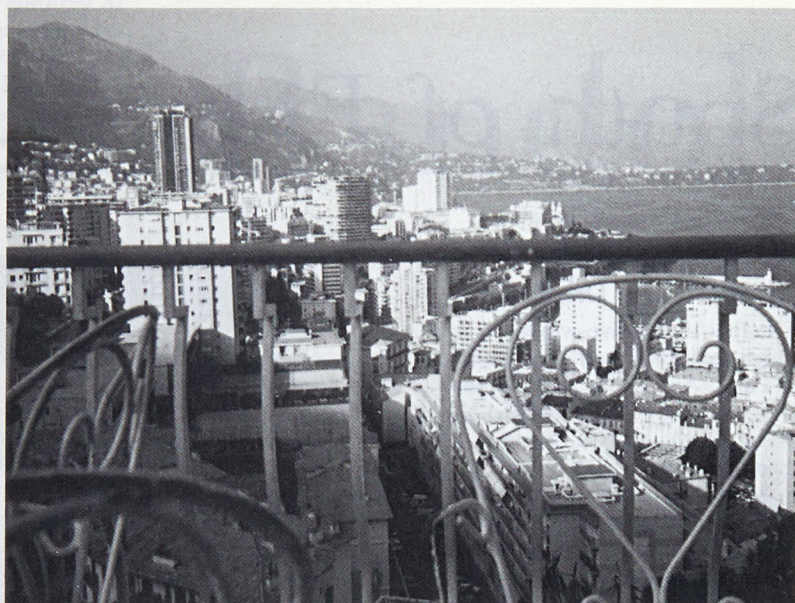
The mountains behind BANDOL

Bandol

Bandol is a good centre, and as a holiday resort much quieter than places such as St. Tropez or Juan-les-Pins. It is very flat with superb access and much to watch in the harbour and marina areas. Good shops, plenty of pavement cafes and the flower beds are a delight. It is also a prolific wine making

region. There are boat trips to the nearby island, Toulon and Marseilles. We found the owners most helpful and getting a wheelchair on board proved no problem and was carried out in a most cheerful manner. A most enjoyable half day trip was spent by some of our party visiting the island.

View of MONTE CARLO



Garlic Galore

Our sightseeing included other towns and villages on the coast and also the mountain region behind the coastal plain. Both the coast and mountains have some beautiful villages. In the mountains, perhaps just an hour away it is so peaceful. We nearly always ate out in the evenings and the food in the mountain villages was something to be remembered. The cost of a three course meal, wine and coffee was about three pounds a head. The side salads with the meals were full of fresh garlic and being a non-garlic man myself, it was only the comfort of my pipe smoke which kept me sane when driving back to Bandol! We also ate one night, at about ten o'clock, in a cafe which in this country you would pass by quickly. It just shows how wrong you can be with the outside appearance. We were

treated like royalty, and after the meal, the owner gave us as many drinks as we could take completely free. We just sat and chatted with the family. This enjoyable evening came about after a visit to Casis. A very pretty fishing port, but rather up market as regards eating establishments. I'm sure the meal and the treatment we received at our "transport cafe" was far superior.

We even drove to Monte Carlo! The map showed a nice straight forward road, but unfortunately it wasn't built. Leaving at four o'clock in the afternoon it took us three hours to reach Monte Carlo, so we didn't have many "light hours" at our disposal. We found it pretty, but overcrowded and expensive. Still it was a conversation piece on our return to England!

The boat to the Island from BANDOL



Well Satisfied

We found this part of France most enjoyable for a quiet holiday. We were not looking for discos and flashing lights. We wanted peace, good food and wine, and of course sunshine. We met and talked to local people and everything was very inexpensive compared to a major resort. This region was real France at its best and highly recommended.

Quickly reading through these few words, I realise that I have frequently mentioned food and drink! Well that's what France is all about!

CARRY ON GARDENING



I am what I am Lord
You created me so.
You made me with love, Lord
to tenderly grow.

You designed all creation
and I am part of this plan.
With the great seas and vast
mountains,
You made humble man.

The days and the nights, Lord,
bright stars and the sun
are all part of your glory
since Eden begun.

And yet I ignored You
In this glorious world;
In sin and in darkness,
Your word went unheard.

God paid such a price then
On Calvary's tree,
The precious blood of His Son
And his grace set me free.

You rose again, Lord,
So the victory's mine.
Knowing You live, Lord
A sweet voice divine.

Your counsel is truth, Lord
I live for the Word
My heart is Your temple
A bright banner unfurled.

Let me die to my sin, Lord
and live life in You
In love and life's fulness
So constantly new.

You are coming again, Lord,
And I've Heaven in View.
The city of Zion
Bright, golden and true.

Please let me serve, Lord
A pleasure so great
to love the Lord Jesus
On Him I do wait.

I am what I am, Lord
With a deep right to share
that on waking each morning
My God will be there

Susan James
Douglas House

There used to be a song, "Old Soldiers Never Die, They Only Fade Away". This is equally true of gardeners. No matter what blows fate deals them, they carry on and often perform miracles.

GARDEN CLUB

The Gardens For The Disabled Trust was started in the sixties, its aim being to help institutions to install gardens which could be cultivated by the handicapped. When it became clear that there were many single people and couples living in their own houses struggling to garden under the most enormous difficulties, the Trust set about measures to help them and formed the Garden Club. Although institutions are still helped by the Trust the majority of the members are lone gardeners who live for their gardens. A quarterly newsletter is sent to members encouraging the exchange of plants and seeds and useful ideas for overcoming difficulties.

HELPFUL AID

Some members are only slightly handicapped and need only special tools, walking frames or two sticks, but there are some who have to overcome the most formidable difficulties. One or two people the Trust has helped were only able to work lying flat on their stomachs. For them vehicles were designed which were a cross between a skate board and a surf board and from these they happily do their planting and weeding, pushing themselves along with their hands.

For those who have an electric "buggy", a garden with level paving and raised brick built beds can provide hours of pleasure in the summer and the garden is easily kept tidy in the winter. A small tree in the centre gives shade and adds interest.

One of the Trust members paid a visit to a school for handicapped children, which had a garden specially adapted to their needs. The children, once in the garden slid down from their chairs (or were helped down) and soon were scrabbling in the earth among their favourite herbs and flowers.

REWARDING HOBBY

If one is entirely housebound or even flatbound, one can still manage to carry on one's hobby, though on a reduced scale. If there is a balcony some people have a wonderful show even growing cucumbers and strawberries. Otherwise they have to be content with window-sill gardening, but even this can be very rewarding.

What better therapy can there be than to create a garden, however small, and to watch the development of living things that one has planted oneself?

Grants may be made to help adapt gardens for particular needs. The Trust relies on voluntary contributions.

Marjorie Haines, Membership Secretary, Gardens for the Disabled Club, Church Cottage, Headcorn, Nr. Ashford, Kent.

NEW TRAINING PROGRAMME

A new training programme for care staff has recently been instigated at Newlands House Cheshire Home in Netherseal, South Derbyshire. It was organised by Christine Summerton, the Head of Care, with the assistance and support of David Watt, the Foundation Training Adviser.

Care Procedures

The programme is comprised of all the usual practical requirements of care work including bed making, bed bathing, care of pressure sores, dealing with incontinence, lifting, diet, health and safety and basic nursing procedure. However, it also contains other elements, which are designed to give care staff an insight into their work and into the people with whom they work, the residents.

Contributors

For example, there was a session on reactions to illness and disability provided by a person with MS who is living in the community and a local GP provided an outline of six of the major conditions to be found in Cheshire Homes. Consideration was given of what residential care actually means to both staff and residents. Two residents, Beryl Wilde and Peter Mould, were involved in this session and it is hoped that as the programme develops residents can be increasingly engaged in the training of care staff. Freda Ellis also assisted in the physiotherapy session.

Additional Leaders

Rob Leader, the Head of Home, provided historical background on the Foundation and on Newlands House in particular, which was supported by Foundation video cassettes. In addition, he dealt with health and safety and fire procedures. Other competent senior staff led some sessions and specialist input was provided by Lesley King (Equipment and Rehabilitation Adviser), David Watt (Training Adviser), Sue Cliff (Community Dietician), Sue Langdown (Care Adviser), Jan Bownham (Community Physiotherapist) and Veronica Harvey (Senior Speech Therapist).

Rewarding Result

Increasing pressure is coming on homes to engage all staff in appropriate training. Lady Avebury, who chaired "Home Life" working party said recently that new regulations about levels of staff training are likely to be implemented in the future.

However, the training programme was not a sombre affair and actually generated much fun and togetherness. Staff undertaking the programme said that it has broadened their knowledge and increased their confidence, stimulated greater awareness and had illustrated many things which they had been taking for granted. Hopefully, the real benefit will accrue to residents, the quality of whose lives can only be improved by skilled assistance and genuine understanding.

David Watt
Foundation Training Adviser

Resident Beryl Wilde on reception duty



Staunton Harold Hall

by Nichole Fritton

Staunton Harold Hall near Ashby-de-la-Zouch, Leicestershire, was built in the seventeenth century. The Hall nestles in a valley which it shares with a beautiful old church and two lakes. On the approach to the Hall along the lower coach road, there is a magnificent view across the lake of the building, which was once accurately described as a Palladian Mansion.

SAVED FROM DEMOLITION

The Hall was originally owned by the family of Earl Ferrers. During the Second World War the building was occupied first by British Soldiers and later by Italian prisoners of war. The Ferrers family did not return to the Hall after the war and it stood empty until it was sold to a firm who planned to demolish it. At this stage, Group Captain Leonard Cheshire intervened and saved the building from demolition. The local community rallied round and the Hall became a Cheshire Home.

NEW ROLE

In 1985, the Ryder-Cheshire Mission acquired Staunton Harold Hall from the Leonard Cheshire Foundation as a result of a most generous gift from a private Charitable Trust. The Mission intends that the Hall will be used for the following purposes:

1. As the Headquarters and training centre of the recently formed Ryder-Cheshire Volunteers, whose broad purpose is to help the housebound gain more enjoyment from their leisure time.
2. As a Resources Centre to collate information on disability and deprivation, especially in countries of the Third World; and to house archive material belonging to the Mission.
3. To house a Museum and display aimed at informing the public about the problem of disability in general and the hopes and needs of the disabled person. One part of this will include a reproduction of part of a typical African village.

4. The establishment, in one part of the Hall, of a Sue Ryder Home for continuing care of cancer patients. This already includes a Sue Ryder shop and coffee shop which are now open to the public.

PRESENT SITUATION

At present, the Hall is occupied by volunteers and building modifications are expected to start later this year.

A small temporary exhibition outlining the work of the Mission, the Leonard Cheshire Foundation and the Sue Ryder Foundation has been set up and, in due course, this will be replaced by the Museum and display.

Visitors to the Hall, and to the Sue Ryder Coffee Shop, are most welcome. The Coffee Shop occupies the old library of the Hall and the magnificent grounds are one of the many attractions of Staunton Harold in its new guise.

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*Barry Eustice with children of
The Cheshire Foundation Childrens Centre*

Marathon Walk

Disabled, 46 year old **Barry Eustice**, who has undertaken a marathon 2,300 kilometres solo walk through Africa on one leg with elbow crutches to raise funds for handicapped people, had already covered well over 1,000 kilometres of his journey by February.

He set off from the Kenya/Uganda border on November 21st and arrived in Nairobi 600 kilometres later when he was given a happy reception at the Dagoretti Children Centre. On December 28th he set off again and reached Mombasa in mid January.

The feat is one of enormous endurance undertaken as it is in scorching heat and on tarmac roads, but few who know him will doubt that he will achieve his objective and arrive in Botswana in June or July this year.

Two back up Land Rovers have been provided by The Leonard Cheshire Foundation and are fully equipped with accommodation for his voluntary support team of three.

In addition to fund raising for the benefit of handicapped people in the five countries he is walking through, Barry's objectives are also to generate public awareness of the existence, needs and capabilities of the handicapped and to give hope, encouragement and inspiration to them.

En route he has been visiting various institutions for handicapped people and has invited them to join him on his walk for short distances.

Everywhere he goes he is greeted by delighted local people, both able bodied and disabled, and by local dignitaries. Press and radio coverage, too, has been most impressive.

When Barry's walk has been completed the two Land Rovers will be given to Cheshire Homes in Africa.

LETTERS

Have you met the Group Captain?

Dear Editors,

I wondered whether your readers worldwide could help me with information? On behalf of Group Captain Cheshire and with his consent, I am compiling a chronological record of his visits worldwide over the past thirty years or so and storing it on computer.

Being disabled myself, meeting the Group Captain was a great day for me and one that I imagine any of your readers who have met him would have cherished and put in their diaries. If they can, what I would like is for them to contact me with the dates, the country and home in which they met him and the possible reasons for the visit. Any information I receive, be it great or small, will be very much appreciated.

Yours sincerely,



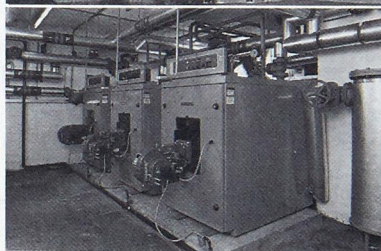
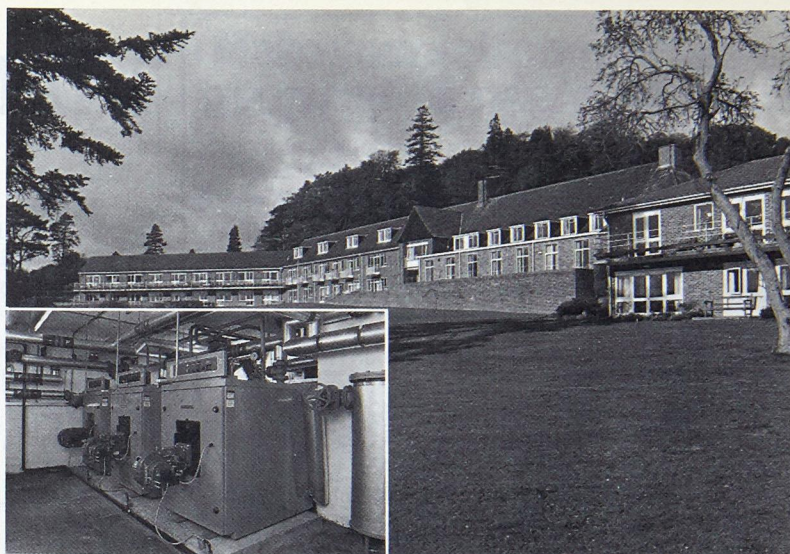
Le Court stands high and dry,
The valley lies below.
From houses far beneath
Faint wisps of smoke may show.

No sound except the wind
That whistles past one's ear!
While overhead the sky
Shows sometimes bright and clear

Escape—if you can reach
This happy hillside nest—
Is great, and may bring forth
Within you what is best.

And though you must return
To cities never still,
Take with you, friend, some joy
From Le Court on its hill.

Phyllis M. Young



New boilers for LE COURT

Le Court recently experienced problems with its oil-fired plant, which comprised a cast iron sectional heating boiler, and a welded steel domestic hot water boiler, about fifteen and ten years old respectively. Control of the heating installation was originally by means of an outside compensator system and a three-way mixing valve, but these had become inoperative; control of the domestic hot water system was achieved by means of a thermostat which switched the primary circulating pump.

Urgent Replacement

The plant was operating inefficiently having reached the end of its useful life. The domestic hot water boiler had failed and with no standby boiler plant for heating purposes it was clear, having regard to nature of premises, that replacements were urgently required. The opportunity was taken to install boilers with greatly increased operating efficiencies; to provide standby facilities and to incorporate a new control system.

Safety Status

To fulfil the essential criteria of high efficiency, low running costs, and minimal maintenance, three Clyde Combustions K22 oil burners were installed under the authority of a central panel which allows individual switching and plant status to be selected. The

boilers are controlled via a proportional step controller which allows them to operate in sequence to suit the demands of the installation. All boiler return connections are provided with a butterfly valve arranged to close when the boiler is not in circuit and each is provided with an auxillary switch to prevent the burner from firing when the valve is in the closed position.

Temperature Control

The heating installation is operated by an outside temperature compensated system modulating a three-port mixing valve operating via a sensor immersed in the accelerated secondary hot water supply flow main. Arrangements have been incorporated to ensure that the system's circulation is restricted until the boiler return water temperature reaches the desired minimum figure. A time switch and all normal safety controls have been incorporated into the design.

Sludge Trap

A major consideration during the planning stage was the need to reduce the carry over of sludge and other deposits from the old installation into the new boilers. Particular attention was paid to the flushing out of the existing heating circuits and as a further precaution a purpose made sludge trap was incorporated into the system.

PUBLICATIONS

BREATH OF LIFE

by Ann Armstrong

In October 1955, Ann Armstrong contracted severe respiratory poliomyelitis in what was virtually the last British outbreak before the discovery of polio vaccine. Family life as she knew it, with her husband Ken and their two small sons, was finished. She was—and is—powerless to move her limbs or breathe without mechanical aid.

In this moving account written by Ann Armstrong herself, she relates her experiences—from the discovery of her paralysing illness to the trauma of incarceration in an iron lung and move to a long-stay rehabilitation hospital where the battle became one against “institutionalisation”. Gradually Ann realised that her progress was minimal, that she was being used as a guinea pig and that, as far as the authorities were concerned, she was sentenced to hospitalisation for the rest of her life. She writes of the paradox between the love and dedication of the medical team and the suffering caused to her by NHS cuts and inexperienced staff.

With the help of her husband she fought strenuously for her release. It came in August 1958. Ann was only the second person in the UK to be allowed to live at home while confined to an iron lung. Doctors assessed her expectation of life at three months.

Twenty-seven years later she has proved them wrong. She has raised a family and runs her home from her bed, she has studied journalism and contributes regularly to journals and newspapers. In 1968 Ann Armstrong was awarded an MBE for journalism. She enjoys as full a life as she can, within the bounds dictated by her disability.

This is a story of survival and love, told without self-pity, but with humour and spirit. It is also a compassionate plea for all physically disabled people to be accepted as part of the community.

BREATH OF LIFE by Ann

Armstrong £4.95 An Ariel
Paperback

For further information contact
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A consecrated place of love and peace
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Where love and understanding
Make life so sweet, notwithstanding
It is a place where hope prevails
To whosoever, it avails
Happy residents play and laugh
Secure in one another's love
And live as other people do
Like him or her and me and you.

(Dedicated to the Singapore Cheshire Home)
by Tham Kok Seng, resident

NOTICES

ATLAS CONVERSIONS LTD

Atlas Conversions Limited, who build Renault Welfare Transport, have moved to larger premises at 75 Alverstone Road, Portsmouth, Hampshire.

The Company specialises in converting Renault Traffic and Master vehicles into welfare transport. The basic units are designed to convey 1-5 wheelchairs or 3-15 seated passengers, or a combination of the two. The clients decide on the layout to suit their individual needs. Rear entry is by ramp or hydraulic lift or, as an extra, a side loading ramp giving access onto the pavement.

All models feature full interior executive trim, sound proofing, non-slip flooring and aluminium framed opening windows. The vehicles built to ambulance specification are exempt from car tax and road fund licence. VAT exemptions can be arranged for registered charities.

ARTABILITY

MANCHESTER 22nd—24th
September 1986

A three day conference under the auspices of the Carnegie Council to be held at Owens Park Hall of Residence, University of Manchester. The Conference will review developments since the publications of the Attenborough Report in May 1985, and will explore current initiatives and future aims of people with disabilities and their participation in the contribution of the world of the arts. The Conference will include special topics, talks, discussions, practical workshops and a “Celebration” afternoon at the Palace Theatre with artistic performances and keynote speeches.

For further information, please contact: Carnegie Council, Nuffield Lodge, Regent's Park, London NW1 4RS. Telephone 01 586 0383.

Booking forms from: Mr. Alan Courtney, 33 Lansdowne Road, Worcester, WR1 1SP. Telephone 0905 22653.

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PAPER NAPKINS

Seven Springs Cheshire Home are now selling good quality white paper napkins printed with the red feather and the words "Cheshire Homes" in scarlet.

The price is £1.00 for a packet of 50 and they are available in quantity if required. Postage is extra.

Please place orders with Mrs. M. M. Edwards, cheques and postal orders made out to Seven Springs Cheshire Home. Address—Pembury Road, Tunbridge Wells, Kent TN2 4NB. Telephone Tunbridge Wells 31138.

EXCHANGE VIDEO

THE EXCHANGE VALUE VIDEO CLUB is a postal service designed to be of help to those unable to visit a video shop to select a film. It is very suitable for disabled people because they neither have to visit a video shop to choose films nor do they have to go to a post office in order to return the cassettes.

The rental fee for the videos is only £4 and this includes the postage both ways. A Freepost label is included with the film so that all the user has to do is reseal the package and pop it into the nearest postbox.

A catalogue and full details will be sent on receipt of £1. This will be refunded on the first booking.

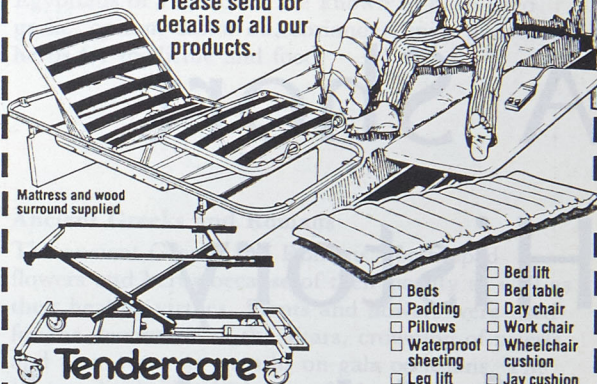
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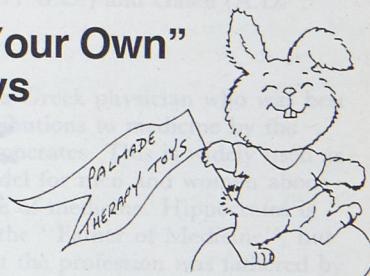
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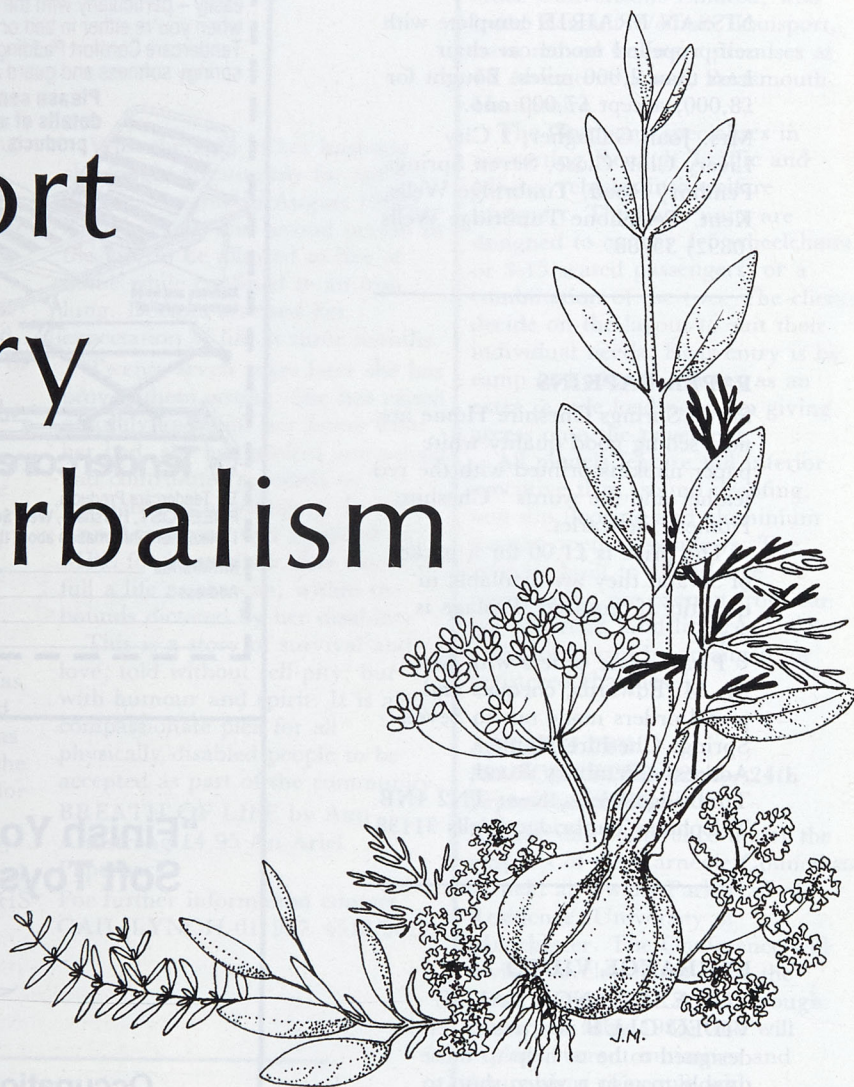
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A Short History of Herbalism



by Drs. S. Tharib & F. Jabeen

UNIVERSITY OF AL FATAH
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Man's dependence on plants for the essentials of his existence has been of paramount importance in his life since the human race began. From the beginning of history, man must have had an economic interest in the vegetation around him, even though originally little awareness concerning it was displayed. Soon, however, the long process concerning the control and alteration of the environment for his own use and comfort began. Primitive man probably had few needs other than food and a little shelter.

Agriculture was born more than 10 millenia ago. Man learned to recognise specific plants and animals which would be especially useful to him. He encouraged these by planting or feeding and by discouraging their competitors. Thus, domestication came about and certain species of plants and animals lent themselves to man's use in exchange for protection.

Prehistoric man used plants not only for food and shelter but also to treat physical complaints. Prehistoric man feared illness because even non-fatal diseases could be a danger, by reducing his capacity to hunt or fight, and also endangering his ability to survive. The ways in which man tried to overcome disaster provides the basis of folklore medicine that survives today. Although exact dates are not available as to the time when drugs were first used as remedies, it is probable that very early medical knowledge was limited to local plants, minerals and animal parts. Primitive man may have been largely guided by instinct as he sought methods of relieving himself of his afflictions. Undoubtedly, he must have experimented with nearly all the plant resources, thus becoming an expert on which ones were good to eat and which ones had healing properties. Sometimes, of course, the experiment may have ended in death when he had sampled too much of a poisonous plant.

At other times, after eating certain kinds of plants, for example, mushrooms, the result may have been unexpected: he would have found himself having hallucinations. Plants causing such effects may have been put to repeated use, either because man attached religious significance to these effects or simply because he liked them. Some plants may have been used in ways other than for food, before the food use was acquired. Hemp, CANNABIS SATIVA, is used by man for its fibre, edible oil, and

as marijuana for its euphoric effect. Which of these uses were first acquired is not known. In the written records, the study of herbs dates back to the Sumerians who described well-established medicinal uses for such plants as caraway and thyme. The Egyptians of 1000 B.C. are known to have used garlic, opium, castor oil, coriander, mint and other herbs for medicine and food.

Ancient Greeks and Romans

The ancient Greeks and Romans worshipped flowers and herbs because of their beauty as well as their healing virtues. Plants and flowers were used for the decoration of the altars, crowning of priests and were worn as wreaths on gala occasions. The Roman bride clutched ears of wheat as a symbol that her husband's grain bins should always be well-filled. Plants were valued by the ancient Greeks and Romans for various other uses. Some of these were as food, medicines, magical charms, cosmetics, dyes, floor coverings and as scents. Most importantly, Greek and Roman civilisations which extended from a few centuries B.C. to a few centuries A.D., produced a number of philosophers whose contributions to medicine and pharmacy were noteworthy. Two names that stand out are: Hippocrates (460-377 B.C.) and Galen (A.D. 131-201).

Hippocrates was a Greek physician who was best known for his contributions to medicine by the famous oath of Hippocrates. This is widely used as an inspirational model for men and women about to begin the practice of medicine. Hippocrates is commonly cited as the "Father of Medicine", but it is more likely that the profession was fathered by a school of which Hippocrates was a leader.

Galen followed Hippocrates many centuries later. He borrowed extensively from the earlier physicians, developing precepts of medical and pharmaceutical practice which were widely accepted for hundreds of years. Galen believed that direct intervention with large doses of drug mixtures including plants, animal and mineral ingredients accompanied by some incantations were necessary to correct bodily imbalances that caused disease. Galen's name is still associated with certain pharmaceutical products—the Galenic preparations.

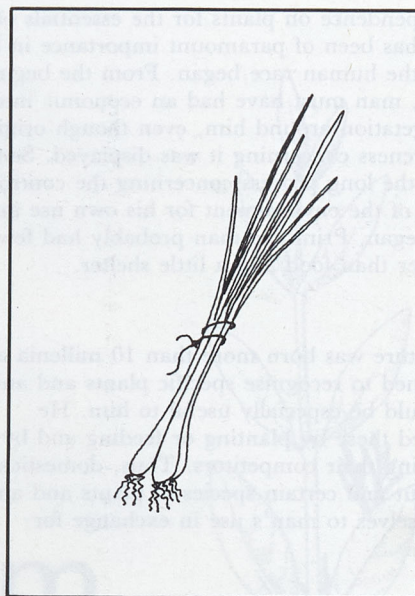
Arabs

The Arabs rose in the 7th and 8th centuries as the heirs to the remnants of Graeco-Roman culture. They also left their own imprint on the pharmaceutical practice. They were credited with originating the apothecary shop as a separate and distinct establishment. Apothecary shops first appeared in Baghdad in the 8th century and were subject to governmental supervision. This development in the East by the Arabs was followed by the establishments of similar instructions in Italy. The Arabs were further credited with the refinement of earlier theories on the relationship of astrology to disease.

Ancient astrologers thought that the seven planets—Sun, Moon, Mercury, Venus, Mars, Saturn and Jupiter—had an influence over plant life and that each had its own particular trees, herbs and flowers which resembled them in a special way. Astrologers thought that all plants gathered for medicines or charms must be taken from the ground at the time when the planet governing them was in favourable position in the heavens. They insisted that some plants were most potent if dug up at night. These astrologers may not always have been correct in their theories or timings but they knew what they were doing. For example, it has been shown by research that the yield of morphine from poppies early in the morning may be four times the yield in the evening. A similar variation has been found in the yield of atropine from plants. In another instance, the presence of alkaloids in the periwinkle can be detected only at certain stages of its development.

Superstition and Disease

The uses of plants for medicine and other purposes changed little during the Middle Ages. The herb gardens which were found in most monasteries often provided the raw materials for simple treatment of common diseases. At the same time, folk medicine in the homes and the villages continued. This assisted numerous wandering and settled herbalists. Among this category were the intellectual and the knowledgeable “wise women” who prescribed secret ancient herbal remedies along with spells and enchantments. These “wise women” were the targets of much of the witch hysteria of the later Middle Ages. During the Middle Ages, any plant with a reputation for healing might find itself prescribed by a grandmother, sold by a wandering herbalist, charmed as an ingredient in a magic potion or



amulet by a wise woman, or compounded into a complex and often vile mixture to be dispensed by a physician in the hope that it would drive out whatever possessed the victim. Early herbalism was much affected by the mass hysteria of both Pagan and Christian superstition which was often more important than the actual properties of plants.

The connection between sin and disease persisted in the human mind well into modern times and within civilised communities. It has often helped to prolong disease and acted as a barrier to its cure. In 1832, when cholera first reached the United States from Europe, New York preachers condemned it to be due to the sins of gluttony, drink and sex which were prevalent. The preachers pronounced it as God's justice against sinners. Almost every sect condemned the cholera's first victims. Not until after the second outbreak in 1949 did the view of cholera as the scourge of the sinful begin to decline. This was partly because people realised that it also struck down the honest people and also partly through the awareness of the shocking unsanitary conditions that bred the disease.

In Uganda, it is common practice for a man suffering from leg ulcers to rub the afflicted parts with the leaves of a certain herb and then bury the leaves in the footpath. The first traveller to step on that spot is supposed to acquire the ulcers and the original sufferer will thus be cured.

The Era of Chemotherapy

The 17th century saw the beginning of a slow erosion of the pre-eminent position held by plants as sources of therapeutic effects. The introduction of active chemical drugs such as arsenic, copper sulphate, iron and sulphur followed by rapid development of chemistry and other physical sciences in the 18th and 19th centuries led to the dominance of chemotherapy (chemical medicine). Doctors worked on the basis that if a drug worked, then larger amounts of the drug would work even better. As many standard medicines of the pharmacopoeia included such dangerous heavy metals as arsenic and antimony, the number of deaths by poisoning were probably greater than those attributable to the disease. The day to day reality, however, changed little before the 20th century. Plants still provided the basic materials for medicine, dyes, clothes, furniture, perfume, as well as for most of the elixirs and other preparations that were in great vogue in both the 18th and 19th centuries. Folk medicine, as usual, continued to rely on the village herbalist and on the innumerable natural home remedies that have always been the province of grandmothers.

Homeopathy

However, in both European and American professional medicine the change towards chemotherapy did not go unchallenged. In Europe, the system of homeopathic medicine was founded and successfully practiced by Samuel Hahnemann in the 19th century. Samuel Hahnemann, a young German doctor from Saxony, devoted a number of years of serious study of pharmacology as to the actions and effects of drugs and chemicals on the human body. In 1896, he proposed his theory of homeopathy (like-disease). This was based on the ancient Hippocratic belief that "like cures like". The concept that "like cures like" had been translated into the idea that similarity in appearance or characteristics could cause a plant or substance to cure disease or bring relief.

Hahnemann maintained that the capacity of a plant or drug to cure a condition had nothing to do with its outward appearance, but only with its ability to produce the same symptoms as the disease itself, but in a modified form. He believed that symptoms such as fever or boils were the means by which the body acted to eliminate the cause of the disease. Homeopathic medicine was therefore designated to reinforce symptoms instead of combating them. Homeopathy is grounded in the idea of eliminating disease by helping the

body's natural recuperative powers, as in another system of European origin—naturopathy.

*Naturopathy

Naturopathy relies on simple herbal remedies, in conjunction with fasting, disease, fresh air, sunshine, water and diet to help the body regain health naturally. The basic assumption behind natural healing is that man is part of a continuum of being. Since he is a living being, his physical and mental conditions are linked with the properties and influences of natural organic substances. Many of these are necessary to life itself while others are essential for maintaining the body at its peak state of health. The philosophy of natural healing is that your body is capable of healing itself once the proper conditions are provided. Natural healing remedies and diets tend to be general rather than specific for a particular disease or illness. They are designed to neutralise or eliminate the harmful substances that impair the body's power to heal itself.

Decline of Herbalism

The 20th century has not been kind to the older traditions including those of herbalism. People have tended to leave the old ways behind in a rush for faster, more effective and convenient ways. Older herbal remedies have been largely replaced by synthetic drugs.





Revival of Herbalism

However, a revival of interest in herbalism, acupuncture and psychic healing are evident in the 20th century. Homeopathy and naturopathy are established forms of treatment in Europe. Medicine in the developing countries includes those imported from advanced countries as well as that practiced for thousands of years by the herbal men and women. In China, India and Pakistan, traditional herbalism co-exists successfully with western-style medicine. Plants as the original sources of valuable modern medicines are today more readily acknowledged. At no time in the development of mankind, however, has there been more rapid and more meaningful progress in our understanding of plants and their chemical constituents than during the past thirty years. And this is curious, especially in view of the somewhat earlier depreciation in pharmaceutical chemistry of any emphasis on plants. The problem today and for the immediate future is that enormous commercial pressure remains to exploit plants by isolating the active constituents and to market them. These pressures are all the greater now that disillusionment is setting in with synthetic manufactured drugs. Plants cannot be patented but what the pharmaceutical industries desperately require is new products derived from the plants to maintain its sales now that synthetic drugs are no longer providing them.

The startling effective drugs that have come from the last decade or two are from the discoveries from the plant kingdom. They range from muscle relaxants from the South American arrow poisons; antibiotics from moulds, actinomycetes, bacteria, lichens and other plants; cortisone precursors from sapogenins of several plants; cytotoxic principles from *vinca* and other sources; reserpine from *rauwolfia* not to mention the numerous psycho-active compounds of potential value on experimental psychiatry. Not only have new

drugs from plant sources been discovered, but new methods of testing and refined techniques of isolation and identification have led to the finding of novel uses of older drugs.

As a result of these advances, excluding the antibiotics and steroids, well over 25 per cent of all the prescriptions dispensed contain one or more kinds of plant product either produced directly from plants or discovered from plants and then later synthesised.

Among the many traditional and folk remedies, two sources of anti-microbial compounds have survived the present day. These are *cinchona bark* for the treatment of malaria and *ipecacuanha root* for amoebic dysentery. Chinchona bark was used by the Indians of Peru for treating malaria and was introduced into European medicine by the Spaniards in the early 17th century. The active principle, quinine, was isolated in 1820 which was found to be the chief alkaloid of the cinchona bark. Quinine remained the only treatment for malaria until well into the 20th century and still has a place in chemotherapy. Ipecacuanha root was known in Brazil for its curative action in diarrhoeas and dysentery. The active constituent, emetine, which was found to be an alkaloid, was isolated from the dried rhizome and root of *cephaelis ipecacuanha* in 1892, emetine was shown to have a specific action against amoebic dysentery. Today it is still used for treating this disease.

As the excesses of modern orthodox medicine become more apparent, we can look back and see that perhaps there is something worth saving from those "out-dated" alternative ideas after all. Also, from the vantage point of the 20th century, we have both the perspective and the resources to assess the beneficial value of plants to man from ancient claims and beliefs. Modern medicine, then, must be open to competing ideas, old and new, objectively testing them and selecting what is best in each for promoting the well-being of mankind.



With acknowledgements to the authors and the Herb Society for permission to reprint the above article.

Obituaries

It is with a deep sense of loss that we, at **Marske Hall**, record the deaths of two of our residents.

MARY MARSAY died 5th February, 1986, aged 71 years. Mary came to live with us on the day we opened our doors and died almost on our 23rd anniversary of that date. She was happy here, totally involved in everything, with everyone, and dedicated to the cause; and avid reader of Cheshire Smile, she maintained that interest in others by making herself responsible for its circulation to other residents, staff and visitors. Last summer she was invited to a Royal Garden Party at Buckingham Palace where she saw The Queen and spoke to H.R.H. Prince Philip, a real highlight in her life. Mary was a well-loved member of our family, contributing in so many ways to the happiness of our community.

DOREEN BELL, died 14th February, 1986, aged 61 years. Until the onset of her illness in 1965, Doreen was a civilian private secretary at R.A.F. Bracknell; she came to live with us in 1981 and spent five happy years with us. She was a quiet and happy individual, well-loved by the family here.

Doreen will always be remembered for her great love of riding in the bus—to be out in the countryside gave her immense pleasure and contentment.

Mrs. C. Turner Marske Hall,
Marske-by-the-Sea, Redcar,
Cleveland

LEONARD JOHN HULL, died 29 March 1986, aged 44 years. A resident at Greenhill House, Timsbury, Bath. Will be sadly missed by residents and staff.

The Foundation regrets to announce the death in May of **PETER WADE**—Trustee. An obituary will appear in our next issue.

All words to be fitted into the empty squares will be found in groups according to the number of letters each word contains

A crossword puzzle grid with the word "SKYE" filled in at the top. The grid is 15 squares wide and 15 squares high. The word "SKYE" is in the top row, starting at column 3 and ending at column 7. The grid is a standard crossword puzzle layout with black squares indicating non-letter positions.

C	A	R	L	I	S	L	E		
A	M	B	L	E					
T	L	Y	N	E	M	O	U	T	H
H	A	R	T	L	E	P	O	L	
E	A	S	T	G	A	T	E		
R	I	C	H	M	O	N	D		
I	N	G	L	E	T	O	N		
N	E	W	C	A	S	T	L	E	
E	A	S	I	N	G	W	O	L	D
C	O	N	S	E	T				
O	A	K	E	N	S	H	A	W	
O	N	C	E	B	R	E	W	E	D
K	I	R	K	H	E	A	T	O	N
S	U	N	D	E	R	L	A	N	D
O	F	F	E	R	T	O	N		
N	E	W	Y	O	R	K			

ne!!

Re-arrange the letters of the Northumberland towns and the first letters of each line reading down will spell the name of a famous authoress

1.	SILELARC								
2.	MABEL								
3.	THE MOUNTY								
4.	THE POLARLO								
5.	STAGE TEA								
6.	DORM INCH								
7.	LINT GONE								
8.	ACNE L WEST								
9.	WINGLOADES								
10.	NOT SECT								
11.	NOW A SHAKE								
12.	BEE CROWNED								
13.	THANK KORIE								
14.	LAND DUNERS								
15.	FERN FOOT								
16.	KEYWORN								

Solution to Puzzle on Page 44

THE LEONARD CHESHIRE FOUNDATION

Registered as a Charity Number 218186

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

Patron: Her Majesty The Queen

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

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

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

Chairman: Peter Rowley, MC, MA

Hon. Treasurer: Dennis Greig

Trustees: Peter Allott; E. L. Archer, OBE, DSO, AFC, JP; Dr. F. Beswick; Group Capt. G. L. Cheshire, VC, OM, DSO, DFC; Mrs. Diana Cottingham; Mrs. P. K. Farrell, OBE, JP; D. Greig; Dr. Wendy Greengross; Mr. David Mitchell Innes; The Hon. Mrs. J. H. Jolliffe; B. R. Marsh, LVO, MC; Sir Henry Marking, KCVO, CBE, MC; Mrs. G. Pattie; The Hon. Sir Peter Ramsbotham, GCMG, GCVO; D. M. Roe; Baroness Ryder of Warsaw CMG, OBE; J. Threadingham, MBE, DL; J. V. Tindal; Mrs. E. Topliss, BA; H. Turner; R. B. Weatherstone;

Director: Arthur L. Bennett; **Administration Manager:** Simon Hardwick; **Asst. Treasurer:** Rita Belletty; **Mental Handicap and Mental Illness Adviser:** Michael Libby; **Personnel Adviser:** Molly Roe.

Homes Planning Officer: Keith Cook, **Family Support Service Adviser:** Mrs Margot Hawker. **Public Relations Consultant:** Bill Simpson, **Public Relations Officer:** Mrs. Kay Christiansen. **Information Officer:** Wally Sullivan. **Training Adviser:** David Watt

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.

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: Matthew Bennett, 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—Director: Frank Merceinch

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.

SUE RYDER FOUNDATION

Registered as a Charity Number 222291

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

Founder: Baroness Ryder of Warsaw, CMG, OBE
Chairman: H. N. Sporborg, CMG

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

The Sue Ryder Foundation was established by Lady Ryder during the Post War Years, after she had been doing relief work on the Continent. Its purpose was—and still is—the relief of suffering on a wide scale by means of personal service, helping the needy, sick and disabled everywhere, irrespective of age, race or religion and thus serving as a Living Memorial to all who underwent persecution or died in defence of human values, especially during the two World Wars. Sue Ryder Homes care for the sick and needy of all ages, including children, and principally for the incurably sick and disabled, the homeless and those others for whom the general hospitals can do no more and who have no suitable place to go.

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

The Katumba Refugee Project

This project is concerned with work among 200,000 people in the Mpanda District of western Tanzania, of whom about 50% are refugees from Burundi. The project was launched in 1984 with the assistance of the United Nations High Commissioner for Refugees.

The objectives are: to provide for the treatment and rehabilitation of disabled children and adults; to train selected medical personnel in basic physiotherapy; to provide a workshop for the production of aids and prostheses; and to promote a greater awareness of the needs of the handicapped.

The Ryder-Cheshire Volunteers

The Ryder-Cheshire Volunteers were established in 1984 in order to enhance the leisure time of housebound people through visits by qualified volunteers. Pilot projects have been launched in Basingstoke and Didcot.

The Staunton Harold Project

Staunton Harold Hall in Leicestershire was purchased for the Mission in 1985 and will comprise a Sue Ryder Home for continuing care; a museum and display illustrating the subject of disability with special reference to the developing world; and the Headquarters of the Ryder-Cheshire Volunteers.