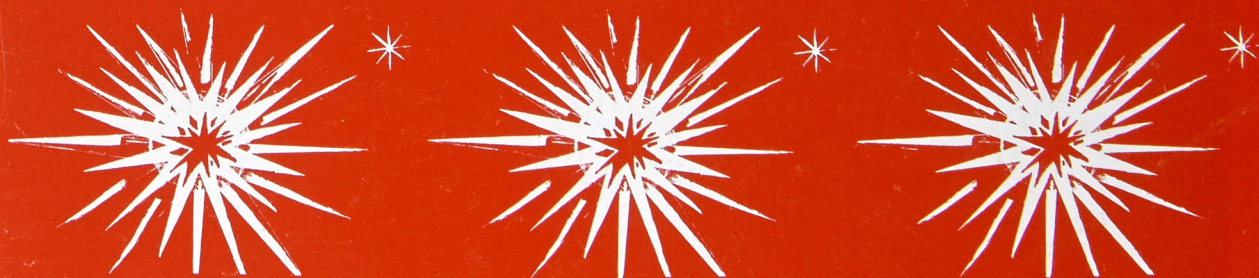


Cheshire Smile

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



Christmas Number

Cheshire Smile

The Quarterly Magazine of the Leonard Cheshire Foundation

Founded 1954 Issue No. 116 DECEMBER 1986

**LOOK OUT
for the
NEW CHESHIRE SMILE
ISSUED FREE
from JUNE 1987**

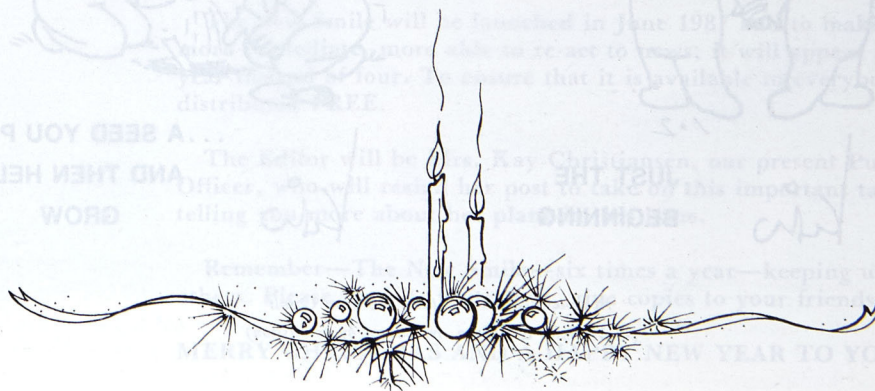
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Front Cover—Reflections—scrapboard design
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Christmas
and New Year Greetings
to all our readers



Editorial

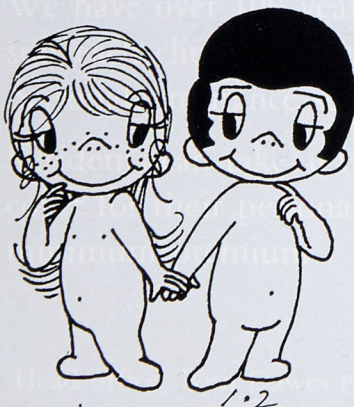
It is always a sad moment when saying "farewell" to an old friend and this is exactly how we feel when bidding "adieu" to Cheshire Smile. We realised from the moment that we took on the task that we were the most raw of recruits, having not the slightest bit of journalistic experience. However, the challenge had been accepted and there was nothing else to do but get on with it. We did our best!

The past six years gave us many hours of pleasure and pain, but on balance the pleasure has far outweighed the pain. From the huge amount of required reading, we have both gained a far greater insight into the ramifications of the caring professions and their associated organisations.

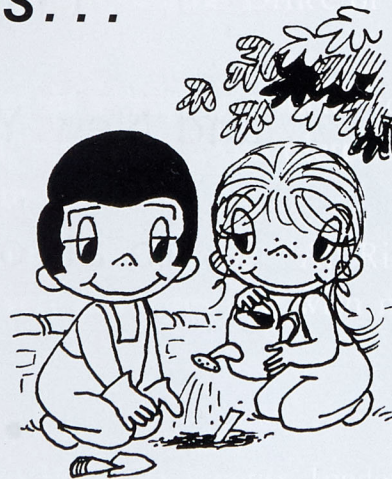
We hope that readers have found something to interest and entertain them during our period of office. We know that your interests will be well catered for in the "new style" Cheshire Smile which will be published a few months ahead.

We wish Kay Christiansen many happy hours at the editorial desk!

LOVE IS...



.. JUST THE
BEGINNING

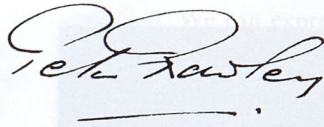


... A SEED YOU PLANT
AND THEN HELP
GROW

*Acknowledgement and thanks to Kim Casali
(C Minikim Caribbean, reproduced by permission)*

Best Results

We can analyse our good points, and in doing so, find potentials on which we can build and expect the best results.



the Chairman says



It was with the greatest regret that we received the unwelcome news that Frances Hopwood and Dennis Jarrett, joint editors of *The Smile*, wished to relinquish their responsibilities as from December 1986.

When they took on the job six years ago, it presented a tremendous challenge to them both. They set to work with great zest to improve the content and look of the magazine and can take a pride in a magnificent achievement. Warmest thanks and gratitude to them both for all that they have done.

We are delighted that both have offered to continue to take an interest in the future of the publication and help where they can in a consultant capacity.

For some months, however, I have been worried that, despite the improvement in the magazine, readership has been dropping, and there appeared to be a lack of interest in reading and contributing to it within the Homes, Family Support Services and new projects.

Yet the Cheshire Foundation is the largest organisation of its kind in the world, stretching as it does throughout the United Kingdom and spread across 45 countries throughout the world. Communication is vital to our continuing success and *The Cheshire Smile* is the publication we have to help achieve it.

We are reaching out to more and more people who need our help. Being large and far flung means that at all costs we must keep in touch and avoid the danger of becoming impersonal and fragmented; losing that sense of belonging and common purpose that set us on the road to success.

The Cheshire Smile, if it is properly used and widely read, can help us all to understand each other's viewpoints and exchange and profit by our different experiences, difficulties and solutions.

This Christmas number therefore marks the end of an era.

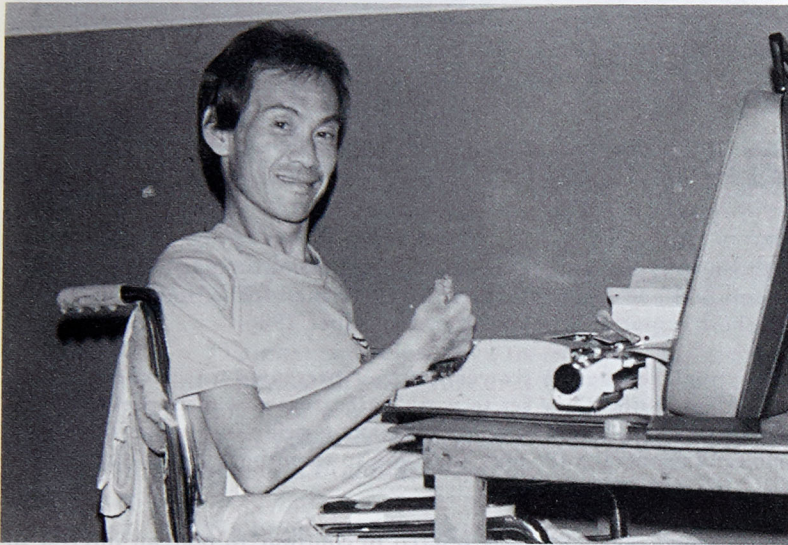
The new *Smile* will be launched in June 1987 and to make its contents more immediate, more able to re-act to news, it will appear six times a year instead of four. To ensure that it is available to everybody, it will be distributed FREE.

The Editor will be Mrs. Kay Christiansen, our present Public Relations Officer, who will resign her post to take on this important task. She will be telling you more about her plans in this issue.

Remember—The New *Smile*—six times a year—keeping us in touch with others. Please read it, write to it, give copies to your friends.

MERRY CHRISTMAS AND A HAPPY NEW YEAR TO YOU ALL.

A State of Mind



by
**THAM KOK
SENG**

Although most people take us as handicapped simply because we have certain disabilities such as blindness, deafness, muteness and paralysis, this does not matter as there is always one thing which we have in common, that is, we have a clear, sound and healthy mind. Take a physical disability for example. While movement is restricted to some extent, thoughts are unconfined. What cannot be achieved physically, can be compensated mentally.

Unavoidable Incidents

We are the physically handicapped. We do not pretend that we are not set apart by our handicaps, but what matters most is the way we accept these unavoidable incidents. We recognise them as something which we cannot change and do not allow them to dwell in our minds for the rest of our lives because this will only cause further damage, pain, suffering and depression which in turn will bring unhappiness into our lives. Instead, we can divert our thoughts to concentrate on the things which we can overcome and the things which we can do despite our disabilities and handicaps.

Positive Approach

Life must continue and handicapped people must continue to struggle for survival. How we struggle for our survival depends on how we handle the situation. The only way for us to lead a better and happier life is to make the best use of whatever movements and abilities are left. The important factor lies in building up a positive approach within our frame of mind and to create a well-balanced psychological attitude towards our handicaps. With such positive thoughts, I believe any handicap or disability can be overcome after some time.

Genuine Desire

The importance lies not in physical prowess alone. A person with extreme handicaps can be trained to regain some degree of independence and self-respect as long as he possesses the right state of mind towards his handicaps. He must have a genuine desire and the determination to become useful to himself and for himself. After all, partial independence is far better than having to depend totally on helpers. The important thing is to have the willingness to improve himself.

Important Needs

We have our moments of disappointment, frustration, failure and depression. But who hasn't? We also have many important needs such as financial, physical and personal, but the most important need is the need to have a right characteristics and disposition. With a proper and positive state of mind, we can almost surpass any hurdle and ultimately we gain the use of our available resources and amplify our talents to the maximum, turning difficulties into opportunities which are so essential to a whole and meaningful life.

Harmful Thinking

We can feel proud of what we achieve—no matter how insignificant our achievements may be in the eyes of able-bodied people as our achievements show that we are not all that helpless and hopeless. It is very wrong and harmful for any handicapped to think that he is a useless person simply because he cannot do certain things, unless he chooses to remain so, in which case, he will be very miserable for the rest of his life.

Best Results

We can analyse our good and bad points, and in doing so, find those potentials on which we can build and expect the best results for ourselves. At the same time, we can try to minimise what we consider to be our weaknesses. We must not indulge in self-pity because this is the surest way to prevent any serious attempt for rehabilitation. Self-pity is self-destruction and can be a great drawback for any handicapped person.

Acceptance not Sympathy

Being physically handicapped isn't all that bad. After all we are a person as a whole. As long as we have our minds, we can continue to function as a human being. Our spirits are free to communicate

with God. We can express ourselves with our souls. We can win the confidence and hearts of our able-bodied friends by showing them our willingness to fight and challenge whatever difficulties and hardships society may have in store for us. We seek not their sympathies but their acceptance of our existence. We want to be part of their world. We want to contribute to society of which we too, are a part. Society can help by accepting us as individuals and not as helpless, crippled creatures causing nothing but burdens to their lives.

Sharply Divided

The human world is divided by many factors—the rich and the

poor, the educated and the illiterate, different religions, beliefs and ways of living, different races, yet with all these divisions there are few so sharply defined and unyielding as in the area of the physically handicapped and the able-bodied.

From bitter experience, I know this to be true. I have been a quadraplegic for many years. I have had my fair share of tears and laughter, pain and pleasure, bitterness and happiness. But one factor will always remain in my mind—I do not look back with a handicapped state of mind.

Tham Kok Seng
Resident, Singapore Cheshire Home



Tham Kok Seng using hand splints, enabling him to type

Drier Warmth

at

John Masfield Cheshire Home

Since the John Masfield Cheshire Home, Oxfordshire, opened in 1974 two single-storey extensions have been added, but the main accommodation is in the south wing, a timber-framed, flat roofed structure containing 14 bed-sitting rooms arranged either side of a central core of service rooms and corridors.

Serious Leaks

Unfortunately, after only 12 years' service the wing's original roof which had a plywood deck which covered a layer of glassfibre insulation quilt and had a finish of bitumen felt, developed serious leaks. The home's management committee had to call-in Architects Design Partnership to suggest a permanent solution to the problem.

Workmen placing blocks of Foamglas on the new roof.



Extensive Damage

Extensive superficial damage was found in the felt covering, and because the insulation had been placed under the deck of the roof the superstructure tended to expand and contract as the outdoor temperature changed, over-stretching the felt. Metal fixings securing the deck to its timber frame had corroded or become loose, allowing rain leaking through the felt to soak into the glassfibre, making it damp and virtually useless.

The old roof was renovated at a cost of £24,000 using a system combining Marley roofing and Foamglass insulation blocks—a material made by expanding pure glass to 20 times its normal volume.

Two Complications

Replacement of the roof was complicated by two factors. The bedrooms had to remain in occupation throughout the contract, and the work was carried out during the winter.

The contractors began by stripping off the old roofing and glassfibre to expose the building's roof timbers and plasterboard ceilings. Before nightfall, the frame was repaired and a new plywood deck was laid.

Next, the insulation blocks were bonded to the deck and covered with two layers of Marley roofing.

More Warmth Created

It rained heavily several times during the contract, but only

minor leaks occurred during construction—and none have occurred since the work was finished. Pittsburgh Corning UK, who supplied the insulation, has guaranteed the roof for 10 years against condensation, damp penetration and the failure of its construction system and thermal insulation value. The work was completed just before the onset of the coldest winter for 39 years.

Despite the many weeks of bad weather, it was found that the south wing was warmer than ever before and that its auxiliary central heating boiler operated far less frequently than in previous winters.

The south wing, in the sylvan setting of what was once John Masefield's garden.



Raphael Pilgrimage

Experiencing Lourdes

by **CAROL WILSON, Purser**

B Fleet British Airways

It is well known that for many years Purser Frank Smith has been actively involved with the Raphael Pilgrimage.

1985 was their 25th anniversary, and I had the great privilege of being asked by Frank not only to be a member of his crew, but also to work in Lourdes as one of the helpers for the 6 days.

One Objective

This year in particular was very special for several reasons. For the first time the Boeing 757 was used on this route by the pilgrims. Colin Marshall came to greet everyone and see them off from Heathrow. Mike Street and Kate Swann volunteered to work as members of the crew. How can I express the feelings of the flight? Well, it was rather like a jamboree at 35,000 ft, but everyone working with one objective—to make the sick and disabled as comfortable and happy as possible. A real family atmosphere was experienced by all.

Something Special

You might ask yourselves “what is the attraction of Lourdes?” There are several reasons. We will try and explain ours. Lourdes itself is a predominantly Catholic place, but many denominations can be found here. Whether you are sick, disabled or a helper, there is something for everyone to find at this very special place. The atmosphere has to be experienced personally.

There are many influences present, but how do you explain feelings? Sometimes when you are exposed to such immense suffering it gives you a humility and compassion within yourself that has no bounds.

A Story to tell

You have probably heard the old saying “never judge a book by its cover”. So often if the cover is not appealing, you don’t look any further. But for us that saying has another meaning. Every sick or disabled person we spoke to had a story to tell. By listening to and being with them our lives were certainly enriched that little bit more. Working with the Raphael group was indeed a great privilege for Frank and I, because they open their hearts and accept you into their family; love and sincerity radiate from within them.

Time for Others

The society in which we live today creates many false values. Priority seems to be for the more material things in life. In Lourdes you see none of these. Who cares anyway? The priority here is having time for other people, the time you give to listen and talk to another human being whether they are sick, disabled or able bodied.

And how they work!

The group itself is made up of people from all walks of life, the ratio being two able bodied to one sick person. The team consists of many SRNs and doctors, the rest being helpers who roll up their sleeves and work—and how they work! The pilgrimage takes over three wards in the hospital and literally runs its own show. The day starts at 6am and you are

lucky if you have finished at 10pm. These people are all volunteers, and the amazing thing is, it costs them money both for the flight and the accommodation.

The theme is prayer, activity, friendship and love, which makes it a little easier for people to cope with their disability. In this tiny Pyrenean town, emotions run high, and nothing is considered strange: you can walk into a street cafe with tears streaming down your face from some sort of experience, and there are no stares nor backward glances, only concern would show. They understand pain and suffering, for most have been along that road themselves in some way or another.

Memorable Experience

One of the most memorable experiences was the “Torchlight Procession”. This is the night prayer of Lourdes where about 22,000 people walk around the square by candlelight singing and praying in all languages for about half an hour at the end of the day. It really was quite awesome.

To everyone concerned with the Raphael Pilgrimage and the Leonard Cheshire Homes, and to all our friends and colleagues in British Airways, both on the ground and in the air, for making it all possible—we would like to offer our thanks.

LETTERS

Dear Editors

It is with deep concern that I keep hearing about "Occupational Therapy," "Occupational Therapy departments," and "Occupational Therapists" in Cheshire Homes.

Occupational Therapy can only be practised by an Occupational Therapist, and this is *only* someone who has gained a diploma in Occupational Therapy after successfully completing a 3 year course at a recognised school/college, and are then a professional paramedic able to work with those suffering from

either psychiatric disorders or physical disability, referral in most cases having to come from a consultant or doctor.

The College of Occupational Therapists does not look lightly upon anyone falsely calling themselves an Occupational Therapist, and has a right to take action against them.

I have every regard for craft instructors and the valuable crafts they teach, but they should and indeed must use these terms. They are not called Physiotherapists or

Speech Therapists and Occupational Therapists who also belong to this remedial profession.

I would be only too happy to receive any comments regarding this or to explain my profession further, as I feel that the misuse of my profession must be stopped within Leonard Cheshire Homes.

Yours sincerely

Mrs. Sue Wood, Dip.C.O.T.

S.R.O.T.

(Occupational Therapist)

CARELINE

London's New Bus Service

A new bus service took to London's road in July—one specially designed to cater for disabled and elderly people, or anyone who has difficulty using the Capital's conventional transport.

Ultimate Destination

Called "Careline" the service will provide a link between the major mainline railway stations but its ultimate destination is Heathrow Airport.

Every Hour

Seven days a week there will be a bus every hour to all four

terminals at Heathrow calling at Paddington, Euston, Kings Cross, Waterloo and Victoria Stations and at Victoria Coach Station. Passengers will be able to travel between stations as well.

Front Entrance Lift

Conventional buses have been converted by Alder Valley North, a National Bus Company subsidiary, who are operating the service. Each one has a front entrance lift which reverts to normal steps when not in use, and spaces for up to eight passengers

in wheelchairs and for luggage, as well as twenty one ordinary seats.

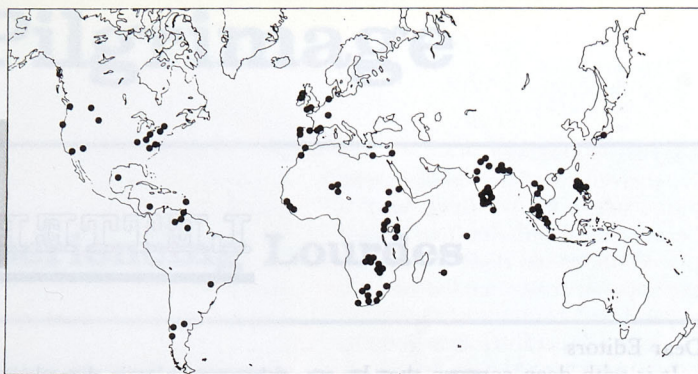
Services Linked

Timetables are displayed at each station and at Heathrow Airport terminals and arrangements are being made for the many Dial-a-Ride services in and around London to feed into Careline at convenient points.

A special team of drivers from the Company's Maidenhead depot have been trained to look after passengers' needs on the new service.

The fares are: station to station £1, station to Heathrow £5.

Cheshire



Mote House-Kent

RAILWAY JOURNEY

“Wasn’t it such a wonderful day, the day we went to the railway”. So should the song have gone as a dozen of us left Mote House early one sunny summer afternoon to visit the light railway at Tenterden. Following the old straight Roman road we crossed the Weald passing through villages with names like Sutton Valence and Headcorn, through the village of Biddenden, famous for its 16th century Siamese twins now remembered in the village sign, and then into the station yard at Tenterden. We arrived just in time to see the midday train puff up the slope and into the station. We had half an hour in hand, and the picnic area was next to the car park so we sat and ate our lunch. The train having sorted itself out, we were wheeled aboard the coach for the disabled.

Wheels of Time

A gentle bump told us the locomotive was coupled on, and with a shriek from its whistle we were away. Down the gentle incline to the level crossing, a pause while the guard opened and closed the gates then a short distance to another crossing of the Rolvenden Road, and then into

the station. As we pulled away from the platform, one of the railway staff pointed out to us the wagon and coach repair sidings and on the other side the locomotive yard. A hundred year old engine stood there still in use, a credit to its makers. From here the track wound across the Rother Flats. We passed beds of osier bordering the ponds where crayfish were reared, crossing the river by a small bridge and wound through fields which stretched as far as they eye could see.

Change About

Parked ballast wagons showed we were nearing Wittersham Road and its signal box. From here the line is being repaired so we could go no further. We sat and admired the view while the engine ran around the train and coupled onto what had been the last coach.

Tranquil Scenes

We retraced our steps across the countryside, the river now close, now away from us, as it wound alongside. At one point, in a quiet bend, there was a heron standing motionless, his beak poised like a spear as he watched for an unwary fish. Past willows where the

iridescent flash of a kingfisher plunged into the wavelets. On the far bank a calf slept in the shadow of its mother, whose tail lazily swished away the flies.

Famous Windmill

A water tower heralded the locomotive and coaling yard, then into the station. A brief pause, the level crossing gates were opened, and closed, and we started to chuff up the long bank to Tenterden. Another level crossing, past the first gardens of the town, and into the station where we disembarked. We returned home a different way, passing the vestiges of the old forest that once completely covered the Weald, now sadly planted with Forestry Commission firs. By a back lane into Cranbrook we stopped to look at the famous windmill overlooking the Crane brook and then across the water meadows of the river Beult, and then home to Mote House.

The trip is recommended to any who are within striking distance of Tenterden. The facilities there for the disabled, especially the necessary ones, are excellent, the railway staff considerate.

Brian Baldwin

Homes Around the World

Oaklands-Lancashire

Back row l to r Mrs. O. Brearley (Chairman of Oaklands Management Comm) Mrs. Janet Elliott (physiotherapist), Matron, Bob Hopkinson and resident Terence Corless
Front row l to r Residents—Barrie Jones, Maureen Naylor, John Bailey and Jimmy Turner



Photograph: Lancaster Guardian

SPORTING SUCCESS

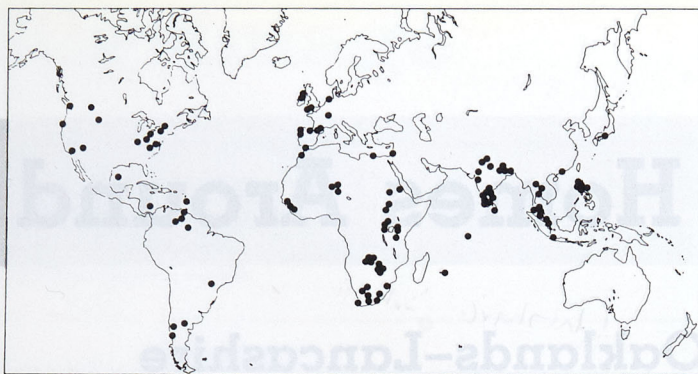
In May, five residents of Oaklands took part in the Regional Cerebral Palsy Games which were held at the Lancaster and Morecambe College of Further Education. The residents were Barrie Jones, Jimmy Turner, Maureen Naylor, Terence Corless and John Bailey.

Great Honour

Jimmy, Terence and John were successful in reaching the National Finals which were held at the Alexander Stadium, Birmingham. It was a great honour to reach the finals and we were all delighted for them. We were also privileged to see several world records broken.

Certificates for participation at both of these meetings were presented at Oaklands in July at which our Care Adviser, Bob Hopkinson, made the presentation. Mary Whittle

Cheshire



New Jersey U.S.A.

CHESHIRE II OPENS IN PARSIPPANY

On the warm, sunny Saturday of May 10, more than 175 guests turned out for the grand opening of Cheshire II, Cheshire Home's new barrier free residence for six physically disabled young adults in Parsippany, New Jersey.

Honoured Guests

House Manager Robert Ghosio, Jr. welcomed the happy crowd and introduced Robert Whitney, Chairman of the Board and Executive Director Sharon Gronet. Warm greetings were extended by New Jersey's Governor Thomas Kean (by proxy), Congressman Dean Gallo (R, 11th District), Assemblyman Robert J. Martin (26th District), Parsippany's mayor Frank Priore and Council President William Devine, Ron Travers, International Director of the Leonard Cheshire Foundation International delivered the keynote address on the "Cheshire Family".



Cheshire II residents each made a speech expressing their feelings on moving into the new residence

Presidential Message

The most exciting greetings of all came from Washington, D.C.—directly from President Ronald Reagan. "I am delighted to congratulate everyone at the ribbon-cutting at Cheshire Home II," wrote the President. "I fully expect Cheshire Home II to continue and expand the splendid tradition established by Cheshire Homes throughout the world. Cheshire Home in Florham Park has taught the skills of independent living to more than 50 physically-challenged residents. This new home will offer residents even greater opportunities for participation in their community."

Continued Success

"My warm praise goes to everyone who has had a hand in making these opportunities possible. Nancy joins me in that, and in wishing happiness and continued success to all of you at the ribbon-cutting. God bless you."

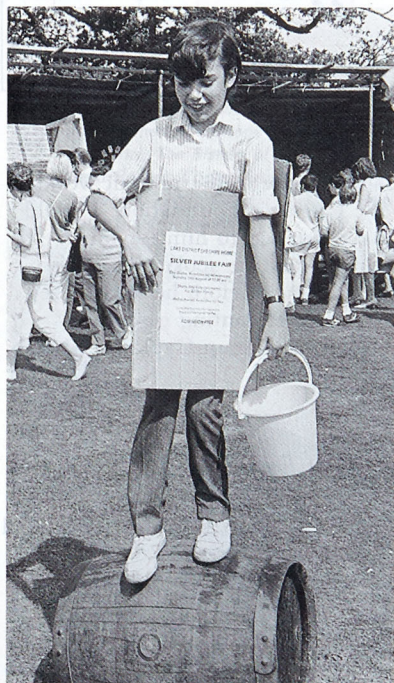


Ronald Travers, International Director of the Leonard Cheshire Foundation, delivered the keynote address

Party Celebrations

After the ceremonies, guests returned to Cheshire I in Florham Park to enjoy a cocktail party complete with delicious food and the companionship of Cheshire Home residents and friends.

Homes Around the World



Tim Nicholason, our Head of Care's Son, doing his own thing with a collecting basket. Photograph by courtesy of Lakeland Echo

Holehird Cumbria

SILVER JUBILEE

Many recollections come crowding back from our Silver Jubilee celebration lunch on 13th July this year at Holehird—the welcome presence of Group Captain Cheshire—the superb food laid on by our cook, assisted by House Committee, the weather which, though not brilliant, allowed guests to sit out on the patio, the crowds of people there (about 200 in all) but most of all, friends old and new, committee members and volunteers, all joined us to celebrate this milestone in the home's history, and the memories will linger for a long time.

Lakeside Fair

A month later, on 10th August, the home was host to crowds of people again, not on our home ground this time, but by the lake in Bowness-on-Windermere, where we held our Silver Jubilee Fair on what must have been the hottest day of the summer. Stalls and entertainments of every description, run by local organisation on our behalf, from O.T.'s handicrafts to the Fire Brigade allowing youngsters to squirt the fire hose into the lake, raised £4,000 in aid of the Home.

N. Kasaven

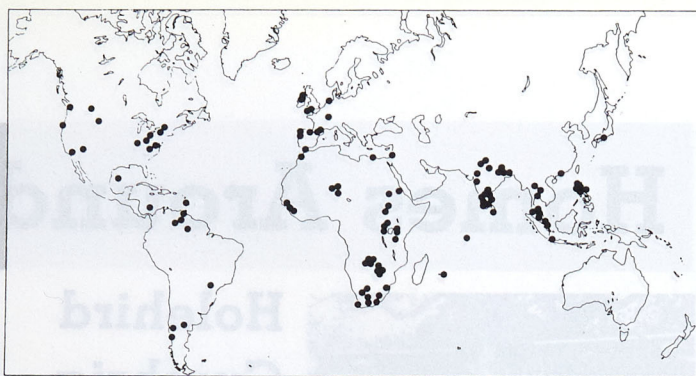


Members of Organising Committee, Staff & Residents at the Silver Jubilee Fair held by the Lake in Bowness

Photograph by courtesy of Lakeland Echo

Cheshire

Kenmore-Cumbria



ANOTHER 25th!

It's a long time since news from Kenmore was published in "Cheshire Smile" so we thought it was about time you heard from us! What better opportunity than to tell about our 25th anniversary celebrations on 12th July 1986.

Eager to Chat

To our delight the Group Captain accepted an invitation to be our Honoured Guest. I was thrilled to meet him again, being the only resident still here since his last visit in 1970. All present staff and helpers plus many ex-staff and helpers were invited to meet him

at a formal gathering in the afternoon. But first there was lunch, a full Yorkshire pudding dinner but this didn't take place until later than planned as he seemed so eager to have a few words with everyone. Then, of course, there were photographs to be taken.

Tree Plant

At the afternoon gathering, Dr Keith Platts, Chairman of the House Committee, welcomed the Group Captain, and everybody present, and gave a brief account of Kenmore's history and progress. In return, the Group Captain thanked Dr Keith and then spoke

about some of the present work of the Cheshire Foundation. I could have listened to him for much longer than he spoke, he was so interesting. Before he left, there was a tree planting ceremony which the Group Captain performed.

Perfect Ending

In the evening there was a buffet supper and an olde time music hall which everyone seemed to enjoy. It made a perfect ending to a very memorable day.

Audrey Johnston

Eithinog-Clwyd

'C' Day

The 8th of June was 'C' Day for the residents, staff and voluntary workers at Eithinog Cheshire Home, the day Group Captain Cheshire paid us a visit. He arrived on the evening of the 7th, coming straight from the conference at Stoneleigh and after having a meal he met those residents who were still about. I was delighted to meet this man who thought up the whole concept of the Cheshire Home movement.

The next morning he took part in a service of mass before leaving for a brief visit to the RAFA Club, where he was met by a guard of honour by the boys of the local

ATC, returning later for a lovely cold salad lunch.

Musical Greeting

The Group Captain was greeted to Colwyn Bay by the Lady Mayor and our Chairman of the Residents' Committee presented him with a black and white drawing of Eithinog. This was drawn by Gordon Hayes, one of our residents. Gordon is also a wonderful pianist, despite his disability. When the Group Captain returned to our occupational therapy room where he chatted to every resident and signed photographs, he was

greeted by Gordon playing the Dam Busters March and then Glen Miller music.

After a "cuppa" and a well deserved rest he bade farewell and left for Penhryn Castle, to meet our wonderful support group of Caernarvon. Then on to RAF Valley for a cocktail party.

Officer Commanding of Valley, Group Captain Hines, has been particularly kind to Eithinog, and their thrift shop, which is run by the officers' wives, raises funds for Eithinog, and has bought much needed ripple beds for the home.

It was a day we shall never forget.
Joan Mongton

Homes Around the World

l to r Pupil of Westbourne School, Ipswich; Joan Cameron; Marjorie Berwick; Mary Smith (resident), The Bishop of Colchester, The Rt Revd Roderic Coote; Amelia Spence (resident), Group Captain Leonard Cheshire, Peter Squire (resident)



Seven Rivers Essex

Generous Gesture

A great friend of the residents for many years, Frederick Saxby, who died in May 1983, left not only a legacy to Seven Springs but also the residue of his estate. By the end of that year it was known that the amount was just over £20,000 and was specifically left to the residents and not to the Home's General Fund.

After much discussion, the residents decided that they would like a chapel and physiotherapy room. Until, this year, services were held either in the dining room or one of the lounges off the front hall and much of the physiotherapy equipment was kept in one of the lounges as there was no other place where it could be housed.

Easy Access

The residents wished the new extension to be linked to the existing buildings so that it was not necessary for them to go outside to reach these facilities. The only practical location was adjacent to the single storey bedroom block added to the home some 12 years ago, and by using the existing sluice room to form part of a link corridor, an extension could then be built at one end of an old walled vegetable garden, which had remained unused for many years.

Go Ahead

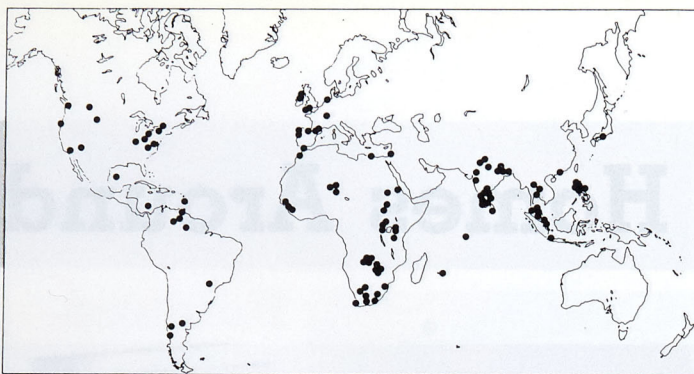
Plans were drawn up and submitted to the various local authorities, as well as the Foundation for their approval, and the project went out to tender at the end of July 1985. Site work commenced in mid September and the building was "roofed" in

before Christmas, so allowing the finished trades to carry on under cover directly after Christmas break. The building work was finished by mid-March and work then began on the furnishings and furniture and the planning of the opening. Everyone worked together and the day went without a hitch.

Official Opening

Group Captain Leonard Cheshire officially opened the extension and the Bishop of Colchester the Rt. Revd. Roderic Coote dedicated the Chapel assisted by the Rev. Paul Davis, Rev. Barry Allcott and Father Magrath. There were 150 visitors including the Mayor and Mayoress of Colchester, The Mayor and Mayoress of Ipswich and a group of children from Westbourne School, who do so much fund raising for the home every year.

Cheshire



St. Teresa's—Cornwall The sky's the limit

After hearing on the local Radio Cornwall that somebody had made a record for their age by doing a parachute jump for charity, our Administrator's husband, Burley Ostler, remarked that he could do a parachute jump for St Teresa's. A passing thought first, a glimmer of an idea, and we were on target for £3,000 for the benefit of St Teresa's Cheshire Home, Penzance in Cornwall. Before you could say "I wonder", Meg, Burley's wife had returned from St Teresa's with two volunteers, David Proctor, who drives for the Cheshire Home and takes care of all the daily messages and vital tasks for everybody around the home, and Kay Brazier who used to work for the home. The Cornwall Parachute Centre at St Merryn was alerted, a date fixed and so we were off.

Supportive Sponsors

With Burley heading the sponsorship appeal, and David and Kay also getting their sponsors, the real work began and our office staff aware that another addition to our usual cash appeals was under way. Burley typed masses of letters to organisations, to friends and bank managers, to known and unknown contacts, and in fact, any likely sympathetic ear. I volunteered to help, and so I continued the trial of typing endless numbers of letters. With

the first surge of mail on its way Burley and I were in daily consultation trying to think where else we might steer our entreaties for sponsors. Our local Radio Cornwall put out our request for help and all the details for the actual jump. The weeks ticked by and weather watching now became very important, our worthy volunteers thinking of the challenge that was ahead. When the weekend of the jump arrived we all began to tingle with anticipation. Weather conditions were the final factor for the jump to take place—or not! On Saturday Burley, David and Kay went off for their day of intensive training, with mixed feelings but determination to see the adventure through with success; Burley, aged 66 years, vigorous and fit, was set to establish a Cornish record for a parachute jump. They returned at nightfall, still feeling fit, happy though tired and thinking of Sunday and the jump from 2500 feet.

Everything Right

An early morning call to the parachute centre for confirmation of it being weather for the jump, brought the good news of everything right but with the wind springing up in the afternoon. At the airfield, families, residents and friends gave their support to our

three courageous volunteers, who had left early that morning to complete their training. To beat wind and cloud we all sped off to St Merryn, arriving to see other parachutists already jumping, their parachutes billowing out as they floated gently downwards.

Safe Landings

Finally there they were, our trio, figures on the sky line and dressed head to toe for flight, climbing into the plane and so quickly airborne. First to jump was David, with perfect landing. Who next? It was Kay, a little off the target dropping zone, but with a good landing; and last was Burley, landing splendidly though a slight brush against the tarmac gave him somewhat bruised toes. It was really over, with success for all three—the delight of their watching audience knew no bounds and congratulations filled the air. Their oft repeated regime on descending earthwards of "1000, 2000, 3000, 4000—check canopy" could now be released.

Target Achieved

At a subsequent "thank you" evening for the volunteers, many of their sponsors, and the training team, they were filmed for a video, and each was asked if they would ever consider doing it again.

Homes Around the World



Dave, Burley and Kay

Very thoughtful now, came their replies; David said "Yes, he would like to jump again"; next Kay, "No, she didn't think she would jump unless specifically requested" and finally a very happy Burley with a "Not again at his age, though he had enjoyed it enormously". The training team issued the certificates of being parachutists at last. Then there was the appeal target—well, all the donations and sponsored cash began to roll in, gathering our mounting enthusiasm and astonishing gratitude when finally our £3,000 target was achieved.

Dedicated Group

A proud effort indeed by three courageous people who each had to fall into space and trust their trainers—a remarkable group of dedicated and sincere individuals who gave St Teresa's the chance to say, "The sky's the limit."

Olga Wheeler

Mr. Burley Ostler age 66 is helped off with his Parachute Harness after his first Parachute Jump ever. He with two others Raised £3,000 for the Cheshire Home at Long rock



Cheshire Homes Around the World

Heatherley Sussex 25 years of Service

Voluntary helpers of all kinds—fund raiser, members of local groups of Friends of Heatherley, were foremost among the guests when Lavinia, Duchess of Norfolk, CBE, visited and made a tour of the home to mark the home's Silver Jubilee in May.

Royal Tour

The Duchess was met by the founder and president, Mrs. Pam Farrell, Mrs Judith Eggers, chairman of the management committee, Miss Rosa Searle, chairman of the residents committee, and the head of home, Mr. Peter Surtees-Hornby. The Duchess toured the home, meeting residents and staff, before joining guests for a buffet lunch.

Gift for 25 Years Service

There were presentations, too, including one from residents and staff to Pam Farrell in recognition of all her work since founding Heatherley 25 years ago. The gift was presented by resident Roy Weeks.

Jubilee Cake

Twelve members of the staff, identified only by their Christian names—which is the only name by which anybody at Heatherley, staff or residents, is identified—made the giant Silver Jubilee birthday cake which marked the occasion.

Rosa Searle, chairman of the residents committee, has been at Heatherley for 23 years, recalling the early years, she paid special tribute to the Cophthorne Group of Friends who, she said, had done so much for residents.

Heatherley started with 13 members but now has nearly 40 almost equally divided between men and women.

With acknowledgements to Wally Weal



Photo: East Grinstead Courier

Cutting the Jubilee Cake: From left: Judith Eggers, chairman of the management committee; Mrs. Pam Farrell, founder of the home; The Duchess of Norfolk, Dr. Douglas Sinclair, Medical Officer and Mr. Roy Weekes, the residents representative on the management committee

Basque-ing in the Pyrenees

by TOM GARDNER

This area of France is a true delight for those who appreciate mountain scenery and a restful holiday. We had crossed from Portsmouth to Cherbourg and decided upon two night stops. We took the early morning boat, and had the afternoon and early evening to cover nearly two hundred miles to Nantes. The hotel belonged to the "Climat" group, who have rooms suitable for wheelchairs, and the minimum of problems.

Child's Play

Nantes at the best of times is not an easy town to negotiate, but when there are roadworks and diversions, it makes Hampton Court Maze child's play. However, we found our way out on the road to La Rochelle and spent an enjoyable three or four hours looking at the harbour and some fashionable shops. Our journey that day was to take us to another Climat Hotel at Libourne, north east of Bordeaux on the River Dordogne.

Scenic Drive

Libourne is a typical French town with the streets radiating from a large market square with cafes and restaurants adding colour. We had all day when we left Libourne to reach our destination just outside St Palais in the foothills of the Pyrenees, thirty miles from the Atlantic coast. The scenery improved as the day went on and we had time to stop and look before our arrival late afternoon.

Our Gite

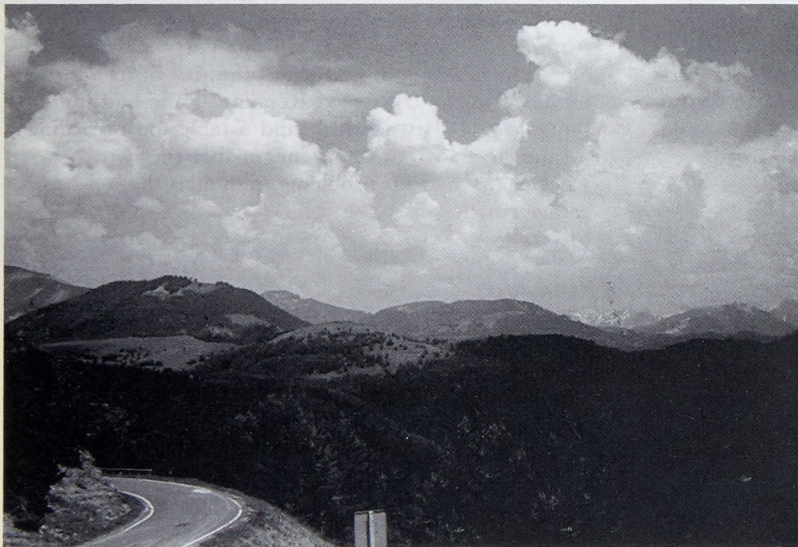
There were eleven in our party so we had organised two gites for ourselves. Six of our party stayed in one, which was split level, and the five of us who had travelled in the converted Renault Trafic had the bungalow. This was ideal, and a table top providing a ramp to the front door, meant that the two wheelchairs had no problems, although the loo was rather small.



The main street 'St. Palais'

There are various dictionary definitions of the word "gite". It means a resting place or lodging. "Revenir au gite", means to return to ones own home, "gite a la noix", silverside, and "ca, c'est dans le gite" translated means that's a little bit of all right! Our gite certainly was a little bit of all right, but as a French holiday guide stated, "A gite is a privately owned, self contained, self catering holiday accommodation created, in general, with the financial support of French Government agencies". Simpler still would be a country holiday home.

We were in beautiful country. We looked towards the foothills and were surrounded by vines and farmland, which provided much to watch. Our simple catering needs were mainly for breakfast and our picnic lunches, as apart from a couple of evenings, we had our evening meals in local auberges and restaurants. It was also a good centre for day trips both to the coast and the mountains. I will not bore you with details of all our visits, but I will briefly describe one day visit and two evenings sampling the local food and wine.



The foothills of the Pyrenees

Hair Raising!

We went to the coast twice, spending most of the time at Biarritz and St Jean de-Luz. However the day enjoyed by everyone was into Spain and two different mountain passes. Going, we took an easy pass, which was made more difficult by many heavily laden wood lorries which we had to overtake. We didn't go far into Spain as we were enjoying the foothills on the Spanish side of the Pyrenees. Food and wine eaten in the clear mountain air tastes superb, and the added attraction of wonderful scenery was a perfect setting. Our return journey over the mountains was far more hair raising. It was a minor and rarely used pass with plenty of bends and sheer drops on both sides. On the Spanish side we climbed up with clear blue skies and bright sunshine. When we reached the summit the weather changed in a matter of minutes. Clouds and mist quickly formed and a terrific thunderstorm began with vivid lightning. We then saw what the mountains could be like, and to a degree it was quite frightening. However, I do not think anyone would have missed this experience, and it is something I will always remember.



The view at Sanveterre

View and Value

In the evenings we greatly enjoyed our visits to different eating houses. The most delightful setting, as the photograph shows, was at Sauveterre. In fact we enjoyed it so much that we returned on another evening. The food was excellent, and we had an enjoyable evening with a disabled lady, who wrote for a magazine for the French disabled. The cost for eleven of us including wines, coffee plus the four course meal was about fifty pounds, which was excellent value.

Loathe to leave

Another evening which proved a great success, was a mystery trip organised by a couple of our party with a sense of humour. We in fact travelled nearly a hundred miles, included numerous places of interest, an excellent meal and watching two junior teams play pelota.

During our stay we learnt much about French farming, talked to quite a few local people and didn't want to leave!

The inner harbour La Rochelle



Our journey home was similar to the outward drive. This time however we spent half a day at Coulon, eleven miles from Niort. Coulon is often called the Green Venice. It is a reclaimed marsh area and has a network of canals. On the canals are not barges, but gondolas. If you think it is difficult getting a wheelchair into the lift of a cross-channel ferry, you should try a gondola. They are fairly unstable for able-bodies! If our boatman ever reads this I hope his hernia operation was successful!! It was very beautiful and very tranquil. Just to sit by the canal was pleasant, but I should imagine in the high season very crowded.

As I sit in the garden of my South Devon home overlooking Start Bay, smoking my duty free tobacco and sipping a little wine, my thoughts are of that area of France. The holiday was a great success and I would certainly return to that area. If you want bright lights and night clubs this is not the place, but for peace of mind and beauty it is ideal. A votre santé.

Suffer Little Children

BY KATHERINE LANGRISH

It is difficult to assess the total number of physically handicapped children in Zambia's Eastern Province. Although approximately 2,160 attend the widely scattered schools, countless others do not. Prospects for such children are bleak—with no education, no medical care, no training and no hope.

Destiny Changed

Such was Awala's life until, on March 1st, 1985, Zambia's fifth Cheshire Home for handicapped children opened its doors for the first time at Chipata, the small provincial capital nestling between wooded hills in Eastern Province. On this auspicious day Awala, and two small companions changed their destiny.

Brief Years

Awala's name, appropriately enough, means "he who lights" and with his dazzling smile and happy disposition he has, indeed, brought sunshine to the home. Sadly, there had been little enough in his own background to brighten his brief ten years. At the age of six he contracted poliomyelitis (most children in the home are polio' victims) and he was left with a paralysed leg. His mother died shortly afterwards and this bright little spark, with his stick and his dangling leg, went to live with his grandmother.

Not Enough

Like so many of the children, Awala's background is one of utter poverty, deprived of parents, schooling, medical care, material possessions, even the prospect of a normal future. He had nothing except a happy village community and a loving grandmother. This is more than many of the children have, but is still not enough to free him from the bonds of total dependence on the community.

Hopeful Future

Through the good office of Fr. James at the local Catholic Mission, Awala's name was submitted for selection to the Cheshire Home. Now, just over a year later, thanks to surgery, physiotherapy and a caliper, Awala is using his paralysed leg. The outlook for his future has changed dramatically... he can live a normal, useful life.

Wide-eyed Wonders

It was a happy day, indeed, when those three little "pioneers" dragged themselves around their new home, gazing wide-eyed at their dormitory (designed for 16 beds) at the ablution block where water miraculously gushed from taps. They explored the dining room; the kitchen with its splendid fridge and cooking equipment; the workshop where crutches, calipers (and eventually, it is hoped, shoes too) are produced. In addition to these "wonders", phases one and two provide one senior staff house, two low cost junior staff houses, a laundry, an office, a sick bay and a room for the night nurse.

Careful Choice

The children are carefully selected. Inger Ravn (assigned to the home by the Danish Volunteer Service) travelled far and wide throughout the province examining all the candidates. She chose only those most likely to benefit sufficiently from the home's facilities to become as independent as possible within their village and home environment.

Happy Integration

To this end the children are kept at the home for a period of six months to four years (as individual need dictates). In addition to large doses of love and affection, the children are given physiotherapy, medical attention, and where necessary, orthopaedic surgery. They also receive schooling, either at the home, or if they qualify, at the local primary school. They have settled well into their new environment and have integrated happily with the other pupils, some of whom visit the home—drawn "not so much by the bonds of friendship", Inger thought, "as by the fascinating toys which have been donated."

Future Plans

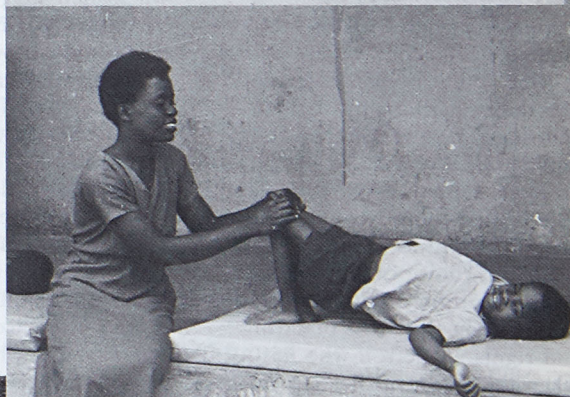
There are hopes that, within the reasonable future, full use will be made of the 22 hectares of good fertile land belonging to the home. The growing of maize and vegetables, keeping chickens and a pig or two could greatly reduce the food bills. Already a small crop of maize has yielded about 20 bags—all "grist to the mill" but only a fraction of what is needed.



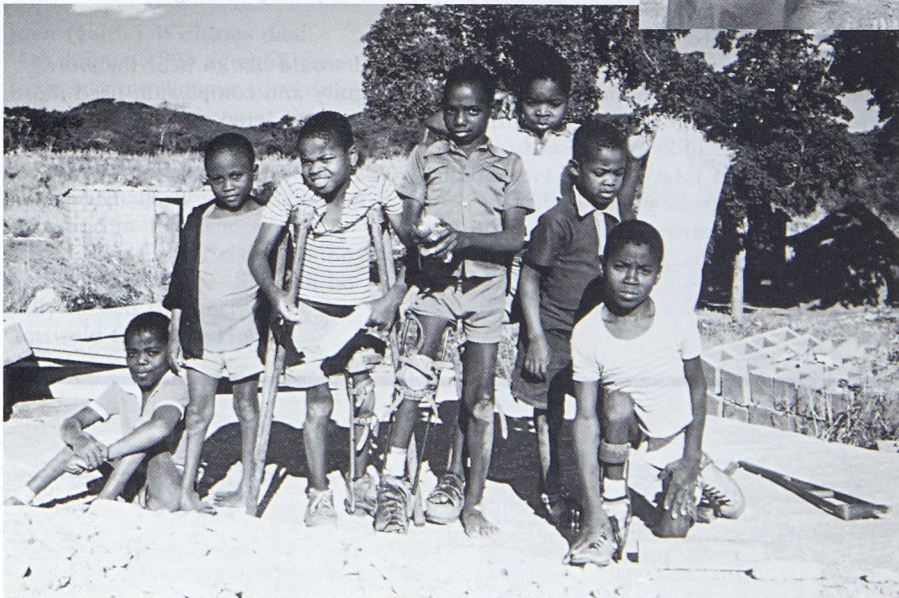
Awala on a slippery slope



Awala



Awala enjoying his exercises



Awala (on crutches) and some of the family at the Chipata, Cheshire Home

LOVING CARE

by Maureen Love

I seldom hear the words loving care, dignity and compassion and when talking of rights, this is sometimes reacted to with damnation and sarcasm. Being disabled and having to accept the daily embarrassment of an abled bodied person dealing with all personal aspects of living, should one be made to feel completely dehumanised?

CHOICE DENIED

Rights! What are rights? Freedom of choice? Whether to care or not to care? What is caring? How do you define caring whilst still allowing a person to remain an individual? A paralysed person is no less a human being than his able bodied friend yet the right to make his own decisions and the chance of choice can be taken away from him because of total confusion in the areas of caring and rights. A person who has taken their own medication in the community for years and then has the misfortune to go into residential care but is still capable of taking their own medication, finds this choice is not available to them so the privilege of independence goes flying through the window. This is a very complex area which needs to be debated on at length.

FACT OF LIFE

I have not mentioned the words disabled/handicapped up to now for we live in such an imperfect society one could say we are all disabled to a degree. In the vast areas of disability we must not lose sight of the fact that we are all individuals. In years gone by those who were handicapped were hidden away, unaccepted and shunned, as though shut away on a desert island and even now people find it difficult to cope when their neighbour or friend becomes sick or disabled; they don't know how to even talk to that person let alone deal with any personal care. I have seen disabled people shot down for trying to be independent. This is the most demoralising, dehumanising attitude to have towards ones fellow man. I may be disabled but I take pride in the fact that I do choose to be an individual. The matter of choice is a fact of life regardless of who we are. I recently attended the Foundation's conference in Stoneleigh where I was asked to participate but together with many others I was frustrated at the length of time given to individual discussion. One felt ones total point of view could not be given under such circumstances and, as with similar discussions, misunderstandings can arise.

APPRECIATION

It saddens me to hear Victorian attitudes in this day and age and I am beginning to wonder if I was born before my time. I have had forty years experience of being a medical guinea pig, I appreciate and acknowledge the respect and friendship I have received from nurses and doctors due, I feel, to my tolerance and perseverance of life with my particular complaint.

PERSONALITY CHANGE?

If the battery of a deaf person's hearing aid goes off in the middle of a conversation as often does happen, does that person's whole personality change because he can't hear? Does that person have to succumb to being thought non compos mentis in this situation. Or also because a person is in pain and cannot use their hands? Do you have to be parked in the wheelchair facing a brick wall while your pusher goes to the loo?

I would like to hear the words dignity and compassion used more often and acted upon with respect, but most of all, LOVING CARE is really what it is all about.

Obituaries

Florence Edith Pitman died 17th July 1986, aged 77 years. A resident of Seven Rivers. Sadly missed by residents and staff.

Mr. Donald Barclay Ruddick died at Greenhill House, Timsbury on 23rd July 1986 aged 69 years.

He had been a resident in the home for 10 years and is sadly missed by his family, resident and staff.

Mr Lionel Farris, a member of the Management Committee, Mickley Hall Cheshire Home, Sheffield, died on 20th September 1986. Mr. Farris had been connected with Sheffield Cheshire Home from the steering committee days in the sixties to the present time. He was Chairman of the home for many years, a former Lord Mayor of Sheffield and a Justice of the Peace, he also had many business interests in Sheffield.

Joan (Janie) Williams died 14th August 1986 aged 68 years. Janie was our longest surviving resident and had been at the home since November 1960. At one time she was a leading light in the craft room particularly with her basket work and in 1976 she won first prize in the Craft Section of the Andoversford Show. She will be sadly missed by everyone at the Cotswold Cheshire Home.



THE LADY IN GREY

I sat, looking down at the well of the stairs,
Nothing below but stacked tables and chairs.
Tired, I occasionally nodded my head
While waiting for someone to put me to bed.
The old house around me was quiet and still,
Not a creak from a beam, or a branch on a sill.
Suddenly, round me I felt it grow cold.
With a faint touch of damp, and an odour of mould,
Twas then she appeared on the bottommost stair,
A figure in grey, from her shoes to her hair
Clothed in the style of a time that was gone,
Her dress flecked with tiny red jewels that shone,
I watched as the steps she began to ascend,
Until hid by the lift at the second flights bend.
But, when at the stairhead she failed to appear,
My sense of foreboding then turned into fear,
The stairs were deserted, with nothing in sight,
For the lady had gone like a dream in the night;
For what I had seen at the close of that day
Was the ghost of Mote House, the lady in grey.

Brian Baldwin

Possum Controls Limited

Possum Controls Limited is a unique organisation, being totally owned by two British Charities—The Heinz & Anna Kroch Foundation and The Eleanor Hamilton Education Trust. The Company is involved with the development and production of equipment to help physically and mentally handicapped, deaf, blind and elderly people.

Any profits made by the company are ploughed back into research and development and back-up services, giving disabled people the opportunity to use the most modern technology available.

Availability

Certain items of Possum equipment are available through the D.H.S.S. in the U.K., namely the PSU3 Environmental Control and the GCT12 Scanning and Possum Expanded Keyboard (PEK) Typewriter Systems, to those who meet their criteria.

Other units in the range are frequently purchased by Social Services Departments, Health Authorities, Special Schools, Cheshire Homes, individuals and charitable organisations, etc., such as the Possum Trust.

Assistance Given

The Possum Trust is a new charity which was formed to assist in the supply of Possum equipment in the U.K. to those who need it, but are unable to obtain funding elsewhere.

The Role of Possum in the Field of Disability

Possum have a fully-trained professional team of assessors, which consists of qualified Occupational Therapists, Physiotherapists and others who have many years experience in dealing with disabled people of all ages. The Possum Assessors carry out many thousands of visits every year to people with various disabilities in hospitals, special schools, adult training centres and their own homes, etc., offering advice, assessments and demonstrations of our equipment.

The most important part of their job is to ensure that the equipment chosen is right for the individual. They are there to offer advice and guidance and to help the patient to choose a system which they need and will use. The Assessor spends some time with the disabled person, their carers and medical advisors to ascertain which Possum equipment, if any, would be the most beneficial.

Correct Selection

To allow the user to obtain as much independence as possible, it is crucial that the correct input (operating) switch is found. Some people prefer to use pneumatics (suck/puff), others their neck or head, and there are also finger switches, footskates, touch switches, tongue switches and so on.

The selection of the correct input is a very individual matter, depending not only on personal preference, but also the needs and ability of the user.

Wide Range

Possum Controls Limited has moved forward in leaps and bounds, both technically and professional, particularly in the last few years. We now have a very extensive range of equipment for disabled people of all ages, covering Environmental Controls, Typewriter Systems, Text Processors, Computers, Communicators, Page Turners, Rehabilitation & Learning Aids and more recently we have moved into the sensory-handicapped field and have added some exciting new products to our range to help blind and deaf people.

The owner Charities are anxious that all disabled people needing Possum equipment should have the chance to obtain it, hence the informing of professionals who help disabled people is vital to Possum's aims.

To arrange visits or to obtain further information, please contact: Mrs. E. J. Hains, Possum Controls Limited, Middlegreen Road, Langley, Slough, Berkshire, SL3 6DF, Telephone Slough (0753) 79234.



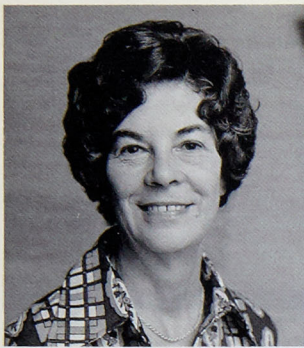
Shirley Martin using her Possum Expanded Keyboard (PEK) typewriter system



Irene Docherty using her Possum PSU3 environmental control system



Sandra Bradbury using Possum GCTW12 scanning typewriter system (with TCPL1/2 input control)



New Editor Kay Christiansen

I am proud and happy to be the new Editor of *The Cheshire Smile*, a bi-monthly magazine which will be distributed completely free to staff, volunteers, and residents of The Cheshire Foundation, both here and overseas.

NOT BORING

My aim is to make the magazine newsy, informative, interesting, readable—and sometimes controversial. Above all I shall try to represent all points of view however different.

RESPONSE FROM YOU

But no newspaper or magazine can possibly succeed in a vacuum, without a real and positive response from its readers—you—you—and you!

Use our columns to express your views and publicise your news. I want to hear from you in these ways:

With letters (no more than 200 words please)

Articles (average preferred length 500 words)

News reports from your Home or Family Support Service—human stories, triumphs and disasters, big events.

Ideas and suggestions for features.

Remember—old news is stale news. And stale news is dull, so please don't procrastinate and tell us about your Christmas party in March! Alert us to major events before the date so that we can try to arrange coverage.

And please remember **PHOTOGRAPHS**. Black and white prints if possible please, with captions attached.

TOP PRIORITY

A plea to Chairmen of Residents Committees. Please put *The Cheshire Smile* on your next agenda and make it a **PRIORITY** to appoint a member to be your *Cheshire Smile* reporter—responsible for collecting and sending short, factual items about the activities in your Home. Organisers—please appoint someone on your staff in a similar capacity.

Copies of the magazine will reach your Home or Family Support Service in bulk. Please don't let a pile moulder away in some obscure corner. See that everyone gets a copy and spread the word about *The Cheshire Foundation*—a growing charity with growing needs.

REMEMBER DEADLINE

Remember too, that the copy deadline is vital. (Last date possible for publication in the next issue).

For the first new issue of *The Cheshire Smile* the final copy date is 1 March 1987. Make a note—but get your contribution to us well before that if possible.

CONTINUING CONTACT

The address of *The Smile* is the same. *Cheshire Smile*, Le Court, Greatham, Liss, Hants GU33 6HL. Tel: Blackmoor (STD 04207) 263. I won't always be there and we don't have a staff, but the answering machine will be. Leave your name and number and I'll get back to you.

The *Cheshire Smile* can keep our great organisation together, learning from each other, understanding each other, united in a common aim.

But ONLY if you and you and you help by your interest and support.

I'm counting on you!

See you in June 1987

Creative Activity Contest 1986

The absence of Leonard Cheshire due to ill health, was deeply regretted by all who attended the prizegiving ceremony held at the Waterloo Suite, Royal Festival Hall, London, on the 29th October. A message of congratulations and encouragement from him was read by Sir Christopher Foxley Norris, who in his introductory remarks, thanked Mr. Gwyn Gwilym for once again sponsoring the Contest, and to the Judges whose difficult task it had been to judge the high standard of entries this year from 36 United Kingdom Homes and 18 Overseas Homes. On behalf of all present, Sir Christopher thanked Kay Christiansen for organising the Contest, her fifth and last as she is retiring from the Foundation at the end of this year.

A new award has been made by Mr. Roger De Grey and this year was won by Mr. John Stratton, Appley Cliff, Isle of Wight. Rosa Krepa presented Mr. Gwyn Gwilym with gifts and a cheque for £350 raised by St. Anthony's, in aid of the Koutoubia Cheshire Home, Marrakech, for which he has a continuing interest. A prize winner at

every Contest but attending for the first time, Phyllis Young, Le Court, presented Lady Wilson and Mrs. Sue Davies with gifts she had made. It was the wish of Muriel Prowse, a previous Contest winner from Douglas House, who recently died, that her shell craft entry should be presented to Lady Wilson.

Members of the International Office accepted the prizes on behalf of the winners from the Overseas Homes which were presented by Mr. Peter Rowley. Mr. Gwyn Gwilym presented the United Kingdom Homes Cup to Douglas House. This cup, in memory of George Shepherd, late of Douglas House, was received by Joan Hutchinson, Social Therapist, Douglas House.

Overseas Homes Cup was presented by Mr. Peter Rowley and was received by Sir Henry Marking, Chairman, International Committee, on behalf of Katpadi, India, the winners.

Mr. Gwyn Gwilym said he would be greatly honoured to sponsor the Contest for the sixth year and this announcement was greeted with loud appreciative applause.

Surveying the paintings.

For individual winners and runners up
SEE NEXT PAGES▶



PRIZEWINNERS and Merit Awards in the Creative Activity Contest 1986

Handicrafts judged by Mrs. Betty Collins, Mrs. Berenice Luetchford and Mrs. Veronica Thane-Pickering (Senior Tutors in Hand Crafts for the Disabled) and prizes presented by Mrs. Peter Rowley, wife of the Chairman.

HANDICRAFTS A:

| | | |
|-----------|--------------------|-----------------|
| 1st Prize | Elizabeth Thompson | Hovenden House |
| 2nd Prize | Charlie Hayward | Greenhill, Oxon |
| 3rd Prize | Phyllis Pocock | Coomb |

Highly Commended Certificates of Merit

| | | |
|----|-----------------|----------------|
| 1. | Robert Hunter | Spofforth Hall |
| 2. | Caroline Turner | Mickley Hall |
| 3. | Phyllis Young | Le Court |
| 4. | Eileen Warren | Chipstead Lake |

HANDICRAFTS B:

| | | |
|-----------|-----------------|----------------|
| 1st Prize | Ian Shorter | Chipstead Lake |
| 2nd Prize | Barry Cherryman | Hitchin, Herts |
| 3rd Prize | Gary Eastley | Chipstead Lake |

Highly Commended Certificates of Merit

| | | |
|----|-------------------|-----------------|
| 1. | Robin Harding | Greenhill, Avon |
| 2. | Charlie Grant | Mickley Hall |
| 3. | Matthew Humphries | Chipstead Lake |

HANDICRAFTS C:

| | | |
|-----------|--------------------|---------------|
| 1st Prize | Mary Brand | Mickley Hall |
| 2nd Prize | Alan Handford-Rice | Douglas House |
| 3rd Prize | Charles Ward | White Windows |

Highly Commended Certificates of Merit:

| | | |
|----|-----------------|---------------|
| 1. | Derek Macdonald | Eithinog |
| 2. | Mary Stiling | Douglas House |
| 3. | Sybil Tanner | Douglas House |
| 4. | Steve Rolfe | Douglas House |

Paintings judged and prizes presented by Mr. Roger De Grey, President, Royal Academy of Arts

PAINTINGS:

| | | |
|-----------|---------------|-----------------|
| 1st Prize | Pidge Hanley | Greenhill, Avon |
| 2nd Prize | Terry Eyden | Hutchings House |
| 3rd Prize | Timothy Downs | Chipstead Lake |

Highly Commended Certificates of Merit:

| | | |
|----|---------------|---------------|
| 1. | Rosa Krepa | St. Anthony's |
| 2. | Scott Barbour | Glamis House |
| 3. | Eileen Waters | Hovenden |
| 4. | Kathleen Hill | Dolywern |

*Special Prize John Stratton Appley Cliff

Presented by President of Royal Academy of Arts

Photography judged and prizes presented by Mrs. Sue Davies, Director of Photographers Gallery, London

PHOTOGRAPHY:

| | | |
|-----------|--------------|----------------|
| 1st Prize | Joseph Eyre | Hovenden |
| 2nd Prize | Gary Eastley | Chipstead Lake |
| 3rd Prize | David Barker | Heatherley |

Highly Commended Certificates of Merit:

| | | |
|----|-----------------|---------------|
| 1. | Janice Bass | Douglas House |
| 2. | David Johnson | Douglas House |
| 3. | Ian Ballard | St. Michael's |
| 4. | Margaret Peirce | Douglas House |

Literature (Poetry and Prose) judged and prizes presented by Lady Mary Wilson

LITERATURE—PROSE:

| | | |
|-----------|-------------------|----------------|
| 1st Prize | Brian Baldwin | Mote House |
| 2nd Prize | Marian Saunders | Douglas House |
| 3rd Prize | Christine Simpson | Chipstead Lake |

Highly Commended Certificates of Merit:

| | | |
|----|---------------|---------------|
| 1. | Steve Rolfe | Douglas House |
| 2. | Paul Rimbault | St. Michael's |
| 3. | Olga Wheeler | St. Teresa's |

LITERATURE—POETRY:

| | | |
|-----------|------------------|---------------------|
| 1st Prize | Stephen Williams | Greenhill, Timsbury |
| 2nd Prize | Berry Ramsden | Mote House |
| 3rd Prize | Liza Jack | Mayfield House |

Highly Commended Certificates of Merit:

| | | |
|----|-----------------|--------------|
| 1. | Joan Cameron | Seven Rivers |
| 2. | Dorothy Sorrell | Holehird |
| 3. | Peter Metcalfe | Holehird |

OVERSEAS AWARDS

HANDICRAFTS (Overseas)

| | | | |
|-----------|----------------------|-------------|---------------|
| 1st Prize | Wisma Cheshire Home | Joint Award | Jakarta |
| 2nd Prize | Harima Cheshire Home | | Harima, Japan |
| 3rd Prize | Hiroki Kishimoto | | Harima, Japan |

Highly Commended Certificates of Merit:

| | | |
|----|--------------------|--------------------------------|
| 1. | Johan Jacobus Tait | Queensburgh, S. Africa |
| 2. | Kiyo Tamagawa | Hanshin, Japan |
| 3. | Soh Hee Leng | Sarawak Cheshire Home, Kuching |

PAINTINGS (Overseas)

| | | |
|-----------|----------------|-------------------|
| 1st Prize | Suwan Rasa | Rangsit, Thailand |
| 2nd Prize | Krishnan Kutty | Trivandrum, India |
| 3rd Prize | Philip Brown | Obioma, Africa |

Highly Commended Certificates of Merit:

| | | |
|----|----------------|------------------|
| 1. | R. Sivaprakasm | Katpadi, India |
| 2. | Teh Siew Kiew | Penang, Malaysia |
| 3. | Winnie Weoa | Papua New Guinea |

PHOTOGRAPHY (Overseas)

| | | |
|-----------|---------------------------------|-----------------------------|
| 1st Prize | Ermelinda Goncalves De Oliveira | Lao Sao Jose, Brazil |
| 2nd Prize | Hidehisa Shimoda | Harima Cheshire Home, Japan |
| 3rd Prize | Jayson Chan | Singapore |

Highly Commended Certificates of Merit:

| | | |
|----|---------------------------------|----------------------|
| 1. | Eiana Gomes Barbosa | Lao Sao Jose, Brazil |
| 2. | Darci Minelli Da Silva | Lao Sao Jose, Brazil |
| 3. | Ermelinda Goncalves De Oliveira | Sao Jose, Brazil |



1 Terry Eyden, of Hutchings House, Cheshire Home, Hillingdon, Middx, beside his painting 'The Flat' which won 2nd prize. At right, Terry's mother.

2 Lady Wilson, presenting Berry Ramsden of Mote House Cheshire Home, Maidstone, receiving second prize for her poem 'Jane' from Lady Wilson.

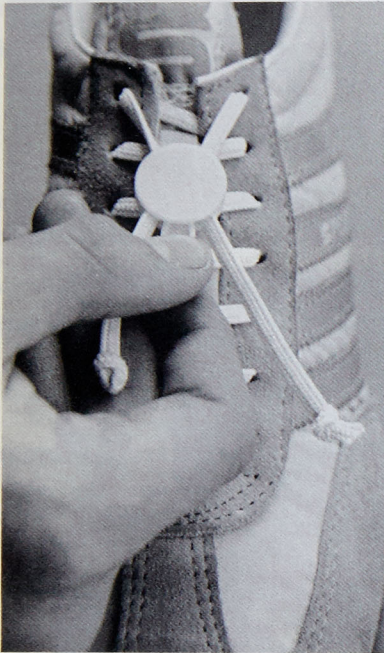
3 Mary Brand of Mickley Hall Cheshire Home receiving first prize for her woodland scene (Handicrafts C) from Mrs. Peter Rowley, wife of The Chairman of the Foundation.

4 Pidge Hanley, with her prize winning painting, pictured with her mother and brother.

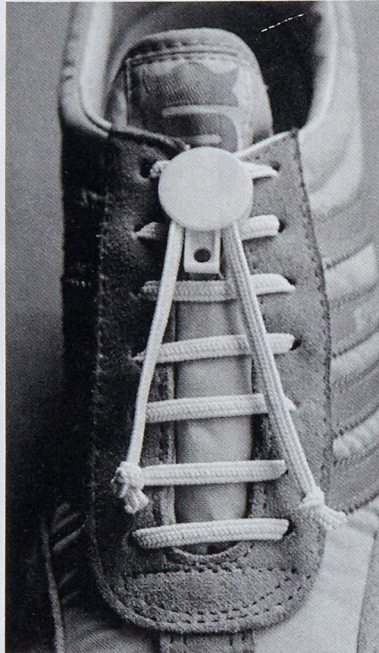
5 John Stratton, resident of Appley Cliffe, Isle of Wight, pictured here with Mr. Roger de Grey, President of the Royal Academy of Arts, receiving the President's Special Prize for his oil painting. John is paralysed and paints with a brush in his mouth.

NEW PRODUCTS

LACE-N-LOCK



The Lace-n-Lock is easily loosened by pulling the slide



The Lace-n-Lock sits neatly on the shoe

LACE'N LOCK

A unique new lacing device has recently been introduced to this country from America which everyone connected with physically and mentally handicapped people will be pleased to know about.

It's called Lace-N-Lock and it's basically a way of securing laces with one or two hands. The Lace-N-Lock device helps add to the independence of physically or mentally handicapped people.

Once locked the laces will not work lose. The locks are made of durable plastic so they are tough and very hardwearing. Lace-N-Lock comes supplied with two extra length stretch laces.

At present this device is available only from Lace-N-Lock through direct mail. It costs £2.50 including postage and packing and comes in a choice of eight colours.

Mail order from: The Lace-N-Lock Co., Downalong, Bushey Heath, Herts WD2 1HZ, Telephone 01 487 3487.

NIGHT COMPANION

The Listening **Night Companion** is a convenience/courtesy light designed as an Aid to the handicapped, the elderly and inform, and is particularly helpful to those whose movements are restricted.

The unit is designed to fit any standard type bayonet fitting and will accept lamps up to 100 watts.

When switched normally, it operates normally. When switched in a pre-determined sequence the UNIT is controlled by (a) a LIGHT SENSOR which inhibits the operation of the unit during the hours of daylight and (b) a SOUND SENSOR which during dim or darkened light conditions, causes the light to illuminate ONLY in response to SOUNDS; ie SOUNDS of COMMAND by voice or by other means, such as tapping, rattling of keys, clapping of hands etc or SOUNDS created by other means, eg unauthorised entry, breaking of glass etc. Once activated the light will remain switched on for approximately 3 minutes and then switch off automatically. The unit will then re-arm and will respond to the next sound. It is expected that Night Companion will retail at under £20 inclusive.

For further information contact: Manor Protection Products, Arndale House, 19 High Street, Maltby, Rotherham. S66 8LQ.

NEW PRODUCTS

BATH LIFT

The AQUATEC BATH LIFT is a portable bath lift powered by mains water pressure.

It has been designed for use in both hospitals and nursing homes and by individuals in their own homes.

It is ideally suited for use by ambulant and semi-ambulant people who experience difficulty in getting both into and out of a bath. The AQUATEC BATH LIFT is also suitable for people in wheelchairs who are able to move themselves sideways.

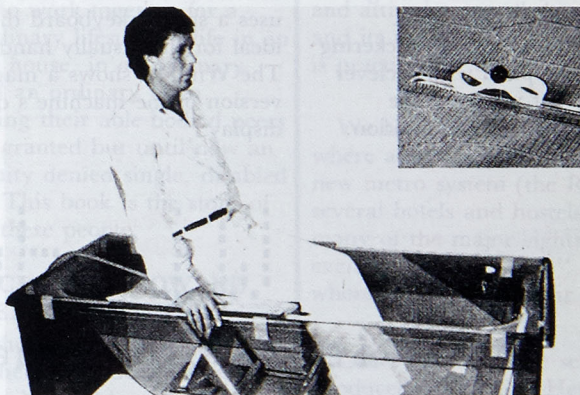
The AQUATEC BATH LIFT is connected to the water supply by means of a standard washing machine tap which is supplied with the lift. The tubing can usually be tucked away so it is not a potential hazard to be tripped over.

The bath is filled with water in the normal way, simple movement of a lever situated in the seat raises the AQUATEC BATH LIFT level with the top of the bath side as water from the mains fills a tough nylon bag situated beneath the seat. Hinged flaps automatically operate to cover the gap between the seat and the bath side making it possible for the individual to slide themselves over onto the seat if they are unable to sit directly onto it.

The AQUATEC MINOR is covered with a durable, non slip covermat which is easily removed and is machine washable.

This highly reliable sturdily built piece of apparatus fits into most standard baths, is very simple to install and requires no major structural alterations to the bathroom.

After swinging their legs over the side of the bath a second movement of the lever gently lowers the person into the water.



When bathing is finished another move of the lever will raise the AQUATEC BATH LIFT to the top of the bath and from this sitting position once again the individual can swing their legs over the edge of the bath and onto the floor.

Further details about the AQUATEC BATH LIFT are available from Fittleworth Medical Limited, FREEPOST, Pulborough, West Sussex, RH20 1ZA.

PUBLICATIONS

KNOW YOUR RIGHTS!

The 11th edition of the **DISABILITY RIGHTS HANDBOOK** gives practical and comprehensive guidance on finding a way through the jungle of social security benefits and other help available to people with disabilities. A full index makes it easy for someone to check that they are getting all the help they are entitled to.

Wealth of Experience

The **HANDBOOK** is based on the extensive experience of the Disability Alliance's welfare rights service. It passes on the wealth of their experience in an easily understandable form.

Proposals Outlined

The **DISABILITY RIGHTS HANDBOOK** covers the whole range of social security benefits, not just the key disability benefits. It also outlines the proposals included in the 1986 Social Security Bill: in particular, the extension of Invalid Care Allowance to married women and the £45 million worth of cutbacks to the Industrial Injuries Scheme.

Valuable Information

The **HANDBOOK** is packed full of information and practical tips, not just on social security matters, but also on income tax, preventing and coping with debt problems, housing repairs, home improvement grants, homelessness and community care services.

The **DISABILITY RIGHTS HANDBOOK**—11th edition—price £2.60 post free is available from: **THE DISABILITY ALLIANCE ERA, 25 DENMARK STREET, LONDON WC2H 8NJ.**

TWO BOOKS BY DISABLED PEOPLE

Publication of two books by a group of disabled people. **"ONE STEP ON"** and **"SOURCE BOOK TOWARDS INDEPENDENT LIVING"**.

"ONE STEP ON"

In Summer 1979 a small group of young disabled people living in a Residential Home—Le Court—decided to work together for a more ordinary lifestyle: a life in an ordinary house, in an ordinary street, in an ordinary town. (Something their able-bodied peers take for granted but until now an opportunity denied single, disabled people.) This book is the story of three of these people.

"SOURCE BOOK TOWARD INDEPENDENT LIVING"

During the course of the journey toward their individual solutions the group learned lots of lessons. Not surprisingly they want to share these with their fellows who might be thinking of doing something similar.

The "Source Book" is a collection of advice, suggestions, references and, hopefully, similarly helpful hints and comments that can be used as an indication of steps toward a more self-directed life style.

This is a totally unique venture which demonstrates what can be done when disabled people work together.

For further information contact **HAMPSHIRE CENTRE FOR INDEPENDENT LIVING, Co-ordinator Richard Rowe, 39 Queens Street, Petersfield, Hants GU32 3BB, Telephone 0730 68208.**

ACCESS IN PARIS

The recently published **Access Guide to Paris** contains an enormous amount of practical information. There are 112 pages.

It was researched by groups including disabled people, and almost every entry in it has been walked into or wheeled over by a survey team. Access barriers such as steps, distances, door widths and attitudes are all described—and it's up to users to decide what is practical for them.

We have highlighted the places where access is good, including the new metro system (the RER), several hotels and hostels and many of the major sights. There is even a "good loo map" showing where the 22 wheelchair loos are.

Other guides in the series produced by Pauline Hephaistos Survey Projects are:

- Access in London
- Access in Jersey
- Access in the Loire
- Access in Brittany
- Access at the Channel Ports
- Access in Israel.

Israel, the Channel Ports and Jersey are currently being updated.

All are available free of charge, although we ask for a contribution of £2/£3 per copy to help with postage survey and printing costs (the London Guide is in fact published by Nicholson's and is available in bookshops at £2.25 per copy).

The Guidebooks are available from **PHSP, 39 Bradley Gardens, West Ealing, London, W13 8HE.**

NOTICES



PARK HOUSE SANDRINGHAM

Park House is due to open for the Introductory Period on 28th February 1987 and to the public at large on 1st April. Bookings are now being taken up till 31st December 1987. Copies of the Park House brochure have been distributed to all Cheshire Homes and Family Support Services. Any resident, Family Support user or member of staff who would like further information or copies of the brochure should write or telephone to the Director's Office, Park House, Sandringham, King's Lynn, Norfolk PE35 6EH, telephone Dersingham (0485) 43000.

ANNUAL CONFERENCE 1987

The Annual Conference will be held at Stoneleigh on Saturday, 18 July 1987. Please note that this is later than usual, partly to enable some people to attend who have not been able to in previous years.

Please enter this date in your diaries now so that we may have a good attendance next year. Nearer the date we shall be writing to you asking for proposals and comments with a view to formulating next year's programme.

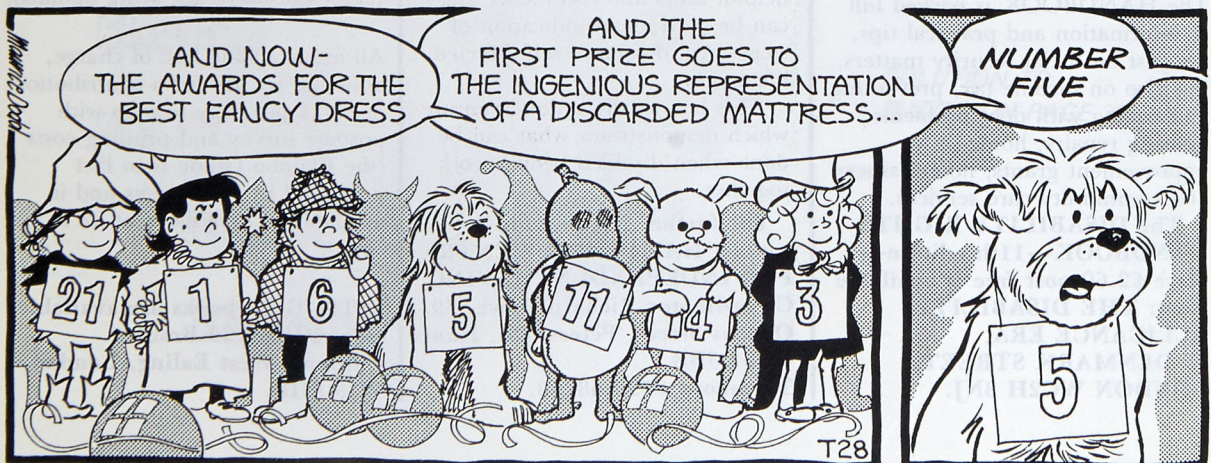
We look forward to seeing you there.

Simon Hardwick, General Secretary

A video completed locally by Ronel Video Productions and Promotions on behalf of St. Theresa's Cheshire Home of a recent parachute jump staged to raise money for the Home is now available at a cost of £10.50, £2 of which goes to St Theresa's. P&p: £1.00.

They can be ordered from the Administrator, Mrs. Meg Ostler, St Theresa Cheshire Home, Long Rock, Penzance, Cornwall.

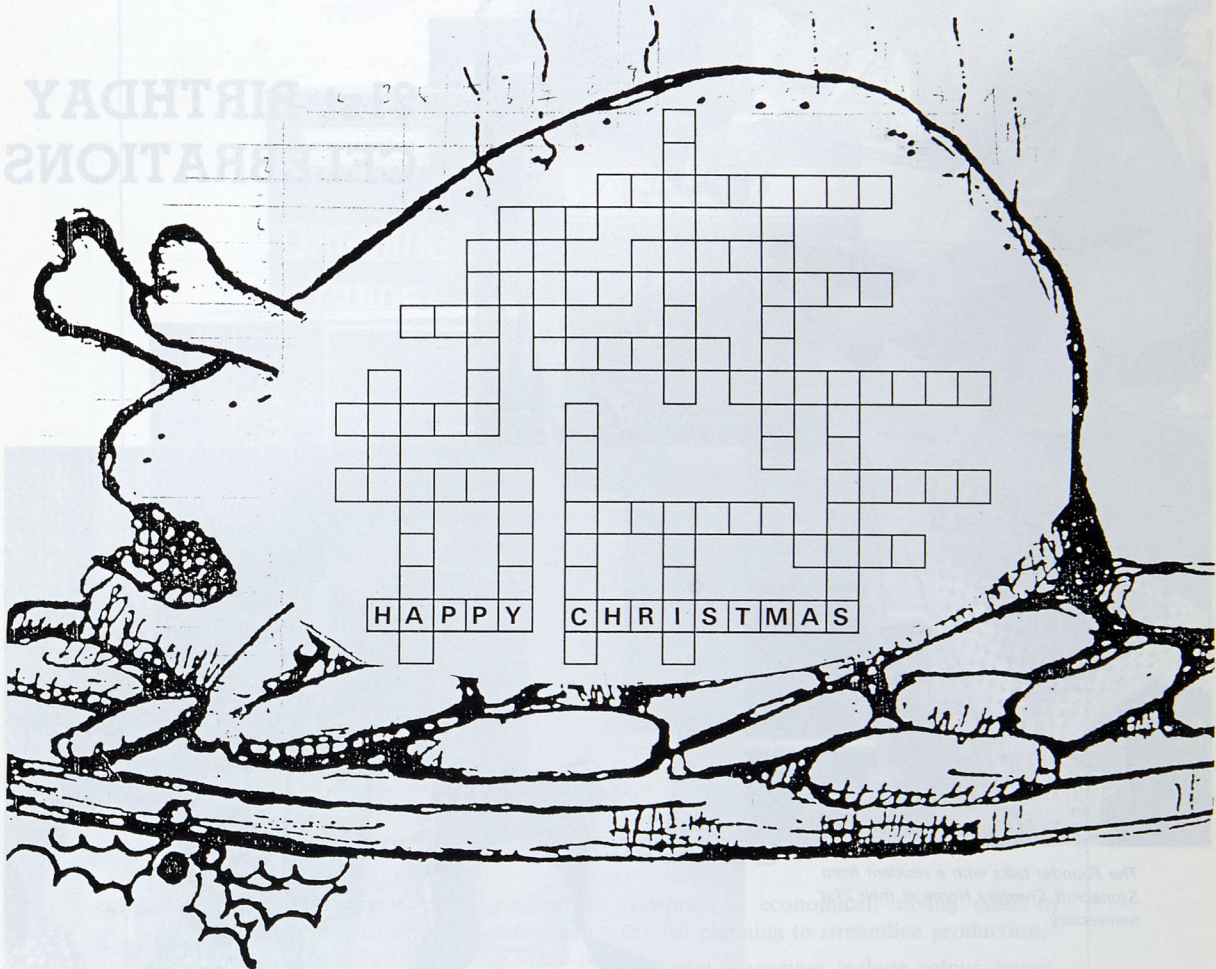
Acknowledgements and thanks to Maurice Dodd and to the "Daily Mirror" for their kind permission, and copyright, to reproduce The Perishers cartoon.



★ PUZZLE TIME ★

JIG WORD PUZZLE

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



LETTER CLUES

- | | | | |
|---------|----------|-----------|--------|
| 3 | 4 | 5 | 6 |
| ICE | BELL | CARDS | APPLES |
| POP | TREE | CAROL | CHURCH |
| | WISH | DENIM | SMILES |
| | | GIFTS | UNWRAP |
| | | HOLLY | |
| | | PARTY | |
| | | PEALS | |
| 7 | 8 | 9 | |
| PUDDING | CRACKERS | MINCEPIES | |
| | RUMPUNCH | MISTLETOE | |
| | STOCKING | PANTOMIME | |

SOLUTION ON PAGE 36

Puzzle by Barbara Raven





The Founder talks with a resident from Stonecroft Cheshire Home at their 21st anniversary.

Stonecroft Cheshire Home

21st BIRTHDAY CELEBRATIONS



The Founder helps to cut a cake celebrating Stonecroft Cheshire Home's 21st anniversary.

SALES & MART

Brown Batri Car, in good condition with hood, lights and own charger. Does not need tax or insurance. Can be used on road or footpaths. £350 o.n.o.

S. G. Norris, 8 Gricens Road, Eynsham, Oxford OX8 1NG or telephone Oxford 882474.

Carters electric chair, 3 years old, was £880 when new has since had kerb climbers added at an extra cost of £100. Two speeds, two 12v batteries. Will sell for £500. Buyer collects.

Mrs. E. Shaw, Murray House, St. Cuthberts Avenue, Blackhill, Consett, Co Durham DH8 0LT.

Batric Wheelchair in immaculate condition. Cost £1,750 new, will accept £975 o.n.o.

Mrs. Penney, 41 Knighton Heath Road, Bear Cross, Bournemouth, Telephone Bournemouth 576750.



GOOD-BYE TO AUTUMN

The soft gentle rain of September
that sparkles like diamonds
on newly-made spiders' webs
and October winds
that lament around the Castle Dromore!

The tall trees whispering
their soft good-byes to each other
as their leaves of red, green and gold
fall to the ground
like confetti round our feet.

Our Autumn sunshine
keeps the butterflies near
kissing flowers to let us see their beautiful wings
perfumed with scent.

The rustle of leaves like soft tissue paper
as Autumn folds her wings asleep.

by Mollie Chapman

The Grove, Norwich

Make yourself comfortable with Tendercare

If it's difficult for you to sleep or rest properly, contact Tendercare. We are the bed specialists and our wide range of models provide support and comfort to overcome problems.

They can help you get in and out of bed more easily - particularly with the aid of our leg lift. And when you're either in bed or sitting in a chair, Tendercare Comfort Padding products provide a springy softness and guard against soreness.

Please send for details of all our products.



Mattress and wood surround supplied

- Beds
- Padding
- Pillows
- Waterproof sheeting
- Leg lift
- Bed lift
- Bed table
- Day chair
- Work chair
- Wheelchair cushion
- Jay cushion

To: Tendercare Products, FREEPOST, Horsham, West Sussex RH13 8ZB Telephone (0903) 892825

I'd like more information about the products I've ticked above

Mr/Mrs/Ms _____

Address _____

CS

Phone No. _____

DIRECTORY 1986

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: J. Treadingham, MBE, DL

Trustees: Peter Allott; E. L. Archer, OBE, DSO, AFC, JP; Mr. R. C. (Bob) Balfour; Dr. F. Beswick; Group Capt. G. L. Cheshire, VC, OM, DSO, DFC; Mrs. Diana Cottingham; Mrs. Susan Evershed; Mrs. P. K. Farrell, OBE, JP; His Honour Judge Hilary Gosling; 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; Miss Muriel Taylor; J. Threadingham, MBE, DL; J. V. Tindal; H. Turner; R. B. Weatherstone;

Director: Arthur L. Bennett; General Secretary: Simon Hardwick; Asst. Treasurer: Rita Belletty; Personnel Adviser: Molly Roe. Homes Planning Officer: Keith Cook, Family Support Service Adviser, 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:

Robert Naylor, 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), Brian Foster (Scotland and North-East), Bob Hopkinson (North-West), Sue Langdown (East Midlands), Harry Lowden (West Midlands)

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 Merceich

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 and Headquarters, Cavendish, Suffolk, CO10 8AY.

Founder: Lady Ryder of Warsaw, CMG, OBE

Chairman: Mr C. J. B. Priest

Honorary Councilors: Group Captain

G. L. Cheshire, VC, OM, DSO, DFC; Mr D. Cross, Mr H. Inman, CBE, Mr R. I. Johnson, Mr W. L. Morris, Lady Ryder of Warsaw, CMG, OBE, Mrs M. Smith, JP, Mr John L. Stevenson, FCS, ACIS, FTII.

The Sue Ryder Foundation was established by Lady Ryder during the Post War Years, after she had been doing social relief work on the continent. Its purpose was, and is, the relief of suffering on a wide scale by means of personal service, helping the needy and the sick and disabled everywhere, irrespective of race, religion or age, and thus serving as a *Living Memorial* to all those who suffered or died in the two World Wars and to those who undergo persecution or die in defence of human values today. In addition to its work in Britain, the Foundation also works in several countries overseas. The Sue Ryder Homes care for the sick, the physically handicapped, the elderly, and those suffering from cancer and other malignant diseases. Domiciliary care teams also operate from some homes.

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.