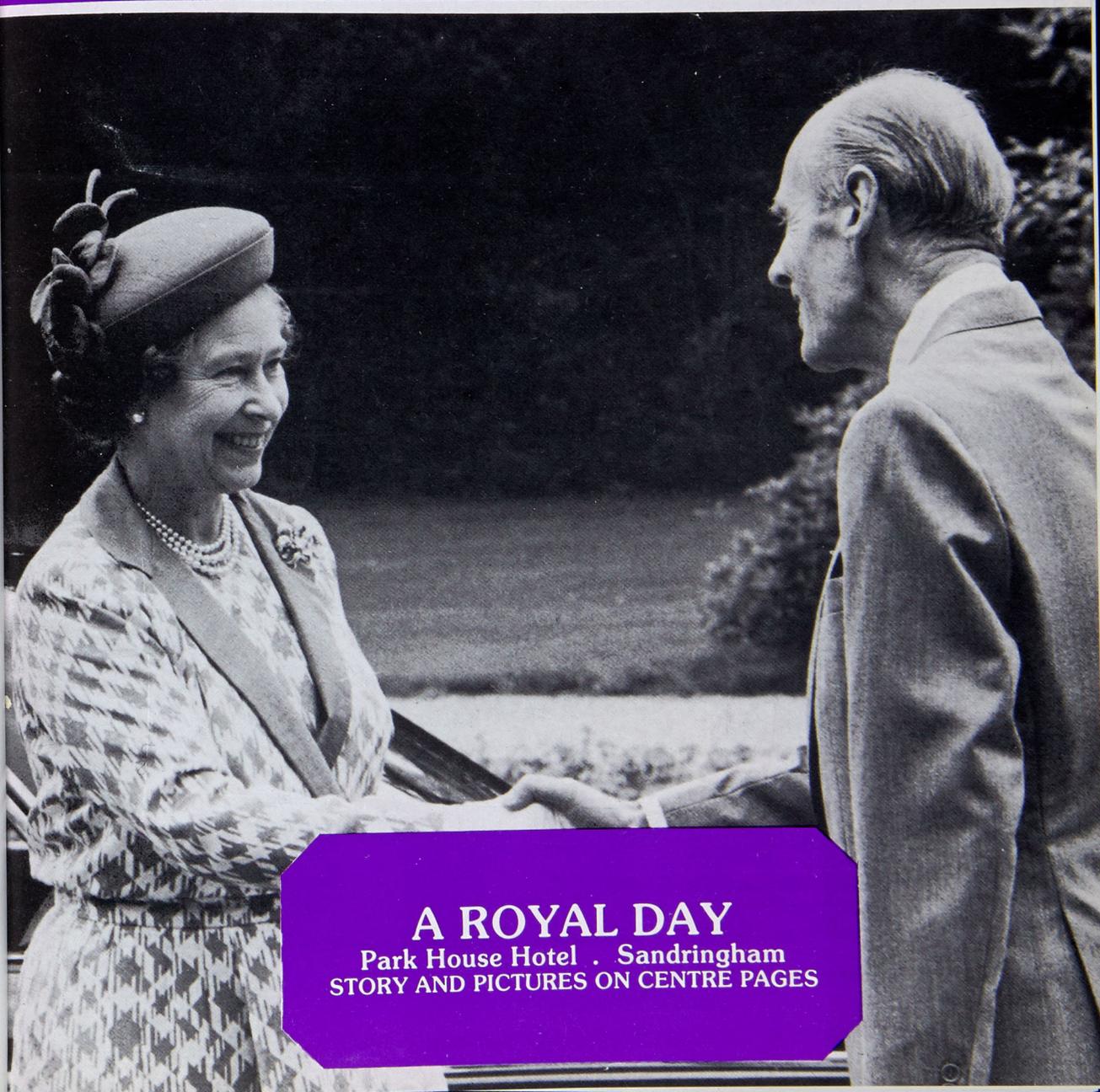


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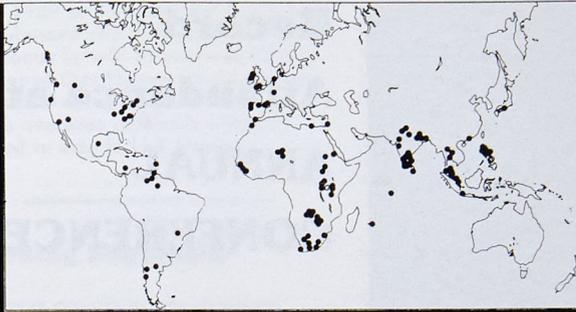
smile

Magazine of the Leonard Cheshire Homes Around the World — October 1987



A ROYAL DAY

Park House Hotel . Sandringham
STORY AND PICTURES ON CENTRE PAGES



CHESHIRE smile

Founded 1954 Magazine of the Leonard Cheshire Homes Around the World — October 1987

Cheshire Smile is published six times a year – on or about the first day of FEB/APR/JUN/AUG/OCT/DEC.

Contributions are welcome and should be in the form of articles of not more than 500 words or letters not exceeding 200 words.

Contributions intended for a specified issue may be accepted provided that space is available. Such material must reach the Editor's office at least TEN WEEKS preceding the publication date of the issue.

The right is reserved to reject, shorten or clarify any material submitted at the discretion of the Editor whose decision is final, and no correspondence can be entered into concerning it.

Opinions expressed in articles do not necessarily reflect the official view of The Leonard Cheshire Foundation. Advertising inquiries should be addressed to John Anderson (Production Editor). See page 23.

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Philip Smith, Foundation new trustee.

Mr Philip Smith, a 49 year old developer, of Holtye, Near Hartfield, Sussex who was until recently, Chairman of Nicholas House, London.

He first became interested in Leonard Cheshire's work in 1957 and has worked closely with Tower Hamlets authorities serving on a working party to establish a policy for mental care in the area. Married with three sons.



Mrs Helen Smith, Foundation new trustee.

Mrs Helen Smith who is a doctor's wife, of Preston, Lancs. One-time medical social worker and assistant almoner, her connection with the Foundation began with Oaklands Cheshire Home as a member of the Steering Committee, and founder member of the Management Committee.

She has been a member of the Preston District Health Authority since 1981. She has two daughters and one son.

THE FOUNDATION APPOINTS TWO NEW TRUSTEES



The Founder with Edwina Currie.

Mr Peter Rowley, Chairman of the Foundation, opened the conference by stating that the Foundation was the biggest and most effective voluntary organisation in the world caring for severely disabled people. The year under review had been extremely successful. Income exceeded expenditure by £5 million. Of this, £1 million was in Central Office funds and the remaining £4 million was spread around the Homes. Central Office would spend their funds on further improvements and on the expansion of Family Support Services. He hoped the income held by Homes would also be spent to further benefit disabled people and strongly recommended that those in old, unsuitable buildings should consider re-building from scratch as the benefits were enormous.

Peter Rowley and Ethnea Rowley in conversation with Major-General Virendra Singh and International Director Ronald Travers.



Record Attendance at ANNUAL CONFERENCE

A record attendance of over 500 delegates from sixty-five Cheshire Homes and fourteen Family Support Services highlighted the rapid expansion and growing importance of The Cheshire Foundation's world-wide work for disabled people when it held its Annual Conference at Stoneleigh Agricultural Centre, Warwick, on Saturday, July 18th.

The International Scene

Mr Ronald Travers, International Director, said that there were now 150 Cheshire Homes in 41 countries throughout the world, and it should be realised that we were now one solid Foundation, each a part of the other.

In the U K, Homes strove to improve standards, but in overseas Homes, particularly in the developing world, it was often a question of survival and when poverty was rife, hard to think in such terms. Yet even in conditions of poverty it was possible and necessary to maintain the dignity of the individual.

The need for money was very great. A small Foundation grant enabled the London office to be maintained, and modest grants in emergencies to be made to overseas Homes. However, almost all the money needed had to be raised by voluntary effort. Government grants were extremely rare. Difficulties were increasing as more and more expatriates associated with the Homes were moving out, taking with them the contacts and expertise needed, and leaving the indigenous population to try and cope with limited resources.

International was striving to institute training programmes in five regions to promote maximum self-help wherever possible, but money and other outside help was still urgently needed. He asked U K Homes for continuing support, however small. "For example, woollen goods and even balls of wool for knitting would be of enormous help in clothing the children and babies of Ethiopia", he said.

In 1989 an International Conference was planned and this will be of enormous benefit to overseas Homes. He hoped that Homes would sponsor individual delegates and that once again overseas residents would be invited to stay in U K Homes.

Working Regionally

Progress reports on the methods, effects and benefits of working regionally were then outlined by **Mr Len Archer**, Foundation Trustee (East Region); **Frances Hopwood**, Le Court (Southern Region); **Dr Bill Beswick**, Foundation Trustee (North West Region); **Mr John Shepherd**, Spofforth Hall (Yorkshire Region).

Homes, Services and the Community

The conference theme of Homes, Services and the Community was then introduced by **Brigadier John Regan**, Head of Home, Le Court, and delegates split into five discussion groups as follows:

1. **The relationship between Family Support Services, Homes and the Community;**
2. **Using Community Services;**
3. **The use and care of volunteers;**
4. **Homes' contributions to the Community;**
5. **Fund raising and funding.**

Spokesmen were then asked to report back to the conference with four points distilled from the discussion. These points will be circulated to all Homes in due course for further consideration.

Edwina Currie - Guest Speaker

Highlight of the afternoon session was an address by Mrs Edwina Currie, Parliamentary Under Secretary of State for Health.

Mrs Currie stressed that disabled people were not in a special category. First and foremost they were people with needs, rights and obligations, who were both valuable and valued as part of the whole community. The elderly should also not be put into a special compartment. Four hundred years ago, she, at 41, would have been considered old. Today, 60 was not old and those of greater years still had a contribution to make and were needed by society.



At left, Roland Langley, Organiser of The Founder's 70th birthday book, talking with Sir Henry Marking, Chairman of the International Committee.

Emphasis should be put on what disabled and elderly people could do - not on what they could not do, and it was essential that choices should be available to them.

The Government was firmly committed to community care. It was aware that most people would prefer to remain in their own homes with the proper back-up. This was not, however, a cheap option as many people imagined, and if it was to be provided then it had to be in a cost-effective way. More information was needed about the needs and conditions of disabled people if wise and appropriate decisions were to be reached, and several review bodies were currently investigating. Their findings would be available in 1988.

Caring for elderly and disabled people in Britain was very much a three-way partnership between Government, statutory authorities and the voluntary sector. Good co-operation was vital for success. Central government provided the cash but it was the statutory services and the voluntary sector who provided the facilities.

She felt that very often the voluntary sector did things rather better. They were innovative and seemed to work best when they did not imitate what the statutory services provided.

(Cont. on page 6) →



Edwina Currie with old friends from Newlands House, Netherseal, in her constituency. Back: Helen Birchenough, Head of Home Robert Leader, Wendy Spridgeon. Front: Freda Elliff and Peter Mould.

"I sometimes think you do it best when you think they are doing it all wrong," she said, amid laughter. "However, it is close co-operation and effective partnership which we believe to be the right way ahead."

A number of questions from the floor were posed to Mrs Currie and in answering them she gave the assurance that they would all be 'taken aboard' for consideration in future planning.

The Founder makes a plea:

Can We Help the Old Disabled?

In his closing speech the Founder, Group Captain Leonard Cheshire, made a moving appeal to Cheshire Homes to give consideration to finding a way of providing residential facilities for the growing number of old, heavily disabled people who were not being catered for.

Forty years ago he had started to provide for the young disabled who at that time had little alternative but a geriatric ward. Much more was being done for this group today and it was now clear to him from the growing and constant burden of applications that it was the older, heavily disabled person who was being penalised and in a deprived situation

"I know very well the implications of Homes taking too many old residents, but I hope so much that a way can be found to respond to this very great need. We must all give it very great thought," he said.

Annual General Meeting Opens Its Doors

For the first time in its history, The Cheshire Foundation opened its Annual General Meeting, held on Friday, July 17th at Stoneleigh Agricultural Centre, to delegates from the conference (in a non-voting capacity.)

Over 100 people attended. After formal business was completed and fourteen retiring trustees re-elected, Mr Bruce Weatherstone, Chairman of the Trustees' Care Committee, explained the Foundation's policies:

He said that the Foundation was similar to a limited company, and its objectives represented the overwhelming views of its Trustees. The Homes were in the position of acting as agents for the Trustees in implementing them. The Foundation's Handbooks of Care made its policies abundantly clear and all were committed to them. The means of ensuring that these were executed was by the work of Area Team Managers, appointed by the Foundation and responsible for the work of a series of Care Advisers, each allocated a number of Homes. Assessment of progress was through regular Care Reviews. Representatives from all sides sat down together and examined in detail the lives of the residents to determine where strengths and weaknesses lay. In this way it was possible to see if objectives were being dealt with and at the next meeting to see how far these had succeeded.

An increasing number of residents were now participating totally in decision-making within their Homes, but there were still Homes who only paid lip-service to this declared objective, sometimes admitting residents to only part of a management committee meeting on grounds of 'confidentiality'. To say that residents were not capable of sharing a confidence or of making their contribution because of a physical disability was to insult them.

Speaking instead of **Mr Dennis Greig**, Chairman of the F and G P Committee, **Mr Jack Threadingham** said that a great deal of money would have to be spent on twelve Homes still below the standards set by the Foundation and required by registration authorities. It was vital that Homes and Family Support Services informed the Foundation of loan requirements so that financial forecasts could be made accurately. It had been hoped that FSS's would eventually become self-supporting but this was not proving to be the case.



Edwina Currie arrives at the conference. At left, Peter Rowley, Chairman, and Arthur Bennett, Director.

Send your problems to: Sue Langdown
c/o Cheshire Smile, Arnold House,
66 The Ridgeway, ENFIELD, EN2 8JA

All correspondence will be treated as completely confidential and no correspondent will be named unless he or she wishes to be.

Although replies to letters not selected for publication cannot be answered by her personally, she will refer these to the appropriate Care Adviser, but only if so requested.

SHARE YOUR PROBLEMS with Sue Langdown



I have been a Resident in a Cheshire Home for some years now. I am quite happy and have friends in the Home, but would like to broaden my horizons and get to know more people outside the Home. I would also like to belong to some helping group, or make some contribution to our local community, but don't know how to go about it.

Answer: I was very pleased to receive your letter, as I know that many disabled people are reluctant to suggest themselves for community service. Space does not allow a very full reply, but here are a few ideas –

You could apply to your local Volunteer Bureau, Council of Social Service or Citizens Advice Bureau. There are many tasks for which volunteers are needed, such as sitting with a housebound person, writing letters, reading, etc.

Primary Schools are often very glad to have a regular "listener" to hear children read, or to read stories to the infant classes.

Local branches of charitable organisations are always on the look out for new members, particularly those who could be available during the day for administrative tasks, making and receiving 'phone calls, etc.

You could always start your own branch of some charity close to your heart – Guide Dogs for the Blind, etc.

For those who would enjoy service with a strong social element, try Lions International (for men) W.I. or Townswomens Guild (for ladies). These organisations are totally free of any membership restrictions.

Alternatively, some Residents are ideally suited for the special skills needed for work with The Samaritans, Marriage Guidance, or SPOD (sexual counselling).

Details of all these groups may be found in local libraries, or from Citizens Advice Bureaux.

Three years ago, I qualified for the Certificate in Social Service, through the Leonard Cheshire Foundation. I returned to the Home where I had been a Care Assistant, and although I am very happy here, I would like a job of greater responsibility. I saw my real career steps as Head of Care, then Head of Home, but understand that the Heads of Care Posts are reserved for trained Nurses. I am reluctant to leave the Foundation, but feel that this may be the only course of action in order to move into management.

Answer: It is true that the majority of Heads of Care do hold Nursing qualifications. This reflects in part, the wish of some Residents and Management Committees to feel secure about the availability of Nursing type care, and in part the requirements of the registering authorities, particularly when Dual, or Nursing Home registration is involved.

However, your qualification is recognised as one that is particularly suitable for Head of Home, and if you are inclined towards a Management Career, it is towards these posts that you should look.

Unfortunately, there are few Homes with a career structure which includes a Deputy Head of Home. I would suggest that you discuss your particular goals with your present Head of Home, as well as your Home's Care Adviser.

Some Homes are reviewing their staffing structures and it is hoped that opportunities in the future will exist for ambitious C.S.S. holders, not just in management, but as Senior practitioners, complementing the care role of Heads of Care.

I have to be hoisted for all lifting purposes. Staff in my Home say it is very difficult if I wear knickers and so I have stopped wearing them. I don't like this at all; is there any way round the problem?

Answer: To the uninitiated, this situation at first sight may seem outrageous. However, those with experience in the personal care field will know that unfortunately there is not an easy way round this sensitive problem, even when all concerned are fully aware of how it must deeply affect the personal dignity of the individual. Nevertheless, don't despair. I am sure that persistence can result in a solution.

On your behalf I have been in touch with the Disabled Living Foundation and am advised that there are a number of garments designed especially for this purpose. Their Specialist Clothing Adviser will be pleased to supply you with information if you contact her at the following address:
380-384 Harrow Road, LONDON
W9 2HU Tel: 01-289 6111

Also the Cheshire Foundation's own Rehabilitation Advisers have already come up with some very novel, individually designed solutions and the Adviser for your Home would be pleased to call on you and your Home's O.T. (if you have one) to discuss your particular needs. This applies equally to men and women of course.

A further cause for optimism is that on a recent shopping expedition I did note in one or two popular High St stores a number of high fashion garments that might well be adapted very well indeed to wheelchair and hoist use – worth a look when you are next out shopping.

Inspiring ways for



'What's Cooking?'

Ann Macfarlane has been severely disabled with rheumatoid arthritis since the age of four. So she knows very well the problems that would-be cooks with a handicap encounter in the kitchen.

In her book 'Are You Cooking Comfortably?', sponsored by British Gas for Arthritis Care, (Price £2.95 from most bookshops) she provides a series of practical recipes, making use of convenience foods and including as many short cuts as possible.

Below we give suggestions from her book for a delicious and trouble-free dinner.

Tomato and Cucumber Soup

- 1 can condensed tomato soup
- 1 can water
- ¼ cucumber, peeled and diced

Put all ingredients in a saucepan and heat slowly. Simmer until cucumber is very soft. May be served hot or chilled.

Beef and Apricot Curry

- 1 oz butter or margarine
- 1 large chopped onion
- 1 clove garlic (crushed)
- 1 tablespoon flour
- 1 tablespoon curry powder
- 1 large can stewed steak
- 1 medium can apricot halves in natural juice (reserve the juice).

Melt fat, fry onion with garlic till golden brown, stir in flour and curry powder, cook for one minute. Add stewed steak and juice from apricots. Bring to the boil, and simmer, covered, in saucepan for 15-20 minutes. Add apricots, return to the boil. Season to taste. Serve on bed of hot rice with side dishes (e.g. chopped banana, onion, dried fruit, coconut, chutney).

Serves 2-4. Cooking time 25-30 minutes

Quick Banana Custard

- 2 bananas
- lemon juice
- 15oz can custard
- chocolate flake

Peel and slice bananas. Add lemon juice to prevent browning and mix with custard. Divide between two glasses, decorate with chocolate flake and chill.

Serves 2.

Joan Hutchinson here describes "creative watching" and "creative thinking" techniques she has used with residents at Douglas House.

"There are hundreds of exciting art, craft and hobbies books that therapists can call upon for ideas, but few that can give practical, individually tailored advice that can lead to an expression of creativity for the most severely disabled person. To illustrate one category - let us take 'Fred', permanently supine, with grossly restricted movement and communication problems. Someone perhaps that even the all-powerful microchip has failed (so far) to help.

"This sort of problem can defeat even the most resourceful and energetic therapist. How can the glossy illustrations of 'Things to Make and Do' relate to Fred - with whom (despite your most heroic efforts) you can only share kindly eye contact and tender loving care? Because of the daunting nature of Fred's handicaps, he will be seen by some to have reached his personal 'achievement plateau', and he may be deprived therefore of that precious need to express himself more fully, even if that expression emanates only from his eyes.

"Fred may appear to have reached his 'achievement plateau' for several reasons. He may have been discouraged by past failures; his helpers may not have been imaginative enough, or, most important of all, Fred may have been robbed of the basic human need to 'strive' because of that very benevolence with which a caring society seeks to surround the disadvantaged.

"One of the answers to all those potential barriers to stimulation may lie in two things - observation and experiment.

"I knew a Fred many years ago and I saw that his greatest pleasure was derived from watching nature programmes on T.V., so I organised a visit from a local exotic pet enthusiast (a serving detective, as it happens). He would bring to the Home, on a regular basis, a different exciting creature for Fred to see at close hand. A tiny green tree frog one week, a red kneed tarantula the next, but it was Herman, the hermit crab, that really made Fred's eyes light up. His bed rocked as he eagerly awaited Herman's tentative emergence from his mobile home, and watching him gave him a whole new interest in life.

"Eventually Fred acquired a small collection of interesting pets. A glass container (placed where he could view it easily) finally became a temporary home for a hermit crab that was his very own.

"This simple activity which we shared together brought Fred into contact with many more people who wanted to show him their own exotic creatures, and the increased contact undoubtedly kept a few more brain cells firing as well as improving Fred's quality of life.

profoundly disabled people

by Joan Hutchinson

Freda, however, though profoundly disabled, can speak easily and has a mind bursting with ideas for articles, poems and stories, but she has no way to express herself in the written word (even with the aid of the most tactilely sensitive tape recorder or computer), so day after day she lies back weakly on her pillow, unhappy and frustrated.

"The therapist, through regular sessions, can encourage Freda to use the people around her to 'jot down' on her behalf any ideas for a story or article that she may have. It need only be a sentence, and idea, but when the therapist returns, the thought will not be forgotten – it is there, in writing – something for them both to work upon in regular sessions as the story builds up. When each session is concluded, the therapist leaves Freda with some 'homework', e.g. 'Think about what your character Lizzie looks like. Picture her in your mind – hair colour, build . . . speech, clothes – ask the next person you see to jot down those thoughts – and we'll work on that in the next session.'

"Gradually an item of several hundred words will evolve, all arrived at by a process of stimulating

Freda to THINK creatively. The therapist must never lose an opportunity to make Freda search her own mind for the more appropriate word, the clearer description, the powerful image. The therapist must write everything down, read it back, argue about it – but at all times, what emerges must arise from Freda's own creativity.

"In an ideal situation, Freda's story should see the light of day through a house magazine, (everyone gains from this activity) – but if there is no magazine, everything should be kept in a folder so that this can be perused by other people, and will therefore be the subject of recognition and discussion.

"Most of us need some TANGIBLE expression of our own ability to create something personal to ourselves. For the profoundly disabled, this need may be even more pronounced. It is up to us to try and find ways to help them to succeed, so that they can aspire to their own 'achievement plateau', bearing in mind all the time that most people can always go 'a bit further' than they think they can."



A literary session. Far left Jo Wagstaff, Leslie Cawsey, Joan Hutchinson, Marion Saunders.

Needs of disabled ignored due to cutbacks

TORBAY FAMILY SUPPORT SERVICE reports . . .

Laurette Ackland, Organiser of the Torbay Family Support Service, here describes a situation which is far from uncommon among The Foundation's Family Support Services – a refusal by Area Health and Social Services to increase funding to meet the needs of existing clients and permit expansion, while also cutting back on their own inadequate Home Care Services to disabled people in the community:-



“When Torbay Family Support Service started four and a half years ago, its intention was never more than to supplement the existing services for mentally and physically handicapped people, or families with a handicapped member, living in their own homes.

“We aimed to provide our clients with the option of staying at home by providing part time care at the right time of the day.

“Although we are under the aegis of The Cheshire Foundation, finance has been provided by a mix of joint funding from Area Health and Social Services, together with the contributions from clients, donations and fund raising.

“A continuous dialogue has been maintained with the two authorities who have always been kept well informed of our activities and our obvious lack of resources to meet the needs of disabled people in Torbay, Newton Abbot and Totnes.

“Yet adequate funding has never been provided, due, we were told, to their own lack of resources.

“Our clients, therefore, only have received very basic essential help – i.e. washing/dressing, toilet requirements and assistance with feeding.

“WE ARE BEING FORCED TO IGNORE THE NEEDS OF THE DISABLED WITHIN OUR COMMUNITY.”

The result is that very few of the regular Carers (usually relatives) have been able to enjoy more than a few hours total relief each week.

“The whole essence of Family Support is that handicapped people do not require nursing as they are not sick, but do require the choice of when and how they get up. Care Attendants were specially trained to cope with the needs of the disabled and, until cutbacks, were able to spend the proper time with each individual case.

“Our concern now is not only a £14,000 shortfall in our required budget, but the real lack of the right sort of provision for disabled people in the community. It simply doesn't make economic sense to have a District Nurse called in to help with routine requirements of disabled clients when she is already overstretched with urgent nursing caseloads. In any case Devon County Council Home Care Services simply cannot

provide our existing clients with the necessary daily care at the times required, and their staff have not been trained adequately to cope with their special needs.

District Nurses must give priority to urgent sick cases and this could mean that a young paraplegic would be forced to wait nearly all morning for assistance to get out of bed. Soul destroying. Thus without Family Support, residential care becomes the only alternative.

“Last year Area and Social Services promised to review the situation. After a delay of some months we have been informed not to expect additional funding, and therefore not to accept any further referrals. Furthermore we have been told to reduce the number of care hours we are giving at present by half. No other agency has been deputed to take on these responsibilities. Despite pleading letters from us to the Joint Funding Authorities, they remain adamant.

“Torbay Family Support Service asks: what is Community Care? What would be the choice of one multiple sclerosis client of ours – the regular one-and-a-half hours a DAY from family support to wash and dress her and assist with other personal needs, or Devon County Council Home Care which was this week reduced to exactly one-and-three-quarter hours a WEEK?”

“Without additional funding Torbay FSS cannot even maintain its now reduced level of care, and tragically there are no realistic plans for any other agency to take the responsibility on board, nor can the staff be trained to cope for some foreseeable time.

The Queen Opens “Transformed” Park House Hotel on Sandringham Estate

Five years of faith, meticulous planning, extensive fund-raising and sheer hard work by both paid and voluntary workers reached a triumphant conclusion on Friday, July 31st when The Queen, who is Patron of The Leonard Cheshire Foundation, came to Park House, Sandringham, to open it officially as a country hotel for disabled people.

Speaking with the Architect, Mr C Wycliffe Noble, in the hall of the hotel, Her Majesty summed it all up as she glanced round and commented: “What an amazing transformation!”

In 1982, the house, formerly the childhood home of The Princess of Wales, was an empty mansion, surrounded by dense shrubbery. Today, with its immaculately clipped lawns, flower beds bright with a multitude of variegated bedding plants, and its light, comfortable interior fitted with every possible adaptation for the comfort of disabled guests, it has been given a completely new lease of life. Small wonder that two hundred and thirty visitors assembled for the opening felt proud of their connection with this unique enterprise which can truly be regarded as the jewel in the crown of The Cheshire Foundation.

A relaxed tour of the gardens, The Queen with The Founder and Mr Peter Rowley, Chairman of The Foundation, Far right, Mr Dennis Maiden, Chairman of the Management Committee.



PARK HOUSE HOTEL

The Queen talks to Mr Edward Footring, who led the Park House fund-raising appeal. At right, Mr Dennis Maiden, Chairman of Management Committee, Mr Arthur Bennett, Director of the Foundation. At left, Mr C Wycliffe Noble, Architect, and Mrs Scilla Landale, secretary of Management Committee.

The Queen was greeted by The Founder and by Mr Peter Rowley, Chairman of The Foundation. She then met Mr Dennis Maiden, Chairman of The Park House Management Committee, Mr Arthur Bennett, Director of The Foundation, Mr Edward Footring, whose massive fund-raising effort achieved the extraordinary target of £1,500,000; Mr Tony Kendall, the hotel's manager, and Mrs Scilla Landale, Secretary of the Management Committee.

After this, she signed the Visitors' Book and went in to the main lounge where she was introduced to other members of the Management Committee.

Then she was escorted to the main downstairs bedroom where she talked with Miss Olive Jarrett from Horsham, there on a week's holiday. "Are you having a good time? Isn't it wonderful here?" she asked, and, gesturing at the extensive terrace which runs the length of the house, she added "It's all changed now. None of this was here before."



On then to the sun lounge where furniture and umbrellas were provided for the staff. Mr Ronald Bish from Weymouth was at the hotel for a week with his family, having a superb time, but he was not wearing his naval badge on his blazer and Royal Navy?" Mr Bish explained that he had been in the Royal Navy for many years as a wireless telegraphist at Chatham.

The Queen also chatted with other members of whom are known to have visited the Estate. Mrs Marjorie Ackland, a former Chef, was recognised. Her mother-in-law, Princess Diana's parents, were also at the House. "This house was where I often played here because of the many distinctions. We were so proud of it. It is wonderful to see it empty. It is wonderful to see it empty. It is wonderful to see it empty."

The Queen then strolled along the path into a great marquee where she was presented with the official plaque.

Group Captain Chesham was thanking all those involved in the hard work and dedication. He was privileged to be there at the new and very special venue, The Queen's generous offer of the project that had evoked donations only in the British Home Counties, Australia, Thailand and India.

*(Below Left)
The Queen chatting with Mrs Margare Hubbard, disabled wife of Mr Eric Hubbard, standing. At left, Mr Chris Gurney. Both men are members of the Park House Management Committee.*



...with its gay garden
 ...to meet other guests and
 ...ro Witham, Essex who was
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"When I first came through the doors of the house, I had a special feeling which was much the same as I experienced when I started Le Court - that I was back at the beginning and that a whole new future lay ahead," he said.

Turning to the Queen, he added "Sandringham has a unique place in the heart of the nation, ma'am. It is looked upon as the home of our Royal Family and we feel that we are now part of Sandringham and proud to be here at your invitation."

Mr Edward Footring then presented The Queen with a magnificent leather bound volume containing the names of 500 donors who so generously contributed money, equipment or services. The superb calligraphic writing was by Mr John Smith of King's Lynn. He also gave her the first of a limited edition Park House Commemorative Plate.

PARK HOUSE HOTEL

The Queen leaves the marquee with The Founder (right) and Mr Dennis Maiden in attendance. At rear, left, Mr Robert Fellowes, The Queen's Private Secretary. At right, Mr Julian Loyd, Sandringham Estate Manager, and member of the Park House Management Committee.



(Below)
 Sir Edmund Grove is presented to The Queen

(Below Right)
 The Queen receives a posy of flowers from hotel guest Miss Dorothy Hoyland.



PARADE
HOUSE
HOTEL



The Queen with a group of guests – Founder at right.



Some familiar faces! The Queen meets Diana Hartwell, chef, with assistant chefs, right to left, Mandy Matthews, Jeanette Stone and Marjorie MacDonald.



A group of Care Assistants wave farewell to The Queen.



International News

Edited by Lynette Learoyd
Secretary to International Director
Ronald Travers



SOUTH AFRICA

Sporting Triumphs

Patrick Ryan, Dennis Magennis and Paul Vorster, residents of the **Queensborough** Home in Durban, South Africa, have been involved in athletics for only eight months. Yet, when the South African championships for the disabled were held in Pretoria in March this year, they achieved a fantastic 10 medals between them. Patrick received three gold medals, having broken two South African records for his efforts in the discus and club throwing events, and setting a new world record for shotput. Dennis broke South African records in four events – club, javelin, shotput and discus – and received four gold medals. Paul also received three gold medals after breaking South African records for shotput, kickball and medicine ball – in addition he received a silver medal for beanbag throwing, and a bronze medal for club throwing.

Apart from their own efforts, those of their coach, Denny Schoeman, who helped them through long hours of training, contributed much to their success.

Remarkable Achievement

Friday Mavuso, Chairman of the Steering Committee working towards establishing a Cheshire Home in **Soweto**, recently called in to Maunsel Street on his way home after a fund-raising visit to America. Friday, who became paraplegic after being wounded by a drunken policeman's bullet, left hospital with no prospect of a job, a scanty disability allowance, and a wife and family to care for.

Against all the odds, and together with seven others in the same dire position, he founded SHAP (Self Help Association of Paraplegics). Their approach was that they were not an unemployment problem, but an unused labour resource; a survey of over 100 paraplegics in Soweto, undertaken by

Friday himself, having revealed that they were all aged 20 to 35, unemployed, dependent on handouts and living in overcrowded housing with no access to transport.

The original 30 members worked for six months for no wages in order to build up the project's viability. Their commitment involved waiting at 5 a.m. in the bitter cold of winter on the streets of Soweto for the SHAP bus . . . the lights of the centre burning late into the night as they waited for a lull in township unrest to return home in relative safety. Today – four years later – 80 people are employed in SHAP's factory, doing simple packaging, electrical assembly, manufacture of protective clothing and repair of cameras and calculators – yielding an income for SHAP to develop its service programme, providing the employees with dignity and an income, and proving in practice to commerce and industry that paraplegics can be excellent employees – given the chance.

Over 400 disabled people have applied to participate in the activities of the SHAP centre, and it is now planned to extend its facilities to help these people help themselves.

SPAIN

Group Captain Cheshire visited Spain during June, where he visited the new Home at **Tarragona**, built by the Catalan Government who asked the Barcelona Committee to run it, having previously invited several organisations to apply for the contract. The 15 residents living there at present are extremely happy with their surroundings – the modern complex should eventually accommodate 50 people.

The Group Captain also saw the Bonanova Home in **Barcelona**, and met many friends from the other Homes in the city, as well as a party from **Valencia**.

PORTUGAL

Our best wishes go to Carlos and Diana Alberto who were married on 24th February. Carlos is a resident, and Diana a Care Assistant in the **Lisbon** Home. A civil ceremony took place at the Home with everyone present. This was followed by a church ceremony and a buffet dinner.



Carlos and Diana Alberto's wedding ceremony. At right are Ian Crocker, Chairman of the Management Committee and Rosemary Leitao, Chairman of House Committee.

MOROCCO

During May Sir Henry Marking visited the Foyer Koutoubia in **Marrakech**, where he spent a good deal of time at the Home, meeting the two US Peace Corps Volunteers who run the Home, as well as Aziz Addi, a Moroccan who, it is planned, will take over in 1988 as Director. There are 24 residents – boys who come for varying periods, spend week-ends with their families, and after rehabilitation treatment (sometimes lasting many months), return home. The small boys are given basic education at the Home, while the older boys go to school.

ETHIOPIA

Ronald Travers visited Ethiopia in April, where he saw all four Foundation projects and the two joint projects of the Leonard Cheshire Foundation and the Sue Ryder Foundation. The **Menagesha** Home near **Addis Ababa** has had a great deal of structural work and decoration done, and the farm has really taken off, with a dairy herd producing 100 litres of milk each day. A large flock of sheep and about 50 goats, as well as the vegetables and sweetcorn grown by Ato Negussie, a young agriculturalist, and sold in the city, all help to generate an excellent income for the Home.

At the **Ghessa** Home, two of the residents have been trained to work in the orthopaedic workshop, and they look after all the children's braces and shoes. Again, a good-sized garden makes the Home self-sufficient for vegetables.

At **Assella** there are a large number of orphans in addition to the disabled children, and a farm project is planned for the older boys, who receive training in woodwork, weaving and machine knitting.

The **Asmara** Clinic now has a Dutch volunteer physiotherapist, George Sindram, in post, and activity has increased under his supervision. The clinic receives excellent support in the town, and building is underway on a dormitory and ablution block.

The joint project of the Leonard Cheshire Foundation and the Sue Ryder Foundation in **Addis Ababa** is highly successful. New Buildings for the feeding programme, given by the Dutch Government, facilitate efficiency, so much so that it is held as a model for such projects and is on the list of the VIP's who visit Ethiopia.

The rehabilitation centre is being built and will accommodate 40 children, providing for them from first diagnosis to their final rehabilitation with their families.

U.S.A.

In May Ronald Travers visited the U.S.A. where he attended a meeting of the US Board in Washington. In addition to the new Chairman, Tom Deniston, the new Secretary of the Board is Joe Reap, who was the first resident of the Polly Morrison Cheshire Home in Arlington, in 1981.

The steering group in **Philadelphia** is working enthusiastically, has already received a \$492,000 grant, and will in time accommodate 11 or 12 people in its planned Unit. In **Gulfport, Mississippi** six people have moved from the original Home into supervised apartments. The waiting list has 100 people on it, and it is hoped to acquire some land next door to build for those who need no supervision, but need access to Cheshire I for their daily living activity. The Home has an outreach programme and 40 people come into the Home to receive its services.

In the two New Jersey Homes the residents' leisure and educational opportunities include riding, painting and sculpture. Fourteen residents have gained their General Education Diploma since they moved into the Home.

Adieux and Welcomes

Our grateful thanks go to George Fellendorf, who has retired as Chairman of the US Board, for his generous service during the past two years. George has become a member of the Steering Committee in **Fairfax, Northern Virginia**, which is working towards establishing a Home for the Head Injured. We are pleased to welcome the new Chairman, Tom Deniston, who is paraplegic and a former air pilot and Vietnam war veteran.

Sharon Gronet, first Director of Madison Cheshire Home, New Jersey, has left to become Executive Director at Eastern Star Nursing Homes in Bridgewater, N.J. We wish Sharon every success in her new post, and extend good wishes to H. Bradley Katz, the new Director.

INDIA – SOUTHERN REGION

Fundraising efforts are being made by the **Mangalore** Home for re-decoration and by the **Coimbatore** Home for constructing another block owing to the demand for admissions to the Home. The **Trivandrum** Home has now received recognition from the Government of Kerala for granting per capita monthly maintenance for the residents, which should be most helpful. It is proposed to augment the Home's income by providing the residents with work, including garment making, tailoring and embroidery.

The Home in **Maruter** now treats children who have polio on a day care basis only; funds may be sought from government to establish the centre as a residential Home to give continuing care. The **Madurai** Home hopes soon to start benefiting from its coconut plantation to provide an income.

In the **Covelong, Madras** Home a donated motorised sewing machine is being put to good use by a resident who is a retired tailor and who is showing the other residents the tricks of the trade. The extension of the Home at **Manapakkam** in Madras itself cares for 14 boys, most of whom are multiply handicapped or mentally handicapped. They work at pasting covers and threading shoe uppers to bring in an income, and the Rural Services Centre helps with the cultivation of bananas, ladies' fingers and bitter gourd, used for the Home's consumption, as well as for sale.

PAPUA NEW GUINEA

The Home is still experiencing financial difficulties, and continues to seek funds; a welcome grant received recently from the States of Jersey Overseas Aid Committee will help towards purchasing a new bus. Students from the National High School have volunteered to brighten up the children's dormitories with paintings of animals and other attractive themes.

UGANDA

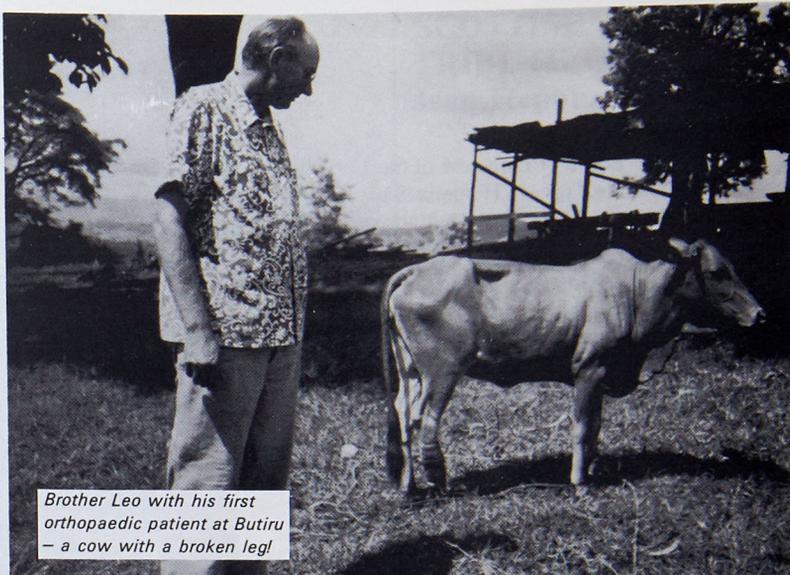
Shortly before her sudden death Denise Tabernacle, our overseas representative, made a short visit to see how the Homes were getting on in Uganda, where things are still very unsettled politically and economically. The Home in **Kampala** needs staff accommodation for the Administrator to enable her to give full-time attention to the residents, and much assistance with equipment and medical supplies.

At **Nkokonjeru** Provident Home, which is ably run by Sister Ann Sylvia, building of an extension for 10 more residents has started.

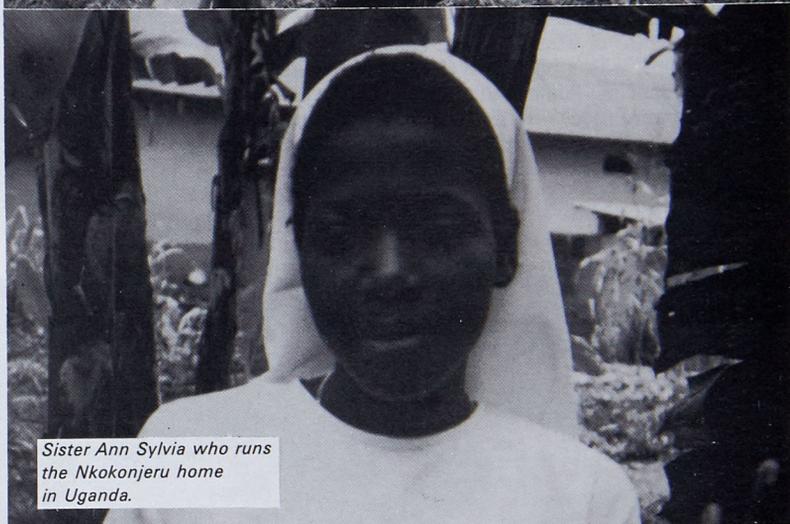
The Home at **Butiru** is being run by Brother Leo, in the absence of Fr Vergeer for a year on long leave, and Brother Leo is doing an excellent job making orthopaedic aids and equipment. A cow was the first patient and used up nearly all the supplies of plaster! A brief visit was made to **Soroti** Blind School (for children) where the situation is still tense, and only a handful of the 87 pupils had returned from the holidays.

The **Madera** Providence Home is run by Sister Camilla, who has created a happy home for the elderly residents. The **Budaka** Home has problems with water supplies and containers, and now that the Kumi Hospital is out of action due to the fighting, there are difficulties with the supply of calipers, and surgery for the girls.

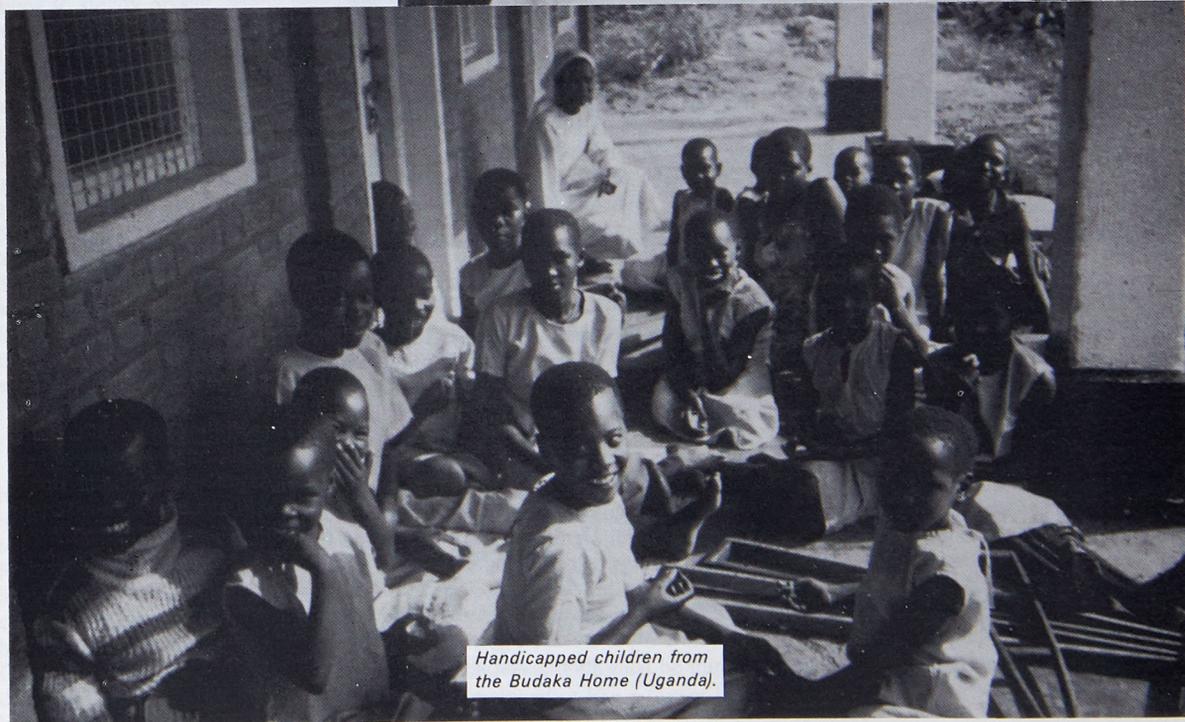
At the **Buluba** Home the elderly men residents gave Denise a delightful choral welcome, and this was one Home which did not have any problems.



Brother Leo with his first orthopaedic patient at Butiru — a cow with a broken leg!



Sister Ann Sylvia who runs the Nkokonjeru home in Uganda.



Handicapped children from the Budaka Home (Uganda).

BRAZIL

The new Board of Directors of the **Lar São José de Jaguare Home** in São Paulo took office with a general meeting recently. At the same time, the British Consul General in São Paulo, Terrance Steggle, made the official presentation of three new wheelchairs received by the Home from The Cheshire Foundation in London. The wheelchairs had been held up in Customs for months, so the suspense and anticipation waiting and hoping for them was almost unbearable.

One of the first occasions to make use of the new chairs, which are much more convenient for the residents, was an outing to a São João festa junina. This is a typical folk festival held in the depths of winter close to the June solstice, with a big fire, typical foods and dancing. Almost all the games of skill were tried, with an amazing number of prizes carried away and vast quantities of churrasco consumed.



Cheshire Home, Sao Paulo. British Consul General Terrance Steggle presents a Cheshire Home T-shirt to Ermelinda Gonçalves de Oliveira as part of the ceremony of presentation of new wheelchairs.



Residents and Directors of the Sao Paulo Cheshire Home (Lar Sao Jose Jaguare) gather around the conference table at the annual meeting at the Home.

Sudden death of Denise Tabernacle M.B.E.

It is with very great sadness that we record the sudden death of Denise Tabernacle on July 21st 1987. She became ill while in the office and was rushed to hospital suffering from a massive brain hemorrhage. She was put on a life support machine, but did not regain consciousness. Denise was due to receive the M.B.E. from the Queen on July 28th – a week after her death. This was awarded to her in the New Year's Honours List for her services to nursing and welfare service, Ghana. Denise had worked for the Foundation International since 1962, doing invaluable service for handicapped people in many difficult and dangerous outposts of the world. She was about to retire, but was planning to continue undertaking occasional assignments. She was valued greatly and will be missed sorely.

WORKING TOWARDS INDEPENDENCE

by Pam Phillips

Pam Phillips was born with cerebral palsy and is severely handicapped. She lives in Guildford with her elderly mother and does voluntary work for Hydon Hill Cheshire Home, Near Godalming, who describe her as a 'super person'. Here Pam tells how she has acquired "The Independence Habit".



Pam Phillips, an independent spirit.

"The older I become, the more I realise the need for physical independence. I know that financial independence, by means of holding a paid job down, is for me unattainable. So is mobility because I cannot use public transport. Nor does my disability allow me to drive a car. One friend described my lack of driving ability by quoting the slogan KEEP DEATH OFF THE ROAD!

"However, I feel sure that physical independence is within my grasp. Those who do not know me very well will find this difficult to believe. I stagger along holding on to every available stable object when I am indoors. Outdoors I push a wheelchair along to steady myself. Many people have expressed the opinion that I should sit in the wheelchair for good and not attempt to walk. I do not agree with this view. Pushing an empty wheelchair along may look daft, but the exercise it gives my leg muscles must be good for me, or anyone else with the same physical problems. Sure, I have fallen more times than I have had hot dinners, but it is silly to be afraid of falling when the average young child learning to walk falls every few steps without serious mishap. So why should the mature adult have any fear of falling?

"My hands are none to steady. But in recent years I have learnt to make tea by pouring boiling water on to the tea bag in the tea pot, a difficult task for unsteady hands. I can pour the tea into a cup, adding milk from a jug. My cookery skills extend to buttering bread. I use sliced bread or rolls. Cutting cheese, which again is quite difficult, is something that I have lately mastered. I put a cloth over the

sharp end of the knife. I then press down on it. In this way there is no fear of cutting myself. Salads are quite easy to make and very nutritional as long as they are washed carefully beforehand. When cooking a meal, I use the grill for various kinds of both meat and fish. So far I have never burnt myself on the grill, although I know that microwave ovens are recommended to the physically disabled. In fact a burn can be obtained more easily from a kettle than a grill. For vegetables, I use the frozen variety. I cannot peel potatoes, so I bake them. Baked potatoes have more nutritional value than chips or roasted potatoes. I am quite able to make a ham sandwich or spread jam on bread. So you see that even if I was left alone I would not be hungry!

"A few years ago I spent a week in an independence flat. There I did as much for myself as I could, knowing that there were people nearby whose help I could call on at any time. They made a fuss of me and gave me more help than I really needed. I wish I could repeat the experience without so much help. However, I do appreciate that it was given with the best of intentions. I enjoyed shopping for myself best. I left the wheelchair by the supermarket pay desk, grabbed a trolley and did my shopping. Having paid for the goods I transferred them to my chair and walked out of the shop.

"Back home, I have learnt to Hoover. It is a hard job but I manage it. I have difficulties getting in and out of the bath, and I still cannot cut my own nails. Changing a bed is also something I must master. For the independence habit must be nurtured and developed or like a flower it will wither and perish."

SCOTTISH TRIBUTE TO Jean Hepburn M.B.E.

Staff and residents of **Glamis House, Glenrothes, Fife**, sprang a surprise party for **Mrs Jean Hepburn**, who retired as chairman following the Home's Annual General Meeting.

First, she was presented with a poem written in her honour, and then with a specially made gold pendant in the shape of the Cheshire feather, made locally by Alan Murray of the Balbirnie Craft Centre, a gift from residents, staff, management committee and support groups. Then she was presented with a beautiful basket of flowers from the residents.

A splendid buffet followed, where instead of the normal special cake there were three. One to take home in the shape of the Cheshire feather, and two for the guests.

Dorothy Wollage writes: "We had to think up a title for Mrs H and we found one. One thing I do know is that Mrs H will return and she will always be welcome as 'The Godmother'."

UNIQUE FAREWELL GIFT

Sister Kathleen Holland, who retired as Head of Care at Mickley Hall, Sheffield, after 17 years, received a unique and imaginative gift in recognition and thanks for all her work – a two week holiday for herself and her husband in Yugoslavia.

The magnificent sum of £1,000 was raised from contributions by management, staff and friends, and the cheque was presented to her by Lady Renwick, Chairman of the Management Committee, at a farewell party at Mickley.

Describing her trip, Sister Holland says: "It was a fantastic holiday. Our hotel was super, the weather was in the eighties and Dubrovnik fascinating – a beautiful walled city.

"My husband and I would like to give a big thankyou to all the kind and generous people who made this memorable holiday possible, and to Barbara Raven who conceived the idea."



John Lyle with the Mayor of Bromley, receiving an award for his outstanding voluntary service in the Borough.

John Lyle Becomes Life President of St Cecilia's

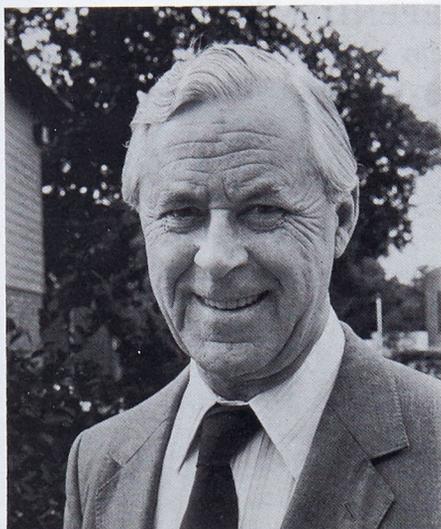
Mr John Lyle, who has given twenty years of devoted service to St Cecilia's Cheshire Home, Bromley, Kent, has been made a Life President of the Home, following his retirement from the Management Committee last year.

To express its appreciation the Home held an informal tea party for Mr and Mrs Lyle. Mrs Lyle is still the leader of the sewing ladies who meet weekly to mend or alter garments, and make draw sheets and tablecloths, and Mr Lyle assured the residents that he would still be around to assist in various ways.



Joyce Dyer, a resident at Arnold House Cheshire Home, Enfield, may be in a wheelchair but that doesn't stop her having a go! When somebody donated the unlikely gift of a pair of skates, Joyce, who has been handicapped since a child, said she'd always longed to see what they felt like. So with the aid of two Care Attendants she enjoyed this new sensation, as the photograph shows.

Head of Le Court retires



After ten years as Head of Le Court, Brigadier Regan retires in October. Formerly Chief of Transport and Movement, BAOR, he brought his organisational skills to the Cheshire Foundation with great effect and was responsible for a giant finale gathering of the International Conference at Le Court in 1981.

John and his wife Nancy, a social worker, will be moving to West Dorset where they hope to see more of their four children and six grandchildren.



Highest Rotary Award for John Evans, Chairman of Hillingdon

John Evans, B.A., O.B.E., a former headmaster, received recognition for his work in the community when he was presented with the Rotary Club's highest award. He was presented with the Paul Harris Fellowship award for his work on the Cheshire Home Management Committee in Hillingdon. He was on the Steering Committee which set up Hutchings House, the first Home, was secretary for 3 years and has been Chairman for 7 years. During that time he has been responsible for establishing 2 further Homes with a total of 19 Residents.

WEDDING CEREMONY – Residents, staff and supporters of Champion House, Cleverly, Leeds, attended a reception recently for **Pauline Maguire and Thomas Lindley** – residents since January 1987. May good luck and happiness go with them always!

YOU *write to* US

I have been reading the New Look Cheshire Smile with interest and pleasure and just want to say DONT change its name PLEASE!

Many residents from Cheshire Homes are numbered amongst our guests and your International Director is also one of our trustees, so we have a link.

I hope you'll much enjoy being the editor of the Cheshire Smile for a long while.

Joan Brander Founder Trustee Duling Fellowship Trust Dulwich, SE21

Here's just one more 'congratulations' on an excellent first issue' note to go with all those others that are doubtless piling up in you in-tray. A really professional job.

Congratulations, too, to John Anderson. I look forward to number two (Have you decided to number them?)

Harold Morel,
Benson, Oxfordshire

The first issue of the new Cheshire Smile is great. We were most impressed.

Shirley Hughes,
Head of Care
The Chiltern Cheshire Home
Gerrards Cross

Good luck with the new Cheshire Smile.

Arthur Butterworth,
Bispham Blackpool

I like the format of the new Cheshire Smile, and particularly the problem page. Might I suggest that you use a matt paper because the shiny surface must make reading difficult for people with impaired vision.

Joan Medley-Smith
Head of Home
North Devon Cheshire Home

Congratulations on the new Smile. It really is good! We found all the articles interesting and informative, especially the International News, other items, some sad and some amusing. Looking forward to the next issue.

Di Hickman,

I always enjoy the Cheshire Smile magazines. I have so much enjoyed the June issue as I did the December '86 one. I usually pass them on to other friends.

My very best wishes for great happiness and success in your work.

Nellie Ruse,
Aylesbury, Bucks.

You ask for views on the title Cheshire Smile.

Whilst I personally find the magazine informative and interesting as well as helpful in understanding the problems of the handicapped, the subject matter is generally too serious for smiles.

The present title seems to me, therefore, rather inappropriate. "Cheshire Homes News" might be more to the point in keeping the reader informed of activities throughout the organisation.

Robert S Godfrey, York

I enjoy reading The Cheshire Smile as my interest stems back to the meeting many years ago at which Leonard Cheshire made his plea to Carnegie United Kingdom Trust for financial help to start up Le Court.

Margaret Marshall,
Dunfermline, Scotland

I really do think you have a winner with the latest, new and improved Cheshire Smile. It is clear, concise and very readable. The type is especially suitable, bearing in mind the impaired vision of many readers, the photographic inserts, greatly increased, seem to me of much superior quality. Well done!

May I also comment on the "What's in a name?" article on page four. I am frankly amazed at the recorded criticism of the title. To me "The Cheshire Smile" encapsulates, very succinctly, the whole aim of The Cheshire Foundation. If those under its care can smile they must be enjoying life. That is the *raison d'être* of all involved and The Cheshire Smile is a perfect summary of the objectives. Don't let them alter it; there is no better title.

Reg. Gomm
Crawley, West Sussex

Some time ago when asked by Head of Home for suggestions for a new title for the magazine I submitted "Cheshire Home Thoughts", "The Cheshire Link" and "The Cheshire Challenge". I personally think a change would be good. Maybe we should try to think of something minus the word Cheshire?

Barbara Hov

On arrival at Llanhennock Cheshire Home I was asked "Would you like a copy of The Cheshire Smile?" Immediate reaction "Oh no, how corny", realising the Alice connection. Then last night reading and reflecting on the article I felt great sadness at the choice of title because the 'Smile' of the Cheshire Cat vanished, and was not always present and observable.

As residents of Cheshire Homes try to present a positive, constant face to the world, cheerful in spite of disabilities, I would like to suggest "Cheshire News" which is exactly what it is.

Marv A Gunton, resident,

If we wish to change the familiar name of the Cheshire Smile, I imagine most people would like to retain our Founder's name.

To go with that, in common usage, we have Cheshire Cheese and Cat, neither of which seems an improvement. We could fall back on alliteration. The dictionary, *inter alia*, offers: chain, challenge, chamber, champion, chance, change, channel, chant, chapter, charade, chariot, chat, check, cheer etc. . . I could argue for each, but would, I am sure, meet opposition.

"What's in a name?" said Alice.

Roy Davies,
Head of Home, St Michael's
Axbridge, Somerset

Congratulations on your appointment as editor of The Smile. I admit I am one of those who do not like the title. Why? I think because there seems to be no good reason why Cheshire Homes should be connected with cats, rather than cheese. However, I have no alternative to offer.

Diana Stephenson,
Executive Officer Cheshire
Homes Nairobi, Kenya

We were delighted to receive our copies of the new Cheshire Smile which we have handed out to residents and staff.

Mrs J Darby

Suggestion for a possible new name for The Cheshire Smile - "Cheshire Talk".

Reception Office,
Seven Springs Cheshire
Home, Tunbridge Wells,
Kent

I am against changing the title of the magazine. It provides a permanent memorial to the Founder and is held in high respect over a large area.

Furthermore I AM IN AGREEMENT with the Group Captain's views regarding the way ahead.

T H Whitehouse.

I liked the new Cheshire Smile - well done!
Scilla Landale,
Walsingham, Norfolk

Congratulations on the new "Smile". Most enjoyable.

Mollie Smithson, Secretary
Oswestry Family Support
Service.

I was very impressed with your first issue of the "Cheshire Smile", and I would like to congratulate you on the new format. I have received several favourable comments and all issues have disappeared in record time.

Keep up the good work!
Barbara Raven, Administrator
Mickley Hall, Totley, Sheffield

Obituaries

With great regret we record the deaths of residents at the following Homes

CAREMATCH Computer service for disabled seeking residential care

Residential Homes with empty beds, individual disabled people, or social workers, carers and other organisations seeking a suitable residential place for physically disabled people under the age of 65 are reminded that **Carematch**, a computer service, exists to try to help them find it.

Operational since 1985, it now has 289 Homes on its database and during 1986 311 clients were matched.

Carematch can help with some of the confusions and difficulties of matching a Home to the needs of a client.

How it works: First, contact Carematch at 286 Camden Road, London N7 0BJ. Tel: 01 609 9966 for a form. When this is completed the form is matched against the information on residential Homes in the data base and a list of possible establishments sent to the applicant. From then, it is up to the client to make further enquiries and arrangements.

Carematch cannot guarantee a place and cannot be involved with negotiating placements.

For practical help and guidance on specific problems, and advice on completing the form, contact Lin Berwick, who is herself handicapped, on Hornchurch (040 24) 58325 Monday - Friday.

George Kemeny, Resident of Chiltern Cheshire Home since 1984, on 22nd April 1987.

Peter Hughes, Head of Home writes:

"George escaped as a child when the Nazis invaded Hungary and settled in England where he qualified as a dental surgeon, practising in Oxford where he had the unusual privilege of looking after the teeth of Harry Lowden, a Foundation Care Adviser!

"He entered the Chilterns in 1984, and shortly afterwards had a leg amputated. Despite this he entered into everything and was a very valuable member of the management committee.

"At a time when independent living was being actively promoted and some of us even began to doubt the value of our work, George was a great champion of residential care and spoke persuasively in its defence at the conference.

"His death was a sad blow to us as he had worked so hard on the planning of our new Home and in supporting the appeal when planning permission was refused. A few days after his death we heard that the appeal had been successful so maybe George was still exerting his influence.

"He was a lovely man of enormous integrity and charm. His death is a sad loss to all who knew him."

Carol Osborne, a member of the Service Corps since 1977, on April 22nd 1987 in Worthing.

Carol worked at Le Court, Greenhill, Timsbury, before going to Chiltern Cheshire Home in 1978 where she made a most valuable contribution to the lives of the residents. It was while undertaking the CSS course that she developed multiple sclerosis but maintained an air of courage and acceptance to the very end.

Saltways Cheshire Home, Webheath, Redditch, Worcestershire:

Christopher Constantine, aged 47, on 16th April 1987. Resident since 1982.

Jean Sivitter, aged 33, on 9th May 1987. Resident since 1982.

Colin Clark, aged 66, on 10th May 1987. Resident since 1980.

Freshfields Cheshire Home, Formby, Liverpool, regret to record the death of one of its residents, **Flaxney Stowell**, on 29th June 1987.

Flaxney was a Fellow of the Pharmaceutical Society, with considerable experience in industrial pharmacy. He was a great conversationalist and very proud of his Manx origins. He was fluent in the Manx language and was able to recite the Lord's Prayer in it.

He will be greatly missed by everyone at Freshfields.

Arnold House Cheshire Home Enfield

Harry Baxter, Chairman of the Management Committee writes:

It is with great regret that we report the deaths of two members of the Arnold House family - **Joyce Badder** 28th March and **Michael Whyatt** 24th May.

Joyce died suddenly whilst on holiday. She contributed much to the life of Arnold House and one can recall how, when returning from a stay away, her first words on entering the drive were: "Home, sweet home."

Michael Whyatt was Joyce's next door neighbour and one of our long standing residents. At his funeral his daughter said: "One of the most striking things about Michael was his belief in the power of the spirit - that could overcome all if it could be cultivated. He very much felt that he was the author of his own life, like the stage manager he once was."

The loss of Joyce and Michael leaves Arnold House a poorer place.

*Beryl Morton is a resident of St. Cecilia's
Cheshire Home in Bromley, Kent*

Life in a community such as ours is ordered according to meal times. It has to be, otherwise there would be chaos. Consequently what we do as individuals is governed by the clock. We all stay in bed for breakfast (a cooked one and/or cereal). Lunch is at noon and sometime during the morning we have coffee so I reckon on doing major jobs during the afternoon or evening. Breakfast is served soon after 8 a.m. but I am an early riser and am usually awake soon after five. It is very quiet at that hour so I take the opportunity of doing a little serious reading. I used to do this last thing at night but often woke up in the morning with my Bible on the floor and papers strewn all over the place. I am one of the world's early wakers who wilts as the day wears on. I have to be careful when staying with late wakers not to be too hearty during breakfast!

I get the Daily Telegraph and enjoy reading it but I must admit that this takes the slack out of the day. After that everything - activities and snoozes - have to be fitted in as best I can. What have I SAID! We residents don't snooze, we merely 'rest our eyes.' I'm sorry for the snorers and those who wake up with a loud snort but that's their problem.

I have arthritis and find that it is the small movements, particularly with my hands which can spark off a bout of trouble so I have worked out how much I can safely do of each type of work. I do two rows of knitting each day. This is usually done while I listen to the news in the morning. Hand sewing is another activity which has to be rationed but I have an electric sewing machine which can be rigged up so that I can use it whilst lying down. I have a stiff spine and hip so cannot sit up. I have an invalid tricycle which has been adapted to suit my disability and choose to keep this rather than change over to the mobility allowance.



A Day in the life of BERYL MORTON

My tricycle allows me to go out and do a little sketching. These are made into pictures with either watercolour or soft pastel. With painting I often get the urge to put something on paper and get out my sketch book and do about an hour's painting every evening for a few days whilst the ideas are in my head. Of course, I am not painting frantically all the time, watercolours often need to dry a little or I have to wait for inspiration which allows me to rest.

Some time during the day I have to inspect my many plants and water those which need it. I have a friend who comes on Tuesdays and helps me by filling containers with compost ready for me to sow seeds or prick out seedlings. I have a raised flower bed outside my room and we plan this together. It is 18 inches wide and 8 feet long. I listen to the radio

a lot and try not to miss the gardening programmes. I do not watch television but have my own telephone which is a great boon, enabling me to keep in touch with my friends and relatives. It also saves me writing letters.

Two or three afternoons each week are spent in the craft room with other residents and a few voluntary workers when we make items which are sold in aid of the home.

I get into bed soon after our evening meal, (it is a relief to get my armour off) and amuse myself in various ways until about ten. Before going to sleep I usually go over the day and what I have been able to achieve and often think of a line by Longfellow which my Mother was fond of quoting "Something attempted, something done has earned a night's repose."

St Bridget's PENFRIEND CLUB expands

St Bridget's Cheshire Home, in Rustington, West Sussex, have received a tremendous response to the expansion of their Penfriend Club, started in 1986. The Club has now received a grant of £500 from The Cheshire Foundation to cover extra postage and stationery costs.

Heads of Homes and Computer Room Supervisors are asked to circulate pen friends lists among residents. The original idea of matching penfriends to age groups and individual interests has been abandoned as it was felt this might be an invasion of privacy and personal choice. The Club is therefore limiting

itself to being a collecting and distributing centre for the lists. A brief outline of interests is, however, included, but it has been found that the best way of people getting to know each other is to write directly to their chosen pen friend and start finding

A list of potential contacts, regularly updated, can be supplied, but support by staff to encourage residents to maintain contact, and to use word processors, would be welcomed.

Future plans include the possibility of circulating family support services, half-way houses and the mentally ill.

Those interested in further details or a list should write to:

**The Computer Supervisor
Computer Dept.
St Bridget's Cheshire Home
Ilex Close, RUSTINGTON,
West Sussex BN16 2RX**

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