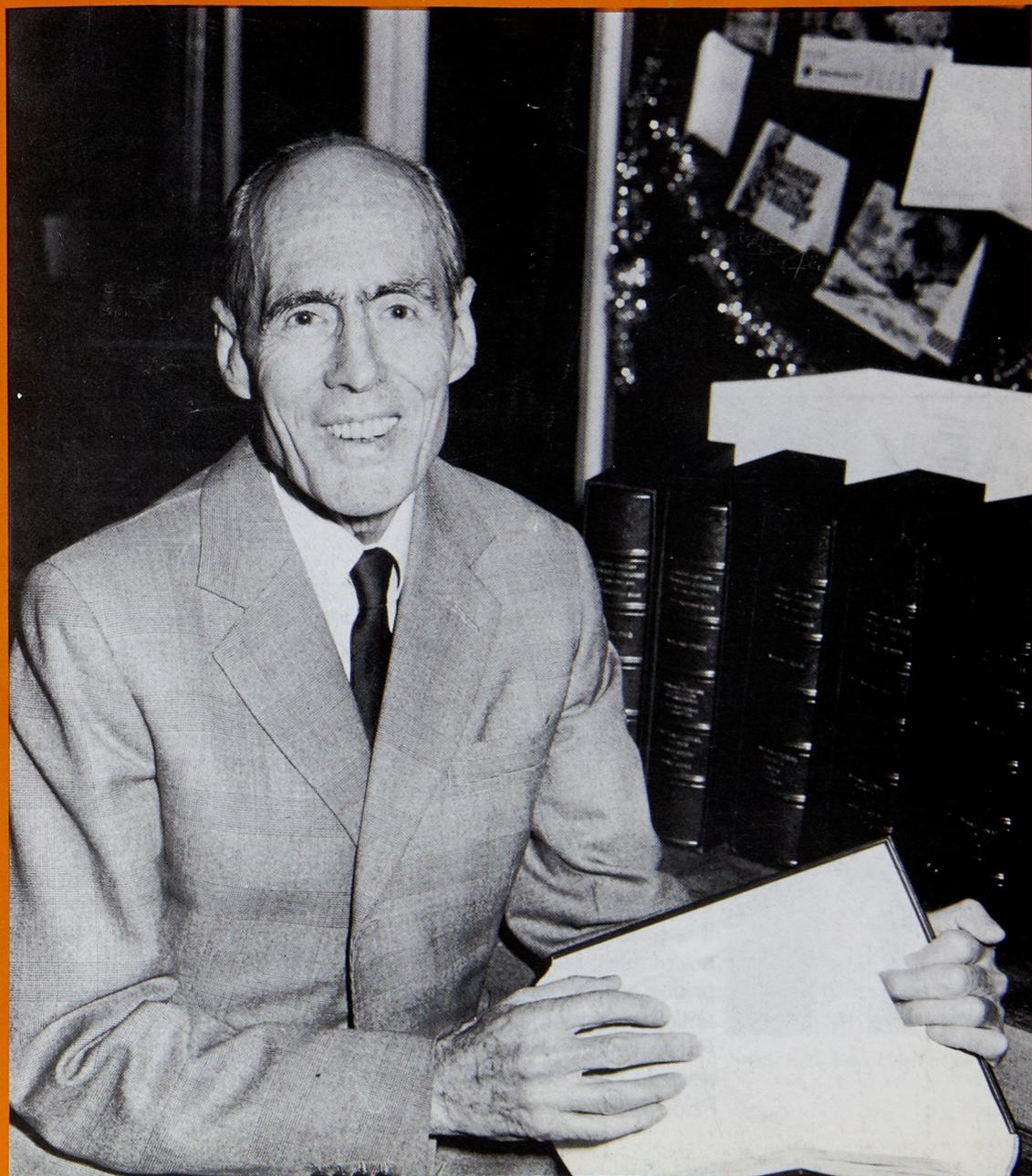


CHESHIRE

Smile

Magazine of the Leonard Cheshire Homes Around the World — April 1988



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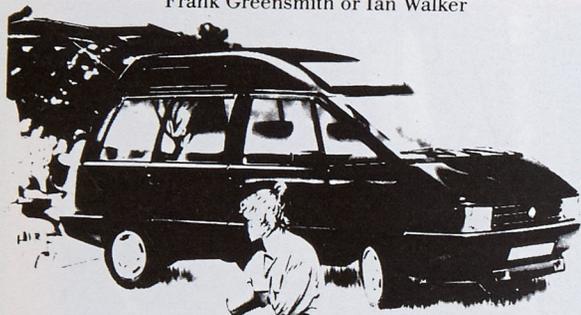


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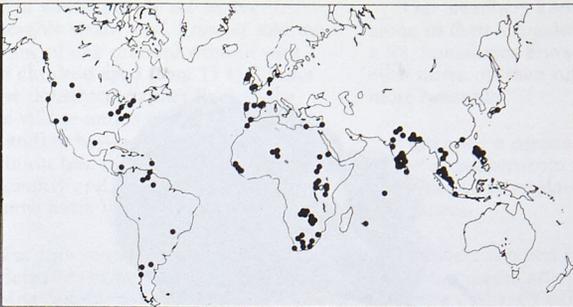
PARK HOUSE HOTEL— THE FIRST NINE MONTHS

A progress report from Tony Kendall, General Manager

"Park House Hotel has enjoyed a most successful start. Since we opened last spring, 430 disabled guests had stayed at the hotel by the end of December and a further 250 able bodied relatives, friends or companions accompanied them. As expected, the summer months have proved easily the most popular, but the hotel remained full until early November and the year ended with a busy and entertaining Christmas and New Year. During the winter months the Special Interest Weeks on music, painting and birdwatching have been well subscribed and we intend to develop these and other activities further next year.

"We accommodated nearly 100 residents from over 30 Cheshire Homes in the first 9 months and hope that Residents from many other UK Homes will choose Park House in 1988. It is essential to book early for the more popular months and we are already taking reservations for 1989. The 1987 nightly prices are unchanged throughout 1988, although increases are anticipated thereafter."

For more information telephone Dersingham (0485) 43000 or write to Park House Hotel Sandringham, King's Lynn, Norfolk PE35 6EH



CHESHIRE smile

Founded 1954 Magazine of the Leonard Cheshire Homes Around the World — April 1988

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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.

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Le Court Appoint New Head of Home

Major-General Henry Hild has been appointed Head of Home at Le Court in Hampshire.

He joined the Army in 1949 as a national serviceman and decided to stay. He was trained at Sandhurst and has attended all the principal Command and Staff Courses at Camberley, Latimer and Belgrave Square, London.

He is widely travelled from Korea and Japan in the East to Vancouver in the West; from the Arctic Circle in the North to Kenya and Australia in the South. Some highlights were service with a New Zealand troop, an infantry battalion and an American division in Korea; several visits to the Caribbean, and command of a joint signals unit in

Borneo, a squadron in Hong Kong and a regiment in Singapore.

Most of his career in the Army has been in administration. When he left the Army in 1984 he joined Siemens UK as a director, responsible for defence activities.

His interest in Cheshire Homes and disablement began in 1972 when he visited Le Court where his wife Janet was a voluntary helper. They have kept in touch ever since by helping at annual fetes. Indeed it was through the Le Court Newsletter that he heard of the vacancy of Head of Home.

He succeeds Brigadier John Regan, who retired in October 1987.



Henry Hild, New Head of Le Court.



Secretary Frances Woodward (left) in conversation with a visiting social worker.

Who Cares About the Carers?

by

Kay Christiansen

Editor of The Cheshire Smile

Who takes care of the carers - those gallant, conscientious people who shoulder what are often almost intolerable pressures looking after their sick, disabled or elderly relatives?

I went up to Dorchester in the West Country to learn of the position there and found a situation in this small area which must be typical of many other parts of the country, and multiplied many hundreds of times.

Frances Woodward, who lives in Puddletown, Dorset, told me her own story.

Frances is an only child who spent many years helping her aged mother to care for her father. After he died, her mother was failing also. She took a part time job and managed to carry on, under great pressure, rushing home in her lunch hour to attend to her, always stressed and anxious. The real nightmare began when her mother, by then in her nineties, became demented. All-day surveillance was essential, and nights were almost always disturbed with nocturnal wanderings and ravings.

Then came a rational moment when her mother turned to her and said "Frances, I'm killing you. You must arrange for me to go away."

"I knew then that in her right mind that was what she would have wanted," Frances told me. "I managed to have a brief respite when she was taken temporarily into a psychiatric hospital. But permanent care would have been very difficult because she was blind as well as demented. In any case I always felt I would have no peace if I abandoned her. She had always been with me and depended on me."

Frances's mother finally died, mercifully, because her daughter was by then "at the end of my resources" as she quietly put it.

After a holiday she determined to do something to help with the needs of others enduring similar pressures, and is now the Secretary of The Carers Association, which currently has twenty-six members drawn from Dorchester and Weymouth, and is affiliated to The Association of Carers.

The Dorset Carers Association aims to act as a self-help group where mutual problems can be discussed and solutions and suggestions exchanged.

"We meet once a month in the afternoons as our members can rarely get away in the evenings. Most of our carers are referred by the community psychiatric nurse as in need of support because they are looking after relatives who are often senile or demented as well as physically handicapped. Their problems are particularly dire, because, while neighbours and friends might be willing to sit in with an infirm person, they won't always take on a confused or mentally handicapped person.

"We are still looking to expand our membership, but carers are so pressurised they don't get to hear of us. We hope that neighbours will alert us to someone in need so that we can contact them."

Many of the carers are elderly themselves and live in dread of getting ill, and of what will happen to relatives when they die or if they collapse.

"But young people are under intolerable strain too", Frances told me. "I know of one married woman with three children aged from 17 to 5 years whose demented mother lives in the same village and is clinging and demanding beyond all reason. Her condition has, of course, changed her personality and, once a loving granny, she now hates the children.

"For this young woman, balancing the demands of her mother and of her growing family makes her feel as if she is being split in two, and hardly a person in her own right at all."

The Carers Association, however, is not all doom and gloom. Part of its value is the chance to escape just for a few hours. Sometimes a lunch party is organised, and once or twice there have been outings, such as a visit to a butterfly farm.

"But of course no-one can be away for long so we can't go far", Frances explained. "Occasionally one member will help out to give another a break, but it is never easy."

The other great benefit of The Carers Association is sharing feelings. At one session a lot of stored up and understandable anger, resentment, frustration, even murderous thoughts against the 'tyranny' of the relative came out in a therapy session, which was a relief all round.

"Our members know they are not alone in their struggles and that helps a lot. Sometimes knowing that others are even worse off than oneself makes things more bearable."

I attended a meeting in Dorchester where a speaker from the DHSS had been laid on to explain benefits and allowances.

Members listened politely, if somewhat sceptically, to the help available - **ALL CONDITIONAL ON BEING ELIGIBLE AND IN RECEIPT OF SUPPLEMENTARY BENEFIT.** Examples were a possible 30 pence per bath if more than one bath a week was required, an extra £1.25 a week if you are registered blind, and 55 pence a week laundry allowance for incontinence.

(Editor's note: I am now informed that a new system has now been introduced and will come into force this month.
See: Share Your Problems, page 19.)

As Arthur Singleton, the only man present, put it: "All that form filling, all those searching questions. Just not worth the hassle."

Carers in consultation. Left to right, Evelyn Wyatt, Arthur Singleton and Gwen Causer.

Arthur is 65 and just after his retirement, realised that his wife's mind was deteriorating. Now he looks after her, does the cooking, washing and shopping, as well as managing some voluntary church work.

"I was looking forward to bowls, badminton, to visiting my son in Australia, but none of this is possible," he said. "The worst part is that there can be no real companionship and no real communication between us now. I've never watched so much TV in my life.

"I went round the corner to deliver some parish work the other evening and was invited in for a drink and a chat. You can't imagine what a relief that break was. Just to sit and talk with a rational person for half an hour."

Joan Thorne is 65 and looks after her 77 year old husband and her spastic son, who is physically and slightly mentally handicapped.

Her comment to the DHSS official when discussion turned on the fact that if you had £3000 you were not eligible for supplementary benefit, was "I couldn't let that go. I must keep that to get us all buried."

She lives in daily fear of what will happen to her son when she dies and of how she can make suitable provision for him.

However, the Carers I met were far from self-pitying. They are not only gallant, but cheerful.

(Continued overleaf)



Dawe (Doreen) Smart was a District Nurse until illness forced her to retire. She now cares for her mother who has Parkinson's Disease, is incontinent and also senile.

"How do I feel?" she echoes, with a great burst of laughter. "Trapped; that's how I feel."

The Carers Association in Dorchester has only been running for a year, but discussions have already started about the possibility of approaching the Manpower Services Commission so that a relief service for members could be set in motion. The Foundation's own West Dorset Family Support Service also based in Dorchester and currently serving 125 clients on a part-time basis, is also able to help, given notice.

Six months ago they were forced, due to lack of funds, to place an embargo on accepting new clients and fear that many people do not know that this has now been lifted. However, the charges for help would not always be possible for those with whom I spoke. £2.50 an hour up to 9 p.m., and £3 an hour after 9 p.m., with higher rates for the weekend. The Dorset F.S.S. are forced to charge this because joint funding produces only 13¼% of their required income.

Isn't it time the statutory authorities recognised the very real needs of the carers in the community - deserving people who are being forced to sacrifice their own lives because so little support is available within their means? A more generous funding percentage for Family Support would make all the difference to restoring a sense of hope and diminishing their sense of isolation.



Dawe Smart entertains her mother.

NOTE OF HOPE:-

King Edward's Hospital Fund for London have produced a 36-page booklet free of charge to those caring for elderly, ill or disabled relatives or friends. It is entitled "Taking a Break", and offers information and advice on how to arrange one.

It includes: descriptions of over 20 types of break; information and advice on how to make practical arrangements; hints on coping with

emotional worries and resolving practical problems; ideas for improving services for carers; an extensive list of useful contacts and addresses.

Send for it to "Taking a Break", Newcastle-upon-Tyne X, NE85 2AQ explaining that you are a carer and giving your name and address. Professional workers should send a p.o. for 60 pence with their order.

□ An effective "Help Pennant" which a stranded disabled motorist can attach to his or her car to attract attention has been developed by The Department of Transport. Available from The Cleveland Spastics Work and Welfare Centre, Acklam Road, Middlesbrough, Cleveland, price £4 inc. pp.

□ Door to Door is a useful guide for all transport services for disabled people. It gives information on aids, benefits, cars, taxis, local journeys, community transport, etc., and is free from The Dept. of Transport, Freepost, Ruislip, Middlesex, HA4 0BR or from local DHSS offices.

□ British Airways have published a leaflet giving guidance to doctors entitled "Your Patient and Air Travel." Useful also for those caring for handicapped travellers. From The Secretary, Air Transport Users' Committee, 129 Kingsway, LONDON, WC2B 6TE

□ Le Court Cheshire Home presented Group Captain Cheshire with a beautifully engraved picture of Le Court on a crystal rosebowl to celebrate his 70th birthday.

Information

□ The 'Orange Badge' issued to disabled drivers in the U.K. is recognised in the Republic of Ireland and should be displayed prominently. Concessions apply only at parking meters and areas where parking discs are in operation. They do not entitle drivers to park on single or double yellow lines in areas where they are likely to cause an obstruction.

□ Petrol Service stations listed in the Wales Guide for the Disabled Visitor have indicated their willingness to assist disabled drivers. They can be identified by a blue and white wheelchair sign either on a canopy stanchion or in the shop window.

□ Wheelchair gloves made of red, blue or grey suede are available from Medipost, price £5.50 fingerless or £6.50 with fingers, including pp. They also supply an inflatable shampoo tray to enable hair to be washed in bed, price £15 plus VAT. From Medipost Ltd., 1 St. John's Estate, Elder Road, Lees, Oldham, Lancs. OL4 3DZ.

□ Homecraft now supply an easy-to-use food grater for disabled people, price £13.95. From Homecraft Supplies, 27 Trinity Road, London SW17 7SF

□ Stannah Stairlifts has introduced a short term rental service for their Silver Rail Stairlifts. This could be helpful to those convalescing or suffering from a temporary disability. The stairlift can be fitted for an initial charge which covers installation and removal. A monthly rental includes comprehensive maintenance and call out service. Contact Stannah Stairlifts, Freepost, Andover, Hampshire SP10 3BR Tel: 0264 64311.

□ Free Catering Advice: Mr Howard Franks, a Catering Adviser with long experience of private industry and hospital catering, is offering his services to Cheshire Homes on a voluntary, independent basis. He can deal with problems concerning staff, faulty lay-outs of kitchens and dining rooms, diets, menu planning and all other aspects of catering. Five Cheshire Homes have already made use of his services. These are Arnold House, Athol House, Seven Springs, Hydon Hill and Heatherley. Mr Franks can be contacted at Flat 1, 15 Cleve Road, West Hampstead, LONDON NW6 3RL 01-372 6000.



Peter enters his amazing six wheel car, pushed by Care Attendant Jeanette Batkin.

Peter Milwood's Amazing Six-Wheel Motoring Machine

Peter Milwood, who is 27 and a resident of Arnold House Cheshire Home, Enfield, saw the triumphant end of five years of planning when HRH Prince Edward unveiled his remarkable six-wheeled prototype car at a banquet at the Guildhall, London, on November 30th.

The car was designed and developed by Peter with the support of the Mobility Trust and donations of special parts and adaptations from British companies, and represents every possible innovation to enable very severely disabled people to travel in comfort and safety.



HRH Prince Edward, pictured with Peter Milwood, following a banquet at the Guildhall when he unveiled the prototype car. From r to l: Adrian Love, Karen Keating, Christopher Lee, Jeanette Batkin (Arnold House Care Attendant), Derek Nimmo.

Based on a model of the Hustler, first designed by William Towns, the car has a Metro 1300 engine, and takes one wheelchair and four passengers. The six wheels give an exceptionally smooth ride over bumpy roads and avoid leaning when turning corners; very important for Peter since he has a very rare condition in which muscles turn as hard as bone and any rocking is painful.

The upper part of the vehicle is almost entirely glass, which combined with extra-large mirrors, means that visibility is very good and there are no driving blind spots.

Other refinements of the fifteen-foot long car include power steering, and an ultrasonic detector system that gives warning when backing too close to obstacles.

Peter's car also contains all mod. cons. including a microwave oven, a refrigerator and a telephone. He has found that many restaurants and pubs are inaccessible to him and it makes it easier for him if his car also has the facilities of a mobile home. His ambition now is to drive the car himself round the circuit at Brand's Hatch to see how fast it will go! He also hopes to see similar cars in production for other disabled drivers.

"It will mean a great deal to me to have this chance of mobility, and I also hope that my fellow residents at Arnold House will be able to enjoy the car too," Peter told me.

The car was built by Classic Specials of Uckfield, Sussex, Austin Rover donated the gear box, the Lucas Company sponsored the installation of the wiring, and Connolly's fitted out the interior.

(Editor's Note. The Mobility Trust works in a variety of ways to help disabled people with transport. Entirely funded by voluntary contributions it purchases special equipment such as motor cars, electric wheelchairs, stairlifts and special chairs for children, which are supplied in perpetuity for applicants. Driving lessons are also sometimes arranged, in co-operation with the British School of Motoring. The Trust also helps to fund research projects in schools, colleges and universities which will ultimately benefit disabled people. Education is another feature of its work. Further information from Maggie Young, Pielle, Museum House, Museum Street, LONDON WC1A 1JT Tel: 01-323 1587)

Scandinavian Utopia for Disabled People

Peter Swain, Manager of an Independent Living Unit in Exeter, reports on a two months' investigation of facilities for disabled people in Scandinavia;

"My tour of Denmark, Sweden and Finland was certainly an eye-opener. These countries have faced up to the problems which are only too familiar to many disabled people in Britain, and although some remain unsolved, these are few compared with the position here.

"Good and plentiful housing, comprehensive transport services, effective 24-hour community-based care and high levels of technical equipment provision offer a quality of life beyond our experience. We have a great deal to learn from Scandinavia and not all the lessons concern resources. Understanding, attitudes and awareness cost little.

Liaison and Legislation

"At the basis of the Scandinavian system is an appreciation of what is required and how it might best be achieved. This necessarily requires a close liaison between all the various agencies involved in providing services. It was striking that wherever I went there was total co-operation between all of them.

"What makes the job easier is that in each country there is a framework of legislation which requires that local authorities provide sufficient facilities for disabled people. Although there is no specific mention in legislation of particular client groups, no time is wasted on defining 'special needs' and other nebulous concepts which we seem so keen to establish. It is this kind of legislation which we require.

"More money for local services is available, but it is spent in the right way. Disabled people are a high priority group in Scandinavia, and it was made abundantly clear to me that if services have to be cut for any reason, it will not affect disabled people.

Aids and Adaptations

"Before leaving Britain I was sceptical, fearing that the good examples I had heard about were in fact only lightly sprinkled here and there. After two weeks in Denmark these misgivings were well and truly dispelled. A wide range of services were visited in Jutland and Zealand, from single apartments in large blocks of flats to houses and long stay units. Urban redevelopment programmes were taking place throughout the country and where possible access for wheelchair users was being incorporated. This often meant building external lift shafts and enlarging flats so that they fell within the building regulations. These are not cheap solutions, but they are felt to be very desirable and necessary. Each county, of which there are fourteen, is served by a Technical Aids Centre which provides a vast range of equipment to those in need. There is no list from which provision must be made; if it is manufactured and if a need can be established, then it is made available - lightweight wheelchairs, outdoor wheelchairs, electrically operated beds, fully adjustable fitted kitchens and anything else you can imagine.

"This system was also available in Sweden and Finland. Sweden's expenditure last year on technical aids was over £100 million, and this is a country with a population of just eight million. Our own ALACs were made to look anachronistic by comparison: all assessments are undertaken by occupational therapists and physiotherapists, with full support and follow-up at home. Not a technical officer in sight!

Community Care

"Community care services were organised on broadly the same bases in each country I visited. Pools of helpers are available around the clock to assist with the requirements of the individual, being summoned either by prior arrangement or by an intercom/ alarm system.

Catering for Severely Disabled

"More severely disabled people were also extremely well catered for and I saw a number of community-based schemes for multiply handicapped young people which took the idea of independent living a stage further for these very dependent client groups. I also spent several days in long stay units and was enormously impressed by what I saw. Again it comes down to awareness and attitude as well as resources. Nowhere did I feel that I was in an institution.

Transport Facilities

"Transport is provided by taxis and fleets of adapted minibuses which can be ordered either on a regular basis or a day or two in advance if a special journey is made. The costs of a certain number of journeys are met by the local authority, and these free trips vary from area to area. On the whole the system is effective. Sweden has taken this service a stage further; disabled people can travel by plane between cities for the price of the equivalent rail fare.

Towards a Better Quality of Life

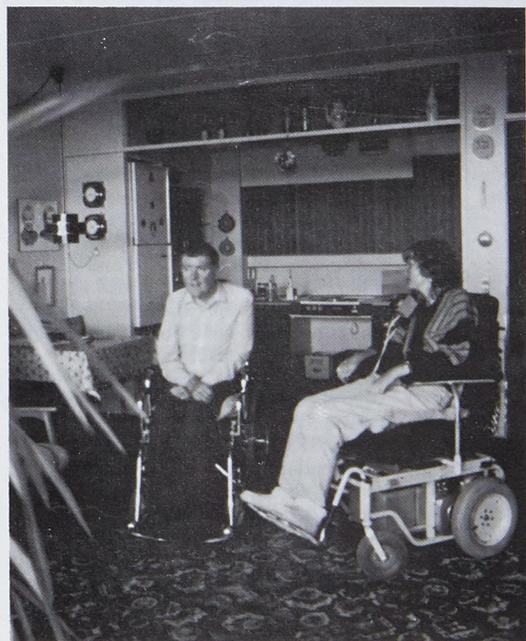
"Life for disabled people is undoubtedly better in Scandinavia than in Britain. Services have been developed over twenty-five years and are actually meeting real needs. In places like Aarhus, Copenhagen, Stockholm and Helsinki disabled people are being provided with the means to hire their own carers. This is another option which is advancing the independence of some individuals. We lag an enormous distance behind, though we have the personnel, probably in greater numbers than in Scandinavia.

"But how well-developed is their understanding and awareness of the real problems? It is my firm belief that part of the solution lies in educating those who make decisions on our behalf. Until they begin to understand the problems we will never approach an answer."



▲ Mikki word-processing at a training centre in Stockholm (using wheelchair control joystick to operate screen/keyboard).

Pauli in his flat with his young home helper, Vantaa, in Finland.



▲ Hannah and Peter Swain in an independent living flat at Bytoften, Denmark.



▶ Wheelchair/cycle at Danish Equipment exhibition, Herning, Denmark.

Allan and Moira Jackson met and married in 1974 when they were both Residents of Mote House Cheshire Home, in Maidstone, Kent.

Moira was a trained nursery nurse until she was hit by multiple sclerosis. Allan, severely handicapped since birth, had been in care for thirty-four years. He admits: "I'd become quite used to being done unto and had no particular hankering for independence until I met Moira."

Moira, however, was not of the same mind. She knew what a normal life was like and confessed she was quite rebellious about being in a residential home. "I had a great longing for the return of my independence. Gradually I infected Allan with the same desire. However, I suppose at first we felt our disabilities were so severe it would all be too daunting."

Gradually, with enormous encouragement from Rosanne Corben, a Foundation Trustee, and from Mote House staff they began to believe that their dream of independence could become a reality if they worked at it.

In 1977 they went to Mary Marlborough Lodge for an assessment of their independence potential. Perhaps it was then that the enormity of the step became apparent to them. Nevertheless they began to plan and to test themselves in various ways.

Three years ago, with excitement, but many doubts and fears, they took the plunge and moved into their own home, a delightful bungalow in Wingrove Drive, Weavering, near Maidstone, beautifully adapted and planned by Mote House, who own it, for their every need.

It has a spacious sitting room, fully adapted kitchen, two bedrooms, one of which has a hoist running directly to the bathroom, and a greenhouse looking out on to a paved patio garden. There is a remote control device for answering and opening the front door, an adapted telephone and all glass doors within the house are electrically operated.

Both stress that the back-up they receive from Maidstone Family Support Service is tremendous and totally reliable, and that without it they could not survive.

Moira explained that they receive at least 35 hours a week assistance and are visited four times a day seven days a week by a series of Care Attendants - once in the morning to get them up, twice in the day for toileting, and once a night to get them to bed. The help is flexible, and if Moira has a bad day and just can't manage a meal for Allan, someone always arrives to give a hand.

They are fortunate, too, with excellent neighbours and friends, though they try not to lean on them too much.

In Praise of Independent Living:-

Our Own Front Door



Moira and Allan enjoy their garden.

Both Moira and Allan admit that living in the community hasn't been easy, but as they surmount obstacles and prove themselves, their confidence grows.

"We plan everything we do with the utmost care and we budget our finances meticulously. For example, insurance cover for the maintenance of the central heating and the washing machine is money well spent, because if they go wrong someone will come immediately. Very important to us", said Allan. "There was a day, for example, when Moira couldn't get the washing machine to stop and my pants went round and round literally for hours! I must have had the cleanest pants in England", he chuckles.

Moira is the family driver, having purchased a Renault 'Traffic' van, adapted by Atlas Conversions, with money left by her mother, and in this she does the weekly supermarket shop, driving courageously, sometimes with Allan, and sometimes alone, as far afield as Manchester to visit relatives.

Cooking was a great problem to begin with at she didn't even know how to boil an egg. However, she now manages simple dishes, and if friends come, it's down to the fish and chip shop. She also makes full use of convenience foods (non-additive), and finds the microwave oven Allan bought her invaluable. "But cooking and washing are a bit of an ordeal. I get very tired", she admits. "There are moments when I feel I can't do it but I tell myself I've got to if I want to be independent. It's good to have to struggle a bit. In many ways, I feel my health is better because of the stimulation. It's good for Allan, too, because he has to do the planning and thinking.

"Our whole way of life is normal. We feel we are individuals, making our own decisions, and much less isolated than we were in the Home."

Both stress that nevertheless Mote House was a wonderful place where they still have many friends and visit weekly.

"We're enormously grateful for the way we were helped by them in every way and for their understanding of how we felt."

Allan and Moira's advice to others contemplating taking the plunge into independent living is to think it through carefully from every aspect and to make good relationships with the DHSS and other officials.

They find them most helpful and reasonable if requests are not extreme. "We don't feel the world owes us a living, and we're grateful for what we get from the community."

They feel that the important thing in independent living is the will and determination to succeed. "If you've got that and some initiative, even severely handicapped people like ourselves can make it - but you have to be sure of the back-up", said Allan.

"However, it's by no means an easy option and you have to school yourself not to panic when things go wrong, but to think as calmly and logically as possible about the best course of action", Moira told me.

Perhaps the most graphic way of describing their courage is to recount what happened on the night the hurricane hit Maidstone.

The wind was tearing the tiles off the roof and they feared the windows would crash in on them. Then they heard the glass of the greenhouse crashing down and the fence splitting to pieces.

Before long Moira realised that the electricity might go and that she had to get the electrically operated doors open before that happened or they would be trapped. Somehow she managed to struggle out of bed into her wheelchair to press the button just in time.

Allan, meanwhile, had adjusted his electrically operated bed to sitting position, so that when the lights went out he was stuck like that for over four hours.

Moira telephoned the police explaining their position and, when the storm had abated, a local Bobby came up, followed by good neighbours with a flask of coffee for them.

"In the morning, our Care Attendant turned up, bless her, having trudged on foot all the way from Bearsted because there was no transport. That's the kind of heart-warming help we get which gives us such a good feeling", said Allan.

"Neither of us could contemplate giving up this house. We love it here and although undoubtedly it's an easier life in a residential home where you only have to press a bell, the challenge is what we enjoy. It makes us feel really alive."



Frances Hopwood

I'm Far Better Orf in an 'Ome!

A Different Point of View

Frances Hopwood, Former Co-Editor of Cheshire Smile, is lively, gregarious and very busy. She lives from choice as a Resident at Le Court Cheshire Home, in Greatham, Hants.

Here she explains why she prefers this to independent living, while stressing that this is because the Home is run on enlightened lines - unlike many residential establishments:

"I have the good fortune to live in a Residential Home where, owing to years of co-operation between the Residents and the administration, the Residents are fully involved in the actual running of the place and find this very rewarding. The 'Home' is therefore one in which the Resident is the occupant. The facilities are here which offer the resident the chance to live as full a life as possible, should they so wish.

"I have often been asked if I would prefer to live in my own home, for many of my fellow Residents, with help, and encouragement from the Home, have moved out into the community. However, although I know it is not 'normal' to be living in a situation where most things that are vital to my very existence are run to suit the establishment, I am able to overlook this because I have learned to live my own way of life within this set up.

"The average family of the twentieth century goes about its day to day routine, coping with interruptions and pressures as a matter of course, whereas the disabled person wherever he may live, in an institution or his own home, has first to organise a routine of his care requirements before he can even start the day, a day which may be similar with its interruptions and

pressures for he may work on a voluntary basis for the Home, or he may even have paid employment. In order to do this, therefore, he needs to be satisfied with the situation in which he is living and in a Residential Home setting, he must be in control of the part of his life he knows he can manage.

"A most important factor for me, and one that I greatly value, is being able to have the real privacy that is needed in order to be alone with my thoughts without the presence of a single being.

"If I were to live in my own home I know I would find it immensely difficult to feel free as there would always be the constant proximity of my care helper and I would always be aware of her presence. It would be impossible to co-ordinate my wishes with the time-table of my care helper. Now, if I require help in my room, when that help has been given, I am once again alone in my domain to do as I will, to stay put or to wander and socialise with friends. Should the choice of a disabled person be to live in a Residential Home sharing the large part of day to day living with other disabled persons continually around him, I think it is vitally important to remain aware of his individuality and not to become institutionalised in spite of the fact that it may be necessary to comply with dictated routines. I think it is equally important to have an interest away from the Home where contact with people in the community provide different areas of conversation.

"Would I ever wish to live in the community? I am sure I would and I am sure I could - but for me, I feel I am far better 'orf in an 'ome!"

A Unique 70th Birthd To The



Roland Langley presents the Founder with Volume One of the Birthday Book.

A unique 70th birthday tribute to Group Captain Leonard Cheshire, V.C., The Founder, took place at 26 Maunsel Street, London, SW1 on Wednesday, December 16th when he was presented with seven magnificently bound volumes containing over 2000 signatures from residents, helpers, staff and volunteers from 227 Cheshire Homes and Family Support Services throughout the world. Many pages of names were beautifully illustrated with photographs, motifs and sketches.

The idea of the books originated from Roland Langley, President of Greenacres Cheshire Home, Sutton Coldfield, West Midlands, who has been closely associated with the work of the Foundation for over 25 years. He organised the mammoth task of collecting and collating the signatures.

Those presenting the books to the Founder included Roland Langley; Peter Beadnell, an 18 year old resident of Spofforth Hall, Harrogate, Yorkshire; Diana Khoo, Far East Regional Training Officer; Lynette Learoyd, Personal Assistant to International Director Ronald Travers; Al Lord, formerly Aids and Equipment Adviser for U.K. and International Homes; Sir Henry Marking, International Committee Chairman and Vice-Chairman of the Foundation; and Muriel Taylor, Foundation Trustee and a Resident of James Burns House, Bournemouth, deputising for Mary Hopcroft, one of the pioneers of Family Support Services, who was unwell.

In a short speech Roland Langley said that it was the greatest privilege he had ever experienced to present the Founder with the first volume.

"The sketches, painting, drawings and decorative artwork contributed by the Residents and the expressions of good will which accompanied them will, I am sure, be a constant reminder to you of the regard, esteem and love in which you are held by us all" he told Group Captain Cheshire.

"Your Foundation has done so much, not only in providing accommodation and care for the severely handicapped, but also in focusing the attention of people everywhere on the crying need for PEACE by the richer nations giving support to those in the Third World.

"I recall that the very concept of your first venture at Le Court was that the strong should support the weak; the skilled, the unskilled; the rich, the poor; until all could stand on their own feet.

"Thank you tremendously for all that you have done and are doing. We are all most proud to be associated with the Foundation of which you are Head.

"May God give you the health, strength and courage and ability to continue, and may He bless you richly in all that you do."

Sir Henry Marking, Foundation Vice-Chairman and Chairman of the International Committee, said that the Founder's achievements had been enormous and the books were a mark of the love, good wishes and thanks of everybody.



Responding, the Founder said that he found the gifts deeply moving and he would always treasure the books. Looking through them brought back thoughts of all the Homes they represented, each of which was engraved upon his memory to a greater or lesser degree. They were symbolic of the individuality and variety of the Homes as part of the great human family.

What kept us all going was our relationship with people one to



World-Wide Day Tribute Founder



(Above) Peter Beadnell, a young resident from Spofforth, presents a volume to The Founder.

(Top Centre) Bob Balfour, Foundation Trustee, enjoys a joke with the Founder. Left to right at rear, Al Lord, former Aids and Equipment Adviser, Edward Footring, Park House Hotel fund-raiser, Mrs Dorothy Allott, member of the International Committee.

(Lower Centre) The Founder in conversation with Foundation Trustee Muriel Taylor of James Burns House, Bournemouth.

another. Able-bodied people needed to relate to handicapped people and we all needed each other.

The year 1987 also marked the end of the 40th year of the Foundation's existence, and he wanted to do still better in the future years.

He was delighted that an agreement had been formed with China to open a Home there to be run on Cheshire Foundation principles, and this opened a whole new chapter.



The Founder's Message of Thanks

"Would that I were able to find the right words to describe my joy, surprise and enormous gratitude for the wonderful gift of seven beautiful volumes containing the names of so many residents, supporters and staff, both in Britain and elsewhere.

"I shall treasure these books as long as I live, as they bring back so many memories not only of those I have known and worked with over the years, but also of the long journey we have travelled together and are still travelling.

"Were it possible I would like to write an individual letter to each Home, but time, alas, does not permit. Instead I hope that you'll accept these words, inadequate though they are, as an expression of my deep gratitude.

"I cannot end without saying a special thank you to Roland Langley for his thoughtfulness and for all the trouble he went to in organising this unique present."

Edward Footring



'What's Cooking?'

Ann Macfarlane, herself severely disabled from rheumatoid arthritis, provides a few easy, tasty suggestions for suppers and snacks, which are possible for disabled people to prepare.

All-in-One Chicken Casserole

(For preparation in a microwave oven)

- 4 chicken breast fillets
- 2 large potatoes, thinly sliced
- 2 teaspoons grated green ginger
- 2 tablespoons dry sherry
- 1 tablespoon soy sauce
- 1 teaspoon sugar
- 2 tablespoons cornflour
- 1 cup chicken stock
- 6oz mushrooms
- 4 shallots, chopped

Chop chicken into bite-sized pieces, combine with potatoes, ginger, sherry, soy sauce and sugar. Stir in blended cornflour and stock, cook on HIGH for 20 minutes or until potatoes are tender, stirring occasionally. Add mushrooms and shallots, cook on HIGH for 10 minutes. Serves 4.

Bread-and-Butter Pudding

- 4 slices of bread and butter
- 2oz mixed fruit
- 2 eggs
- 10fl oz milk (half a pint)
- 1-2oz sugar

Cut bread and butter into triangles and place in ovenproof dish. Sprinkle on sugar and mixed fruit, beat together milk and eggs and pour over bread. Place in centre of microwave and cook on HIGH for 6 minutes. Brown top under grill if required.

Stuffed Jacket Potatoes

Allow 1 large potato per person. Scrub well and slit across with a sharp knife. Bake for 1 to 1½ hours at gas mark 5. Cook until the potato is soft when squeezed. Remove from oven. Cut or slit across the top of the potato and remove potato with a spoon.

Filling ideas:

Mix the mashed potato with 1 ounce grated cheese per potato. Season and add a knob of butter. Return to potato case and reheat under grill.
 Or: Fry or grill bacon, chop, and add to potato with butter and seasoning.
 Or: Mix potato with corned beef, chutney, butter and seasoning.
 Or: Mix potato with yoghurt and chopped spring onion.
 Or: Top potato with soured cream and chives.
Serve with green salad.

Ham and Pasta Layer

- 4 ounces pasta shapes or egg noodles
- ½ pint white sauce (use packet mix and ½ pint milk)
- 1 teaspoon made mustard
- 2 ounces grated cheese
- Seasoning
- 4 ounces diced ham
- 1 sliced hard-boiled egg

Cook pasta/noodles in boiling salted water until tender. Strain well. Make up white sauce, stir in mustard and most of the grated cheese. Season to taste. Layer pasta shapes, ham, egg and sauce in a greased ovenproof dish. Sprinkle with remaining cheese. Cook at gas mark 5 for 25 minutes until golden. Serve with green salad. Serves 2.

Pear Cheesecake

For the base you need:

- 12 ounces digestive biscuits crushed
- 1 ounce cocoa powder
- 1 ounce caster sugar
- 3 ounces melted butter

For the filling:

- 1lb cream cheese
- 4 ounces icing sugar
- 1 medium can pear halves drained and juice reserved

To decorate:

- 1 chocolate flake

Base line 8" loose-bottom tin with greaseproof paper. Mix together crushed biscuits, cocoa, sugar and melted butter. Spread into the tin and press. Beat the cheese and icing sugar together with 2 tablespoons of the pear juice and mix well. Spread over the biscuit base and chill. Remove from the tin and decorate with pear slices and chocolate. Serves 8.

HAVE YOU A FAVOURITE RECIPE YOU WOULD LIKE TO SHARE? SEND IT TO THE CHESHIRE SMILE "WHAT'S COOKING" PAGE, AND WE'LL PUBLISH IT.

THE LEONARD CHESHIRE FOUNDATION INTERNATIONAL

LEONARD CHESHIRE HOUSE

26-29 MAUNSEL STREET LONDON SW1P 2QN ENGLAND



International News

Edited by Lynette Learoyd
Personal Assistant to
International Director Ronald Travers



The Founder with Mr Lin Yongsan, General Secretary of China Welfare Fund for the Handicapped.

Plans for Cheshire Home in China

In November the Founder, Sir Henry Marking, Chairman of the International Committee and Ronald Travers, International Director, attended the second International Conference in Chungqing, where they had talks with members of the China Welfare Fund for the Handicapped on the establishment of a Cheshire Home in China. At the closing ceremony of the Conference it was announced that agreement had been reached on the establishment of a Cheshire Home, and the city in which the Home will be built has been agreed subject to final approval of the local authority. This is a pilot scheme, and the Founder said that if it is successful he believed that this small beginning would lead to many more such Homes in China.

AND a New Cheshire Home in Hong Kong

Before arriving in China Sir Henry Marking and Ronald Travers visited the Hong Kong Home and saw the plans for the new Home at Shatin. The Hong Kong Committee has raised 73 million Hong Kong Dollars (= £5 million sterling) for the new Home which is completely funded now. Half of the new building will be used by patients convalescing from the nearby Prince of Wales Hospital, and the other half will be for permanently disabled residents. The government will pay, in addition, to set up smaller units for the disabled.

On 7th November the Founder attended the Annual General Meeting of the Far Eastern Regional Council in Singapore at which all the countries of the Region, except Japan, were represented.

News from NATAL

John Ayres, Administrator of the Queensburgh Cheshire Home in Durban, has sent the following account after the heavy rains in Natal:-

"The recent severe floods in Natal brought heartache and tragic losses of life and homes, extending over a wide area. Fortunately Queensburgh Cheshire Home lost only a few fencing poles which were left high and dry when the earth was washed from under them, and parts of the lush vegetable garden disappeared.

"A shortage of domestic water resulting in the mains supply being cut off caused some headaches and we were forced to use water from the swimming pool until a water tanker came to our rescue. Every available staff member and some of the residents spent the evening filling up all sorts of receptacles and, as so often happens in adverse circumstances, it turned into a 'fun' evening long to be remembered. Fortunately the water supply was restored after four days.

"The concern and loyalty of our staff was incredible. With roads in some areas impassable our driver walked many miles from his home in a deluge of rain to report for duty; one care assistant worked a double shift without hesitation when her relief could not get to the Home — these are just two cases.

"When all the hoo-haa was over and the Home was back to normal, Ernest Reinecke started a fund amongst the residents and a cheque for R300 was handed to the Queensburgh Red Cross Society for their Flood Relief Fund. A truly heartwarming gesture which emphasises the old adage that there is always someone worse off than oneself."

RICHARD BUTLER'S DEATH

We were shocked and saddened to learn of the sudden death of Dr Richard Butler in November and extend our deepest sympathy to his wife, Maureen, and three sons. Dr Butler was London-born and was Commissioner for Census and Statistics in Hong Kong. He will be greatly missed by all who knew and worked with him.

Dr Butler was very involved with helping physically disabled people and as well as being a Committee member of the Hong Kong Cheshire Home, he was also Chairman of the Physically Handicapped and Able-Bodied Association; he was the driving force behind the group's efforts to persuade organisations and government departments to introduce more facilities to integrate disabled people into the community. More recently he had been active in support of Oxfam and had contributed a great deal in terms of financial and economic advice.

It was through Dr Butler that the first contact was made, and meetings arranged, between the Foundation and the China Welfare Fund for the Handicapped, which led to the invitation for discussions and the subsequent agreement to establish a Cheshire Home there.

At Dr Butler's funeral in Hong Kong, the Principal Assistant Secretary for Security, Mr Kenneth Woodhouse, paid tribute to Dr Butler who, as an Englishman in Hong Kong, embodied all the traditional Confucian ideals. He was universally liked and respected and his death has diminished the Civil Service as a whole. He added that Dr Butler's greatest attribute had been his sense of humour.

NEWS FROM ZAMBIA

The Ndola Home in Zambia, which re-opened in new premises in 1987, has embarked on an intensive and ambitious programme for the resident girls. They are taught, on an individual basis, the three R's, as well as Social Studies, Religious Education, Science and Bemba Home economics, needle work, music and drama, and activities for daily living.

LUSAKA

Sister Ilaria is back at the Lusaka Home after working in Makeni for some years. She is delighted to be back with the 25 children in her charge, having opened the Home originally in 1973.

At **Solwezi** construction of the Home is nearing completion and the Baptistine Sisters — one of whom has been trained at the Lusaka Home — are ready to move in. This Home, which is opposite the hospital, near a school and on a main road, with the added bonus of a magnificent view, will work closely with the Maheba Rehabilitation Programme and take in disabled refugees as the need arises.

Samidi of Wisma Cheshire Home, Indonesia, receiving third prize (on behalf of Jacobub), from The Foundation's Creative Activity Contest. Mrs Knight, Carpentry Section, makes the presentation.



Left to Right, Buzz and Kay Moore and the Rev Curt Fuller at the dedication of the Cheshire Home in Reno. Buzz and Kay donated the land and spearheaded the whole project which will be known unofficially as "The House that Buzz built."

JOINT PROJECT

The Maheba rehabilitation centre, a joint project with the Zambian government, UNHCR (United Nations High Commission for Refugees), and Cheshire Homes Zambia, began two years ago. The refugees come from Angola and a survey of 10,000 has been made by **Tom Kavanagh**, a volunteer who has recently left the country. A further 15,000 refugees are due in Maheba settlement by March 1988.

The Irish Sisters of Charity will staff the project now, together with a Zambian physiotherapist who will be engaged later in the year.

CONGRATULATIONS:-

To Tony Webster on being named "Citizen of the Year" by the Lions Club of Jersey. Tony, who edits the monthly "Webster's World" from the Jersey Cheshire Home, received his award from the Lions Club and his plaque has a place of honour on top of the piano at the Home.

To the Board of Directors in Reno, who have recently opened their newest purpose-built Home. Funding of \$350,000 was donated in money, time or materials, and no government funding was used. Buzz Moore and his wife and Kay donated the land and spear-headed the whole project, and it is expected that the Home will be generally known as "the House that Buzz built".

To the Board of Directors in Louisville Kentucky on the opening and dedication of the **Jim Cain Cheshire Home** located in downtown Louisville close to theatres, stores and other sights, with transportation readily available for its residents. This new Home cares for eight physically disabled residents and one attendant.

Next door an eight unit apartment complex is being built and there is also a 1.5 acre site available for a twenty unit complex when more funds have been raised.

The name of the first building is in honour of Jim Cain, a Louisville man with multiple sclerosis who worked all his adult life to make his dream come true. Although Jim did not live to see the dedication, he knew it would be finished. At the dedication Jim's family unveiled an original oil painting of Jim which hangs in the main entry foyer of the Home.



Beryl is the Foundation's Care Adviser within the Northern Team, with many years' experience of counselling.

In each issue of *The Smile* she will answer some of the many questions and problems reaching her. All correspondence will be treated as completely confidential and no correspondent will be identified or named unless he or she wishes to be.

Although replies to letters not selected for publication cannot be answered by Beryl personally, she will refer these to the appropriate Care Adviser but only IF SO REQUESTED.

Send your problems to:
BERYL CAPON
c/o Cheshire Smile
Arnold House
66 The Ridgeway
ENFIELD EN2 8JA

SHARE YOUR PROBLEMS with Beryl Capon

Foundation Care Adviser

Question: "I look after my disabled mother at home with the help of regular periods of respite care in a Cheshire Home. I am finding it increasingly difficult to cope with her incontinence. Is any help available to me?"

Answer: "District Health Authorities have the power to supply, free of charge, aids and equipment to help in nursing sick and disabled people at home. These may include the loan of commodes, bed pans, bed linen, incontinence pads, interliners, disposable bed sheets etc. Although protective pants and pads are not available on prescription many Authorities will provide the first pair of pants free and allow a free packet of incontinence pads per week. Any extra needed must be purchased from a chemist or mail order source. A laundry service may also be available in your area. This is run either by the Health Authority or Social Services. The laundry service collects soiled sheets, other bedding and sometimes clothes and returns them to you laundered, usually on a weekly basis. Your local Social Services office or Health Visitor should be able to let you know what is available. Should facilities in your area be particularly lacking it may be worth discussing the problem with your local Community Health Council whose address you will find in your telephone directory."

Question: "My husband and I met and married whilst living in a Cheshire Home. Although I feel reasonably happy we seem to be increasingly bickering and arguing with one another which upsets me because everyone else in the Home is also aware of the fact and trying to become involved".

Answer: "The first question I would ask you is are you spending too much time in each others company? No two partners can be expected to spend 24 hours a day together without this happening. Is there any way that between you, time could be structured to enable both of you to be out of the confines of the Home as individuals for certain periods each week? Some of the possibilities which spring to mind are attendance at a day centre, embarking on further education or voluntary work: for example: DIAL. Should none of these possibilities appeal to you, make an agreement with each other to spend time as individuals in the company of other Residents or staff members".

BERYL gives on this page a BRIEF OUTLINE of the new Social Security System coming into operation this month.

As from April 1988 the whole system of Social Security payments will change. This will currently only affect those disabled people living independently or those considering independence. The present system of payment for those disabled people in Residential Care is to continue until April 1989. This is to allow time for the implications of the Griffiths Report to be taken into consideration.

The existing system of additional requirements payments including those for diet, heating, clothing and laundry, is abolished. Instead there will be flat rate Premiums for certain restricted groups of people. Entitlement will not be based on individual need.

Terminology is different. "Income Support" replaces "Supplementary Benefit." "The Social Fund" covers what was previously known as Special or Urgent Needs Payments. Most of these payments will now be given as loans rather than grants, repayable over variable times from weekly benefits. The repayment time will be assessed by the Social Fund Officer. The maximum repayment time will normally be 78 weeks or exceptionally 104 weeks.

"Requirements less Resources" will remain the calculation necessary to determine entitlement to benefit. The fundamental changes are in the way peoples requirements are calculated. There are also significant changes in the calculation of resources.

"Income Support" is now calculated by Personal Allowances,

Dependents Allowances and Client Group Premiums. The Personal Allowances are at similar levels to the present short term Supplementary Benefit scale rates as are the rates for dependent children under 18 years of age. The Premiums replace both the long term scale rates and additional requirements paid under the Supplementary Benefits scheme. They are paid in addition to personal allowances and are divided into:

1 **FAMILY PREMIUM:** This is paid to all families with children. Only one premium per family regardless of its size.

2 **DISABLED CHILD PREMIUM:** This is paid for each child who is receiving Attendance or Mobility Allowance or who is blind.

3 **LONE PARENT PREMIUM:** Paid to all lone parents.

4 **PENSIONER PREMIUM:** At the lower rate this will be paid where a claimant or partner is aged between 60 and 79 years. Higher Pensioner Premium will be paid where one of them is 80 years of age or over. Disabled pensioners aged 60-79 years of age will qualify for the Higher Premium if they are blind, receive a long-term incapacity benefit, Attendance or Mobility Allowance or if they are receiving a disability premium when they reach the age of 60.

5 **DISABILITY PREMIUM:** Will be paid to claimants who have been incapable of work for six months or where their partner is receiving a long-term incapacity benefit such as Invalidity Benefit or Severe Disablement Allowance. Anyone receiving Attendance Allowance, Mobility Allowance or who is blind will also receive this premium.

6 **SEVERE DISABILITY PREMIUM:** Will only be paid out to those people living alone already receiving Attendance Allowance and with no one eligible for Invalid Care Allowance in respect of their needs for care.

Only one Premium per claimant will be paid (whichever is the higher). The exceptions are that:-

1 **FAMILY PREMIUM** will be paid to all families with dependent children on top of any other premium.

2 **DISABLED CHILD PREMIUM** will be paid for each eligible child on top of any other premium received by the family.

3 **SEVERE DISABILITY PREMIUM** will be paid on top of the ordinary Disability premium or the Higher Pensioner Premium.

Water Rates, maintenance and insurance charges for owner occupiers have to be met from personal allowances as do 20% of the General Rates.

The Income Support scheme will continue to take into account net resources in a similar way to Supplementary Benefits. There are however several key changes in the treatment of resources.

1 Savings of £3000 and under are ignored. Above this each £250 or part thereof between £3000 and £6000 will count at £1 of notional income for each week. Those with savings or property of over £6000 do not qualify for Income Support.

2 The first £5 per week of earnings will be disregarded. There is a higher disregard of £15 net per week for people getting the Disability Premium, Higher Pensioner Premium, Lone Parent Premium and claimants with families who have been unemployed for over 2 years. Work expenses such as fares and child care costs are no longer deducted. Full time remunerative work is defined as 24 hours per week or more - not 30 hours as under the Supplementary Benefits scheme.

There are Transitional arrangements whereby existing claimants of Supplementary Benefit, who would be losers under the new Income Support scheme, will have their benefit frozen until their existing benefit level is overtaken by new entitlements to Income Support.

A Critical Look at The Creative Activity Contest



**Valerie Peters,
Computer Tutor at Greenhill House, Timsbury,
gives her PERSONAL view:**

“Having spent much time helping Residents with their entries for the creativity competition I accompanied winners to London for the presentation. I was so dismayed by the day’s arrangements that I write to express my concern.

“In my opinion, it was a classic example of how NOT to organize a day out for disabled guests of honour! More like an old boys’ gathering, an opportunity to pat themselves on the back for good deeds!

“Am I being unfair? The reasons for my conclusions:-

In the Middle of London

- 1 “Held in London, walking distance from HQ, yet no parking facilities for disabled transport.
- 2 “Inaccessible to two thirds of the country for a day trip, in the most expensive part of the country for overnight stay.
- 3 “Held in a building with no toilet facilities for the disabled!
- 4 “Prior to lunch, guests of honour (i.e. judges, sponsors and presenters) were talking and enjoying a glass of wine in the buffet area away from the real guests of honour, the Residents. Apart from the prize-giving very few people, other than staff from the Homes, spoke to people in

wheelchairs. At lunch time an announcement was made saying no wheelchairs near the food. Consequently disabled guests could not even choose their own meal! The hall was just too small to cater for the large number of wheelchair guests. Why such a venue?

Like a Jumble Sale

5 “Most exhibits had taken long hours of work, yet were displayed on tables like a jumble sale! Because of shortage of space some visitors had to eat lunch in the exhibition hall. Inevitably food and drink were placed among the exhibits with dirty plates piled up on the tables afterwards. In craft exhibitions around my neighbourhood, exhibitors’ work is not allowed to be touched, never mind food or drink near it. Surely we can arrange a more professional exhibition? The standard of work deserves it!

Why a competition?

6 “In any competition there will always be disagreements with the judging. Not just the standard of work but the disability is taken into consideration. Surely it is impossible to judge that without knowing the person concerned and the effort put into the work? In most cases the yellow cards had been filled in with just the medical name (e.g. m.s., which says little if anything about the problems of that person). In the computing category the judge admitted knowing nothing at all about

the subject; how long would the competition last if this applied to other sections? If we need judges surely a team approach would be more suitable with at least one member having some expertise in the subject. I think an exhibition with the only assessment being whether the work was of high enough standard to be included would be far more beneficial to our Residents than as at present.

7 “The care taken on returning entries leaves a lot to be desired. Last year a prizewinning pottery entry was so poorly packed it arrived back in pieces. That Resident will not submit any more of his work, and has not done any more pottery since this happened. This year prize-winning paintings were returned with sellotape and stick pads stuck to frames and pictures, which could not be removed without damage. Surely we owe it to the exhibitors to take as much care over returning their entries as they did in sending them in to the competition?

High Quality of Exhibits

“Overall I was very impressed by the high quality of the exhibits and feel they deserve a more professionally organized exhibition for a wider range of people to view. So come on, Cheshire Foundation! Show the country how to treat disabled people with the respect and consideration they deserve.
“Organize future exhibitions in a professional manner around the country in venues able to cater for disabled people. Let Residents be the V.I.P.’s, and the Sponsors and the Foundation be their guests!”

**BARRY ST-JOHN NEVILL,
Former Public Relations Officer
for the Foundation, and the
1987 Organiser of the contest,
comments:**

"Everyone accepts that the Westminster Cathedral Conference Centre is too small for the contest. The problem is finding a suitable place within our means which can provide all our special requirements. In 1986, before she left in January 1987, my predecessor Kay Christiansen, who started the contest, had spent much time investigating all possible venues in London. I searched likewise when I took over from her. The majority could not be considered because there was no wheelchair access; some were far too small; some had no lavatories for the disabled; some halls were booked fully a year ahead; could not provide storage facilities; or could not provide catering facilities. "I will now deal with Mrs Peter's other points:

1. "We know of no suitable venue in central London with special disabled parking facilities, but the conference centre is in a metered zone and there is a public car park close by.
2. "It is untrue that a London venue is inaccessible to two thirds of the country, but it is correct to say that London is most expensive for accommodation. A venue outside London is a possibility and I promise that it will be discussed, though it is not as simple as Mrs Peters imagines. Easy to criticise!
3. "There are lavatory facilities for the disabled within Westminster Conference Centre. A rarity in most halls anywhere.
4. "No announcement was made saying "No wheelchairs near the food". During lunch and afterwards, the hall was alive with conversation and I simply cannot understand her comment that very few people spoke to people in wheelchairs.
5. "It took three people much hard work to set out the exhibits and much prior organisation. I thought that, considering the small space available, the exhibits were attractively set out. It was nothing like a jumble sale. Pressure of space again meant we had to eat the excellent buffet luncheon in the only hall available to us. The whole system of judging may be changed, but I do feel we should maintain the competitive element, and not just give a patronizing pat on the back with an automatic certificate taking away real achievement.
6. "I am sorry that the packers were not as careful as they should have been when returning goods. The overwhelming problem is the speed necessary to clear the hall in due time. We do not have unlimited money to spend!



*The Joy of Winning!
1st Prize winner Phyllis Pocock
of Coomb. Her delight is obvious.*

"I regret that Mrs Peters does not feel that, considering the difficulties we faced in having to use a building far too small for our needs, we did not nevertheless produce an exciting, enjoyable and attractive contest."

Editor's Note:

"As the originator of the Creativity Activity Contest which began in 1982 and grew increasingly popular over the years, I respond only to the competitive aspect raised.

1 "I sought the views of many Homes over the years on the advisability of this, and for the most part they have been quite vehement in stating that it is the CHANCE to succeed and to win that stimulates the will and enthusiasm to enter.

2 "I feel it is insulting to disabled people to assume that they should never be subjected to disappointment as the rest of us sometimes are. They are not children after all, but adult people quite as capable as able-bodied people, if not more so, of accepting disappointment when they lose, and of experiencing joy when they win.

3 As to the suggestion that the judges are not competent, this really is not valid. From 1983-1986, for example we have had The President of The Royal Academy, The Director of The Victoria and Albert Museum, The Director of The Photographers' Gallery, Lady Wilson, a

published writer and poet, and three skilled tutors of The Handicrafts Advisory Association for the Disabled, who understand the difficulties of handicapped people better than most. As to lack of detail of disability on some labels, I would remind Mrs Peters that this was the responsibility of the Homes. They were asked to fill in the labels giving full information. Many did not, merely stating the name of the condition of the entrant".

The Foundation is now deeply involved in searching London for a suitable venue with all the complicated facilities required, since it still believes that the Capital is the right place for the exhibition.

**IN THE MEANTIME —
WHAT DO YOU THINK?
We welcome views on the Creativity Contest from, first and foremost, our Residents, but also from Staff and Volunteers.
Should it remain a Competition? Let us hear from YOU please. It is your Exhibition.
IF WE DON'T HEAR FROM YOU — HOW CAN WE ASSESS WHAT YOU FEEL AND WANT?
WRITE NOW! (Max. 200 words).**

YOU *write to* US

We have just received the October issue of the Cheshire Smile & read with great interest the various possibilities for a change of name or title.

Mr Reg Gomm of West Sussex sums the whole question up admirably in his letter to you, but we feel sure that even he will agree that if the title HAD TO BE changed, then "Cheshire Magic" would be the most appropriate, since that's what the whole organisation is — right from the Old Man himself down to the residents — just pure magic!
Peter M Stewart
Palleja, Barcelona
Spain

Would you please put the following in the next issue of the Cheshire Smile (please leave the name as it is — why change a good thing?).

Having spent a week at Park House, Sandringham, I must say what a marvellous place it is. The only fault (if any) is too much food, but all wonderful. Lovely to have such caring people.
A.W. Howell (Miss)
Hemel Hempstead, Herts.

I like The Smile and in particular find the photographs very good.
Barbara Hoy
Douglas House
Brixham

I am in the process of reviewing our methods of assessing patients with Parkinson's disease and would be interested to hear from anyone who uses a standard assessment form specifically for Parkinson's disease.
Jane Hassall
Senior Occupational Therapist
Ladywell Hospital
Eccles New Road
Salford M5 2AA

Now that a publicity campaign seems to have succeeded in getting rid of the hateful word 'mongol', to be replaced by the much more accurate and acceptable term 'Down's syndrome', how about a ban on the word 'spastic', used in such a hurtful and derogatory way. 'Cerebral palsy' is a mouthful. Why not just 'C.P.'?
Stella Gordon
London SW3

Your new image "Smile" is so much appreciated that some of our committee members are interested in personal subscription.
Elize Bray
National Co-Ordinator
South African National
Foundation of Cheshire Homes
Cape Town

May I bring to the attention of your readers a little book which spreads the Good News called "I Am Blessed Newsletter". These words of comfort are published 4 times per year and are available free to those in Hospitals, Residential Homes, Nursing Homes, Prisons, Neighbours and Friends.
For details write to:
John T Wood
9 Celtic Park
Enniskillen
Co. Fermanagh
N. Ireland BT74 6HP
United Kingdom

I do hope that somehow it will be possible for the seven presentation volumes commemorating The Founder's birthday to be put on show at conferences and gatherings when people from both the U.K. and overseas would have the opportunity of seeing them.
Roland Langley
Sutton Coldfield
West Midlands

St Bridget's have started their own magazine entitled The Cheshire Grin! The name was chosen by popular ballot and we hope this reflects the popularity of Cheshire Smile among all our Residents.
Sheila Lamb,
Computer Room,
St. Bridget's,
Rustington
West Sussex.

Allow me to express on behalf of the Management Board, staff and residents of the Juba Cheshire Home and Centre for Disabled Children, our shock and sincere grief on learning of the sudden death of Denise Tabernacle from your October issue.

I knew Denise for some time and worked very closely with her for four years as she laboured tirelessly to establish this children's home.

It was a great experience to feel her warmth, vigour and commitment to the service of the disabled. Her outgoing personality and pioneering spirit were instrumental in bringing together a group of interested and dedicated personalities into the Juba Cheshire Home Management Board. We were sorry to see her leave us but encouraged by the fact that she was off as usual to establish more Homes elsewhere in Africa.

Kindly convey through your esteemed magazine our sympathies to her family and friends and those for whom she sacrificed her life. May Almighty God rest her loving soul in his eternal peace.
Dr Oliver Duku
Chairman, Juba Cheshire Home and Centre for Disabled Children
Juba, South Sudan.

Obituaries

Chipstead Lake Cheshire Home learned with deep regret of the death of **Mr Dick Chapman** at the age of 65, on September 15th 1987.

Dick headed up the Home's fund raising appeal and worked tirelessly, despite serious illness.

Mr Cecil Williams, Chairman of the Management Committee, wrote: "We are very sorry indeed to lose him. He was very dedicated and a stimulating person to work with."

Chipstead Lake also report, with sadness, the death of **Colin Paterson**, aged 23, on 15th August 1987. Colin suffered from Friedrich's Ataxia, and attended the Home as a day attender until his removal to Scotland.

Hovenden House, Fleet, Spalding, Lincs. record the death of their longest stay resident, **Steven Smith**, aged 89, on 14th December 1987.

Peter Barre, Head of Home, writes: "Steve came here on 23rd March 1959, not long after the Home opened in 1957. What a pity we have not his memories on record. They would have represented almost the whole history of the Home.

"Steve was an easy-going character liked by everyone. He was sustained by his family who visited regularly, although they lived many miles away. Steve is sadly missed by Residents, staff and everyone who knows Hovenden."



Di Hickman at work.



A Day in the Life of an Activities Organiser

Di Hickman, Activities Organiser at Chipstead Lake here describes an action-packed working day!

"Off goes the alarm clock! 6a.m. and it's still dark - fall over four cats, all wanting breakfast - "Get them fed first, Di!" - then get retired husband's toast, marmalade and tea and take tray into him, still in the warmth of his bed; a hasty cup of tea and biscuits for me - next the bathroom - then helter-skelter for work.

"My day at Chipstead begins at 8.30am with, already, Residents waiting in the Craft Room eagerly wanting to press on with whatever project they have in hand, especially when the Creativity Contest is near.

"I have always found it wise to plan the day ahead as far as possible, so that Residents, Day-Care and Voluntary helpers all have something to do.

"At the present time our workroom is one ghastly muddle - absolutely full of huge boxes everywhere - ready packed, with all our craft materials, waiting to be moved into a super, very large room in our new extension, so our usual working day has been somewhat changed - it's currently all hands on deck to help with sorting and packing.

"A 'normal' working day - if there *is* such a thing!, starts with everyone raring to go on *all* sorts of crafts. Various types of *collage* using perhaps material, nails and staples, seeds, leaves, foil - or anything that possibly *can* be used. *Repoussage* - applying designs to pewter or copper and making trinket or cigar boxes, wall plaques etc., Other Residents or day-care attenders might be rug-making, painting, sketching, weaving, making stools or re-seating chairs, toy-making, macrame, and building all sorts of models from *any* items brought in for possible use in the workroom - one very large picture of a leopard was made entirely from breakfast egg-shells.

"Whilst all this is going on, we often have spelling-bees or quizzes, so that *everyone* can join in and have fun - sometimes the laughter is so loud that passers-by stare in at the Home in amazement!

"Some of the men spend their time in our carpentry shop making really first-class wares under the guidance of Edwin Johnson MVO, a very worthy volunteer, along with some of his colleagues. All the items they make bring in a handsome revenue, which enables them to buy top quality tools.

"Two and a half days a week, a number of Residents spend their time with Glenn Lee (Assistant), being taught the use of computers, which is interesting and educational. *All* activities must be enjoyable - I'm a *great* believer in the old song - 'Make 'em laugh!' Mind you, there are some days when they make *me* laugh.

"Two occasions stick firmly in my mind. During my first week at the Home, in January 1982, I was just preparing to go home one afternoon, when I suddenly heard a noise of rushing water. I quite thought one of the pipes under our sinks had burst, since a flood was beginning to rise on the workroom floor. I hurriedly started crawling about on my hands and knees, trying to mop up, when I realised the residents were all in hysterics laughing at *me*! Having got my trousers and shoes soaking wet, I then discovered it was not a burst pipe after all. It was just dear Michael spending a penny, having laughed so much and unable to get to his room in time! So certainly the laugh was on *me*.

"On another occasion, the laughter was really caused by POESKA (a Dutch name) who is the Home's cat. I had offered to bring on seedlings in the workroom for our volunteer gardeners, and it was a joy for all of us to watch the seedlings growing. To my horror, when I entered the workroom, everyone pointed to the trays of what had been beautiful seedlings, and there, lo and behold, POESKA had decided that we had put each tray (about eight in all) ready for him to use as his loo! Much laughter at my expense!

"I often joke and say many of my 'activities' were certainly not in my contract, but I would not be without the fun, the Residents, the day visitors, the volunteers, and *all* the shared interests."