

OCTOBER 1988

CHESHIRE

Smile

MAGAZINE OF THE LEONARD CHESHIRE HOMES AROUND THE WORLD



CHESHIRE
Smile
 Founded 1954

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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).

FRONT COVER – Le Court Residents celebrate 40th Anniversary. Left to right: Chris Mitchell, Bob Balfour, Frances Hopwood, Steve Rothwell.

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“Dismissing” Matron

The following ditty comes from Alne Hall's News Letter and neatly banishes the old and out-dated concept of Matron as a title.

WHAT'S IN A NAME?

Who is “Matron”, What is she?
 If you'll excuse the parody,
 The song is old, the problem newer,
 As no-one seems to be quite sure
 Oh! what to call the woman!

She isn't built like Hattie Jacques,
 No bustle, bonnet, buckle takes
 The place of T-shirt, socks and jeans,
 Laughs, cries, sings and dreams.
 Oh, What to call the woman!

She doesn't quite conform to view,
 Cooks, lifts and clears the loo,
 Is into hugs, smiles and cuddles.
 On rainy days she jumps in puddles.
 Oh! What to call the woman!

Mrs Chaffin? Much too formal and terse,
 Public use of nickname could be worse.
 This is a final heartfelt plea,
 Please, Oh please, can I be *me!*
ANN'S what to call the woman!

Cheshire Foundation Annual Conference – 1988

An inspiring opening speech by The Founder, outlining his vision and hope for the world-wide expansion of help for disabled people, evoked a two minute outburst of clapping, with many in the packed audience rising to their feet, at The Foundation's Annual Conference held at Stoneleigh Agricultural Centre, Warwickshire, on Saturday, July 23rd.

The Founder's Dreams and Hopes

The Lesson of Failure

Leonard Cheshire said that it was time, in the fortieth year of The Foundation's existence, to look back in order to go forward to the future. Several things stood out in his mind. After the war, he had formed an organisation to help re-settle Ex-Servicemen. It failed because it was not realistic. "However, that failure taught me something" he said, "It taught me that any organisation which exists solely for the good of its own members will never flourish. It might survive but it will lack spirit.

"After that failure I was faced with debts of £18,000, a great deal of money for an ex-pilot on a pension.

"Then an old man dying of cancer came for help, and as my mind concentrated on him the debts seemed to melt away. Our problems are more easily solved when we immerse ourselves in someone else's needs."

"It reminds me also of another lesson I learned during the war. When you're in a jam from which you can see no possible way out, get yourself immediately into one which is four or five times worse and the first one will seem nothing at all!"

God's Plan

He had no thoughts at that time of looking after Arthur Dykes and the others that followed him. It was God's plan and many would understand from their own experience that God never lets you go.

"If we are faithful to our vocation and a need falls within our reference, and we work as a team both here and overseas, we may be sure that the money will come, even at the last minute," he said. It would be wrong to reject a badly needed project because the money was not immediately there.

An International Family

The Founder said that we should look upon ourselves more and more as an International Organisation and an International Family. Each Home ran itself. There had to be a central organisation but the local initiative was our strength, without detriment to the individual.

He suggested that Homes should put up a sign or a map to indicate that they were part of a very large movement with 164 Homes in 45 countries.

Growing More and More

It was his desire and hope for the future to build an organisation still more widespread and still more capable of helping those in great need throughout the world. This was already beginning to happen.

A Home was now to be built in China, and China had asked to become a full member of The Far East Region of The Foundation; Homes had also been established in Japan, and The Sue Ryder Foundation also had many Homes within the Soviet bloc.

South African Needs

Speaking of the needs of South Africa, The Founder said that the conditions for disabled people there were worse than in almost any other country he had visited. Quadraplegic and paraplegic people were housed 8 to 12 in two rooms and had to sit on the floor where they developed bed sores. If taken to hospital they were well cared for, but some so feared a return to these conditions that they re-opened their bed sores knowing that otherwise they would not survive outside.

Cheshire Foundation International had already set up nine Homes in South Africa and had plans for a further nine, six of which would be for black disabled people. The need for money for this expansion was pressing.

My Hope and Dream

His hope and dream was that in future years everyone would go forward together to help many more people in very great need throughout the world.



◀ The Founder with Lady Pattie and Major General Virendra Singh, Chairman of Eastern Regional Council.



L to r: Simon Hardwick, General Secretary, with Trustees Bruce Weatherstone and Muriel Taylor.



◀ Ian Balfour, Resident of Le Court, lunches with Mrs Peter Rowley, wife of The Chairman.



▶ At left, Harry Lowden, Foundation Care Adviser, with Mark Blake-Knox, Co-ordinator, Cheshire Foundation in Ireland.

CONFERENCE REPORT

Equal Options

The morning session of the conference began with an introductory speech by The Chairman, **Mr Peter Rowley**, who re-affirmed The Foundation's policy to try to provide options for disabled people. Equal priority would be given to Residential Homes for both physically and mentally handicapped people and Family Support Services, and encouragement would be given to an increasing association between Homes and Family Support Services.

Training grew more and more important at every level.

Activities

The Work of an Activities Organiser was then introduced by the **Hon. Mrs Maggie van Koetsveld**, who stressed that activities of all kinds – not just craft work – were crucial in improving the quality of life of Residents.

Ann Brau, Foundation Rehabilitation Adviser, Eastern Area, then spoke of the confusion by some concerning the function of an Activities Organiser. Craft teaching was only one part of a much larger sphere. Activities should be aimed at all forms of mental and physical stimulation, and provide as wide a range of choice for disabled people as possible. Homes needed to budget for an Activities Organiser so that some resources and material were available. The emphasis on hand crafts should not be to sell them in aid of the Home necessarily but to provide pleasure to the Residents in making them, as well as pride in the achievement. Resident themselves should decide how allocated money should be spent, and it was also essential that Care Staff and Activities Organisers should have good communication and co-operation. In this way Activities Organisers could often relieve Care Staff of some of the pressures.

The Importance of Training

The Conference Theme: "Training? Who Needs Training?" was then introduced by **Harry Lowden**, Care Adviser, West Region, who said that the term training sounded so mechanical, inhuman, institutional and cold, but there were other ways of saying it such as "help me", "tell me", "show me", "help me to know how it feels", "prepare me", "guide me", "teach me".

Everyone in The Foundation had a part to play in training, from Management Committees, Staff, Residents, Clients of Family Support, Care Attendants, to the invaluable body of Volunteers.

One of the important results of training was that staff became more confident – confident enough to follow the advice of Residents on the way they wished to be handled, and to look more deeply and have a greater awareness of signs and symptoms, with knowledge of physical conditions.

Residents continually told him that it was not so much the skills of staff that gave them occasional cause for concern but their *attitude*. Training was very much concerned with helping understanding of how it felt to be an individual Resident.

The Training Packs

He mentioned the value and importance of The Training Resources Pack which consisted of five volumes, each containing 10 sections on every aspect of training. A detailed guide to contents was available for every Home and Family Support Service. Full information could be obtained from Janet Wells, Training Adviser, Cheshire Foundation, 26 Maunsel Street, London SW1P 2QN, Tel: 01-828 1822.

Discussion Groups

The conference then divided into five discussion groups as follows:

1. Developing Management;
2. Using Outside Agencies;
3. Residents And Clients As Trainers;
4. Learning Caring;
5. Opportunities For Different Life Styles.

Conclusions

Five conclusions from each group summarising these discussions were then presented to the Conference. These will be circulated to Homes shortly.

Residential Care – A Positive Choice

Guest speaker in the afternoon session was **Lady Wagner, OBE**, Chairman of The Volunteer Centre and author of "The Wagner Report on Residential Care – A Positive Choice", commissioned by the DHSS.

Lady Wagner said that during all the work and consultation involved in the compilation of the Report, she and her committee had sought always

to put emphasis on what the users of residential care wanted. They had put the Residents first, the Care Staff in the middle, and the Managers at the bottom of their priorities.

Influence in The Future

The report had now been published, and was with the Government. Although the Committee no longer existed, they were still deeply concerned that its recommendations should influence the future and not sink like a stone. It was too important for that. The Wagner Development Group had therefore been set up with the National Institute of Social Work to promote the work of the Committee.

The Evidence of The Residents

When the Committee called for evidence they received a great deal of material from managers and academics, but they were determined to seek the opinion of the consumers – The Residents. They tried in every way to reach as many as possible, even with a TV appeal. Letters received from Residents were imperfect statistically, but nonetheless the impact of them was very strong. Some were distressing and sad, but many were happy. When analysed, they were surprised that in fact seventy per cent of the letters were happy, but the poignancy of the remaining thirty per cent was so strong they realised they had got it slightly out of proportion.

The Committee were concerned that residential care should never be a last resort but a positive choice. It could never be regarded in isolation from community care.

Government Response – Need for Funding

The Government would respond to the Report, which contained 45 recommendations, in October 1988, and every effort should be made to influence a really positive statement.

It was essential that the Government should ensure that people with disabilities should be provided with sufficient funds to choose their way of life.

Foundation Pioneering

Lady Wagner paid tribute to voluntary organisations and pointed out that their research had shown them that many of the Committee's recommendations had already been pioneered and put into action by The Cheshire Foundation.



Residents of Douglas House, Brixham, arrive. At left, Susan James; alighting, David Cartwright with Driver Keith Cook.

On the training stand: Dr Wendy Green-gross (Trustee) and Harry Lowden, Care Adviser.



British Telecom Special Aids. Left to right Ann Brau (Rehabilitation Adviser), Liz Gibbons (British Telecom), Liz Barker, Sue Favelle. Front, Dorothy Markham and Dorothy Douglas of Seven Springs, Tun-bridge Wells.



The Adventure Centre Stand. Left to right Sir Geoffrey Pattie, Jim Wainwright of the Kielder Adventure Centre, with Philip Cowley and Glyn Radford from St Anthony's Cheshire Home, Wolverhampton.



ANNUAL GENERAL MEETING

The Financial Position

Speaking at a very well attended Annual General Meeting on the eve of The Foundation's Annual Conference, The Chairman, **Mr Peter Rowley**, outlined the financial position. Although The Foundation was not heading for a financial crisis, the financial forecast left no doubt that this could arise unless steps were taken to increase income and contain expenditure.

Too many Homes had made no provision or inadequate provision to meet the cost of modernisation and replacement now required. Central funds for interest free loans could not possibly cover the requirements of the whole Foundation and a list of priorities had been drawn up and money would be allocated to the most urgent projects in strict priority. This meant that a number of eminently desirable schemes would have to be postponed. The delay could be shortened if Homes holding surplus money would make loans to help more needy Homes.

A further factor contributing to the worsening financial position was the ever-increasing deficit on the running costs of Homes. Too many were failing to budget for anticipated increases in the salaries of nurses and care attendants.

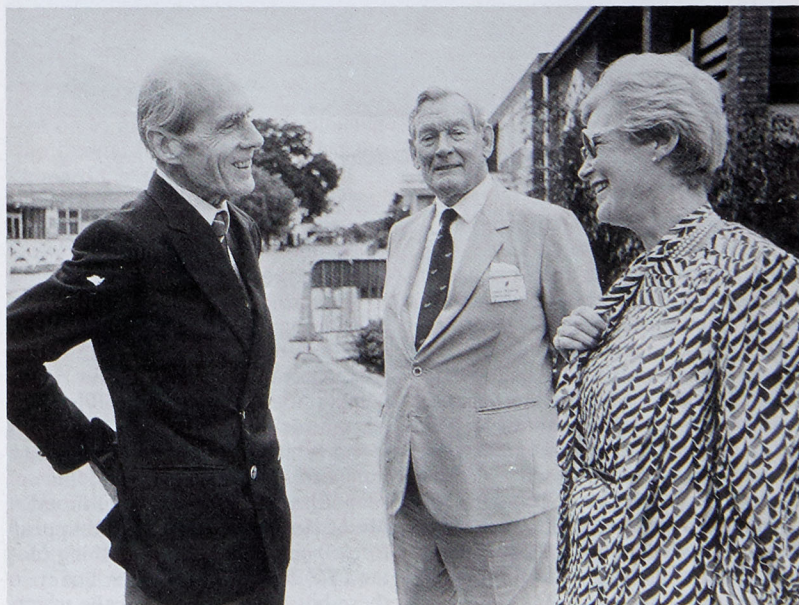
Homes should intensify their efforts to establish close working relationships with local authorities since, apart from the present shortfall on running costs, it would be essential to settle realistic fees if the recommendations of The Griffiths Report on Community Care were implemented.

Being short of money was nothing new to The Foundation. In the early days Homes were always desperately short, but tremendous work and effort had overcome the problems.

Mr Edward Footring, Acting Appeals Director, then outlined plans for establishing a central fund-raising organisation but emphasised that this was designed to help and support local fund raising by Family Support Services and Homes, who must not only continue their efforts but increase them. (For full details, please see page 8.)

The following Trustees were unanimously re-elected for a further term: Mr E. L. Archer; Mrs Caroline Ashworth; Dr F. B. Beswick; Group Captain Leonard Cheshire; Mrs R. M. Corben; Mrs D. M. Cottingham; Dr Wendy Greengross; Mr D. I. Mitchell Innes; Brigadier John Regan; Mr Martin Roe; Mr Peter Rowley.

The Founder and Chairman greet Lady Wagner.



Head of Coomb Retires

Group Captain John F Pinnington R.A.F. (Ret'd) has retired as Head of Home at Coomb Cheshire Home, Llangynog, Dyfed, after 12 years of dedicated service.

During this time he has been closely involved in three major building projects at the Home. The first of these was in 1977 when the first annexe was built (Kylsant); the second annexe was built in 1978 (Y Plas) and in 1986 the third annexe (Alexandra Wing) was completed.

He has served under four Chairmen of the Home's Management Committee and was very much involved in the visit to the Home by Princess Alexandra in 1986.

The Residents, Staff and Management Committee Members wish to voice their appreciation and gratitude publicly to Group Captain Pinnington for his single-minded devotion to the Home over the years and wish him a long and happy retirement at Coomb Lodge, Llangynog, where he will make his home.

A farewell presentation was held at the Home on the 19th April when Group Captain Pinnington was presented with a radio and a set of crystal wine glasses by the Home's President, The Lady Jean Philipps.

A 'Lucky' Day for

Maggie and Brian Dennis

Friday the thirteenth was a lucky day for **Maggie Raggett and Brian Dennis**, both Residents of Douglas House, Brixham, because it was the date they chose for their wedding at a Registry Office in Oldway Mansion, Paignton.

The previous day Residents and Staff gave them a party when the Residents presented them with a charming painting of "Evening over the Exe Estuary", the Staff a pair of Horrockses bed covers, and the Brixham Support Group, a set of shelves.

The honeymoon was spent at Park House Hotel, Sandringham.

Establishment of Central Fund-Raising Unit

EDWARD FOOTRING, who successfully organised the Park House Appeal which raised £1,540,000, and is now the Foundation's Acting Appeals Director, here explains the thinking that led to the decision to undertake central fund-raising:

The policy of the Foundation until recently, apart from some specialised advertising, was to leave all fund-raising to be carried out by individual Homes, and has proved to be absolutely first-class. The changes made have been planned to take the greatest care not to discourage individual Homes. Central fund-raising will now augment and supplement local fund-raising by Homes and not supplant it.

Changed Nature of Giving

The major reason for the Foundation's decision to undertake central fund-raising is the changed nature of charitable giving and fund-raising as compared with even a few years ago. Most of the concentrations of charitable money are in the hands of the grant-making trusts, (many of which are multi-million pound affairs) and, to a rather lesser extent, the national and multi-national companies. Most of them are conducted in the major cities – the majority in London. It is difficult for individual Homes to attract money from them unless they happen to know somebody personally. Even then it would be exceptional for a Home to attract a substantial sum from any one donor. With the possible exception of certain legacies the really large gifts are made, in the main, to the central organisations of the national and international charities with which the Leonard Cheshire Foundation is comparable in almost every way save in the matter of fund-raising, because the others have for some years now indulged in more and more specialised efforts – to use a modern (and not particularly attractive) phrase they have gone in for the "hard sell", advertising in the press, on posters, nationally and locally on radio and on television and running innumerable fund-raising events. Their literature, by the hundredweight, is received by all the major grant making trusts and donor companies, and they go to



EDWARD FOOTRING, Acting Appeals Director.

extraordinary lengths to follow it up so that the donors are literally under seige. Even private individuals are not exempt; a modest donation of even a few pounds to one of these charities gets you "on their list", and from that time onward you never get off it. Stereotyped appeals are received by major prospective donors to the tune of hundreds, if not thousands a year, so much so that it is impossible to reply to them even to refuse, let alone to give to more than a fraction of them.

Stiff Competition for Funds

In addition to this year on year sustained effort by our contemporaries, we are also in competition with the "one-off" nationwide appeals; a few years ago it was "Band-Aid" which spawned a number of similar campaigns; this year it has been the Great Ormond Street Hospital Wishing Well Appeal for £50m, no less, to say nothing of the ITV Telethon '88 etc. All of these bite deeply into the cake which

consists of the amount which the public, either as individuals or through companies and trusts, subscribes for charity, and generous though they are, their funds are not inexhaustible. There is only so much available each year and it is the people who try hardest to get a share of it who will do so.

A low key approach

It is not for one moment intended that we should indulge in the "hard selling" methods of some of our contemporaries, nor do I criticise their very worthy causes or even the way in which they operate. In the four years during which I have been involved in fund-raising for the Leonard Cheshire Foundation I have learnt enough about it to know that the approach in this, as in many other matters, should be rather lower key, but there is a great deal of difference between doing something "low key" and not doing it at all. Because of the way our contemporaries now operate, if we leave it too long we shall leave it too late and major sources of income which could be available to us will be lost.

We are one Organisation

As well as fund-raising (linked very closely with advertising and public relations which are essential tools for organised fund-raising) there is a further function which a central fund-raising unit could perform and it is a very necessary one. When I was concerned with the Park House Appeal, a friend of mine from whom I had obtained a large gift complained to me that more or less simultaneously he was approached by an individual Home (whose letter he sent on to me) laboriously explaining who Leonard Cheshire was, what the Leonard Cheshire Foundation did, and why they needed money. My friend asked "does the right hand know what the left hand is doing?"; if he had not been a very good friend of mine he would have considered that we were extremely ungrateful not to have made everybody aware of the very handsome gift which he had only just made us. The reply I received from within the Foundation when I raised this was that it was inevitable when so many Homes were doing individual fund-raising but, with respect to those people who told me this and some of whom will certainly read this article, this is a rotten excuse. Either we are one

organisation or we are not, and if we are not and individual Homes are going to compete with one another in this way then we are going to lose friends and goodwill. This is particularly so in the case of the larger grant making trusts who employ a staff (in many cases with computers) to check and double check on the people who apply to them and the people to whom they give money, when and what for.

Co-ordinating Efforts

Accordingly the central unit should co-ordinate the efforts of all Homes, should be available to give advice and assistance and to help with individual appeals by advising on brochures, the wording of suitable letters and, where applicable, whom to avoid and whom to approach. At the same time, given the co-operation of individual Homes – and I emphasise how essential this will be – it should go a very long way towards eliminating these counter-productive multiple approaches.

Help with Fund-Raising Problems

Pending the recruitment of a new voluntary Appeals Director I have, for the time being at least, agreed to be the Acting Appeals Director and have become involved in appointing an Assistant to the Appeals Director, and with presentations by Agencies for an advertising campaign to commence in the not too far distant future once the Trustees have approved it and the (inevitably substantial) expenses involved. I have also met and done my best to help a number of local fund-raisers with advice, introductions etc. I shall go on doing this as long as I can and, hopefully, until the new Appeals Director has been appointed and has become familiar with the task.

Accordingly, with the obvious advice that fund-raising is part common sense, part imagination, and the most part hard work, I conclude by saying that in the four years I have already spent with the Foundation it has been my privilege to meet and make a number of new friends; I hope as a result of what is now planned to make some more, this being an open invitation to Homes and Family Support Services to bring their fund-raising problems to me – I shall be unlikely to solve them but will at least share them which, so they tell me, halves them!

Information

■ Choice

The Independent Living Fund has been set up to give more help to very severely disabled people choosing between residential care and independent living in their own homes. This independent trust has been formed by the DHSS in co-operation with the Disablement Income Group and DIG (Scotland). The Fund is open to any disabled person in the UK who is receiving or applying for Attendance Allowance and is on a low income.

Further information from Independent Living Fund, PO Box 183, NOTTINGHAM NG8 3RD
Ask for form 1LF 100 in case of disabled persons over 16, for form 1LF 200 in case of disabled children under 16.

■ Concessionary TV Licence Fee Rises

The Home Secretary recently announced that the cost of concessionary TV licences for elderly and disabled people living in Residential Homes will rise from five pence to £5. The fee has not been increased since 1969 and the reason given for the increase was that the cost of its collection was more than the revenue raised. The Home Secretary also announced a stricter definition of the Homes qualifying for the concession following last year's High Court decision which allowed more people to benefit than had been intended originally.

■ House Adaptations for Disabled

House Adaptations for People with Physical Disabilities has been published by the Department of the Environment price £17.50. Obtainable from HM Stationery Office, PO Box 276, LONDON, SW8 5DT

■ King's Fund Report

The King's Fund Institute has published a major report on services to people with disabilities. It features The Leonard Cheshire Foundation's Family Support Services, and documents the chaotic state of health and social support services currently available for disabled people in Britain.

It is called Last on the List, and can be obtained from The King's Fund Institute, 126 Albert Street, London, NW1
Price £7.95 incl pp.

■ British Computer Society Project

The British Computer Society has launched a two year project to enable working disabled people to be more creative and productive. It aims to find the best way of demonstrating the relationship between Information technology and disabled people to employers. Further details from BCS, 13 Mansfield Street, LONDON W1M 0BP.
Tel: 01-637 0471

A Fire Checklist for All Cheshire Homes

All Cheshire Homes must comply with quite stringent fire regulations but it is still all too easy to ignore or overlook the many fire hazards in daily living. Cheshire Smile here talks to a London Fire Prevention Officer, MR BEN GUNN, who offers some sound advice.

Fire Hazards Greater in Communal Living

Ben points out that wherever you have communal living facilities, the danger of fire is greater, though he stresses that he has no wish to be alarmist, but simply to encourage a greater awareness of the dangers, to minimise risks.

Although there has been a great decrease in smoking, 1500 fires are caused every year by the careless extinguishing of cigarettes, cigars and pipes. However, Ben completely accepts the rights of individuals and is not suggesting that Homes ban smoking.

How to Lessen the Dangers

He suggests instead the following ways of diminishing the dangers of fire:

1. Explain to Residents your concern for the safety of the Home and try to obtain, by common consent, agreement to designate a certain area for smoking, making sure that this is not by an emergency exit or in a hallway. The area chosen should preferably be on the ground floor.

Stubbing Out

2. Do make certain that suitable, safe receptacles are provided for cigarette ends and for matches.

3. Even though you have designated a smoking area, it is wise to have safe ash trays available in other places. Nowadays so many people try to discourage smoking and think the absence of an ash tray will act as a deterrent to smokers. To those addicted to the weed, this may not be so, and the danger of fire is greatly increased by someone covertly trying to stub out a cigarette in the wrong place.

4. Beware of disposable lighters. These are filled with liquefied petroleum gas and have an open, unguarded wheel which can be activated in a handbag or pocket. Use an old-fashioned lighter with a protective flap.

5. Beware also of pipe smokers who may put their smouldering pipes down carelessly, or even back into their pockets!

Don't Smoke in Bed

6. Make it perfectly clear to all staff and Residents that **smoking in bed is highly dangerous and must never take place.** Residents with difficult hand control should be asked to agree only to smoke when someone is sitting with them, in the interests of their own safety. Remember, cigarettes smoulder and it may be some time later that the flames erupt.

Outside Labour May Not Be Fire-Conscious

7. Keep a careful watch when you have outside labour or visitors in the Home, as they may be less aware of fire hazards than you are. For example, if painters are at work, check on where and how they have left their equipment and materials over-night. Paint is highly inflammable.

8. Check that plastic bags of rubbish or jumble are kept in a safe place and NEVER on stairways or by emergency exits. Keep all escape routes clear at all times. It is preferable to store lumber in an out-building rather than in the main body of the Home.

Regular, Serious Fire Drill Essential

9. Make sure that all staff take fire drill extremely seriously and that they know how to use the fire extinguishers, and exactly how to proceed if fire breaks out.
10. Once in a while, sounding a surprise night fire alarm drill will expose how things would go when people are not immediately alert. Remember – fires more often than not erupt in the night.
11. Examine furniture and bedding to ascertain what sort of materials they are filled with; this includes wheelchairs.
12. Make sure that electric power sockets are not overloaded. One plug to one socket, please.
13. Be careful with aerosols and spray cans. These often contain inflammable liquids and are dangerous, particularly if punctured.
14. Check your secondary lighting system regularly to ensure it is working properly. If lights fail during a fire, panic and chaos are increased.

Remember – it is better to be safe than sorry. **BE VIGILANT** at all times.

Lastly, remember that free advice on the prevention of fires can always be obtained from your local Fire Prevention Officer.

The Night of the Fire

Jill Morgan, a Resident at The Chiltern Cheshire Home, in Gerrards Cross, Buckinghamshire, endorses the advice on the opposite page from bitter experience. As reported in our June issue, her Home had the horrifying experience of a fire from which they are still trying to recover.

She writes:

Ever since the Night of the Fire at The Chiltern Cheshire Home, I've felt a need to write and say how **very** important it is to have a regular fire drill. Of course, we all know this, but how seriously do we take it?

When our fire alarm went off at 1 a.m. on April 5th we all thought "another false alarm as usual". But on this occasion it turned out to be for real.

We all think or say it will never happen to us. What a bore, another practice!

However much we practise we can never simulate the Horrors of the Real Fire, as we well know now. But if everyone knows what to do, there is a better chance of a successful evacuation.

MAKE SURE THERE IS A FIRE DRILL ON YOUR AGENDA.

A Generous Gift

The Residents' Committee of St Bridget's Cheshire Home, Sussex, voted unanimously to allocate £131 out of their funds to help The Chiltern Cheshire Home, Gerrards Cross, following its terrible fire. We do hope other Homes will be able to help them too.

**Eileen Tullett, Resident,
St Bridget's**

Obituaries

Elizabeth Greenwood died aged 72 at **Green Gables Cheshire Home, Alfreton, Derbyshire** on July 7th, 1988, after a long and painful battle against rheumatoid arthritis.

Jean Lilljee, a Friend of Green Gables, writes this appreciation:

Elizabeth's working years were spent as a social worker in London. She had a great faith and insisted that she did not belong to *one* denomination but was tirelessly involved in practical mission to promote that faith ecumenically. In her more active years, she would "beat a retreat" occasionally to the Isle of Iona, which offered serenity and opportunities for meditation.

A poet of fine intellect, she compiled and had published a book of her own poems and hymns and sold copies at £1.00 each to make funds for the Home.

Her joys were: corresponding with her many friends from all walks of life; reading; poetry; listening to her collection of classical tapes and records and Radio 3 programmes; supporting the United Nations, which, she was convinced, was *the* way to achieve world peace. For many months before her final illness she sent a regular contribution to The S.aille entitled "U.N. Corner".

Elizabeth was at once an impatient, demanding person with high expectations of herself and others and a fascinating character of great courage and determination with a wry sense of humour.

I will greatly miss the lively discussions we held on the many topics dear to her heart and mine. "Rest at last, Liz."

Lilian Simmons, Volunteer at Arnold House, Enfield, writes:

As we go to press we are all saddened to learn of the passing from this life of Stella Barwell. Stella had lived at Arnold House since 1979.

We all have our own special memories of her. Her interest in music gave her much pleasure, particularly her visits to live concerts at the Festival Hall. Not only did she enjoy the performances but also the journey there and back, taking her through parts of the city well known to her during her working years. In the past she had travelled widely and some of us recall an incident when Stella displayed her utter disgust when she was turned down as being "too old at 60" to join a group of disabled people on a safari holiday to Kenya! More recently she had enjoyed especially her frequent outings to Bayford to participate in pony trap driving. She will be missed by us all.

White Windows Cheshire Home, Sowerby Bridge, Halifax, West Yorkshire, regret to announce the deaths of two Residents:—

Phyllis Sturgess, aged 77. Phyllis had been a Resident for nine years, and had both legs amputated. Despite this, she was always cheerful and will be especially remembered for her beautiful smile.

Phyllis Haigh, aged 86, was the Home's oldest Resident, and had lived there for twenty years. Phyllis came from Halifax, and was a keen churchgoer and Sunday School Teacher.



International News

Edited by Lynette Learoyd,
Personal Assistant to International
Director Ronald Travers



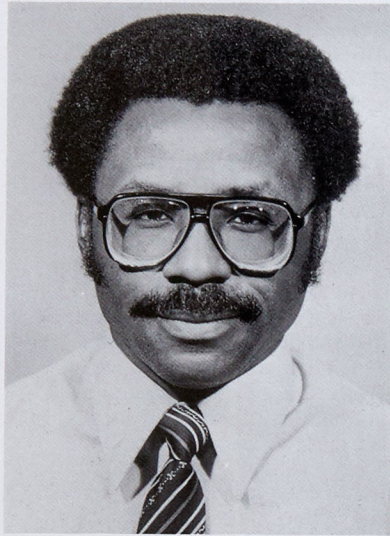
THE LEONARD CHESHIRE FOUNDATION INTERNATIONAL

26-29 MAUNSEL STREET LONDON SW1P 2QN ENGLAND

Recent visitors to Maunsel Street have been Mr Salvatore Bonanno, the Chairman of the Ndola Cheshire Home in Zambia, Miss Eileen Lee and Mrs Vivien Loh from the Singapore Cheshire Home and Major General Virendra Singh, Chairman of the Eastern Regional Council.

The Ndola Cheshire Home, Zambia

Mr Bonanno brought news of developments since the Residents – girls in the age group 12 to 20 – had left the previous Home owing to security problems and had settled into their new premises. The Government has given the Home a specialist teacher to educate the girls at the Home, with a full school syllabus. It is anticipated that by the end of the year there will be two teachers. Until the rooms for schooling and physiotherapy are ready, activities include Girl Guides, piece work for Colgate Palmolive, and knitting, sewing and cookery classes. It is also hoped that some of the girls will be able to do a homecraft course, once they have acquired a certain measure of academic skill, to prepare them more fully for their return to their homes.



Professor Olawale Tomori, recently elected Chairman of the Oluyole Cheshire Home, Ibadan.

News from Oluyole Cheshire Home – Ibadan, Nigeria

Congratulations to Professor Olawale Tomori, who has been elected as the new Chairman of the Home.

Bisi Bamgbade, a blind Resident who married in 1987, has moved out of the Home, and

is now living happily with her husband, **Michael Lawal**, in London.

The two-bedroomed extension to the Home occupied by the Home's Matron was **donated by the Grand Lodge of Nigeria**, and was officially commissioned by the district Grand Master of the Grand Lodge of Nigeria, **Mr J W McEwen**, in February 1988. The **Ibadan South Soroptomist Club** has started building a Boys' Dormitory extension block to the Home.

Olympics for the Disabled – Some of the Home's Residents participated and congratulations to **Hannah Lasisi** who came first in her event. Hannah's reward was a prize of two weeks overseas sight-seeing and cash donation of about £320. **Joke Ojo**, who came second, received a State Merit Award, together with a wheelchair and cash donation of about £72.

Hand Pump Bore Hole. Having been without pipe-borne water since May 1978, the Home has now been given one by UNICEF.

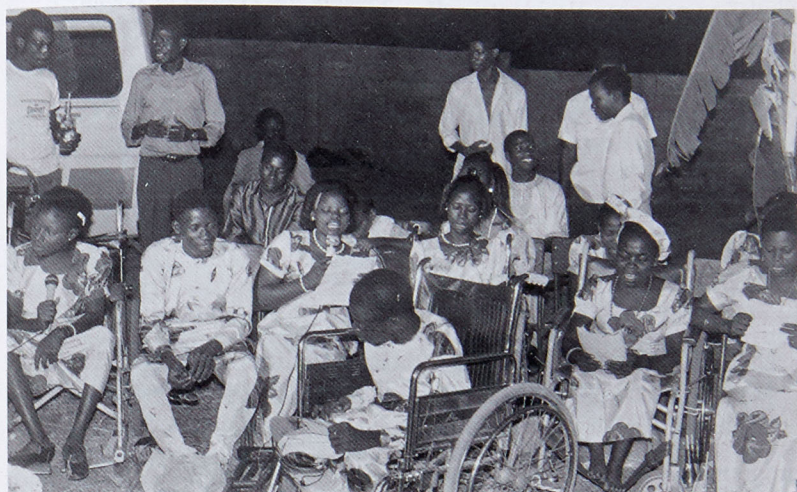
Staff and Residents of Ndola Cheshire Home, Zambia.



Precious water from the hand pump borehole given to the Oluyole Cheshire Home by UNICEF.



AFRICAN CELEBRATIONS AND TRIUMPHS



1 Some of the Residents and a few friends at the festive party, Oluoyole Cheshire Home, Ibadan, Nigeria.

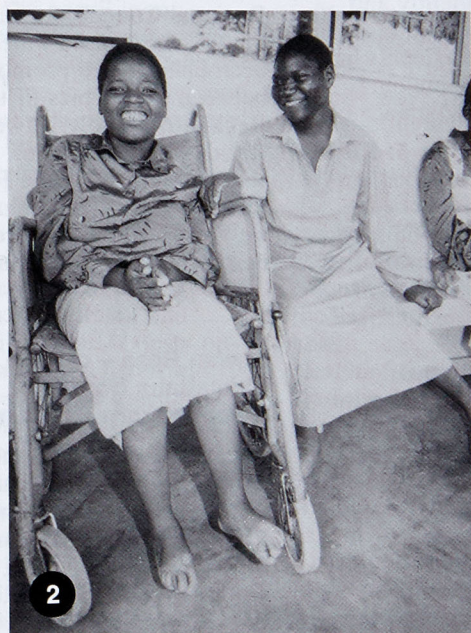
2 Two residents of the Ndola Cheshire Home, Zambia.

3 District Grand Master for Nigeria, Mr J W McEwen shakes hands with Resident Olujoke Ojo when he commissioned a new two-bedroom extension to the Oluoyole Home, Nigeria.

4 Hannah Lasisi, who won first prize in the Wheelchair Race at the Olympics for Disabled in Nigeria.

5 Joke Ojo with her friends after winning the State Merit Award, Olympics for Disabled, Nigeria.

1



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Leonard Cheshire's visit to Uganda

An extract from a letter from **Sister Ann Sylvia** of the Nkokonjeru Home describes the Founder's visit: "Group Captain Leonard Cheshire was not just a visitor to Nkokonjeru Providence Home but everyone's visitor in the vicinity of Nkokonjeru. Hence, when he arrived about mid-day, he was met by a jubilant group of school girls who were singing, drumming, and dancing the traditional Kiganda dance. A few of the more able-bodied Residents joined in the dance.

"After taking some refreshments our visitor toured the Home and he was then asked to plant a tree in the compound in memory of his visit.

"He also visited the aged and disabled Sisters' residence which is part of the Cheshire Home. At lunch-time all the Residents were taken to a large room prepared for this occasion by the Sisters in the Formation House (Novitiate), where welcoming speeches were delivered. All too soon the visit was over, but important events during his visit had been video-taped and were presented to the Founder on his departure from the airport."

Jersey Cheshire Home

Good news from the **Jersey Cheshire Home**. The Endowment Fund, launched just three years ago, has nearly achieved its target. This fund will help the Foundation support itself in the future, although in view of rising costs, efforts still have to continue. Several Residents have been able to leave the Home to return to the community or to other places of residence having been able to overcome their disablement sufficiently, or regained much needed confidence, through the remedial work undertaken in the Home, with the help of the part-time occupational therapist. Were more resources available, even more could be done.

News from the Selangor Cheshire Home

Mrs Surayan, the Remedial Educator, has introduced a programme of "Daily Living Skills" to promote Residents' self-confidence. Creative opportunities have been widened with the introduction of batik painting classes, tutored by **Miss Renee Kraal**, assisted by Mrs Surayan. The computer project has remained popular, and Residents have mastered simple recreational, language and maths programmes. For 1988 the aim is to promote independence and activities to help Residents achieve their maximum potential.

Miss Sawadas, physiotherapist, has assessed each Resident and drawn up new exercise programmes, some to be performed independently and some with the assistance of members of staff. Residents have also continued body building exercises under the guidance of **Encik Johari**.

Eight Residents are now employed in training programmes at the Home, assisting with the Thrift Shop or administration, as a result of renovations financed by the **Canadian High Commission**. The Occupational Therapy workshop continues to produce excellent handicrafts, and currently employs 11 residents, three of whom have the responsibility of supervising the workshop and ensuring that it runs smoothly; other Residents are employed on a part time basis when needed. With a view to offering Day Care facilities, the Workshop also employs two disabled people from the neighbouring area, and a month's training has been offered to a handicapped boy from St Anthony's Home who now sews articles for the Home. One of the employees, a seventeen year old girl, has recently returned from the **Ceras Rehabilitation Centre**, where she completed a tailoring course and now sews dresses for sale by the Home. Nine Residents have continued working in the Sheltered Workshop at the Spastic Centre, where they receive a modest wage in addition to a small grant from the Social

Welfare Department. One Resident carries out light domestic duties at the Centre. For the past three years, one Resident has been employed outside the Home, in Kuala Lumpur, where she operates a photostat machine. At a more modest level, other Residents earn a little money selling lottery tickets or used stamps to collectors. Two Residents continue to attend the school for spastic children, and two Residents attend an ordinary school.

Extracts from the latest Far Eastern Region's Cheshire News

Our thanks to **Brother Kevin Doheny**, the Hon Secretary and Liaison Officer of the Far Eastern Regional Council, for sending us the Cheshire News which has been launched to promote contact between the Homes of the Region, especially between the Residents in its Homes. Two contributions from the Region's Residents are given below, and we hope to publish more in the next issue of the Cheshire Smile.

Suwan Rasa - on the Siritwattana Home Samutprakarn, Thailand

"We are Residents of the **Siritwattana Home, Samutprakarn**, which is about 33 Kilometres from Bangkok. The former name of this Home was 'Bang Ping Home' by Bang Ping village. As the Government changed the name of the village to 'Bang-Pu-Mai' we also changed the name of our Home.

"Bang Ping Home was the first Cheshire Home to be built in Thailand more than twenty years ago, from the remains of the German Pavilion at the first International Trade Fair in Bangkok. **HRH Princess Maha Chakri Sirindhorn**, hearing that the old building was going to collapse, very kindly visited the Home and most graciously sponsored the new building. Thanks to her royal kindness, we now have a grand new building of which we are very proud. It accommodates 12 women

Residents, with an office, a guest room, a work room and a library where we can read and learn.

"We have three buildings in the compound. The new building and a bungalow for 12 women Residents, and another building for the male Residents. The Housemother and her 3 helpers take good care of us. We have a Home Committee which meets every month to see to our well-being. There is a doctor on the committee who takes care of our health, thus saving us a lot of time and money travelling to the hospital. There are about 40 to 45 Residents in our home, both men, women and children. Most of us are handicapped either physically or mentally, many from accidents. I was electrocuted and have both arms amputated. I love to draw with my artificial left arm or holding the pencil in my mouth. **Mrs Susan Staples**, wife of the former British Ambassador, encouraged me in every way and supplied me with drawing paper, paints and brushes. She also supervised the handicrafts.

"I painted a picture of **H M The Queen of Thailand** and presented it to Her Majesty on her birthday. The Queen was interested and most graciously sent a teacher to give us painting and drawing lessons, as well as two teachers to teach embroidery to the girls. We also have a radio room with individual earphones connected to all the beds. They were fixed for us by **Mr Nash**, a former senior engineer from the BBC. Mr Nash was very kind and worked hard for many days with the help of vocational students from the Vocational Training School.

"We have three ample meals a day and special treats on several occasions a year, such as New Year's Day, The King and Queen's birthdays, Founder's Day and some important days in the Buddhist Calendar. We have a lovely garden with a beautiful green lawn with some fruit trees, shrubs and flowering plants. Gardeners from the Chitrladda palace come to help us with the gardening from time to time. We are so fortunate to be with the

Siriwattana Cheshire Foundation under the patronage of HM The Queen."

The Hong Kong Cheshire Home

Poon Chun – **In retrospect '87', forecast '88'**

"The Year of the Rabbit has now ended and we welcome the Year of Dragon. We will look back at past events and forecast the future with a happy spirit. In the beginning of a new year, I wish you Happy New Year and may all of you enjoy good health.

"The Cheshire Home is located in the mid-levels of Chung Hom Kok, Hong Kong. It is a four-storey building which faces a hill and is surrounded by the seas. The surrounding air is fresh and it is a quiet and beautiful place.

"In retrospect people have been living here in peace and harmony. They live together in an orderly way. The facilities include a physiotherapy room, outdoor basket ball court, flower beds, a cultural activities room, barbecue site and so on. There are coloured TV and VCR in the canteen downstairs. There is one coloured TV on each floor too. In the big family, people with better health help. They sweep and clean the floor, water the flowers, feed the gold fishes, distribute newspapers, sell soft drinks . . . etc. They believe that "helping others is the origin of happiness" which brings a better Home for us.

"Our life is colourful and full of hope. We don't feel inferior and still enjoy close ties with the community. The younger Residents work in the sheltered workshop. In order to stimulate fervent love for life, we frequently arrange outdoor activities. We invite organisations from schools, women's associations and churches to visit us. Drama, musical programmes, talk shows, singing and so on will be arranged to create a happier atmosphere.

"We hold a New Year party every year. Next year's party will be even better. The committee members will greet and talk with the members and staff in this annual event, and then distribute 'red packets' to them.

Afterwards, there will be a slide show of our recent activities. In the beginning of a year, we are glad that permission is given for the establishment of a 'Members Committee' office in the cultural activities room on the first floor. It can serve as our liaison office, and enhance our confidence. 'Treat others truly and persistently' is our motto for serving the public.

"Another innovation is our own bulletin board, called 'Our Land'. On this we pin up news, short stories, articles on funny subjects, pictures, reports on our indoor as well as outdoor activities and so on. The ever changing contents enlighten us more about life and enrich our knowledge.

"Our future new premises will be located at **Ma On Shan**, facing the Shatin Race Concourse. The design is like a hillside village. The houses will be on two platforms of different levels, with inverted V-shaped roofs. They will be built around several open gardens. There will be sixteen one-storey Swiss-style houses located on the higher platform, while the three storey hospital will be on the lower platform.

"In conclusion, memory belongs to the past and we must look ahead to the future. We welcome the coming of the Year of the Dragon. The Dragon is a symbol for auspiciousness, and means 'the best even up in the sky'. Everything is new in the beginning. We write this article so as to express our gratitude towards the committee members and the Home's in-charge. Thank you very much."

A Poem of Good Will

We hope the translation of this poem from **Francisco Mendes Martins**, writer and poet residing at Lar da Boa Vontade in Carcavelos, Portugal, does justice to his original. The name of the Homes in Portugal, **Lares da Boa Vontade**, means "Homes of Good Will".

SEE NEXT PAGE ►

I
 In far away friendly England
 A famous Colonel in later life
 Founded this work in our land
 The Homes of Good Will

II
 This Home created so generously
 By this kind and humane man
 Forms today the community
 Of the Lusitanian handicapped

III
 Since long ago
 When this Home was founded
 It has been a shelter
 For youth of all ages

IV
 While our Home exists
 This, our refuge, friendly
 and good
 No Resident will ever be
 Alone, helpless and homeless

V
 But enjoying comfort and
 affection
 Given by the good and faithful
 staff
 All the Residents of this retreat
 Join in saying "Thank you
 Colonel."

(Editor's Note: For "Colonel",
 read "Group Captain!")



1 *Moses Innocent, a ten year old Resident of Butiru Cheshire Home, Uganda.*

2 *Handicapped boys in Butiru Cheshire Home, Uganda.*

3 *Bisi and her husband, Michael, cutting the cake at their marriage reception.*

A Tale of Enterprise

Ben Stimpson, a sixth form student at Bedales School, Petersfield, lived in Brazil for a couple of years where his mother, Mrs Lynda Stimpson, became involved with the Cheshire Home. On his return to England, Ben was inspired to help in some practical way, and for his GCSE examination Ben designed a tray for attachment to wheelchairs. The top of the tray is a lid under which is a container similar to a school desk, but not as deep, and this provides a place in which to keep tools etc. The tray, together with a canvas bag, is attached to an arm which swivels around behind the chair into a locking position, so that it is always with the wheelchair user. Ben tried out his design on the Residents of Le Court Cheshire Home for their help, advice and criticism of the tray, and they are looking forward to hearing the results of his exam, as well as wishing him every success for his originality.





SHARE YOUR PROBLEMS with Beryl Capon

Foundation Care Adviser

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

Question: I have recently learned that my much loved mother is suffering from Alzheimer's Disease. She is very confused. The problem is that she refuses to leave her home or to consider sheltered housing, and trying to ensure that she is safe is putting a tremendous strain on my sisters who live nearby and have jobs. My mother persists in wanting to hang on to her independence and we are at a loss to know what to do. Should we insist that she move out of her home? I am so frightened that this might be the death of her as she is well over seventy.

Answer: *I feel that to encourage your mother to move would really only add to her confusion. She is currently in very familiar surroundings in an area where she has probably lived for many years, where she knows her neighbours and they know her.*

A Family Support Service or similar scheme run either by a Voluntary Body or the Local Authority would certainly ease the burden for you and your sisters and indeed be in a position to provide more than a Warden Service, dependent on your mothers' needs. Contact your nearest Social Services Dept. to see what resources are available within the area.

For a list of Cheshire Foundation Family Support Services in England contact Information Officer, Leonard Cheshire Foundation, 26-29 Maunsel St., London SW1P 2QN. Tel: 01-828 1822.

Question: The Residents of the Home in which I live have always been able to use the main kitchen to prepare snacks etc. Now we have been told that this must stop and that we must no longer enter the kitchen area. How can this be possible when we have always been told that this is our own home?

Answer: *Stricter legislation is now in force to monitor all Residential Homes for the protection of the Residents who live there. This was certainly necessary as the number of Homes within the private sector escalated. This legislation covers environmental health (hygiene) as well as many other areas. I am sure that this will be the reason for stopping Residents using the kitchen. It is fact that the more people that enter a kitchen the higher the risk of cross infection. Food poisoning can be the result of cross infection and environmental health officers are instructed to impose high standards.*

Many Homes have solved the problem by providing a small kitchen area within the Home for the exclusive use of Residents who wish and are able to use the facility. Often these areas are within the Activities or Occupational Therapy Room. It is surprising how small an area of wall space is needed to provide a compact but very functional kitchen area. Perhaps this is something that the Residents could discuss with the Management Committee and staff.

'What's Cooking?'



Ann Macfarlane, severely disabled from rheumatoid arthritis since the age of four, offers further "easy" dishes from her book *Are You Cooking Comfortably?* (Sponsored by British Gas for Arthritis Care)

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A SURPRISE MENU FOR A SPECIAL DINNER:

Starter: Pears with Blue Cheese Dressing

You need:

4 ripe dessert pears (or tinned pears if easier)

Lemon juice – fresh or bottled

2 ounces soft blue cheese

(e.g. Lymeswold, Blue Brie)

2 ounces cream cheese

Mayonnaise to blend

2 tablespoonfuls of chopped walnuts

Top of the milk

Seasoning

Paprika

Method:

Peel and halve the pears, scoop out the cores with a teaspoon and dip the fruit in lemon juice to prevent discolouration.

Mash the blue cheese with the cream cheese and mayonnaise. Add the walnuts, then soften the dressing with milk to give a good coating consistency. Season to taste and spoon the dressing over the pears. Serve on a few crisp lettuce leaves and sprinkle with paprika.

Serves four.

Main Course: Sweet and Sour Chicken

You need:

4 chicken joints

1 ounce seasoned flour

1 clove garlic, crushed, or ½ teaspoon garlic paste

2 ounces butter

2 tart eating apples, sliced

1 small tin pineapple chunks, well drained

1 tin sweet and sour sauce

Method:

Coat the chicken with seasoned flour. Fry the chicken in garlic and butter until well browned on all sides. Lower the heat and add the apples and pineapple chunks.

Continue cooking over a gentle heat for 15-20 minutes, or until tender. Pour over the sauce and heat through. Serve hot with brown or white boiled rice, and a green salad.

Serves four.

Dessert: Peach and Sherry Syllabub

You need:

14 ounce can peach halves

½ pint double cream

2 tablespoons lemon juice

2 tablespoons sweet sherry

1 ounce caster sugar

Toasted flaked almonds or 6 peach slices to decorate

Method:

Drain and chop the peaches, reserving the syrup. Whip the double cream in a large basin until stiff. Mix six tablespoons syrup with the lemon juice and add to the cream with the sherry and sugar. Whisk until thick. Fold in the chopped peaches. Spoon into individual glasses and sprinkle with flaked almonds or decorate with a peach slice over the side of the glass.

Chill for several hours. Serve with sponge fingers or brandy snaps.

Serves four to six

Forty Years On Le Court Celebrates its Anniversary

In 1948 Group Captain Leonard Cheshire, VC took an ex-service man dying of cancer into his own home, Le Court. Other deprived and disabled people followed, and the first Cheshire Home was born. Today The Leonard Cheshire Foundation is a world-wide organisation, and Le Court is forty years old.

Looking back, Leonard Cheshire said: "Forty years ago it was just one man that I looked after and I never realised what it would lead to. I do not feel that I have done it all myself. Rather it is the involvement of so many people during these past four decades. There is a strong driving force and that force still exists in the Foundation and will carry the work forward in new ways."

The Cheshire Smile reprints below an article from **The News, Portsmouth**, by **Edward Peters**, describing Le Court 1988 style:

A Thriving Community

To walk through the sliding automatic doors into Le Court – there are no steps – is to walk into a bustling, thriving community governed by and for its disabled Residents.

Lifts take powered wheelchairs between floors, switches are at waist level and a public telephone is set at knee height so money can be pushed in easily.

In a Home occupied by the wheelchair-bound, everybody is on the move. The Residents motor along the corridors on their way to a management meeting, the computer room, or delivering papers.

If they are not moving inside the building, then they may well be driving to the theatre or a restaurant in one of Le Court's three specially converted Renaults, or taking a day trip to the races or on some other jaunt.



*Head of Care Mrs Rosemary Jarrett
with Chairman of the Management Committee – Tom Gardner.*

Home to Fifty Disabled People

Le Court is not a Home. It is home. Home to almost 50 disabled and the place where 42 care staff, including 15 Danes and other assorted nationalities, as well as the trained staff, are the living exponents of Leonard Cheshire's radical dream which transformed the way disabled people were cared for in Britain.

Whatever Le Court may be, it is no Draconian institution. The Residents may come and go as they please. No one is there for life; they can move out into their own home once they feel they are ready to do so or they can stay till their dying day.

Planning

A management committee runs the Home, and no distinction is made between its disabled and able-bodied members. A large proportion of elected Residents

sit on the sub-committees which deal with specific matters like admissions and long term planning and care.

Each Resident has a private room, and television screens and stereos feature in many. A Craft Centre provides an outlet for Residents' creative skills and nimble hands make baskets, recycle Christmas cards, or paint.

Jeff Sparrow runs the Craft Centre aided by volunteers. After more than three years at Le Court he is hoping to move out, but hampered by the difficulty of finding suitable accommodation.

"It is my ambition to have my own place, but it takes quite a while to get somewhere like that sorted out," said Jeff.

"In the meantime I am content here. The Craft Centre is a great place for the Residents to come and create something, or if they can't actually make anything, they can at least have a chat and some tea."

The Outside World

One of Le Court's Residents, and Cheshire Foundation Trustee, Bob Balfour, organises day trips which brings both him and other Residents into contact with the outside world, a world which is not designed for disabled people.

"Things like steps and doorways can be real stumbling blocks, but loos are the most difficult," said Bob.

"Disabled people want nothing so much as to be treated the same as everybody else. Exceptions have to be made to allow them easy access, but this is no different from a tall man wanting an extra long bed."

Amazing Progress

Two people who have seen the most changes over the years are Joy Edwards, who came to live at Le Court when it was still in its primitive state in 1954, and Peggie Roberts, who started work as a member of the care staff and is now one of the most senior members of the staff.

In the beginning there was no transport, only a borrowed Red Cross van, no lifts between floors, no hoists or basins in the bedrooms, and Le Court was more like a boarding school than a home.

Today, well thought out design and decorating make the home not only the flagship of the Cheshire Foundation, but a shining example to homes for the disabled throughout the world.

PHOTOGRAPHS BY DON EADES

1 Voluntary helpers to Le Court are a vital part to the day-to-day running of the Home. Rae Mallard gives a helping hand with letter writing to Dorothy Watson.

2 Brenda Croucher enjoys making baskets in the craft centre.

3 Resident Clare Greenfield takes bookings for journeys to be made by Residents in 'Renault Traffics' owned by the Residents' Association.



Flying Visit

Orchard Cheshire Home in Liverpool were recently most flattered to receive some flying visitors who descended from the skies!

Two wild mallards, attracted, we think, by the goldfish pond on the patio, have become permanent Residents and obviously approve of the cooking here!

Imagine our delight when they arrived one morning, closely followed by six tiny ducklings, their new family, who staggered in an unruly line behind their parents!

They were far too small to make the climb up the wall to get on to the pond, but we assisted them with some special stepping stones.

Great consternation from staff and Residents when we realised that one duckling had gone absent without leave! A frantic search ensued and he was located eventually in the rain drain – probably dropped in there by a thieving magpie. Arms proved not long enough to fish him out, so we dug up the drain and he was safely restored to his family.

**John Kilkelly, Head of Home
The Orchard, Wilton Road, Liverpool**

Access for disabled people at The Royal Opera House

At every performance at the Royal Opera House there are 2 spaces for wheelchairs and their escorts, and a certain number of seats are held back for the ambulant disabled. In addition to this at approximately 2 performances a month and all performances for schools, 40 seats are removed from the Stalls Circle area, making spaces for 18 wheelchairs. Access is by ramp from the street, there is an adapted toilet, and there are extra helpers if needed. Tickets are £7 each for evening performances and £3 for school matinees.

Information about these performances is sent out 5 times a year. Bookings can then be made by post direct to the Royal Opera House. If you would like to receive this information regularly, please write to Camilla Whitworth-Jones, Royal Opera House, Covent Garden, London WC2E 9DD. This mailing list is free of charge.

We look forward to hearing from you and welcoming you to a performance at the Royal Opera House.

**Camilla Whitworth-Jones
Royal Opera House, Covent Garden,
London WC2**

YOU write to US

The Find of the Year

Having spent a wonderful two weeks at Park House, Sandringham, I brought home a copy of Cheshire Smile (along with many happy memories among the greatest staff and helpers there).

Having been paralysed at seven months old through polio from the waist down, I have never walked or stood up in my life, and to find a place like Park House which catered for my every need was "the find of the year". I only wish it was nearer. I am 81 years young, so my life can be summed up in the enclosed poem.

Please send me copies of The Cheshire Smile.

**Norah Lodge (Miss)
Salisbury, Wiltshire**

Briefing Paper

A briefing paper has been produced by the Volunteer Centre on the implications for voluntary action of the recent Wagner and Griffiths Reports. It is available price £1 (cash with order, please) from The Volunteer Centre UK, 29 Lower King's Road, BERKHAMSTED, Herts, HP4 2AB

**Dr Justin Davies Smith
Research Advisory Officer
The Volunteer Centre, UK**

A "Fabulous" Week

After spending such a fabulous and exciting week with Residents and Care Assistants from many Northern Cheshire Homes at Kielder Adventure Centre, we felt we had to write and say a BIG HELLO AND THANKS TO EVERYONE who made that week such fun and so memorable.

We all had a super time, which very much had to do with the company we were in. Everyone was so friendly and helpful.

The week was spent sailing, pony-trekking, swimming, shooting, archery, abseiling etc etc etc. And being in a wheelchair didn't prevent any activities. The staff were very helpful (and very patient!)

Gail Anderson (Care Assistant)

Gift of Writing

In the June issue of "SMILE", I was interested to read about Susan James, a Resident of Douglas House, Brixham. Despite a brain tumour, the shock of becoming severely physically handicapped and the trauma of divorce, Susan James can still say that "days are here to enjoy, and problems have become challenges." Since Susan sounded like a woman after my own heart, I at once sent off a cheque for a copy of her book "RAINBOW THROUGH THE RAIN". I found these lovely poems to be inspirational and deeply moving and as I said in a letter to the poet, I am sure that her work will bring comfort to many people world-wide. Not only that, but having written her way through her own personal suffering, Susan is now using her God-given Gift of Writing to inspire others and ease the burden of those who find difficulty in communicating their thoughts to family and friends. Much has been written of late with regard to Christian Outreach, an on-going, living concept which knows no barriers of creed, race or even geographical confines. SUSAN JAMES is a living example of Christian Outreach at work, for the good thoughts, the outpouring of God's love which flows from her poetry, enriches the lives of others and spills over with lots to spare. For those of us who do not share Susan's gift of poetry-writing, we can nevertheless all manage to write even a short letter to help another human being, can't we? That's the way I started my own writing career over thirty years ago and now, despite severe arthritis and other chronic health problems, I still find my writing is the greatest therapy on my "bad" days.

Jenny Chaplin

**The Editor, "The Writers' Rostrum"
14 Ardbeg Road, Rothersay,
Bute PA20 0NJ, Scotland**

Rainbow Through The Rain

Following the publication of my book of poems *Rainbow Through The Rain*, I would like to thank everyone for their many interesting, kind and encouraging letters and for purchasing a copy of the book.

Susan James. Resident.

A Day in the Life of Helen Smith

A Foundation Trustee

They told me when I chose social work as a career that no two days would be the same. That has always been true for me, and that's how I like it. I suppose I lead a very unstructured life. Perhaps my scraps of paper which stray away from the telephone all over the house with their essential messages (which my doctor husband, Ian, calls my "filing system") indicate a muddled approach – generally it works!

Whatever the day I like it best if I beat the alarm clock and have a few minutes to lie in bed contemplating what happened yesterday and what this day may bring. It must start with tea!

One of the advantages of living in the town is that the newspaper and the mail arrive early and so we can sit in bed and scan the news – with a compulsive look at the weather reports and the crossword – and digest all that the postman has brought. I'm sure that we have more than our fair share of big brown envelopes, for we both receive many Minutes for approval, Agendas for consideration and Papers for studying. We are both involved with the District Health Authority – their envelopes are the biggest and contents the weightiest in more ways than one! As Regional Chairman of a Housing Association I receive a great deal of interest, from details of sheltered housing schemes under development to the occasional saddening request for my approval for application for eviction orders.

Breakfast of bran and muesli is undoubtedly easier and supposedly healthier than our old regime of bacon and eggs. We eat it quickly and Ian leaves for the surgery. Then it begins. My first telephone call of the day – the Family Support Service Adviser, ringing before nine o'clock to be sure of catching me, to arrange for our journey to fit in three Reviews of Services in three days. Each of those will provide a welcome opportunity to meet the Organisers and representatives of committees, and an interesting insight into their work and a reminder of the many dedicated people who give so much in care and practical support to their Clients.

When I was elected to the Trustee body, after many years' work with Oaklands Cheshire Home and its two Family Support Services, I expected to be asked to take on Link Trustee duties for some of the Homes and Services in the area near my home in the North West. However, I am very interested in the work of the central committees of the Foundation, and am pleased to chair the Family Support Service Committee – the only problem is that most of the Services are on or near the South Coast! I'm getting used to British Rail, even at 4 a.m., and really enjoy the travelling. I meet such interesting people, like the man with a wonderful



sun-tan who sat opposite me on one occasion in the winter, apparently returning from holiday. Not a bit, he was a carpenter, returning from his work in the Sahara Desert, where he was building a camp for the Algerian Army, to spend his holiday with his family in Wigan! If the train is delayed or the car breaks down I admit to wondering whether flower arranging would have been a less stressful interest and why we ever thought twenty-one years ago that there should be a Cheshire Home near Preston!

When I first got involved with voluntary social work, I used to fit it in with looking after our three children. It was good to have something to think about while peeling the potatoes. Now, I'm afraid, the chores have to be fitted in around the committees and my thoughts are so full I either put salt in the vegetables two or three times or not at all! It's hit and miss, not haute cuisine, but Ian and our son Neil are very long-suffering! Must spend some time in the afternoon reading papers for the Executive Committee, answering the Director's letter inviting me to join the Chairman and other Trustees on a visit to a Home whose Management Committee are considering major alterations, and the General Secretary's letter about a constitutional matter for one of the Services; and prepare a paper I promised to write for the FSS Committee Meeting. Then it will be time to go to the Regional Council meeting at a Home thirty miles away.

In bed by 11 o'clock – another day gone and still nothing suitable put together for The Cheshire Smile! Asleep as soon as my head touches the pillow!