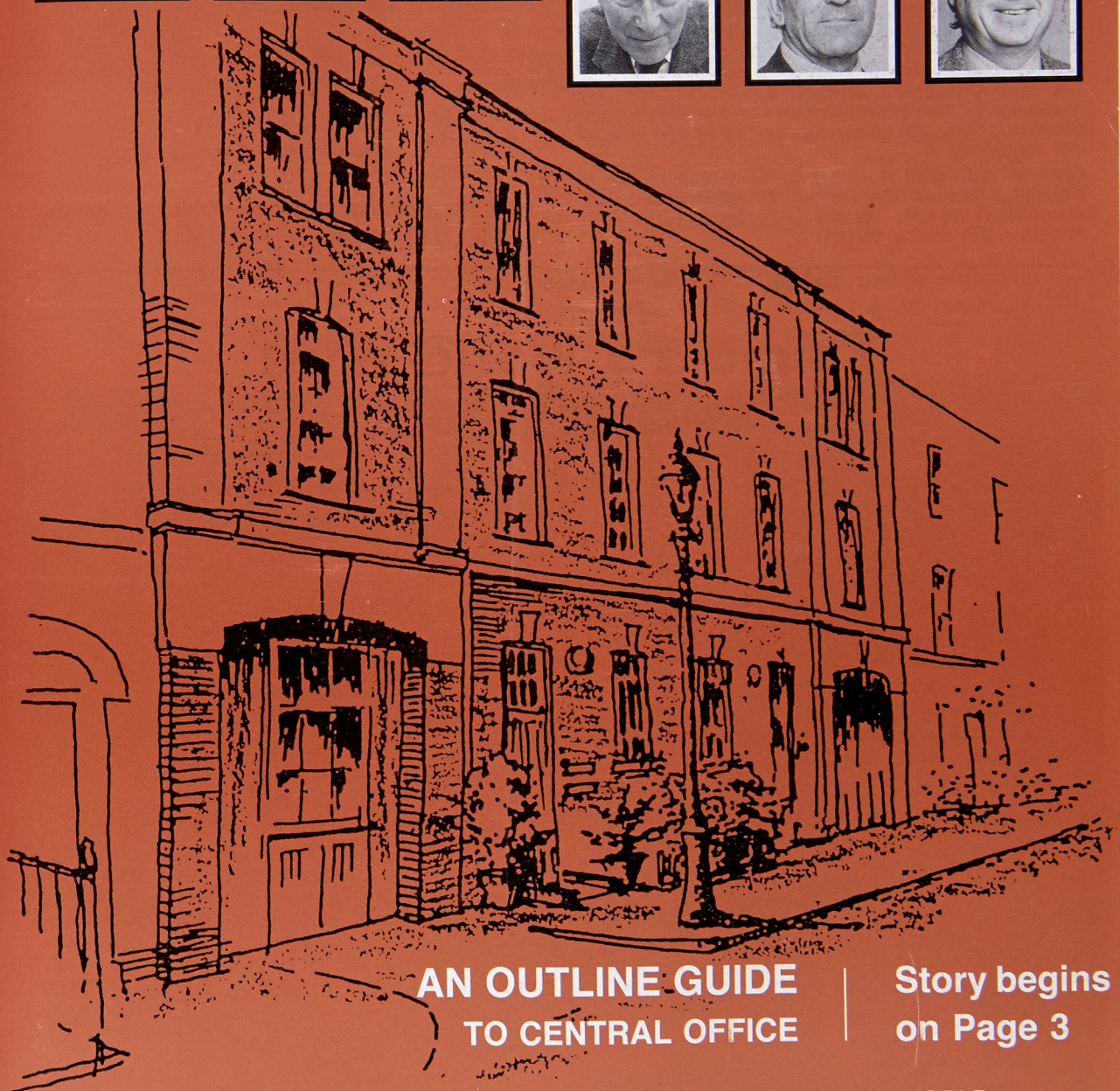
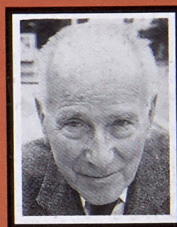
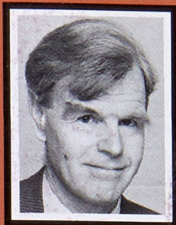
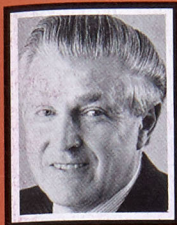


CHESHIRE

Smile



**AN OUTLINE GUIDE
TO CENTRAL OFFICE**

**Story begins
on Page 3**

MAGAZINE OF THE LEONARD CHESHIRE HOMES AROUND THE WORLD



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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.

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 - Shows a pen and ink drawing of Central Office by Keith Cook, Homes Planning Officer, with photographs of key personnel.
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Founder's World-Wide Disaster Appeal

Group Captain Leonard Cheshire, V.C., Founder of The Cheshire Foundation, will hand over the proceeds of his Disaster Relief Fund to the Secretary-General of the United Nations on September 3rd.

He launched the appeal in two television programmes on November 13th last year, Remembrance Day, and expressed the hope that it would be possible to collect £5 for each of the 80 million lives lost in the two World Wars, two thirds of them civilians. The target therefore is an ambitious £400 million.

The Fund would be a living memorial to the men, women and children who died in the man-made disasters of war, as their gift to future generations for those who suffer throughout the world from natural disasters.

In an interview to The Daily Telegraph on Wednesday, November 9th, he said that he first conceived the idea at a re-union of 5,000 Commonwealth wartime aircrew in the city of Winnipeg, Canada.

"It occurred to me that the time will come when we are all dead and war-time reunions will be gone, so why not have some living memorial to preserve the spirit of sacrifice, togetherness and generosity?"

He decided that there would be no expensive administration set up and no fund-raising staff, and that there would be nothing but a box number to receive British donations to what he hopes will be a permanent capital fund yielding a significant yearly income in interest available for immediate use. Every penny would go directly to the victims of world disasters.

The date fixed for the hand-over was chosen because it is the 50th anniversary of the outbreak of the last war, a war in which Leonard Cheshire won the highest award for bravery after completing 100 bombing missions against German targets. However, the Founder intends to leave the appeal open indefinitely. Donations should be sent to:

The Memorial Fund, PO Box 70,
LONDON, SW1 2QY.

An Outline Guide to Central Office and Its Services

A Commitment to General Principles

Homes and other Services are in the position of acting as agents for the Trustees and are committed to implementing the broad principles laid down by them and set out in two Handbooks of Care, published in 1982. Providing that these principles are adhered to, the Foundation's Constitution is designed to offer the maximum of help and encouragement to Homes and Services with the minimum of interference in day to day management, for this local enthusiasm and local involvement is at the very core of the success and rapid growth of the organisation, allowing as it does ample scope for the response to local needs, personal initiative and a deep commitment by many individuals.

Devolving so much managerial responsibility also means a great saving in administration costs. For example, central office staff working from Maunsel Street, including International staff, number just over 20 of all grades. This compares with another charity of similar size administered *centrally*, which has a staff of over 200 in its London H.Q.

Some of the central staff. Front left: Virginia Goldie. Back left to right: Rhoda Tata, Philippa Johnston, Valerie Costello, Joy Burton, Amanda Brett, Rosnah Dempster, Peter Tomlinson, Marjorie Lawton, Julia Mobbs.

“Central Office?” “That’s in London, isn’t it?”

“What do they do there, then?”

“Well, we run our own show, don’t we?”

“So what do THEY do?”

These are the sort of questions posed by new, and sometimes not so new, volunteers and staff operating in Cheshire Homes, Family Support Services and new Projects at local level.

Cheshire Smile will try to answer them, but first it is necessary to define the exact relationship between Central Office at 26 Maunsel Street, London, and what has now become a world-wide organisation of 78 UK Residential Homes, 27 Family Support Services in England, and a further 164 Homes in 45 countries overseas.

The Foundation is a limited company, and its objectives represent the declared, majority views of its 35 voluntary Trustees who form the governing body.



A Small Building

Leonard Cheshire House at 26 Maunsel Street is situated in a residential area off the Horseferry Road, Westminster, where the office space is, frankly, cramped. A small converted warehouse, it is fully adapted for disabled people with access throughout, and several of the staff are disabled. Pat Rose, for example, who holds the key position of Personal Assistant to the Chairman and Director, suffers from M.S.

"What Do They Do There?"

Broadly, the job of the Central Office staff is to execute the decisions of the Trustees, whose numerous responsibilities include deciding on priorities for Home improvements, new buildings, rebuilding, the pushing forward of new, identified projects and needs, the allocation of central interest-free loans, as well as planning wisely for the long term future by policy decisions which must reflect changing needs and expectations. In this they work closely with their colleagues in the three Area Care Services Teams, together with the Training Adviser and the Family Support Services Adviser.

(N.B. these will be the subject of a separate article in a future issue. – Editor)

Advisory Services

The Central Staff also provides specialised Advisory Services to Homes and Family Support Services who may at times lack the necessary expertise or need help in these fields: Legal and Administrative Matters; Finance; Homes Planning; Personnel Matters; Professional Care Advice; Public Relations; General Information.

Heading the team is **Arthur Bennett**, a former RAF pilot whose interest in disablement dates from 1953, when he was burned in a flying accident. Arthur joined the Foundation in October 1977, when he took over as General Secretary, and he was appointed Director in 1979.

Expansion and Change

Over the years Arthur has seen the work and direction of the Foundation expand and change enormously in all directions.

"The aspirations and expectations of disabled people have changed radically and our job is to try to anticipate changes and respond to them" he said. "Standards demanded by the Statutory Authorities on whom we depend so heavily for fees must also be complied with, and grow increasingly stringent. So it becomes more and more necessary to rationalise our administration to keep pace with our rapid growth. Of course the personal element must be preserved, but we have to try to concentrate on the big issues and not waste our resources on the smaller ones."



Arthur Bennett, Director, dictating a report to his Personal Assistant Pat Rose.

Helpful Handbooks

One great effort in this direction, involving much hard and detailed work by many people, was the compilation by the Foundation of two very comprehensive practical Handbooks. One entitled "Homes Administration Handbook", provides factual advice and information on administrative subjects germane to the management of Homes; the other, entitled "Employment and Training Handbook" is likewise equally comprehensive on these matters.

Arthur says: "It is gratifying to see that more and more use is being made of them, with a corresponding decrease in the rate of routine telephone enquiries to members of the central staff." However, he emphasises that much more handbook work has yet to be done and both Handbooks One and Two are currently being updated, with Handbook Two (Family Support Services) being divided into two parts – the first part sets out the philosophy and policy of FSSs, and a comprehensive loose-leaf second part, rather like the Homes Administration Handbook, contains all the technical matters which may be subject to change as time goes by. Looking further ahead, a Finance Handbook is also contemplated, and the overall aim is to have a family of Handbooks to which people in the Homes and Services can turn for routine advice on a wide range of subjects.

Concentrating on Important Issues

Arthur firmly believes that one of the most important tasks of the central staff is to try to look into the future, and to frame plans and policy for consideration by the Trustees. He says that because of the pressure of routine work, members of

the central staff are only able to spend small amounts of time on this at present, but the plan is to install a modern computer system to analyse the mass of statistical information which comes into the Central Office, and establish trends. In the long term, this may also be linked with the Homes and Services and should enable the central organisation to provide more comprehensive advice, as well as assisting the Foundation to plan 5 to 10 years ahead with greater confidence.

Looking Ahead

Summing up, Arthur says: "I think we can reasonably say that over the past ten years we have built up an advisory service which people in the Homes and Services find helpful. But, while maintaining that service, we now need to develop skills and services that will enable us to meet the new needs which will undoubtedly come our way in the years ahead. This must be our major and first priority task.

"If I had one appeal to make it would be PLEASE make FULL use of our Advisory Services, but let it be for the BIGGER issues, and bring us in on any serious problems earlier rather than later when matters may have gone too far to retrieve."

Help, Advice, Encouragement

To sum up, the whole effort at Central Office is directed towards supporting the work of Homes, Services and Projects and sharing the common purpose of working to improve the lives of disabled people everywhere.

Advisory Services Available

Only brief summaries of the many functions of Central Staff are possible but these are as follows and as they relate to the needs of Homes and Services:

Simon Hardwick, General Secretary, a qualified solicitor, who joined the Foundation in 1982. Provides advice on all legal and administrative matters concerned with property, insurance claims, registration of Homes, interpretation of legal matters; constitutions for Homes, FSSs and new projects; for advice on Charity Commission procedures; for the organisation of central conferences, seminars and meetings. Simon is assisted by **Philippa Johnston**, formerly a nurse. (Q.A.R.A.N.C.)



Geoffrey Dunn, Care Services Co-ordinator, and a former Director of Social Services. Line manager for the work of three Area Care Team Managers, The Training Adviser and the FSS Adviser. Team Care Managers supervise the work of Care and Rehabilitation Advisers in the field. His secretary is Virginia Goldie.



Rita Belletty, Treasurer, is an Associate of the Institute of Chartered Secretaries. Deals with all financial aspects including the preparation of monthly financial statements, control of reserve investments and bank deposits; records of loans and grants; preparation of annual central admin. budget; advice on trends in financial matters revealed by study of Homes and FSSs, together with forward projections. Rita is assisted by **Joy Burton**, who is studying for a degree in her spare time.



Keith Cook, Homes Planning Officer, joined the Foundation in 1980 and is a Fellow of the Faculty of Surveyors. Provides expert advice and assists with preliminary planning in any Home or Project contemplating new buildings, extensions, improvements and alterations. At any one time, he is involved with 30 or more improvement schemes, including several entirely new Homes.



Molly Roe, Personnel Adviser, a Member of the Institute of Personnel Management. Assists and advises Homes and FSSs on matters such as staff recruitment, conditions of employment, wage and salary levels; procedures for complaints, warnings and dismissals; contacts with Trade Unions; provides bulletins about applicants for positions in Homes. Molly's secretary, **Valerie Costello**, also handles all aspects of the voluntary work scheme in UK Homes, under Molly's supervision.



Edward Footring, Hon. Appeals Director. Is co-ordinating the fund-raising efforts of Central Office, and Homes, FSSs and Projects throughout the UK, assisted by **Peter Tomlinson**. The work of this section also includes public relations and advertising.



Wally Sullivan, Information Officer, and the longest serving member of the UK Staff with 13 years to his credit. Is responsible for advising people who apply to Central Office for admission to Homes, requests for general information and for stocks of information booklets, display material etc., and advice on holidays for handicapped people. Is assisted by **Marjorie Lawton**.



Dennis Lacey, Office Manager. Responsible for all practical aspects of running Central Office. This includes dealing with more than 100 incoming and outgoing pieces of mail per day, plus a major "Homes and Services" post every week, as well as supervising reception and domestic services.

Public Relations has recently been undertaken by an outside agency called **Good Relations**. Initial requests for P R help and advice should go to Edward Footring and Peter Tomlinson, who will channel them to be dealt with by the appropriate agency executive.

International Office

The Foundation's international network of Homes - 164 in 45 countries - works in much the same way as in the UK, except that, of necessity, it is a far more arms-length operation. Just as Management Committees in the UK are responsible for the affairs of their own Homes, so it is overseas, with a Trust in each country responsible for the Homes there.



Ronald Travers



Lynette Learoyd



Rosnah Dempster

International Director for many years, **Ronald Travers** has an office in Maunsel Street manned by his **Personal Assistant, Lynette Learoyd**. Other staff include **Rachel Ayling** who, as **Research Assistant**, looks after the viability of funding from Government and non-Government organisations such as the Overseas Development Administration and the EEC. **Sarah Holloway, the Training and Rehabilitation Adviser**, who spends most of her time travelling to Homes all over the world, and **Rosnah Dempster** who assists Lynette, and finally **Billie Emmet** who for ten years has voluntarily undertaken all the filing.

The International Director is responsible to the International Committee. The International Office and the Committee are the main link between the Founder and the Foundation in the UK and the overseas Homes: they try to ensure that overseas Homes are run in keeping with the aims and principles of the Foundation. They encourage and help the setting up of new Homes overseas where need exists; they seek financial help for the overseas work of the Foundation; and the Committee makes grants to overseas Homes for specific projects and in particular to meet emergency situations.

Charity Shops as a Source of Income

by
**Kay
Christiansen**



At left, Beryl Hancorn in the Seven Springs Boutique. At right, Deputy Manageress Mary Stooke shows a customer a dress.

Charity shops are now a familiar landmark in most shopping areas of Britain and provide a rich source of income for centrally run organisations such as Oxfam, Mind and The Spastics Society, who have the resources to organise a network of them.

Oxfam, for example, today has 830 shops in the UK and Ireland, which last year netted a staggering £17,605,000 profit, after all expenses had been deducted.

An Oxfam official told me: "We started with end-of-lease shops, but then realised continuity was the name of the game. We have proved that it is sound business sense to pay full rent for shops in high streets and busy shopping areas where there is a lot of passing trade and the chance to net a high profit. At present charities get a 50% reduction on rates, and this is increasing soon to 80% relief. In addition, some councils will give additional discretionary relief which can mean that shops come rate free.

"Our shops are almost entirely manned by volunteers, but they are organised from area offices, with district paid organisers each responsible for the efficient management of seven shops. We provide all our volunteers with initial and on-going training and uniform shop systems. We give them good support which increases their sense of commitment."

Cheshire Homes and Shops

Although there are 78 Cheshire Homes in the UK, comparatively few run shops. Some highly profitable enterprises have run into trouble when cheap end-of-lease premises expire and the overheads involved in full rent for a prime position appear to be too great to make the venture cost-effective.

Twenty Years Established

However, a few Cheshire Homes' charity shops have stood the test of time, and one of these is "The Seven Springs Boutique" which has been trading continuously for twenty years, and shares its profits equally between Seven Springs Cheshire Home in Pembury, near Tunbridge Wells, Kent, and The Tunbridge Wells and District Council for Voluntary Service. During that time it has raised £122,600 clear of all expenses.

A Special Rent

The shop was started when a supporter of the Home offered the premises at a modest rent in perpetuity, and three lady volunteers each put in £100 to get it started. Situated in Crescent Road, not far from the main shopping centre, it has been managed by **Mrs Beryl Hancorn** for eight years, assisted by **Mrs Mary Stooke**

and fourteen part-time voluntary helpers, who work in shifts. It is open daily from 10 a.m. to 4.15 p.m., and on Saturdays until 12.30 p.m., and must be one of the most 'elegant' charity shops in the country. Indeed, the greatest compliment that could be paid is that it is hardly recognisable as a 'charity' shop with its professionally dressed window and charming, well arranged interior, a far cry from the musty, unpleasant smells of most charity shops with their ragged boxes of jumble and cluttered floors.

A Professional Appearance

The shop consists of two inter-connecting rooms with nicely curtained fitting rooms, the walls freshly painted in cool, neutral colours, carpeted throughout. The merchandise is efficiently sized, priced and labelled. A large variety of shoes are displayed on a revolving central stand, donated by a local trader. A splendid variety of hats and scarves are ranged on shelves and colour-co-ordinated as accessories when possible. A rail of fur coats and wraps adds a further touch of glamour.

I asked Beryl Hancorn how she achieved this and she said it was really a matter of hard work. "Everything that comes in is ruthlessly sorted and I only put good quality merchandise in good condition into the shop. The

jumbles are packed off to Seven Springs to be sold. The Home is also enormously helpful in sorting out the best things from what they receive, for sale in the shop.

"Once everything is sorted Mary and I make sure it is all clean and fresh, and if necessary put things through the washing machine, while my husband does the spot cleaning. That's the reason that there's no unpleasant smell here. Customers find that very off-putting.

"I also have a marvellous needlewoman in **Lena West**, a long-serving volunteer, who mends and sews on missing buttons.

"I don't believe in overpricing. People come for a bargain. But I don't underprice either. Coats generally sell for around £17.50, dresses for around £10, and nearly new shoes can vary from £5 to £10. We get a lot of shoes. Tunbridge Wells ladies must make a lot of mistakes here! In fact quite a lot of our clothes are so new that they must have been mistakes too.

"Hats are another good selling line, and we get plenty donated. One lady came in search of a hat to meet the Queen in, and often people want special outfits for Glyndebourne, or a wedding.

"I try to keep the merchandise seasonal, but I always keep a rail of summer clothes in the basement, as customers sometimes come in search of things for a cruise."

Regular Customers

Most of Mrs Hancorn's customers are regulars. "As we aren't in the mainstream High Street, we don't get much passing trade, so we try to build up with the tried and true. One customer comes up from Brighton twice a year and usually spends £40 or £50. Another lady from Durham visits her sister and always comes in for our end-of-season half-price sales." Usually customers like to browse, but Mrs Hancorn is always ready with suggestions and this personal service is much appreciated.

Nothing Wasted

"I can't bear spending money on price tickets so I file them for re-use," Mrs Hancorn explained, "And we heard our sizing blocks carefully, too." Plastic containers are all donated. Decorating is done by her husband and herself, with help from volunteers, as is the cleaning of the shop.

Valuing Special Items

"We have a very good relationship with local traders, who don't regard us as a threat and are very helpful", Mrs Hancorn said, "If I get a handsome fur that I'm unsure about I take it to the local furrier and ask him to value it. Likewise with donated bric-a-brac or jewellery."

The Profitability

Takings have gone up steadily since Mrs Hancorn took over. In the last financial year, the boutique had a net income, after rent, rates and all expenses were paid, of £10,262. A small surplus carried forward meant that the Home and the local Council of Voluntary Service each received £5,400.

Some Success Tips

"I know we are very lucky here with a guaranteed economic rent, but there are other factors", said Mrs Hancorn. "I think it is important to pay the manageress a small salary because it is vital to have someone who is dedicated in a professional way, and also to try to find voluntary helpers who will take the job seriously, too. Otherwise it is hopeless. Customers won't come if they know you shut at irregular times. And it is important to make the shop pleasant to come into. Even buying second hand clothes should be a pleasant experience."



Graham Giles.

Graham Giles, a Resident of Saltways Cheshire Home, Redditch, Worcester, finds flag days and carnivals horrifying and insulting to handicapped people. He explains why below.

It is with a deep sense of horror, anguish and fear that I feel forced to write to you after reading in the Christmas number of the Smile the articles *Carnival Capers* and *A Day with a Collecting Box*.

It seems to me that with its strong tradition of caring for disabled people, both the Foundation itself and individual Homes in particular should carefully think out the overall implications of their methods of fund-raising and community involvement.

At a time when many handicapped people are seeking to establish a more positive, independent and dignified role in society does it really help the course of integration and human dignity for Homes to involve themselves in such events as "Carnival Capers" or the annual "Flag Day"? - particularly when the float is entered in the humorous section and entitled "The Ugly Bug Ball".

Do Fund Raising Capers Demean Handicapped?

Reinforcing Paternalistic Attitudes

Laudable as the efforts of both Residents and Staff concerned might be in their attempt to support their Home, one wonders if the psychological and emotional costs involved in such forms of fund-raising are not too high for Residents and handicapped people in general to pay. Surely we should be moving away from the Victorian or even mediaeval attitude towards disabled people. Escapades such as parading through the streets on behalf of one's own Home or perhaps shaking a tin at street corners do not seem, in my view, to enhance the course of integration, personal esteem and self-valuation. Rather they smack of a society which sees handicapped people as recipients of charitable giving of a most paternalistic kind and intended to keep such people in their "rightful place in society".

Family Home "A Myth"

No doubt many handicapped Residents feel a great fondness and loyalty towards their particular Home, and some even find it possible to take on board the Foundation's mythical stereotype image of a Family Home, something which I find abhorrent. There has to be a better way of funding the additional services and requirements of a Home or getting the Home known in the locality than requiring Residents to swallow all their dignity and pride by becoming part of a parade or holding out a tin in a market square.

Other Ways of Fund-Raising

There are possibly other ways in which the additional funds necessary might be raised. For example, perhaps the sale of goods or services provided by the Residents might be feasible. If this proves impracticable then it may be indicative of the total need for a rethink on the part of all Residents, the Foundation and society at large. Maybe it is time to drop the pretence of a "Family Home" and to regard each establishment as a small hotel or motel with clients paying for services directly from an increased level of pension, designed to eliminate the need for charitable giving. Such a client-agent situation would give Residents more meaningful power over their lives in an economic sense and prevent the need for such degrading events as Open Days, Flag Days and Sponsored Whatnots. In addition, if Residents had full economic power at their disposal commensurate with their need and requirements, the Home would not need to be known by the community as such at all, or at least only to the extent to which a local hotel or motel are known by prospective clients. Thus management Committees would be required to advertise their establishment's services in the normal manner.

(Editor and Author's Note: Comments welcome from all sources.)



Cutting the cake at a reception to mark the retirement of John Henderson as Administrator of the Dorchester and District Cheshire Homes.

Mr Henderson was Founder Chairman of the Cheshire Homes in Dorchester. From 1973 he became Administrator of the Homes after retiring from veterinary practice.

He is also a founder member and former Chairman of West Dorset Community Health Council and served on the board of governors of Mountjoy Day Special School.

Pictured with John Henderson and his wife Mary (centre) are (from left to right): Mrs. Susan Evershed, Judge Hampden Inskip, Cllr. Mrs. Stella Jones, John Hill and Tom Yates.



Care Training in Wales

Coomb Cheshire Home, Llangynog, Wales, recently benefited from a two half days training course in various aspects of caring, organised by The Leonard Cheshire Foundation.

It was led by Harry Lowden, Care Adviser, assisted by Richard Dyer, Care Adviser, and Debbie Reid, Rehabilitation and Equipment Adviser, and the two Deputy Heads of Care, Mrs E M McDonagh and Mrs N M Ortiz.

The kitchen staff also received training from Mrs J Aldridge, Head of Home. Picture shows demonstration of latest hoist straps and techniques of using them.

Information

■ **The Queen's Bequest to Cheshire Foundation:** The Cheshire Foundation will receive £25,000 following an injunction against The Sun newspaper for breach of copyright in publishing an unauthorised photograph of The Royal Family with Princess Beatrice. The newspaper offered to pay £100,000 by way of damages to charities of the Queen's choice. The Queen directed that the money should be split between four charities of which she is Patron. These were The Leonard Cheshire Foundation, The British Commonwealth Ex-Services League, The NSPCC, and The Save the Children Fund.

■ **Douglas House Aid for Two Year Old Boy:** Douglas House Cheshire Home, Brixham, Devon, has raised £200 from a wheelchair push as its contribution to a £3,000 appeal to meet the cost of a turbo chair for Christian Phillipson, a two year old suffering from muscular atrophy of the spine. Christian's four year old brother Jonathan also suffers from this condition. The push took place at Broadsands Car Park and a large number of Residents participated, as well as volunteer wheelchair pushers.

■ **Disabled Living Foundation Leaflets:** Dribbling or inability to swallow saliva is an embarrassing aspect of some disabling conditions. D L F have issued a new leaflet containing information on choice of clothing to disguise the effects if the problem is slight, or ideas and patterns for clothing protection if the problem is severe. Price £1.00

A further leaflet gives details of various types of footwear now available for people with swollen feet. It covers adaptations to shoes and hosiery and sources of supply. Price 80 pence.

From: D L F, 380 Harrow Road, London W9 2HU

■ **Arts and Disability:** Bedford Square Press have published "After Attenborough", a comprehensive review on how Government, Arts Councils and other bodies have responded to the recommendations of the Attenborough Report "Arts and Disabled People". Price £5.95 from Bedford Square Press, 26 Bedford Square, London WC1B 3HU

■ **Fund Raising for Coomb Cheshire Home:** The Coomb Women's Institute, Dyfed, Wales, raised £589 from a bring-and-buy event, which they are mainly devoting to the Home. Coomb Residents were also entertained by the Home's Support Group from Mynydd Mawr, who brought gifts and organised a concert.



The interior of the voice-controlled car.

Martin Renouf entering the voice-controlled car.

Martin Renouf at the controls.

Demonstration of French Voice-Controlled Car for Disabled

Officials from The Department of Transport's Disability Unit, Motability, RADAR, The Queen Elizabeth Foundation for the Disabled and the Banstead Mobility Centre were all interested observers when a French manufactured "voice-controlled" car called Handimobile was demonstrated at The Department of Transport's Road Research Laboratories, Crowthorne, Berkshire, recently.

The mini-car manufacturers, Gateau Automobiles, claim that it is the only vehicle in the world that allows a disabled person to get in and drive while remaining in a wheelchair. The entire floor of the car lowers to ground level so that the driver can roll the wheelchair in through the door at the back without help.

Steering is by use of an easily manipulated steering wheel, and acceleration and braking are controlled by a single lever. Blinkers, windshield wipers and headlights are activated by voice command. This is a single sound and no manual effort is required.

The car has a fold-down buggy seat for a passenger behind the wheelchair, and the voice controls are designed not to be accidentally triggered by conversation.

Putting the car through its paces was disabled computer analyst Martin Renouf who found it easy to manage.

An official of Gateau Automobiles said that 100 of these cars had been sold in France. The single-cylinder engine was 325 cc or 430 cc, and the car could give speeds up to 30 mph. Her company was seeking either a licensee arrangement in England, or an exclusive importer or distributor.

The price of the car would be between £7,000 and £10,000 depending on the requirements of the user.

An official of the Department of Transport said that the car seemed to have potential, but further investigations into its safety would have to be undertaken. It would be necessary to make certain that the car was registered and approved. In France it could be driven without a licence, but here would-be owners would need a full licence.

Large Companies Donate Annual £1 Billion to Charity

Britain's 400 top companies giving to charities increased the amount they donated in 1987 by eight per cent, The Charities Aid Foundation reveals, bringing the total figure to £1 billion.

The report looks at how much extra companies are contributing in kind to charity – through secondments, sponsorships and other gifts, in addition to pure cash.

On this basis, the most generous company was British Telecom which contributed more than £11 million.

Top of the league for cash gifts was British Petroleum which gave £2.9 million, followed by the Hanson Trust with £2.7 million, and the Trustees Savings Bank with £1.9 million.

The report notes that only five per cent of individual donors gave more than £30 a month to charity, and almost forty per cent gave £1 a month or less.

Donations to the top 200 charities increased by two per cent in real terms, with the international aid charities slipping in support down twenty three per cent in donations.

Oxfam, the largest fund-raising charity in 1986, fell to third position in 1987, and Save the Children slipped from second place to eighth place.

The Top Ten Fund-Raising Charities

1986	1987		Voluntary income (£000)	Admin. expenses (£000)
3	1	RNLI	35,330	1,328
4	2	National Trust	34,233	3,501
1	3	Oxfam	33,923	1,554
5	4	Imperial Cancer Research	28,809	494
6	5	Cancer Research Campaign	24,739	502
8	6	Salvation Army	24,023	2,319
7	7	Dr. Barnardo's	23,666	1,276
2	8	Save the Children Fund	21,349	922
10	9	Guide Dogs for the Blind	15,944	544
13	10	NSPCC	15,915	825



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

Northern Region

Spain

H.M. THE QUEEN MEETS BARCELONA CHESHIRE RESIDENTS

John Church, HM Consul General in Barcelona, has sent us the following account of the Royal Visit to the city last October.

"The Barcelona Cheshire Home was in the news again in October. Ten Residents were present for the opening of the new Kensington School building on 21 October by Her Majesty the Queen during her State Visit to Spain with the Duke of Edinburgh. After the ceremony the Queen unexpectedly crossed the road to talk to the Residents and a group of friends of the Home who had come to see her arrive. They were holding up a banner saying "Welcome to our Patron" in Spanish.

"Those present were delighted to be able to greet the Queen at close quarters. She accepted a bouquet of flowers from one of the younger Residents, Rosa Pubill.

"The Cheshire Home of Barcelona has 23 Spanish Residents and was opened by the Founder in 1976. There are also Homes in Madrid (opened in 1974), in Valencia (1981) and in Tarragona (1986)

NEWS FROM THE REGIONS



The Queen smilingly accepts a bouquet from a Resident of Barcelona Cheshire Home.

"Last year the Duchess of Kent visited the Barcelona Home during an official visit to the city with her husband. Accompanied by the wife of the President of the Catalan regional government, Señora Pujol, the Duchess toured the Home on 11 November and spoke at some length to many Residents. The visit was given full coverage in the local press and on television. As a result of these visits and the publicity given to them the Barcelona Home is now very much better known to the local government and public and it is going from strength to strength."

A new recreation room and workshop was inaugurated at this Home by Sr. Juan Trias Betran, President of the Patronato of the Cheshire Homes Foundation of Spain, on 19 January 1989. During the ceremony the British Consul-General, Mr John Church, announced that Her Majesty Queen Elizabeth II had approved the award of Hon. Member of the Order of the British Empire to Doña Pilar Arnalot, who was Director of the centre and who died on 15th January. (See obituaries, page 21)

Ireland

"HOME ON THE HILL"

by Kay Cullen - Ardeen Cheshire Home

"Ardeen Cheshire Home is situated on a high incline overlooking the village of Shillelagh. Surrounded by the beautiful Wicklow hills, the scenes from this house are unbelievably lovely.

"There are a great variety of trees, Sycamore, Lime, Scotch Birch, Cherry, Ash and last but not least, the great Oak trees. It is reputed that the oak from here was used in the woodwork of Westminster Cathedral; also in Lord Nelson's ship."

"THE ARDEEN CHESHIRE HOME"

by Eithne MacMullen

"It's lovely down here in Spring. The snowdrops come up first and then the crocuses. The place is swamped with daffodils, left, right and centre. You have your little lambs with the sheep. The countryside is really lovely. Especially when you wake up in the morning to the whistling of birds. It is Heaven!"

Jersey

Welcome to Monica Scowen, the new Editor of the Jersey Cheshire Home's Newsletter. The Home has recently benefited from two concerts given by the Vienna Boys' Choir and from a Martial Arts Festival, and the Endowment Fund has reached its target.

Eastern Region

India

The Home at Tuticorin has been open for just over a year. A small staff including a Matron, a cook and a rickshaw man care for the 5 boys and 4 girls, who are taken to school by rickshaw. Several of the children have been fitted with calipers and one is awaiting corrective surgery. Support for the launching of this Home came from executives of **SPIC (Southern Petrochemicals Industries Co Ltd)**, together with well known philanthropic people of the town. A souvenir programme published at the time of the official inauguration raised a large sum to cover initial expenses of the Home.

We have received the first newsletter from the **Pune Home**.

Brigadier (Miss) P Wad, retired from Military Nursing Service, has been the Superintendent since it opened, and the children, staff and building are thriving under her care.

Each child's birthday is celebrated; a close relationship has been built up with **St Joseph's Boys' School**. Now that transport has been arranged, it is possible for the children to have outings, and a day has been spent at the Katraj and Peshwa Parks. **The Madurai Home** had a fine celebration of **Founder's Day** – with the girls of **Sitalakshmi Higher Secondary School** providing entertainment in the form of music and dancing. **The Guest of Honour** was **Mr Dharmar**, who is President of "Hope for the Handicapped", a society helping in the rehabilitation of disabled people.

It is expected that the Home's coconut plantation will start yielding coconuts within the next year or two, which will augment the income of the Home.

In the **Trivandrum Home**, the TV Panel Assembly is working well, and accounts for a large proportion of the Home's income. It is hoped that sales by the embroidery unit will improve.

The Mangalore Home has plans to start an Adult Education programme for the Residents.

At **Coimbatore** an additional building is being constructed to accommodate another 20 Residents – the present strength is 15.

Many congratulations to the Residents of **Katpadi Home**, who won the overseas salver – for the most overall points – in the **1988 Creative Activity Contest**. **Founder's Day** was celebrated here with a full programme of singing and speech competitions and sports.

In the Home at **Covelong** the Resident's ages range from 6 years to 87 years. Activities include threading shells and needlework, as well as gardening and helping with the Home's household chores.

The boys at the **Manapakkam Home** make envelopes, and are also engaged in tailoring and lacing shoe uppers. It is proposed to build a separate workshop and much of the funding for this has now been secured.

Far Eastern Region

Thailand

The Rangsit Home's Garden Project is now complete, and has made an enormous difference to the compound. Name tags in both Thai and English will be attached to the plants and trees, making it a semi-botanical garden. **Housemother Miss Marasri Triyathorn** has been at the Home for 10 years, and the event has been marked by a celebration party.

Welcome to **Mrs Surat Tantranond**, the new **Chairman of Chiang Mai Home**, who has succeeded **Mrs Trengjai Itharut**.

Philippines

Bahay Mapagmahal, The Home attached to the **National Orthopaedic Hospital** now has a choir, in addition to the **Rondalla on Wheels** – the dancing wheelchairs – and a singing teacher comes to the Home every Tuesday for two hours. Residents have also participated in the first National Special Games for the Disabled. **Sister Roos Cattr**, Head of Home, was for a time head coach and trainer.

Malaysia

Penang

"NIGHT MARKET"

by *Wendy Lim*

"On Tuesday evenings we have the opportunity to visit the Night Market (Pasar Malam) near the Cheshire Home. Some of us need to be pushed. The road is very busy with a lot of cars and lorries, so even those who can walk have to be very careful as the traffic does not always stop for us. But we are not afraid, we are quite safe.

When we arrive at the market we can see many things, as far as the eye can see. As for me, I'm a good bargainer. It's a sport and no matter what happens I always get a bargain. I like to buy my clothes there, and there are many sorts of food – my favourite is laksa for \$1. The tape stalls are another favourite stopping place and we all buy noisy tapes to play at home! Sue always pushes me but she cannot understand what I say to the men when I'm bargaining. She keeps asking what I'm saying but then she sees what good prices I get! We all really enjoy the Night Market and everyone is very friendly toward us. Sometimes we are given free gifts of fruit, drinks or cakes."

Western Region

Canada

"The Cheshire News", newsletter of the Cheshire Homes Foundation in Toronto, Ontario, has started being issued again. It will be published every other month, and will address issues concerning everyone involved with the Foundation.

"XMAS, MCSS AND THE ILFS"

by *Bob Webber*,
Three Trilliums

"I don't know which Government report I saw it in, but I am positive that the title for the people who get me up in the morning and put me to bed at night has changed from "Personal Care Attendant" to "Independent Living Facilitator". It has been only recently that I have become used to the PCA name, having always just called them attendants.

The implication of all this, living in a world where acronyms prevail, is that they are now all "ILFS". Or is it "ILVES"?

"Here at **Three Trilliums**, where we have kicked around the idea of providing the staff with McDonald's employee uniforms, or at least the caps, it will be a pleasure to be able to call down to the office and have a happy, smiling ILF come to trim the tree.

"Isn't it great how the Government can turn a Christmas dream into reality?"

Tobias House

Splendid news just received is that the land has been obtained in mid-Toronto for this high rise residence of 80-100 units which will serve a variety of people in the community, and will incorporate 16 units, interspersed throughout the building, specifically for disabled adults with 24-hour attendant care. We understand that full funding has been granted and that construction will be completed in Spring, 1990.

International Picture Page

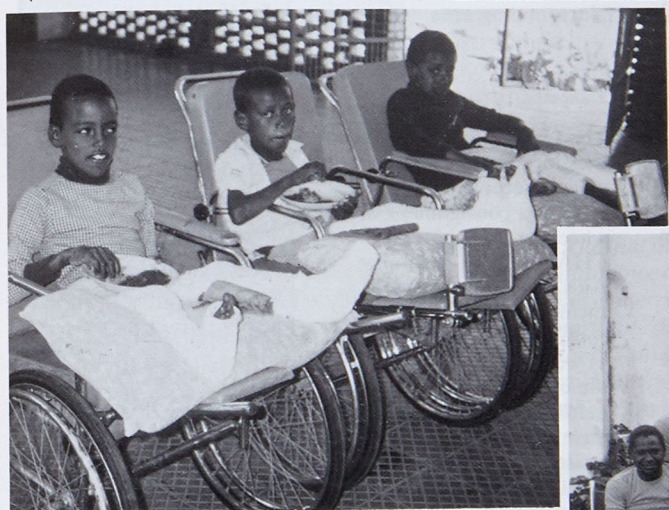


▲ Children from Gighessa Cheshire Home, Ethiopia.

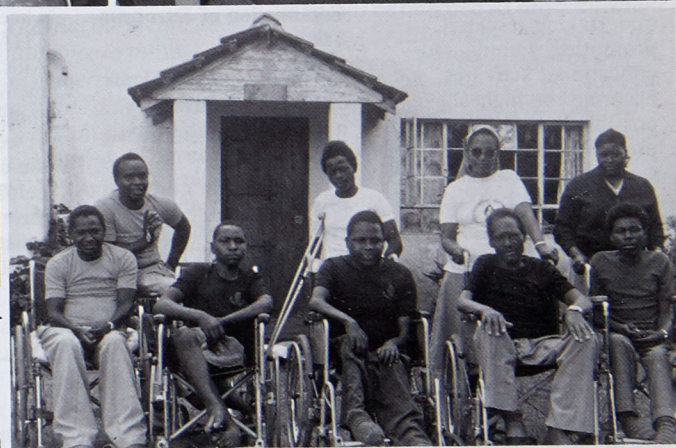
The presentation at Katpadi Cheshire Home, India. ▶



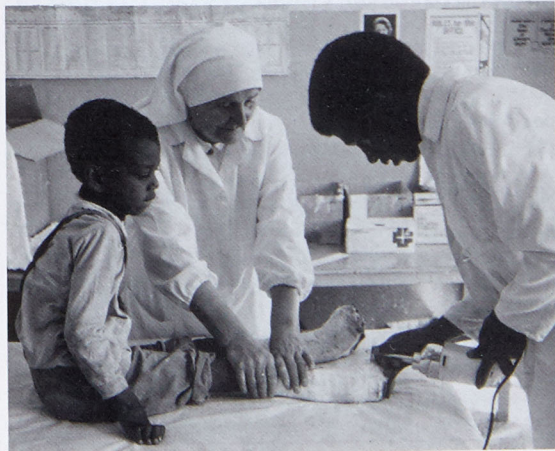
▼ Gighessa Cheshire Home, Ethiopia:— Proud Residents in new wheelchairs.



Wheelchairs flown out to Limura, Kenya by RAF. Donated by CHAD (Cheshire Homes Aids for Disabled). ▶



▼ A Physiotherapy Session at the Asmari Clinic.



Central Region

Botswana

Construction of the dormitory block is progressing and is now complete. This will be used temporarily as a day care centre. At present a community based programme has been established and is assisting 30 disabled clients. More are being identified each month. As soon as capital funds are obtained, a residential programme for 20 children will be established.

Ethiopia

Sarah Holloway, our Training and Rehabilitation Adviser, was able to visit all the Cheshire projects here, where the recently established **Ethiopian Association of Cheshire Homes** will serve as a co-ordinating body for the whole country. The Association's brief will include collecting and disseminating information, undertaking research, promoting training and educational activities, and ensuring the highest possible standards in the provision of facilities and services for those in the care of member organisations.

The Assella Cheshire Home was started in 1979 when an Agreement was signed with the Relief and Rehabilitation Commission of Ethiopia to help handicapped children from the drought affected areas of Wello Region. The work has expanded over the years, and there are now 174 boys of whom a good number are disabled, under the care of **Father Silvio Sordella, i.m.c., the Administrator**. This in turn has led to a need for more buildings. The children, both handicapped and able-bodied, are divided into groups of 15 and are encouraged to be self-reliant and to lead a disciplined life.

In Asmara, construction work is progressing on facilities to assist 40 handicapped children – from a waiting list of 75 – who need surgery and after-care. Funding has been granted by Terres des Hommes, Netherlands, the Commission of European Communities, and Concern Universal. The Dutch physiotherapist, **George Sindram**, is involved in upgrading the service to the handicapped children in the Region. The Clinic, started in 1969, is now treating an average of 400 children each month

At Mekanisa, in the South West of Addis Ababa, a Vocational Training and Rehabilitation Centre is under construction for handicapped young adults from all Regions of the country, with priority being given to the drought affected areas. The Centre will care for 75 people on both a boarding and day care basis, and the cost is being co-financed by the **Commission of European Communities**.

The Menagesha Home cares for 60 Residents, mainly suffering from polio, who receive corrective surgery and physiotherapy and appliances. A mobile workshop visits rural areas and carries out repairs and renewals for out-patients' appliances. Here, again, there are many children waiting for operations.

The Gighessa Cheshire Home opened in 1974 near the town of Shashamane, some 250 kms south of Addis Ababa, with 7 children as the first Residents. At the same time an elementary school was built. Over the intervening years it has expanded its buildings and educational facilities, and children stay at the Home for 2 to 6 months, or longer if necessary. Treatment includes surgery, performed by a team of visiting orthopaedic surgeons and

technicians from Italy, physiotherapy and fitting of appliances. Children are brought back to the Home every three months after discharge for follow-up. Since it started, the Home has assisted a total of 811 children between the ages of 3 and 15.

The Sudan

The Khartoum Home continues to thrive and expand its work despite increasingly difficult circumstances – the increased population of the city, the poverty and shortages of essential foods and medicines, and the recent floods. The Home is the only organisation providing a service to handicapped children in the city and surrounding area.

Kenya

The Limuru and Dagoretti Cheshire Homes were very glad to receive at the end of 1988 a consignment of wheelchairs, donated by CHAD (Cheshire Homes Aids for the Disabled). Included in the consignment were T-shirts, as well as spare parts for the chairs. **We are indebted to the R.A.F. for their most generous assistance in flying out this consignment.**

Cheshire Homes Aids for the Disabled

Peter Reynolds, who ran the fund from 1983 until last year, has moved from **Greenhill House** in Banbury to **Chipstead Lake**, and has handed over the administration to **Bob Hain, Hon. Treasurer of CHAD**, and volunteer helper at Greenhill House. During 1988 Peter despatched a record number of 123 wheelchairs, plus other equipment, overseas. Our grateful thanks go to Peter who has built up the despatch of chairs over the past five years to this magnificent level.

A GROWING ORGANISATION

There are 164 Cheshire Homes in 45 countries throughout the world. For a full list, write to:

International Office,
The Leonard Cheshire Foundation,
26 Maunsel Street,
LONDON SW1P 2QN
England.

VISITORS TO MAUNSEL STREET

During the past few months, we have been glad to welcome so many overseas visitors. These have included:

From Rome	Jenny Jayasundera
From India	Major General Virendra Singh and Dr. Bill Correa
From Zimbabwe	Roy and Margaret Burisch
From Canada	Joan Guerts
From Brazil	Sandy Smith
From Sierra Leone	Lady Bankole-Jones
From Thailand	Apple Gidley
From Malaysia	Diana Khoo
From Swaziland	Cora van den Heuvel and Nico Peek
From Zambia	Leigh Johnston



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* Beryl 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 queries and problems to:
BERYL CAPON
c/o Cheshire Smile
Arnold House
66 The Ridgeway
Enfield
Middlesex EN2 8JA

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

Question: There is an increasing tendency to give great prominence to people who have overcome great disabilities. I feel this can be very demoralising for some of us who try very hard to battle but simply cannot achieve the impossible. Coming to terms with one's condition can sometimes bring greater peace of mind and less frustration. How can I make this clear to those who are always exhorting us to efforts really beyond us?

Answer: *It's true that the media do give great prominence to those people who have overcome and achieved remarkable things despite great disabilities. I am sure that this is not meant to demean or demoralise others less fortunate. The important words in your letter to me are "try very hard to battle, but simply cannot achieve the impossible". Trying is as important, if not more so, than actually achieving, for it demonstrates that you have the will and strength of mind not to give in and are determined to maintain your dignity and independence.*

I am sure that coming to terms with one's condition must lead to peace of mind and less frustration but encouragement and stimulation to maintain a level and indeed often improve are very necessary for some people. Skills are easily lost, if for example well meaning carers do for rather than achieve with. If you feel that you are being pushed too hard I am sure that your feelings will be respected if you let them be known.

Question: Disabled people living in Residential Homes are often urged to express their opinions. However, when they do, this is often taken amiss by staff who regard it as troublemaking. Is it better to keep quiet for the sake of peace and harmony?

Answer: *The recipients of a service are surely the only people qualified to measure the quality of that service and their opinions are and should be readily sought. It is sad, though, to note that there are still people who will not air their views, opinions or grievances because they feel that they will be labelled as difficult and perhaps be discriminated against by staff in very subtle but hurtful ways. The Residents' Meetings is probably the ideal forum for discussion and reaching consensus of opinion on all matters affecting all aspects of Residents' lives. Within this forum, in the absence of staff, everyone should feel comfortable enough to discuss openly, form opinions and if necessary propose and second a motion to be put to the Head of Home by the Residents' Chairperson for consideration. This is a democratic process presenting the general opinion, enabling no one person to be singled out if you feel that the word troublemaker is being used within your Home.*

Question: I am planning a holiday shortly and will be away for two weeks. Do I have to pay my fees whilst I am not resident in the home?

Answer: *Yes legally a retention fee is payable which is the full fee less the amount designated to be the percentage of the per capita fee allowed for food.*

“What’s Cooking?”



Joan Keenan, former Personal Assistant to Group Captain Cheshire, and still working for him part-time, is an enthusiastic cook.

Here she gives some specially devised recipes which are economical, nourishing and not too difficult to make:

ROSEMARY BISCUITS

4 ozs butter
2 ozs light brown sugar
5 ozs plain flour
pinch of salt
teaspoon fresh chopped rosemary

Beat butter and sugar and gradually add flour and then the rosemary. Roll into balls with floury hands. Flatten rolls with a spoon on to a greased tin and bake for 15 minutes in a medium oven – 375° in middle of oven

OATCAKES

9 ozs medium oatmeal
4½ ozs wholemeal flour
2 ozs butter
2 teaspoons salt
½ teaspoon bicarbonate soda

Mix altogether and rub in butter until crumbly. Bring to boil ¼ pint water, tip into mixture and stir thoroughly, then knead. Pull into 4 pieces and rub into balls and then roll on floured board and cut into pieces (Roll until quite thin). Place on greased tin and bake for about one hour at 300°.

APPLE AND MINCEMEAT SYLLABUB

¾ pint apple purée
½ lb mincemeat

SYLLABUB

Pared rind and juice of 1 lemon marinated overnight in 4 fl. oz white wine or sherry and 2 tablespoons brandy. 2 oz sugar, ½ pint double dairy cream, grated nutmeg, 2 red skinned apples chopped.

Mix the apple puree with the mincemeat and put one tablespoon of the mixture in the base of each glass. When the rind and lemon juice have marinated in the wine and brandy overnight, strain the liquid into a large deep bowl. Add the sugar and stir until dissolved. Pour the cream slowly in, stirring all the time. Add a little grated nutmeg and whisk until just thickened. Spoon the syllabub into glasses and top lightly with a spoonful of the remaining apple and mincemeat mixture. Decorate with chopped apple, sprinkle with lemon juice (to prevent discolouring), Keep in a cool place until ready to serve.

Serves 8-10 people.

CELERY AND BACON SOUP

1 medium onion
6 sticks of celery chopped
3 rashers of bacon cut into small pieces
1 pint chicken stock
½ pint milk
1 oz butter
5 fl ozs single cream
2 tbs medium oatmeal

Melt butter in saucepan and add chopped onion, celery and bacon and sweat them for a few minutes. Add stock and milk and oatmeal and stir well. Bring to the boil and then simmer until vegetables are tender. Liquidise and reheat; just before serving add cream and salt and pepper.

DANISH APPLE PUDDING

Apple purée
Blackberry or red currant jelly
2 ozs butter
2 ozs fresh breadcrumbs
5 fl. ozs double cream

Put purée in bottom of glass dish, or individual glasses. Top with tablespoon of blackberry jelly. Melt 2 oz of butter in pan and add breadcrumbs, fry until crisp and golden brown. When cool, place on top of jelly. *Lightly* whip cream and pour over breadcrumbs.

MARSHMALLOW WHIP

½ pint double cream
2 small grapefruit
¼ lb marshmallows (pink and white)

Skin segments of grapefruit and cut in half.
Cut up marshmallows with scissors into quarters.

Whip cream.
Stir altogether and spoon into glasses.

Serves 3 people



Churchtown Farm Field Studies Centre, Lanlivery, Cornwall.



Princess Anne at Churchtown Farm Field Studies Centre.

Action and Adventure in a Wheelchair

Being in a wheelchair need no longer cancel out the possibility of active, exciting pursuits as more and more special facilities for adventurous spirits are being developed.

The National Trust, for example, is converting a disused quarry at **Stackpole**, five miles from Pembroke near the coastal path, where disabled and able-bodied people of all ages can enjoy a number of recreations.

Abseiling in wheelchairs is just one possibility as well as rock climbing and archery. A wheelchair path is being constructed around the top of the quarry to give views of the activities below and the beautiful coastal scenery beyond.

Then there is the **Kielder Adventure Centre in Hexham**, Northumberland, which is purpose-built for disabled people and their families and is equipped with everything from an indoor heated pool to a shop, library and adventure playground. Set amid glorious scenery, it offers a superb array of sports and recreational activities for all, including canoeing, sailing, horse driving, table tennis, rock climbing, badminton, archery, bird watching and nature walks, camping, fishing.

There are 34 beds in twin-bedded rooms, each interlinking to create a family room of four. There are toilets, showers, drying and laundry facilities, plus a well-equipped kitchen, serving good wholesome food. The centre is designed to cater for all mental and sensory disabilities, and there is a special double room for the more profoundly disabled visitor.

Churchtown Farm Field Studies Centre in Cornwall, opened by The Spastics Society in 1975, also offers young and old people suffering from all types of disability a wide variety of options.

Rock climbing, canoeing, sailing, pony trekking, bird watching, nature photography and painting are just some of the possibilities; there is also a range of courses at various levels in natural history, rural studies, adventure pursuits and leisure activities. Special programmes can be devised to suit the age and ability of any particular group or person.

Among the Centre's facilities are a laboratory, a photographic dark room, a library and an indoor swimming pool. An adjoining nature reserve and farmland is fully accessible to wheelchairs.

Family groups are particularly welcomed, and a disabled person with his or her spouse could choose from a programme which would include visits to local castles, tin mines and clayworks.

The Centre's Principal, Martin Overton, says: "Families probably see their stay here as a holiday, but for some disabled individuals the initial encounter with photography or bird watching or fishing will awaken an interest so deep that when they go home they will join a local club and continue to pursue the activity."

The Centre's latest development – **Puddle Farm** – houses five pigs, a horse and a small pony and trap to drive. There is also a collection of small animals ranging from chinchillas to ferrets, exotic parrots and snakes. The aim is to give an understanding of farming and rural life now and in the past, as well as a knowledge of animal husbandry. **Churchtown** is open for all but two weeks in the year.

For further information write to:

- **Churchtown Farm, Lanlivery, Bodmin, Cornwall.** Tel: 0208 872148
- **Kielder Adventure Centre, Low Craneclough, Kielder Water, Falstone, Hexham, Northumberland NE48 1BS** Tel: 0660 50232
- **For information on Stackpole Adventure Centre:**
Regional Information Officer, The National Trust, The King's Head, Bridge Street, Llandeilo, Dyfed SA19 6BN Tel: 0558 822800

RISK TAKING – A Fundamental Right FOR ALL

Do we simply pay lip service to the fundamental right of physically disabled adults living in Cheshire Homes to take risks if they so wish?

Various documents agree unequivocally that the ability to do so should be available and indeed is essential to the personal development of the individual. (e.g. The UN Declaration of Rights of Disabled Persons; The Singapore Declaration Defining a Cheshire Home; The Cheshire Foundation Handbook "Residential Homes for the Physically Handicapped"; "Home Life – A Code of Residential Care"; "Residential Care – A Positive Choice".)



Here Ian Balfour, a Resident of Le Court Cheshire Home, in Greatham, Hampshire, examines the pros and cons, and comes to his own challenging conclusions.

Risk Taking

"First, let me define risk taking. It is any practice carried out by a Resident either by commission or omission that could be considered as – foolish; foolhardy; undesirable; reckless; injurious; potentially lethal; – such as smoking; drinking; refusing medication; using dangerous equipment; engaging in dangerous activities.

Should Limits to Risk Taking Be Imposed?

"Any attempt at defining limits raises all sorts of problems. Who would set the limits? Would it be Trustees; Management Committees, including Residents and Staff; Care Advisers; Heads of Home or Heads of Care?"

"What criteria would be used? Would they cover all Residents? Would they be set for individual Residents? Who would monitor the application of limits? What rights would Residents have if they objected to the limits set?"

Should the Right to Take Risks be Unqualified?

"I believe the answer to this should be 'Yes' as far as personal risks are concerned. Staff have a right to advise against, but only to advise. On the other hand, if there was an infringement of the rights of others, the answer should be 'No', but only if all other possible solutions have been explored with the Resident or Residents fully involved.

The Present Situation

"Yet the reality is that in a lot of Homes, if not most, risk taking is not actively encouraged, and in a few Homes, it is ACTIVELY DISCOURAGED. The Foundation's declared aim is to help Residents to live as normal a life as possible, and to achieve their full potential. Residents are not there to be looked after and done unto. They are there to be assisted and, where necessary, to be advised and guided. Nobody can reach their full potential if they are not allowed to extend themselves and decide for themselves to take calculated risks.

Why the Reluctance of Those in Authority?

"It can only be lack of understanding of the needs of Residents and the fear of the possible consequences. Apathy on the part of Residents to insist on their rights to take risks is likely to be because of their lowered expectations of life and institutionalisation.

Honouring the Rights of the Individual

"I believe that Management Committees, Heads of Home and Heads of Care require written guidelines on what their responsibilities are concerning risk taking, so there can be no misunderstanding. I recognise that Management Committees have a duty of 'care' in the legal sense, but there is still scope to recognise the rights of individuals without infringing this duty.

"This point is made in the publication Residential Care – A Positive Choice: 'As the law stands, the Residents are under no legal constraint, and are technically to be considered lucid, capable and independent . . . staff are placed in the false position of controlling Residents' lives without having the specific authority to do so.'

What If?

"Objections to risk taking are usually for these reasons – What if something goes wrong? What if 'we' are held responsible? What if there's a public scandal? What if this adversely affects the Foundation's image? What if our charitable income is adversely affected? These are important points to be considered but they should not be used conveniently to justify restrictive practices.

The Does He take Sugar? Attitude

"There are very few able-bodied people who can truthfully say that they do not have this attitude towards disabled people, at least to some degree. It is manifested in all manner of ways; some blatant and obvious; others more subtle and insidious.

Suggestions for Action

"1. The Complaints Procedure of Residents should be reviewed as I do not believe this to be satisfactory.

"2. Residents should be able to get effective help in Homes where it is clear that the philosophy of the Singapore declaration is

ignored; where standards are unacceptable; or where the majority of Residents are apathetic. Without this help, Residents are unlikely to bring forward a serious complaint if it has to go through the very people against whom they are complaining.

"3. A Residents' Ombudsman might be a way of enabling Residents to receive impartial assistance from someone solely interested in their welfare. Even if no action was taken, the Ombudsman would be able to keep a record of complaints and in time present Trustees with statistics and recommendations. I do not see Care Advisers as fulfilling the role of an Ombudsman. It would have to be someone with no divided loyalties.

Responsibilities of Residents

"Residents have responsibilities as well as rights. If we insist on being treated as responsible adults, we must act as responsible adults. Whilst we have a right to insist that staff enable us to live our lives to the full, we must also recognise their rights. When it comes to helping a Resident to pursue an activity they profoundly object to, their right to say 'I won't help you' must be respected."

Editor's Note: Letters and comments from readers on the views expressed in this article will be welcomed.)

A Delighted Reader

I am now in my ninetieth year and have been a lifelong supporter and fund raiser for The Cheshire Foundation from its early beginnings, at St. Theresa's in Penzance. I feel I must write to say how delighted I am to receive the new Cheshire Smile magazine. It is full of interest and information, and must be of great value to an organisation which is so widespread, as a method of mutually encouraging and exchanging ideas and experiences to improve the lives of handicapped people throughout the world. Long may it reign.

Laura Anderson (Mrs).

Support and Encouragement Needed

First I must congratulate the correspondent posing the problem in the December issue that some Residents might try to have more thought for care staff.

It is the answer that the Foundation Care Adviser gave which aroused my anger. Printing the fact that Care Attendants should expect to lose their jobs if they are thought to be discourteous could be used as a threat by those few Residents who are "difficult" quite unfairly. This, I feel, will add to our problems rather than solve them.

We are not dealing with the general public passing through, but with permanent Residents in a close community, which is very different.

It is difficult enough to recruit Care Staff and keep them (ask any Head or Care or Head of Home) without comments like this being made. I feel that Care Staff should be supported and encouraged to get on with their job, and not be demoralised and frustrated.

Margaret Wilson, Care Assistant

A Thank You from America

I very much enjoy receiving The Cheshire Smile and do thank you for keeping me on the mailing list.

The article about Ben Stimpson designing a tray to be used on wheelchairs was especially interesting to me as we were friends in Brazil.

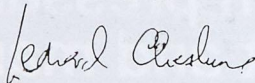
Beverly Howard, Bethesda, Maryland, USA

YOU write to US

Point of View on "A PROFOUNDLY HUMAN MATTER" by The Founder

Brian Foster's personal views on sex as argued in the Smile (Feb 89) will undoubtedly please some, just as they will affront others. But, as an honest and provocative expression of opinion on a profoundly human matter that intimately affects all of us, it makes a good starting point for a discussion in these pages which perhaps is overdue.

Without at this stage setting out my own position, I cannot leave unchallenged Brian's central point about no moral judgements. He acknowledges that the sexual freedom he wants the Homes to allow raises a moral question, and goes on to say that since he judges nobody, nobody must judge him. But in saying this he has already made a judgement, indeed one of the most fundamental judgements anyone can make, namely that in a given moral issue it is the individual person, not God, who is the arbiter of what is morally right and what morally wrong. Clearly, if he makes a judgement, others must be free to make their judgements too – judgements, that is, about the morality of an act or a point of view, not about the person involved. In debating the issue we must do so sensitively and with understanding and respect for each other's views and difficulties.



[Editor's note: Correspondence concerning the views expressed by Brian Foster (Feb issue) entitled "Love is here to stay" and by The Founder (above) will be welcomed for publication in the next issue.]

Further Advances in Pam's Independence

A few weeks ago my mother was ill. She is better now but far from strong. We have coped, however, with no help. We are eating well. The bills are being paid. We and the house are as clean and tidy as possible. I cannot change curtains, or get cobwebs down from high places, and I still cannot cut my own nails. Apart from these jobs I will have a go at anything. Sure, it is very hard work, but I know of no greater pleasure than sitting down to a meal that I have cooked myself, or surveying a room that I have hoovered and dusted. My

major problem is that I am slow, while Mum is as quick as lightning. She can make a meal while I am thinking about it. We fight for the kitchen.

I shop at a supermarket where an assistant takes me round. May I thank them for this service?

I hope to continue to live as independently as possible, because I am an ordinary lady. I am nothing special and I would hate to have someone wait on me hand and foot.

Pam Phillips Guildford, Surrey

Editor's Note: More power to your elbow, Pam!

Creative Activity Contest – New Plans

In view of the fact that there will be an International Week and three Area Conferences this year, it has been decided that it is not practically possible to hold the Creative Activity Contest in 1989 as well, so that the next competition will be in October 1990.

This should mean more and better entries for 1990 with extra time to plan and execute something spectacular.

The judging will still be at Hydon Hill and the prize giving in London, but we hope by then to have found places round the country where we could stage an exhibition of all the work submitted, so that anyone who is interested could come to see it and enjoy it, and perhaps gain some inspiration. We want to invite the general public, too. The work of Residents is worthy of being appreciated by a far wider audience!

If anyone knows of a suitable venue locally – assembly hall, concert hall, conference centre, University of Polytechnic, with the right facilities' please let me know.

Maggie van Koetsveld, Organiser, Foundation Creative Activities Contest, Northacre, Shackleford, Godalming, Surrey GU8 6AX

A Memorable Birthday Party

I was delighted to be given a surprise party on the occasion of my 50th birthday by my sister Gillian, assisted by Marion Banks, Care Assistant. Invited were members of pop groups which I used to manage, including Alan Blakeley and Dave Munden of The Tremolos, and various other groups with their families. I received phone calls from Peter Hole in Australia and from groups in various parts of the UK. My grateful thanks to them all.

Brian Kirkland

Obituaries

MAY CUTLER

Margot Gibbs writes:

May Cutler, who died on November 9th 1988, was one of the first of the early "volunteers" for overseas duties. She came to the Foundation in 1957 and worked in one or two of the English Homes. She learnt to do things "the hard way" at Mote House, Maidstone where she and a few helpers slept on mattresses on the floor in this large, empty house. They scrubbed and cleaned and received much help from local volunteers preparing for the arrival of the first Residents.

Sue was not slow to learn the Group Captain's way of working and always upheld the spirit of the movement.

In 1959 she was sent to Ibadan, Nigeria, where a house had been acquired and a committee set up. She appeared to love nothing better than to be sent into an empty building. She would work hard to make a home for the Residents, mainly disabled children. She was devoted to "her" children and they to her and she provided them with a stable and loving, but disciplined, background.

After Nigeria, May worked in Sierra Leone, Kenya, Mauritius and Jordan. Although local committees had usually been set up to advise, raise funds, and share the responsibility, she had little help with the daily routine of the Home until she had found and trained a local woman to take charge when she herself moved on.

May had a strong faith which upheld her through many a difficult assignment. Prayers in her Homes were shared by all, night and morning, and grace was always said at meals. She was utterly happy in the work she was doing and seemed to thrive on hard physical work.

She returned to England in 1970 and spent three years at Hart's Leap Children's Home, retiring in 1973 in poor health to live near her family in Sheffield. In 1976 she underwent surgery for removal of a brain tumour from which she never fully recovered.

She died suddenly, typically with a dustpan in her hand, cleaning her spotless flat. She will be remembered with affection by her many charges in various parts of the world.

The Founder's Tribute to May Cutler:

"I cannot let the moment pass without adding my humble but most heartfelt tribute to dear May. She was indeed one of the early pioneers whom I remember vividly seeing on her knees in a scruffy old building in West Africa scrubbing and scrubbing for almost the whole morning. Then as soon as the place became habitable and the Committee formed her whole idea was to get to another derelict building and bring it to life. She had such charm and sense of fun but at the same time let you know very quickly if she thought you were not up to the mark. She will indeed be fondly remembered, and much missed, by many."

Leonard Cheshire

SEÑORA PILAR ARNALOT

It is with great sadness that we record the death on 15th January of Señora Pilar Arnalot, who was for many years the Director of the Barcelona Cheshire Home, very shortly after the announcement that she had been awarded the MBE by HM The Queen, for her work for the Barcelona Centre, Spain.

Money Put in its Place!

At The Foundation's 1988 Creative Activity Contest, Laurie Lee, the wellknown poet and author of *Cider with Rosie* was so impressed by this literary entry from **T. Johnny, of The Cheshire Home in Port Harcourt, Nigeria**, that he read it out to the assembled guests:—

*Money cannot buy everything we need.
Money can buy a Home but not a Homeland.
Money can buy a Wife but not Children.
Money can buy a Bed but not Sleep.
Money can buy Food but not Appetite.
Money can buy Medicine but not Health.
Money can buy Cosmetics but not Beauty.
Money can buy Books but not Knowledge.
Money can buy Luxury but not Happiness.
Money can buy a Car but not Safe Driving.
Money can buy a Bible but not, Salvation.
Money can buy Friendship but not Love.*

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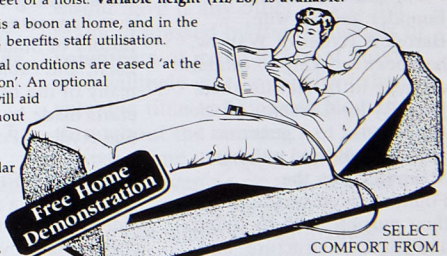
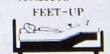
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INDEPENDENCE - AT THE TOUCH OF A BUTTON

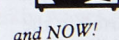
There is a Theramatic specification for many users in Domestic, Residential Nursing Homes and for the chronically disabled, under-bed clearance allows for the feet of a hoist. Variable height (Hi/Lo) is available.

Independence is a boon at home, and in the Nursing Home, benefits staff utilisation.

Chest and spinal conditions are eased 'at the touch of a button'. An optional massage unit will aid circulation without raising the heartbeat and relieves muscular tension.



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A Spring Outing to Staunton Harold Hall

Staunton Harold Hall, in Leicestershire, the beautiful listed house now taken over by The Ryder-Cheshire Mission, offers the visitor a highly enjoyable day out with its magical setting, its historic church and the added attractions of an interesting exhibition, with a coffee and gift shop adjoining.



The Founder with his wife, Baroness Ryder of Warsaw, pictured outside Staunton Harold Hall.

Staunton Harold was bought in 1955 by The Cheshire Foundation and was for thirty years a Cheshire Home, until Residents were moved to a new, purpose built Home in nearby Netherseal in 1985. The house had been the ancestral home of the Shirleys for six centuries, and the last of the family line, the 12th Earl Ferrers, is at present the Deputy Speaker of the House of Lords.

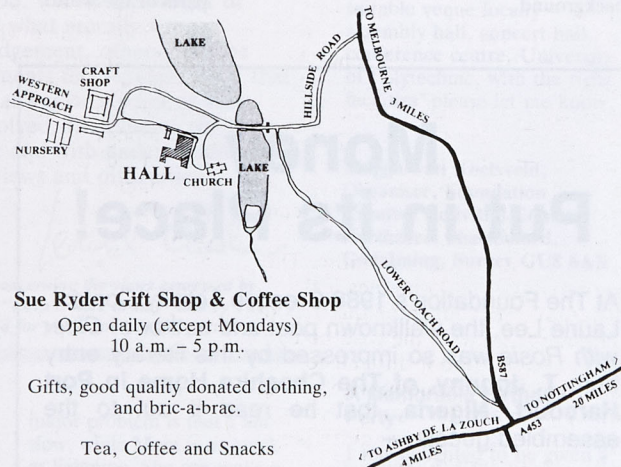
For some time The Founder and his wife, Baroness Ryder of Warsaw, had been working to establish a centre in Britain for their joint Ryder-Cheshire Mission and, thanks to a generous gift, were able to purchase Staunton from the Foundation. It was ideal for their purpose with its sound and spacious structure, and beautiful surroundings.

After much careful restoration, the major part of Staunton is now used by the Sue Ryder Foundation as a Home for the care of people suffering from cancer and other diseases; the remaining rooms are being used by the Mission as an Archive and Resource Centre. It is intended that, in time, the Headquarters of the Mission will move to Staunton.

A particularly popular attraction for visitors is the exhibition inside Staunton which illustrates the work of The Cheshire Foundation, The Sue Ryder Foundation and the Ryder-Cheshire Mission in three separate sections. This includes a display of magnificent photographs by the well-known photographer, Norman Potter, who accompanied Group Captain Cheshire on many visits among disabled people. In the adjoining cloister is a panel concerned with the history of Staunton Harold itself, and cabinets showing many of the beautiful hand crafts made by Residents in Sue Ryder's Polish Homes.

Leading off this is a room which shows a series of videos, including one with a commentary by Group Captain Cheshire and Lady Ryder on **RAPHAEL**, a project they started in the Himalayan foothills some years ago for mentally retarded people, leprosy sufferers and their children. Recently this centre has become the base for a mobile anti-TB team working in neighbouring villages. An added attraction is the delightful coffee shop offering light refreshments and the Sue Ryder gift shop.

How to get to Staunton Harold Hall



Sue Ryder Gift Shop & Coffee Shop

Open daily (except Mondays)
10 a.m. - 5 p.m.

Gifts, good quality donated clothing,
and bric-a-brac.

Tea, Coffee and Snacks

Groups

Welcome, but by prior appointment
if possible please.

Grounds

Visitors welcome at any time.

Staunton Harold is open to visitors every day except Mondays from 10 a.m. to 5 p.m. Large parties can be specially catered for by prior arrangement. Please apply in writing to:

*The Bursar, Staunton Harold Hall,
Ashby de la Zouch,
Leicestershire LE6 5RT
or telephone: 0332 862798.*

A Day in the Life of Frank Leal

Frank Leal is Deputy Head of Home and the Accountant at Mayfield Cheshire Home in Edinburgh. He became severely disabled when he broke his neck in a diving accident in Spain and is confined to a wheelchair.



The radio/alarm clock bleeps noisily fairly early in our house, demanding an urgent response. We have to be on the go by 6.30 a.m. although I personally am not dragged out of bed till around seven. I am not a morning person, never have been, but even less so since my eight years working in a small hotel, prior to working in Mayfield House.

After I have received a good deal of help in washing and dressing, we snatch a quick breakfast of fruit juice, usually grapefruit, some All Bran and the first of what is to be many mugs of tea throughout the day. A quick look at the paper to read the headlines and keep up to date on all the sports news, especially concerning the Hearts football team. Then it's off to work, preferably before eight to beat the traffic. The journey takes 10-15 minutes if the roads are clear but three quarters of an hour or more in the rush hour. I think I would find it difficult to work in the centre of London with its huge traffic jams and the constant rush to get everywhere, and am quite happy with the western outskirts of Edinburgh near to the airport and ten minutes from the Forth Road and Rail Bridges.

I was fortunate enough after my accident to be given tendon transfers in triceps and wrists which enable me, despite not being able to move my fingers individually, to be able to grip and to write. On arriving at work, I normally try first to deal with any mail or messages, and then start to work my way through the list of things to do that I always keep and without which, I have to admit, I would be lost. Before very long the first knock on the door followed quickly by, "Are you busy", or "I

know you're busy but" or "I know its not the right time, but" and they are in! How can people move so quickly coming into your office but take an absolute age in leaving! Then the 'phone rings, someone comes in to see you and you're off.

Today **Liza, a Resident, Sheila, the Head of Home**, and I have been out having a look at five prospective sites for our next phase of building development. Rather than rebuild a wing of the Home which presently has shared rooms housing 14 Residents, we are attempting to develop four small five bedded units out amongst the community in and around Edinburgh, thus providing new single room accommodation for each Resident in a family sized home as well as increasing our overall total numbers to deal with increased demand and the continual requests for respite care. During this afternoon I will be involved in more routine administration work including monthly cheque payments, pension calculations, finalising the detailed annual budget submission to the Local Authority for discussion with the Treasurer, completion of two job offer letters and revised terms of employment on the word processor package of our IBM PC computer, and supervision of the calculation and payment of the weekly wages, also on computer.

Recently I was asked if I would like to join the Foundation Finance Committee and tomorrow must make travel arrangements for the next meeting in London, a trip which in the past has taken two days travelling by train, but which I hope to do in one day by air. Other tasks tomorrow include the compilation of two weeks staff rotas, phoning the

local DHSS re delays in three Residents' board and lodging funding, preparing the monthly computer scheme returns, setting up the information for the monthly accounts, seeing two Residents about financial queries, arranging quotes for roof repairs, starting the draft of our Annual Report and whatever the post, telephone or inquiry may bring. I wonder how much I will achieve!

What I enjoy about working with the Foundation is the enormous variety of work, the diversity of people one meets, and the fact that one never knows what the next day is going to bring. Mayfield is a happy place to work, the nucleus of staff are really great and the Residents warm, friendly and becoming increasingly active as the days go by. This increased activity inevitably makes everyone busier but no-one would have it any other way. I am really impressed by the thousands of volunteers of many different guises who willingly give so much of their valuable time to Cheshire Homes throughout the country.

Spare time activities include computer evening classes, a good deal of watching sport on telly, eating out when we can manage it, and reading. As with everyone else life has some problems, but I count myself fortunate to be working at all, and doing a job I enjoy in a pleasant environment is a bonus. I am greatly assisted by our long suffering secretary, Sheila, and by **my fiancée, Janet**, who looks after me with great patience and love from dawn to dusk.

Right, its time to go – anyone fancy a pint!