

CHESHIRE

# Smile

MAGAZINE OF THE LEONARD CHESHIRE HOMES AROUND THE WORLD



**Disabled Driving –  
An Elegant, Stimulating Pastime**



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

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

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

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**CONTENTS**

**June 1989**

Togetherness at Freshfields	Page 3
Founder Visits Independent Living Unit	5
Disabled Driving	6
'Our Hut' at Greenhill House	8
Fulfilment Through Leprosy – Book Review	10
International News	11
Share Your Problems	15
Thoughts on Retirement	16
What's Cooking?	17
Oakwood Project	18
Letters	20
Open Forum on Personal Relationships	21
Information	22
A Day in the Life of Ann Brau	23

**FRONT COVER – (At left) Phyllis Candler, Secretary of the Sanders Watney Group of Driving for the Disabled, with a disabled driver and escort. See page 6.**

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# Foundation Appoints Seven New Trustees

**Thomas Gardner.** Present Chairman of Le Court Management Committee, and the Motor Neurone Disease Association. A schoolteacher by profession, he was Senior House Master at Glebelands School, till a road traffic accident in 1982 forced early retirement.

**Elizabeth Hicklin.** A qualified nurse, and former Chairman of Heatherley Cheshire Home Management Committee, Crawley, Sussex, during which time she arranged the setting up and funding of the computer room. Has been involved with the Home for 20 years. Married to a doctor who is the local consultant specialising in Rehabilitation and planning local Health

Service provision for the younger disabled. She is a member of the Community Health Council, a J.P. and a School Governor. Mother of six children.

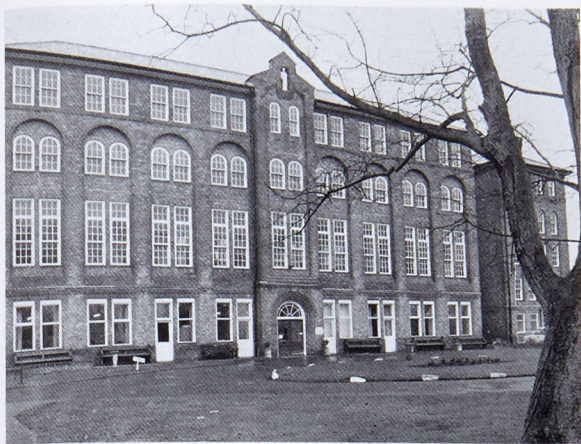
**General Sir Geoffrey Howlett, KBE, MC.** In 1956 he took part in the parachute assault on Port Said and the anti-terrorist campaign in Cyprus. Commanded the 2nd Battalion The Parachute Regiment from 1971-1973, during which time the battalion completed four operational tours in Northern Ireland, when he was awarded the OBE for gallantry. Was promoted to General and became Commander-in-Chief Allied Forces Northern Europe in February 1986.

**Dennis Maiden.** Chief Executive of the Construction Industry Training Board. Chairman of the Steering/Management Committee for Park House, Sandringham, throughout the planning period of five years, culminating in the opening and establishment of the building as a first class country house hotel for disabled people and their families.

**Joseph Scott.** Recently retired as Director of Social Services, Durham County Council. Since 1938 he has held numerous administrative posts in Durham County Health Department. Is a former Chairman of Murray House Cheshire Home Management Committee, Durham.

**John Shepherd, CBE.** Formerly Regional Administrator Yorkshire Regional Health Authority, with many years' experience of NHS Administration. Is a member of Spofforth Hall Cheshire Home Management Committee, Yorkshire, and is Vice-President of The Rotary Club of Harrogate.

**The Hon. Margaret van Koetsveld.** A qualified Occupational Therapist, she has worked voluntarily for the Hydon Hill Cheshire Home, near Godalming, Surrey, since 1968, and was Chairman of the Management Committee from 1984 to 1988. Was Chairman of the SE Regional Activities Organisers Group of the Cheshire Foundation from 1979-1988. Organised the 1987 Activities Seminar, and the 1988 Creative Activity Contest.



The front of Freshfields Cheshire Home.

# Togetherness at Freshfields is What Counts

by  
Kay Christiansen

A number of Cheshire Homes have had their beginnings in some pretty strange buildings, and Freshfields in Formby, a pleasant suburb between Liverpool and Southport, is certainly one of these.

The enormous four-storey building was originally a Seminary owned by the Mill Hill Fathers and used as a school for boys they hoped to educate to become missionaries. Vast, cathedral-like brick corridors span the ground floor, and the upper floors – not now used – boast a chapel and a large theatre. In the grounds, there is a cemetery! It was bought to be used as a Cheshire Home in 1975 for a mere £30,000.

However unsuitable for the purpose the building was, as the Founder often reminds us, it is not just the surroundings and the bricks and mortar that make a happy, successful Home but the spirit and comradeship of those living and working in it, and Freshfields Residents and Staff certainly radiate energy, cheerfulness and a marvellous Liverpudlian sense of humour that make you quite forget the architectural shortcomings.

## The New Wing

There are 32 Residents, including three married couples, and four beds are reserved for holiday respite care.

In 1985 Phase 1 of a re-building programme was completed with a new wing which provides six well-equipped bedrooms so that the Home can now offer all Residents a single room. Also constructed at this time were two charming, fully accessible bungalows now occupied by recently married Residents **Derek and June Jones**, and by **Bill Proudfoot**, disabled as the result of a road accident, who nevertheless goes out to work each day as a computer analyst in Liverpool.

## Phase 2 Begins

Just begun is work on Phase 2 of the reconstruction of Freshfields, which will involve the demolition of part of this 'White Elephant' building to allow for a new restaurant, kitchens, physiotherapy room and offices. This development will cost a further £700,000, £400,000 of which has already been raised, with the promise by The Cheshire Foundation of the remaining £300,000 as an interest-free loan.

## Hopes for Phase 3

And Freshfields is determined not to stop until the Home can offer uniform first rate facilities. It has already drawn up plans for an ambitious Phase 3 in the future to bring 16 bedrooms

up to a much higher standard. Not for nothing did early Residents dub one section of the present accommodation as 'The Nutcracker Suite'!

## Fund Raising

All this, of course, means that fund raising is of primary importance, and Freshfields is fortunate with four active Support Groups in Formby, Southport, Ormskirk and Maghull. Each year, for example, a Desert Trek is organised – a ten-mile sponsored walk on Southport beach at low tide which usually attracts 1,000 hikers.

The Home does very well with generous legacies also, not to mention the efforts of volunteer **Arthur Hunter**, **Chief Fund Raiser** for eight years, who during that time has managed to raise £182,000. A public appeal has been launched to cover the entire re-building programme with the ambitious target of £2.5 million.

*An ambitious target to reach. Looking at the poster, at left, Head of Home Peter Walsh, Chief Fund-Raiser Arthur Hunter; at right, Administration Officer Marjorie Bell.*

## The Way Freshfields Operates

**Peter Walsh is the Head of Home.** An ex-Administrator from Local Government, he took over in 1986. The father of two mentally handicapped sons, his interest in the voluntary sector has always been great, and he describes his job as the 'best ever'.

Modestly disclaiming the credit for the purposeful and positive feeling within the Home, he says he inherited it and has since done his best to build on it even more. He believes that whatever else they do they ought to bottle the good atmosphere and release it into the new building. 'Things bubble here, and there is always something on the go,' he says.

He counts himself as very fortunate because he is backed to the hilt by a fabulous management committee under the Chairmanship of **John Rosenberg** as well as by a most loyal staff.





- 1 *Head of Home Peter Walsh admires Janet Fazackerley's tapestry.*
- 2 *Alf Fitzpatrick, who became Resident after serious injuries in the Toxteth riots, at left, chatting with Head of Care Maureen McFall and Resident Desmond Tobin.*
- 3 *Cookery Session. Round the table left to right, Janet Fazackerley, Doreen Ashall, June Jones, Judy Payet, Peggy Wozcikiewicz, Colin Anderson. Stirring the pot Pam Cowen.*
- 4 *Resident Arthur Hay enjoys painting in oils. Pictured here with Fund-Raiser Volunteer Arthur Hunter.*

Peter says that Residents are involved at every level so that they feel part of everything. He feels the most important thing is to give every opportunity for any grievances to be aired without fear of retribution.

Once a month he holds a forum, sometimes with John Rosenberg and **Maureen McFall, Head of Care**, so that Residents can unburden themselves and, without criticising individuals, if there is a difficulty, it can all come out in the wash and be resolved.

There are only two rules – no smoking in bed and Residents who are going out are asked to let staff know.

Residents are not represented on the Admissions Committee but Peter says that the assessment

period for permanent placements offers opportunities for full and free opinions to be expressed by Residents and Staff to ensure that any newcomer will be welcomed and will fit in.

Freshfields is dually registered as a nursing home and so has a large staff of qualified nurses under the leadership of Head of Care Maureen McFall, but a hospital atmosphere is studiously avoided.

#### Activities for All

One of the many enormous rooms at Freshfields is given over to activities of all kinds managed by **Judy Payet, Activities Organiser**. Here Residents, with ten day-care Attenders, paint, weave, sew, make pottery, and pursue any hobby that interests them. Cookery is a recent



*Eddie Prince explains the mysteries of computer games to Resident Joan Pritchard. At the back, Marion Worthington.*

introduction, and Residents were busy preparing a dish of macaroni cheese for a supper party when I was there. **Ron Fazackerley**, who is married to **Janet**, had gallantly gone off in his wheelchair in the pouring rain to shop for the ingredients.

An innovation this season has been regular attendances by three male Residents at Goodison Park, the Home of Everton FC. Thoroughly enjoyed – and by the three

pushers who are admitted free.

#### Computer Interest

A number of Residents are interested in computers, either for playing games or for writing letters. Particularly enthusiastic computer buffs are **Margaret Pheasant, Joan Pritchard, and Marion Worthington**. Their instructor is **Eddie Prince**, who is also OC the 'Home' grounds, and painter and decorator when called upon.

# Freshfields

## An Aviary

A large aviary of birds including canaries and zebra finches is another source of interest.

## One for All

To sum up, one of the very best impressions I got from Freshfields was the unmistakable togetherness and empathy between Staff and Residents. It seemed to me to be a real unit with a complete absence of the 'us' and 'them' syndrome.

'Well, it is a happy ship', Peter Walsh agreed, 'We're all human, of course, and far from perfect, but we are united and that's the important thing.'



*In the aviary, feeding the birds, Resident Derek Jones. Looking on with interest, Dick Edwards.*



*Margaret Pheasant at work on the computer. Head of Home Peter Walsh looks on.*



*Caretaker Ron Davenport, right, with Assistant John Gormer, taking down the pitch pine panels from the chapel to be used in the new development.*



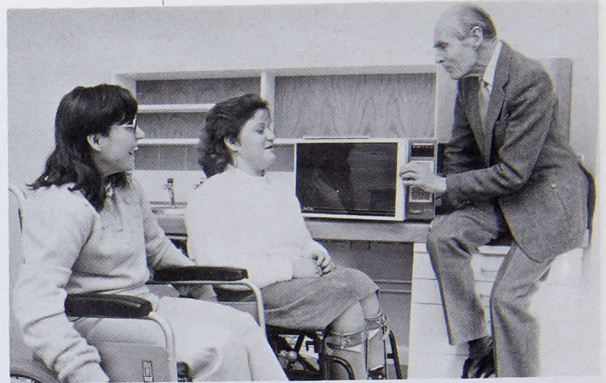
*Chatting on the adapted telephone, Resident Ron Taylor.*



*Resident Frank Swift by the fish pond with Care Attendant Doreen Cunningham.*



*A cup of tea in their own bungalow for newly weds June and Derek Jones. Tuning the radio, Care Assistant Pep Nivens.*



*The Founder talks to the first Residents at Kempston House, Claire Duckett and Theresa McMullen.*

## Founder Visits New Independent Living Unit in Exmouth

The visit of Group Captain Leonard Cheshire to the newly opened Kempston House, East Devon's unique Cheshire Home for Independent Living, on Thursday, February 2nd, gave intense excitement and pleasure to all those present, particularly since illness had prevented him from laying the commemoration stone in June 1988.

In brilliant sunshine The Founder spent three hours touring the building, talking to the first two Residents, and to architects, supporters and staff, as well as giving interviews to local press and radio. He showed great delight and interest at the completion of the project after seven years of planning and hard work on the part of so many. In reply to a welcoming speech by Dr Mike Preston, Chairman of the Steering Committee, he described the project as 'the new jewel in the crown of The Cheshire Foundation'.

Kempston House is sited in the grounds of Rolle College for Higher Education in Exmouth and provides much needed independent living facilities for a mix of handicapped students and physically disabled local people.

### Phase One

The completed accommodation provides four self-contained one bedroom flats and four study bedrooms, all with showers, toilets and hoists. Communal facilities consist of a fully adapted bathroom and toilet, a kitchen/dining room fitted with gas, electric and

microwave cookers, fridges, freezers, mobile drawer units, and a laundrette with two automatic washing machines, a drier and ironing board. A patio encircling the building is accessible from each room.

Twenty four hour cover is provided by one senior community assistant, five part time assistants and night assistants. All the flats and studies have audio alarms, a personal bell and remote control of main entrance doors.

### Applications Invited

The one bedroom flatlets are intended to provide for physically disabled people at present living in Exeter, East Devon and adjacent areas of Dorset and Somerset. The study bedrooms will be occupied by disabled students who are successful applicants to Rolle College Campus, Polytechnic South West, Exmouth, and require special facilities and care during term time.

### Assessment Unit

Their study bedrooms will be available during the summer vacation for other physically disabled people from all parts of the United Kingdom wishing to 'sample' independent living before making a decision to seek this for themselves as a permanency.

Application forms can be obtained from: Senior Care Assistant, Kempston House, Portland Avenue, Exmouth, Devon EX8 4HE, Tel: 0395 264064

### Phase Two

Plans are in hand for a further ten units of a similar nature.

# Disabled Driving

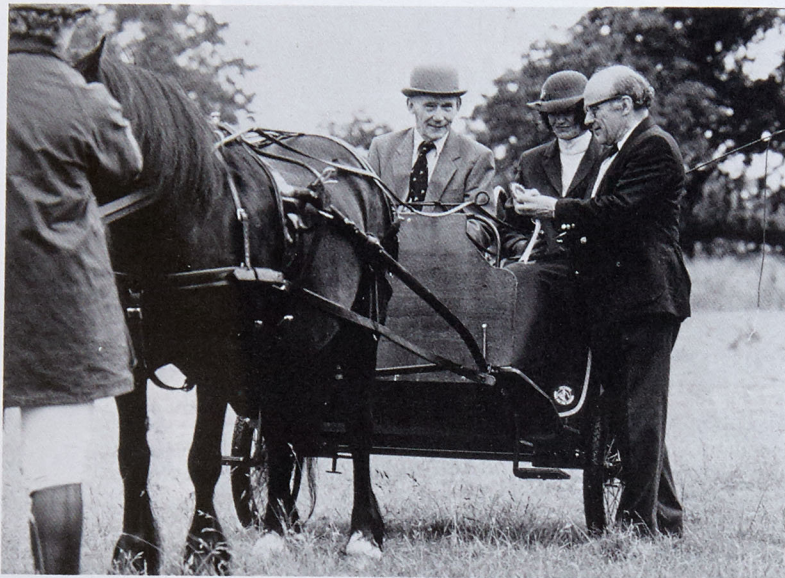
Severely disabled people who are also getting on in years may baulk at the idea of mounting a horse, but now a relaxing and elegant pastime is available to them – DRIVING a horse and cart in complete safety.

Driving for the Disabled Groups have been set up in all parts of the British Isles, many of them offshoots of Riding for the Disabled Associations.

Below, Phyllis Candler, Secretary of the Sanders Watney Group of Driving for the Disabled, describes the therapeutic and enjoyable pastime of driving:

The first purpose built vehicles for disabled horse drivers appeared in the Seventies, and were more or less just boxes on wheels with a ramp that was let down at the back so that a wheelchair could be pushed in and clamped down. Then, with an able-bodied person sitting beside the wheelchair, off they could go for a drive.

However, over the years, as disabled people grew increasingly aware of what fun it was to be driving, more sophisticated carriages of a conventional appearance were built, and allowed disabled people to compete with the able-bodied on equal terms at shows.



Mr Henry Blake the Founder of the Ride & Drive competition being presented with the trophy for winning the disabled driving class by Lord John Oaksey at Sudeley Castle, Winchcombe on Sunday 26th June 1988. Mr Blake was driving a 'Jackson Cart' drawn by 'Cotswold Billy'.

## An Elegant, Stimulating Pastime

### Safety First

The first priority for every disabled driving group is SAFETY. All ponies used have to be passed as safe and suitable by qualified members of the British Driving Society. Then, of course, the utmost care has to be taken that the pony fits the cart; a further very important item is the harness, and this must be strong and suitable for the job in hand.

### Disabled People Never Drive Alone

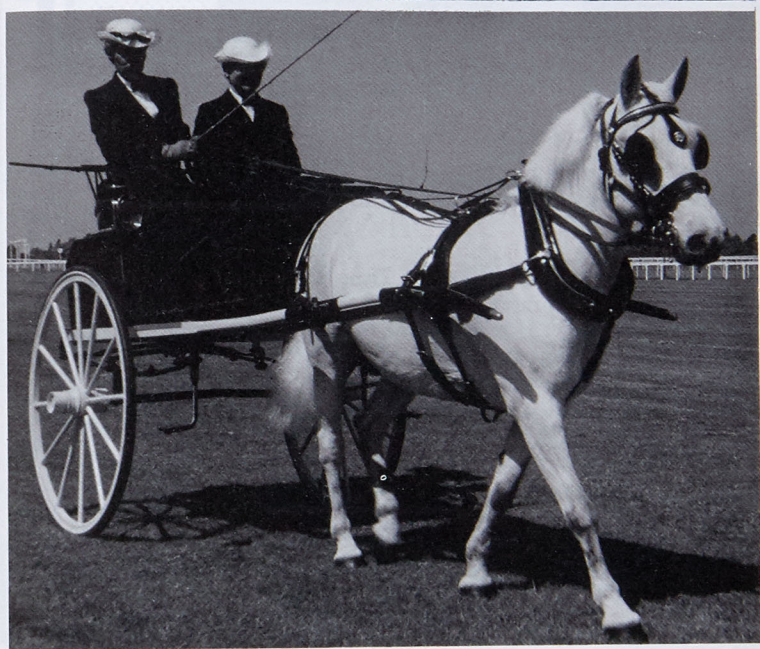
No disabled person, in a wheelchair, is ever pushed into a carriage until the able-bodied partner is already seated and has taken hold of one set of reins, and there is a helper standing at the head of the pony. All disabled driving ponies have two sets of reins, one for the disabled person and one for the escort. Once the disabled driver has become really proficient, although the able-bodied person still holds one set of reins, these are always slack, thus ensuring that the disabled driver ('whip' is really the correct name for the driver) is really doing the driving.

Ambulant disabled people are catered for also, as in all these specially constructed carriages there are two seats, *both* to be used when an ambulant disabled person is driving, and one to be removed for a wheelchair when necessary.

There is no doubt whatsoever that this pastime is a happy and stimulating experience for disabled people. They are out in the air, they are holding the reins, talking to the pony, and are able to forget completely that they are, in fact, in a wheelchair. For those who, prior to their disablement, had some association with horses, they are rekindling past happy memories.

*[Editor's Note: For the address of your nearest Driving for the Disabled Group, contact Mrs Phyllis Candler, Secretary, The Sanders Watney Group – Driving for the Disabled, 42 Ashdown Walk, Arnewood Park, New Milton, Hampshire, BH25 6TX, Tel: New Milton (0425) 621400 or contact your local Riding for the Disabled Association.]*

Pauline Black embarking on her disabled drive. ▶



▶ Pauline Black, winner of the Concours d'Elegance, driving her own cart and pony.

At left, Pauline Black in her wheelchair, competing at the Ascot Disabled Show in a Jackson two-wheeled cart. ▼



# 'OUR HUT' —



In the Hut at Greenhill House. Left to right: Andrew Lewis, Jill Dalby, Celia Chasey (O. T. Staff), Ruth Boxall, Lol Matthews.

## A Centre of Ambitious Activity

*Greenhill House Cheshire Home, in Twyford, Oxfordshire, is in the throes of an ambitious 1989 programme of activities which looks set even to outstrip the achievements of 1988.*

*Celia Chasey, Joint Activities Organiser with Enid Smith, here looks back over that year:*

Our 'Hut' is an old wooden building, devoid of smart furnishings and equipment but full of colour, laughter and warmth. A place where everyone is welcome.

Enid and I work here, and we make suggestions and find drivers and escorts and help with all the various activities pursued. We also make endless cups of coffee for Residents and visitors who come and go during the day.

### Duke of Edinburgh Award

The year started quietly, but with Christmas behind us, soon got going. On Monday mornings a Yoga class is held which several Residents attend and benefit from. Our youngest Resident **Ruth Boxall** participates as part of her **Duke of Edinburgh Award**. In January she received her Silver Award and started on her Gold Award. We knew much

planning was ahead of us. She was to undertake a year of fund-raising for the Great Ormond Street Hospital and took part in a week's expedition in the Peak District with a group of able-bodied and disabled youngsters. This was filmed for 'Children in Need' by the BBC.

### Holidays and Outings

In January, many holidays were planned. The most adventurous was **Robert's** trip to America, his holiday of a lifetime.

February came and we were well under way with shopping trips and outings to the pantomime, but by far the most popular were the pub lunches which continued for most of the year with the help of the local police as drivers and several very willing escorts!

### Purchasing Pets

As the weather improved we were able to go into the garden and **Jill** decided she would like a pet, so a trip to the pet shop procured Beauty, a delightful black and white rabbit. A guinea pig followed called Chris. **Kathleen and Jill** organised a sale for our local Hospice and raised £100. Two jumble sales and two car boot sales followed, the proceeds of which paid for equipment for our hut.

### Dragon Project

In April we started to build a dragon for the Banbury Carnival. The day dawned wet in July but we were not deterred and a full ambulance set off to join the parade. It was a wonderful day which everyone remembers. The 'Dragon Project' followed – a book full of poems, drawings and photos which won a 2nd class diploma in the Creative Activity Contest. Summer came and a friend offered the use of his canal boat. So every Wednesday evening one or two Residents and several friends cruised up the Oxford Canal.

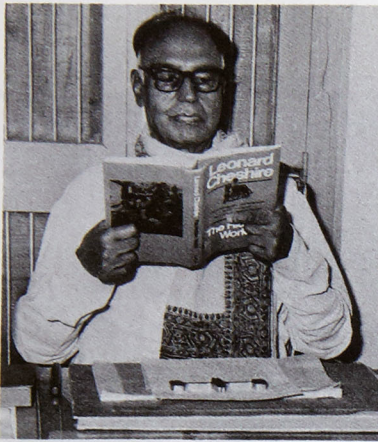
In July we held our Annual Summer Fête. We had all been busy knitting, sewing, baking and brewing 'hut' wine. Our stall was crammed and the day a huge success.

### Clean Shaved for £187

Summer gone and Autumn here. Another Jumble sale to organise and the Autumn Bazaar to plan for. First there was a guy to be made and a trip to the local firework display. Several Residents started at local evening classes and Christmas cakes were made and iced. **Chris Kulwiec** had his beard shaved off for 'Children in Need' and raised £187!

**So our year ended and today the decorators arrived. 1989 promises to be brighter still!**





Professor Jagadisan took his Honours Degree in English Language and Literature in 1930 at Annamalai University, India, and seemed set fair for an academic career. It was in this year, however, that the latent disease of leprosy, which he had concealed even from himself, began to make itself felt. The small patch became a little bigger, he felt a burning sensation and acute pain in his left hand, while cracks developed in his heels and, in one foot, a dull chronic ulcer.

*Fulfilment Through Leprosy* is his autobiography of his years of personal struggle and of his indomitable will and faith to triumph over the affliction. At the age of 32 he left teaching and dedicated his life to trying to liberate those afflicted with leprosy from 'man's inhumanity to man'. His own experiences helped him to have a deep understanding of the mental anguish and physical pain of others suffering from a disease

that was misunderstood, feared and shunned, as well as a realisation of their practical needs.

The book tells of his enormous contribution to the understanding and minimisation of leprosy, not only for his fellow countrymen but, through his eloquence and example, for leprosy patients throughout the world. It also deals with his close association in leprosy work with Mahatma Gandhi, Mother Theresa of Calcutta, Group Captain Leonard Cheshire and Baroness Ryder, and of the inspiring force that this became.

Professor Jagadisan writes with moving candour, too, of other personal tragedies in his family and of his deep relationship with his wife Asanambal, to whom he was married at the age of 14, and who became, as he says in his dedication to her, 'the rock of security in my stormy life'.

In 1988 Professor Jagadisan received a medal for distinguished

work in leprosy at the International Gandhi Award Ceremony which took place in New Delhi.

**The President of India, Mr R Venkataraman, said of him in his speech: 'Professor Jagadisan has not only helped cure leprosy patients so as to make them more "normal" human beings. He has sought to do more. He has made them better human beings than the "normal" – psychologically, emotionally and spiritually. There can be no doubt that Gandhiji lives at Malavanthangal.\*'**

*\*Malavanthangal – the village where the Leprosy Centre was set up by Professor Jagadisan.*

**Editor's Note:** Copies of the book are available, price £12, from The Librarian, Ryder-Cheshire Mission, Staunton Harold Hall, Ashby-De-La-Zouch, Leics. LE6 5RT

## Leg Ulcers – A New Approach

Leg ulcers and their successful treatment are a constant problem to nursing staff caring for severely disabled Residents in Cheshire Homes. The Head of Care at Heatherley Cheshire Home, Copthorne, Sussex, Mrs Siew Semple, SRN, SCM, recently undertook a clinical evaluation of 'Comfeel' Ulcer Dressings over a 16-week period with the assistance of Dr Douglas Sinclair, the Heatherley Nursing Staff, and Miss Pamela Moore, SRN (Clinical Research Assistant).

Four Residents (two men and two women), aged between 54 and 62, were involved in the trial. All were wheelchair bound and suffering from long-standing leg ulcers of over one year's duration, two cases being caused by trauma. Various treatments had been tried with no success.

The conclusions reached at the end of the evaluation were as follows:

1. There was a significant reduction in the pain and discomfort experienced by the Residents.
2. The physical quality of life was improved to a certain level.
3. The mental attitude of each Resident progressed from an anxious state to a healthy, positive approach.
4. There was a total reduction in the amount of ulcer odour.

It was felt that Comfeel Dressings were acceptable and were also an economical treatment.

Comfeel Dressings are not available on the National Health Service, but it was felt that representations should be made to try to get them added to the drug tariff. They are obtainable through large wholesalers such as Vestric or Unichem.

A detailed medical account of the Heatherley clinical trial is available to Heads of Care and Nursing staff at Cheshire Homes on application to Mrs S Semple, Head of Care, Heatherley Cheshire Home, Effingham Lane, Copthorne, Crawley, West Sussex, RH10 3HS



# International News

Edited by Lynette Learoyd,  
Personal Assistant to International  
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THE LEONARD CHESHIRE FOUNDATION INTERNATIONAL

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## Far Eastern Region

### 'Following in the Founder's Footsteps'

from Tony Gee, Head of Home, James Burns House, Bournemouth

'Whilst attending the Annual Conference at Stoneleigh, my wife and I were interested to hear the Chairman refer to visits to overseas Homes by people from UK Homes in view of Group Captain Cheshire's limited ability to be able to keep up his contact as much as he would wish.

'We had already booked our holiday for a second visit to Penang in Malaysia, so I made contact with the International Office for details of the Home there. I was very soon put in touch with the **President, Datuk Khoo Keat Siew**, who wrote welcoming us warmly. When we arrived in Penang, we were contacted almost before we had time to recover from our long journey and a visit was duly arranged.

'The Home is in a large compound in the centre of George Town, just behind the Spastics Centre. It is open plan and an extension had recently been added. The atmosphere is happy, with plenty of visitors lending their help and laughter to create a feeling of a Home in the true sense. The Residents contribute to the running costs of the Home by working, and also enjoy sports by attending the Spastics Centre. The Home has its own swimming pool, and the large grounds have a

## NEWS FROM THE REGIONS

well cultivated vegetable patch and a small enclosure where they keep plovers to benefit from selling the eggs - a local delicacy.

'We were made very welcome by all, Residents and staff alike, and had the pleasure of being introduced to the new baby daughter of **Ong Cheng Chuan and Jenny Thum**, two Residents who were married last year. Later the President's wife took us on a conducted tour of parts of Penang that we would otherwise never have found for which we were most grateful.

'Our holiday in beautiful Malaysia was considerably enhanced by our visit to the Home and the company of new friends we had made on various outings afterwards. Just as we were preparing to leave Penang, **Datuk Khoo** and his wife presented us with a beautiful commemorative plate in memory of our visit. This is now proudly displayed in our home.

I would certainly recommend anyone visiting any part of the world where there is a Cheshire Home to take the time and trouble to visit. You will find it a very uplifting experience.'

### A further overseas visit from John and Mary Pearson, members of Le Court's Management Committee:-

'A high-light of our short stay in Hong Kong after our holiday in China was an informal visit to the **Chung Hom Kok Cheshire Home** on a pleasant Sunday afternoon.

'We were greeted so kindly by the **Deputy Supervisor, Vivian Lam**, toured the Home and were introduced to all 90 Residents in their rooms, beds or chairs - 60 ladies and 30 men. Betty Wong was so proud of her print of Le Court which had been sent to her by the Secretary two years ago. **Shum Sum Yan** who had been in the Home for a very long time was most anxious that we should bring his greetings back to Group Captain Cheshire whom he had met on all his visits.

'Few of the Residents could speak any English, except **Law Kah Man** who had spent many of his early years in Canada. However they could all smile, shake our hands and sometimes give a kiss. They were mostly living five to a large airy room with extensive views over a beautiful bay. Whilst we were there we met a party of 15 year old school children, boys and girls, who were re-decorating a room every Sunday. Only one Resident had an electric chair but several could move around with aids and the youngest Resident, 17 year old **Man Ka Soh** stayed with us during most of our visit.

'Residents are encouraged to do their own laundry and cooking and two of them took special interest in the garden of potted plants. Our visit ended with Vivian and her husband Fai driving us to Stanley Bay for afternoon shopping.

'Thank you all so much for such a nice afternoon.'

### New Home in China

Construction of the new **Cheshire Home in Kunming** in China is progressing well, and it is anticipated that the official opening will be in early November this year. Appointment of staff has started, and 40 Residents will be admitted, primarily young physically handicapped people who will, after training and rehabilitation, return to their families wherever possible.

### Far Eastern Region Annual General Meeting

The 2nd Annual General Meeting of the Far Eastern Region was hosted by the **Hong Kong Cheshire Home** and was attended by all member countries except Papua New Guinea. **Delegates from Japan and China were attending for the first time and were especially welcome.**

Developments in the Region were discussed as well as the future programme of the Regional Training Office. The Regional Training Officer is having a professional video made on 'How to Work with Multiply-Handicapped Children and Adults'. This will be sold commercially with profits going to other Regional training schemes.

## Death of Khunying Alma Link of Thailand

We were extremely saddened to hear the news of Khunying Alma Link's death at the end of March. Khunying Alma, who celebrated her 91st birthday last year, had been involved with the Foundation in Thailand since 1964, starting as Vice-Chairman of the first Committee in Bangkok, and for a time being President of the Foundation. Khunying Alma's special interest was the Rangsit Home to the north of Bangkok, and in recent years she and her husband Herbert were responsible for the opening of the Sook Smoe Home at Cha-am on Sea which, as well as having permanent Residents, is open to Residents from the other Homes in Thailand for holidays.

Born in Southern Russia, and the daughter of a British coal miner there, Alma came from a nursing background. She went to England in the 1920's where she took up nursing, and this profession took her to Thailand where she worked and married Herbert Link. She was one of the founders of the Bangkok YWCA and was once its chairman; she was also involved with the Foundation for the Welfare and the Blind School as well as the Rotary Club through which she raised funds for disabled children. She was the first foreign woman this century in Thailand to receive the title of Khunying from His Majesty the King, who conferred upon her membership of the Most Illustrious Order of Chulachomklao in 1975.

Our deepest sympathy goes to Herbert Link and all Alma's family in their loss.

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## Sad News from Eire

In February we were also very sorry to hear of the death of Lullie Huet, who had been instrumental in starting the two Homes in Dublin, the Barrett and the Cara, and who served on the Management Committee of the Cara for a number of years. Our deep condolences go to Lullie's daughter and all her family.



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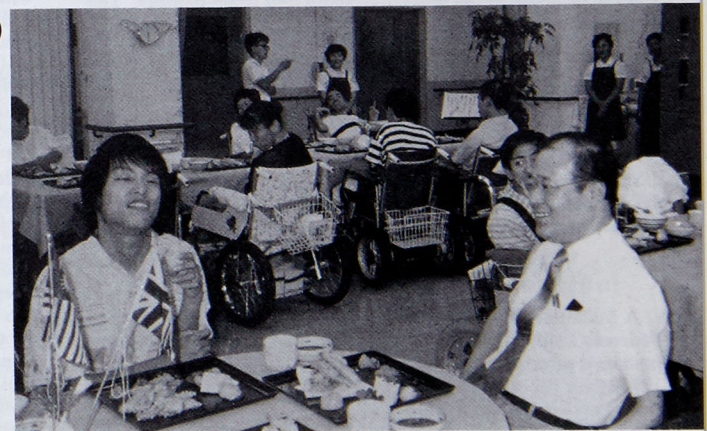
## International Picture Page

Photographs show Cheshire Homes Celebrating Welfare Month in Malaysia and views of Cheshire Homes in Japan.

- 1 At left, Diana Khoo meeting with the Chinese delegates from the China Disabled Persons' Federation.
- 2 Residents out in Japanese sunshine at Harima Cheshire Home, Japan.
- 3 Display of work at Open Day at Penang Cheshire Home.
- 4 Behind the screen hatchway at the back of the dining room is a very efficient kitchen at Hanshin Cheshire Home, Japan.
- 5 The main hall upstairs with the duty room to the right and dining room in the background at Hanshin Cheshire Home, Japan.
- 6 Mr Thor Gim Eng from Penang Cheshire Home demonstrating how to make plastic fish.
- 7 Sarawak Cheshire Home had a display and sale of handicrafts by the Residents and also many food stalls to make some money for the Home.
- 8 In the dining room with the Residents and Mr. Minoru Kataoka, Head of the Home at Harima, Japan.
- 9 Penang Cheshire Home's handicraft display.
- 10 Mr Mak Seng Cheong from Penang Cheshire Home demonstrating how to make plastic prawns from tubing.



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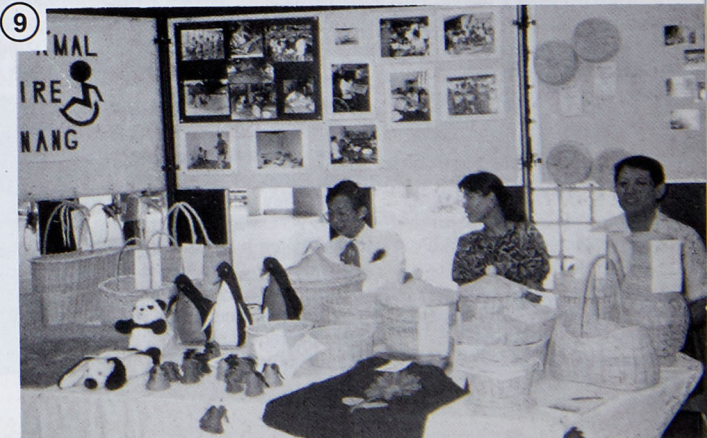


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## Central Region

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We have recently re-established contact with the Cheshire Home and Centre for Disabled Children in Juba in the Sudan where, understandably, the situation is difficult. The day clinic, established in 1980 by **Denise Tabernacle**, provides rehabilitation for children suffering from polio and brain damage at birth and has been vital for pioneering this work in Southern Sudan. Many of the mentally handicapped children in the area are cared for by **USRATUNA**, an Italian-funded sister organisation in Juba, established in 1985.

Younger children are given physiotherapy, and provided with clothing, shoes, calipers and basic schooling; older children whose disability cannot be corrected are supplied with wheelchairs.

Mothers or older relatives are encouraged to stay with the children and are given instruction in continuing the physiotherapy at home after the children's return. **The College of Medicine at the University of Juba** carried out the surgery and recently the centre has been co-operating closely with **USRATUNA**, and a visiting Italian orthopaedic surgeon also performs operations at the **USRATUNA** clinic. The children return home after rehabilitation.

A Sudanese Social Worker, **Fedensia Laki Pitya** has managed the centre since 1984 when she took over from **Patricia Baker**, a VSO volunteer. **Fedensia** is assisted by **Ruta Charles**, another Social Worker – and the Home is seeking sponsorship for **Fedensia** to study for formal qualifications.

The Chairman of the Home is **Dr Oliver Duku**, of the Directorate of Health and Social Welfare – Regional Ministry for Services, Equatoria Region, and the Vice Chairman and Financial Adviser is **Mr Salathiel Y Wani** of **AMREF/GTZ Juba**.

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## Limuru Cheshire Home, Kenya

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Father Kevin Doheny, our Liaison Officer for Africa, recently visited Kenya, where he saw the Limuru Cheshire Home. Sister Jane is in charge, assisted by three other Sisters, and there are now 30 Residents. Extensive repairs have been carried out to the building, and a start has been made on developing the garden to provide vegetables and maize for the Residents' use.

### Kariobangi Home

**The Kariobangi Home** has 16 destitute elderly Residents, who each have a particular job to do in the Home. A small tea shop run by Sister Victoire brings in some additional income, but the Home is in a very poor area. It is hoped a multi-purpose hall can be built to serve about 120 day attenders who come twice a week for a nourishing meal and to enjoy the social contact of others.

### New Malawi Centre

In Blantyre in Malawi construction is taking place of a new comprehensive rehabilitation centre primarily for children with cerebral palsy and brain damage. The nucleus of guardian shelter, kitchen and dining room, and therapy, office and school blocks has been started, but further funds will be needed to construct dormitory accommodation and staff houses and, it is hoped, a hydrotherapy pool and sports facilities in the future. At present children are being treated on a daily basis in temporary premises. A pilot project is to start in Lilongwe to investigate the possibilities of starting a similar centre.

### Progress in Zimbabwe

**At the Masterton Home in Harare**, Zimbabwe, several of the Residents are studying and taking exams. The Home's workshop is making progress – the new Head of Home has secured contracts from some local firms for which they are paid. These funds go towards running costs which have increased enormously. Three Residents have recently moved into a flat, having secured employment, and are managing well.

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## Eastern Region

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At the recent 'Festival of Life' International Congress in Bombay **Mr Ramesh Kriplani**, a Resident of the local Cheshire Home, gave the inauguration speech –

"As a Resident in a Cheshire Home, I know at first hand what it is to be surrounded by the love, the care and the moral support of my fellow Residents and our dedicated Sisters and Staff; for it is they who have instilled in me new courage to face the challenge and opportunity of life, and to overcome hurdles with a smile.

"I feel this International Congress is indeed a fitting tribute to their devotion, commitment and courage in the face of adversity.

"It gives me great pleasure to light this diya to inaugurate this Festival of Life."

**Mr Kriplani** lit the first wick and each subsequent speaker lit another of the many on the lamp. The essence of the congress was recognition and upholding of the worth and sanctity of human life despite a pluralistic Society confronted with the controversial use of technical, scientific and medical knowledge.

### Repairs and Renovations

Extensive repairs and renovations are being carried out on the Serampore Home, Calcutta, and the Home in Dehra Dun. The Delhi Home is planning to accommodate some of the seriously disabled soldiers of the **Indian Peace Keeping Force in Sri Lanka** – two beds will immediately be allotted. **The Jamshedpur Home** has received a substantial donation from **Mr Rusi Mody**, Chairman and Managing Director of **TISCO** for construction of a multi-purpose hall which was completed in a record time of less than nine months.

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## Western Region

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From the latest issue of 'Cheshire News' in Toronto, we learn that **Access Apartments** have just opened to its first tenants, and the Foundation in Ontario has received welcome media coverage of its work.

**The Minister of Community and Social Services** has requested the **Cheshire Homes Foundation's position on the Social Assistance Review Committee (SARC) Report**. **Recommendations in the Report** particularly supported by the Foundation were the **broadening of the mandate of Vocational Rehabilitation Services to include all disabled people, and the continuance of funding of personal benefits under FBA once a person is employed.**

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## Northern Region

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A charity ball with a difference was held by **The Jersey Cheshire Home**, aboard the new British Channel Island Ferries new ship, the **Rozel**.

500 guests attended, including the **Lieut-Governor, Admiral Sir William Pillar, the Bailiff, Sir Peter Crill, and the Deputy Bailiff, Mr Vernon Tomes.**

Entry to the ship was via the car decks, and the ball took place on the ferry's two main decks. The vessel, on its maiden voyage, had reached Jersey Harbour only that morning. Entertainment after the buffet included music from the **Black Butter Jazz Band** and **Redwood Dancing** by **Les Girls**, and featured **Faith Brown**, the female impressionist. All in all, a most successful evening was enjoyed by all!

## 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.



# SHARE YOUR PROBLEMS with Beryl Capon Foundation Care Adviser

**Question:** Our Head of Home is proposing to stop the staff shopping for us in order to try to make us more independent. We are all severely disabled and often don't feel up to it, particularly when the weather is bad. Most of our relatives live a distance away and there are no volunteers as yet to help us. Can you advise us how to resolve the problem?

**Answer:** *I am sure that your Head of Home is acting with your best interests in mind. It is very easy to become apathetic and allow others to make decisions on your behalf, thus losing independence and the ability to be in full control of the situation around you. I also appreciate that at times you do not feel physically able to embark upon a shopping trip yourself.*

*How about extending the stock within the Resident's shop in the home to include most of the things that Residents are asking staff to purchase on their behalf. Shopping for any major items could then be arranged for times when the Residents themselves feel strong enough to go.*

**Beryl is the Foundation's Care Adviser within the Northern Team. All letters will be treated as completely confidential and no correspondent will be identified or named unless he or she wishes to be. Letters not selected for publication will be referred 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, EN2 8JA**

**Question:** I note from the list of Cheshire Homes that most of them seem to have an age limit which precludes anyone over the age of 60 applying for entry. As so many elderly people are also disabled can you tell me why this is so?

**Answer:** *The Cheshire Homes initially started to fulfil a need for the young physically handicapped person. Prior to this if a family was unable to care for its physically handicapped member, the only alternative was a hospital bed, usually in a geriatric long stay ward. Residential accommodation was available within the community for elderly people and an upper age limit for admission was one way of ensuring that a scarce resource was appropriately allocated.*

*Today disabled people find it easier to live within their own homes as aids and adaptations can be provided under The Chronically Sick and Disabled Act by Local Authority Social Services Departments and care provided by Family Support Services and others. Because of this many Homes are finding that their applicants for admission are from a much older age group than previously. Many of these people are severely disabled and many elderly people's Homes are not able to accommodate them. The maximum state allowance for people of retirement age who become disabled is £155 and this is only payable if they fulfil the criteria to be awarded full attendance allowance. This poses problems as most Cheshire Homes fees are well in excess of this figure. Local Authorities are not allowed to 'top up' fees for people of retirement age unless it can be proved that they became disabled at least two years prior to retirement age.*

*I do feel that there is a gap in provision for this group of people and that we should be making more representation on their behalf of our Members of Parliament to enable them to have a wider choice should they wish to go into Residential Care.*

*The Cheshire Foundation does have one Home that is specifically for the elderly physically handicapped, however. It is Rosemont House, in Hull.*

**Question:** Are those well-intentioned people who make decisions which affect the lives of disabled Residents living in Homes really in touch with the Residents? Are Management Committees approachable? Are they structured in such a way that they represent all sections of the community and the Home?

**Answer:** *The Model Constitution suggested to Management Committees of Cheshire Homes in the Homes Administration Handbook recommends that there be at least two elected Resident members on the Management Committee of the Home as well as two elected staff members and the Head of Home and the Head of Care. This should ensure that the democratic views of all Residents and Staff are aired at Management Committee meetings. The monthly Residents Meeting is the ideal forum for raising topics that the Residents wish to have brought up at Management Meetings by their elected representatives. It is up to Residents to ensure that their representatives are not adopting a passive role at the meetings and are putting forward the consensus opinion of the group.*

*Management Committees should be approachable and should know all the Residents in the Home.*

# Thoughts on Retirement

*Joan Medley-Smith recently retired as Head of Home at Westmead Cheshire Home, Braunton, Devon, after ten years' service. Here she describes the experience:*



The thought of retiring had not even entered my head when the big 'Six O' struck most unfairly when I wasn't looking! Our Chairman, who had recently suffered the same fate, called in on my birthday to bring me greetings! He then dropped the seemingly innocent remark, 'Oh, I suppose we ought to be thinking about your replacement.' My look of disbelief must have proved too much for him. 'I don't mean immediately,' he assured me.

I did as he asked. I gave it some thought. To start with, all the information amassed and processed in my very personal filing system had to be rendered retrievable by whoever sat in my chair. Over a period of time it is amazing the amount of paper which accumulates. Not nice, big, orderly sheets with clear instructions. Those are easy. It's that piece of 'vital information' that you took down on that scrap of paper nearest to hand when the 'phone rang, and you were in the process of trying to adapt a drainage bag tube. You know what that message was.

Indeed it is to your credit that you can still remember it, where you put it and almost the date. But for heaven's sake it must be transferred to a clean sheet . . . the next man in might be a graphologist or clinical psychiatrist, and goodness knows what he would think of my psyche if he saw the doodles! What would he make of that witch's hat for instance? Very black and very pointed. I wonder who upset me at that moment? But we won't go into that. I am sure that you all know what I mean. Then the doubts begin to crowd in. Have you really sorted out every last problem? You have? Then by every law postulated by Professor Murphy you will know that you have created fifty more.

I hoped that I had thought of everything, because when the time came for my final departure, it came in a way which neither I nor anyone else anticipated. It was some time after retiring age that I finally realised that the time had come. In my efforts to see that life would run along

the same lines during an interregnum, I had omitted to process myself.

After nearly ten years of a very happy relationship with the Foundation, Residents and Staff, I suddenly realised that this was an end of a lifetime, or so it seemed at the time. The first morning of retirement was the worst. The total illogicality of it all. Any other working morning one gets up, views the weather, grumbles and longs for another ten minutes. That morning and from then on one has all the 'ten minutes' one wants.

But the doubts creep in again. You long for the 'phone to ring for someone to ask you where such and such is. You would be furious if they did that on your day off, or if you were on holiday.

But the hardest thing to come to terms with is the thought that you are now cut off from all the people who have become an integral part of your life. They have influenced all your waking hours (and some of your sleeping ones as well!).

Professionalism decrees that you may go back to visit only when invited. It is a kind of self-preservation. No two people work in the same way, and to see changes which might not have appealed can bring one up with a jolt. But this is where the advantages of working for the Foundation come into play.

You find that you might have retired from work as such, but retirement is a long time coming. You meet people in the street who immediately look for a job for you when they hear that you have retired.

But after about a month you realise that you do not want a job, after all. You discover the joy of freedom to visit friends when it suits you and them. The diary is still full, one still sees friends and Residents and Staff in the village while shopping. Colleagues from other Homes keep in touch as well, and nearly ten years of a satisfying job is a reward in itself. Not only that, this is the first year that I have been able to spend Christmas with my family for 16 years. Now that is something.

# “What’s Cooking?”

*Our guest cook in this issue is a Resident of The Grove Cheshire Home, East Carleton, Norwich, Sheila Willett. A keen baker in the days when she had her own flat and worked for GKN Steel Stock, she has pursued the interest with the help of a microwave.*



*Here she gives some interesting cake recipes:*

## **MICROWAVE LEMON AND HAZELNUT CAKE**

100g (4 oz) Soft butter or margarine  
150g (5 oz) Caster sugar  
Finely grated rind and juice of 1 lemon  
2 eggs (beaten)  
75g (3 oz) Self raising flour  
50g (2 oz) Ground hazelnuts  
30ml (2 tbsp) Milk

For the filling – Butter Cream:

38g (1½ oz) Margarine  
75g (3 oz) Icing Sugar  
1 dessertspoon Lemon juice

Grease 20.5 cm (8”) round dish. Line the base with greaseproof paper.

### **Method**

Put the butter or margarine, 100g (4 oz) of the sugar, lemon rind, eggs, flour, half of the hazelnuts and the milk into a bowl and beat together until smooth.

Spoon the mixture into the prepared dish and smooth the top. Microwave on **High** for 4-5 minutes or until risen, but still slightly moist on the surface.

Leave to stand for 10 minutes, then turn out on to wire rack. Mix lemon juice with the remaining caster sugar. Pour over the top of the cake while still warm and sprinkle with the remaining hazelnuts. Leave to cool completely.

### **Creaming method**

Cream margarine, add icing sugar slowly and add 1 dessertspoonful of lemon juice. Cut the cake in half horizontally, then sandwich together with the butter cream.

## **MICROWAVE CHOCOLATE SQUARES**

Cooking time 3½ minutes plus setting.

4 oz Butter or margarine  
2 tablespoons Cocoa  
1 tablespoon Demerara sugar  
2 tablespoons Golden syrup  
8 oz Digestive biscuits (finely crushed)  
100 gram bar Cooking chocolate

### **Method**

Grease a 7” square cake tin

Place the butter in a bowl with the cocoa, sugar and syrup. Cook on **FULL** for 2 minutes, then stir well. Mix in biscuits, pour into tin and chill. Put the chocolate in a bowl, cook on **DEFROST** for 1½ minutes or until melted. Spread over the biscuit base and leave until set. Decorate with hundreds and thousands. Cut into squares.

## **MICROWAVE DATE AND WALNUT LOAF**

Power setting: Full, 10 minutes  
2 oz Butter or margarine  
6 oz Dark soft brown sugar  
2 tablespoons Black treacle  
¼ pt Milk  
4 oz Self-raising flour  
4 oz Wholemeal self-raising flour  
Pinch of salt  
½ teaspoon Bicarbonate of soda  
2 Eggs, size 3 (beaten)  
3 oz Dates (chopped)  
3 oz Walnuts (chopped)  
To decorate:  
2 tablespoons Apricot jam (warmed and sieved)  
2 oz Walnuts (chopped)

- 1) Line 10-inch microproof loaf dish with clear film.
- 2) Place fat, sugar, treacle and milk in a large bowl. Cook 3 minutes.
- 3) Stir in flours, salt, bicarbonate of soda and beat well. Stir in eggs, dates and walnuts.
- 4) Pour mixture into the prepared dish. Cook 7 minutes then leave to stand for 5 minutes.

To serve: Brush top of loaf with apricot jam and cover with chopped nuts. Eat while fresh, sliced with butter if liked.



# Unique Project for Young People Disabled by Brain Damage

Building will shortly commence on a pioneering project to provide desperately needed care and rehabilitation for young people suffering from brain damage due to injury or disease.

The Home will be called 'Oakwood' and will be situated in Stockport, Cheshire. It will provide flatlets for sixteen people, half of whom may be sufferers from Huntington's Chorea and half recovering from head injuries due to such things as car accidents and mugging.

## A Joint Project

The project is a new enterprise of The Cheshire Foundation in association with two other charities, Headway (National Head Injuries Association) and Combat (Association to Combat Huntington's Chorea). Emphasis in planning services will be placed on research and rehabilitation. The aim will be to enable sufferers to make the best possible use of returning brain function to attain maximum self-care

abilities and social skills, and thus the chance to return to live in the community.

The Residential Home will principally offer short and medium term care, and will provide for periods of reassessment and readmission as the need arises. In this way it is hoped that at least 200 sufferers and their families can be helped each year.

## Fund-Raising Approach

A major fund-raising appeal has already been launched by The Cheshire Foundation, Combat and Headway, with a target figure of £600,000. The total cost of the project is now estimated as £1.3 million. So far £160,000 has been raised, which excludes the cost of the land at £61,000. However, the Foundation has authorised the project to be treated as a special case because of the dearth of facilities for this group of sufferers, and it is

expected that the building will be completed and ready for occupation in December 1990.

## Recognition of Unfilled Needs

The Oakwood Project Steering Committee was inaugurated some years ago, largely at the instigation of two Trustees, Mr Peter Allott and Dr Bill Beswick, who were aware of unfulfilled needs in this area. The current Steering Committee is chaired by Dr P. S. Tweedy. It is clear that much greater public awareness of the problem of head injuries exists today, as was shown by the interest taken in the project by Mr Jack Ashley, MP and the All Party Disablement Group when they met a deputation from The Cheshire Foundation recently.

*Donations for the Oakwood Project will be gratefully received by  
Dr P S Tweedy,  
24 Carrwood Avenue, Bramhall,  
Stockport, Cheshire SK7 2PY  
Cheques to be made out to Oakwood Project.*

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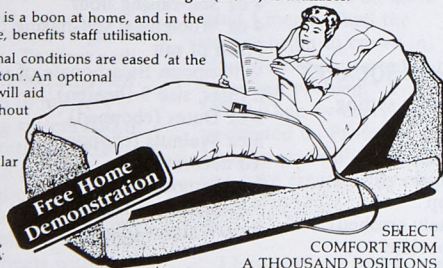
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# Holehird Opens New Wing

Over one hundred people attended the opening of a new extension at Holehird Cheshire Home, Cumbria, by the High Sheriff of Cumbria, Mr Roger Brockbank.

The new wing offers four single bedrooms, a sluice, store room, toilet and bathroom fitted with a whirlpool bath and electrically operated hoist, and was built at the cost of £160,000.

Patio windows in the bedrooms give Residents their own access to a tiled terrace where they can enjoy beautiful views across the Troutbeck Valley.

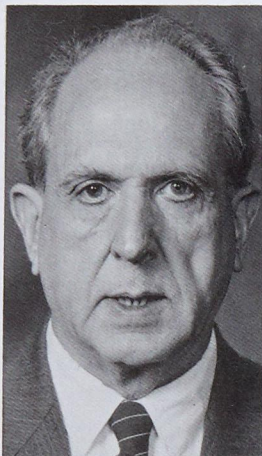
Adjoining the terrace is a conservatory, linking the new wing to the communal areas of the main house. This has a tea bar fitted into the far end to enable Residents to entertain their visitors personally.

# YOU write to US

## A Remarkable Helper

I was known to thousands of disabled people when I was young. I kept in contact with nearly all the Cheshire Homes in the 1960's and 1970. I used to go to Caister Holiday Camp for Disabled Week. I went there 13 times. I went to Gorleston Holiday Camp, also near Great Yarmouth, for one week and two other visits. I also went to Prestatyn Holiday Camp for three weeks, and four other visits; also Weston-super-Mare and the Isle of Wight.

I was very active in the Inskip League in my native Lancashire - I come from Mossley, near Oldham.



Tom Hey

I have been to 30 children's Homes. I used to give them chocolates and sweets. I have helped many men and women prisoners, discharged prisoners and prisoners' families. I used to buy them Christmas hampers and I wrote to them all over Great Britain. I have also helped old people, deaf and dumb, blind, etc. I am too old and I haven't enough money to go visiting the Cheshire Homes. Please will you publish this photograph in The Cheshire Smile - it means so much to me.

Tom Hey, Parkside Hospital, Macclesfield

## Spare Watch and Clock Parts Offer

I must say 'thank you' for my regular Cheshire Smile. I enjoy reading it very much, having been a Care Officer in one of your Homes ('I'm now retired). I like to keep up to date with your news.

Could you tell me if you have a watch repairing Resident in any of your Homes? I have several clocks and watches which are too good to throw out, but could be used as spare parts, and would gladly give them for someone to use.

## A Long-Standing Reader

I write to say how much I am enjoying The Cheshire Smile, as always. I used to help Frank Spath when he was the Editor during my school holidays about twenty-eight years ago and I have been a reader ever since.

I have pleasure in enclosing my cheque for £10 towards postage costs.

With all good wishes.

Elisabeth Howard,  
Southampton

## Free Catering Advice

I am a catering adviser with long experience of private industry and hospital catering services. I am offering my expertise to Cheshire Homes on a voluntary, independent basis.

I can deal with problems concerning staff, faulty layouts of kitchens and dining rooms, diets, menu planning and all other aspects of catering.

Five Cheshire Homes have already made use of my services. These are Arnold House, Athol House, Seven Springs, Hydon Hill and Heatherley.

Howard Franks

## Accurate Impression

Thank you for the article about Taylor House. It gives a very accurate impression of the place. You are making The Smile a very readable and lively publication.

Betty Dawson, Chairwoman,  
Management Committee,  
Taylor House, Oxford

## An Enjoyable Read

I have just received my February copy of Smile and, as usual, much enjoyed reading it. It is now many years since I first heard of the Cheshire Homes. I met Frances Hopwood (Le Court) when she was in Stoke Mandeville Hospital, and we have kept in touch ever since. She was 17 then, I believe.

Enclosed is a cheque for £10 which I hope will help a little. I have known several of your Homes and all the good work that goes on.

Nellie Ruse, Aylesbury, Bucks

## Interest in Selangor

Please accept the enclosed cheque for £10 towards the postage of the Smile. I enjoy the magazine and always look first for news of the Selangor Home.

Gwen Kemble, St Austell,  
Cornwall

## Independent Living in Belfast

In her article (February issue) 'A home within a HOME' Yvonne Venables states that 'Our Home has only been open for two and a half years and is the only one of its kind.' I would like to inform you that in Northern Ireland, ten physically disabled people are living in a purpose built building, as independently as possible, with only one full time member of staff.

Anne-Marie McCabe,  
Cheshire House, Belfast

## A Small Contribution

I enclose a small contribution towards the postage of Cheshire Smile. I appreciate it very much. It is such an interesting and excellent magazine.

Gillian Hall, Bournemouth,  
Dorset

# Open Forum on The Subject of Personal Relationships

**Brian Davison, a Resident of Aine Hall, Easingwold, North Yorkshire, here comments on the views expressed by Brian Foster in the February Cheshire Smile, entitled 'Love is Here to Stay'.**

## A Subject for Open Discussion

'I agree wholeheartedly that such subjects should be discussed and it is a credit to Mr Foster and 'Cheshire Smile' for bringing the problems of sex and the disabled person out into the open. However, I do feel he has put far too much emphasis on the importance of sex to a disabled person. He obviously looks at the problem from a non-disabled point of view, though I do appreciate he is more qualified than many to speak on our behalf.

'If it is just that I believe that the majority of disabled people accept their limitations and avoid frustration by dismissing thoughts of a sexual relationship altogether. I know that not all disabled people can do this, and they obviously need help, as Mr Foster suggests. I am just saying that the problem is confined to a small number of disabled people.

## Happy Relationships without Sex

'I certainly do not agree that you cannot have a deep personal relationship without sex. Many disabled people have very happy relationships without it. It is one of the benefits of being disabled that society no longer regards you as odd if you are still single at the age of thirty. They accept the disability as the reason.

'It seems to me that sexual relationships cause more problems than anything, judging by the conversations with Care Assistants. It is they who need the help, as it seems to be their main topic of conversation.

Sex is not everything, and it seems that a lot of time and effort is wasted by people who talk about it all day long. Who really does have the problem?'

## The Problem of Ethics

'The main point of contention, though, with Mr Foster's article is the question of ethics. What is the Foundation's policy regarding sexual relationships between Residents and Staff? Surely it is not right for a Resident and Member of Staff to have a sexual relationship, though there should be no reason to stop them if either of them left the Home. Is it beyond the realms of possibility that a Care Assistant could take advantage of a Resident, when they are supposed to be protecting them? The problem of ethics must be cleared up by the Foundation and guide lines put forward if there are not any already.

## No Privacy for Individual

'It is unfortunate that Mr Foster has alleged that sexual relationships between Staff and Residents are going on in every Home he has been to, as it means that those who enjoyed purely platonic relationships now have doubts cast on their relationships. I agree that there is no privacy for the individual within the Home and it is good that Mr Foster is highlighting that problem, but it is also the responsibility of the Care Assistants to respect that privacy.

## Sex is Not Everything

'It is bad enough at present with many Staff making

suggestive remarks about other Staff or friends visiting Residents, especially late at night. I just feel that Mr Foster has put unnecessary pressure on those disabled people who were happy with their non-sexual relationships.

## From East Midlands – A Chorus of Disapproval

**Betty Roe, Hon Secretary of the East Midlands Regional Committee writes to the Editor as follows:**

'At a meeting of our Regional Council on Saturday 11 March the subject of Brian Foster's article in the February issue of *The Smile* was raised by all the Chairmen present. I was asked to write to you and express their disapproval of the article and the way it was written. It was agreed that most Homes had had this problem and dealt with it over the years in a much more sensitive way.

'In some Homes they have withdrawn *The Smile* from circulation both in the Home and to their supporters, as they felt it gave a very false impression of the Foundation. However, after further discussion and after someone pointed out that they should not censor what people read, they agreed that perhaps this was wrong. Nevertheless they still wanted me to write to you and express their views.

'The Council hope that articles of this nature and written in the way it was will not appear again in *The Smile*.'

## A Reminder from the Editor

**As well as providing information and articles of a factual nature, *The Cheshire Smile* also exists to provide a forum where a wide variety of differing, personal, and sometimes controversial views can be expressed, provided these are perceived to be sincerely and honestly held.**

**However, I would like to draw the attention of our readers to the inside cover of the magazine where it is always clearly stated that 'opinions expressed in articles do not necessarily reflect the official view of The Leonard Cheshire Foundation.'**

## Do Not Brush Under the Carpet

**Yvonne Venables, a Resident of Spencer Lodge, New Milton, also states her views:**

'I was interested to read Brian Foster's article on love. Having been disabled later in life, I had the chance of love and marriage in my early years, and if I wished for a career instead, then that was my choice. However, for those men and women who were either disabled at birth, or before they had a chance of a normal family life, then denial of a choice is a different matter, and I feel from my observation that it is one of the most important causes of frustration in the young disabled person, both in and outside of institutional life, and one that is not improved by brushing under the carpet.

## Give Understanding, Help and Privacy When Needed

'However, I cannot see the practical side of some of the things that Brian has stated, as the feelings of the helpers also have to be considered. When living in a community, like it or not, other Residents also have to be taken into consideration. There is also not just sex but the longing for a partner, and children, which in a great many cases can never be fulfilled. Nonetheless, it is to my mind at least good to have these points of view aired, for it is only by putting pen to paper and voicing one's opinion, particularly on these and other delicate matters, that any of us can appreciate the underlying problems of others. It should not, however, be assumed that this is a problem for everyone, and that sex or the desire for it is lurking behind every door. There are other things in life. Nevertheless, where sexual frustration is encountered, I feel understanding, help and privacy should be at hand.'

Mrs Barbara Raven, General Manager of The Sheffield Cheshire Home, Mickley Lane, Totley, near Sheffield, records with sadness the death of Mrs Kathleen Nancy Holland, former Head of Care, on 21st January 1989. She writes:

The Sheffield Cheshire Home was opened in 1967, and on 1st August 1969 Sister K N Holland, SRN was appointed Deputy Matron. Except for a short period when she temporarily left to nurse her own mother, she gave continuous and devoted service to the Residents of the Home, becoming Head of Care in 1976, until her retirement through ill-health in August 1986. In 1986 the Home nominated Sister Holland for the Tunstall Telecom Woman's Realm Caring Award, when she was one of the finalists attending the presentations in London. Her constant loving care extended to everyone in the Home, including the Staff. Sister Holland is survived by her husband, two daughters and their families.

## Obituaries

**Greenhill House**, Timsbury, announce with great sorrow the death of two Residents:

**Mr Alfred Simpson**, a Resident for 14 years, whose warmhearted nature endeared him to Residents and Staff alike.

**Mr John Lukins**, who had been at Greenhill for 6 years - 'a perfect gentleman'.

**Cotswold Cheshire Home** announces with sadness the death of Mrs Eileen Wraight, aged 58 on 8th December. Eileen, who originated from Bridgend, came to the Home in December 1982. Her humour and sense of fun were infectious. She enjoyed travelling and visiting the Cotswold countryside.

**Westmead Cheshire Home**, Braunton, North Devon, record with sadness the death of Margery Joan Smith on February 2nd at the age of 70. Mrs Julia Cann writes:

Joan was a very special Resident of the North Devon Cheshire Home. She was special because she was the reason for a Cheshire Home in North Devon. She had suffered from arthritis for many years, and when her mother died, she decided she wanted to manage on her own for as long as possible. Joan was not one of the first Residents of the Home, because she was quite determined to remain independent as long as she could.

However, she realised the time had come when she needed residential care in 1977 (Two years after Forches House opened), but she never lost her independent spirit. Joan was a great character.

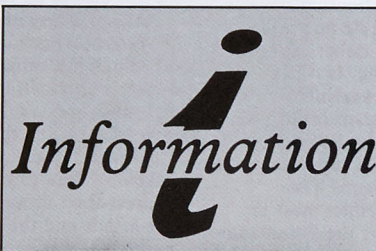
■ **Dates for the Disabled.** This is a new FRIENDSHIP ASSOCIATION primarily intended for disabled people, who may find meeting one another difficult. It is in the process of forming a nationwide register of people who want the chance to chat on the 'phone, start a correspondence, meet for coffee or a pint, and generally enhance their social life. The service is very personal and does not use a computer.

Further details from:  
Thelma Keisner, 36 Park Grove,  
Edgware, Middlesex HA8 7SJ,  
Tel: 01-958 1095, 5 pm-7 pm

■ **If Only I'd Known.** RADAR has produced a booklet designed to help newly disabled people who are given little or no information about the services and facilities available to them. Copies are available from RADAR, 25 Mortimer St, London W1N 4AB. Please send a self-addressed envelope stamped with 14p.

■ **Granada Telethon Donation.** Oaklands Cheshire Home, in Garstang, near Preston, has received a cheque for £3000 from the Granada Telethon 1988 Project. It is one of more than 1000 different donations being distributed by the local Granada Telethon Trustees. The 27-hour non-stop ITV spectacular raised £2,000,000 from North West viewers.

The £3,000 allocated to Oaklands is particularly welcomed as the Home has just incurred great expense in altering and refurbishing its laundry and kitchen. It is also anxious to extend its work in the community. At present, Oaklands Management Committee administers two Family Support Services in Lancaster and Preston, which between them provide part-time help in their own homes for 96 disabled people.



(Left, Sister Henry with Anne Blanc (right)

■ **New Head of Care at St. Cecilia's.** Following the resignation of Anne Blanc, Head of Care at St. Cecilia's Cheshire Home, Bromley, Kent, since 1981, her Deputy since 1986, Sister Cecilia Henry, has been appointed in her place.

Anne Blanc's departure, due to her father's illness, was greatly regretted, but Staff and Residents were happy to welcome Cecilia, who was previously a Nursing Officer at the Dreadnought Hospital.

■ **New Administrator.** Peter Robertson of Bagby has been appointed Administrator of Aine Hall Cheshire Home, York. He will work as a team with, and in support of, Irene Smith, who has been appointed Head of Home, in addition to her work of nursing and supervising the care of Residents. Peter served for many years in the Royal Navy, and on leaving qualified as a social worker. He has also worked as a Probation Officer in Cleveland.

■ **Accessible Taxis.** New Taxis which are inaccessible for wheelchairs are now illegal, The Minister of State for The Department of Transport announced. As from 1st February 1989, no new inaccessible taxis can be licensed in London, and from 1st January 2000, this will apply to all London taxis. The new ruling will affect about 427 taxis this year, bringing the total available for disabled people to over 1100 by the end of the year.

Local authorities in cities such as Glasgow and Manchester are following suit and ordering accessible taxis.

■ **Mobility Roadshow.** A Motor Show for people with disabilities is to take place on 16, 17, 18 June at The Transport and Road Research Laboratory, Crowthorne, Berkshire. Free admission, and open from 10 am each day. It will feature a wide range of adapted cars, special vehicles, powered wheelchairs, caravans, vans, minibuses and other mobility aids. Further information from:

Disability Unit, Department of Transport, Room S10/21, 2 Marsham Street, London SW1P 3EB, Tel: 01-276 5256/7

■ **Underground Access.** Outside the rush hour on the London Underground, accompanied passengers in wheelchairs can travel on open air sections and on the Circle, District, East London and Metropolitan Lines. A comprehensive guide for disabled travellers called *Access to the Underground* even gives the number of steps in each staircase, and lots of tips to help less agile travellers get the most from the Underground. Obtained from LRT's Unit for Disabled Passengers, 55 Broadway, London SW1H 0BD, price 70p plus 30p packaging and postage, or over the counter at Travel Information Centres.

# A Day in the Life of Ann Brau

*Here Ann Brau, Rehabilitation Adviser in the Eastern Region of the Foundation, describes her busy and varied life.*

To describe a typical day is quite difficult really, because the life of a Rehabilitation Adviser is very varied. Hours at home, desperately trying to catch up with paper work, telephoning, searching out a special piece of equipment or some statutory help, attending a wheelchair clinic, meeting with other team members, a visit to Mary Marlborough Lodge to see a new Resident. But obviously, most of my days are spent visiting one or other of the Cheshire Homes in the Eastern region. Do you know, I have averaged 3000 miles a month since I started work for the Foundation – I could not believe it myself!

I usually spend two nights a week away from home, staying in a B & B local to the Home I am visiting. When starting from home, the day begins somewhere between six and eight a.m. depending on how far I have to travel. I arrive at my destination, often with my tongue hanging out after a three or four hour journey, and am usually greeted with a cup of coffee which is very welcome. Then a chat with the Head of Home and the Head of Care to pick up any queries they may have and to hear what has been happening since my last visit. Then on to see the Physiotherapist and/or the Occupational Therapist. I spend some time with them looking at wheelchairs and seating needs, equipment such as communication aids, an aid to help a person to eat by him/herself, tackle problems of lifting or transferring a Resident, the need for a special hoist or sling, a mobile arm support for somebody with weak shoulder muscles. You name the need and I will do my best to find some kind of solution – unfortunately I cannot perform miracles but I try!

By now it is lunch time. I am usually invited to stay for lunch which I generally have with a few of the staff, which gives me the opportunity to get to know them a little better, and frees me to spend Residents' lunch time with them to see if there are any particular problems with independence in eating, and to spend time chatting as well. I have to visit twenty-four Homes, so I do not have much time to get to know Residents well, and lunch time is a good time to see everybody, for everybody to see me and know that I am available if anyone wants to talk to me or ask me something personal.

In the afternoon I may continue to see Residents on an individual basis, or I may be asked to assess a Resident for a speech or communication aid as they may have lost the ability to speak through some illness. I get a lot of different queries – a lady who likes to listen to her music tapes but cannot manage her cassette player herself, another lady who is a keen cook but cannot manage the existing equipment in the kitchen, a man who wishes to improve his computer ability or who needs some special piece of equipment to enable him to use a computer, a mouth painter who wants a dental plate to enable him to hold his brush more easily – the queries are endless. I have to fit all this in either before 1.30 p.m. or after 2 p.m. as the half hour in-between is sacred – 'Neighbours' is on the T.V.!

When a Home has an Activities Organiser I spend some time with her seeing what activities are taking place and help or give advice where needed. I am hoping to set up a training period for Activities Organisers later in the year as we have such a variety of people and



ideas in each Home that it would be good to get together and have an exchange of those ideas and look at some wider issues. I may be asked to give a talk to staff on rehabilitation and all that that means, or on the importance of positioning and seating for people with spasms and contractures, or on the importance of maintaining as much independence as possible both physically and mentally – a thorny subject, that one. I am always amazed at people and their ways. I see able-bodied people who limit their lives and the people who live with them, with their denials, their prejudices, their intolerance; and I see very disabled people who can only move a head or a foot who live active, involved lives. Between the two runs the whole gamut of human reactions whether the person is able or disabled. Sometimes we need to look at those reactions and see whether a person is living the way they are because they genuinely wish to live that way or is their style of life one which is hiding a terrible loneliness, unhappiness, fear or many other feelings that can be hidden behind an exterior a person shows the world?

And so the day draws to a close. I usually have a cup of tea and a last minute chat before leaving. I make sure I have made a clear list of the queries and needs spoken about during the day. I leave with regret that I cannot spend more time in each Home. I feel a bit like a butterfly alighting here and there for a brief spell – very frustrating.

I drive down a country lane looking for the B & B where I shall spend the night, my head full of all that has happened during the day but knowing that on the morrow I must put it all on one side to start all over again – another day – another Home.