

CHESHIRE

Smile

MAGAZINE OF THE LEONARD CHESHIRE HOMES AROUND THE WORLD

OCTOBER 1989



International Week: Foundation World-Wide Exchange of Views





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

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

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

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

FRONT COVER – Leonard Cheshire meets The Red Devils parachute team (see page 11).

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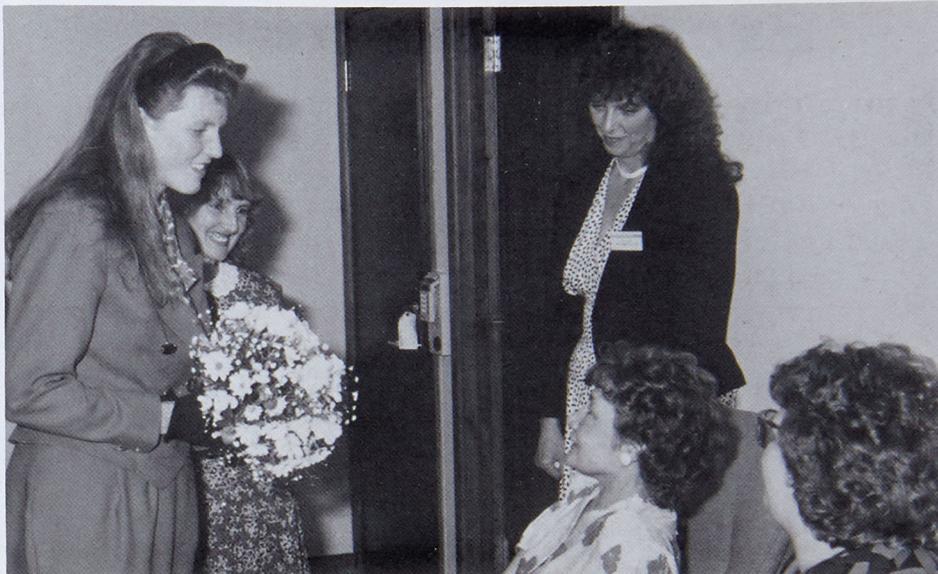
Foundation Elect New Vice-Chairman

Following the decision of Sir Henry Marking to retire from the position of Vice-Chairman of the Foundation, Mrs Pamela Farrell Tredinnick OBE. JP has been elected to the position.

She has long been associated with Heatherley Cheshire Home, in Copthorne, Crawley, West Sussex, is a Trustee of the Foundation and a member of its International Committee.



'Fergie', Duchess of York, Visits New Hostel for Handicapped



The Duchess of York meeting staff and tenants. Left to right Sue Florey, Community Assistant, Sue Whiting, Relief Community Assistant, and, seated, tenants Pat Gore and Jill Davies.

A warm invitation to attend a Polo Match at nearby Royal Berkshire Polo Club on July 4th was extended to Residents by The Duchess of York when she unveiled a plaque to name Templars Lodge, the latest completed project of The Cheshire Foundation Housing Association, at Crown Row, Bracknell, Berkshire.

The Duchess toured the building and had friendly, informal chats with Residents, Staff and other officials, displaying great interest. (see 'Cheshire Foundation Housing Association' – Page 14)

Independent Living

Templars Lodge is a hostel for ten physically disabled Residents, and aims to provide accommodation for those who desire to live independently and to make their own decisions, but who are currently having to live in residential homes or in difficult housing conditions with parents or guardians. For many, a degree of physical and social support, however, is still needed, and the hostel hopes to provide this unobtrusively. The support will try to improve independent skills in the hope that a number of tenants may develop sufficient confidence and

ability to enable them to live in the community at a later date.

Accommodation Provided

The Hostel consists of ten bed sitting rooms, with shower rooms and lobby. The living room contains a kitchen area with a microwave oven, refrigerator and sink unit and ample storage space. All of the rooms open from a bay window out on to a patio. The shower rooms also contain wash basins and W.C.'s. Each unit has an alarm call system, and an answerphone, linked to the front door of the hostel.

Central Facilities

The Hostel has a main kitchen for use by Staff and Residents, where help with cooking can be provided for those unable to cater completely for themselves. There is also a communal room, a fully equipped laundry, two main bathrooms and two visitor's rooms.

Near The Shops

The Lodge is situated in a residential area of Bracknell but has a pleasing background of pine trees forming a small wooded area crossed by pedestrian paths. It is within a few hundred yards of shops, a sub-post

office, a doctor and dentist's surgery, and a local pub. Undercover parking for cars is provided with a covered access to the Hostel.

Residents pay £63.60 a week rental which is supplemented by a deficit grant. They are responsible for paying their own electricity bills.

The Cost

The total cost of Templars Lodge was £480,000, and of this amount £50,000 was provided by a grant from Berkshire Social Services Department, and £430,000 by the West Region of the Housing Corporation.



International Week: Foundation World-Wide Exchange of Views



Summer provided an unprecedented opportunity for the full and free exchange of news and views throughout The Cheshire Foundation, with the Eastern and Northern Area Conferences following the Western Conference, the Annual General Meeting in London, and culminating in the International Conference attended by delegates from 37 countries overseas.

EASTERN AREA CONFERENCE

Care in the community was the main theme of the Foundation's Eastern Area Conference held at The Swallow Hotel, Waltham Abbey, on Sunday, June 25th, and attended by 180 delegates from 12 Homes and Family Support Services in the region. It was organised by Martin Roe, Foundation Trustee.

The Way Ahead

In his closing speech the Founder, **Group Captain Leonard Cheshire**, said that the desire of disabled people to be as independent as possible could only be achieved by providing as many options in their way of life as possible. There were many different roads towards this goal. Challenges and difficulties to be overcome were what enabled everyone to reach their full potential. We all needed to be fully stretched. He hoped that better communication at every level – between disabled people, staff, committees, and the voluntary and statutory sectors – would make it more and more possible to plan effectively to meet the needs of today, and future aspirations.

Social Services View on Community Care

Guest speaker was **Maurice Hawker**, Director of Social Services, Essex County Council, who spoke about 'Essex Social Services View of Care in the Community'. Mr Hawker said that a serious commitment to the concept of community care

was not yet a reality; at present it had been merely 'dabbled in' at 5% of its real potential. What was awaited was a Government statement on the future of Social Services. This had been promised at least three times but it had still not arrived.

Lack of Funds

The greatest stumbling block to progress and a positive commitment to community care was lack of funds. However well divided 'the cake' was, it was insufficient for needs. His departmental budget was £104 million, but 70% of this sum went to staff for direct service provisions.

Cutback Halted Building

In 1974 in Essex four homes for elderly people were being built each year. Eleven years on only two had been built because of rocketing building and land costs.

New Foundation Developments

Rosanne Corben, Foundation Trustee, then spoke briefly about new Foundation developments. There were now 27 Family Support Services with three more under consideration. These had been accorded equal priority with residential Homes, but development was constrained because of lack of money. The demand was there all right, but the money was hard to find. Respite care was also much needed but was often ignored.

Two New Homes

Nearing completion were two new Cheshire Homes – one at Brampton and the other at Stockport – the latter to provide much needed facilities for the brain-injured and those suffering from Huntington's Chorea.

Future Planning

Dr Wendy Greengross, Foundation Trustee, outlined the work of the Foundation's Development Sub-Committee which consisted of a design team to encourage and help Homes that wanted to build to plan wisely, not only concerning the building, but also to enable Residents to enjoy an enhanced quality of life near communities and facilities.

Independent Living

Alan and Moira Jackson, a married disabled couple living in an adapted bungalow at Maidstone, Kent, gave a joint talk on their experiences of independent living. Each said that at first they were tense and apprehensive, but that confidence and satisfaction had grown as they learned to overcome difficulties. Both felt that they were mentally and physically better because of the daily challenges.

Life was not all plain sailing, but they realised it wasn't for anybody else either. There had been very hard times, but they both felt it had all been infinitely worthwhile. They stressed, however, that very careful thought had to be given before taking such a step,

and said that it would all have been totally impossible without the magnificent assistance of the **Maidstone Family Support Service** who provided them with four Care Attendants at four times during the day.

Twinning and Overseas Homes

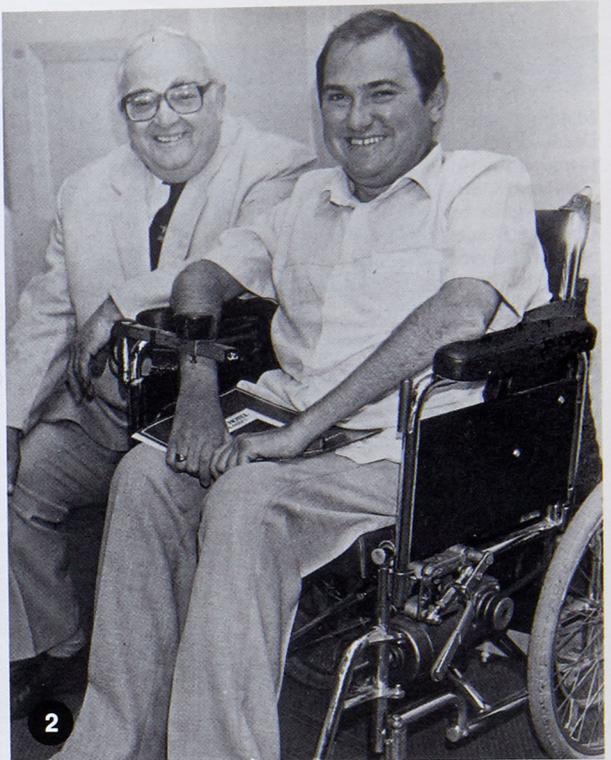
Sir Henry Marking, Chairman of the International Committee, explained the way that overseas Cheshire Homes were organised. There were now 176 Homes in 46 countries. Nearly all of these existed on very slender resources indeed, but were aided by small emergency grants from the Foundation, together with other grants from various funding agencies.

The twinning of the overseas Homes with their U.K. counterparts had been devised as a method of helping them by fund raising and general communication of ideas. This had not been a great success, owing to the fact that overseas Homes seldom acknowledged money raised by U.K. Homes and Residents, and did not send photographs and letters, so that, not unnaturally, U.K. Homes became discouraged. However, he urged that the idea should not be abandoned. U.K. Homes were very fortunate by comparison, and overseas Homes needed their help.



1

1 Seated, Jack Threadingham, Foundation Hon Treasurer. Standing left to right, Peter Rowley, Chairman, Arthur Bennett, Director, John Regan, Trustee.



2

Sir Christopher Foxley-Norris, Chairman Emeritus.

4 Peter Rowley, Chairman of The Foundation, at left, with General Sir Geoffrey Howlett, Trustee.

2 At left, Martin Roe, Foundation Trustee and Organiser of the East Region Conference with Gary Eastley, Resident of Chipstead Lake Cheshire Home, Sevenoaks, Kent.

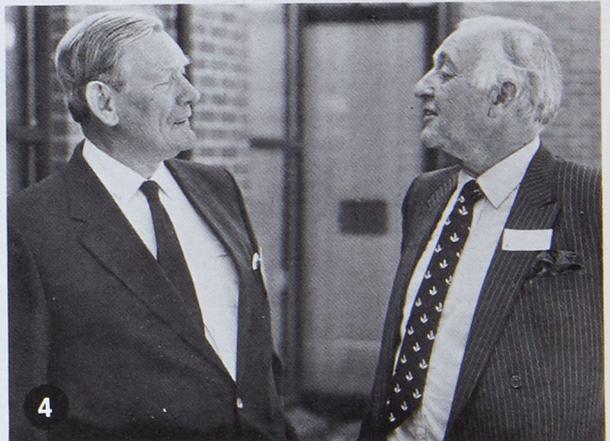
3 Left to right Shirley Brigham, Chairman of Chipstead Lake Cheshire Home, Peter Reynolds, Resident of the Home and

5 Left to right Dorothy Allott, International Committee, Jill Hartwell, Resident of Arnold House, and Sir Henry Marking, Vice Chairman. At rear, Peter Rowley, Chairman.

6 Left to right Marie Miller, Susan Evershed (Trustee) and Lynette Patterson (Within Reach Project).



3



4



5



6

THE NORTHERN AREA CONFERENCE

Making Choice a Reality for Disabled People was the theme of the Northern Area Conference, attended by over 150 delegates from 15 Cheshire Homes and 4 Family Support Services, held at Lancaster University on Saturday, July 1st.

The Conference was chaired by Foundation Trustee Dr Bill Beswick, and was organised by a small committee under the direction of Peter Allott, Foundation Trustee.

The Right to Choose

Bruce Weatherstone, Chairman of the Foundation's Executive Committee, outlined the Foundation's philosophy in giving disabled people the opportunity to choose different types of care and accommodation. Forty years ago a disabled person needing care had only the option of a hospital bed, probably in a geriatric ward, or if he was lucky, he might have found a place in a Cheshire Home. Today there were a whole range of choices from living in the community with part-time help, right through to semi-independent units to residential Homes.

Still Need for Residential Homes

Mr Weatherstone stressed that although there was an increasing emphasis on care in the community and more independent living facilities, this did not mean that residential Homes were dead.

Many people still needed them and liked the shelter and security provided by them. It was well understood that single rooms were preferred, and there were increasingly great efforts to provide privacy and opportunities for more independence within Homes.

Core and Cluster Planning

Keith Cook, the Foundation's Homes Planning Adviser, then gave an interesting illustrated talk outlining how new buildings going up and plans being formulated were

increasingly providing smaller units, often for no more than 12 to 15 people, offering bed sitting rooms, a kitchen area, and separate bath/toilet facilities, all fully adapted to individual requirements. Communal and administrative facilities were invariably in a separate section. Land costs were escalating and large plots were hard to find in suitable areas near to the community and shopping areas, which was a further reason for smaller units.

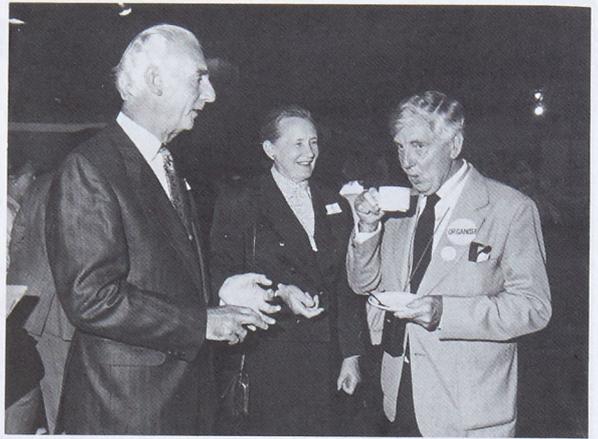
"The Life I Wish to Lead"

Carole Pouton, a Resident of Holehird Cheshire Home, Holehird, Cumbria, said that it was her choice to live in a progressive residential Home. She felt this had been a positive experience. Had she opted to live in the community, she felt sure that she would have felt extremely isolated away from the companionship and friendship she enjoyed in the Home, and less able to enjoy an active life because of the difficulty of transport.

Her Home was in magnificent surroundings where she could enjoy country pursuits such as bird watching. Now that she had mastered the word processor and computer she was employed in the Home's office as a clerk from 9.30 a.m. to 4 p.m. four days a week and enjoyed this tremendously. With limited use of her left hand she did not think she would have had the chance of employment in the community.

Thanks to the Home, she lived a fulfilling and busy life with maximum independence. She administered her own drugs, decided when she wanted to see the doctor herself, and participated fully in all decision making within the Home.

Her room was furnished to her own taste, her cat had access via a cat flap, she entertained her friends and relatives and could cook a meal for them. She was just beginning studies for a B.A. degree with the Open University.



At right, Norman Ridley, North West Regional Secretary, with Mrs Charlotte Beswick, and Dr Bill Beswick, Chairman of the Conference.



Edith Watkinson, Resident of Champion House, Pudsey, with The Home's Chairman Charles Wainwright.



Carole Pouton of Holehird Cheshire Home, Windermere, with Trustee Bruce Weatherstone.

Housing for Disabled People

Deborah Ounstead, Director of the Habinteg Housing Association, which aims to provide integrated housing for disabled and able bodied people, explained that her Association had to date built 1200 Homes for disabled people in various parts of the country, with a further 400 in the course of construction.

She said that anyone, however severely disabled, could live independently, given properly designed, accessible accommodation, equipped for personal requirements, with planned, reliable care. All arrangements made should be flexible enough to change with changing circumstances.

Drive and Will Needed

Mrs Ounstead, said that the crucial thing to bear in mind when contemplating independent living was not the degree of disability but the willpower, drive and determination to succeed and make a go of it.

Reaching optimum potential could only be achieved by making mistakes. There were three R's to consider when contemplating independent living – Rights, Responsibilities and Risks.

Resources for Disabled

Gwylfr Evans, Assistant Director for the Elderly, Disabled and Health Services, Oldham Metropolitan District Council, spoke about Resources for the Disabled in the Community.

Welfare Rights

Paul Burgess, Principal Welfare Rights Officer, Lancashire County Council, listed the benefits available to disabled people and stressed the duty to provide sufficient publicity to ensure that everybody knew what their rights and entitlements were.

INTERNATIONAL WEEK RECEPTION – *With a Royal Guest of Honour*



- 1 Princess Margaret receives a gift. L to r front: Jatin Moginja, Soo Kian Fatt, Nagamal (Malaysia). Standing l to r: Datuk Khoo Keat Siew (Chairman, Penang), Datin Badariah Abdullah (Chairman, Selangor), Aidah Ibrahim (Selangor).
- 2 Princess Margaret greeting Daniel Etole of Uganda. At right, standing, Feely Diaz, Sinag Tala Cheshire Home, Philippines. Front, seated, Isagani Cammo (Philippines).
- 3 HRH Justice Ambrose Allagoa, King of Nembe, Chairman, Port Harcourt, Nigeria, talking with Princess Margaret.
- 4 Feely Diaz (Philippines) meets Princess Margaret.

Disabled People and the Poll Tax

As a result of publicity more and more disabled people had been benefitting from rate relief. In Lancashire alone there had been an increase of 28% in rate relief for disabled people.

However, he warned that the Community Charge (Poll Tax) contained no provision for rebate, and many disabled people just paying their way at present would lose out when it came into force. Disabled people living in residential Homes were exempt, but those living in their own homes were not. The only people who would obtain some relief were those drawing Income Support of at least £27 a week. Even they would have to pay 20% of the charge, though there would be some up-rating of Income Support to allow for this.

Myths About Mental Handicap

Geoffrey Wallis, Head of Home, Bell's Piece Cheshire Home, Farnham, Surrey, said that the Home now had 12 Residents with mental handicaps. There were many myths that were perpetuated about mental handicap. How often had it been put about that they were 'all strong, all loud-voiced and all over-sexed'? Yet one in a hundred people were diagnosed as having some form of mental handicap.

It was necessary not to isolate them from the community but to realise they were much the same as anyone else, with differing needs, hopes and fears. They, too, wanted to be able to exercise choice, independence and variety in their daily lives.

1 Left, Chief Justice Obi-Okoye with HRH Justice Allagoa of Nigeria.

2 Resident Michael John of Holme Lodge Left with Nicholas Scott, Minister for the Disabled, at the Lancaster House reception.

3 Relaxing at Le Court, Left Dr Ahmed Magid Idress and Abdel Azim Siddik Omer Alaib from the Sudan.





**MORE
INTERNATIONAL
WEEK**

◀ Leonard Cheshire with
Negussie Selassie, National
Co-Ordinator, Ethiopia.



◀ Nagamal from Selangor at Lancaster House reception.



▲ Melrose Cotay from Freetown, Sierra Leone.



**ENCOUNTERS
and
PERSONALITIES**

◀ Florence Gilchrist of Eithnog
has a fling with Danny Kelly,
St Patrick's Cheshire Home,
Carlow, Eire.

THE FOUNDATION'S ANNUAL GENERAL MEETING

A plea to keep an 'open mind' on the subject of residential care versus independent living was made by the Founder, Group Captain Leonard Cheshire, when he addressed The Cheshire Foundation Annual General Meeting held at The Podium, Vauxhall Bridge Road, London, on Saturday, July 8th.

He said that more and more weight world-wide was being given to setting independent living as a better alternative to residential care. He felt we owed it to disabled people to stand back and ask ourselves if this could be wrong, out of a genuine desire to discover what was best.

'My personal view is that it is a mistake to set these two extremes as absolute choices. In between there are a whole variety of options. I am convinced that residential Homes are and always will be an essential part of rehabilitating disabled people', he said.

The trend towards favouring living in the community was becoming an increasing problem overseas as it was substantially affecting the funding of overseas Homes.

THE PRESENT AND FUTURE Mental Care Projects

Bruce Weatherstone, Chairman of the Foundation's Executive Committee, said that the reduction in the number of mental care projects did not mean that the Foundation was withdrawing from this field. This was because it had been able to make better arrangements for young, mentally handicapped Residents by fostering them or rehousing them in ordinary residences in Dorchester. Besides those houses there were 7 projects for mentally handicapped people and three for the mentally ill.

Family Support Services

Mr Weatherstone said that, as Chairman of the Family Support Services Committee, **Helen Smith** had breathed new life into it, and provided the chance to increase awareness and understanding

of the special needs of FSS's. Link trustees were being encouraged to become involved in FSS affairs and neighbouring residential Homes were also becoming interested.

Financial control appeared to be increasing, giving Trustees greater confidence in the management of the Services and this would also reflect favourably on the way Local Authorities and Health Authorities viewed them.

Development Group

The Foundation's cash flow forecast listed 18 Homes with major rebuild or development schemes in progress, or yet to start, and future projects listed 36 Homes likely to need major work or, in some cases, complete replacement. This represented a massive task and would require co-operation from everyone.

Choice

While choice for disabled living was important, the day of the large, residential Home was emphatically not at an end, but the Foundation would continue to provide a range of other facilities.

A Very Successful Year

Peter Rowley, Foundation Chairman, said that it had been a very successful year. Much gratitude was due to benefactors who left so much to the Foundation in legacies. However, the deficit on the running costs of Homes had increased and all must work hard to get this figure down and, eventually, abolished.

Presenting the accounts, **Miles Barber**, Auditor, said that donations and legacies in 1988 were £6,248,146, an increase over 1987 when the figure was £4,207,175. Excess of income over expenditure was £4,299,208 in 1988, compared with £2,620,049 in 1987.

Re-Election of Trustees

The following Trustees were re-elected: Mr Peter Allott, Mr Robert Balfour, Mrs Susan Evershed, Mrs Pamela Farrell Tredinnick, Sir Christopher Foxley-Norris, Mr Tom Gardner, Judge Hilary Gosling, Mrs Elizabeth Hicklin, General Sir Geoffrey Howlett, Mr Dennis Maiden, Miss Anne Martin, Baroness Ryder, Mr J D Shepherd, Mr J Scott, Mr Jack Threadingham, Mr John Tindal, The Hon Mrs Maggie van Koetsveld, Mr Bruce Weathertson.

A 'Whistle' Day

A dramatic plea to delegates from thirty seven overseas Cheshire Homes to aid him in his plans to focus international attention on his World War Memorial Fund was made by Group Captain Leonard Cheshire, VC, when he addressed The Cheshire Homes International Week at the Tara Hotel, Kensington, London, on Friday July 21st.

The fund was seeking £5 in memory of every person who had died in the two World Wars. The number was 80 million, and if he succeeded in his aim, £400,000,000 could be raised to bring help to countries suffering man-made or natural disasters.

Group Captain Cheshire announced that the renowned agency Saatchi and Saatchi had agreed to help organise an international 'whistle' day on September 1st, the 50th anniversary of World War 2. The emblem was a whistle because it was a whistle that sent men into battle, and now it would symbolise a call for help to save life.

'At midday GMT we want whistles to be blown throughout the world for one minute so that attention will be focussed on the needs of the world's disaster areas,' he said, calling for all delegates to co-operate on this day to work to gain publicity for its success.

The International Week began on Monday, 17th July, and was superbly organised by Ann Goodenough and Appeals Officer Nikki Baly, under the guidance of International Director Ronald Travers. It was sponsored mainly by National Westminster Bank, with many other generous donations, and was attended by 191 disabled people, volunteers and staff from 37 Overseas Homes and 15 UK Homes. Countries represented included India, Ethiopia, China, Indonesia, Brazil, Thailand, The Philippines and South Africa.

Continuing Government Help Pledged

The conference was opened by **Christopher Patten**, the then Minister for Overseas Development, who stressed

that the Overseas Development Administration had been trying to strengthen its co-operation with voluntary bodies - not to shuffle off its obligations but because very often they could reach parts that the Government couldn't reach. They were better at community level, better at helping individuals and could do much to promote health, education and training.

The O D A was helping The Cheshire Foundation with a number of projects in Malaysia, India and Ethiopia. He pledged that this help would continue, and hoped that it would increase.

Reports from The Regions

Reports from the five regions of Cheshire International were then given by Datuk Khoo Keat Siew (Far East); Major General Virendra Singh (East); Tom Deniston (West); Father Kevin Doheny (Central); Chief Justice Thomas Finlay (Northern). Each gave details of Homes that were running successfully and plans for expansion.

Vital Importance of Training

Sarah Holloway, International's Rehabilitation and Training Adviser, spoke of the vital importance of training and of ways this could be achieved. Homes needed to develop a structured programme so that opportunities for Staff and Residents to learn could be created. The inter-change of problems, solutions and information was a vital part of the whole effort which was directed at achieving rehabilitation and the maximum independence of disabled people.

Aids for Disabled

Bob Hain explained the work of Cheshire Homes Aids for the Disabled. This was a small unit run by volunteers whose function was to supply wheelchairs, crutches and other orthopaedic equipment to Cheshire Homes overseas.

Planning a Home

Keith Cook, Foundation Homes Planning Adviser, presented a paper outlining the principles that needed to be borne in mind when planning buildings for disabled people.

y To Help The Suffering World

Funding – Government and Regional

Friday, 21st July, was devoted to the subject of funding.

Chairing the session, **Sir Peter Ramsbottom**, Foundation Trustee, said overseas Cheshire Homes would not exist without local support groups, local fund-raising and grants from government and other funding agencies. It was important that Homes should exchange ideas about successful fund-raising initiatives.

Local Fund-Raising:

Denise Taylor of the Selangor Cheshire Home, Malaysia, explained how they raised funds. It was vital to exploit all contacts. The Home had a membership scheme, mainly to get people interested in the Home and act as 'friends at court' in spreading the word about their needs. Some of these were also able to provide professional expertise when required, at no cost. It was important for the Home to keep a high profile in the community. The essence of successful fund-raising was hard, unremitting work by Staff, Volunteers and Residents.

How O D A Works: **Guy Mustard**, the Head of Joint Funding, Overseas Development Administration, said his department's policy, when giving grants, was always on a 50-50 basis. If a project was accepted it was

always on the understanding that O D A would put in 50% of the finance with the non-government agency finding the other half.

Grants given to voluntary agencies had increased sharply in recent years, and he hoped there would be further increases. Currently O D A were co-operating in 800 overseas projects undertaken by 600 agencies. There was no intention to tell voluntary agencies how to do it, although guidelines were issued and certain criteria had to be met. In submitting proposals, a clear definition of the aims and the target area of people that were to benefit was needed, with a well presented budget. In general, O D A were interested in carefully worked out programmes which had the aim of helping disabled people to become as independent as possible.

EEC: **Carol Koster**, Co-Funding Officer, European Economic Community, explained that the EEC, too, were interested in complementing the efforts of non-government agencies on much the same lines as O D A. Only organisations within the member countries were eligible to apply. Thus a

project for Africa, for example, would have to be applied for via the HQ of an organisation in the EEC.

A Highly Enjoyable Social Programme

As well as informative talk, the conference was designed to allow delegates time for pleasure and leisure. A highlight of this was the reception at the Tara Hotel, Kensington, attended by **HRH Princess Margaret, Countess of Snowdon**.

Hatless, and dressed in a scarlet voile dress with black spots, the Princess greeted the waiting guests with a cheerful wave, after being officially received by **Peter Rowley**, Foundation Chairman, who presented his wife; Group Captain Cheshire; Ronald Travers; Air Chief Marshal Sir Christopher Foxley-Norris, Chairman Emeritus, and Lady Foxley-Norris; Charles Green, Chief Executive, National Westminster Bank; John de Bank, Senior Manager, National Westminster Bank; Arthur Bennett, UK Director, and Mrs Bennett. The Princess spent an hour chatting informally to disabled guests, and displayed a lively interest and concern in the Foundation's work.

Other memorable social events included a Government reception at Lancaster House, hosted by **Nicholas Scott, MP, Minister for the Disabled**, an outing to view the Household Cavalry and the Changing of the Guard, a visit to the Royal Tournament and the Ceremony of the Keys at the Tower of London. There were also shopping expeditions and an evening at a disco.

A GROWING ORGANISATION

There are 176 Cheshire Homes in 46 countries throughout the world. For a full list, write to:

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

The Finale at Le Court

In blazing sunshine, the conference ended on Sunday, July 23rd, with a great luncheon in a marquee on the lawns of Le Court Cheshire Home, Greatham, Hampshire, followed by an exciting freefall parachute display by The Red Devils.

In a speech of thanks **Ramesh Kriplani**, Resident of the Bombay Cheshire Home, summed up the feeling of all guests when he said that the conference had been a 'unique and wonderful experience' where much had been learned, new friendships forged, and the feeling of belonging to a world-wide family reinforced. It would never be forgotten.



The marquee at Le Court.

British Airways and The Annual Raphael Pilgrimage to Lourdes



Keith Hayward, recently retired as Special Markets Executive, British Airways, here looks back at the Lourdes airlift for disabled people in search of spiritual comfort which began 25 years ago at the instigation of Sir Henry Marking, then Chief Executive of BEA, and a Trustee of The Leonard Cheshire Foundation. Sir Henry is also Chairman of the Foundation's International Committee:—

Originally the huge Vickers Vanguard turbo-prop aircraft were used, operating at Heathrow Northside and later, The Trident. But for the past few years the magnificent Boeing 757 has proved the best, with two separate loading doors, which means that over 60 lift-on passengers each year can enter the aircraft much faster. For many years the British Airports Authority has also kindly allowed the use of the VIP area at Heathrow Southside which helped a lot, providing extra space, and cover from the rain.

My own involvement began around 1972 as co-ordinator of the ground handling of the charters in my capacity as Senior Passenger Officer and later Special Markets Executive in Terminal 1 for British Airways, and I had the privilege of co-ordinating the charters until my retirement.

The planning for the flights begins with a meeting in July of all the BA sections involved plus the Pilgrimage Director. A handling instruction is then published for the fifteen or so BA departments concerned.

On the day, things become quite hectic and it is like an annual reunion. The atmosphere is quite incredible. A general hubbub of excitement as each Cheshire Home's vehicle arrives from various parts of the country and old friends among helpers and pilgrims alike renew acquaintances. Handshakes, kisses and hugs galore before the security checks, passport checks and loading begin.

Vivid Memories and Wonderful People

For me the memories are vivid. The strongest are of that wonderful, dedicated and for many years Pilgrim Director, the dear, late **Gilbert Thompson**, who virtually burnt himself out over the years working for others, and of his charming wife who still works so hard for the organisation.

On the airline side I think of the former BEA Senior Charter Sales Officer **Jim Smythe** who also worked so hard to see that these flights were a success. Also one has to mention **Frank Smith**, former BA purser, who was in charge of the cabin service on these flights for so many years. With his

cockney humour, warm personality and great experience, Frank was the ideal man for the job, and still continues to be heavily involved in the organisation of the flights whilst in retirement. A wonderful man.

And I think of the present Director, **Frank Merceica**. Frank's calm exterior, I am sure, masks the tension and pressure he must feel each year when organising the event. A great man to work with.

Good Flights and False Alarms

Over the years the flights have generally gone well. On one occasion, however, the Trident became unserviceable in Lourdes and a replacement aircraft was sent out. Whilst there, an Aer Lingus charter was also boarding (on time) and the Aer Lingus Captain strolled across to have a chat with our pilgrims waiting on the tarmac. 'You're delayed, I see, on British Airways. Hard luck. I bet the Captain's a Protestant!'

(Investigations revealed that he was!) As the Methodist Rep. on the Ruislip Christian Council and being happily married to a Catholic for nearly 36 years I like that one!

On another occasion a somewhat mischievous report was received that the auxiliary power unit on the Trident was unserviceable when the aircraft landed at Lourdes, but without any work being done it was fully serviceable on arrival back at Heathrow!

The only drama so far was when a Trident tyre burst on take-off and damaged the flaps. Despite a full emergency landing at Heathrow all was well, and probably many of the passengers were unaware of the incident anyway.

It has been a privilege to have been involved with the operation for so many years and certainly my annual highlight. May God bless all involved with this wonderful work.

Footnote:

Physically disabled people who would like to spend two or more weeks at Chalet Maria, Lourdes, a Pilgrim's Rest Home, specially adapted and staffed by English-speaking, experienced personnel, including qualified nurses, can obtain full details by writing to John Higgs, Across Trust, Crown House, Morden, Surrey, SM4 5EW.

“What’s Cooking?”

After the long, hot summer, with salads galore, some hearty, warming dishes will make a very nice change.

Here Amanda Brett, Personal Assistant to the Founder, delves into her recipe book to provide them:



COQ AU VIN (Chicken in Red Wine)

Serves 4

4 chicken joints, with skin removed, and rolled in seasoned flour

Handful of pickling onions or a large onion coarsely chopped
Thick pieces of green (unsmoked) bacon or 2 rashers, roughly cut up

1/3 bottle red wine (the best you can manage – Burgundy if possible)

1 tablespoon flour
1 tablespoon butter
1 dessertspoon cooking oil
Chopped parsley
Salt, pepper
1 crushed clove of garlic (optional)

Heat oil in a thick pan with butter until bubbling. Add bacon and cook until crisp, add onion, turn down heat and cook until transparent, add chicken pieces and cook briefly on both sides to seal in juices. Pour on wine, cover pan closely, and bring to a gentle simmer. This can now go into a preheated oven 175°C, gas mark 4, in an ovenproof dish with a lid for 25-35 mins, until chicken is really tender. Remove chicken pieces, bacon and onion, and keep warm. Combine flour with a ladleful of the juices (allow to cool for a minute or two first). Gradually add this to the sauce, beat until smooth and cook gently

for 5 minutes. Pour over chicken, sprinkle with chopped parsley and serve – boiled or mashed potatoes or rice and a green salad are delicious with this dish. It is even better reheated the next day.

Substituting white wine and adding mushrooms makes this into Poulet Chasseur (Hunter’s Chicken)

SAVOURY BREAD AND BUTTER PUDDING

Serves 4

8 slices of stale bread, cut in half and buttered
Grated cheese – any kind, but a little Gruyère or Parmesan make it especially delicious
1 pint milk
2 eggs
Salt, pepper

Butter an ovenproof dish. Put in a layer of bread and sprinkle with cheese, salt and pepper. Repeat until bread is used up. Mix eggs into milk, season and pour over. Dot top with small pieces of butter and extra pieces of cheese if wished. Cook in a preheated oven at 210°C, gas mark 6, until well risen and golden (do not keep opening the oven or it will fall – it should take about 45 minutes). Serve immediately. You can use chopped ham or bacon in addition to the cheese, but do not over-salt if you do this.

DANISH APPLE CAKE

Serves 6

1 packet sponge mix
(follow directions on packet)

OR:

4 oz margarine (or marger and butter)
4 oz demerara sugar
2 eggs
8 oz self-raising flour
(you can use 1/2 wholemeal flour but you will need 1/2 teaspoon baking powder)
4 tablespoon water, then mix together and beat well.
1 teaspoon cinnamon
2 tablespoon brown sugar
1-2 oz chopped hazelnuts (optional)
2 lbs eating apples, cut up (leave skins on unless you hate them)

Pour sponge mixture into a flat baking tin lined with greaseproof or baking paper. Press apple pieces into mixture. Sprinkle on cinnamon, nuts and sugar. Flick with cold water to make a crust. Bake at 177°C, gas mark 4, for 50 minutes. Half quantity will take about 40 minutes.

You can substitute rhubarb, gooseberries or blackberry and apple for the apples.

CHESHIRE FOUNDATION HOUSING ASSOCIATION

(See also Page 1)

C F H A was formed in the 70's by The Cheshire Foundation and became a charitable company in 1976. It is registered with the Housing Corporation and is a member of the National Federation of Housing Associations.

Objectives

It aims to provide housing for the handicapped and disabled and to promote research and experimental work to benefit them.

The First Scheme

The first scheme was at Magpie Close, Bournemouth, and provided a mix of housing for able bodied and disabled people. Since then, the Association has completed nine further projects, ranging from an individual bungalow to a 24 bed hostel for those recovering from mental illness.

In The Pipeline

Three further projects are in the pipeline and several others under active consideration. No two projects are the same, but all are aimed at people with special needs and low income. To date, the Association has 38 self-contained housing units and 59 hostel bed spaces.

Sources of Finance

Finance to enable projects to be carried out is mainly provided by the Housing Corporation which is a government agency, but contributions to schemes are also made available by Social Services Departments and charities

Health Authorities also have money available for housing, and the Association is actively pursuing this alternative source of finance.

Benefits C F H A Can Offer

The Association can offer a number of benefits to organisations considering mounting special housing schemes for handicapped people. As a registered Housing Association it can, through the Housing Corporation, receive substantial loans and grants to cover the capital cost of land purchase and development. It has a small but efficient team with wide ranging experience of designing and constructing projects for physically and mentally handicapped people and can suggest the right type of building to suit the potential needs of Residents best.

Close Associations

The Association works closely with The Cheshire Foundation and draws

upon its considerable experience as a national and very experienced charity in a number of fields.

The Association can suggest sources of caring finance for the care costs of schemes and can sometimes provide some direct financial help through the Hostel Deficit Grants. It is also experienced in the management structures and arrangements which need to be made to run such schemes.

Those wishing to discuss potential new housing schemes for the disabled should contact:

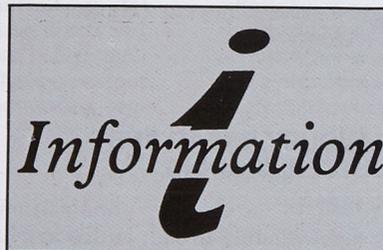
Joyce Denny, Director,
Cheshire Foundation
Housing Association,
380-384 Harrow Road,
LONDON W9 2HU
Tel: 01-286 7664

■ **A Happy Day:** June 10th was a happy day at Chipstead Lake Cheshire Home, Sevenoaks, Kent, when two Residents were married at Chevening Parish Church. They were Ian Shorter, a highly talented winner of many prizes at the Foundation's Creative Activity Contest, and Sandy Pearsall. The Rev Maurice Hewett, Chaplain to the Home, conducted the service. Sandy was given away by her father and wore a full length gown and a beautiful white head-dress. She carried a bouquet of pink roses. After a magnificent reception, the happy couple left for their honeymoon in Dorset.

■ **'Lucky Dick' Wins Range Rover:** Richard Dyer, Foundation Care Adviser (West Region), was the envy of all his colleagues when they heard he had won a Range Rover car worth £23,680 in a Lloyd's Bank competition.

He was in a meeting with his bank manager in Bath when his four year old daughter Rebecca, who was with him, spotted the competition leaflets with a picture of Daddy's favourite car on the front and gave him one to take home.

The presentation was made to Richard on Monday, 3rd July at Greenhill Cheshire Home, Timsbury, Bath, by Mr Tim Lansdown, Manager of the Southgate, Bath, Lloyd's Bank. The gleaming model is Alaskan blue and Richard says it 'drives like a dream'.



■ **Global Partnership '89:** The Leonard Cheshire Foundation International will be participating with 150 other UK voluntary agencies to show the public exactly what they are doing in developing countries. The exhibition will be at the Royal Horticultural Halls, Vincent Square, London SW1 from 9th to 13th November. Exciting features include films, lectures an activity area, international dance and music displays, and an *Any Questions* programme, compered by Jonathan Dimbleby, to be broadcast on BBC World Service on November 13th.

■ **Aid for Heatherley:** Open Day at High Beeches Gardens, Handcross, Sussex, on Sunday, 29th October (10 am to 5 pm) will be in aid of Heatherley Cheshire Home, Copthorne, Sussex. Admission is £1.50 and accompanied children are free. Stalls offering plants, home made cakes and other food and refreshment will be on show. Any help with manning the stalls would be gratefully received. Offers to Margaret Sinclair at Heatherley, please.

■ **Campaign on Minibuses:** RADAR and other disability organisations are campaigning to ensure the European Community does not introduce regulations which will mean that volunteer drivers will need to take an additional driving test before they are permitted to drive minibuses. It would help if disabled people and organisations would write to their local member of the European Parliament pointing out that many disabled people rely on voluntary transport services for their mobility. The proposed regulations will mean that volunteer drivers will diminish and this will result in disabled people losing their transport.

■ **Help With 'Phone Bills:** The Royal National Institute for the Deaf, in association with British Telecom, have come up with a scheme to help speech-impaired or deaf registered people with their 'phone bills. It recognises that on average it takes a speech-impaired person four times longer to make a 'phone call than someone with normal speech. *Once registered under the scheme*, you pay your bill each quarter and forward it to Test Users Help Scheme, who will then send you a rebate for 60% of your calls, up to a maximum of £160 per year.

For an application form to register under the scheme, write to Text Users Help Scheme, 30 Broad Street, Salford M6 5BY

Obituaries

A Giver and Fighter

Hydon Hill Cheshire Home, Surrey, records with sorrow the death of **Mrs Hazel Hanson**, a Resident since 1971, on 12th May, aged 45.

Brian Parkinson, Head of Home, sent the following tribute, published in The Surrey Advertiser, which, he thought, epitomised Hazel's outlook of dismissing her own problems and thinking of others. 'Hazel was always willing to help and co-operate and looked to the future even at the end.'

The tribute in the Surrey Advertiser comes from Mrs Diana Clift:

'Among the many people saddened by the death of Hazel Hanson are the staff and children at Moss Lane First School.

'Mrs Hanson was paralysed all her life and for many years lived at Hydon Hill, Hascombe.

'She studied with The Open University and Waverly Adult Education Institute, and for nearly two years she was a volunteer helper at Moss Lane, helping the children with their reading practice.

'It is easy for the long term disabled to lose confidence in their ability to be useful to others, and clearly Hazel found the job a strain at first for this reason, but she soon warmed to it. As her

confidence grew so she planned to expand her activities outside the Home and was taking courses in co-counselling with a view to working in this field when she was so cruelly struck down by painful illness.

'She kept on at Moss Lane as long as she could, despite the trauma of the treatment and increasing debilitation, and she never abandoned plans to return.

'It would be a fitting tribute to Hazel Hanson if other disabled people and other schools were to collaborate in this way.'

A Big Gap to Fill

It is with great sadness that Glamis House announces the death of **Miss Elizabeth Barrett** on Wednesday, 8th March, 1989.

'Betty came to Glamis House from Mayfield in Edinburgh where she had been a Resident for a number of years and had been with us since our Home opened in 1984.

'She is sadly missed by all in Glamis House and, as one Resident has said, 'She may have been a wee buddy but she has left a big gap to fill'. Betty died as she lived, with great dignity and serenity.'

Undefeated to the End

On Wednesday, July 5th, at his home, No.9 Mill Stream, Benson, Oxfordshire, **Harold Morel** died, aged 68.

Harold started his career in theatrical photography which was interrupted by the war in which he served as a photographic instructor in the RAF. At the end of the war he contracted multiple sclerosis, a condition that he bravely tried to conceal from his new colleagues in Public Relations as long as he could.

He continued work and family life until June 1969, when he felt that he was unable to continue such an active existence. At his own request he was admitted to St. Michael's Cheshire Home in January 1970. His fiercely independent, private spirit resented having to live in residential care where he felt he had lost his identity, and although he spent sixteen years in various Cheshire Homes and made many friends in them, he never ceased to long for his own front door which he could shut at will on the rest of the world when he felt the need.

A keen traveller, one of the greatest sorrows in his life came in 1982 when he was forced to give up driving after an accident. A 4 mph powered wheelchair was simply no good. 'It goes out on the road, yes. But it's not so much how far it is; more how long it takes to get there', he once commented ruefully.

Nevertheless, he refused to be downhearted or diverted from his deeply felt desire to live independently, and three years ago moved out to a three-roomed flat in sheltered housing. Here, he felt he was master of his own fate at last, and captain of his own soul.

His honesty and realistic outlook, however, compelled him to admit that independent living was not easy and, furthermore, it could be very lonely. His keen mind enabled him to read a lot, write a lot, and take a lively part in all matters affecting the lives of disabled people and of his new community in Benson.

He was not in the least dissatisfied with his lot, and said he had never regretted his decision to go it alone. The luxury of complete independence and absolute privacy far outweighed what he described as 'the little difficulties I have to face'.

A brave man who refused to surrender.

He leaves one son, Paul, and three grandchildren.

Greatly Missed

Seven Rivers Cheshire Home, Colchester, Essex, announces with regret the death of **Joan Davis**, a Resident of the Home for 29 years. Her struggle to maintain independence was an inspiration to all and she will be greatly missed.

i Information Continued

■ **Able Lives:** A book produced by the Women's Group of the Spinal Injuries Association, entitled 'Able Lives' describes the lives of a number of women with varying degrees of paralysis. It aims to reveal the very personal aspects of disability such as how the women see themselves, sexuality, relationships, education and employment, motherhood, growing older etc. Publishers of 'Able Lives' are The Women's Press. Price £5.95 paperback. Also available on cassette, read by actress Patricia Hodge.

Donations Greatly Welcomed

Grateful thanks to those who have sent donations to help us meet the high cost of postage. If other Homes, Services and Readers would follow their example, it would be deeply appreciated.

Cheques should be made out to Cheshire Smile and sent to:

Cheshire Smile, Arnold House, 66 The Ridgeway, ENFIELD, Mdx EN2 8JA

The Editor

Government Response to Community Care Proposals

The long-awaited Government response to the Griffiths Report on Community Care, published in July, places full responsibility on Local Authorities to assess and provide suitable 'individual packages of care, for disabled people eligible for support.

Present 'Flawed' Arrangements

Speaking in the Commons, **Kenneth Clarke**, Secretary of State for Health, stated that the Government accepted that present arrangements were 'flawed' because they could not ensure that priority was given towards supporting people in their own homes when that was possible and desirable. At present those who needed help with social care could look to two separate sources of statutory help: to Social Security Offices for payments towards residential and nursing care; and to Local Authorities for home care, day care and residential care services. They did not believe that this secured the best outcome for people in need, or use of taxpayer's money.

These two sources of funds should therefore be brought together and allocated on the basis of an individual's needs, whether in a person's own home or in a residential establishment.

Need for Adequate Resources

Local Authorities would need adequate resources for their new responsibilities, and the detailed financial implications would be discussed with them, prior to firm decisions being taken in the Public Expenditure Survey in 1990.

Autumn White Paper

More detailed proposals than those outlined would be published in a White Paper in the Autumn.

Striking the Right Balance

'Our policy aim is to strike the right balance between home and day care and nursing and residential care, while reserving hospital care for those whose needs cannot be met elsewhere,' said Mr Clarke. 'The changes will ensure that public money will be devoted to the primary objective of supporting people in their own homes wherever possible, founded on the principles of preserving individual

independence, freedom of choice and the provision of services in a sensitive and personal way.'

Support for Carers

Mr Clarke stated that the great bulk of community care would continue to be provided by family, friends and neighbours. The majority of carers took on these responsibilities willingly, and he admired their self-sacrifice. The proposals outlined were aimed at strengthening support for these unselfish people.

Cautious Welcome from Foundation

Cautiously welcoming the Government's statement, **Bruce Weatherstone**, Chairman of the Cheshire Foundation's Executive Committee, strongly recommended Homes and Services to make and maintain contact with their Local Authority to explain their position, since publication of the White Paper later in the year would be an excellent opportunity for them to press their case and show L.A.'s the range of options they could offer.

New Arrangements 1991

The new arrangements would apply from April 1991 to all **NEW CLAIMANTS FOR INCOME SUPPORT. EXISTING RESIDENTS OF REGISTERED RESIDENTIAL CARE OR NURSING HOMES AT THIS DATE WOULD REMAIN ELIGIBLE FOR INCOME SUPPORT.**

Existing Residents should be re-assured concerning their eligibility for income support.



John Lyle, Honorary President of St Cecilia's, was given an 80th birthday party at the Home. He is pictured here with his wife cutting the cake. John has given many years' support to the Home, and has served as Treasurer and Chairman at various times. He and his wife are still very active voluntary helpers. The birthday wish from St Cecilia's Staff and Residents: 'Many more happy years with us.'



John Stratton, a Resident of Appley Cliff Cheshire Home, IOW, won a painting competition sponsored by Barclay's Bank, for his painting 'Rhapsody in Blue'. It was hung in the Directors' Dining Room at Barclay's Regional Office, Southampton for a year. Recently the Manager of Shanklin Barclay's returned the picture to John along with a handsome cheque. Pictured here presenting it to John.

Censorship Deplored

[Editors Note: as stated in the August issue, Cheshire Smile will continue to provide a forum for a wide variety of differing views, provided these are perceived to be sincerely and honestly held.]

Audrey Shepherd, a severely disabled person living in her own home in Knaresborough, Yorkshire, here deplores the decision of the East Midlands Regional Committee to consider withdrawing *The Cheshire Smile*, following an article on personal relations by Brian Foster:

"I was saddened to read the letter from the Secretary of the East Midlands Regional Committee and perplexed by the strong negative reaction to Brian Foster's article. Perplexity gave way to incredulity when I read that 'In some Homes they have withdrawn "The Smile" from circulation, both in the Home and to their supporters.'

My Right to Read What I Wish

"As a severely disabled person, living at home, it had never occurred to me that another human being could believe that he or she had the right to decide what I should or should not read. But, apparently, the reading of a number of disabled people has been censored in that way.

Freedom of Expression

"We live in a democracy, which means that Brian Foster is free to express his own views, and that the editor of any magazine is free to accept or reject his article, and that readers are free to agree, disagree, condemn, applaud or react in whatever way they see fit. Only in a totalitarian society do some seek to suppress and censor the views of others.

Like 'Ordinary' People

"Why, one wonders, did some Homes withhold copies of 'The Smile' from their supporters? Were they afraid that if supporters read an article with which they disagreed they would withdraw their support? Highly unlikely, I should guess.

"Most supporters will be aware that disabled people, like the rest of the population, are a mixed group of ordinary, flesh and blood human beings. Some disabled people are Christians, some are not.

Highlighting an Area of Need

"Sexual relationships are very important to some; friendships are more highly valued by others. Some find the limitations of disability not too difficult to cope with most of the time; others find them screamingly hard. Brian Foster was highlighting an area in which some disabled people feel in need of help and support.

Respect for Human Rights

"Finally, the East Midlands Regional Committee hopes 'that articles of this nature and written in the way it was will not appear again in "The Smile".' Article 19 of the United Nations Declaration of Human Rights states that 'Everyone has the right to freedom of opinions and expression.' I hope that the editor of 'The Smile' will continue to see that that basic human right is honoured and respected."

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England

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YOU write to US

Demoralised by Expectations

I was born in 1960 with hydrocephalus and was not able to walk until I was four. In 1969 I suffered a cerebral haemorrhage. In the early stages I had to learn to walk again, which was not easy, as my right side was paralysed completely, and in the end I had to revert back to using a wheelchair and sticks which is the situation I am in now.

I would be grateful to be given the opportunity to express my views concerning my disability and the demoralising effect that too many expectations from other sources has had on me. Yet I know from reading your magazine that I am not alone in the way I feel.

In the past my attitude towards my predicament has been looked upon as giving up on my disability. To be seen in this light is most frustrating, especially if, like me, you have made the effort to do the reverse. Yet I feel that at some stage there must come a point when commonsense must prevail and that people should be able to come to terms with their disability without feeling guilty.

Mary Stredwick,
Lewisham, London SE13

Reactions to MS

Jaqueline du Pré's illness seems to have produced the depressing prognosis typical of diagnosis of multiple sclerosis.

My mother developed MS at 45, and was also told she had 10 years to live, and would probably go mad. From then on she was mollycoddled by the family, which nearly did send her mad, and her natural frustration at this treatment was put down to progression of symptoms!

Although she lost the use of her right side she eventually died (of a perforated ulcer) at the age of 80, remaining more physically and mentally active than people 20 years younger.

MS is a terrifying disease, but the worst thing patients suffer is other people's reactions to it.

Bridget Clarke, Norwich

Disabled Losing Out

I am so angry that I am forced to bring some publicity to the fact that disabled people are losing out financially in the new rates of allowances since April this year (which I may add has been kept very quiet by the Government). This has only just come to my notice as our local DSS pay board and lodging charges in arrears.

Disabled people who had special clothing needs, e.g. incontinent, wheelchair bound etc. were paid an additional amount to their personal allowances. This varied from person to person depending on their needs. It amounted to as much as from 75p to £5 per week. This has now vanished when the ceiling for the residential allowance was raised from £190 to £200 per week. The Kirkcaldy office of DSS has confirmed that this is correct. This means that as our Home has a joint-funding arrangement with Fife Regional Council they will have £10 per week less to pay to meet the per capita fee. The Government gave the impression that disabled people were to receive £10 per week more when, in fact, many are worse off than before.

Clothing is not cheap and because of washing and general wear and tear when someone is in a wheelchair it is necessary to buy a decent quality of clothing. Or suffer the indignity of relying on 'hand-me-downs' or second hand clothes shops.

This week I have an appointment with our local MP Mr Henry McLeish along with two of the Residents from Glamis House and this subject will be brought up. For too long now the disabled have suffered in silence. Each one has a voice to be heard and a mind to speak.

It is now time to stand up and be heard. Disabled people now have a better opportunity for people to take notice of what THEY say and want but it is also the duty of the able-bodied to enable them to do so.

Jean Lindsay,
Head of Home, Glamis House,
Fife, Scotland

Really Good News

Receipt of the June 'Smile' provoked two thoughts:

- 1) That I hadn't sent a donation so far this year! (Cheque for £20 enclosed)
- 2) What a treat it is to read about the good things people do for others. The media seem to concentrate on all the bad news in the belief that it is good news for improved circulation!

Good luck in all your efforts.

George Drew,
Umberleigh, Devon

A Question of Speech

Princes Charles stated in the media this week that even his own staff were unable to speak and write the English language correctly. May we presume that all his staff attended state schools, or is the standard of teaching at Eton and Harrow just as poor?

Susie Barnes, White Windows,
Sowerby Bridge, Halifax

A Satisfied Reader

I am sending you a cheque for £20 to help with postage. I so enjoy Cheshire Smile.

I used to work at the Sandbach Cheshire Home and then later at Danybryn when I came to live in Wales. The Residents helped me so much to come to terms with life. I often think of the great time we had together, the fun and laughter.

Good luck, best wishes and love to you all.

Joy Wood,
Cowbridge, South Glamorgan

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A Day in the Life of Rosa Krepa

Rosa Krepa is a Resident of St Anthony's Cheshire Home, in Penn, Wolverhampton. Despite poor health, her wonderful creative abilities and output in painting, needlework, tapestry and knitting are an inspiration to all around her.

Here she describes what an action-packed life she leads from her wheelchair.



My day begins by doing my first blood sugar of the day prior to giving myself my first insulin injection at 8 a.m. Breakfast (which I deal with myself in my room), dressing and getting up – washing and making my room tidy by washing up and making my bed – is daily routine. After seeing if there's any post for me I then go into our chapel, for quiet meditation, and should there be Holy Communion or Memorial Services, I prepare the Chapel for them.

What I find exciting in having a lot to do is that this is where the routine of the day begins to change.

A quiet day may begin with preparation for any painting or other craft work for the Foundation's Yearly Craft Competition in London at the close of the year. Other work may be for the Home's Summer or Christmas Fayres.

With a blood sugar before lunch, the afternoon may consist of quietly getting on with craft or painting; but this can be changed

should guests arrive and I'm asked to show them around – or sometimes, as may happen in an evening, – I may be asked to speak to a group in our chapel about my work for our adopted handicapped children who live in the Cheshire Foundation's Foyer Koutoubia Home in Marrakech.

Outside interest and support helps to make our work for those boys worthwhile; and helps our Home, as people realise that we are not out to get everything for ourselves. I find this part of my life extremely rewarding; my painting project at the moment is a long wall frieze to help brighten up the very drab walls of the Children's Home.

One of the yearly events is to raise money for adopted children, so rehearsals for a pantomime take up a lot of work, both afternoons and evenings in particular. Our Care Staff really give of their all to make it a success; wardrobes and scenery all done in their spare time, and I give them every bit of support I can. Our last event was *Snow White* which realised £199 in two

nights. We continue with monthly raffles to help us give as much as possible.

We also give the boys Christmas gifts. For the last parcel I knitted 25 pullovers, one for each boy. This work is done in the evenings. For a quiet evening, after a shower, I prop myself up in bed and knit.

Occasionally – sadly not too often according to my friends – an afternoon of letter writing is possible.

Designing our Christmas card for the year can take considerable time, as well as going shopping, usually for the Home's activities. I think they send me because I am the only one who can go out with £100 and come back with more change, but it makes a welcome break in routine! Meetings and hairdresser all help to fill a day.

My day usually finishes around 11 p.m. after my last snack meal of the day, often too tired to think much of what tomorrow may hold.