

APRIL 1990

CHESHIRE

Smile

MAGAZINE OF THE LEONARD CHESHIRE HOMES AROUND THE WORLD



CHESHIRE Smile

Founded 1954

MAGAZINE OF THE LEONARD CHESHIRE HOMES AROUND THE WORLD

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.

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).

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FRONT COVER – Shows Lancaster Family Support Care Attendant Sue Mouncey giving loving attention to 3 year old Claire Harper. (Story begins on Page 3).

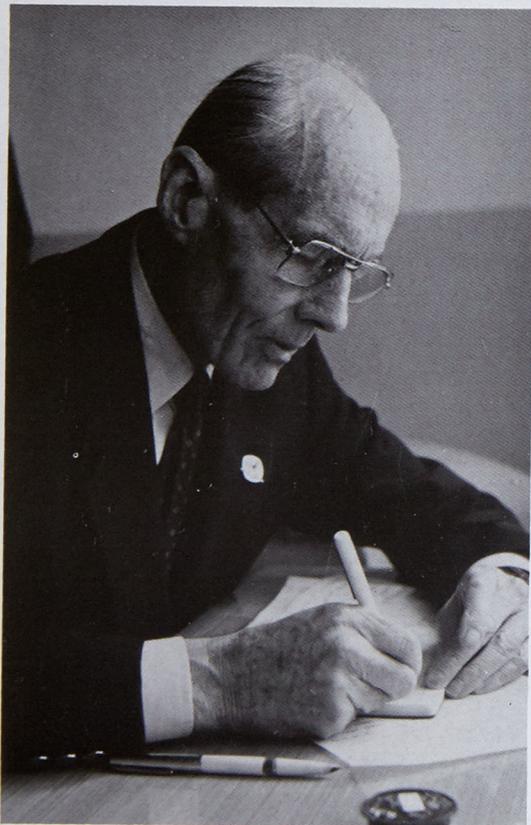
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Leonard Cheshire's Photo-Call in China

This photograph of the Founder was taken by a Resident of the first Chinese Cheshire Home, Kunming, at the official opening. He is Xiong Jian-Hua, who wrote to Leonard Cheshire in almost perfect English, thanking him for all his help and love in establishing the Home. In reply the Founder told Jian-Hua that his wife, Baroness Ryder, thought his photograph one of the best she has ever seen of him, and highly professional. He commissioned Jian-Hua to make a number of enlargements.

Lancaster FSS – A Vital Link in A Caring Community

By KAY CHRISTIANSEN

Lancaster Family Support Service in China Street, Lancaster, is a good example of the happy co-operation that can exist when there is a Cheshire Home nearby.

Oaklands, in Garstang, provides training for the Service's 16 Care Attendants in lifting, bed bathing and feeding techniques. It also makes up the deficit left after the £35,000 a year grant for the Service from Lancaster Social Services and fees of £2.50 an hour received from Clients. In 1988 the Home plugged the gap with a generous allocation of £8,000, from funds, for example.

A Close Relationship

In addition, Clients and Care Attendants enjoy attending the Home's fêtes, garden parties, carol concerts, fashion shows and other fund-raising events. 'The support we get from the Home, not only financially, but morally is of immense value, and I think it helps it to get this input from the community, too,' says **Roni Webber**, the FSS Organiser. She explains that the Service has 60 Clients and offers a total of 250 care hours a week. There is a permanent waiting list as more and more people are recommended to the Service, but unless more money and management are available, they cannot hope to expand to meet the need. The maximum number of hours they can give to any one person is 20 per week.

The Service Offered

Most clients are physically disabled and are under the age of 65. Fees of £2.50 per hour are met from Attendance Allowances, but in a few exceptional circumstances, the amount charged can be less. The emphasis is on providing personal



Proud mother Kathryn Harper with Claire and her favourite doll.

care, although some domestic work is performed in the course of this, and there is a degree of social care also. Very great care is taken in the selection of Care Attendants who are interviewed in their own homes, and must all be car drivers and have a telephone. 'We're lucky in this area,' Roni told me, 'People don't change jobs too often, and when they take on something they see it through. We have a marvellous caring team although the pay is not very good at £3.22

an hour. However, money is not the main reason for doing the job. You couldn't do it if was. Most of our Care Attendants are sensible, married women with practical skills and some have nursing qualifications also.

'Each month we hold a general staff meeting when everyone can unload their problems and experiences. 'It's a lonely job in some ways and we all need to feel support. We always discuss future plans and agree jointly on actions.'

A New Area – Family Crises

Over the last year the Service has been helping a small number of families with mentally or physically handicapped children referred to them by Social Workers or Health Visitors at crisis point. Most of these children attend special schools, but half term or the long summer holidays present a terrible strain to mothers who may be coping with other children, also at home all day.

'Our Care Attendants might go in for two afternoons, either to cope entirely with one or all of the children, or to go out with the family to a swimming pool or a park. We always talk with the mother to find out what will really help most, instead of offering only one possibility, and they appreciate very much the chance to work out what they really need most.'

Little Claire Harper

One special case the Service is helping with is 3 year old Claire Harper. Claire was born with a rare condition called Charge's syndrome, and has only one eye and one lung. She has to be fed every three hours through a tube attached to her nose. Vulnerable to any form of infection, which could kill her, she can only have limited contact and can seldom be taken out. Her devoted and courageous mother was caring for her alone when the pin in a previously fractured arm broke, and Lancaster FSS were asked to help. Sue Mouncey was assigned and trained in the tube feeding. She now provides relief for Kathryn Harper to go out shopping, confident that Claire is in good hands. Claire benefits also as she loves Sue, who occasionally brings her 5 year old granddaughter round to play. She is also a very important support for Kathryn who otherwise is completely isolated until her husband returns from work.

Five Year Old James

Another crisis Client is a single parent coping with James, who has a tracheotomy permanently in his throat. This needs to be suctioned out regularly, and a Care Attendant has been trained



Lancaster FSS. Fancy Dress Fund Raising. Left to right, Dorothy Pearce, Roni Webber, Fred Johnson, Aileen Livesey.

in the technique. She spends 9 hours a week with him during the school holidays, and two hours on Saturdays during term time.

Local Authority Request

The Service has been invited to apply for joint funding with the Area Health Authority to provide more of this specialised help, and has decided to regard this side of the work as a special project. The extent of the need has not yet been assessed by Lancaster and Morcambe County Council who are organising a survey, but it is certain that it is considerable, and something the Statutory Authorities could not cope with exclusively.

A United Community

I was left with a strong feeling that Lancaster is a community that cares about the welfare of its neighbours. Care Attendants plainly give far more of their time and concern than is within the demands of the job, though they

make no mention of it, but perhaps the most heart warming of all was the magnificent fund-raising effort of Andrew Harper, Claire's father. Although he knows that little more can be done for his own daughter, he wanted to help other children. He organised a sponsored 100 mile incubator push between Kendal and Preston to raise funds for equipment for the special care baby unit at the City's Beaumont Hospital, and this has already raised over £20,000.

Lancaster Family Support Service supported this remarkable and unselfish effort by selling raffle tickets and joining part of the walk to collect £500 on the way. In addition, Senior Care Attendant Eileen Wrigley persuaded her husband to make a great personal sacrifice. He shaved off his 13 years old beard and gained £200 in sponsorship money when the ceremony took place!

FSS Organiser Roni Webber at left, with Claire and Care Attendant Sue Mouncey.





SHARE YOUR PROBLEMS with Dr Wendy Greengross Foundation Trustee

Dr Wendy Greengross is a medical practitioner of many years experience, and is well-known as a broadcaster, writer and journalist.

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

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

Send your queries and problems to:
DR WENDY GREENGROSS,
c/o Cheshire Smile
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66 The Ridgeway
Enfield
Middlesex EN2 8JA

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

Question: I have become friendly with a volunteer who has invited me to her home for meals and often takes me out shopping and for other trips. I give her occasional gifts and she comes to the Home for tea, but I would like to do something special for her birthday. Have you any suggestions?

Answer: *Have you thought of making her a birthday lunch in the Home? Perhaps you can use your own room or else borrow a room if your own is too small. There are lots of pre-cooked meals in the shops from light dishes such as lasagne to exotic offerings of roast duck or shell fish, and you could try to choose something that she will find extra special. You could finish the meal with fruit or cheese or one of the small fancy gateaux that are part of the stock-in-trade of most supermarkets. A few flowers on the table and a small gift may together help to make a memorable occasion for you both.*

Some Homes have also have an entertainment room for these occasions and cooking facilities. Perhaps you could even plan a simple meal and cook it yourself.

Question: I was shocked to read that a Chairman of a Management Committee had banned the Smile from the Home because of Brian Foster's article on Sexuality. Has a Chairman the right to do this and what is so wrong about sex – apart from the fact that most Residents don't get any?

Answer: *Having just joined the Smile team, I am sad to think that anyone believes that the contents of the Smile should not be seen by Residents. Personally, I find the new Smile stimulating and interesting and I enjoy reading a wide range of opinions, even though I may not agree with all of them.*

Residents, of course, have the right to read anything they want to read, and within the privacy of their own room, the freedom to behave as they wish, as long as this doesn't interfere with anyone else's freedom.

The Home is the Residents' home and it is up to them to decide whether the Smile or any other reading matter is displayed publicly. Certainly any Resident who wants the Smile should have it.

Question: I get terribly fed up with the food we get. I know that it's nutritious and I know that it's expensive to provide alternatives, but it does get boring and it would be nice to have something quite different occasionally such as curry or fresh fruit salad.

Answer: *Most Homes have Residents' representatives on the House Committees and they should have a say in planning menus. You could invite the cook to attend a Residents' meeting at which food was the main topic and while remembering to identify the things you've enjoyed, you could also make suggestions about alternatives. Sometimes the lack of variety is due to lack of imagination.*

In some Homes, Residents join a rota to work with the cook in planning menus for a week at a time. If most Residents are willing to try something different occasionally, it can be a way of increasing choice.

Question: I am extremely bored with my clothes and I don't know what to do about it. I'm in a wheelchair and have to spent a lot of money on trousers. My tops last a long time, because they are well laundered, so I feel it extravagant to throw away the things I've got.

Answer: *You could brighten up your outfits with a coloured scarf or chunky jewellery, such as beads or earrings. It is nowadays possible to buy interesting extras and clothes at Charity shops, and if they are cheap enough, you may not feel it extravagant to buy something fairly frequently. It can be fun to try to dye some of the clothes you have. You could experiment with underwear and move on to the more visible clothes once you get the hang of it.*

“What’s Cooking?”

Chinese Style

Jenny Sharples is a Resident of St. Cecilia’s Cheshire Home in Bromley, Kent. She was born and lived in Guyana and learned to cook at school, where she very much enjoyed preparing Chinese dishes. These are three of her favourites!

CHINESE CHICKEN

8 oz can bamboo shoots
2 large chicken breasts, boned
2 tablespoons oil
1 clove garlic, crushed
1 teaspoon salt
2 oz canned red pimento, sliced
4 oz frozen peas
1 chicken stock cube
½ teaspoon sugar
4 tablespoons of water
2 teaspoons Cheng Se Soy sauce
1 tablespoon saki or dry sherry
2 oz celery sliced
2 tablespoon of cornflour

Drain and cut the bamboo shoot into strips, reserving the liquid from the can. Remove the skin from the chicken and dice the flesh neatly.

Heat the oil in a frying pan, add the chicken, garlic and salt and toss over a moderate heat until the chicken turns creamy white. Add the bamboo shoots, pimento, celery and peas and two tablespoons of the reserved liquid from the can. Cover and cook over a low heat for five minutes. Crumble in the stock cube, add the sugar to the water, the soy sauce and sherry, and bring to boiling point, stirring. Blend the cornflour with remaining water, add to the pan and bring to the boil again, stirring constantly. Simmer for two minutes, adding a little more of the reserved liquid if the sauce is too thick.

If you use a whole chicken, remove the skin and bone and dice all the meat. The leg meat will turn biscuit coloured as it cooks, not creamy white. Treble the other ingredients and you will have three packs instead of one, each making four servings to freeze and reheat.

EGG ROLLS WITH PORK FILLING

5 oz flour
2½ oz cornflour
½ teaspoon salt
2 eggs
1 pint water
oil for frying

Filling:

10 oz minced cooked pork
8 oz celery, finely chopped
6 spring onions, finely chopped
8 oz water chestnuts, finely chopped
4 oz beansprouts
2 tablespoons Cheng Se Soy sauce
2 teaspoons sugar
1 teaspoon salt
1 egg, beaten
2 tablespoons oil

Sift together the flour, cornflour and salt. Using a fork, blend the eggs with 4 fluid ounces of the water. Beat gradually into the dry ingredients then add the remaining water, a little at a time, and beat until smooth. Reserve 4 tablespoons of the batter for sealing the edges of the rolls.

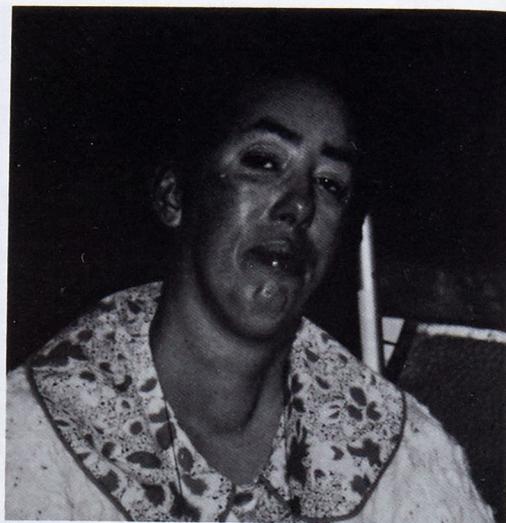
Brush a small frying pan with oil and use the batter to make 16 thin 7-inch pancakes, using about 2 tablespoons of the batter each time, and cooking on one side only. Stack up the pancakes with dividers and allow to cool. Meanwhile, make up the filling by combining all the ingredients. Press firmly together and chill.

To make the rolls, place about 2 oz of the filling mixture on the cooked surface of each pancake, slightly to one side. Keeping this side towards you, fold in the two opposite edges, brush all round with reserved batter and roll up away from you. Place with join underneath and press lightly to seal.

To freeze:

Chill. Open-freeze until solid, then pack in polythene bags. Seal and label.

To serve: Fry the rolls from frozen, a few at a time, in deep moderately-hot oil for about 10 minutes. The rolls will be piping hot inside, and crisp and brown on the outside.



SUBGUM FRIED RICE

2 tablespoons oil
1 oz button mushrooms, sliced
1 oz diced green pepper
1 large onion finely chopped
2 eggs, beaten
5 oz cooked long grain rice
2 spring onions, finely chopped
4 oz cooked prawns, chopped
2 tablespoons Cheng Se Soy sauce
salt and pepper

Heat the oil, add the mushrooms, pepper and chopped large onion; stir fry for four minutes over a moderate heat; add the beaten egg and fry for 1 minute, stirring. Mix in rice and prawns. If very small these need not be chopped. Stir constantly over the heat for a further four minutes. Fork through the spring onion, soy sauce and seasoning to taste. This method of preparing fried rice is extremely easy, but you might prefer the alternative method.

Prepare the rice for freezing without adding any egg, and at serving time make a thin omelette using two eggs. Quickly slice while still warm into narrow strips and fold in the hot fried rice. To freeze: pop the bag of frozen rice in a boiling bag, grip tightly beneath the seal to form a vacuum so that surplus air inside the bag can expand as it reheats.

To serve: pop the bag of frozen rice into a pan of boiling water, bring back to the boil and let it bubble gently, uncovered for 20 minutes until the rice is piping hot. It helps if you lift out the bag with tongs or a slotted draining spoon half-way through and shake it gently to break up the contents. Alternatively, pack and freeze the rice in the shaped foil container. To serve, remove the lid, cover the container with foil and reheat in a moderate oven, (350°F Gas mark 4) for about 25 minutes.

Serving instructions: The fried rice very easily takes the shape of a mould. It looks most attractive if you pack each portion of rice in a teacup, previously rinsed out with hot water to warm it, and invert the rice bowl over the cup. Turn the bowl the right way up and remove the cup. Top each mound of rice with a tiny parsley sprig.



International News

Edited by Lynette Learoyd
International Secretary



THE LEONARD CHESHIRE FOUNDATION INTERNATIONAL

26-29 MAUNSEL STREET LONDON SW1P 2QN ENGLAND

Proposed Cheshire Home in Russia

Many UK Residents will have read Press reports about proposals to build a Cheshire Home in Moscow, and in mid-January this project took a quantum jump forward during a visit by the Founder to Russia. Following successful meetings with local authority members, it has been agreed that the first Cheshire Home will be built in the district of Baumanski, 30 kms North East of Moscow, in pleasant surroundings, for 25-30 people primarily with paraplegia or quadriplegia. At present there are no residential facilities at all for the disabled in Russia, who live at home under severely restricted conditions. More news will follow on developments.

Buckinghamshire/Kenya Venture 1989

The fifth exchange between the Presidents' Award in Kenya and the Duke of Edinburgh's Award in Buckinghamshire took place last year when a team of twenty travelled to Nairobi. **Robin French** from the Chiltern Cheshire Home was privileged to be one of the twenty, and was with part of the team which spent time at the **Dagoretti Children's Centre**. Work at the Centre was with five Kenyans from the President's Award, and consisted of Ward Duty, Physiotherapy and School, and certain aspects of this certainly stretched the abilities of the participants!

Tasks included waking, washing, drying, dressing and feeding fifteen babies. At school they had to communicate with the deaf children across a language barrier, and thoroughly enjoyed participating in the children's sporting activities.

Important Change

Please note that the date and venue of the inaugural meeting of the International Region covering Europe have now been changed. It will take place in Dublin from Friday, May 18th to Sunday, May 20th.

Sara Holloway and Elizabeth Cole visited Kenya during their recent African tour, and saw the Homes at **Limuru, Dagoretti and Kariobangi**. At Limuru 11 of the 14 Residents attend Vocational Training Centres, and will be able to earn an income once trained. The Home is becoming self-sufficient in poultry and vegetables, and eggs are sold. Future plans include a purpose built workshop for vocational training on site.

96 elderly people are registered for day care and there are 13 Residents in the **Kariobangi Home**. The new day centre building will include a dining area, kitchen, store room, dispensary and rest room. These will be particularly appreciated during the rainy season.

Khartoum Cheshire Home – Sudan

Rebuilding of the Home on a new site in **Geref**, approximately 1½ miles away from the existing Home, is being planned in order to provide larger facilities for the ever increasing workload of this Home. An intensive fundraising effort is underway.

Karin Alting, the Dutch physiotherapist who has been working at the Khartoum Home, was able to visit **Juba** where the Home and Clinic, as everyone else, is finding it difficult to survive. Security problems prevent children's day attendance at the Clinic, and the surgeons from Italy who visit the nearby **Usratuna Centre**, which is used by the Cheshire Clinic, did not attend in 1989, again because of security.

Ethiopia

Sarah and Elizabeth also travelled to Ethiopia and visited the Homes at **Menagesha, Gighessa and Asella**. The proposed vocational training centre at **Mekanissa** is to be administered by **Salesian Brothers of Don Bosco**, but at present delay in delivery of supplies is preventing construction of the workshop.

Cheshire Homes Transvaal – South Africa

A National fundraising campaign has got off to a flying start, and a marvellous donation from **JCI Group of Companies** of R250,000 has enabled the first phase of the **Daveyton Cheshire Home** to begin. **Anglo/American/De Beer's** Chairman's Fund will donate R300,000 to the **Cheshire Homes KaNgwane Branch** once it is ready to start construction. Other companies which have donated funds to either the **Soweto** or **Daveyton** projects are the **First National Bank Foundation, Anglovaal Limited, Liberty Life Group Community Fund and Edgars**.

A Dramatic Parachute Dive

History was made when **Giles Bondfield and Gary Wilshere** from Ann Harding Home in Randburg became the first quadriplegic parachutists in the country. They each dived 2,800 metres attached to parachutist **George Archer's** belt – Gary was the first to take the plunge and despite slight breathing problems he described the jump as an incredible feeling. After a long wait – Giles followed. Sponsorship raised by the

jumps amounted to R3,000 for the **Ann Harding Home**.

The next target for Giles is to experience hang-gliding in tandem.

Inspiration for the jump came from **Dave Barr**, himself a paraplegic using artificial legs, who was recently featured on TV1 News as he left on his motorcycle trip round South Africa, during which he is drawing attention to the plight of disabled people and publicising Cheshire Homes. **Ann Harding** gave him a hearty send-off breakfast. **Dave** has already travelled from the **Transvaal** to **Namibia** where he has been giving talks to the **SADF**.

Kampala, Uganda

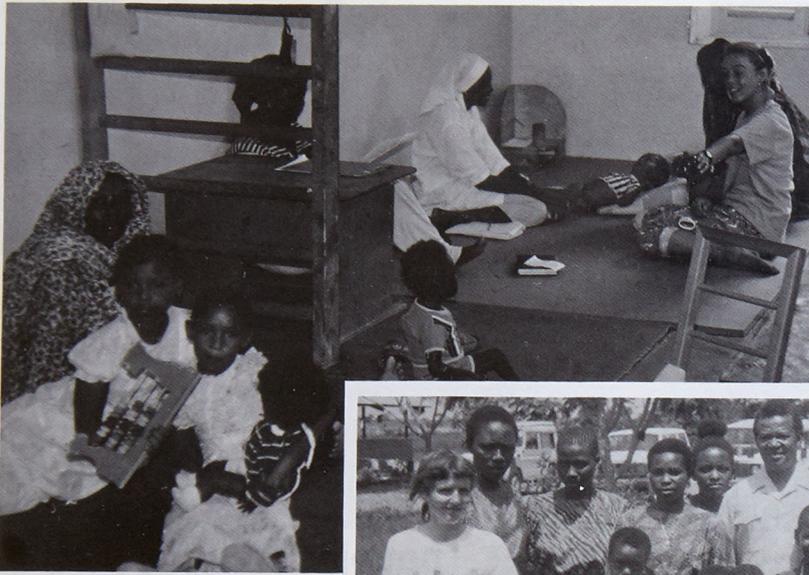
Father Kevin Doheny spent Christmas at the **Katalemwa Cheshire Home**, where the new staff quarters and dormitory are being constructed. **Ned Dowling**, the volunteer from Ireland, has been there for a year, and is supervising much of the work on the site. Container loads of supplies from enthusiastic supporters in **Ned's** home town **Graignamanagh** on the borders of **Kilkenny** and **Carlow** are helping to keep the costs of the project down.

Malaysia

During October the **Chairman, Peter Rowley**, and his wife **Ethnea**, visited the **Homes at Selangor and Penang**. A warm welcome in **Penang** was the **Lion Dance performed by two of the Residents accompanied by a Resident drummer and Resident percussion band**.

October saw the wedding at the **Selangor Home of Doris and Vincent**, attended by so many of their friends. At present a house is being built for them, and in the meantime they will live at the Home.

International Picture Page



▲ Day care for mothers and children using play as therapy. (Khartoum Cheshire Home)

Children and staff of the Miyuji Cheshire Home, Dodoma, Tanzania. On left Patricia McGuirk, Irish volunteer; Sister Franca Theresa, Administrator, on right.



▶ Snowy receives help from fellow Resident Ronnie. (Jersey Cheshire Home)



▶ Residents attending the Founder's Day Celebration at Katpadi Cheshire Home, India.



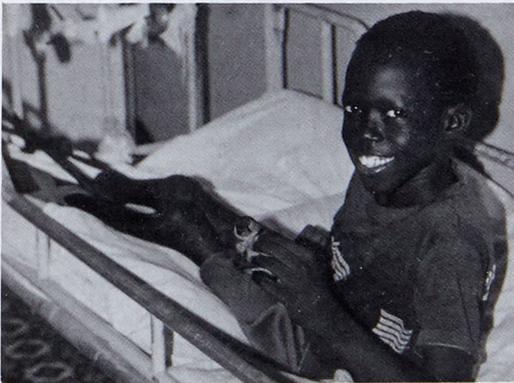
International Picture Page

▶ Traction is achieved by lifting the foot of the bed and using ropes and sandbags. (Khartoum Cheshire Home)



◀ Handicapped children in the grounds of Menagesha Cheshire Home, Addis Ababa.

▶ Smiling through – 11 year old Moses Bukoma of the Butiru Cheshire Home, Uganda.



◀ Happily creative! This young Resident makes models of camels and donkeys. (Khartoum Cheshire Home)



▶ Chiang Mai Cheshire Home, Thailand. Mr and Mrs Peter Rowley with the Residents.



Thailand

In Thailand Mr and Mrs Rowley saw the Homes in Rangsit, Samut Prakan and Chiang Mai. In Chiang Mai the Residents undertake work on a commercial basis – including electrical repairs and making dentures.

A Wonderful Dream Realised

Lakshmi a Resident from the Bangalore Home, India, gives her impression of International Week:

'My adventure started at 7.15 am on Saturday, 15th July, 1989. Whoever would have thought that I, Lakshmi, would be flying off to London for the International Conference. Even when I think about it now, safely back in my little room in Bangalore which I share with six little girls, it takes my breath away; I can hardly believe what has happened to me. I look at **Sufie, Roopa, Prabha** and the others, all sleeping peacefully and wonder if they are dreaming that they might one day fly off to London like Lakshmi.

'We landed at London Airport early on Monday morning after a pleasant week-end at the Bombay Home getting to know the others and resting before our long flight. We were met by happy, smiling Cheshire Home members who took us all to the Tara Hotel and to our beautiful rooms.

An Exciting Programme

'My programme started with a visit to the Royal Tournament in the evening. I was joined by **Fenella Tadman** who had worked for six months in the Bangalore Home. It was an exciting evening with grand performances by the Army, Navy and Air Force of massed bands, gymnastics and many wonderful things to watch. This was followed next day by a visit to Windsor Castle. We travelled out of London in a coach until we came to the parks and gardens of the Castle. Everywhere was so pretty and so green. Houses all had gardens full of flowers and all so neat and tidy, and everywhere so quiet. I was told that it is an offence to sound the hooter of a vehicle unless there was an emergency and I thought that if this was the rule in India there wouldn't be any cars on the road at all!

I Made Many Friends

'By this time I had made many friends including **Dolly** from Burnpur, **Isagani Cammo** from the Philippines and **Danny Kelly** from Tullow, Ireland. We were taken to the Keys ceremony at the Tower of London and the Changing of the Guard.

The Conference

'On Wednesday the serious part of our visit started. There was a grand opening of the conference at Ramada Inn. I met Group Captain Cheshire who remembered me and the Bangalore Home. He told me how sorry he was to hear of the sad death of **Sister Martha**, Matron of our Home. I also met **Mark Colmar**, Auntie Das's nephew, who had a special invitation to the opening. We listened to speeches, especially to Group Captain's and then I met many people who had visited Bangalore – Dr Correa, Mrs Rajaratnam, Col Kak, Kim Naylor and many more. Everyone was surprised that I knew so many people but of course they did not remember that I had been in the Bangalore Home since I was eight years old.

'On Thursday we had to hurry back to the hotel to get ourselves ready for the special event in the evening – the visit of Princess Margaret. At home we had fun selecting the right saree for the right occasion and we thought that no occasion could be grander than meeting a Princess in England. We gathered in the main hall and Princess Margaret came in. She looked so simple and was so friendly to all of us.

A Government Reception

'In the Conference many topics were discussed and it was interesting to learn about other Homes all over the world. Then we were invited by the Minister for the Disabled, Mr Nicholas Scott, to a Reception at Lancaster House. It was very interesting to see the inside of one of the magnificent Government buildings in London. The old furniture, and ornaments were breathtaking. I have a photograph of myself shaking hands with the Minister which I have shown to everyone at home.

A Marvellous Finale

'Our Final day, was spent at Le Court Cheshire Home in Hampshire. My friends were all there. Mark and his wife, Maureen, and their baby, Flora, brought a picnic lunch but they did not stay long because it was too hot for Flora. I thought there was something familiar about Flora who looked very pretty and smart in a navy and white check dress with cross stitch embroidery, and then I remembered the dress was a project of our Home and I had made it and Shanta had done the embroidery! It was a great compliment to our Rehabilitation Centre to see our little dress in England. The day at Le Court was over soon. It had been one of friendship and happiness.

A Week in Lovely Sussex

'I then spent a week at St Bridget's in Rustington, Sussex. It was a beautiful home with lovely gardens. The staff were so kind and helpful. I had TV in my own room and I enjoyed watching some of the programmes.

The Smith family lived nearby and Joan picked me up in her car and took me to their home on two occasions. I remember visiting their home in Bangalore when all the children were young. Joan knew that I found the food in England very difficult to get used to so she made a special effort to have Indian food for lunch which I enjoyed very much. I think they did too because it reminded them of their days in Bangalore.

Taking Back Dreams

'It all went very quickly and before I knew what had happened I was back in London Airport with the rest of the Indian party.

'Now I, Lakshmi, am back in the Bangalore Home. It all seems a dream but I still have a bag full of addresses of new friends and I have made a vow to myself that I will write to them all and try to keep in touch.'

More Wonderful Memories of the Week from June Beslievre of the Jersey Cheshire Home:

'... next morning we went for a walk by the Serpentine and met up with the 'Bird Man from Kensington Gardens' who puts the biscuit crumbs between his fingers and whistles the small birds down from the trees. He called us over and put the crumbs on to the palm of Joy's hand. I was able to photograph the sparrows feeding from her hand, much to Joy's delight... Our last day in London we went to watch the Changing of the Guard.

'At the end of the ceremony the Irish Guards brought their mascot along the row of wheelchairs so that everyone could pat him. This caused some hilarity as he was an Irish wolfhound called Conor, and one of the Irish helpers, also a Conor, had earlier got himself into a sticky mess by sitting down on a plastic bag which melted, creating a type of glue for the chippings which then stuck to his trousers when he stood up! Joy summed it all up when she said 'This has been the most wonderful week of my life.'

McLeod House – Toronto, Canada

The Board of Management of **McLeod House**, Canada's first Cheshire Home, has announced the appointment of a new Administrator, **Lenka Petric**.

Lenka Takes over from Joanne Smith, who has built up a reputation of respect and affection amongst all who knew her within the Cheshire movement, and her many contributions will be remembered in particular by Residents past and present. Fortunately she will continue to have a role on the Board, helping to ensure that Number Eleven will develop in harmony with the needs of the Residents.

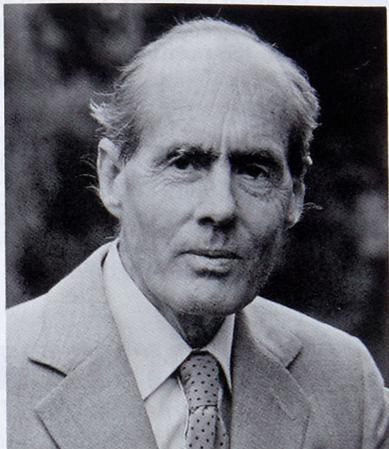
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England

The Founder Pays Tribute

to PETER ROWLEY and SIR HENRY MARKING



Leonard Cheshire, VC, OM, DSO, DFC.

This year, the beginning of a new decade, sees the retirement of our Chairman, Peter Rowley, and of our Vice-Chairman, Sir Henry Marking. So much a part of us have they become during their long years of service, that one might call it the closing chapter. Yet, I am happy to say that that is not quite the case, for they are each continuing in a different capacity giving us their skills and their commitment.

Sir Henry – Human and Witty

Henry first came to us 32 years ago. I must say that that it was an unlikely arrival and one that took me by surprise. He at that time was right hand man to Marshal of the Royal Air Force Sholto Douglas in the task of building up BEA, as it was then called, into Europe's major airline. We were hardly a structured or organised Foundation and I used to wonder what he thought of us. He had been attracted by a close friend, Francis Collins, who was then trying to start a Home in Ceylon and persuaded Henry to visit the newly founded Home for mentally handicapped children in Jamshedpur, India. What it proved to me was that the need of a human being came uppermost in his mind; the fact that the Foundation might not be as well organised as he would have liked was a secondary consideration. I might add that he was gifted with an exceptionally keen wit, and could at times make one almost double up with laughter.

Peter Rowley – Practical and Direct

Peter came some 10 years later, he too from the world of business in which he held an important post as a lawyer.

In his own way he must have been surprised at the lack of structure that the Foundation still had and he likewise saw the need of a more businesslike approach, though without losing the personal and human touch.

His special gift was the ability to put across a case forcefully and clearly, confining himself to the essentials. If he disagreed with one's point of view, he left one in no doubt at all about it. But better that way than beating about the bush.

When one looks at the Foundation as it was 8 years ago, at the beginning of his chairmanship and considers it now, the evidence of the unique contribution he has made is plain to see.

Their Remarkable Loyalty

From a personal point of view, both Henry and Peter have in their own different ways pulled me up from time to time and stopped me taking a wrong path, and for that I shall always be grateful. But far greater is my gratitude for what I can only describe as their remarkable loyalty to the principles for

which they felt I stood. It has been a happy and a constructive partnership which I will look back on for the rest of my life with immense gratitude.

Leonard Cheshire



Peter Rowley, Chairman of The Leonard Cheshire Foundation since 1982, is officially retiring from the position in May.

He will continue to offer full support to the newly elected Chairman, General Sir Geoffrey Howlett, and to be a Trustee. In addition, he will chair the International Region covering Cheshire Homes in Europe, which he hopes to strengthen and expand.

Profile of a Retiring Chairman – Peter Rowley

First Interest

Peter first became interested in Cheshire Homes when his wife **Ethnea**, who had sponsored a Resident to go to Lourdes, visited Seven Rivers Cheshire Home in Colchester, and came back so moved and impressed by what she had seen that she asked her husband to contact the Foundation to find her a voluntary job. He did so and was immediately asked to become Honorary Treasurer.

'She was a little disappointed that I got the job' he recalls with a smile, 'But since then of course she has been totally involved anyway. In fact, without my wife I could never have done what has been a very demanding job. I'm always persuading other Trustees to get their wives interested in our work, because it is so time consuming and demanding, and sharing a commitment helps so much.'

A Period of Expansion

Looking back over his Chairmanship, Peter sees that the Foundation has expanded enormously in all directions. 'That expansion, of course, had been started under the previous Chairman, **Air Chief Marshal Sir Christopher Foxley-Norris**, but nine years have seen the plans burst into flower.

'We have worked hard to provide more and more options for disabled people, with smaller residential units, independent living, Family Support, and opportunities for disabled people to exercise their rights to participate in decision making and to control their own lives as they wish.'

He feels that great progress has been made in attitudes to disablement, while admitting that some 'remnants' of outworn Victorian attitudes unfortunately still remain.

Park House

Of particular pride to him is the refurbishment of Park House, Sandringham, and its subsequent superb success as a hotel for disabled people. 'There was a certain amount of opposition to the project at the time, but I think that all would agree it was all very well justified by the result,' he comments.

The Founder's Inspiration

The Founder has always been a great inspiration to him and he has always endeavoured to keep in close touch with his thinking, which so often sheds new light on problems.

Overseas Work

Peter Rowley, despite his heavy schedule in the UK, has always taken a great interest in the Foundation overseas. A keen traveller, he has always arranged to take his holidays overseas in countries where there were Cheshire Homes to visit, and in addition has been on numerous official visits with the Founder all over the world.

A Worker and Fighter

A retiring, modest and private person, Peter Rowley is nevertheless a determined fighter. He began work as an office boy, but also studied for a Law Degree at night school. During the war, he was commissioned in the 14th Battalion of the Sherwood Foresters, and saw active service as an Infantry Officer. He was awarded the Military Cross when the break out from Anzio took place. On demobilisation, he resumed studying for a Law Degree at Oxford, graduating with an Honours Degree. In 1948 he became an articled clerk to a prestigious City of London firm of solicitors, subsequently becoming Senior Partner. The qualities that brought him success from an unprivileged background have been brought to serve the Foundation in a dedicated and unselfish way.

Vice-Chairman for 15 Years

Sir Henry Marking is also retiring as Vice-Chairman of the Cheshire Foundation, a position he has held since 1975. He will continue as a Trustee and as Chairman of the International Committee



Thirty Two Years Service

Sir Henry's involvement with the Foundation began in 1958 when he was on holiday in West Bengal and was taken to see the Jamshedpur Cheshire Home for mentally handicapped children who came from the slums of Calcutta. He was deeply impressed with what he saw, and on return to England made contact with the Cheshire Foundation, then housed in Market Mews, London W1, explaining he wanted to help in any way he could.

'After several weeks of badgering I was invited to meet Leonard Cheshire who said he would like me to become Honorary Personnel Officer', he said. 'My job was to deal with applications from volunteers and paid staff who wanted to work in the Homes, either here or abroad. At first I held a weekly surgery for interviews, but soon realised a questionnaire was a more effective way of sorting the wheat from the chaff. I remember, for example, a rather unsuccessful burglar who applied! He'd been in and out of prison for 17 years, but wanted to go straight. We gave him a job in one of the Homes and he did extremely well, eventually marrying a fellow member of staff.'

In 1962 he was appointed a Trustee, and shares the honour with Peter Allott of being the longest serving member of the Board. At this time, he was much occupied with sorting out the many problems of the Homes he was allocated responsibility for. Currently he is the Link Trustee to three Homes and to Park House, Sandringham.

The International Scene

As a much travelled man, he became increasingly aware of the desperate needs of disabled people overseas, particularly in the developing world, and felt he wanted to become more involved with this aspect of the Foundation's work.

'As facilities for disabled people in the UK improved, it seemed important to establish more Homes in countries where poverty was rife and the needs so overwhelmingly great', he said.

Since April 1972 when he took over as Chairman of the International Committee, of which he had been a member for many years, he has travelled constantly visiting overseas Homes and has presided over a remarkable expansion since that time. Cheshire Homes overseas now number 178 in 48 countries.

Lack of Funds

'We could do much more if we were not hampered by lack of money', he laments. 'It's a great disappointment to me that UK Homes, with a few notable exceptions, do so little to help their much less fortunate brothers and sisters overseas.'

'Not all the blame can be placed on them, however. When Residents make a great effort to collect money for overseas Homes, they seldom get a thank you or even an acknowledgement of their efforts. Not

unnaturally they lose interest and devote their efforts elsewhere. I've told overseas Homes quite bluntly that it is ungrateful, and that if only they would keep in regular touch, express appreciation, send photographs and news of their doings, I am sure the help and interest would be greater.'

A further worry is that grants from funding authorities such as the Overseas Development Corporation, Caritas and the EEC are not forthcoming unless matched £1 for £1 by the Foundation, but such amounts are not readily available to equalise with grants it would otherwise get.

A Notable Contribution

Sir Henry has had a prestigious career. He qualified as a solicitor after the war, during which he was awarded the MC, and later joined British European Airways, to be appointed Chairman in 1971. Then when British Airways was formed, he became the Deputy Chairman and Managing Director for the first five years of its existence.

In 1977 he was appointed Chairman of the British Tourist Authority until he retired in 1984. A witty and worldly man, he has been a great influence in the Foundation, not only bringing to it with generosity his wise counsel, but also providing it with invaluable contacts from a wide spectrum of his business interests and personal friends in the UK and around the world.

The Foundation's Work for Mentally Disabled People

by Susan Evershed, A Foundation Trustee and Chairman of the Mental Care Committee

Quite often I come across people who are surprised to learn of the existence of the Homes which this article is about. 'Of course I have heard of Cheshire Homes,' they say; 'but aren't they for disabled people?' Yes, indeed they are, but disablement takes many forms. It may also come as a surprise to many people that mental disability of one kind or another affects more people than all other forms of disability put together.

No Discrimination of Handicap

Fortunately the Cheshire Foundation makes no discrimination between one form of handicap and another, and for many years there have been Cheshire Homes offering help to people who are mentally disabled. Amongst these there are three Homes which cater for people suffering from the long-term effects of mental illness. Between them, these three Homes are at present caring for the needs of 68 people. Members of staff and Management Committees are involved in the rehabilitation of Residents recovering from acute mental illness as well as in giving ongoing support to those who are able to live in either staffed or unstaffed Group Homes. The care offered by these three Foundation Homes is a vital service to the communities in which they are situated and provides a reassuring answer to all those anxious questions so often asked about the wisdom of patients being 'turned out' of psychiatric hospitals into the community.

Residential Services in Seven Homes

Besides these, there are seven Homes within the Foundation which provide a residential service for people with mental *handicap* as distinct from mental *illness*. A person who is mentally handicapped cannot be 'cured' but can be educated and helped to develop his or her full potential. People with mental handicaps are very varied in the nature and degree of their ability to cope with life, but all have ordinary human needs – work, leisure activities, companionship and understanding.

Independent Living Opportunities

Altogether the mental handicap Homes have 86 Residents. Most of them live together in staffed houses in groups of between 3 and 12, but one Home – Bell's Piece in Farnham, the Foundation's first home for mentally handicapped adults – has acquired two flats in the neighbourhood, each providing a home for two Residents who can manage to live independently, with staff of the 'core'



Towards a new life: Peter Sell of Bell's Piece is a trainee at a local supermarket. Two years on he still has his job as a Customer Care Assistant.

Home giving them any assistance they need. Another Home – Pound House in Dorking – is about to open its first satellite house which will offer a similar opportunity of independence to two or three of its Residents. The success of these independent living ventures bears witness to the vision and enterprise of staff and Management Committees in their willingness to take risks and step out into an area of community provision only just beginning to be explored by those responsible for care of the mentally disabled.

A Real 'home' for Mentally Handicapped Children

Each of the Homes has its own distinctive character. One which is entirely different from the rest and, as far as I know, unique, is really not one but seven homes – that is to say its 21 Residents live in

seven separate little houses scattered about the town of Dorchester in Dorset. In earlier days the Foundation had several Homes for children with severe multiple handicaps, physical and mental. When demand for their services declined and vacancies were unfilled, two of them were closed down. The remaining two, in Dorset, were also wound up in their original form and the children were moved into the present smaller houses where it is not only possible to create a really homelike atmosphere and give individual care, but also where their presence invites the awareness and welcome of the neighbours. They are not just 'the kids from the Home' but real people living in ordinary houses in ordinary streets like everyone else. Some of them are no longer children but young adults whose future care is assured by the Management Committee's decision to provide a home for them for as long as they need it.

Occupation and Purpose

An important part of anybody's life is their daytime occupation, be it work or school or other purposeful activity. All the Residents in our Homes attend schools or Day Centres or are involved in work schemes either whole or part time.

A few have jobs in open employment, perhaps helping in playgroups or Homes for the elderly, in riding stables or gardening. One young man is employed by a local supermarket. Two of the Homes in Surrey have developed their own horticultural schemes; pot plants, bedding plants, hardy perennials and vegetables are grown and sold to the public, and garden maintenance is undertaken as well as footpath and bridlepath clearance.

Visiting a Good Experience

A visit to one of our Mental Care Homes is a good experience. The visitor will be given a very warm welcome by staff and Residents keen to share their enthusiasm for their home and to tell you all about their activities or show you their holiday photographs. They will also be extremely interested to know all about you.

Conversation and cups of coffee will be in plentiful supply, often enjoyed in the large and friendly kitchen with people coming in and out all of the time, and someone is sure to invite you to visit his or her own room. Here the Residents have scope to express their own preferences in decor and furnishings, a place for privacy where they can keep their own possessions and be alone when they wish. If the visitor has ever been inside a large mental institution of the old (and sadly still existing) type, the contrast will be startling. He will no doubt reflect that until quite recent times there was little choice for a mentally handicapped person whose family was no longer able to care for him; the local institution was the only answer.

Building Up Value and Dignity

There is a much used and often misunderstood word current in the context of mental handicap: 'Normalisation'. This is the underlying philosophy of the Cheshire Foundation in its work for mentally disabled people. It does not mean that we believe we can somehow make normal something which is not normal, but rather that we seek to offer a normal environment to

handicapped people, the sort of environment and the kind of work and leisure which everyone in our society values and recognizes as normal. This will involve a perception of the value of each individual person whatever his or her handicap may be, a recognition of strengths rather than weaknesses, an emphasis on achievement and self-help rather than dependency. 'Normalisation' is a question of attitude of mind towards the person with a handicap, building up

his value and dignity rather than diminishing him by perceiving only his shortcomings and deficiencies. The kind of house he lives in, the manner in which he is helped to manage his own life, the way we talk to him, and absence of barriers to his experience of human pain and pleasure – all these are elements of normalisation which we strive to incorporate into this area of the Foundation's work for disable people.

(Continued on back cover)



Residents of St Mary's Meadow, Hayling Island, Havant, enjoying a holiday in Tunisia.



Residents from Bell's Piece Cheshire Home, Farnham, Surrey, are seen here touring the House of Commons guided by Mrs Virginia Bottomley (centre), Minister of State, Department of Health, a keen supporter of the Foundation's work.



Residents of Bell's Piece arriving at a youth hostel after an 11 mile hike.

Foundation Respond to Government White Paper on Caring for People

Following the Government's White Paper 'Caring for People', the Trustees of the Cheshire Foundation, together with senior members of Central Staff, met in Harrogate to discuss its implications.

Shortly afterwards, **Mr Bruce Weatherstone**, Chairman of the Executive Committee, issued the following statement to the press:

'We see this as a unique opportunity to put into greater effect the Foundation's objective of meeting the individual needs and aspirations of people with disabilities, provided that central funds transferred to Local Authorities for community care are reasonably safeguarded, and financial difficulties over the continued separate registration of nursing homes are overcome.'

'The White Paper provides a basic framework within which our community-based Homes and Services can now begin to plan on a long term basis without the uncertainty of constantly shifting Government policy. Our aim will be to enter into further partnership schemes with Local Authorities, Housing Associations and other agencies to develop a mixed economy of care in the community.'

Important Points

In a memorandum sent to Homes, Family Support Services, and committee members, **Arthur Bennett**, the Foundation Director, drew attention to three points:

1. To reassure Residents that the present scheme of Special Income Support limits for existing claimants will be preserved when the new funding structure is introduced on 1st April 1991.

2. Concern felt that support for community care is to be provided principally through the Revenue Support Grant, instead of, as recommended in The Griffiths Report, by a specific grant. This gives no guarantee that central funds distributed to Local Authorities for community care will be used solely for that purpose.

3. Disappointment that the substantial problem of the separate funding of residential and nursing home care through social security, with no assessment of need, has not been addressed. In his Report Sir Roy Griffiths said: 'This is a particularly pernicious split in responsibilities and a fundamental obstacle to the creation of a comprehensive local approach to community care.'

Draft letters to 26 MPs and members of the Lords making representations on these matters have been sent out from the Chairman of the Foundation.

New Liaison Officer Sought

The Foundation has also created a new post of Liaison and Development Officer to advise and co-ordinate its response to the White Paper 'Caring for People' and the changes that will stem from it.

Mounting Costs in Care Homes

The following letter was published in *The Times* on 1st December 1989 from the General Secretary of the Foundation:

Sir, Mr Norton (November 23) states in effect that the cost of nursing home care is generally greater than that in a residential care home. That is our experience, too, and it is not surprising.

He then states that 'the costs might have to be adjusted', by which he evidently means that the client in a home which the National Care Homes Association represents may have to be charged more.

If such homes in the private sector are able to pass on their additional cost in this way they are fortunate. This charitable foundation, providing residential and family care for 41 years, has, since 1985, found itself unable to secure for its Residents who are nursing cases sufficient funds from statutory sources to cover anything like the actual cost of the nursing care.

This is one reason why we resist those health authorities who seek to declare some Residents in our Homes to be nursing cases. Disabled they may be, but not necessarily sick.

In some Homes, despite voluntary help, the true cost of providing care has risen to over £450 per week. This is met for most Residents by income support of £200 and the balance from 'topping up' by the local authority, which has vetted the Home's budget. But for 'nursing cases', so assessed without appeal by the health authority, the maximum income support payable is only £235, rising to £245 next April.

By a legislative quirk there can be no top-up of this sum. So for all our nursing cases the foundation is forced to endure a substantial and rising deficit.

Let us hope that the Government's new legislative proposals, outlined in the White Paper *Caring for People*, will indeed end what Sir Roy Griffiths referred to in his 1988 report as 'a fundamental obstacle to the creation of a comprehensive local approach to community care'.

Yours truly,
SIMON HARDWICK,
General Secretary,
The Leonard Cheshire Foundation,
Leonard Cheshire House,
26-29 Maunsel Street, SW1.
November 24.

YOU write to US

A Services Self-Help Group for M S

Over the past few months, we have been formulating a self-help group, which we have now called Mutual Support, aimed at helping those who are, like ourselves, unfortunate enough to have Multiple Sclerosis whilst still serving in the Armed Forces. This letter briefly outlines the aims and constitution of the group.

1. There is a 'gap in the market' so far as someone with M S is concerned if they are still serving in any arm of the Forces. This is true of both the Serviceman and Service dependents. Whereas this gap is understandable, it nonetheless causes a certain number of anomalies. For example, it is unrealistic to expect every unit medical officer to have the level of expertise in what is, thankfully, an uncommon condition. This is of little consolation to the patient.

2. Mutual Support aims at providing contact with others who have the same condition who could know, from personal experience, the answers that tend to be otherwise evasive.

3. The aims of the group will be to provide:
a. A service based network of persons with M S who provide mutual, moral and emotional support, through self-counselling, advice and information.

b. Funds sufficient for the administrative needs of the group.

4. We have several useful addresses within the Armed Forces, but realistically we intend to press on as we have already found that the wheels move slowly on these matters within the Services.

**Flight Lieut Kim Bartlett,
Leading Wren Sue Smith,
HMS Warrior,
NORTHWOOD, Middx,
HA6 3HP**

Wheelchair Offer

I suffer from multiple sclerosis and would be obliged if you could alert your readers to the following: For sale: BEC 17 Electric Wheelchair. Excellent condition. New battery and charger. £400 or near offer. Reply to 12 Pinewood Avenue, Bolton le Sands, Carnforth, Lancs, LA5 8AS or telephone 0524 822259.

**Joan Batty (Mrs)
Carnforth, Lancs**

Postage Paid

In response to your appeal for donations towards the costs of postage for The Cheshire Smile (page 15 of the October 1989 edition) the Tees-side Cheshire Home House Committee have requested that we send you £20. Please find enclosed cheque for that amount.

Many thanks for the continued supply of this magazine. It is very much appreciated by us all.

**E Ellerby (Mrs), Secretary,
Tees-side Cheshire Home,
Marske Hall, Redcar,
Cleveland**

Friends' Kind Gift

We have much pleasure in enclosing cheque for £10 to help with postage costs of your wonderful Cheshire Smile publication, and to say how very much this is enjoyed by Newquay Friends, and to thank you so much for sending the magazine to us. We do pass it around the Newquay Area!

Wishing you continued success for the future.

**Eric S Barnes, Hon
Chairman, Newquay Friends
of St Teresa's Cheshire
Home, Cornwall**

Showerproof Capes

I have received quite a few enquiries about waterproof capes since my cape-making service was mentioned in the August 1989 issue. Unfortunately I am unable to make these specialist garments, but I am now offering to make showerproof capes. The fabric is similar to that used for anoraks and raincoats, and the capes may be left or right wrap for ladies or gentlemen. I will gladly send samples of this and the woollen fabrics to anyone who cares to send me a SAE.

When I decided to offer the capes by mail order I never dreamt there would be an international need, but I have received orders from Zimbabwe and New Zealand!

**Brenda Redmile,
32 Cherry Tree Avenue,
Leicester Forest East,
Leicestershire LE3 3HN**

Keeping In Touch

I enclose a cheque for £10 towards the cost of producing The Smile. It is a really excellent magazine, a good cross-section of opinions and activities which keep me in touch with an organisation for which my late husband was once Treasurer and Trustee.

**Kay Handscomb,
Crawley, Sussex**

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
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The Editor

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FEET-UP

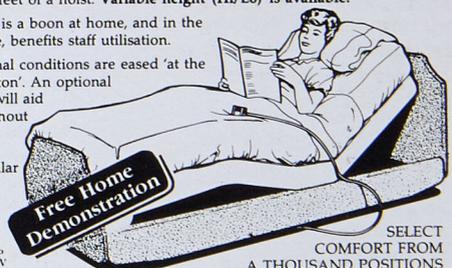
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Seven Springs Cheshire Home, Tunbridge Wells, Kent, report with sadness the death of three Residents:

A Leader

Vic Field, a very popular member of our family died on the 8th September. He was a great leader and organised trips to the Gliding Club at Charing, of which he was a member. As a member of the Constitutional Club he enjoyed taking friends amongst staff and Residents as his guests to convivial evenings spent with other members. Having been a member of the RAF the Biggin Hill Air Display always received priority on his agenda. He will be very much missed by us all.

The First Resident

Ena Spencer was Seven Springs' first Resident and arrived during the floods of 1968 on July 8th. Ena had a life long desire to have a sweet shop and she quickly became a friend of Irene who then ran our shop and on the death of Irene took control of the shop and ran it until shortly before her death. She had an ardent desire always to please her customers.

A Poet and Painter

Doris Manning, who had been a Resident at **Seven Springs** for seventeen years, died very suddenly on 10th August 1989, at 64 years of age. During her time at Seven Springs she had composed poetry which was and still is sold in aid of the Home. In latter years she also mastered painting by mouth and became adept at painting roses. She will be greatly missed.

Lorna Ridgway, Founder and Director of The Compaid Trust, writes the following tribute:

Doris

Courage, dignity, creativity; these words sum up the character of **Doris Manning** who suffered from multiple sclerosis which by the last years had paralysed her to the neck.

Obituaries

Undaunted, Doris drove her wheelchair vigorously around by her chin, operated Possum environmental control by suck-puff, painted lovely pictures by mouth and by the same means operated a computer for word-processing and a synthesized key-board in the Home's Music Group. Her poems had been printed in the same volume as some of John Betjeman's and had raised over £1,000 for the Home by sales in duplicated booklets. One of them, on 'Euthanasia' was chosen for the GCSE's literature studies. Her last explorations had been into the field of design and colour in computer graphics. These creative talents, she declared, had only emerged as the m.s. took its slow, inexorable course; she often expressed gratitude to the Home for providing these liberating opportunities.

It was a remarkable example of the triumph of the human spirit over physical adversity, an inner healing which took place by a tremendous effort of will, sustained by her deep Christian faith.

By the end of her life Doris had only a kindly cousin of her own family left. She inwardly mourned the loss of her dearly-loved brother, a Minister, to the end of her days. But the family of Seven Springs, about whom she has written in the Cheshire Smile, was dear and close to her. She had been a Residents' Representative, a voice for those who could not speak for themselves, a staunch ally of those in need of advice, to whom she gave freely of her own courage and understanding of life.

Doris's funeral service and the subsequent Service of Thanksgiving for her life where the Music Group of which she had been a member for more than ten years played, were attended in large numbers by people who loved and respected her for the quality of her personality and for her achievements.

We have been changed for the better because we knew her.

Waiting by Doris Manning

How very much of life is spent in waiting;
Waiting to get up,
Waiting to go to bed,
Waiting for sleep,
Waiting for friends,
Waiting for transport,
Waiting for holidays,
Waiting for birth,
Waiting for marriage,
Waiting for death.

WAITING WAITING, WAITING

And sometimes in the waiting there is pleasure,
And sometimes in the waiting there is pain,
So when at length there comes the final waiting
May such sure hope and truest faith abound
The time be spent in glad anticipation
Of life unceasing and a joy profound.

A Brave Fighter

Michael Willis, Manager, Greenhill Cheshire Home (Banbury) writes:

It is with great sadness that **Greenhill House** announces the death of **Mrs Carmel Smith** on Saturday 21st October 1989.

Carmel had been with us only a year, having lived at home with her family till then.

Her will to live and continued fight against her illness were an inspiration to all who knew her. She will be greatly missed by all her friends amongst the Residents and Staff of the Home.

The following was included by her family in the Order of Service at Carmel's funeral:

'After a year of extraordinary love and care at Greenhill, she died peacefully, surrounded by her family and the Staff. She had borne her illness patiently.'

A Much Loved Resident

Mote House Cheshire Home, Maidstone, Kent, record with sadness the death of **Richard Mains** on November 5th 1989. He was a much loved Resident who was also known by many Residents and Staff in other Cheshire Homes. Richard will be sadly missed by his many friends. Deepest sympathy is extended to his mother and family.

A Triumphant Last Battle

On 26th November, **Jack Ashman**, aged 69, Resident of **Arnold House, Enfield**, since 1984.

Jack suffered from Parkinson's disease and will be much missed. He wrote the following account of a holiday spent at Maften Hall, Northumberland, which for him was memorable:

'The weather was not kind, but the scenery in all its moods gave much pleasure. The stark beauty of so much of the Lakes, Buttermere, Helvellyn, the sound of cascading white water at its very best after heavy rain. Crossing the Border, a little of real Scotland.

Remember best Jack, bloody and scarred, triumphant in one of his last battles - he defeated the Romans at Chester, and walked unaided on Hadrian's Wall.'

Brave and Gentle Young Man

It is with sadness that we announce the passing in October 1989 of **Edward Clark Lucy III**, age 27. He was a Resident of Cheshire Home, Florham Park, New Jersey, USA, for three and a half years. Ed was serving in his second term as President of the Residents' Council. During his tenure he brought his abilities as a problem solver and good listener to his position and was a good friend to all who knew him. Ed received his Bachelors Degree in Business Administration from Stockton State College. A memorial fund has been started by his family and donations can be sent to: Cheshire Home, 9 Ridgedale Ave, Florham Park, NJ 07932 USA.

A Sterling Supporter

The Management Committee of **Park House** is very sad to announce the death of **Kenneth Rowlands** on 22nd October 1989 after a long illness. Ken had a long association with The Cheshire Foundation – in the 1960s whilst based at Liverpool with the Construction Industry Training Board, he was Chairman of Freshfields Cheshire Home. He moved to Norfolk in 1980, and when Park House was established he became actively involved with The Companions of Park House and as a Member of the Management Committee. Through Ken's guidance many improvements were made to both Freshfields and Park House with the help of the Trainees from the Construction Industry. He will be greatly missed, and our love and sympathy go to his wife, Betty, who is continuing to be a great supporter of The Foundation.

Peter's Radio Triumphs

'WHAT A REMARKABLE MAN' – these were the words of Scotland's ebullient Tourism Chief Alan Devereux after his meeting with Peter Odell at Mayfield House in Edinburgh.

Alan heard of Peter's amazing achievement in the world of Amateur Radio, and, as an enthusiast himself was anxious to meet with Peter. The meeting and the conversation that followed were recorded for Radio 4 and broadcast the next day.

Peter was born with Cerebral Palsy, and the only controlled movement he has is in the toe of his right foot. With this toe Peter manages to tune the delicate pieces of equipment enabling him to talk to other enthusiasts from all over the world. His daily receipt of letters, postcards and QSL* cards confirm the extent of his outreach. His call sign is very apt – TWINKLETOES.

When Peter's enthusiasm for Amateur Radio first grew it was mandatory to have a pass in Morse Code to obtain a licence. As Peter was unable to read this seemed indeed a difficult task, but in stepped his mother, who decided that the only way around this was to learn

Morse Code herself. She did this and then taught Peter who quickly became proficient enough to be awarded his licence.

In 1958 Peter was the first winner of the 'Mullard Award' for outstanding personal services to the Community. Since then he has received numerous awards and merits. In 1989 he was awarded the 'Spectrum Award' for endeavour and was allocated the number 001 on his certificate, once again the first recipient.

Peter never mentions his handicap on air and, apart from a reference on his QSL card to membership of the Invalid and Bedfast Club, there is no indication at all that he is completely disabled.

Alan Devereux commented that **Peter could do more with one toe than he could with both hands. This says a lot for the endeavour and the character of a man who brings pleasure to people from all over the world and who certainly livens up the Leonard Cheshire Foundation in Edinburgh.**

(* QSL Card – A recognised acknowledgement of a conversation that has taken place between two enthusiasts.)

Peter Odell, at left, broadcasting with Alan Devereux, Scotland's Tourism Chief.



Increased Benefits for Disabled

Mr Tony Newton, Secretary of State for Social Security, commenting on expenditure plans for social security announced in the Chancellor's Autumn Budget, stated that 500,000 disabled people and their carers would benefit to the tune of a further £100 million.

The money has been allocated in the following ways:

- 1 Real increase in adult disability premiums.
- 2 Disabled child premiums more than doubled.
- 3 New carers' premium for people receiving Invalid Care Allowance.
- 4 Attendance Allowance for terminally ill people.
- 5 Abolition of lower age limit for Attendance Allowance.
- 6 Invalid Care Allowance extended to the groups newly receiving Attendance Allowance.
- 7 Mobility Allowance extended to deaf-blind people.
- 8 Invalid Care Allowance earnings limit up by two thirds.
- 9 Budget for the Independent Living Fund more than doubled.
- 10 Invalidation Benefit to continue for recipients going on to employment rehabilitation course and 'beneficial' earnings limit raised for Invalidation Benefit and Severe Disablement Allowance.

Mr Newton also promised that he would shortly be publishing further proposals designed to improve 'the balance and structure of provision for disabled people'.

A Thought for the Able-Bodied From Jean Taylor of Mote House, Maidstone 'In Spite of Wheels'

Just because I have to rely on wheels to get from place to place, is that so strange? Do you *walk* everywhere or do you hop into the car or on to your bicycle to get to your destination? So what is the difference between us?

Because I use a wheelchair that doesn't mean I think any the less deeply than you. In fact my disability may make me more thoughtful and considerate of the problems of others, both disabled and able-

bodied. After all, problems are not the prerogative of either of us, and I can be a pretty good sounding board if needed.

Like you who are mobile on your own two feet I have ambitions, many of which I manage to fulfil in spite of wheels, and I get as great a sense of satisfaction as you do when I can say 'I've done it!'.

So please remember if we ever meet, don't see the wheels . . . see *me*.



A Four-Footed Fund-Raiser

Katie, the four-footed canine friend and faithful companion of Margaret Peach, Arnold House's Honorary Treasurer, has found her own way to raise funds for a new ambulance for

the Home. Every day she goes for a run in a nearby field adjacent to a Golf Club where she has retrieved over 200 lost balls which were sold to the Golf Club for £40. She is continuing the good work!

Independence is My Crime

says Pam Phillips



Pam Phillips is physically disabled but unfettered in her mind. She says she has written the following article because she finds 'the more I try to be independent the more people make me dependent on them'.

There is one crime I will always be guilty of. I resent unwanted help from able-bodied human beings. My resentment is fierce and difficult to control. I have often lost friends because I really detest people who take pleasure in taking me to the bathroom, opening and closing my purse, or wiping my face. Apart from these infuriating habits, these people are generally pleasant and intelligent.

Upsetting Attention

So why do they do it? Perhaps they cannot resist it as I cannot resist stroking any dog I might meet. I would not do anything of a personal nature for anyone unless they asked me to. Then I would help them gladly. After all, if someone wants to have food on their face, what business is it of mine to wipe it off? The world will not end because someone's face is unclean. But that someone can feel extremely upset if his or her unclean face is wiped for them, especially if it is done in public. This has happened to me on countless occasions.

Educated for Independence

I sail a challenger trimaran. I ride a horse. I raise funds for charity. If I am judged capable of doing these things, why am I not judged capable of doing personal things for myself? I know that if this article is published, I will be accused of being 'bitter'. I do not really care. I was educated to be independent. I had an expensive education. I will not waste it. Nor will I let anyone waste it for me.

Information

■ **St Cecilia's Successful Fund-Raising:** St Cecilia's Cheshire Home, Bromley, Kent, received a cheque for £1,165 presented by Gary Watts, Captain of Shirley Park Golf Club, to Ron Relf, the Home's Chairman. Their Autumn event, officially opened by Mac Wilson, Honorary Vice-President of the Magic Circle, raised £1,303 towards their funds, thanks to magnificent support by volunteers, and particularly the Friends of St Cecilia's

■ **New DLF Director:** The Disabled Living Foundation has a new Director. He is Mr James McKinnon, who was formerly Director General of The Invalid Childrens Aid Nationwide. He has also worked with The United Nations Childrens Association and The Rathbone Society. Mr McKinnon succeeds Miss Elizabeth Fanshawe, who is now Director of the DLF's new Personal Injury Compensation Claims Service.

■ **MS Conference:** The Conference and Scientific Symposium of The International Federation of Multiple Sclerosis Societies will be held in Dublin from 15-19 October 1990. Further information from Conference Secretariat, PO Box 5, Dun Laoghaire, County Dublin, Ireland.

■ **Survey on Communications Aids:** Mrs Sally Conner, Speech Therapist at St Bridget's Cheshire Home, is conducting a survey on the potential requirements for communication aids within Cheshire Homes. Speech therapists, physiotherapists or occupational therapists are asked to fill in a questionnaire, obtainable from Sally Conner at St Bridget's Cheshire Home, Ilex Close, RUSTINGTON, West Sussex BN16 2RX.

■ **Attendance Allowance Claims:** A recent Annual Report from The Attendance Allowance Board reveals that new attendance allowance claims went up 13% in 1988, compared with 1987. The allowance was paid to over 65% of claimants.

■ **Plain English:** One of the award winners in the Annual Plain English Awards was the Department of Social Security, for a leaflet entitled 'About Your Appeal' which seeks to explain how a claimant can appeal to an independent Social Security Tribunal against a decision made by an adjudication officer on a benefit claim.

■ **Disabled Theatre Company:** GRAEAE is the only professional theatre company of disabled people in the UK, and wants to perform work written by disabled people. Any disabled person writing plays, or keen to learn how to write drama, should contact GRAEAE Writers Project, 10 Wood Lane, Great Coates, GRIMSBURY DN37 9NH.

■ **Inter-Homes Quiz:** Champion Cheshire Home, Pudsey, invited Residents from nearby Kenmore Cheshire Home and Spofforth Hall to take part in a quiz. There were four members in each team. The Spofforth contingent were delighted that they won. A return match will soon be arranged.

■ **Freshfields Appeals Group Reaches Over a Quarter of a Million Pounds:** The Appeals Group of Freshfields Cheshire Home, Formby, Liverpool, has now raised over £260,000. About eight years ago Arthur Hunter, the Director of Appeals, reorganised it to include every member of the Management Committee. Each year hundreds of letters were sent out to carefully selected potential donors, and this meant a great deal of work. The work of the Appeals Group is in addition to the very valuable fund-raising activities of surrounding local Support Groups. In 1989 an exceptional total of £78,506 was raised for the Home.

■ **Study Tours:** Project Phoenix Trust's 1990 programme offers mixed physical ability study tours. Places are available on two visits for both able-bodied helpers and handicapped participants. Visit 1. 15th to 22nd August 1990: Belgium – overland in special coach

Visit 2. 17th to 27th September 1990: Andalusia, Spain, by air. For further details apply to The Secretary, Project Phoenix Trust, 68 Rochfords, Coffee Hall, MILTON KEYNES, MK6 5DJ enclosing first-class stamp.

■ **Holiday Guides:** RADAR (Royal Association for Disability and Rehabilitation) publishes two guides to help disabled people choose the holiday best suited to their individual needs.

The first is *Holidays in the British Isles 1990*, which contains information on accommodation accessible in the UK, transport arrangements, activity and special interest holidays. The second is *Holidays and Travel Abroad 1990*, which gives information on holiday opportunities for disabled people in 40 countries. Details include air and sea transport, accessible hotels, wheelchair and car hire, and useful addresses.

Both available from: Publications Dept, RADAR, 25 Mortimer Street, LONDON W1N 8AB Prices respectively £4.50 and £3 incl pp. Also available at branches of W H Smith.

■ **Starshine:** St Bridget's Cheshire Home in Rustington, Sussex, recently had two unusually creative guests making exchange visits there. They were Mairead Manton, from the Cara Cheshire Home in Dublin, and Robert Newton, from Greenhill House Cheshire Home in Banbury. Mairead, a talented writer, is afflicted with cerebral palsy. She works a word processor with two fingers of her one good hand. Robert is a Thalidomide victim and draws holding his pen with two fingers of his one good hand.

A Royal Visit

Her Majesty the Queen, Royal Patron of The Cheshire Foundation, has agreed to visit Mayfield House Cheshire Home, Edinburgh, on Tuesday 10th July, a historic event much looked forward to by Staff and Residents.

A Day in The Life of Phyllis Pocock

Phyllis Pocock has been a Resident at Coomb since 1980. She lives her life to the full. Not only is she an extremely active, talented person, but, like all busy people she finds time to lend a helping hand to those less able than herself.



My day starts at about 7 o'clock, when the Night Staff get me out of bed and into my wheelchair. I then wash and dress myself, with the aid of my walking-sticks. Indeed, without my 'sticks' (from the days when I could walk) there would be little I could do for myself because of my short limbs. Bed-making follows, and then I enjoy washing my own clothes and hanging them out to dry just outside my room. I am now ready to plan for the day ahead.

After breakfast, work in the Activity Room begins. There is always a long list of items to be made, such as stools of all sizes and a wide range of soft toys. It is quite difficult to keep up with the demand, as visitors often wish to order what they see.

Knitting, crochet and embroidery are crafts I very much enjoy, and I have won prizes for entries in the local Shows and the Royal Welsh Show held annually at Builth Wells, in competition with non-disabled entrants.

Painting afternoons at Coomb are most enjoyable, and I have had a number of successes with my water-colours at the Creative Activities Contests, which makes me very proud. I am now trying my hand at oil-painting, and feel this will be great fun. I have only attempted painting since being at Coomb, and all my achievements would not have been possible without the help of our volunteer teachers, whom I thank most sincerely.

Our Home is twinned with a Cheshire Home in Mauritius, and we support them with a weekly collection from the Residents here. This is another of my responsibilities;

When they hear the rattle of my tin and the noise of my chair (christened K.9!), out come their purses. There is tremendous support from Residents and staff.

We are most fortunate to have a beautiful Chapel, for which we have to thank so many kind people. I am happy to be able to read the lessons at our Services and to help some of the Residents make their offerings.

Attending our International Conference in London this year was a wonderful experience, with so much to learn and so much to be thankful for after meeting our friends from overseas Homes. Two of the highlights of the week were the Reception for HRH Princess Margaret, and the Reception at Lancaster House.

For the past four years, I have been Treasurer of our own Women's Institute. We try and meet monthly, and it is gratifying to us to know that when it is our turn to provide the evening's entertainment at the Group meetings, we are able to maintain standards on a par with other WI branches, because it is our policy to encourage people to ignore the fact that we are in wheelchairs and judge us on merit alone.

Since I took up residence at Coomb, I have become expert at selling Raffle tickets! At least two or three a year are in support of our twin Home, in addition to others throughout the year, and there is always wonderful support for all our fund-raising.

I try to find time each day to read to my friend, whose eyesight prevents her from enjoying a good book. This is a double pleasure for me, for I enjoy being able to help. Several Residents are unable to write, so I do some letter-writing for them. It makes them so happy when they receive replies from their families. I also help to make phone calls for some of the Residents.

For at least 8 years, I have served on the Management Committee as one of two representatives of the Residents; I also serve on a sub-Committee. The work is most interesting and I can only hope I am of some help.

'Good Companion' evenings are occasions when I help to show friends around the Home, and generally have a good evening sharing thoughts of mutual interest.

My day usually ends at supper-time, after which we enjoy a chat about the day's happenings. And so to bed . . . leaving many jobs undone . . . but tomorrow is another day!



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

Bottom: Family Care in seven small residential homes in Dorchester is providing mentally handicapped children and young adults with a real home.

Here Darren, Stephen and Alison enjoy some recreation with Houseparents Lisa White and Keith Turnbull.

(Continued from p.15) **The Importance of Knowing**

The Head of one of our Mental Care Homes recently arranged for the Residents to participate in a series of instructional evenings on 'Personal Relationships', given by a member of the local Social Work team. Naturally the 'facts of life' formed part of the course. At the end of the session which had included this aspect of the subject, one of the young men burst into tears and when

he could manage to explain his emotion to the Head of Home, said: 'I always knew there was something they didn't tell me; now I am so happy because I know too.' His tears were tears of joy on being at last allowed to join the human race. If any justification is needed for the principle of normalisation, for treating handicapped people as people, or for the existence of our Mental Care Homes, I think this story says it all.