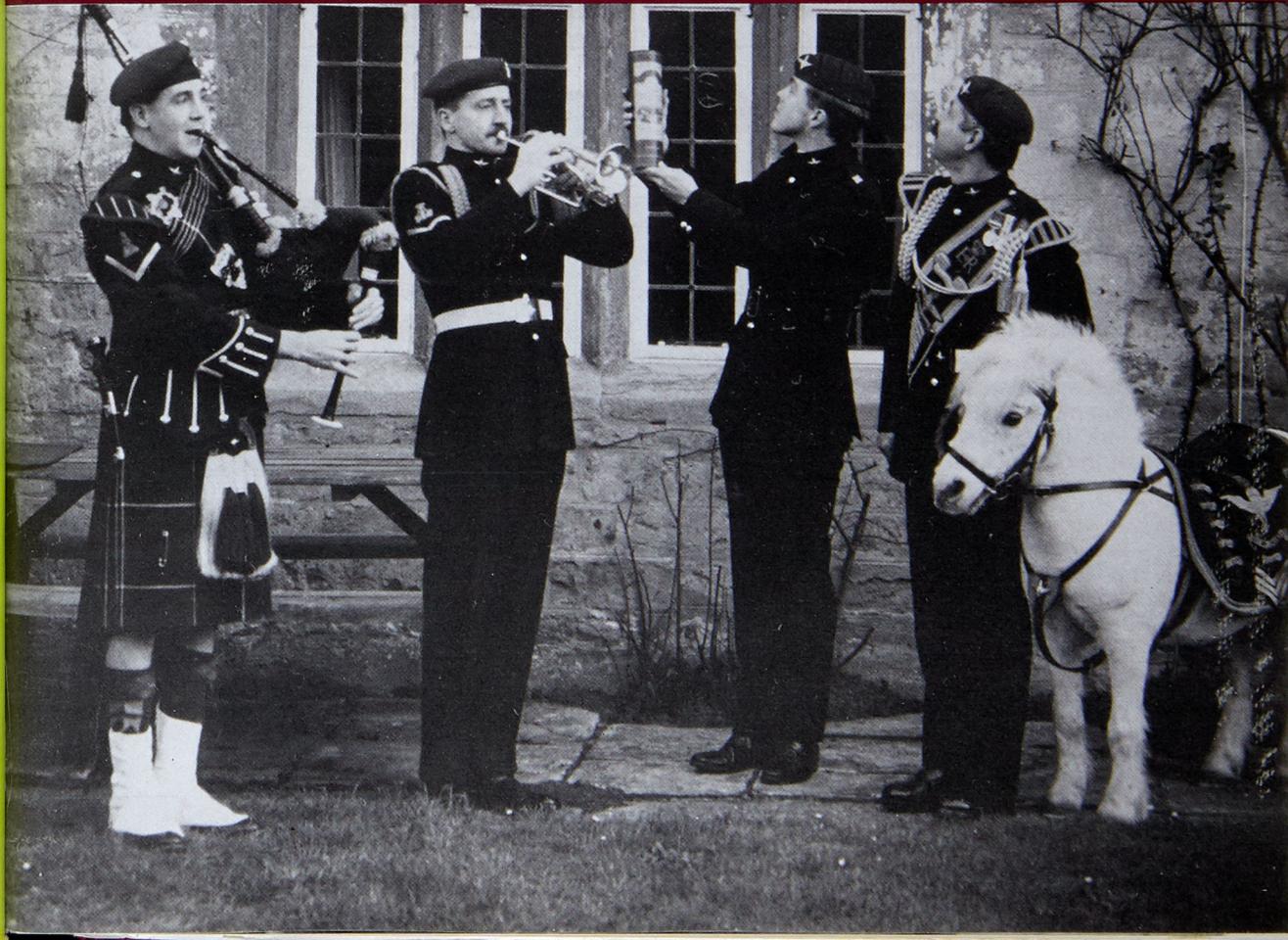


JUNE 1990

CESHIRE

Smile

MAGAZINE OF THE LEONARD CESHIRE 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 – picture shows The Cheshire Foundation's new Chairman, General Sir Geoffrey Howlett, Colonel Commandant of The Parachute Regiment, receiving birthday greetings under his bedroom window from members of the regiment and Pegasus III, the regimental mascot.

Photograph by Kenneth Mason, kindly supplied by The Daily Telegraph.

Editor Kay Christiansen
Hon. Treasurer Robin Fletcher
Production Editor John Anderson
Secretary Ben Howorth

**Editorial & Business Office, 66 The Ridgeway,
 ENFIELD EN2 8JA Tel: 081-367 3544**

MVO For Founder's PA

Tessa Perfect, who took over as Personal Assistant to Group Captain Leonard Cheshire in January, was invested with the MVO by The Queen at Buckingham Palace on Tuesday, 6th March.

The honour was awarded to her in recognition of 10 years service as 'Lady Clerk' in the Central Chancery of the Orders of Knighthood.

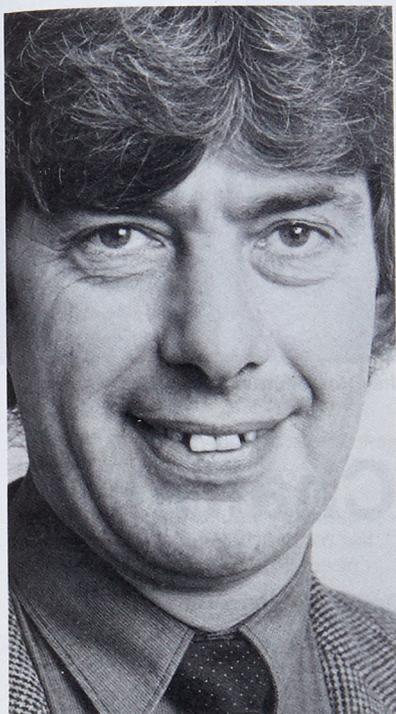
Tessa was accompanied to the Palace by her mother, Mrs Anne Perfect. The Queen, in congratulating her, showed great interest when she learned that she was now working for The Cheshire Foundation.

Tessa's work at St James's Palace was concerned with organising investitures for British awards to foreign nationals. 'It was quite an experience to be on the receiving end on this occasion', she said.



Tessa Perfect (left) with her mother Anne outside Buckingham Palace.

Focus on Family Support



Robert Naylor, Family Support Adviser.

The Foundation's Family Support Services represent an important growth area in future years, following the Government's commitment to Community Care.

In this and future issues Robert Naylor, the Foundation FSS Adviser, will keep readers informed of developments:

Rapid Expansion

'They do say that you can make statistics mean anything you want them to, but consider the following:

'When I joined the Foundation as FSS Adviser in 1985, there were 15 Family Support Services under the umbrella of The Leonard Cheshire Foundation, allocated a total budget from the centre of just £12,500. Today there are 26 Family Support Services, giving care to approximately 1900 Clients in their own homes. These Services are supported by a substantial FSS central budget, together with a professionally based range of support services via Care Advisers, central office staff and other specialist staff.

I think this reflects real growth, and the real commitment the Foundation has to giving people with disabilities far greater freedom and choice over the way in which they wish to live their lives. Times have changed, and the days when the only real alternative for the disabled person struggling to cope at home was residential care or hospital bed are almost gone.

Newly Formed Services

'In addition to the established services, new FSS's continue to be formed. During 1990, I expect to see two new Services begin to operate; in Ivybridge, near Plymouth, and alongside Kempston House, the East Devon Cheshire Home for Independent Living, in Exmouth. In several other areas of the country, possible FSS projects are being considered and are at various stages of development.

'If anyone "out there" reading this feels that they would like to be part of starting a new Family Support Service, I will always be pleased to help and advise. Equally, a newly updated handbook 'An Introduction to Family Support Services' has been prepared, and is available by contacting my Secretary, Julia Mobbs, at 26 Maunsel Street, LONDON SW1P 2QN Tel: 071-828 1822

Increasing Co-Operation

'One exciting aspect of Family Support, which has even greater potential in the future, is the increasing relationship between FSS's and nearby Cheshire Homes. Of the present 26 Services, 11 now have definite contact or links with a Home. The depth of that connection varies from total to partial.

'Greenacres in Sutton Coldfield, for example, accommodates and funds the **North Birmingham Family Support Service**, while **Holehird** in Cumbria provides office facilities for the **South Lakes FSS**, with **Oaklands** in Lancaster supplying **Lancaster FSS** with initial funding, training facilities and other support. Many other examples of this sort of co-operation could be cited, and there is no doubt that when the partnership works, it works very well, with great advantage to the Home as well as to the FSS.

'Not too long ago, it was felt that the disadvantages of such a partnership outweighed the advantages. In the words of the old song 'It ain't necessarily so!', and current experience bears this out, particularly as more Cheshire Homes are seeing the benefits of Family Support Services alongside their work, and have invited me to explore with them the possibilities of setting one up.

Assessing the Future

'Which brings me nicely around to the future - which is all about assessment of what we do, of what more we can do, and of what we can offer in the brave new competitive world which the Government White Paper following the Griffiths Report has set before our Organisation.

'The Foundation has many strengths. It has expertise, it has experience, it has the capacity to be flexible and innovative in its response to the needs of people with disabilities. How we mobilise these strengths will be the key to developing appropriate services of high quality. One of our greatest strengths, without doubt, will be the work of Family Support. Already in many areas, discussions are taking place with Social Services Departments about various issues which will be important from 1991.

Tendering and Contracts Procedures

'Tendering and Contracts figure highly. The recent Family Support Service Organisers' Conference spent nearly two days looking at the skills this procedure will demand of staff. One particular Service is already working on a negotiated contractual basis. In the County of Wiltshire the Chairmen and Organisers of the six established Family Support Services there are meeting to explore the possibilities of a united 'Cheshire' approach. This is one which many Authorities may well be looking for, and one which will provide as comprehensive a package as possible to Authorities and to individual Clients. I look forward to keeping you up to date with the world of Family Support through the columns of Cheshire Smile.'



Mr Peter Rowley, former Chairman of The Foundation, at left, with General Sir Geoffrey Howlett, who takes over from him.

Introducing Our New Chairman

General Sir Geoffrey Howlett, KBE, MC, has been elected the new Chairman of The Leonard Cheshire Foundation. He has been a Trustee for two years. His distinguished military career, spanning forty one years, has included Command of the 2nd Battalion of the Parachute Regiment from 1971 to 1973, when he was awarded the OBE for gallantry; Commander of the 16th Parachute Brigade; Director of Army Recruiting; Commander First Armoured Division in Germany; Commandant of the Royal Military Academy, Sandhurst, culminating in his appointment as Commander-in-Chief Allied Forces Northern Europe in 1986 in Oslo when he was promoted General.

Abiding Interest in People

Though manifestly a leader with proven organisational abilities, Sir Geoffrey is both approachable and natural. A much travelled man, he confesses that meeting and getting to know people from all walks of life is his abiding interest. 'I'm not a technical person at all', he smiles, 'I can hardly manage to change a light bulb! My approach is always on the human side of things. In my army career I've had to learn to be very flexible and adaptable. Moving home 23 times in 34 years of marriage forces that on you, I can tell you! I've had a lot of experience, too, of meeting and working with many different kinds of people of all ages, creeds and colours, and have made useful contacts and real friends in

about 30 countries overseas. I hope this will be useful to the Foundation when required.'

First Experience of Cheshire Homes

Sir Geoffrey's first experience of The Cheshire Foundation was in the late '50's when his father-in-law was Warden of Greathouse, near Chippenham. 'My wife and I used to visit him, especially at Easter and Christmas when there were always staff shortages in the Home, or some other crisis. We had to pitch in to help with the cooking or other chores, and sometimes also with helping Residents to bed', he said, 'I remember, even in those days, being a little horrified at the very institutional, though kindly, way that 'patients' were treated in their dormitories. Fortunately, great advances in attitudes have been made since then, though I am sure we must always go on trying to improve.'

Sir Geoffrey also served on the Greathouse Fête Committee, and when Commandant at Sandhurst encouraged cadets to do voluntary work at nearby Le Court Cheshire Home. 'However, I don't want to exaggerate these small involvements', he stresses, 'Over the years I have not been very closely involved with the work, but those early connections have always stayed in my mind.'

I do realise that I am a novice at the moment, and I would prefer that all my views and opinions should be regarded as first thoughts'.

Getting to Know Us

Sir Geoffrey has set about the business of learning about the Foundation and the many differing aspects of its work with typical thoroughness. He has now visited 18 Cheshire Homes, seen 4 Family Support Services in action, attended 4 local Management or Staff meetings, and sat in on a lot of meetings of all Central Committees.

He has also visited Cheshire Homes in Portugal, Malaysia and Japan. Above all, he has met and talked with many disabled people and those working either voluntarily or professionally, within the Foundation.

First Impressions

Sir Geoffrey's first impressions of the Foundation are of being immensely impressed by the spirit and will of Residents and disabled Clients, in spite of often overwhelmingly severe handicaps; the dedication and efficiency of professional Staff at all levels; the enthusiasm and time-sacrifice of Trustees, Volunteers and local voluntary Management Committee Members; and lastly the number of people he has met that he has really liked.

He is a firm believer in the Foundation's decentralisation policy but thinks that this must be supported by wise policy guidance from the centre, which should be 'helpful' but never 'bossy'.

Public Relations

Sir Geoffrey feels that the Foundation should now try to raise its hitherto low PR profile and would welcome a really vigorous public relations campaign at national, and where appropriate, at local level. He suspects that the Foundation may have fallen some way in the league table of public awareness and that this should be corrected. He thinks, too, that there is scope for increased briefing and lobbying of Members of Parliament, officials and their equivalents at local level, as well as the dissemination of factual information about the Foundation to a much wider cross-section of the public.

The Way Ahead

'Evolution, not revolution, is the way ahead', he says decisively, 'Maintaining a balance is the important thing, so that we build on what we have achieved, but do not stagnate. It is essential to keep in step with the times.'

'The Government's response to the Griffiths Report on Community Care, for example, offers voluntary organisations new and much wider opportunities, and we must equip ourselves to seize them.'

Promoting Understanding

He sees an increasing need also to promote greater understanding between professional staff, who will become increasingly important to the successful running of such a large organisation, and the all-important volunteers who have always been the Foundation's life blood.

Strengthening the Command Chain

While believing it is right to have no real Regional Authorities, which would tend, he feels, to increase bureaucracy, he thinks the price paid is an almost unmanageable number of Trustees on the Board (currently standing at 33). He thinks there is scope for this 'chain of command' to be strengthened in some ways. He is concerned at the huge amount of work being done by some Trustees, particularly ladies. 'It is likely that the next generation of caring, capable women will tend to return to their professions when their children are grown, rather than undertaking voluntary work. In this context I see an increasing decision making role for the centrally based staff', he said.

Continued on back cover



Sir Geoffrey chatting with Joyce Burn, Resident of Murray House, Consett, Co. Durham.



Sir Geoffrey with Residents of Murray House Sheila Flower (left) and Patricia Pyle.



Sir Geoffrey, centre, in conversation with, left to right: Michael Nuttney, Sheila Flower, Patricia Pyle, Rachelle Bristow; Residents of Murray House, Consett, Co. Durham.



Resident of Murray House Gwen Clarke enjoys a joke with Sir Geoffrey Howlett.



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
Arnold House
66 The Ridgeway
Enfield
Middlesex EN2 8JA

For a list of Cheshire Foundation Homes and Family Support Services contact Information Officer, Leonard Cheshire Foundation, 26-29 Maunsel St., London SW1P 2QN.
Tel: 071-828 1822.

Question: I find myself in a difficult situation, because one of the Residents in the Home loses his temper very easily and uses bad language and shouts at other Residents and members of the Care staff. I find it very upsetting because I don't like arguments. I thought of telling him about it, but I am afraid that he may be abusive to me.

Answer: *Living in a group always incurs certain irritations, and putting up with behaviour from others that trespass over our own boundaries of politeness is one of them.*

Some people get emotionally frustrated by the limitations imposed upon them by their physical disability, and by the strain of always having to be with other people, and can only survive by occasionally 'blowing off steam'. But often the safety valve seems to blow a bit too frequently, so that they are not only ungracious about almost everything that is done for them, but also seem to go out of their way to be purposefully rude. Residents may find individual action difficult, but groups could agree to refuse to speak to the Resident who has been rude to another Resident or a member of staff, or to leave the room when the rudeness occurs. Perhaps the subject could be the topic of a Residents' Meeting or of a training session for staff and Residents together, and participants could talk about their feelings and the disomfiture that the rudeness engenders.

Some people have been allowed, for a variety of reasons, to continue with bad behaviour, without anyone else saying that it is unacceptable, and insight into another's feelings may start the process of change.

Because most Care staff look after Residents because they really want to help, rather than just having a job, they often put up with rudeness that would be totally unacceptable

elsewhere, even though they understand that it is probably necessary for almost everyone to let off steam sometimes.

Question: Our Head of Home wants all Residents to sign a book when they go out. I do not think it is anyone else's concern to know where I am going. Can I refuse to sign?

Answer: *For reasons of security or if there is a fire or other emergency, the staff may need to know who is in the Home and not waste unnecessary time and effort looking for Residents who are out, particularly during the night. Homes should not ask where Residents are going or what they are doing. That is entirely a private matter and the Home should only have this information if the Resident wants to give it.*

Question: I am severely disabled and one of the few pleasures left to me is smoking, and I get really upset when other Residents criticise me and make what are supposed to be jokes about the way I, my clothes and the rooms that I have been in, smell. I don't find their behaviour at all funny.

Answer: *Smoking is a habit which can cause a range of problems such as heart disease, cancer and arterial problems to name but a few, so it carries the stigma of being considered undesirable, and many non-smokers complain that they find the smell of stale smoke offensive. This has led to the designation of many public places as non-smoking zones, and for some non-smokers to take on a 'holier than thou' attitude to smokers.*

However, there should never be a need for people to be rude to each other, and it is for individuals to decide for themselves whether they wish to take the risks that might be involved. If you have responded good-humouredly to the teasing, others may not realise that you are upset at their jibes. Tell your keyworker or any other staff member that you'd like it to stop.

“What’s Cooking?”

Rita Belletty, the Foundation’s Treasurer, hails from Bengal, and here gives some authentic curry dishes handed down to her by her mother:

‘I think Indian food is the best in the world and that from Bengal the most flavoursome. Indian food is also very easy to cook and freezes very well.

‘First, some general hints. Curry does not usually contain fruit. I guess this was a wartime invention to stretch the meat out. It is also important for a successful curry to use uncooked meat or vegetables so that they absorb the spices. I prefer to use fresh spices and use my coffee grinder to grind them into powder or paste, but this does nothing for the coffee! Powdered spices do very well but do tend to lose their flavour with the passage of time.

‘A basic main course (the only course in India) is curry and rice with the addition of Dhal (a lentil sauce) if the curry is a dry one. There are some nice side dishes which can be served and I have included a recipe for one such, together with a tip on perfect rice.’



The Bengali Way

CHICKEN CURRY (4-6 servings)

1 chicken jointed into about 16 pieces (my mother always used chicken quarters for preference.

1 sliced onion
½ teaspoon ginger root (half inch)
1 teaspoon turmeric
2 tablespoons veg. oil
Salt to taste
2 teaspoons garlic powder (6 cloves)
½-1 teaspoon chilli powder (will not be too hot)
¼ pint water

Method:

Heat the oil and fry onion until soft on medium heat. Meanwhile mix the spices with a little water to form a paste. Add to the onions and fry for about 5 minutes, stirring to avoid burning. Add chicken pieces and cook for 10 minutes till well browned. Add salt and water, cover and cook for 30-35 minutes till chicken is tender. Most of the water should be absorbed, but if not, uncover the pan for the last 5 minutes.

Curry is usually cooked on the hob – I use a pressure cooker which takes only about 10 minutes, but use only half the water. However, it is equally successful to cook the curry in the oven once all the ingredients have been added.

This is a basic curry recipe for any meat, fish or vegetables. It can also be varied by adding:

1 dessertspoonful of dry roasted cumin towards the end of cooking time, or: 1-2 tablespoons of fresh chopped coriander (added after cooking is complete), giving a distinctive flavour or: substituting a small tin of tomatoes for the water or: any herb or spice you are particularly partial to – that’s the beauty of curry. There’s almost nothing you can do to spoil it!

CHICK PEA SAMBAL: a side dish or snack

8 oz chick peas
1 potato peeled and diced
1 onion sliced
½ pint stock
2 oz butter
Salt & pepper
1 teaspoon ground coriander
1 teaspoon ground cumin
½ teaspoon ground ginger
Pinch chilli powder
2 tablespoons Lemon Juice

Method:

Wash peas, pour boiling water on them and soak for 1 hour. Fry onion in butter until soft and fry spices. Add potato and cook for a few minutes. Add chick peas and stock, seasoning and lemon juice. Bring to boil and simmer for about 45 minutes until peas are soft but not mushy (20 minutes if using a pressure cooker)

PLAIN BOILED RICE

Long grain rice must be used – American or Patna is fine. ½ a cupful per person.

Method:

Put the well washed rice, salt and 2 pints boiling water in a large pan, bring to boil, partially cover and simmer for 15 minutes, stirring occasionally and adding water if this appears to be drying up. Test a small quantity of rice to ensure it is soft but not mushy. Pour the rice into a colander and pour on clean boiling water (to ensure the grains separate). Put the colander on a dish, cover with a lid and put in a moderate oven for 15 minutes.

You can ring the changes by adding a quarter teaspoonful of turmeric to the rice at the start, for yellow rice, or paprika for pink rice.

PORK BHOONIE

1 lb lean pork
1 teaspoon turmeric
2 tablespoons oil
¼ pt water
1 large sliced onion
½-1 teaspoon chilli powder
Handful of thyme
Salt to taste

Method:

Dice the pork, and mix well with turmeric. Heat the oil and add the pork with water and salt. When the water is nearly all absorbed, add onions, chilli powder and thyme. Continue frying for 8-10 minutes.

Such a dry curry will need Dhal.

DHAL

1 onion chopped
2 oz butter
1 tablespoon curry powder
4 oz lentils washed
1 pint stock
Salt & pepper

N.B. curry powder is made up of the 4 spices, garlic, ginger, chilli and turmeric in proportion – 2 parts garlic, 1 part turmeric, one half part each of ginger and chilli.

Method:

Fry the onion till soft, add curry powder and cook for 5 minutes, stirring well. Stir in lentils, add stock and seasoning. Bring to boil and simmer for about 45 minutes until lentils are very soft. Liquidise.

This can be cooked in a pressure cooker in about 15 minutes.



International News

Edited by Lynette Learoyd
International Secretary



THE LEONARD CHESHIRE FOUNDATION INTERNATIONAL

26-29 MAUNSEL STREET LONDON SW1P 2QN ENGLAND

Exchange Holidays

If any Homes, both in the UK and overseas, are interested in exchange holidays, it would be most helpful to let the International Office know, as we quite frequently receive requests for such holidays and this would enable us to put applicants in touch with the right people.

Cheshire Homes of London (CHOL) – Ontario

Since 1979 Cheshire Homes of London (CHOL) has grown to incorporate, in 1981, Cheshire II – this time an apartment complex, and Steve Balcom was the first tenant to move in. Judi Fisher replaced Jeanne Brown as Co-ordinator. In May 1984 a gardening project was started for Cheshire I and II, and in June that year the Board of Directors decided to apply for funds for an Attendant Care Outreach Programme, which would allow individuals to receive support care in their own homes. On 19 October 1985 Cheshire III, an apartment building, opened with 25 tenants, 15 of whom receive attendant care.

Since then the Attendant Care Outreach Programme has been extended, and CHOL has started offering its services to children in its catchment area. The Board is currently requesting the necessary funding to provide attendant care in the workplace, and looking forward to the next project, Cheshire IV.

CHOL is twinned with the Cheshire Home in **Madurai** in India, and raises funds through sales of Christmas cakes to send on to Chid, the Founder Secretary. **Hazel Ayres**, who was one of the original tenants, and who now lives in Cheshire III is the correspondent with Chid.

Russian Delegation To View UK Cheshire Homes

Following the visit of the Founder to Moscow in January, a delegation from Russia is expected to come to the UK, where they will see a few of the Cheshire Homes in operation and have discussions with management, staff and Residents. It is hoped that the first Cheshire Home will be complete by the end of August – the building

will be pre-fabricated – before Winter sets in.

At present there are only temporary rehabilitation courses in hospital available for disabled people in Russia, and when they return home it is usually to a flat in a high rise block with very little space and mobility is virtually nil.

The Benefits of CHOL

Some thoughts on the past, present and future of CHOL have been expressed in 10th Anniversary booklet of the Home –

From **Barb Schram** – 'I came into the Cheshire Programme on Outreach four years ago, and remained on it until a year ago when an apartment at Cheshire III became available. I became aware of Cheshire while I was working and found I was depending on extra help to maintain myself at work and home. Coming from the Outreach programme to the apartment setting in Cheshire has been the difference between night and day for me. From an ordinary high rise into a building strictly geared to the disabled has made things so much easier. I think we need far more of these facilities available for anyone who needs them without the long waiting period and the red tape you have to go through now, not to mention the stress and worry. Housing should be available through these programmes to everyone that needs them to improve their quality of life. I hope Cheshire continues to expand all its programmes to open doors for many people that are and will be in similar situations.'

From **Pauline and Bill Hermeston** – 'My husband and I, and our three children became involved with Cheshire Homes five years ago. The first thing we were involved with was the Outreach programme which turned out to be a wonderful blessing to us because in our home it came to the point that the children were leaving for college and other various things so could not help in the running of the home which placed a tremendous burden on my husband to care for me. We went to various sources for help until one day out of the blue, **Judi Fisher** called to say that I had been chosen for the Outreach pilot programme which was the beginning of Outreach in Ontario. We were delighted and it turned out to be a wonderful programme which we remained on for almost a year until moving to Cheshire III. In Bill's own words 'I have been relieved of most of the pressures that come from circumstances such as this and the peace of mind that when I leave for work in the morning that things are being taken care of.'

'I can only speak very highly of the expertise, of the way **Pauline** has been looked after in our home here. I don't even have to do the cleaning here. What more

can I say but only good that has come from living here at Cheshire. I would like to see more money coming from the government to build more buildings such as this. . .'

Southern India

Mr Peter Rowley, the former Foundation Chairman, travelled to India in January with his wife **Ethnea** and had a tour of nearly all the Homes in the South. At **Covelong, Madras**, they met the oldest known Resident, **Surajarma**, aged 87, who remembered meeting the Founder on his original visit. The plans are that this Home, which at present is situated 25 miles outside Madras in an isolated position near a beach resort, will in the future be relocated in Madras itself.

The **Katpadi** Home's Residents are engaged in many activities, including spinning, weaving and machining, and making stockings and bandages for hospital use, mats and saris and bags of very high quality. In the printing works there are three machines and comprehensive typesetting racks, and here two of the Residents work alongside outside expert printing employees.

In **Madras**, 16 boys are resident in the **Ryder-Cheshire Gabriel Rehabilitation Centre at Madras**, and are trained in tailoring, casting, making joss sticks and cardboard containers.

The Bangalore Home

In the Bangalore Home the visitors met the women Residents and saw the workshop where they were making items for sale in the

craft shop at the entrance to the premises. The Home also has a thrift shop for the sale of donated goods, and two more run by tenants who make and repair aids for the disabled. The other main room in the rehabilitation centre is used for sorting and repackaging coloured cotton reels and for assembling electrical switches. A constant supply of contracts is ensured as the Centre has such a good reputation for high quality work, and 10 women attend on a daily basis from outside the Home.

The Home also has resident children and elderly ladies. At **Whitefield** Cheshire Home, some miles away from Bangalore, 12 elderly ladies are resident, and all are able to care for themselves. Productive gardening at this Home includes various fruit trees and vegetables.

Madurai Home

The Madurai Home is rather isolated, some 15 kms from the town, and its Residents span all the ages from children to older people. There is constant pressure for admission of further Residents when beds become available. The coconut plantation is just starting to produce crops but it is hoped that in future years cash crops will help finance the Home.

A New Block

At **Coimbatore** the new block has recently been completed, and 20 of the beds for the mentally handicapped Residents are sponsored by individuals and firms who pay the running costs on an annual basis.

Visiting Bombay

The drive to the **Pune** Home takes five hours from Bombay, and here 19 young children, severely disabled with cerebral palsy, are rehabilitated with the aid of physiotherapy and speech therapy. Four children have been returned to their families in the five years since the Home opened.

At the Bombay Home the Residents are very active and the range of products made by them including moulded Plaster of Paris items, are extensive and of high quality.

Mr and Mrs Rowley were surprised to see on arrival 100 or so young school children sitting in circles within the Home and being taught by one of the Sisters; apparently these are children from poor families, and this is a regular occurrence.

A Warm Welcome

On arrival at **Trivandrum** there was, as in all the Homes, a warm welcome and presentation of flowers. The Residents, apart from three or four bedridden cases, are all active, and a Nurses' Aid Training Programme is run in the Home by a lady Superintendent, under which 40 girl nurses from the neighbourhood are trained in caring for disabled people.

Proposed Site

Mr and Mrs Rowley also saw the site of the proposed new **Mukkanpala** Cheshire Home, one hour's drive to the East of **Trivandrum**. The site is in the middle of a rural estate of several hundred acres of rubber trees, coconut palms, bananas, pepper and nutmeg trees and clove bushes, and **His Grace, Archbishop Mar Gregorios**, has donated the site. Mr Rowley laid the Foundation stone after which the Archbishop conducted a ceremony of blessing. It is hoped that the Home will be completed by Christmas.

Delhi Day Centre

In the **Delhi** Home half of the Day Centre is used for vocational training of up to 30 mentally handicapped men and women from the neighbourhood, and the other half is used for tailoring and making bandages - partly by some of the Residents, and partly by others from outside.

Children's Wing

The Home has a children's wing for 27 severely handicapped children, all of whom have cerebral palsy, and there are 37 men and 25 women resident in the rest of the Home. It has a Family Support Service in three locations where the service is provided by volunteers, and has recently instituted a TB eradication project consisting of a mobile clinic donated by the States of Jersey.

West Africa

All the Homes in West Africa have been visited in the past few months, firstly by **Suzy Determeyer**, our assistant rehabilitation adviser, and more recently by the **Founder and the International Director**. In **Liberia** the Home is situated 45 minutes' drive from central **Monrovia** on a poorly surfaced road, particularly the latter part. There is a Dependence Unit, with 10 severely mentally handicapped young children, and an Independence Unit, with 8 older ones, all of whom are mentally and physically handicapped.

These Residents help around the Home as they are able. It is planned to find an all-round volunteer to replace **Mary Penrose**, who left at the end of 1989, and an application has been made to the States of Jersey for a minibus to take the children to the **Monrovia** Hospital for physiotherapy, as well as on outings. A consignment of wheelchairs and buggies is due to be sent out to the Home shortly.

A Welcome Cheque

The **International Director** was able to hand to **Dr Kate Bryant**, the Chairman of the Home, a cheque for \$538.00, raised by the Cheshire Home in **Florham Park**, New Jersey. For the past two years the Home in the USA has held a Flea Market and fair, and funds raised go toward special programmes such as dinners out, movies and parties. This year the Resident organisers voted to send it to their sister Home in Liberia. Residents, volunteers and staff worked countless hours collecting, sorting and marking donated items. Volunteers, friends and staff tended tables, sold tickets, baked goods and refreshments. Even the weather co-operated to make this the best Flea Market ever.

Sierra Leone

In the **Freetown** Home there are 27 Residents aged from 7 to 24 years, and apart from three who suffer from mental handicap, all the Residents attend school. One is seeking admission to vocational training. The young children

attend the on-site primary school, and the others go to schools of their choice in the city. Fittings and repairs to calipers and crutches are done by **Brother Schneider from Makeni** (approximately 200 miles up country) during his bi-monthly visits. A part-time craft teacher comes in a few mornings, to teach knitting and tie-dye, and in the rainy season small scale farming is done in the grounds. One Resident is a talented musician and a volunteer visits at week-ends to help in the activities. There is no vocational training at the Home, but a two year course can be followed at **Pa-Laddo**, a residential training centre on the outskirts of **Freetown**, for tailoring, woodwork and agriculture. Three of the Residents have moved on there. Some have become primary school teachers, typists and bank clerks. Over recent years family contact has been strongly encouraged with several children going home for holidays.

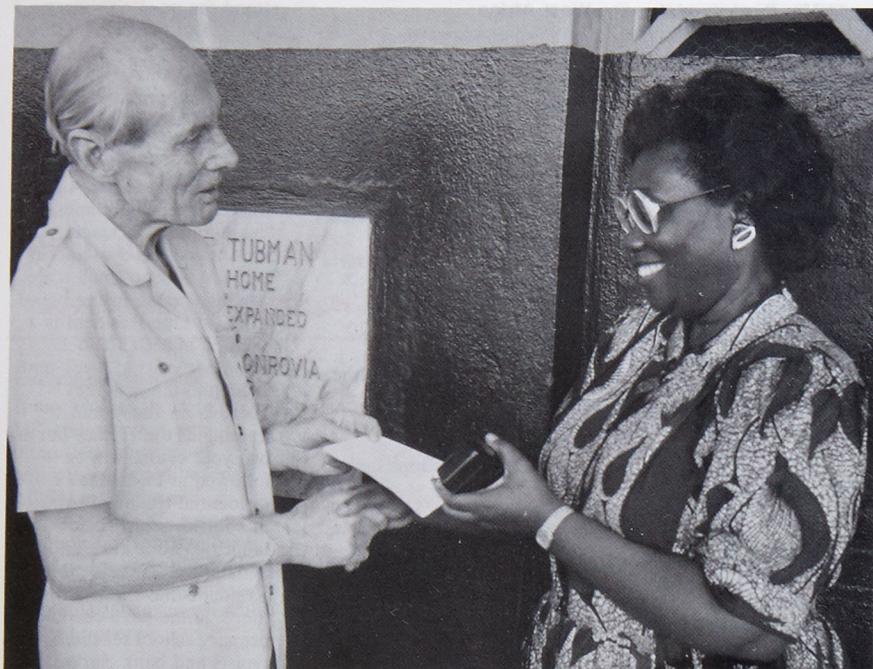
A Festive Occasion

When the **Founder and International Director** visited, the **Founder** opened the new dining-room at a special ceremony, a very festive occasion, which included two bands playing, tents set out, Ambassadors, High Commissioners and industrial captains. The children from the **Bo Home** arrived in their minibus to attend the ceremony, as the visitors were unable to travel to them, and they then spent the next couple of days at the **Freetown Home**.

Rehabilitation

At the **Bo Home** the majority of the 24 children are aged from 6-14, and here **Brother Schneider** also visits for fittings and repairs. There are many children in need of surgery and there is an eminent orthopaedic surgeon willing to perform these operations free of charge. The **Foundation** is to assist in supplying Plaster of Paris and anaesthetics to enable these operations to be carried out. All the children attend the primary school across the road, apart from two boys at secondary schools. The new minibus has enabled all the children to go on regular outings. Some children maintain family contact and go home during the holidays.

International Picture Page



▲ The Founder presents Liberian Cheshire Home Chairman Kate Bryant with a cheque donated by the Cheshire Home in New Jersey.



▲ Ian Crocker, Chairman of the Cheshire Home in Lisbon, centre right, visiting the Cheshire Home in Penang.

▶ International Director Ronald Travers with Esther Moore, Deputy Minister of Health, Liberia.

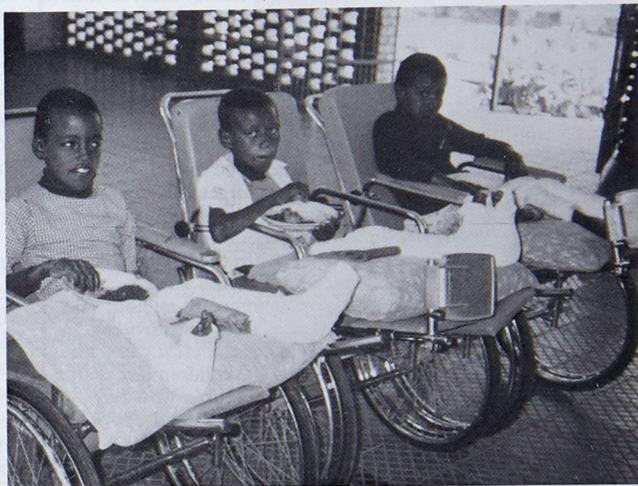


▶ Handicapped children from the Cheshire Home in Menagesha, Ethiopia.



International Picture Page

Handicapped children from the
Cheshire Home, Gighessa,
Ethiopia.



The Founder with Bishop Sarpong
(left) and Father James, and
children from the Kumasi Cheshire
Home, Ghana.

Handicapped children from the
Gighessa Cheshire Home,
Ethiopia.



Lesson session at the Cheshire
Home in Freetown, Sierra Leone.

Ghana

Owing to there being no flights from Accra to Kumasi, the Founder and International Director were very kindly flown to the Home by the Ghana Air Force – this had been arranged by the British High Commission in Accra.

Self-Help Skills

In Kumasi they met all the management, staff and the Residents, and toured the Home and saw the excellent facilities of the workshops, including tailoring, sewing, shoemaking, and which provide the ex-psychiatric Residents with skills with which they may return to their own homes and become self-supporting. Here the Committee and two Dutch volunteers also carry out a drug-abuse programme at another building some way from the Cheshire Home.

Ethiopia

Rachel Ayling recently visited Addis Ababa where she found the situation much worsened since her last visit in 1988. The building project from the vocational training centre at Mekanissa has experienced great difficulties in obtaining the necessary building materials to complete construction and start admitting students. However, it is hoped that with the Salesian Brothers moving in soon, admission can start for the 1990/91 academic year.

Rachel also visited the Menegsha Home, where 40 children attend the centre and receive surgery. The

Home also operates a 'Mobile Clinic' in the suburbs of the city. The Home's potentially useful income-generating dairy farm project is progressing – one large barn has already been built, and 86 cattle purchased.

News from Asmara was that there are extreme shortages, and the town was apparently without electricity and desperately short of fuel.

Dire Conditions in Sudan

In the Sudan, again, conditions are quite dire, and it was clear that the need for the proposed new Cheshire Home is urgent. There are almost no surgical facilities or rehabilitation centres for children in the whole of the country, which has a population of 20 million. The present Home is providing treatment as best it can – for over 2,000 children last year – to the children who may have travelled hundreds of miles for surgery and orthopaedic treatment. The Government has supplied the land free of charge for the new Home, and it is hoped that, with the help of EEC funding, this project will soon materialise, although it will take a great deal of effort in fundraising to be successful.

The news from Juba is that the town is under siege and extreme difficulties are experienced with supplies and people getting in. The Norwegian Association of the Disabled can send food and fuel to our Home in Juba, and the Foundation will be liaising with them to make this possible.

PLEASE NOTE – A Further Change

By this time, everyone should have heard from Mark Blake-Knox, the Secretary of the International Region covering Europe, that owing to unforeseen circumstances, the date of the Inaugural Meeting in Dublin has AGAIN been changed.

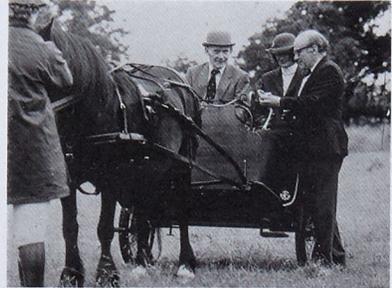
It will now take place FROM FRIDAY 2ND NOVEMBER TO SUNDAY 4TH NOVEMBER.

A GROWING ORGANISATION

There are 178 Cheshire HOMES IN 48 countries overseas. For a full list, write to

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

Cotswold Disabled Driving Successes



Henry Blake, Resident of Cotswold Cheshire Home, in a Jackson cart drawn by Cotswold Billy.

Egged on by three intrepid Residents of Cotswold Cheshire Home, Cheltenham, Henry Blake, Ted Beaver and Colin Shiach, the Cotswold branch of Riding for the Disabled has set up a flourishing Disabled Driving Group. It all started with one Jackson Cart and Pony Harness, but demands for this delightful pastime grew so much that there are now four turnouts. Competing at Ascot Disabled Driving Show, the Cotswold Group won a first prize, two seconds and one third. They were then selected by Gloucester and later the Mid-Western Division RDA to represent them at the National Team Driving Championships in Cambridge, where they gained a third individual prize and a fourth prize in the team championship. Other successes were a fourth in the Open Carriage Driving Show in Cheltenham competing against able bodied people, and a second and third at an event in Minchinhampton.

Greatly enjoying this sport, Cotswold has a very full calendar of competitions planned through 1990.

Editor's note: Those interested in Disabled Carriage Driving should contact: Mrs Phyllis Candler, Secretary, The Sanders Watney Group, Driving for Disabled, 42 Ashdown Walk, Arnewood Park, New Milton, Hants. BH25 6TX or contact their local Riding for Disabled Group.

New Toy Safety Regulations

New EEC Toy Safety Regulations, now mandatory in the UK, may affect Homes and charities selling second-hand or home-made toys at fêtes and bazaars and other charity fundraising events. As from 1 January 1990, any toy made for sale is required to be marked with a new CE mark to show that it meets the required standard (British Standard No BS 5665). Unless a CE mark is displayed, the seller or supplier risks prosecution. To ensure that toys comply with the regulations, they must either be officially tested or produced from a kit which complies with the standard.

A booklet entitled *The Single Market Toy Safety* gives further information. Copies available from:

Department of Trade and Industry, PO Box 1992, Cirencester, Glos.

New Vice-Chairman

Mrs Pamela Farrell-Tredinnick has been elected Vice-Chairman of The Leonard Cheshire Foundation.

A tireless worker for disabled people, she has a very real understanding of their problems, as her first husband, the late Squadron Leader Rowland Farrell, a doctor, contracted multiple sclerosis in the late '50's. Despite coping with his worsening condition and with two young children, she realised that there was an acute need for more residential Homes and also for specialised accommodation where disabled people could continue to live with their families.

Determination and Drive

With typical determination and drive, she set about the task. By 1961 her dream was realised when **Heatherley Cheshire Home** in Copthorne, Sussex, was opened. Today it also has 12 bungalows for married couples. She went on from there to found **Cheshire Homes in Tunbridge Wells, Chipstead and the Isle of Wight.**

Holiday Homes

Together with her second husband, Colonel John Tredinnick, she also runs the Farrell Charitable Trust, which provides self-catering holidays for disabled people and their families. The Trust has built 18 houses and bungalows for families with a disabled member which have now been gifted to The Cheshire Foundation.



Overseas Involvement

An active member of the Foundation's International Committee, Pamela has also had remarkable success in getting Homes overseas going. She has helped significantly in establishing them in Guyana, Jamaica, Barbados and Canada.

In 1982 Pam was awarded the OBE for her work. She is also a Freeman of the City of London and a JP.

Valuable Qualities

Pam will bring to her new responsibility exceptional energy, dedication and, above all, a realistic, commonsense approach.

Give Us Access On Public Transport Plea

Dial-a-Ride, the door to door transport system for disabled people is organising a petition asking the Government to take legislative action to make it mandatory for all new buses and coaches to be made accessible.

Over 700,000 people in London alone cannot use public transport because of

thoughtless design. Of these, 20% cannot use buses, 33% cannot use the underground, and one quarter cannot travel by British Rail.

The working group of the European Conference of Ministers of Transport has stated that 'it is both feasible and necessary that wheelchair access be introduced as a

standard feature into coaches'.

In May 1989 The Department of Transport stated that 'providing for the needs of disabled people in public transport should over the next five years become the norm, not the exception.' However, bus and coach operators continue to purchase inaccessible vehicles.

Crewing and Cruising in a Wheelchair

Being disabled and in a wheelchair need not mean you have no chance to enjoy challenging and adventurous pursuits. Here two outgoing 'spunky' Residents describe their experience of Crewing on the High Seas and Cruising Down the River.



Lord Nelson in full sail.

Aboard Lord Nelson *by Jean Taylor, of Mote House Cheshire Home*

Signing On

With no warning I was asked if I would accept sponsorship as crew member for a week's voyage on the *Lord Nelson*, a 400-ton square-rigged barque, but my decision must be immediate, and I and an able-bodied friend had to be ready to embark, complete with sailing gear and passports, in a week's time! So it was that Pat and I joined the ship at her berth in Dover and signed the ship's articles as crew members, after which we gathered on the mess deck, were issued with safety harnesses, instructed on safety procedures, and told by the ship's officers to take care not to fall overboard, since if they lost a crew member it involved them in a lot of annoying paperwork!

Special Facilities

Lord Nelson is a beautiful ship carrying 11,000 sq ft of sail, and was designed to be sailed by a small professional crew of 10, and 40 others, some able-bodied and some disabled. She has special facilities such as lifts between decks and an audio compass for the blind, but otherwise you are expected to turn your hand to everything within your capabilities. You are not a passenger, but a crew member, and if there is a rope that needs some weight behind it, you haul, wheelchair or not, and the sound of 'One, two, six - heave' will remain with me for many a day.

3.30 a.m. Start

We worked normal ship's watches, and began to realise why our Watch Leader had advised us to get some sleep whenever we could. Struggling into oilskins at 3.30 in the morning ready for a 4 a.m. to 8 a.m. watch was a killer. We sailed for France, and Pat was aloft furling sails whilst I found myself at the helm steering by compass. You were instructed and then you were in charge. The professional crew were wonderful, always having time to explain or help if needed, but never stopping you from attempting anything you felt you could do. Hence we had blind crew members up in the rigging under supervision.

Force 7, Gusting 8 Gale

It was too choppy to go ashore in the inflatables on the Normandy beaches, so we sailed for the Channel Islands in a fair wind and hot sunshine. We berthed in St Helier harbour and spent the day ashore. Pat and I were on harbour watch that night and the wind began to increase with a little rain. By the next morning it was blowing force 7, gusting 8, and as we left Jersey it was obvious we should have an exciting return. The ship was heeling at 45° angle, and wheelchair users were man-handled across the sea-washed deck to the lee side where they were anchored down whilst we enjoyed a spanking sail. In fact we made such good time our Captain decided we could drop anchor in Swanage Bay and have a calmer night before sailing for Southampton.

Mess Duty

Our last day I was on mess duty, so spent my time laying tables, washing up, preparing vegetables etc for our cook who had produced wonderful food all week, including cooking cakes and bread in a tiny galley half the size of a normal kitchen. She also played the piano accordion for our sing-songs in the bar when we were off duty - a talented lady.

The Crow's Nest

I went off duty and was hoisted in a bosun's chair up to the mainmast crow's nest for a wonderful view amongst the billowing sails as we sailed into Southampton.

Exhausted but Elated

We signed off, had a debriefing from the Captain, when we learned we had covered 427 miles, 80% of the time under sail, and received certificates to confirm we had been voyage crew. Gear was packed and farewells said to people who had been strangers a week ago but were now fellow crew members and friends.

Pat and I came back exhausted, but on a 'high' which has been with us ever since, after the experience of a lifetime.

Advice on grants and sponsorship and general details of Lord Nelson trips come from the Jubilee Sailing Trust on 0703 631395 or 631388, or at Test Road, Eastern Docks, Southampton, SO1 1GG.

Cruising Down the River

Yvonne Venables, who is a Resident at **Spencer Lodge Cheshire Home**, New Milton, Hampshire, recently enjoyed a very successful holiday on a canal cruiser specially adapted to take wheelchairs.

With three able-bodied friends, she found the peace and tranquillity on the water, and the absence of traffic jams, delightful, not to mention the enjoyable meals at pubs and restaurants along the route.

The 45-foot long cruiser is called *Irianne*, and can sleep six people on normal sized mattresses. All the facilities are in reach of anyone confined to a wheelchair, and there are ramps and a hydraulic lift to get you aboard.

However, Yvonne stresses that it is essential to have someone able-bodied with you to jump ashore, because although the locks on the Thames did not need to be manually operated, the boat still had to be tied up.

Further information obtainable from: Iris and Mike Harvey, A.G. Cruises, 25 Ashleigh Close, Hythe, Southampton, Hants. SO4 6QN Tel: 0703 842383

Editor's Note

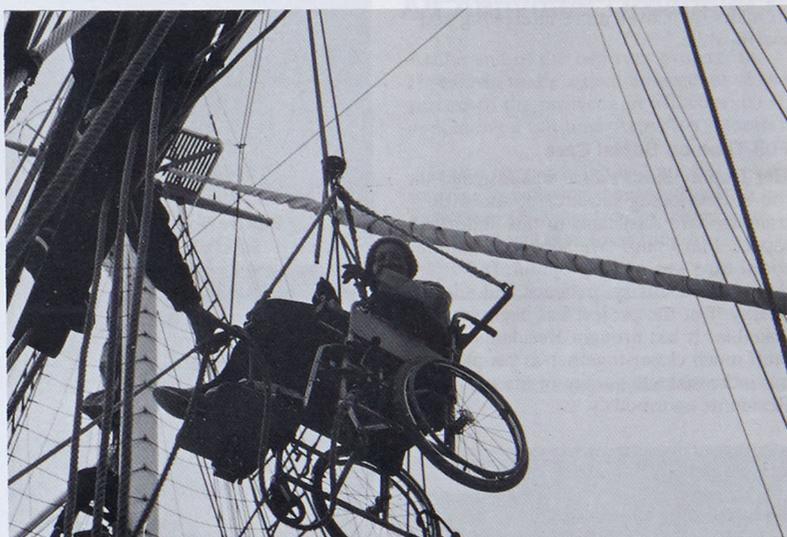
The Bruce Charitable Trust offers accommodation for twelve people, half of whom may be severely handicapped, on a specially designed inland waterways boat called *Rebecca*. Special hoists, washing facilities, ramps and catering facilities are provided. Disabled people may be accompanied by able bodied helpers, if required. A residential training course for each group leader is given by Reach Out Projects before he or she takes responsibility for the boat.

Although The Bruce Trust is entirely run by volunteers and non profit making, a charge for the weekly hire of a boat for 12 is £350 a week.

Further details from The Bruce Charitable Trust, PO Box 13, Hungerford, Berks RG17 0RZ.



Jean Taylor, centre, with other members of the Starboard Aft Watch.



Jean hoisted aloft to the crow's nest.



Enjoyment on the water. At right, Yvonne Venables with able bodied friends.

A two year social care project, set up at Oaklands Cheshire Home, Garstang, now in its second year, has meant a new lease of life and a resurgence of interest for many of its 29 Residents.

Social Care Project

Head of Home Mary Whittle explains: 'About four years ago we became very much aware that we had become increasingly bogged down with the physical care and comfort of our Residents, often overlooking their emotional and social needs.

'Part of the reason was the increasing age of some long term Residents, and the number of new entrants with very severe disabilities.

'However, we realised that despite this there were still a number of Residents who were relatively independent, but in need of stimulation and encouragement to make their lives more interesting and worth-while.'

Full Time on Social Care

Her Deputy Rose Pierce was assigned the job of developing social care, and with training Care Assistants in this important aspect. Mary said: 'We soon realised that social care was no easy option. It demands sensitivity, patience and a lot of energy. But the project has been very valuable. It has brought Residents and Staff much closer together as people, and has increased the quality of life of the Residents enormously.'

A Questionnaire

Before the Home embarked on the programme, a Student from Lancaster University was invited to write a thesis on social care, which involved interviewing the Residents in depth. He devised a questionnaire to 'winkle out' of them what their interests were or had been, as well as to determine what latent skills they possessed.

Wide Range of Activities

Now the Home has a wide range of hobbies and interests on offer, which Residents participate in keenly. There is a cookery class, a computer club and computer training, a drama group currently producing a panto, *Ali Baba*, a gardening club, a painting club, and regular outgoing sessions in the community. Residents regularly visit the library to change books or tapes, and visit the local Arts Centre. 'At first they would ask Rose to change their tapes for them, and she would say 'No, do it yourself.' Now they take it for granted that they can do this,' said Mary.



Deputy Matron Rose Pierce (centre) with two of the Residents, Terry Corless and Margaret Biddulph, who tend many of the plants around the Home.



Members of the drama group at the Home rehearse a scene from their panto, *Ali Baba*. From the left are John Phipps, Maureen Naylor, Olwen Yost (Care Worker) and Barrie Jones.



Weekly visits to the Garstang Library provide plenty of reading and tape entertainment. From the left Marjorie Anthony, Diane Simpson, Bob Heavyside and Edna Jackson.



Some of the Residents interested in art show off their work. From the left Janie Snape, John Bailey, Jimmy Marsh and John Phipps.

Old Skills Return

Every Thursday, Residents have a drop-in coffee morning for friends and visitors, preparing home made biscuits and cakes for the occasion. 'It is a great joy to see old skills returning', says Mary, 'Especially when you hear someone who has obviously been an experienced cook in the past saying with authority that another teaspoonful of baking powder should go into the recipe.'

At Oaklands

An Activities Organiser?

At the end of the two year project, the Home will make a final assessment of the success of the project and will consider appointing a full time Activities Organiser.

If that happens, she will not be working in isolation, because the staff have been fully involved in the ground work, and will give total support.

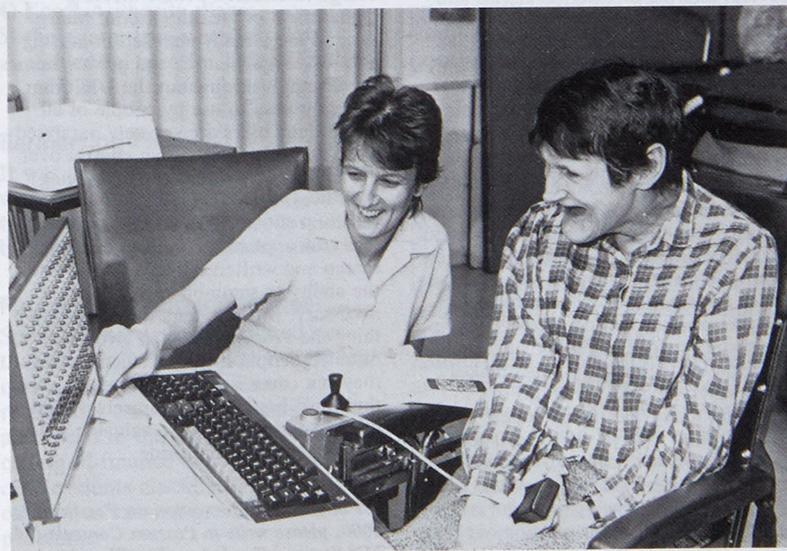
Photographs courtesy of Garstang Courier



Look out Steve Davies! Bob Heavyside and Barrie Jones get down to a serious game of snooker.



Resident Dave Hoose runs an electronic repair service from the Home.



Tina Escott (third in command) with Resident Margaret Sharples as she operates the Tarka keyboard, which facilitates keyboard use for the computer.

Independent Danny With a Little Help From Technology

Danny Leach is 16 years old, and suffers from cerebral palsy. He cannot walk, use his hands or speak. Yet he has recently sat through GCSEs in eight gruelling subjects and is about to set to work on 'A' level study.

This has been made possible by an environmental control system called Possum 2000, provided to him FREE OF CHARGE through the Department of Health.

Danny lives in the country with his parents and younger brother and attends a local comprehensive school where he uses foot switches to control a computer for his school work.

What Happens at Home

Possum 2000 is what makes independence at home possible for Danny. It gives him the facility to control up to 30 mains appliances in up to three rooms and provides him with a means of communication.

It comprises a visual display unit which shows a list of all the equipment which is linked to the system. Danny's system controls his television, video, hi-fi, all the lights around the house, front door intercom, door lock release, emergency alarm, computer, printer and telephone. The system is operated by an input which is designed for use by whichever part of the body the disabled person is able to control. Inputs include eye movement detectors, touch sensitive plate switches, head, foot, chin switches, suck/puff tubes, random access joy sticks and photonic wands and an assortment of curiously sounding wobble and spring sticks.

Built-in batteries keep information in the system and its emergency facilities intact for up to four hours - a particularly useful feature for Danny as living in the country means that he finds himself plunged into darkness rather frequently.

Operating the Equipment

To operate a piece of equipment, for example his television, Danny simply touches his foot switch to send a scanning light around the control screen highlighting each facility in turn. When the light reaches the television option, he touches the foot switch once again. This indicates to the system that the television facility is required. The screen then changes to display a second list of options which offer full control over the television. These include power on/off, a list of channels, volume up/down and control over colour, contrast and so on. To select one of these options, Danny simply activates his foot switch and chooses as before.

Telephone Calls Possible

Although Danny cannot talk he is able to respond to telephone calls using the Possum 2000 and make calls to his friends and relatives. Whenever the telephone rings twice, stops and rings again, Danny knows that someone wants to talk to him. He selects the 'seize line' option from the screen and is able to listen to the caller through a special loud speaking telephone. On selecting the telephone option, Danny is presented with a list of names that he has previously entered into the system along with their telephone numbers. All he needs to do is select the required name in the usual way, highlight the option 'dial out' and the telephone call is made automatically.

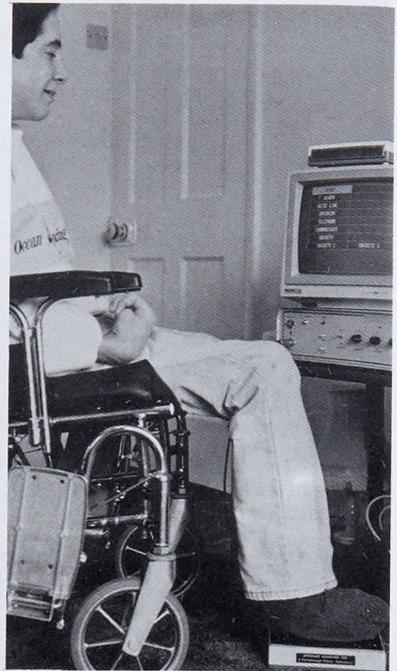
Safe Though Immobile

Danny is often the first member of his family to get home after school. His system is a great comfort to him as he knows that should an emergency arise, he is able to telephone his grandmother or a friend for help. If anyone calls at the door, Danny can safely identify the caller, without going to the door, through the Possum 2000 by selecting the intercom option. He can then decide whether or not to permit entry through the system's door lock release facility. Danny's parents are delighted with the system and enjoy peace of mind knowing that whenever Danny is alone, he is always able to call for help if necessary.

The system can also be linked to several internal or external alarms and intercoms in various rooms of a house, or in a neighbour's house. If required, an emergency telephone number of Danny's choice can be dialled automatically whenever he activates his alarm.

Storage Facilities

The Possum 2000's communication option allows messages to be displayed on screen or printed out on continuous stationery. Messages are created by choosing letters from a letter grid or by choosing phrases which have previously been created by the user and stored under categories in the system's word stores for subsequent retrieval. Categorising phrases makes them easy and quick to find. For example, under a category called 'health' the user may wish to store messages such as 'I feel very well today' or 'Please pass me the headache pills'. The system also has a text editing facility and can store whole pages of text for printing out. In this way the user can keep in contact with friends by letter and take part in educational courses.



Danny Leach operates his Possum 2000 using a foot switch.

The Possum 2000 can be used to control IBM and compatible computers thereby giving the user the facility to benefit from many software packages for education, leisure or business purposes. The normal computer function keys are simply substituted by a control grid on the system's computer option screen. Danny has a keen interest in computers (and Toby jugs!) and has a range of hardware linked to his system.

Improving the Quality of Life

The Possum 2000 is available free of charge to disabled people meeting Department of Health criteria. Many systems are already installed in nursing and residential centres and private homes like Danny's throughout the UK. The system is easy to use by people of all ages. Many users are severely paralysed - some with little more than control over eye movement, yet simply by moving their eyes, the Possum 2000 gives them full control over electrical and battery operated appliances, the power of on-screen and written communication and the ability to summon help whenever necessary. But probably the important thing the Possum 2000 can give to disabled people is the satisfaction that they can choose what they want to do in their own homes - by themselves, and in doing so, can maintain a valuable sense of independence and pride.

For further information on Possum 2000, please write to Possum Controls Ltd, Middlegreen Road, Langley, Slough, Berkshire SL3 6DF, or telephone 0753 79234.

Foundation Calls Leading Charities Together On Community Care Bill

The Cheshire Foundation seized the initiative to influence the NHS and Community Care Bill at the committee stage, by calling together leading charities to voice their concerns at a meeting in Leonard Cheshire House, Maunsel Street, London, on Wednesday 31st January.

The meeting was presided over by Foundation Trustee Rosanne Corben, and chaired by Timothy Boswell, MP for Daventry, and PPS to the Financial Secretary to the Treasury. It was attended by representatives from the Sue Ryder Foundation, Headway, Combat, the Multiple Sclerosis Society, Community Care NCVO, the Society of Friends, John Grooms Association for the Disabled, the Residential Care Consortium, Parkinson's Disease Society, the Spastics Society, the Shaftesbury Society, and Heads of five Cheshire Homes. The meeting followed a briefing of a number of MPs the previous week.

The Points at Issue

Mr Boswell listened sympathetically to the points made on

- 1) the earmarking of finance for care in the community;
- 2) the financing of nursing home care;
- 3) the long term financing arrangements for Family Support Services;
- 4) Local Authority plans;
- 5) the guarantees necessary for residential care for older disabled people.

Earmarking Finance

It was pointed out that safeguards were necessary to ensure that finance transferred to Social Services would be applied for the purposes intended.

Financing of Nursing Homes

Speaker after speaker pointed out that the artificial distinction between non-acute nursing cases and residential care had not been addressed in the White Paper. The ceiling of finance at present placed on Residents classified as 'nursing cases' was causing grave financial problems.

Mr Arthur Nichols, Sue Ryder Foundation, said that nearly all his

organisation's Homes were classified as nursing homes, with the result that they were bearing a deficit of £70 a week on every patient, causing a grave financial crisis.

Philip Ruston, Head of Spofforth Hall Cheshire Home, Harrogate, said that Residents had been classified as nursing cases without logic. His Home was running into a deficit of £40 a week on such cases. It was essential that the Bill made it clear to Local Authorities that the distinction should either be abandoned, or the financing of nursing beds topped up to meet the true cost.

Mr Simon Hardwick, General Secretary of the Cheshire Foundation, said that of the 1900 Residents in 78 Cheshire Homes, about 100 were classified as nursing cases, from which there was at present no appeal. This was having a disastrous effect on the finances of the Homes concerned.

Financing of Family Support Services

Simon Hardwick said that the Foundation's Family Support Services (part-time care for disabled people in the community) were in competition with domiciliary care services.

The new provisions should provide a three year rolling plan for FSS's to enable them to plan ahead long term and to expand without the uncertainty about the degree and continuity of financial assistance from Local Authorities.

It was essential that Social Services should be told to include these provisions in their plans.

Local Authority Plans

Gordon Holloway of the Shaftesbury Society said he welcomed the Bill, but it failed to make a number of important issues clear. Consultation was absolutely crucial and should take place between Local Authorities, clients, voluntary bodies and other involved organisations before Local Authorities drew up final plans, which should be made mandatory when the Bill became law. Other speakers stressed the necessity for an effective, fair machinery of appeal to ensure that there was provision for objective assessment and decision reversal.

Residential Care

The position of disabled people now living in the community who might, as they grew older, need to move to residential care was important. How would adequate places in the future be assured if some Homes are lost now because the reduced number of referrals might make the Home redundant?

People with Special Needs

Representatives from Combat and Headway made the point very strongly that hitherto the special needs of people suffering from head injuries had not been addressed. They fell between 'two stools' and were not classified as mentally or physically handicapped, although often they were both. It was unclear who would make the necessary assessments. This required someone with specialised knowledge.

Mr Boswell asked first that the voluntary groups should continue to work together in making their representations to Virginia Bottomley, Minister of State, Department of Health. 'If you are able to agree as far as possible on the main issues you wish to have clarified, though do not ignore the specifics, it ensures that there will be greater understanding', he said.

He agreed that there were a number of valid points that had been made at the meeting which needed to be clarified in the Bill and said that he would arrange a preliminary meeting for representatives from the voluntary sector and the Minister as soon as possible, so that these could be put to her.

Meeting with Minister of State for Health

The meeting with Virginia Bottomley, Minister of State, Department of Health, on 16th February, was cordial and friendly, but few positive assurances on the points raised were given, although the Foundation was invited to write giving details of fee levels and the present and future impact that financial arrangements would have on Cheshire Homes.

(Continued on next page Col. 3 ►)

Information

■ **Parking Fines:** Poole (Dorset) Local Authority have taken the lead in imposing penalties on able bodied drivers who parked in spaces reserved for disabled motorists. Drivers who pleaded guilty were fined £65 and costs by Poole magistrates. The total was £1000.

■ **The Art of Self-Maintenance:** If you are coping with the effects of disability and illness, or even if you are at present in excellent health, a sensible A to Z book called 'Your Health in Retirement' is a useful reference. It provides details of a wide variety of health topics and services provided by the NHS, Local Authorities and complementary medical practitioners.

The authors are Dr J. A. Muir Gray, consultant physician in Community Medicine for Oxfordshire Health Authority, and Pat Blair, Vice-Chairman of the Medical Journalists Association.

Published by Age Concern England, price £4.50, available from major WH Smith branches and leading bookshops; also from:

Dept YH2, Age Concern England,
60 Pitcairn Road, Mitcham, Surrey, CR4 3LL

Tel: 081-640 5431

■ **New South East Region Co-Ordinator:** Margaret Baldwin, who for five years was Chairman of Athol House Cheshire Home, Dulwich, has retired from that position, and will take over as South East Region Co-Ordinator.

She will continue as a member of Athol House Management Committee, which will now be chaired by Edward Footring, formerly Honorary Appeals Co-Ordinator for The Cheshire Foundation.

Margaret has been closely involved with Athol House for twenty years. She began by undertaking numerous voluntary jobs and later joined the committee.

■ **New RADAR Director:** Mr Bert Massie has been appointed the new Director of the Royal Association for Disability and Rehabilitation. He is taking over from Mr George Wilson, who will continue to be National Secretary for Rehabilitation International and be responsible for RADAR's international work. Bert Massie has been with the Association since 1977, first as Executive Assistant to the Director, and since 1986 as Assistant Director (Disablement Services)

■ **SPOD Counselling Line:** The Association to Aid the Sexual and Personal Relationships of People with a Disability (SPOD) now runs a telephone counselling line on 071 607 8851. The times are as follows:

Monday	1.30 pm – 4.30 pm
Tuesday	10.30 am – 1.30 pm
Wednesday	1.30 am – 4.30 pm
Thursday	10.00 am – 1.00 pm

■ **A Christian Initiative:** Each Friday evening in the Quiet Room at Douglas House Cheshire Home, Brixham, Devon, the recently founded Christian Fellowship meets. Prayers are said and the Word of God is shared in song and testimony. The members are Evangelists and are often joined by friends from Brixham Community Church. There is a great wish to communicate with Residents in other Homes who may wish to learn more of the Fellowship. Please write to: Susan James, Douglas House, Douglas Avenue, Brixham, Devon TQ5 9EL

■ **Sportstart Holiday Week:** Sportstart is a short mid-week break, primarily aimed at wheelchair bound disabled people and their families or friends. During four days a wide selection of sports will be on offer, supervised by experienced staff. These range from basketball, canoeing, sailing, shooting to table tennis and swimming. Holidays take place at the Ludwig Guttman Sports Centre, Aylesbury, Bucks and start from June 25th, July 2nd, 9th, 16th, August 20th, 27th, September 3rd, 10th, 17th, 24th, sponsored by B.P.

Anyone interested should contact Sportstart Holidays, BPSS, Guttman Sports Centre, Harvey Road, Aylesbury, Bucks HP21 8PP
Tel: (0296) 84848

■ **'Survival' Guide for Carers:** Jane Brotchie has produced a book, to be published by Bedford Press in the Autumn of this year, called *Survival Guide for Carers*. It aims to help people looking after a disabled relative at home, and to encourage them to seek help for themselves, and to take breaks from caring. Obtainable from Plymbridge Distributors Ltd, Estover Road, Plymouth PL6 6YP

■ **Independent Living Flats:** The Wealden Charitable Housing Association is completing a block of flats in Dobson Road, Langley Green, Crawley, Sussex, nine of which are specifically designed to meet the needs of single people with some form of disability. All are ground floor, with fully fitted kitchens, designed so that worktop and appliance levels can be lowered as necessary. There is a communal laundry.

The flats would be most suitable for the less disabled looking to attain a degree of independence. The Association would NOT be able to provide personal care to Residents, but estate based staff could provide some initial help.

Application forms and more information from:

Carole Forrest, Housing Manager,
Wealden Charitable Housing Association Ltd, Epsom House, 31 Chart Lane, Reigate, Surrey RH2 7DY
Tel: 0737 224828

(Continued from page 19)

At a meeting of 36 MPs comprising the Standing Committee considering the Bill the previous day, there were few concessions made, despite the numerous amendments tabled.

IMPORTANT POINT CLARIFIED

However, one important point has been clarified, and that is that as from April 1991 it will be possible to top up nursing cases on the same footing as residential care cases. The Foundation, in common with a number of other charities, are continuing to press for this to happen straight away. It is hoped that this point may secure a positive statement at some stage in the progress of the Bill.

Action by Homes and Family Support Services

Many Homes and Services are making their views known to their local MPs and relevant statutory authorities, which will increase the momentum of lobbying at central level.

'A Cheshire Who's Who'

For some years the Founder has urged the necessity of recording as much information as possible about the origins and early years of the Leonard Cheshire Homes and Services before such information is lost permanently. With this purpose in mind the first secretary of the Foundation, Mrs Margot Gibb (Mason), has worked at great length to document the history of the Overseas Cheshire Homes: some 80 Homes have now been processed, recorded and entered on to a data base.

We would now like to attempt an exciting and different approach as we begin to record the history of the UK Cheshire Homes and Family Support Services. Many people, past and present, Residents, staff, committee members, volunteers, benefactors, etc. have been and are associated with the establishing of each new unit. We expect that you will easily find ten or fifteen outstanding names representing personnel from the above categories. If each Home and Service sends in at least 10 names we will soon have over 1,000 names associated with their first years. (But this need only be a minimum number: we would like eventually to compile a register of names which comprehensively records all the key people associated with the Foundation throughout the UK).

We do hope that you will support this Project with great enthusiasm as it represents a way of compiling the history of a unique Foundation.

Tony James, Leicester

Please send for a form from: **Tony James, Archivist, The Leonard Cheshire Archives, Staunton Harold Hall, nr Ashby de la Zouch, Leicestershire LE6 5RT**

Greatly Interested Holiday Resident

Thank you for the re-directed Cheshire Smile received this morning. Since 1970 I have stayed at three Cheshire Homes as a holiday Resident and have received your magazine with great interest. I am now staying at Seven Springs pending assessment.

**Mrs G. E. Moss
Seven Springs,
Tunbridge Wells, Kent.**

YOU write to US

Disabled Parking

Macclesfield Community Health Council is urging the Borough Council to prosecute able-bodied drivers who park in places designated for the disabled.

I intend writing to the **Disabled Drivers Motor Club** to find out if other councils are making prosecutions. There is no point in having a sign that indicates a fine of £400 unless this is implemented.

Mrs M. Peach, Prestbury

Walking Through Treacle

A big 'thank you' for the article on the Independent Living Fund. My husband, who has MS, and myself are both benefitting from the Fund's support.

Although my husband has full attendance allowance nobody thought of informing us of the ILF's existence. What a lucky break for us.

On reflection, though, back over the past 18 years since my husband had to give up work, everything we have found out has been through a chance remark. Wouldn't it be wonderful if each area had a disablement officer who had information from Social Services, the NHS Area Authority and all other sources who work in isolation.

If I were to write a book on Coping With Disability, I think I would call it 'Walking Through Treacle'.

I can only encourage all readers to apply to the ILF even if at first they don't seem to qualify. Perhaps MS groups could invite local representatives to speak about the rôle of the ILF. Its mere existence must surely be the government's best kept secret!

**P. Procter
Leeds**

Overseas 'Twins'

I'm enclosing a small donation to support The Cheshire Smile. I always enjoy the magazine and pass it on to friends from England.

I was especially interested in the article about the Madurai Home in India. We twin with it, and since 1981 we have sent it \$3550, which is 47,207 rupees.

I have also received several letters from people interested in stamp collecting following your publication of my letter.

Thank you and good luck for the future.

**Hazel Ayres
Cheshire III Apartments,
London, Ontario, Canada**

In Gratitude

Please accept the enclosed cheque towards expenses for The Cheshire Smile, which I thoroughly enjoy. I feel thankful that I escaped any damage in the recent storm, so this is to show my thankfulness.

**Miss A. W. Howell
Hemel Hempstead,
Hertfordshire**

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 The Cheshire Smile, Arnold House, 66 The Ridgeway, Enfield, Middx EN2 8JA
The Editor

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Obituaries

John Wells – A Fine Artist

Ruth Bromhead, a voluntary worker at Agate Cheshire Home, Ampthill, near Bedford, writes the following appreciation:

John Wells, who sadly died on 28th December at the age of 51, was a very special person. He had been physically disabled for over 20 years as a result of a brain tumour which left him virtually paralysed. He was a Resident of the Cheshire Home in Ampthill for five years and, during this time he always tried to live his life to the full. He played chess and spent many happy hours with his computer, which he managed to use by means of a special attachment to his head. Last year, encouraged by Cindy Worker who organizes craft work at the Home and the late Doris Manning of the Seven Springs Home, John became interested in painting, a hobby he had never attempted before. Although he had to hold the brush in his mouth he, nevertheless, was able to produce many fine pictures. Twenty of his paintings were recently put on display in the Flitwick Public Library and received high acclaim.

John knew that this exhibition was being arranged but, sadly, he did not live long enough to see his paintings on display. He will be missed by all his friends and colleagues.

For 12 Years A Resident

Peter Robertson, Administrator, Alne Hall Cheshire Home, York, writes:

It is with great sorrow that Alne Hall announces the death of Mrs **Freda Demaine** aged 57, who died peacefully on Friday 16th February 1990.

Freda had been a Resident for the past twelve years, and was much loved by everyone. Mr Len Demaine, Freda's husband, whilst being of constant support to Freda, has also been involved with Alne Hall in a voluntary capacity since the early days of Freda's residency and he has been invaluable in his work as 'Clerk of Works' keeping an eye on the many maintenance tasks that have required expert guidance. Freda will be sadly missed by everyone and our thoughts are with Len and his son Robert.

Much-Loved Edna

Green Gables, Alfreton, Derby, record with sorrow the death of Edna Palmer on 10th March, 1990, aged 57 years:

'Edna was born with cerebral palsy. When she was 19 her mother, who had been her only Carer, became terminally ill and died. The only type of care available at that time was in geriatric units; not ideal, but even so, much love was given to her by the staff.

'Eventually Edna went to Hovenden House Cheshire Home, where she met and fell in love with George Palmer, and in 1975 they married. They moved to Green Gables on their Wedding Day. George looked after Edna in every way. He was her voice and her hands, and when she lost her sight in 1982 he became her eyes.

'No one ever thought of Edna without George – they were a couple. So in 1987 when George died Edna was very much alone, or so she thought. But what emerged were the very close friendships that Edna's personality had encouraged while George was alive. Friends from far away came when they could. The simple but thoughtful gift of a continuous supply of jelly babies (Edna's favourite) came from another Resident.

'Members of Staff had a special relationship, and a special place in their hearts for Edna. There was "Baby Brother" – 6' 4" with a build to match, roguish humour – but so gentle. How he made Edna laugh again! The girls – "Best Friends" – whom Edna trusted to make sure her clothes were colour co-ordinated, and her jewellery was right. The 'gang', always there for a chat.

'Then there was her "bestest – bestest – bestest" friend, the one she shared her innermost secrets with. She was the one who comforted when Edna was low, encouraged, supported and gave Edna the strength of confidence when she was high, and the one who held Edna at the end of her life.

'**In this life you are often known by the company you keep – Edna only kept company with the very best.'**

A Devoted Worker

John Lowcock, a member of Freshfields Cheshire Home, Formby, Liverpool, writes:

'It is with great sadness that Freshfields Cheshire Home records

the sudden death on 19th December last of **Arthur Ellison Hunter**, who for over thirteen years had worked tirelessly for the Residents and the Home. He became a voluntary worker and in March 1977 was appointed Press Officer, and for some time published a monthly news letter which he titled Freshfield Gazette. It was both informative and amusing and Arthur was not afraid to make himself the target for its humour. In May 1978 he was appointed Chairman of a Publicity and Appeals Committee, and in that capacity became a member of the Management Committee.

He continued to work as Appeals Director until his death, and in the intervening years composed and sent out thousands of letters, resulting in the sum of £266,385 being received for Freshfields from legacies, donations and appeals; a wonderful testimonial to his devoted work.

He served as Chairman of the Management Committee from April 1985 until April 1988, and from then until his death as Vice-Chairman of that Committee. He had been very much involved with the partial demolition and rebuilding of Freshfields as a single storey purpose built Home, which is now in the second phase of the project.

He was greatly respected and loved by Residents, Staff and Committee.'

A Private Person

Le Court Cheshire Home, Greatham, Liss, records with sadness the death of Resident **Julian Crowder** on January 8th. Julian graduated from Cambridge with an economics degree in 1975, but before he could embark on his career as a chartered accountant he was involved in a car accident in Scotland when he sustained severe spinal injuries. After a short stay in hospital there, he was transferred to Stoke Mandeville where he received further medical treatment and rehabilitation. He lived at home with his parents and then with his brother until coming to Le Court in 1981. Julian served on several committees while he lived there, including the Management Committee.

A man of quiet disposition, he treasured his right to privacy and to live the life of his own choosing. Deepest sympathy is extended to his parents, family and friends.

A Day in The Life of Scilla Landale

Chairman of Park House, Sandringham

Thump . . . squeak . . . lick! Tinker my Springer Spaniel has landed on top of me telling me it is time to wake up. Following close on her heels are Alexandra aged 5, and Michael, aged 3. I open a bleary eye and see it is just after 6.00 o'clock! There is no peace for the wicked. Thinks 'what is happening today?' – oh, goodness, the Park House Management Committee Meeting at 10.30 – I must get up and organise the children. Dressing 'Oh, Mummy where is my sock?' – breakfast – 'Oh, Alexandra do hurry up!' – into the car and off to a local village school for one – the hustle is reduced by one notch. Now to collect Mrs Dagless who will look after Michael while I'm at Park House. Oh – I must remember to let the horses out of their stables before I depart, and think of lunch for my husband (yes he does exist!), and the others.

Gathering my Park House papers, I manage to leave the house at 9.45 to drive the 16 miles to Sandringham. Oh what peace to have half-an-hour to myself to gather my thoughts for the important meeting ahead, and a mental change of gear away from the domestic to the important business and decisions to be made at Park House.

The drive gives me time also to reflect that I have been involved with The Leonard Cheshire Foundation for ten years now – how the time has flown. First as the International Secretary based at Market Mews and Maunsel Street, and then following my marriage in October 1982, Park House – the first meeting of the Steering Committee took place in May 1983 – and it has been all go ever since!

Driving through the beautiful woods of Sandringham, Park House looms into view. I arrive at about 10.15 which gives me time for a quick cup of coffee and a chat with Tony Kendall – the indefatigable General Manager, to see if there are



Scilla Landale, Chairman of Park House, Alexandra, Michael and Tinker the dog.

any changes to the forthcoming meeting. During this time the other 15 Members of the Management Committee are also arriving. The Meeting covers such topics as the General Manager's Report on the overall running of the hotel for the past 2 months, and decisions are taken on any recommendations that he may put forward. The Hon Treasurer presents the financial report; and then the various sub-committees give their reports on Staffing, Marketing, The Park House Club, which covers the Bar and Shop, and The Companions, the local fund-raising group who also help by funding assisted holidays for those unable to afford the whole cost of a stay at the hotel.

The meeting finishes just before lunch, which gives us time to have a drink and chat with some of the guests and members of staff before a buffet lunch. This period is very useful for discussing matters with other members of the Committee and for fixing dates for any sub-committee meetings which may be necessary. I have to keep an eye on my watch as I must leave at 2.30 pm to collect Alexandra from school.

At 2.40 I rush to the car – if I hadn't talked so much I might have made my 2.30 deadline! A quick 20 mile drive to school – I must be careful – my husband, as well as being a farmer, is a Magistrate, and I have already had a close shave on the day I was elected Chairman! . . . whilst racing towards school with Major General Graham Mills, past Head of Home at Le Court, and who had just retired from the Committee, I saw the flashing blue lights of a fast approaching Police car, 'Oh dear, two glasses of wine. Would I be over

the limit?' What a relief – he drove past me and disappeared! Now I can think over the meeting and the action which has arisen from it.

I arrive at the school just as the children are coming out. Back home to relieve Mrs Dagless and take over the role of mother again. Tea is always a hectic meal – more so on days when I've been to Park House.

Must go and do the stables, (didn't have time this morning), and get the horses in before it gets too dark. The dogs are getting very restless and keep coming up to me, trying to tell their very slow mistress that they are starving!

Bath time for Alexandra and Michael – always noisy and rather wet! Into bed for some stories and with luck asleep by 7.30.

Downstairs again to think about our supper – my poor husband gets fairly uninspired fare on days like this – he would probably argue what is different between this and any other day! Once supper is over, I can spend some time on the word processor dealing with the matters which may have arisen from the Committee Meeting.

As well as the meetings there are numerous visits to Park House covering other aspects from say, Anglia Television filming the 'Highway' programme with Sir Harry Secombe, organising a fund raising wine tasting evening, to visits from local businessmen from whom we seek support and donations, etc.

By 10.00 I am exhausted – the dogs go out for their last run of the day. Poor Tinker had a very boring day sitting in my car while I was at Park House. Must give her a good run tomorrow. Bed and in a few moments oblivion!

Sir Geoffrey turns the camera on the photographers at a press conference in Germany.



(continued from page 5)

Proud to be Chairman

Sir Geoffrey says that he is honoured and proud to be elected Chairman. 'What an extraordinary achievement the Cheshire Foundation is', he observed, 'Conceived from small beginnings by just one man's vision and dream, and now grown to be a world-wide organisation, reaching as far as China and Japan, and now Russia'.

What qualities did he think he would bring to the Chairmanship? He hesitates. 'Well, I think my experience of dealing with so many people and my wide travels over

many years will be helpful in bringing a breadth of experience to the task. I hope that my judgement is reasonably sound and that I am flexible in my thinking. My wish, really, is simply to follow the remarkable job my predecessors have done by providing effective leadership so that we can all achieve the ambitious targets we have set ourselves against the background of a world that is changing so rapidly'.

Sir Geoffrey Howlett is married to Elizabeth, and has one son and two daughters. He lives in Dorset.

General Sir Geoffrey Howlett in camouflage uniform.

