

CESHIRE

# Smile

MAGAZINE OF THE LEONARD CHESHIRE HOMES AROUND THE WORLD

*HRH Duchess of Kent Opens  
New Chilterns Cheshire Home  
Story on back cover*



# CHESHIRE Smile

Founded 1954

MAGAZINE OF THE LEONARD CHESHIRE HOMES AROUND THE WORLD

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**FRONT COVER** – The Duchess of Kent shows her bouquet to longest stay Resident of Chilterns, Maurice Seymour. Left to right Brian Ball, The first Chairman of the Chilterns, Lily Sawyer, Maurice's sister, The Duchess's Lady in Waiting Mrs Peter Troughton, present Chairman, Col Donald Goldfinch, Chairman of the Management Committee.

*Editor* Kay Christiansen

*Hon. Treasurer* Robin Fletcher

*Design and Production* John Anderson

*Secretary* Ben Howorth

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



Sir Geoffrey Howlett, Chairman of the Foundation greets the Russian visitors at the door of Leonard Cheshire House.

# New Home in Moscow

## Russians Visit England

### and Learn The Cheshire Way of Working

The world-wide network of Cheshire Home will stretch out to the Soviet Union this October when the pre-fabricated building designed for 30 disabled Russians is completed in the Báumanski District, an attractive dacha district 40 kilometres from Moscow.

It will bring the total of Cheshire Homes to 265, and is a tribute to the drive, determination and vision of the Founder, Group Captain Cheshire, who obtained agreement for its establishment from Vladimir Alkhimov, formerly Deputy Trade Minister and now running Russia's first non-governmental charity, while on a visit to Russia concerned with his World Memorial Fund. The Home is the first residential Home of its kind in the whole of Russia, and will be specially insulated to combat the fierce Russian winter.

The Foundation will bear the capital costs of the project, and the local district council will build the approach road and foundations, and provide essential services such as water and electricity, as well as bearing the running costs.

#### Fact-Finding Mission

In April, the Founder arranged for a party of Russians to come to England to see at first hand how a Cheshire Home is run. Fittingly, he chose Le Court in Greatham, Hampshire, the first Cheshire Home to be established, to act as hosts.

**Frances Hopwood**, a Resident, describes how it all went:

**The visiting Russians were Mr Yuri Zakharevsky, Deputy Mayor of Baumanski, and also a construction engineer, Mrs Natalia Zhukova, a doctor, who is Head of Health for the district, responsible for 26 hospitals, and an interpreter Mrs Svetlana Anikina.**

During their three-day visit, they had lengthy discussions with Roger Southerst, Head of Home, Mrs Rosemary Jarrett, Head of Care, and the Chairman of the Residents' Committee, Kathy Vowles, who explained the day-to-day running of the Home, the financial aspects involved, the procedure taken for admitting a prospective Resident to Le Court and the close liaison that exists between the administration and the Residents' representatives. It was stressed that Residents participate on

all Committees, including Management, and that the Residents' Association owns and operates a shop, craft centre and vehicles.

#### Relaxing Down at the Pub

After this meeting the visitors were shown around the Home and discussed further aspects of Le Court with others who live and work there. Joining the visitors for an informal evening held later at the Queen's Hotel, Selborne, were Anne Southerst, Kathy Vowles, Staff Representative on the Management Committee Andy Thoma, Vice-Chairman of the Residents' Association Ian Balfour, and Secretary Kathy Bellingham. It was an enjoyable evening and the visitors were delighted to visit a traditional British public house in this picturesque village.

#### A Shopping Trip

After further discussions with the Head of Home, Head of Care, and Kathy Vowles on Wednesday morning, a trip to Petersfield, a market town near Le Court, was of particular interest to our visitors, as they not only completed personal shopping but also saw how disabled people are accepted in the community.

#### A Farewell Party

A small farewell party was also held for them at Le Court. In a relaxed atmosphere, an enjoyable evening was had by all who attended and a beautifully illustrated book of the Baumanski District, showing the pine forests in which the Home is to be built, was given to the Residents by the visitors. There were lighthearted attempts to learn a few words of Russian and Anne Southerst tried to teach some words of greeting in Swahili! The social occasion gave a fitting end to their stay.

#### Meeting the Founder

The following morning the Foundation Chairman, General Sir Geoffrey Howlett, took the Russians to London where they met with Group Captain Leonard Cheshire. They were genuinely sorry to bid farewell to the Home and especially to those with whom they had had so much contact during their three-day stay.

#### A Visit of 'Summit' Importance

The visit was of interest to all and provided the opportunity of giving the guests a base line on which to work in Russia. This may not have been a meeting of significant importance in world affairs, but if it is to pave the way for a change of attitude towards disabled people in Russia, then it was of 'summit' importance.



The Founder in conversation with Yuri Zakharevski, Deputy Mayor of Baumanski, and Natalia Zhukova, Head of Health Services for the area.

The Russian visitors enjoying perfect weather on the Le Court terrace with left to right Dorothy Watson, Roger Southerst, Head of Home, Rosemary Jarrett, Head of Care and Kathy Bellingham (Resident). Photograph by Andrew Young



Left to right, Kathy Vowles, Mrs Natalia Zhukova, Mr Uri Zakharevski and interpreter Mrs Svetlana Anikina and Kathy Bellingham. Photograph by Peter Dickenson



Tom Chambers (Computer Supervisor) demonstrates a computer to Russian visitors Natalia Zhukova and Uri Zakharevski, watched by Kathy Vowles. Photograph by Peter Dickenson

# Russians

# Visit

# England

# Signposts to Way Ahead for Foundation



*Left to right, Doreen Hodgson, West Area Team Manager, John Regan, Trustee, Glyn Rogers, Chairman Danybryn Management Committee.*

**The falling demand for residential accommodation in Cheshire Homes, the need to review present criteria for entry and to forge closer links with the community, were all stressed by a number of speakers at the Foundation's Western Area Conference, held in the County Hall, Cwmbran, Gwent, on Saturday, April 27th.**

**The conference was organised by a Project Planning Committee, under the direction of John Regan, Foundation Trustee, who also chaired the proceedings. 21 out of 26 Cheshire Homes and 14 out of 15 Family Support Services in the area were represented.**

**The theme of the conference was 'Community Care and its Implications for The Cheshire Foundation'.**

## National Developments

Arthur Bennett, the Foundation Director, speaking on the national position, said that 120 committees were at work in the UK and were in touch with 60 local authorities. There were now nearly 30 Family Support Services and ten more could start almost immediately if they could get adequate funding.

After April 1991, he forecast that there could be an explosive growth in the number of Family Support Services. He would not be surprised if there would be 50 established in comparatively few years. Family Support Services were already looking after as many disabled people in the community as were cared for in the Homes. In the UK, there were no waiting lists in Cheshire Homes anywhere today. At any one time there were always 100 vacant places overall.

One new and brilliantly conceived Cheshire Home was in great difficulty due to lack of demand. As the shift in emphasis and public demand moved more and more to domiciliary care, he posed the questions: Was there too much provision for residential care within the Foundation? Were the Homes too selective in their criteria for accepting Residents? Ought they to be thinking seriously about accepting different categories of disabled people?

## Age Limit

A disabled 65-year-old member of the Foundation had said to him that if he were to apply to a Cheshire Home for entry, the vast majority of Homes would reject him solely on grounds of his age. Yet there was great need for provision for the elderly disabled. Arthur Bennett mentioned that he and his wife had helped care for three elderly stroke victims. They had hitherto been fiercely independent, active people living in the community, but were unable to find suitable carers. How much better life would have been for them had age not precluded them from being accepted into Cheshire Homes instead of being obliged to rely on nursing homes where the care and quality of life was sometimes so inferior.

## A Possible Solution

Now that many Cheshire Homes, both newly built and adapted, were offering much more private, compartmentalised accommodation, he suggested it might be possible to consider accepting different groups and ages of disabled people, and caring for them in different sections of the building.

He also commended increasing co-operation between The Cheshire Foundation and other voluntary groups on joint projects of mutual interest. This was proving most advantageous in the case of Oakwood, the Stockport Project for Head Injury Victims.

## Current Developments in Wales

Glyn Rogers, Chairman of Danybryn Management Committee, Radyr, Cardiff, said that Welsh Homes had approached local MPs concerning new plans proposed under the Community Care Bill, and the matter had been raised with the Welsh Office. Ian Grist, Government Minister, had responded in detail. He had stated that the Government recognised that Local Authorities would need adequate resources to discharge their new responsibilities, which included assessment, case management, and the provision of appropriate care. Expenditure would come principally through the Revenue Support Grant which should ensure maximum local accountability and flexibility.

## Responsibility to Publish Plans

Local Authorities would have to prepare and publish social care plans jointly with Health Authorities and Family Practitioner Committees, following consultation with the voluntary and private sector, Housing Authorities, and representatives of the users of Services.

## Discussions Already in Hand

Welsh Local Authorities were currently setting up appropriate committees to meet consultative requirements.

## Widening Scope

At a recent meeting of Welsh Homes, Mr Rogers said that most of them felt that it was necessary to widen their scope of activities, take a close look at the need to set up F S S groups, and consider the need to provide day care, though space and the rights of existing Residents were problems.

## A Dynamic Organisation

It was clear that in Wales the Authorities looked upon The Cheshire Foundation as a big, dynamic and highly efficient organisation. There was no doubt that in many parts of Wales there were opportunities under the Bill to expand and make a worthwhile contribution to Community Care. Much depended on the will to look beyond the narrow field of residential care and provide the resources to meet the challenge.

## Other West Region Developments

Doreen Hodgson, West Area Team manager, said the most noticeable effect of the White Paper had been on F S S's. The number of services in the region had doubled in the last three years, and indications were that this trend would continue. Increasing links and co-operation were beginning between residential Homes and F S S's to provide services jointly.

## Assessment

Initial work had been done on a system which would enable Residents and Clients to assess and review their current life style so that beneficial changes could be considered. This procedure could complement Local Authority assessment and ensure that the individual's wishes and needs were represented.

## Kempston House, Exmouth

Jean and Peter Thorpe, members of the Kempston House Management Committee, Exmouth, then gave a joint account of how the project had started and its value in providing independent living opportunities for local disabled people and students.

A Family Support Service was shortly to open, based on the Home. The Home aimed to be flexible and to respond to perceived needs readily.

## A Higher Profile

Jean Thorpe made a plea for the Foundation to raise public awareness of its work, which was the subject of enormous ignorance. The Foundation listened and responded to what disabled people said, needed and wanted. The Foundation should try harder to ensure that the public understood the principles for which it stood.

## A Plea from the Chairman Emeritus

This plea for a higher P R profile was warmly supported by Sir Christopher Foxley-Norris, Foundation Chairman Emeritus, who said that public ignorance of The Cheshire Foundation was appalling. They still thought Homes existed solely for ex-servicemen, and one lady had opined that they must be a refuge for Cheshire cats!

## Current and Likely Developments

Jack Hanson, a retired Director of Social Services, Dorset, Vice-Chairman of the Wagner Committee, and Adviser to the Audit Commission, said that community care plans were not new. As long ago as the '50's the concept of caring for disabled people in the community had been promulgated by the Audit Commission and the Royal Commission on Mental Health, as well as by the provisions in the Chronically Sick and Disabled Persons Act. These culminated in the establishment of the Wagner and Griffiths Committees, with the White Paper as the outcome of their recommendations. The White Paper made the right noises about choice, independence and finance, and acknowledged that the bulk of community care was at present provided by families, friends and neighbours, who deserved to be supported. The Wagner Report had laid particular stress on the need to consult closely with the consumers of Services to determine their wishes and needs. It was important that this aspect should be an essential part of the new framework.

## Residents' Needs and Expectations

A discussion of Residents' and Clients' needs and expectations then took place between Marion Saunders, Vice-Chairman of Torbay FSS; David Hassell, Resident, St Michael's, Axbridge; Robin Harding, Resident, Greenhill House, Avon; and Susan James, Resident, Douglas House, Brixham.

All speakers stressed the need to provide a wide spectrum of choice of living styles for disabled people and their need and right to be closely consulted in planning at all levels, since they were the best judges of what their requirements were.

## Question Time

Question time followed with the following members of the Panel: Guest Speaker Jack Hanson; Bruce Weatherstone, Susan Evershed, Judge Hilary Gosling, Helen Smith, Muriel Taylor, (Foundation Trustees).

## Founder Speaks of Meeting Needs

In his closing speech, the Founder spoke of the basic principle which had brought the Foundation into being – meeting unmet needs. This was of over-riding importance, and he hoped that Homes with empty beds would do their utmost, wherever it was consistent with their Residents' requirements, to adapt by seeking out and providing care for those who were in greatest need of help.

## Money Not Main Factor

The consideration of finance in meeting needs should not be the over-riding factor. The rules for caring were different from business considerations. Money, he had found by experience, could always be found if the cause was right and the need was urgent.

He hoped that when Homes reached their full complement they would never sit back feeling that they had achieved their goal, but would always go on further.

This was the inspiration disabled people gave him as he saw how they went on striving in their lives in spite of their problems.

An example of this was a wonderful and moving letter he had received from a Resident of the new Chinese Home in Kunming. (See page 22).



Jack Hanson, Guest Speaker, at the rostrum.



Resident of Coomb Cheshire Home Phyllis Pocock with The Founder.



Rosa Krepa of St Anthony's, Wolverhampton, flourishes her fund raising chart to buy a brick for the new Foyer Koutoubia Cheshire Home in Morocco.



At left Doris Birch, Resident of Llanhennock, with Mrs Bernard Dyer, wife of the Head of Home.



Terry Cornish, Resident of Llanhennock Cheshire Home, talking with The Founder.



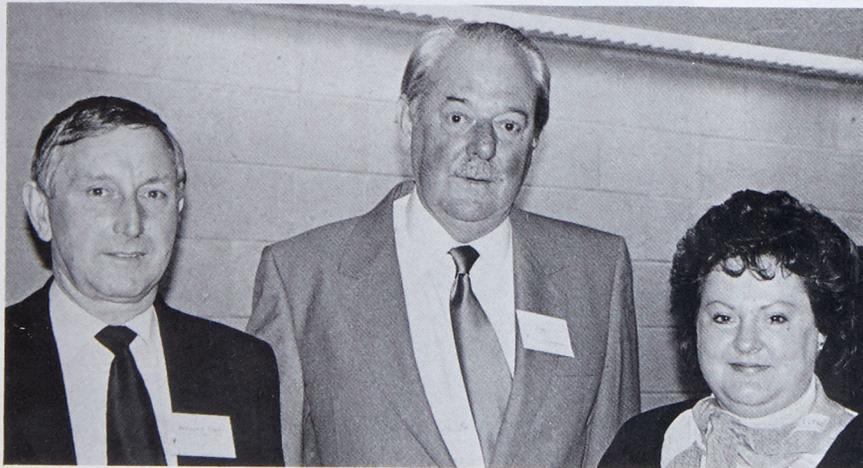
At left, Dr Dorothy Fisher, of Greenhill, Avon, Management Committee, with Peter Harding, Resident of Le Court.



Jean and Peter Thorpe of Kempston House, Exmouth.



Resident of St Michael's, Axbridge, David Hassell, in conversation with Mary Gunton, Llanhennock Resident.



Left to right Bernard Dyer, Head of Home, Llanhennock, John Tindal, Foundation Trustee, and Christine Brinkworth, Head of Care, Llanhennock.



# SHARE YOUR PROBLEMS with Dr Wendy Greengross Foundation Trustee

**Question:** A Resident in our Home is being divorced by his wife with his consent. He seems to be very upset, even though he doesn't talk about it. I would like to show him some sympathy, but I'm afraid of making things worse.

**Answer:** People vary in the amount they wish to share, and so you need to take your cues from him. He may appreciate being invited into your room to watch television or have a cup of coffee, or being asked to spend a few hours with you outside the Home. You could say that you feel sorry that he's so unhappy, and this might encourage him to speak to you when he feels ready. It's very easy to feel lonely and isolated at times like this, and believe that everyone is wrapped up in their own lives, and that no one cares about how you feel. I'm sure that he will appreciate your gestures of friendship, even though he may not yet be ready to take advantage of them.

**Question:** I get upset by the assumption that it is alright for everyone to use my first name, while I am expected to use titles and surnames when talking to senior staff and management committee members. Surely I should be given the right to choose how others address me.

**Answer:** Of course, you are absolutely right. Perhaps this apparent rudeness is based on some people's concept of a Cheshire Home being a family and the Residents being treated as the children, who might then be introduced to outsiders by their first names.

Many Residents were brought up with more formal manners that decreed that even quite close friends should use surname and title, while today's more casual attitudes make it customary for first names to be freely used. I often get quite surprised when 'phoning somewhere like the BBC, and the unknown voice at the other end says something like, 'that's OK Wendy, I will get X to call you when she gets in' . . . informality seems to be the name of the game.

In spite of changing customs, the inequality that you complain about is totally unjustified, even though those who offend probably do not realise how hurtful their impoliteness can be.

If you find the manner in which you are addressed unacceptable, you should tell your Head of Home or Head of Care, or your Care Adviser. If you think that this might be difficult, ask for the matter to be discussed at a Residents' meeting. There may be many other Residents in your own Home who feel the same as you, but even if there are only one or two who think it is important, the matter should be brought to the notice of Head of Care and to the Management Committee.

**Question:** I would like to look after my own medication, but I'm told I'm not allowed to do this. If I was in my own home, I would be allowed to do so, however ill or disabled I was. Why should I be denied this right?

**Answer:** I understand your frustration. Not allowing Residents to keep their own medication seems not only to emphasise their helplessness, but also seems to infantilise them, with the implied message that they are not capable of looking after their own things or of knowing when they are supposed to take their own medication.

The situation unfortunately may depend on the status of the Home or your status within it. . . . If your Home is registered as a Nursing Home, or if you have been designated as a Nursing Care by the Local Health Authorities, the regulations require the Home to take responsibility for the safe custody of your medication. However, if you are a Resident in a registered Residential Home, you should, if you wish, be allowed to look after your own medication, but you have to bear several things in mind. . . . The most important is that your pills or tablets must be kept safely and should not be left lying around, even in your own room, as they might be a danger to somebody else.

This means that you should keep them in a safe locked receptacle or drawer in your room or you should carry your medication with you on your person or on your chair at all times, so that they are not accessible to anyone without your permission. . . . If these conditions cannot be met, your doctor might think it advisable for the care of your medication to be the responsibility of the Home.

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 answers 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.

# A Room of Their Own:

## Kay Christiansen Goes Down Somerset Way

St Michael's Cheshire Home, close to the attractive little village of Axbridge, in Somerset, has travelled far since it first opened its doors in 1968.

Originally built as a T.B. sanatorium run by nuns, the first Cheshire Residents slept four and sometimes eight to a room, in dormitory conditions which were decidedly institutional.

### Programme of Improvements

Today its 36 Residents all enjoy the privacy of a room of their own furnished to their taste, as a result of a very determined programme of improvements over the years. The first extension was built in 1976, the second in 1984, and in 1988 three more delightful bedrooms were added, each with its own en-suite toilet arrangements, and outside patio.

There is a great sense of pride and ownership taken in the rooms. **Judy Gingell**, at 30 the youngest Resident, has arranged hers with thought, and as an inveterate collector has found room for 40 Teddy bears ranged in shelves above her bed. **Betty Blake** is delighted with her quarters also, as is **Muriel Frapple**, Vice Chairman of the Residents' Committee, who edits St Michael's house magazine, *St Michael's Chat*. **Ruth Scammell**, who at 76 is the longest stay Resident, remembers well the dormitories when she came in 1968 and very much appreciates her privacy today.

Head of Home is ex-Royal Navy Commander **Roy Davies**, who has been at the helm for nine years, and works in close harmony with Head of Care, **Margaret Macdonald**, who has handled the job for over ten years, and thinks of the Home as her extended family, although she has five children of her own.

### Stable Finances

Roy is particularly proud of the Home's solvent financial position. 'We have completely re-paid the Foundation loans for the first two extensions, and when we built the last three rooms at a cost of £65,000 we were very pleased that we were able to pay for them without borrowing anything', he told me. 'We're fortunate that we have many good friends and fund-raisers in Somerset. For example, a total of £11,500 was raised or given in 1989, £3,700 of which came from a sponsored cycle ride by *RAF Locking* from *St Michael's to Land's End*, as part of the *ITV Telethon*. *St Michael's* is very much part of a close knit community here, and the locals are very much aware of us and take a keen interest in our activities'.

### Providing Opportunities

Roy told me that his policy is to provide as many opportunities as possible for Residents, but never to push those who do not want to participate. 'We accept that choice is their right. The main thing is that Residents know that we are always available to listen and help if required.'

For this reason the door of Roy's small office is always open, even when he has a meeting, so that passing Residents and Staff know what is going on and can always talk to him at any time.

### Creative Activities

Computers have been installed and are interesting Residents, particularly **Joyce Brashaw**, and **David Knight-Hassell**, while creative activities of all kinds have taken off under the enthusiastic leadership of **Cheri Vincent**, the Activities Organiser. As proof of the developing skills of the Residents is the *Foundation's Creative Activity Cup* proudly displayed in the dining room, which *St Michael's* gained in the 1987 contest for the greatest number of overall points.

Cheri, who is the wife of a local builder, has introduced pottery, tapestry work, basket work and other crafts, and is currently fostering a keen interest in gardening and the natural world.

### Going Green

Following a suggestion by **David Knight-Hassell**, a very keen 'green' man, two volunteers built a large pond in the grounds near the greenhouse and lined it. It was then stocked with a variety of contributions from Residents and Staff, including toad spawn, frog spawn, and goldfish which mysteriously materialised from pond weed put into the water! A surprising amount of wild life has gravitated to the pool, including 22 water snails. **David Knight-Hassell** keeps meticulous records of these and any new arrivals.

Cheri is delighted that the pool has generated so much interest, as she was formerly Information Officer for the Somerset Trust for Nature Conservation. She loves her present job more than anything she has ever done. 'It is a constant challenge, and I learn quite as much from the Residents as I teach. **Harold Slocombe**, for instance, taught me the finer points of basket work', she said.

### Having a Cook-up

Cooking, Cheri told me, is another recently introduced activity which is much enjoyed. 'Although the food here is excellent, it's nice occasionally to have your own cook-up. Sometimes Residents might organise quite a formal little dinner party and cook such dishes as home-made pâté, Boeuf Bourguignon, lasagne, or Chinese sweet and sour pork. Or they might decide on the spur of the moment that a ploughman's cheese, bread and pickle lunch would be nice. Then we make our own delicious home-made bread'.

### The Axbridge Quiz

Two afternoons a week the *Axbridge Quiz Team* meets, and inter-Homes quizzes are also held with other Cheshire Homes from time to time. This particular activity has raised £1500 for the Home's funds over four years.

Volunteers, both local and from countries overseas, are of great importance to the Home, particularly as 14 Residents require help with feeding, but also because they infuse new life and interests into the Home, as well as contributing in countless other ways.

### Loving Care from a Team

**Margaret Macdonald**, Head of Care, describes her deputy **Joan Davies** as 'my right hand'. Together they and their trained staff are dedicated to meeting the physical and personal needs of the Residents in a tactful and sensitive way.

'Half of our Residents suffer from multiple sclerosis, and may have been struggling along for some years with their worsening condition. Sometimes you might expect them to feel depressed when they first come here, but on the whole I don't find this. Sometimes I think they even experience a sense of relief as they know that their physical needs will be recognised and catered for', **Margaret** told me.

Sometimes there is the trauma of a marriage break-up and divorce which **Margaret** tries to go through with the Resident concerned. She tries to encourage ex-partners to visit, and remarks that children of the marriage are invariably very loyal to the disabled parent, visiting regularly.

Nice food is recognised as of great importance and the catering, as well as the laundry and cleaning of the Home, is ably organised by **June Youl**, the Housekeeper.



Left to right: Joan Davies (Deputy Head of Care), Margaret Macdonald (Head of Care), June Youl (Housekeeper).



Roy Davies, Head of Home.



Activities Organiser Cheri Vincent with Resident Harold Slocombe.



Left to right: Residents David Hassell, Joyce Brashaw at work on the computers and Rosemary Darby (far right).



Left to right: Resident Betty (Bebe) Blake, with Rupert Ridge (Chairman, Management Committee), Resident Muriel Frapple and Roy Davies (Head of Home).



Left to right: Residents Jeanette Moody, Ray Heathcote, Betty Blake (by window), Bert Uzzell, Daphne Walters, Head of Care Margaret Macdonald, Resident Muriel Frapple.

### The Chapel

One aspect of St Michael's that must be unique is the beautiful chapel created by Mrs Matilda Gibbs, who built the sanatorium in memory of her late husband. She commissioned the famous ecclesiastical architect Butterfield to build it as a centre-piece, and it contains a very fine stained glass window. Services for different denominations are held regularly, and are well attended by Staff and Residents.

### Meeting The Future

Summing up, Roy Davies says that his aim is to make sure that St Michael's

continues to be adaptable and to meet the changing aspirations of disabled people. 'I'm extremely fortunate that I have tremendous, wholehearted support from our management committee under the Chairmanship of Rupert Ridge', he said.

The Home is hoping to be involved in setting up a Family Support Service in the future, and is fully prepared to help with the training of Care Attendants and the co-ordination of fundraising. It is felt that there is a great need in the area for part-time care for disabled people who live at home.



Volunteer Eunice Youhill (standing) with Resident Ann Gillham (sitting).

# Seating Problems of Residents A Foundation Survey Finds D.S.A. Falls 'Woefully Short'

*A Foundation survey into wheelchair seating problems among 1370 Residents in Cheshire Homes concludes that 12% are badly seated, and that their chairs were causing their condition to deteriorate.*

*The survey was undertaken by the Foundation's Team of Rehabilitation Advisers over 15 months, and they state that the Disablement Services Authority 'fall woefully short in supplying specialist seating for people with permanent severe inability to walk. The D.S.A. state that their function is mobility, not specialist seating. The survey asks 'Who, then, is responsible?' It places responsibility on Government to provide adequate finance.*

## Findings

The survey also concludes that only 65% of Residents were adequately seated, and that 23% could be equipped with better wheelchairs. Of those diagnosed as badly seated 90% were multiple sclerosis sufferers and 10% cerebral palsy cases.

## Made Worse by Poor Seating

Research showed that people with deteriorating neurological diseases were made worse by poor seating, and although there is now some help to promote more comfort and stability, it was not easy to obtain, because few people were aware of its existence and did not know where to go, and the Statutory Services (Disablement Services Authority) were not willing to provide it.

## Government Policy at Fault

The report concludes that Government Policy is at fault, since services and costs were often cut arbitrarily in a way which severely curtailed the quality of life of some of the most needy recipients. It seemed probable that the

present situation could only get worse.

## Concern Over Delays

Concern was expressed about Residents who had difficulty staying upright in their chairs, and at the length of time taken and the inadequate provision made by some Disablement Service Centres when dealing with adaptations, requests and repairs.

## Press Given the Facts

At a Press Conference held at Central Office, on Thursday, May 24th, Rosanne Corben, Foundation Trustee and Chairman of its Physical Disability Committee, said that the standard chairs provided by the DSA were totally inadequate for severely disabled people and accelerated their problems. What was required for them was a specialised chair capable of supporting the whole body. When provided with this, further deformities were arrested, pressure sores were reduced and pain and discomfort considerably lessened.

## Prevention Cheaper than Treatment

'Nationwide, a 1986 survey showed that the cost of treating pressure sores in acute nursing beds was £200 million of NHS money', she said, 'A large proportion of such cases could be prevented by supplying better chairs, with a consequent saving of money. Prevention is better as well as cheaper.

'Nationally 100,000 severely handicapped people are inadequately seated, and a further 200,000 need improved seating'.

## Prototype Chair The Solution

'The Government grant of £1 million to the DSA is divided



*Ann Brau, Rehab Adviser, demonstrates the prototype wheelchair. Watched, at left, by Trustee Rosanne Corben.*

into 14 regions' she stated, 'This sum amounts to only £10 per head - nowhere near what is required'.

The Foundation's Rehab. Advisers had been working closely with the Royal Home and Hospital, Putney, where research had produced the prototype of a highly suitable chair offering full support for the spine. This could not be provided at present by the DSA as it could probably not be manufactured under the sum of £700 per chair, but further finance had to be found for those in such dire need of it. The Foundation's Survey was being sent to the Minister of Health.

**Great Benefits Result**  
Ann Brau, Foundation Rehab. Adviser, then

demonstrated the advantages of the chair. She said that when she and her colleagues had persisted, and managed to get the chair supplied after long negotiations, the benefits to Residents had been manifest.

One example was that of a Resident who had been on three pain killers a day and Valium, she had been in such discomfort. She was now so much more comfortable in the new chair that she no longer required the medication.

Another Resident, in and out of bed with pressure sores, was vastly improved since being equipped with the new chair.

## Recommendations

The survey recommended four courses of action:

1. That representatives of The M S Society and the Foundation meet to discuss the short term needs of M S sufferers and to devise means or solving them.

2. That the Physical Disability Committee is represented on the group.

3. That Homes should seek advice and assistance from Rehabilitation Advisers and ensure that a therapist trained in specialist seating is always involved in the assessment and prescription of wheelchairs and specialist seating, seek advice when appointing a new therapist, do their utmost to get wheelchair/seating clinics set up on a regular basis in Homes, and make these available to disabled non-Residents.

4. That the Physical Disability Committee undertakes a pressure group rôle on specialised seating and adopts a co-ordinated approach to the problem.

**'DOES HE TAKE SUGAR?'**  
Meets a Foundation Wheelchair User

Last year the Disablement Services Authority produced a Training Resource Pack. In this Pack there is an audio tape made by, and used for the BBC Radio 1 programme 'Does He Take Sugar?'. It is a vital part of the Resource Pack because it emphasises the point that in any assessment for a wheelchair, users themselves MUST be consulted!

The tape was made by two wheelchair users, Mrs Ann Norman and Professor Ted Marsland. Ann Norman is an Occupational Therapist and a member of staff at the Hertfordshire Home. Ted

Marsland, a former Vice Chancellor of Birmingham University is President of the West Midlands Council for Disabled People. In the interview, they both stress that people who are involved with the assessment and provision of wheelchairs should not only seek but listen to the views and experiences of wheelchair users.

The Wheelchair Training Resource Pack is available in all Disablement Services Authority regions (NHS regions). The Foundation Rehabilitation Advisers have details of the Resources (e.g. tapes, slides, books etc) some of which they hold already because they are included in the Foundation Training Resource Pack.

For copies of the 'Does He Take Sugar?' tape and further enquiries, please telephone Janet Wells; on 071 828 1822.



### A SPONSORED DECK SCRUB

A 68 year old ex-Wren, who once climbed up to the crow's nest of HMS Belfast for a dare, recently returned to the ship armed with a scrubbing brush.

She is Pamela Kipping, who hopes she has raised £500 in sponsorship money for Seven Springs Cheshire Home, Tunbridge Wells, Kent, by spring cleaning the ship's quarterdeck.

Several of the Home's Residents went along to cheer her efforts aboard the cruiser, now moored in the Thames as the Navy's floating museum. Commented Pamela: 'At my age, scrubbing on my knees seemed a safer bet than climbing up to the crow's nest!' Her sporting effort was rewarded afterwards with a tot of rum served by Captain Tony Collins, Director of HMS Belfast.

The picture shows Pamela, assisted by Yeoman Tony Glasgow.



# International News

Edited by Lynette Learoyd  
International Secretary



## THE LEONARD CHESHIRE FOUNDATION INTERNATIONAL

26-29 MAUNSEL STREET LONDON SW1P 2QN ENGLAND

### First 'Black' Cheshire Home Opens in Soweto, South Africa

Ronald Travers spent three weeks in South Africa in March/April, and said 'It was probably the most thrilling time to be visiting South Africa'. Here he explains why:

#### Excitement, Hope and Apprehension

'I arrived there just after Nelson Mandela's release and the conversation, wherever I went, was stimulating to say the least. The sense of excitement, hope and apprehension that filled the air, seemed to sweep everyone along with it. For me, working with each of the ethnic groups, it was a great privilege. I was able to talk to each group and hear all their thoughts about the future of the country that they all love so much.

#### Multi-Racial Homes Soon

'The Foundation, because of the laws, has provided over the past twenty-five years Homes for Whites, for Coloureds and for Indians. Each is quite separate, because residential Homes come under the Group Areas Act, the same as any other residence. Whilst I was there, I saw the first Home for Blacks open in Soweto, so, within the law, our ambition to cater for all groups has been achieved. With the changing of the law, which everyone agrees must come before too long, we shall be able to provide multi-racial Homes and thereby offer yet another choice of living for physically handicapped people in South Africa.

#### Eight Established Homes

'My three weeks there allowed me to visit each of the eight established Homes and each of the steering committees working towards



International Director Ronald Travers interviewed by South African TV

Homes. It was, therefore, not only an exciting time nationally but also an exciting time for me professionally to see the progress that is being made by the many dedicated people who work and live in the Homes in South Africa'.

#### Founder To Open New Home

The Soweto Home is the ninth Cheshire Home in South Africa, and the official opening ceremony will be performed by the Founder in August, prior to his attendance at the Silver Jubilee Conference in Durban of the South African National Foundation of Cheshire Homes. Soweto, situated South of Johannesburg, has a population of more than 700,000. The State-owned houses average 12-14 people each and have no bathrooms or inside toilets, and water is provided by an outside tap. For a disabled person these conditions with their lack of privacy are uncomfortable in the extreme and most damaging to their self-esteem. They make a disabled person unduly dependent on other members

of the household in activities of daily living and place considerable strains on otherwise healthy and supportive family relationships.

#### Fund-Raising For 40 Beds

The new Home will accommodate eight residents, and funds are being raised to construct a 40-bed Home into which the existing one will be incorporated.



President Maki and Philamon Doma, the first two Residents of first Soweto Cheshire Home.

37 year old President Maki, was the first Resident to move in. Born in the Transkei, he moved to Johannesburg in 1974 where he worked as a mechanical assistant in a garage. President had an accident whilst working on a car,

when he fell from a stepladder on to a concrete floor in 1976. In hospital it was found that his spinal cord was broken, and he is now paraplegic. In Baragwanath hospital he met Friday Mavuso, the Founder of the Self-Help Paraplegic Association (SHAP), who was himself still a patient. This meeting was a turning point in President's life, as Friday offered to teach him how to make shoes and to sew. President returned to the Transkei upon being discharged but was unable to find work. One day he read an article on Friday's work at SHAP and having written several times but receiving no reply, he bought himself a one-way ticket to Johannesburg and traced Friday with the help of Mrs Smith, a social worker at Baragwanath hospital. Friday promised President work if he could find accommodation and, after living temporarily with a friend, President is now settling into the new Cheshire Home.

#### Silver Jubilee Celebration

The Silver Jubilee of the Queensborough Home, the first to be opened in South Africa, was celebrated in grand style with an Open Day, a Cheese and Wine Party and a Family Day Luncheon organised by the Residents' Committee. After 25 years many of the Home's original friends are still involved in some capacity or other, and it was a grand reunion for past and present friends.

#### Visitors To Lisbon Home, Portugal

The Lisbon Home has during the past year had the pleasure of receiving many visitors including some from abroad. The Lions Club of Carcavelos, who use the Home as their 'Headquarters', have held several teas and

teas and other entertainment, in which the Residents have participated. The Home continues to receive various articles of use to the Home, including china, cutlery and donations of money to buy overalls for the staff, which are light blue in colour with an embroidered red feather on the left pocket. Very large quantities of clothes have been received during the past year from a close friend from Sweden for sale in the Home's shop which continues to be successful through the efforts of **Mrs Maj-Lis Johanson**. The 1989 campaign to raise funds for the Home was satisfactory although the amount was less than in the previous year.

#### More Spanish Cheshire Homes

The news from Spain is that there is no stopping the growth of the Cheshire Homes organisation in that country. In March a sixth Home was opened in **Mataro** near Barcelona to house nine Residents and another Cheshire centre will open shortly at **Alella**, also near Barcelona, for 26 people, bringing the total Homes to seven, caring for over 100 Residents.

#### At the Mataro Home

The Catalan Secretary for Social Welfare, **Sr Antoni Comas**, cut the tape. Also present was **Sr Juan Trias**, Chairman of the **Fundacion Hogares Cheshire de España** and with him was the Director of the new **Home Antonio 'Toni' Rodriguez**. The Mataro and Alella centres are both financed by the Generalitat, the Catalan regional government. Mataro is also supported by the local municipality. It will later be expanded to take 15 Residents. Alella will have an occupational therapy workshop for 33 people.

#### High Standards of Care

The Cheshire Foundation in Spain has built up a reputation for high standards of care, administration and financial management. This has been recognised by increased backing from the local authorities who value the work of the Foundation in creating Homes where people with physical handicaps can live happily in small communities and enjoy the friendship and activities which develop their sense of dignity and independence.

#### Progress in Malawi

Progress is also taking place in Malawi, where the Central Trust was established in February 1984 to provide medical and social rehabilitation to disabled children and young people. In 1985 **Blantyre Cheshire Home** started its project at **Old Chiwembe Clinic in Limbe** and operated there for four years until the centre moved to a new building along the Chileka Road at **Nyambadwe**. The children and young people are orthopaedically or neurologically impaired and have nowhere to go for further treatment after hospitalisation.

#### More Services

Initially physiotherapy was the only service provided and this has now been followed by occupational therapy and regularly scheduled classes in special education are held for the children. Although many people are aware of the existence of Cheshire Homes in Malawi, many still do not know what the Home is doing.

#### A Village Programme

During the past year there were 440 attendances at the Centre - 91 individual children had been treated, and 52 new children were registered. The Committee and staff know there are many more who need treatment, and the programme is extended to nearby villages. In addition a dormitory is being built to accommodate children from outside Blantyre. Another Home is being established in the Central region of the country, and there are plans for a third one in the North.

#### Twin babies born at Penang Cheshire Home

**Mr Ong Cheng Chuan**, former Resident of the Penang Home, and **Miss Thum Oy Chee** were married in October 1987, and in 1988 had their first child, a baby girl. In December 1989 they became the proud parents of twin boys. Now living independently outside the Home, Mr Ong earns his living by selling Social Welfare lottery tickets and Big Sweep tickets at market places and night markets, travelling about on a modified motorcycle. (See picture, page 16).

#### Indonesia - Marske Hall, Cleveland, Receives A Visitor

**Mrs Rani Chinnappa**, who is very much involved with **Wisma Cheshire in Jakarta**, is at present living in Middlesbrough while her husband is on a business trip in this country. Rani has joined the **Marske Hall Home's Support Group** for the duration of her stay, and recently attended a House Committee meeting during which she gave a most informative talk about **Wisma Cheshire**.

**Wisma Cheshire's Red Feather Shop** sells craft goods made by the Residents, including woodwork items of which the doll's houses are the most popular. The independence of the Residents is of the utmost importance, and several attend school or vocational courses; one did a Computer Studies course and now takes classes in the subject; some are employed by banks, are hospital receptionists, do housekeeping in the Hilton hotel, or become telephone operators. Sporting activities have included participation by one of the residents in the Paraplegic Games in Tokyo and winning a gold medal. Others have taken part in the Creative Activity Contest of the Foundation and have won awards.

#### Half-Way Home

Part of the Home is a half-way house where more independence is encouraged, and after two years the Residents are expected to become completely self-sufficient. There have been a few weddings, both between Residents and partners they have met outside the Home. The Home offers places to disabled couples as well, and at present there are two in residence - others have achieved independence and moved out.

The Residents are all paraplegic and fairly mobile, and there is always a long waiting list for places. In Indonesia it is not unusual for families to reject the disabled.

#### From Kent to Thailand

**Shirley Brigham**, Chairman of Chipstead Lake Cheshire Home in Kent, and her husband **Bernard**, recently visited the **Samut Prakan Home near Bangkok**. The two Homes have been twinned for a number of years, and **Miss Laura (Betty) Pink**, a Resident at Chipstead, has maintained regular contact with the Home in Thailand. It was a great opportunity to take the good wishes of all the Residents and staff at Chipstead, as well as gifts, which included the Home's own monogrammed tee shirts which are being proudly worn by the Thai Residents.



At right, International Director Ronald Travers with Chairman of Langa Steering Committee on the site for the new Cheshire Home in Cape Town, South Africa.

# International Picture Page

Residents of Samut Prakan Home in Thailand wearing the special Chipstead Lake Tee shirts, with (extreme right) Shirley Brigham, Chairman of Chipstead Lake Cheshire Home, Sevenoaks, Kent.



Penang: L to R: Datin Daisy Khoo, Datuk Khoo Keat Siew, Mr and Mrs Ong with their new twins and small daughter.

## A GROWING ORGANISATION

There are 184 Cheshire Homes in 48 countries throughout the world. For a full list, write to:

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



Residents enjoy a barbecue at Eric Miles Cheshire Home, Cape Town, South Africa.



*Rushmoor FSS and Clients get together.*

# Rushmoor Hart FSS Ends Isolation

by Anne Smith, The Organiser

**“In a moment that some may call enlightened and others plain daft the Rushmoor Hart Family Support Service decided to organise a ‘Clients’ Lunch’.**

“For some time I have been aware, as I am sure, other Organisers are, that one of the difficulties facing a Family Support Service is isolation. By the nature of the fact that we care for individuals in their own homes we lose the day-to-day contact integral to a Residential Home. Care Attendants are isolated from other Care Attendants and from their Organiser for most of their working day. Clients are unknown to each other unless they attend day clubs and are in danger of becoming institutionalised in their own homes. The Organiser has regular but infrequent personal contact with Clients and members of the Management Committee have no contact with Staff or Clients. Subsequently, we are never together as a whole group and team building is difficult.

## **A Clients’ Committee**

“Eighteen months ago, Clients were invited to form a ‘Clients Committee’ and some of the aims were to improve communication between Clients, to exchange information and if possible to provide an alternative social outlet.

“And on Tuesday 20 March the first social event took place. The venue chosen was **Redfields Garden Centre**, which we knew from personal experience(!) had a good restaurant catering for most tastes. They were able and willing to accommodate wheelchairs. Optimistically, we told them to expect around thirty people.

## **A Deluge of Attenders**

“Letters went out to all Clients, Carers and Care Attendants and then with baited breath and fingers crossed we waited for the replies to come in. Would any-one come?

“A steady trickle developed into a deluge and we finally closed the count at fifty three. We were overwhelmed at the response. The Dial-a-Ride which we had booked in advance was now re-organised to make two trips in each direction. Without their co-operation and patience, we would never have managed the necessary last minute amendments

“The restaurant staff were helpful and friendly; the food was excellent. An advantage of the venue was that being part of the Garden Centre, Clients could take time to wander round and shop if they wished. It was a ‘normal’ setting.

“Nothing extra was needed to accommodate us as a group and it was much more conducive to conversation than a draughty hall. A quiet start soon developed into a healthy, constant hum of conversation as people discovered old friends and made new ones.

## **Well Worth the Trouble**

“All in all it was a very successful day. Nothing is perfect but any ‘problems’ were minor and didn’t detract from the success – no-one has passed on complaints but many have expressed their thanks and requested a repeat!

“It was time-consuming to organise, most of which was done by **Pam Lonnen**, Deputy Organiser, but well worth the effort. Most of the Care Attendants donated their time. On this occasion the money they would have earned will be put into a separate fund, providing a basis for future events.

**“We hope the next one will be organised by the Clients themselves and are eagerly awaiting its announcement.”**

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*Editor’s Note: What an excellent idea! Other FSS’s, please consider doing something likewise.*

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# Obituaries

## A Life Member of Teesside Cheshire Home

**Mr Leslie James, aged 83 years, died 16th February 1990**

Mr James, a quiet and unassuming gentleman, became associated with Marske Hall shortly after the Home opened in 1962. At that time our Newsheet was produced by one of our Residents, Sheila Ridley and, having sought his assistance, Mr James developed this into the present-day Marske Hall Newsletter which he then edited for many years, writing the articles and visiting the Residents regularly for their views and comments, and encouraging their personal contributions.

For this reason alone we were very fortunate as for seventeen years, prior to his retirement in 1965, he was the Editor of the Middlesbrough Evening Gazette and later, in recognition of his professionalism, he was made a Life Member of the National Union of Journalists. Last year, he found it necessary to resign from the House Committee at Marske Hall and in recognition of his dedication to the Home, it was announced in the Autumn 1989 edition of our Newsletter that he had been made a Life Member of the Teesside Leonard Cheshire Home.

Mr James was awarded the OBE in 1966, and he will long be remembered locally for leading a successful campaign to raise £30,000 (an enormous sum in those days) to obtain a cancer treating machine for one of the hospitals in Middlesbrough. This most public-spirited man was devoted to his wife Nancie, who died last year, and their four children, and our thoughts and prayers are with his family.

**Resident Joyce Miller** writes: 'Mr James was a wonderful friend; he came in to see us regularly, and if for some reason his visit was delayed, he was always so apologetic. His personal interest in our activities and well-being was much appreciated, no-one was missed on his rounds, and in the twenty-one years that I have been a Resident, he was always the same gentle, caring and thoughtful gentleman. We shall miss him'.

## Resident Carrie Gibson Comments:

'In many ways, Mr James was a shy man but his visits would 'make our day' as he always made each one of us feel that he came in only to see *you*. He would make the time after meetings to sit and talk – enquiring about your comfort, whether you could see your television set, and admiring the stamps and ornaments in my room. We will miss his visits and the happiness he brought to us all.'

All at Marske Hall feel especially privileged to have been the focus of so much of his precious time and energy, and more than grateful for the care and concern so freely given, and for so many years, by this gentle man.

## An Endearing Personality

**Charles Herbert (Bert) Gibson, aged 63 years, died 13th January, 1990**

For many years, Bert lived in Stockton with his wife Nancy, and he was a regular holiday visitor to Marske Hall. Being familiar with the Home and the Residents, he settled easily when it became necessary for him to be admitted as a permanent Resident in March 1989, though Nancy had just moved to live in Yarm and was expecting him to be well enough to join her there.

Bert suffered from M.S. and, latterly, it was difficult for him to communicate, but his warm smile was a delight and he certainly endeared himself to us all. We all miss him, and our thoughts and prayers are with Nancy.

## Honorary Catering Consultant

It is with deep regret that we record the death of Howard Franks, Honorary Catering Consultant to Cheshire Homes, at the age of 76.

Mr Franks offered his voluntary services to the Foundation four years ago and during that time had travelled widely advising Homes in a most practical way about all aspects of their catering arrangements.

He was born and studied in Vienna, serving in the British Army during the war, after which he was involved in the interrogation of German Prisoners of War, before taking up his catering career. His long experience in this field was of great benefit to the Cheshire Homes who sought his help and appreciated his expert advice.

# Award for Battling Brian

**Brian Davison, a 35 year old Resident of Alne Hall, Alne, York, was presented with a cheque for £1000 by Lord Snowdon at the Annual Presentation of his Award Scheme, administered by Action Research for the Crippled Child.**

Although he is blind and in a wheelchair due to rheumatoid arthritis, Brian gained 4 out of 6 possible credits for his Social Policies and Social Welfare Studies with the Open University. The money is to aid him with the cost of readers, tape recorder, and Braille paper.

Head of Home Irene Smith said: 'Brian was living with his parents, and until we found him was having to contemplate a long stay hospital bed. In the two and a half years he has been with us, he has shown enormous independence and has been an inspiration to other Residents. He is very determined – so much so that he has plans to go into independent living facilities in Easingwold shortly.'

# Information

■ **New Lift for Cann House:** A big fund-raising marathon and 'short run' has raised the hopes of Residents at Cann House Cheshire Home, Plymouth, that soon they will have an automatic lift installed to get first floor Residents to their rooms. At present they use an old luggage lift.

Three hundred runners assembled at Cann House from all over South Devon and Cornwall, and included a large contingent of children from the local primary school. Three Residents braced themselves to be pushed down a winding hill. The pushers were Head of Home Hugh Bryant, Activities Organiser Linda Young, and her husband Robert.

Total raised from entry fees and sponsors was over £1500. A start for the £45,000 required.

■ **Fund-Raising Games:** Baker Ross are offering a host of new fund-raising games in their new summer mail order catalogue. These ready-to-play attractions are designed for fêtes and bazaars to help keep the crowds coming back for more.

For a copy of the catalogue write to: Baker Ross, Unit 53, Millmead Industrial Estate, Millmead Road, Tottenham, London N17 9QU or telephone Pat Baker on 081-808 6948.

■ **Disabled Drivers' ServiceCall:** The Disabled Drivers Association, in conjunction with ServiceCall Systems, are launching a new system to enable disabled drivers to call for service without sounding horns, flashing lights or asking passers-by for help. All main banks, leading petrol brands, building societies, British Rail and Boots the Chemist are installing the equipment needed.

All the disabled driver requires is a transmitter, much like a remote control for television sets. You point this at the organisation which has a receiver in the window and you will receive assistance.

Further information from Disabled Drivers Association North West, 107 Wellington Road, Ashton Under Lyne OL6 7EB or from ServiceCall Systems, FREEPOST, Bakewell, Derbyshire DE4 1XA

■ **The CHAD Study Kit:** The Church Action on Disability (CHAD) has produced a new study pack for use by church groups to discuss some of the issues raised by the experience of disability, and includes consideration of practical issues such as worship, membership, access and ministry. Price £6 plus 50p p&p from The Secretary, CHAD, Charisma Cottage, Drewsteignton, Exeter, Devon EX6 6QR



**A Le Court Wedding.** Two Residents of Le Court Cheshire Home, Greatham, Liss, Hampshire, recently celebrated their wedding. They were Steve Rothwell and Gina Wilkinson. Steve was at one time a member of Care Staff but when he became disabled, joined the Residents. Gina came to the Home in 1988, and the friendship began.

Le Court took great care that groom did not encounter bride in the corridors before the ceremony, following which was a splendid reception.



**Wedding bells for two Residents.**

St Cecilia's Cheshire Home, Bromley, Kent, gave two of their Residents a royal send-off when they travelled to the local registry office to be married.

They were Tom Hawkins and Janet Collings, and their wedding vehicle was the Home's new small ambulance decorated with white satin ribbons, tin cans, old boots and plenty of foam for good measure.

The marriage was blessed in St Cecilia's chapel, and a magnificent buffet lunch followed when the newly weds cut the wedding cake made and presented by the wife of the Home's Chairman, Mrs Anri Relf.

■ **RADAR Project to Train Disabled Journalists:** RADAR (Royal Association for Disability and Rehabilitation) is planning to launch a new scheme to provide grants for up to two disabled people each year to study journalism at an accredited training college. It would like to hear from anyone with two A level qualifications (or the equivalent). For an informal conversation to find out more about the scheme contact Nigel Ellis, Employment Policy Officer, RADAR, on 071-637 5400 ext. 322, or write to him at 25 Mortimer Street, London W1N 8AB

■ **ASBAH:** ASBAH, The Association for Spina Bifida and Hydrocephalus, has appointed Patrick Daunt as its new Chairman. He was previously Principal

Administrator of the Educational Department of the European Community.

■ **New Disability Rights Handbook:** Government proposals for benefit changes make the new Disability Rights Handbook a must for the 4.3 million disabled people in Britain who depend on benefits. This contains a wealth of practical advice and detailed information on current and forthcoming social security provision for people with disabilities. It is also a major source for advisers, counsellors, DSS staff, health workers and others.

Available from:  
Disability Alliance E.R.A., 25 Denmark Street, London WCA 8NJ

Price £4 post free. Allow 28 days for delivery.

# “What’s Cooking?”



Margaret Dixon, Cookery Tutor, Agate House.

**High on the list of independence activities at Agate Cheshire Home, Amptill, Bedfordshire, is cooking, where Margaret Dixon has been the Residents’ Cookery Tutor since 1983. Here she describes how it goes:**

‘The job consists of shopping for food with Residents, discussing menu plans, budgeting, safe storage of food, safety in the kitchen, cleanliness, food preparation, keeping up to date with new technology, as well as helping Residents with their cooking. Using the kitchen with a maximum of two Residents at any one time, we seem to cover most types of meals to suit individual tastes, including feasts for high days and holidays.

‘Apart from meals, we make a lot of cakes which, when sold, earn money for the “kitchen fund” which makes us self-financing for ingredients and equipment in the Residents’ kitchen.

‘During the time I have worked here at

Agate House, there have been several success stories. Ron and Pauline Alsop met, fell in love and married here, and practised their culinary skills in the Residents’ kitchen before moving to a self-contained flat at Roelcliffe Manor, Loughborough.

‘Another lady moved into her own flat within the community. Although she didn’t visit Agate House once she left, she did keep in touch, and never regretted her new-found independence.

‘At the moment, as well as watching over the older Residents and their chosen kitchen routines, a lot of my time is spent with Roger, who aims to enjoy independent living in the near future.’

## **Resident Roger Webb explains how he is preparing for independent living:**

‘I started cooking my own meals about 10 months ago, to have a more independent way of living, prior to moving back out into the community. I have also started to clean and tidy my own room and make my own bed with a bit of help with the corners. Our kitchen is also equipped with a washing machine and tumble drier so I can wash my own clothes.

‘On Monday I collect my money from the office to pay for my food for the week. I get £11.00 per week with which to cook three days’ meals. The hardest part is deciding what to have each week that doesn’t cost a lot, and also thinking of things to cook and new ways of cooking them.

‘On Tuesday I also go to Tesco’s with Margaret. While we are there we also buy food for another Resident who is on a special diet. He gets his meals cooked for him by Margaret and myself because he has difficulty in using his arms.

‘On Wednesday I start cooking the first of my meals, generally after coffee time so they are usually ready by 12:30 p.m. Then comes the worst part – **THE WASHING UP!** I also make my own teas, which I have around 5:00 p.m. Thursday and Friday are basically the same, apart from baking cakes for Residents’ birthdays and for the Staff.

## **‘HERE ARE TWO OF MY FAVORITE RECIPES. . .**

### **CHICKEN IN MUSTARD AND BRANDY SAUCE (Serves 4)**

8 chicken thighs  
24g/1oz butter  
5 large garlic cloves, unpeeled  
5 tablespoons wine vinegar  
300ml/½ pint dry white wine  
2 tablespoons brandy  
2 teaspoons Dijon mustard  
1 heaped teaspoon tomato purée  
300ml/½ pint double cream  
2 tomatoes, skinned and de-seeded

#### **Method:**

Heat the butter in large saucepan/frying pan.  
Fry chicken till brown on both sides.  
Add garlic and reduce heat.  
Cover pan and cook gently for 20 mins, or until chicken is tender.  
Pour out all but 1 tbsp of fat from pan.  
Add vinegar, stir well and scrape up any sediment from bottom.  
Boil rapidly until liquid is reduced to 2 tablespoons.  
Lift out chicken and keep warm.  
Add wine, brandy, mustard and tomato purée to pan. Mix well.  
Boil rapidly until reduced to a thick sauce (about 5 mins).

In another pan, heat cream until reduced by half, stirring to prevent burning.  
Remove from heat.  
Sieve vinegar sauce into cream, pressing garlic well to remove pulp.  
Season with salt and black pepper.  
Cut the tomatoes into thin strips and stir into sauce. Reheat if necessary.  
Place chicken on a serving dish, and spoon over the sauce.

### **PEARS WITH CHOCOLATE SAUCE (Serves 4)**

8 peeled fresh, or canned, pear halves  
125g/4oz plain chocolate, chopped  
15g/½oz butter  
2 tablespoons golden syrup  
2 tablespoons milk  
Topping: whipped cream, chopped walnuts (optional)

#### **Method:**

Arrange the pear halves in 4 individual serving dishes.  
Place the chocolate in a basin over a pan of boiling water and add the butter and syrup.  
When melted, stir in the milk.  
Pour the sauce over the pears, allow to cool, then top with cream.  
Sprinkle with chopped walnuts, if liked.

# YOU write to US

## Wonderful Time, Wonderful People

I worked in Arnold House, Enfield, two years ago (July-August). When I had to leave, I did it taking a lot of wonderful things with me:

The memory of a wonderful time with wonderful people and moreover a very important experience; that life is beautiful and rich when one is loved by others. I always had the impression that the Residents of Arnold House were treated with love and gave it back as well.

That is why I liked so much to stay there. Even today I keep telling my friends about Arnold House and they are impressed.

I have spent half a year in Madrid now and got to know a lot of people of the University, among them a Spanish girl who studies English. She would like to spend some time in England in Summer and to work in order to get in contact with the English. I described to her Arnold House, the people and the kind of work, and she would like to do it very much.

**Helga Hendel**  
Geldern, Germany

## Help is Needed

People who know me will think it strange that I am asking for help. Usually I fiercely refuse assistance. Let me describe the help I and others like me need because we are classified as unemployable. Some will say that the financial assistance we get from the Government is adequate. I disagree. Most people who cannot earn their own living – and I have always wanted to earn my keep – have to rely on Income Support, Attendance and Mobility Allowances. Those who decide on the scale of these do not know what it is like not to be able to move from their own homes without a taxi, which they regard as a luxury. To a disabled person it is a necessity.

The domestic needs of a disabled person must be considered when assessing the scale of income. If every disabled person had an

adequate state pension they would be able to buy the services they need for themselves and would cease to be a burden on the Government. Will the Government ever create this? Other countries have.

The cost of living is rising for everyone. The able-bodied, however, are in a better position to economise than we are. We cannot wander around the shops comparing prices. We cannot take a second job to make extra cash. We will always be the consumers of society, and this creates jobs for others.

**Pam Phillips**  
Guildford, Surrey

## Crosswords and Knitting Patterns?

Herewith my widow's mite to assist with defraying postage on *The Cheshire Smile* – a splendid magazine. How about not too difficult crosswords and knitting patterns?

**Don Richardson, Squadron Leader, RAF (Retd)**  
Greenacres Cheshire Home  
Sutton Coldfield

## A Library Reader

I enjoyed reading *The Cheshire Smile* during a recent visit to the library and would like to take a regular delivery.

**Betty Heelis**  
Great Ryburgh, Fakenham,  
Norfolk

*Editor's Note: Homes who do not send a copy of The Smile to their local library might note this. It helps to publicise The Cheshire Foundation.*

## Wonderful Accomplishments of Residents

*The Cheshire Smile* gets more interesting each month and the accomplishments of the disabled Residents are just wonderful.

The enclosed cheque should have been sent earlier and I am sorry for the oversight.

**Miss M Bruton**  
Bexhill-on-Sea, East Sussex

## Illegal Parking

As a disabled person with an orange badge, I am constantly annoyed and shocked at the number of times cars not bearing this occupy disabled spaces.

May I make a plea to Local Authorities and supermarkets to make this illegal by the imposition of a substantial fine?

**Jean Molland**  
Tavistock, Devon

## A Reader from Zimbabwe

Please find enclosed a cheque for £10 as a contribution to *The Cheshire Smile* which I receive in Zimbabwe. I am taking this opportunity while I am visiting the UK to send this money.

I do so enjoy reading your magazine.

**C W Beverley (Miss)**  
Southport, Merseyside

## Greatly Enjoyed

I greatly enjoy *The Cheshire Smile* and to my shame had overlooked the fact that I was no longer sending a subscription – please accept apologies. I have supported the Foundation since St Teresa's started in Cornwall! Very best wishes.

**Muriel Jackman**  
Grimbsby, South  
Humberside

## 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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CS/8

Image of a person sitting in a chair, part of the advertisement for the automatic seat lift chair.

Image of a person lying in a bed, part of the advertisement for the independence bed.

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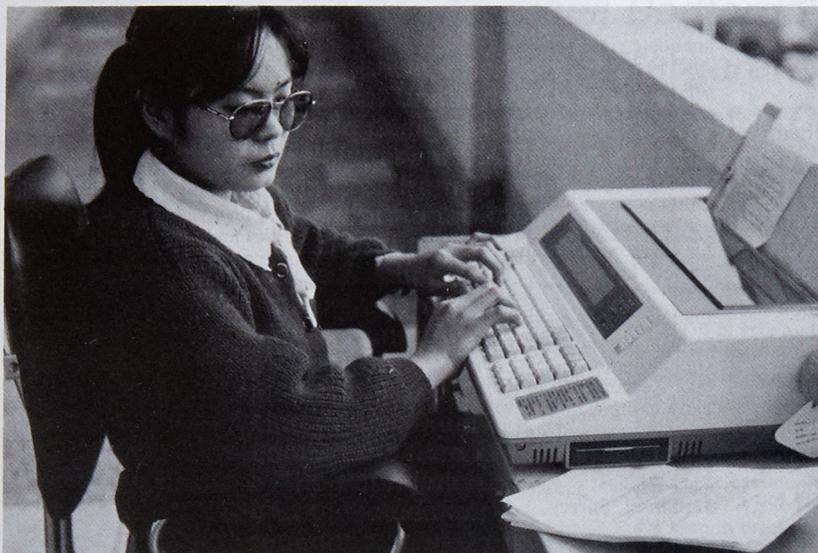
Image of a person lying in a bed, part of the advertisement for the independence bed.

Image of a person sitting in a chair, part of the advertisement for the automatic seat lift chair.

Image of a person lying in a bed, part of the advertisement for the independence bed.

# The Courage and Achievement of Wang Kui of Kunming, Yunnan, China

*as told to Group Captain Cheshire in a letter written in almost  
faultless English, and perfectly typed.*



*Wang Kui at her typewriter.*

'Your short stay in Kunming gave us a good impression. You brought us, the disabled people, an atmosphere of warmth and concern. We'll never forget the happy days when you were with us.

## **Infantile Paralysis**

'Let me introduce myself. My name is Wang Kui, a 23-year-old girl, resident in the Kunming Cheshire Home. Only fifteen months after I was born, infantile paralysis took away my ability of walking. From then on, I was confined inside the room, unable to play with other children outside, and of course unable to go to school. When looking at the street out of window, I couldn't help crying. How eagerly I long to rise to my feet and walk about! But that's simply an illusion in the dream.

## **Mastering a Skill**

'Being a maimed person, I'm anxious to find a way out by mastering a special skill. Beginning with listening to the

radio, I studied English by myself without any tutor to teach me. And then I learned how to typewrite both Chinese and English. A certain research institute entrusted me with some typewritten work and was satisfied with my typewriting. Henceforth, I can not only get some pay to earn my own living, but also find much enjoyment in it. When I was typewriting, I felt as if I pressed the keyboard of a piano.

'I almost placed my spiritual comfort on the typewriting. More fortunately, I entered for the national contest of professional skill for the disabled people in 1989 and took the second place, winning a silver medal and a special prize medal of English typing. This made me pluck up my courage and remedied my mental scar.

## **Sympathy with Others**

'As the Chinese saying goes, "Those who have the same illness sympathize with each other". The

disabled people dread to be regarded as the society's burden. If they can own a special skill and make a contribution to the society, they will be full of hope and confidence to the future. For this reason, in my spare time I do my best to help some fellow sufferers whose upper parts of the body are normal to learn how to typewrite.

'Finally, I hope to read some information about the lives and activities of the disabled around the world. If it is convenient to you, please send some materials to me.

## **A Warm and Wonderful Home**

'You create such a beautiful and warm "Home" for us to live, to recuperate, and to learn every kind of professional skill. We all appreciate your kindness to us. On behalf of all the disabled people in Kunming Cheshire Home, let me extend our cordial regards and respects to you.

'May you be happy and healthy!'



Gwen Owen of Heatherley Cheshire Home.

# A Day in The Life of Gwen Owen

*Gwen Owen is a Resident of Heatherley Cheshire Home, Copthorne, Crawley, Sussex. She and her twin sister were both diagnosed as suffering from Friedrich's ataxia in their early twenties, and both spent many happy years at Heatherley until they met and married their husbands. Following the sad death of her sister and husband, Gwen returned to Heatherley. After a normal grammar school education, a spell in a Knightsbridge beauty salon, and working in a bank and an insurance office, Gwen had to adapt to her change of circumstances:*

'It took some mental adjustment, but now it is difficult to describe a day in my life, as I have so many interests and activities I have to limit the amount I can cram into one day. I have always found it a challenge to make the most of my somewhat limited scope, and I lead a very happy life in which I find no difficulty in keeping myself fully occupied. This is helped in no small way by the amenities provided at Heatherley, which include an excellent craft room, computer room, and physiotherapy department. We have two ambulances and a Rancho available for outside activities such as shopping, theatres and cinemas.

'I am Editor of the Heatherley Newsletter and am in the process of writing my first novel – unable to write except with very great difficulty, I find the computers invaluable for this. Nick, who runs the computer room, always makes the time spent there very enjoyable, as his sense of humour and witty comments ensure there is no lack of laughter around.

'I take a great interest in my appearance, and every day always begins with particular attention to my choice of clothes, make-up etc, as I feel it to be a very important part of keeping up my morale.



A vivid Painting by Gwen Owen.

'I think, perhaps, from my various interests, painting gives me the most satisfaction, particularly when I gave one painting to be auctioned and another to be raffled, because the resulting funds enabled me to donate money to both Heatherley and our ambulance fund. The biggest excitement, however, was when I painted a picture of the Queen, which I sent to Buckingham Palace, and received a letter from Her Majesty's Lady-in-Waiting graciously accepting my gift. Being an ardent admirer of the Royal Family, my greatest ambition is to meet one of its members, but if this is not to be, I would happily settle for a chat with Terry Wogan!

'Evenings are often spent watching television, and we have separate rooms set aside, one for viewing ITV and the other for BBC. We are lucky to have a new theatre outside Crawley – only a few miles from here – and I often enjoy evening excursions, the latest being an amusing performance by Hinge and Bracket.

'I have a lovely room where I am surrounded by my own possessions, furnishings and choice of décor, with French windows out on to a terrace. There is a very happy atmosphere here at Heatherley, and the kindness and patience of our staff are so much appreciated. It is 'home' in the true sense of the word and does not feel like an institution. We are situated in the countryside and have extensive grounds where, in summer, we have one or two fêtes, and it is always possible to find a secluded corner and enjoy a quiet time with a book, as I love reading.

'I am told by many people that most of us here put more into our lives, and in return get more out of them, than our able-bodied friends, and with summer here, I am looking forward to the future with great enthusiasm.'

# Duchess of Kent Opens New Chilterns Cheshire Home

A triumphant fanfare of trumpets greeted HRH The Duchess of Kent when she arrived to open the new Chilterns Cheshire Home in Packhorse Road, Gerrards Cross, Buckinghamshire, on Tuesday, June 12th.

A delightful coincidence was that exactly 22 years ago, on the same date, The Duchess had unveiled the plaque of the previous Home in nearby North Park, which was tragically destroyed by fire in April 1988.

## Fund Raising Drive

Since then, enormous efforts have been made to raise funds to meet the cost of re-building on the new site, which totals £3,000,000. So far £700,000 has been achieved, boosted by an extremely generous anonymous gift of £500,000. The balance has been provided by an interest-free loan from the Cheshire Foundation, repayable as soon as possible. Thus fund-raising remains an urgent priority.

## The New Home

The new Home is arranged in three wings, each containing single rooms for seven Residents, and all have adjoining toilets and showers. Communal facilities include a dining room, a sitting room, an activities room, and a Residents' room with cooking facilities and space for communal entertaining and meetings.

The Duchess, looking charming in a cream linen suit, was greeted by The Lord Lieutenant of Buckinghamshire, Commander the Hon. John Fremantle, and later met The Chairman of the Management Committee, Colonel Donald Goldfinch; The Founder; Sir Geoffrey Howlett, the Foundation's new Chairman; Sir Henry Marking, Chairman of the International Committee; Dr Wendy Greengross, Foundation Trustee; Peter Harris, Head of Home; Shirley Hughes, Head of Care; the Rev. N. A. Russell, Rector of Gerrards

Cross and Fulmer; and others.

After unveiling the commemorative plaque, The Duchess toured the building and the gardens, which she much admired, chatting to each of the 21 Residents quite informally.

## Down Memory Lane

She spent some time talking to the Home's first Resident, Maurice Seymour, and examined with great interest the scrap book of photographs taken of her when she opened the first Home 22 years ago. 'Isn't it amazing', she commented, 'It brings the visit back so well'.

The Duchess also met Resident Jenny Connell, who was accompanied by her friends of 30 years, the famous actor and actress Michael Denison and Dulcie Gray. They got to know Jenny through her mother who was a technician on one of their many film sets.

The Duchess also spoke to Hugh Batty, who came to the Home last November following serious injuries on the Rugby field, and talked with his wife Amanda and their two children, 8 year old Luke and 10 year old Louise.

Holding her posy of freesias and carnations, presented by Resident Mary Whittaker, The Duchess was then given a farewell message of thanks by Resident Jill Dalby, which expressed the hope that she would pay the Home a visit again in a few years time.

The Duchess said that a firm date must be made for this and hoped that all the people she had met would be there on that day.

## Just One Hiccup

As on most well organised occasions, there was one small mishap! As The Duchess was about to enter the building, the automatic doors closed on her implacably, but were quickly opened manually. She was smiling broadly at this and said what a funny thing it was to happen.



Resident Jenny Connell pictured with famous film stars Michael Denison and Dulcie Gray. At far right, Sir Henry Marking, Chairman, International Committee.



The Duchess in conversation with Col. Goldfinch and The Founder.



The Duchess talking to Resident Hugh Batty. At left, Mrs Amanda Batty and their two children, 8 year old Luke and 10 year old Louise.