

CHESHIRE

# Smile

MAGAZINE OF THE LEONARD CHESHIRE HOMES AROUND THE WORLD





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

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

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

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**FRONT COVER – Frank Leal (Deputy Head of Home) shakes hand with the Queen. At right Dudley Abbott (Treasurer), Gay Reid (Care Adviser), Alan Shanks (Management Committee).**

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# More A 'Big Band' Man

Interviewed by Peterborough of The Daily Telegraph, in Berlin on the night of The Wall, the world's biggest rock concert, in aid of Leonard Cheshire's Memorial Fund for Disaster Relief, our Founder confessed that he had yet to be convinced of pop music's artistic merits. 'To be honest, I am more a big band man' he admitted, 'Glenn Miller, that type of thing. I quite like the Inkspots too!'

*Peterborough noted that although Leonard Cheshire was formally dressed among the wild, black-T-shirted throng, he received one of the night's biggest cheers when he opened the noisy show.*



Left to right, Betty Pentland (Occupational Therapist), Pat Morrison (Chairman), Sheila Gibb (Head of Home), Shirley Ostell (Resident) with the Queen in the Occupational Therapy room.

## From North of the Border – A Right Royal Welcome

**ON TUESDAY, JULY 10TH, H.M. THE QUEEN DROPPED IN FOR TEA AT MAYFIELD HOUSE CHESHIRE HOME, EDINBURGH.**

**VERONICA HAWKINGS, THE PUBLIC RELATIONS OFFICER, REPORTS:**

We expected perfection and we got it. The sky was blue, the sun shone and a gentle breeze heralded her arrival.

Months of eager anticipation and planning were ended in loud cheers and waving Union Jacks as the sleek car pulled into the drive and the Queen, our Patron, emerged, resplendent in a salmon pink and cream dress, with cream jacket and matching straw hat.

Her Majesty was welcomed by Mrs Eleanor McLaughlin, Lord Provost of Edinburgh, and General Sir Geoffrey Howlett, Chairman of The Cheshire Foundation, who then presented the Chairman of the Home's Management Committee, Pat Morrison, and the Head of Home, Sheila Gibb. Other guests presented included Bruce Weatherstone (Foundation Trustee) and Mrs Weatherstone, Jack Threadingham (Foundation Honorary Treasurer) and Mrs Threadingham, Arthur Bennett (Foundation Director) and Mrs Bennett, Mr Joe Scott (Foundation Trustee) and Mrs Scott, and Dr Peter Swarbrick, former Chairman of Mayfield.

### **Viewing the Computer Room**

First port of call for the Royal Party was the Computer Room where the Home's radio ham expert Peter Odell showed off his skills, with the use of his big toe, and Resident Lisa Jack demonstrated her unusual method of typing – a pencil with a rubber tip held in her mouth. The Queen aptly remarked that this should keep her out of mischief.

### **A tribute to Park House**

On to the Occupational Therapy Unit where Resident Betty Cockburn was working on a very interesting button montage, and shyly told the Queen how much she had enjoyed a recent visit to Park House Hotel on the Sandringham Estate. Her Majesty was visibly delighted and said 'I'm so pleased the house is being so well used, and giving so much pleasure to visitors.' Someone whispered to her that Resident Arthur Pearson liked a flutter on the horses, and the Queen bent down and said to him 'I am sure you only lose a few pennies now and then!'



Left to right, Mrs John Dugdale (Lady in waiting), Pat Morrison (Chairman), Moreen Johnston (Senior Care Staff), Isa Stevenson (Resident) at the signing of a commemorative tablecloth.

### Physio Jerks

In the Physio Room the Queen was given a demonstration of the Tilt Table by Elizabeth Manson who told the Queen that she found it very beneficial. The Queen was amused at Denis Isaac on his exercise bike and asked him 'Does it ever go anywhere?' Jessie McIntyre was the envy of all the female Residents when the Queen admired the lovely blue and white dress she was wearing. David Simpson, who is unable to speak, reiterated the feelings of everyone when he gave the thumbs-up sign to Her Majesty as she left.

### 'How's Prince Charles?'

After a short tour of the house the Queen was then introduced to the Management Committee and Frank Leal, Deputy Head of Home. Dudley Abbott who is Treasurer asked the Queen how Prince Charles was feeling after the injury to his arm. She replied that he was sore, but will be alright. Jack Merriman of the Management Committee showed the Queen the plans of the proposed new small units and she seemed very interested in the concept.

### A Cosy Chat

Bunty Addison who came to Mayfield in 1966 welcomed the Queen into her bedroom and enjoyed a cosy chat. The Queen was impressed with the bedrooms and thought the decor delightful.

A look at photographs spanning 30 years followed, and Her Majesty paid particular attention to a photograph of herself taken at a Gala Performance in Edinburgh in the early 1960s.

### Signing the Tablecloth

Then it was into the Sitting Room to sign the Commemorative Tablecloth. This will eventually be framed and kept as a reminder of all the visitors who passed through Mayfield in 1990. The cloth has to be signed in pencil. When the Queen sat down to sign it she remarked 'I am not used to writing on cloth, but I hope it's a good forgery anyway!' She later also signed her portrait, which will have pride of place in the hall.

Time for tea.... but a Queen's work is never done, so with cup in hand, Her Majesty circulated and spoke to the 'Friends of Mayfield'

**Executive Committee and the remaining Residents and Staff. She spoke personally to every Resident and her amusing repartee put everyone at their ease.**

### New Projects

Then all too quickly it was on to the patio, where Chairman Pat Morrison told the Queen of projects in hand to upgrade the Home's facilities to offer Residents greater independence and privacy.

### A Walk-About

The Queen waved goodbye and then thrilled the crowds waiting outside Mayfield gates by going walk-about. With a lump in our throats and a great deal of pride we waved farewell to the Monarch.

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*Editor's Note. In the next issue Sheila Gibb, Head of Home, Mayfield, explains the Home's plans and new management structure.*

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# A Source of Comfort and Support

*Ted Smith has been a Resident of St Teresa's Cheshire Home, Long Rock, Penzance, Cornwall, for nearly 11 years. He suffers from multiple sclerosis. In this moving letter, his wife Beryl explains what it means to her and how the help and loving concern she has received has made it easier to bear.*

## Thank You All So Much

This is a letter of sincere thanks and appreciation to all those people and organisations who work so tirelessly and willingly to help raise funds which go towards the welfare and comfort of those less fortunate than themselves. To name but a few, e.g., the Multiple Sclerosis Society, who always remember to send a Christmas and Birthday present to their sufferers, the Woman's Institute who provide beautiful cakes and food for the various events which take place at the Home, and then of course all those people, whether they

be Residents themselves, or Staff, or just members of the public, who have raffles, coffee mornings and jumble sales, all in aid of the disabled at their local Cheshire Home.

## A Relentless Disease

You may wonder who is writing this letter. Well, I am writing as the wife of one of the Residents at St. Teresa's Home. He has been there for the past ten years as a sufferer from multiple sclerosis. In that time I have had to watch his gradual deterioration due to this complaint. It is a disease which is relentless in its purpose, as it not only destroys the quality of life of its victims, rendering them dependent on others for their every need, (and here I would like to mention my appreciation of the staff who do such a worthwhile job in caring for my husband, as I know it isn't easy work), it also reaches out its evil to the victim's family. I have lost a husband, companion and friend, and

in a way this is harder than being separated by death, because he is still with me, and yet he isn't, and never can be. Also financially, you are not spared. It costs a great deal to be disabled, and eventually you have to succumb to reduced circumstances, and are only too pleased to accept hand-outs from whatever sources are available.

## Making it Easier to Bear

This is not meant to be a letter indulging in self-pity. I got over that long ago, and as I was informed by one of the resources mentioned above, 'There are winners and there are losers'. This may be true, but as long as there are people around who care enough to try and make life a little easier for these 'losers', then it does help to make our misfortune easier to bear.

So once again my grateful thanks to all you caring people. Please keep up your good work. It is a source of support to all of us.

## Disability

## Awareness

## Project

**Two Heads of Home, Wendy Warner of Saltways (Redditch) and Keith Humphreys of Greenacres (Sutton Coldfield) are working together on a joint project to develop a 'Disability Awareness' pack for presentation to Management Committees.**

**The pack will not aim for in-depth coverage of all aspects of this fundamental area of our work but is being produced in the hope that some Committees might find it useful as a baseline and stimulus for further debate and development.**

**Both Keith and Wendy are in the final year of their CSS studies and regard this project as perhaps the most useful contribution they could make towards repaying some of the investment in their training.**

The object of the exercise is not so much designed to 'teach Granny how to suck eggs', - it's more a case of checking out the freshness of the eggs!!!! More specifically, the aims of each presentation will be to:

1. Raise general awareness of the issues.
2. Introduce a positive perspective on disability.
3. Challenge some of the myths and false distinctions that relegate people with disabilities to 'minority' status.
4. Equip participants with an understanding of the wider implications of disability as a social and political issue.
5. Question the existing quality and nature of service provision.
6. Initiate changes to some existing practices and suggest concrete ways of working towards new ones.

The overall intent is to help harmonise the valuable work of Management Committees and further strengthen working relationships with Residents and senior staff.

**Pilot presentations have already been planned, but other Homes interested in receiving further information are invited to contact either of the two co-workers, who would also welcome reactions and comments regarding the project.**



# SHARE YOUR PROBLEMS with Dr Wendy Greengross

*probably be able to give you information. It is said that bitches are less likely to wander and to have gentler natures.*

*Dogs are an immense responsibility, but they can give untold pleasure. They are delightful companions and give unstinting love and devotion. A volunteer might have a dog that you could borrow for a couple of days to see how you manage.*

*You certainly have the right to share a bed, although there may be some problem in getting this arranged. It sounds as though your Home has not the immediate facilities to make this possible, so you might find it expedient to spend a holiday together either in another Cheshire Home or at a hotel which has facilities for disabled people.*

*You could begin to establish your needs and be in a position to see what arrangements you could make with your own Home when you return.*

**Question:** I have always wanted to keep a dog, but am told that I won't be able to manage to care for it. I am sure that all these Jeremiahs are wrong. How can I prove that it's possible?

**Answer:** *Looking after a dog is a major responsibility for anyone and you need to do a lot of groundwork before you actually get the pet you want.*

*Dogs, particularly young dogs, require a lot of exercise and space and need to be taken for a long walk or run two to three times every day; this will include an early morning outing, as well as a trip late at night. If they do not get enough exercise, they are liable to become irritable and destructive.*

*You will want your Puppy to be house-trained as soon as possible and this might involve taking it outside every couple of hours for the first few weeks.*

*There may be other Residents who dislike dogs or are frightened of them, so you should assume that your pet will have to live in your room.*

*You also need to give some thought as to where your dog will stay if you go out for the day or go on holiday.*

*You might find it easier to buy a fully grown dog that is already trained, but cannot be cared for by its present owner. A local vet will*

**Question:** I have during the past year gradually fallen in love with a fellow Resident, who reciprocates my feelings. We spend a great deal of time together and know that we have strong sexual feelings for each other. We have not been able to do very much about this as we both have fairly limited mobility.

We do not wish to get married until we are absolutely sure that we really do want to spend the rest of our lives together and we both disapprove of divorce. We would however like to sleep together and are uncertain whether this would be allowed in a Cheshire Home.

**Answer:** *What you do is up to you and you should be free to make any choices you wish, as long as those choices don't affect other people.*

*An important aspect is for the two of you together to find out how much help you will need, getting into and out of bed, as well as help in achieving your desired objectives, for this may require assistance from another person who will have to be willing to help and available when needed. Some Care Staff may refuse or be reluctant to be involved.*

*Talk to your Care Adviser and ask to see an outside counsellor. Staff, Residents and volunteers may all have strong feelings towards your proposed relationships. None of them have the right to force you to change your mind on your proposed course of action, but it might be useful for the two of you together to consider possible results or repercussions, so that you are able to cope with them and are not taken unawares if they should arise.*

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.

# Focus on Family Support

*Robert Naylor, FSS Adviser, reports:—*

**Two New FSS's have recently begun life after rapid progress – Ivybridge FSS and Kempston FSS. Equally dramatic has been the emergence of a Family Support Service in Loughborough after discussions between Leicester Social Services Department, the Leonard Cheshire Foundation and Roelcliffe Manor Cheshire Home. This FSS will serve clients in the Charnwood district of Loughborough and will commence later on in the summer. Three months ago it was just an idea!**

## **Good Structures = Quick Decisions**

Having said all that, to achieve that speed of progress and flexibility demands good structures, which allow for quick decisions and good communication. One of the main vehicles for this process is the Family Support Services Committee. This Committee makes recommendations to the Foundation's Executive on all Family Support Service issues. It determines policy, compiles FSS budgets and is responsible for FSS spending within those approved budgets. As FSS Adviser, I am responsible for the 'Professional Officer' input to the Committee, in that members must have the relevant information and support to enable them to make decisions positively.

## **The Committee**

Committee membership comprises Trustees, Officers and people working within FSS. Helen Smith is the current Chairman supported by her Trustee colleagues Martin Roe, Bob Balfour, John Regan, Peter Allott and Tom Gardner. Arthur Bennett, Geoff Dunn and myself attend as Officers of the Foundation, whilst there are two FSS representatives in Val Croughan, the FSS Organiser at Portsmouth and Harry Corben, FSS Chairman at

Mid-Surrey. The Founder, the Foundation Chairman and the Chairman of the Foundation's Executive Committee are also members. This makes for a very lively and representative membership dealing with equally lively and representative issues.

The second factor which, I believe, aids FSS flexibility and progress, is the important part played by the Area Care Team Advisers.

## **Input from Care Advisers**

There are three Foundation Area Care Teams – North, South East and South West. In each of those teams there works a Care Adviser with special responsibility for the Family Support Services in their respective areas. Gay Reid (North) and Laurette Ackland (South West) bring to their work the tremendous advantage of having previously worked as an FSS Organiser, Gay at Newcastle and Laurette at Torbay. This experience gives them an extra insight and dimension to the situations and problems faced by Organisers in their individual services. Linda Holm in the South East previously worked as a local authority social worker and has a good knowledge and experience of community care matters. It is precisely because of the combinations of all these skills that a service of some quality has been developed to existing Family Support Services.

## **A New FSS Video**

One other item which I would like to bring to your notice. A new 25 minute FSS video has recently been produced. Entitled 'It makes all the difference', the video has been made by the 'Healthwise Productions' Leeds based company. Filmed 'on location' at the Lancaster, Preston and Mid-Surrey FSS's the video vividly shows the way in which a Family Support Service can indeed make all the difference to the quality of life to be enjoyed by people with disabilities and their families.



*Robert Naylor, Family Support Adviser.*

Already the value of such a video is evident. It is being used throughout the Foundation to encourage people who are thinking about starting a possible service, and in many other educational and PR ways. All who were involved in the finished product – clients and staff of FSS's thoroughly enjoyed the experience and were highly delighted with the results. Even yours truly, involved in the production side via some script writing, and wait for it – helping with the words of the theme song and a bit of editing, found the experience quite heady!

## **How to Get the Video**

If this has whetted your appetite, copies of the video can be obtained by contacting me (or Julia Mobbs) at Central Office, 26 Maunsel Street, London SW1P 2QN. Tel: 071-828 1822. Price £10, or if you prefer it, a copy can be borrowed.

# “What’s Cooking?”



*Cooking with gusto at Freshfields.*

Cooking at Freshfields Cheshire Home, near Liverpool, is very much a part of life for the Residents, and a very appetising smell wafts down the corridors from the make-shift kitchen area in the temporary therapy room at least twice a week. Ten budding trainee chefs take their turn on a cooking rota, each submitting their favourite recipes. ‘Then in groups of five they get down to cooking and, most importantly, eating the resulting meal as a change from the regular dinner or tea’, reports Judi Payet, Activities Organiser.

*Here are some specially favourite recipes – hearty, warming dishes for the Autumn.*

## **Norma McDowall’s Vegetarian Flan**

### **Pastry Case**

6 ozs self-raising wholewheat flour  
1½ ozs margarine  
1½ ozs vegetable shortening  
3 tablespoons water  
salt

### **Filling**

6 ozs split red lentils  
12 ozs vegetable stock  
1 large onion (chopped)  
1 oz butter  
1 tablespoon chopped parsley  
4 ozs grated cheddar cheese  
1 egg  
salt and black pepper  
2 tomatoes

Pre-heat oven to 220C or 425F, Gas Mk 7. Make pastry and line 8” flan dish. Prick base and bake for 15 mins until crisp and set. Turn oven down to 180C or 350F, Gas Mark 4.

Wash and pick over lentils. Put in pan with stock. Cook until tender and water absorbed (20-30 mins). Gently fry onions in butter in medium sized pan for 10 mins. Do not brown. Add mushrooms. Cook for further 3-4 mins. Stir in cooked lentils, parsley, grated cheese, egg, plenty of seasoning. Spoon mixture into flan case and smooth the top of flan. Bake in oven for about 40 mins. (Watch it does not go too brown)

Can be accompanied by parsley sauce and served with fresh vegetables.

## **Len Stoll’s Beef Curry and Pilau Rice**

12 oz lean minced beef	coconut
1 onion	mango chutney
1 clove garlic	garam masala
1 baking apple	ginger
tin tomatoes	salt
tomato puree	¾ pint stock
sultanas	2 tablespoons oil
cornflour to thicken	lemon juice
3 tablespoons madras curry powder	

Fry chopped onion and crushed garlic in oil. Add all other ingredients except the garam masala and cornflour. Simmer gently for one hour. Thicken with cornflour. Add 2 teaspoons garam masala just before serving. Serve with Pilau rice, fresh chopped banana, tomato, onion and chutney.

### **PILAU RICE**

1½ cups of rice  
3 tablespoons vegetable oil  
1 medium chopped onion  
3 cups of beef stock  
½ spice sachet  
½ teaspoon salt

Thoroughly rinse rice and drain. Fry onion in oil. Add rice and gently fry until transparent. Add stock, spices and salt. Bring to boil. Stir once. Cover tightly and simmer for approximately 10 mins until rice is just soft and all water is absorbed. Leave to stand for 5-10 mins to complete cooking.

## **Colin Anderson’s Sausage Pie**

1lb pork sausages  
1 onion  
1 tin tomatoes  
1 small tin butter beans  
2lbs potatoes  
knob of butter  
½ teaspoon basil  
salt and pepper

Peel and boil potatoes in seasoned water until tender. Drain water and cream potatoes with butter. Prick sausages and grill until slightly browned. Fry chopped onion. Add beans, tomatoes, basil, salt and pepper. Place sausages in casserole dish. Cover with bean and tomato mixture. Top with potato. Bake for about 50 mins at 190C or 375F.

## **Janet Fazackerley’s Tuna Fish Cakes**

1 7oz tin tuna fish  
1 onion  
3 small potatoes  
margarine or butter  
milk  
2 tablespoons flour  
2 dessertspoons tomato ketchup  
salt and pepper  
tomatoes for garnish

Chop and sauté onion. Peel and boil potatoes. Cream with margarine and milk. Add flour, onion, tomato ketchup and tuna. Sprinkle work surface with

flour. Divide mixture into four rounds. Fry on both sides until brown and crisp. It takes Janet all morning and until about 3pm to prepare these for her and her husband Ron's tea, but they both agree as they tuck in that it's well worth it.

#### Pam Cowen's Lasagne

1lb lean minced beef  
 1in chopped tomatoes  
 beef stock cube  
 1 onion (chopped)  
 1 clove garlic (Crushed)  
 1 green pepper (chopped)  
 ¼ lb mushrooms (chopped)  
 1 tablespoon oil  
 4 ozs lasagne  
 oregano, salt and pepper  
 Cheese Sauce  
 1 pint milk  
 2 ozs flour  
 2 ozs butter  
 4 ozs cheese  
 mustard, salt and pepper

Fry chopped onion, pepper, mushrooms and meat. Add tinned tomatoes and seasoning. Cook lasagne in boiling salted water, adding one piece at a time to prevent sticking. Cook for stated time. Drain and then rinse under cold water. Cook cheese sauce - melt butter. Add flour. Gradually add milk mixing all the time until a nice roux sauce is achieved. Add seasoning and grated cheese. Place layers of meat, lasagne, cheese sauce in oven proof dish, finishing with cheese sauce. Cook until bubbling and golden. About 30 mins at 190C or 375F.

# Voluntary Helpers Likely to Dwindle

## Says Home Office Funded Report

A warning that charities which rely on middle aged women as voluntary staff could face a drastic shortage of helpers as more and more of them return to their careers and paid employment, is contained in a report from the Home-Office-funded charity, The Volunteer Centre.

It states that although 38 per cent of those aged over 15 still carry out charity work at least once a year, the number of volunteers has fallen by five per cent in the last year.

#### Two Thirds of Helpers Women

More than two thirds of current volunteers are women in the affluent social groups A and B, and almost half are between 35 and 54. Most are concentrated in London and the South. At present helpers tend to be people with time on their hands, but population

changes and the large numbers of women returning to paid work will cause an increasing shortage.

#### A Wish for Training

Mr Justin Davis Smith, Research Officer at The Volunteer Centre, says that many people fear they are too ordinary for voluntary work, and are a bit put off by 'county accents'. This group also fear unexpected expenses such as travel fares if they undertake voluntary work, and were also dismayed that they were given no training.

#### Meals on Wheels

The WRVS, currently relying on a task force of 160,000 volunteers to deliver meals on wheels to 15 million elderly and disabled people each year, could be particularly hard hit. The number of men volunteers involved in meals on wheels is only 10,000 to 12,000 and it is believed that this is because it is still traditional for women to deliver meals and for men to sit on committees.

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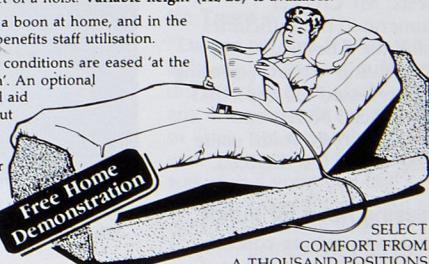


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# International News

Edited by Lynette Learoyd  
International Secretary



## THE LEONARD CHESHIRE FOUNDATION INTERNATIONAL

26-29 MAUNSEL STREET LONDON SW1P 2QN ENGLAND

### LISBON

#### President's Wife Pays Visit to Cheshire Home in Carcavelos, Portugal

International Social Welfare Day was celebrated at the Cheshire Home for physically handicapped people, in Carcavelos, with a visit by Maria Barroso, wife of the President of the Republic, Mrs Vanessa Arbuthnott, wife of the British Ambassador, and Mrs Christine Eden wife of HM Consul, among others.

Mr Ian Crocker and Mrs Rosemary Leitao, President and Vice-President of the Home, welcomed the 60 guests who were shown around the premises and treated to lunch.



*Portuguese Celebration. Left to right, Rosemary Leitao, Vice President of Lisbon's Cheshire Home with distinguished guest Maria Barroso, wife of the President of Portugal, and President of the Home Ian Crocker.*

#### Increasing Public Awareness

The aim of the occasion was to increase the public's awareness of the problems facing disabled people and the need to provide more facilities for them. In a speech to the assembled guests, Mr Crocker enumerated the difficulties which the Cheshire Home organisation was experiencing and expressed his hope that both official bodies and private citizens would come to the aid of the disabled.

#### Pressing Need for Funds

The most pressing concern was to complete building work on the new Cheshire Home for 30 Residents in the Algarve. Work on the new Home, known as the Casa de Santo Amaro, in Lagos, was started four years ago, but had remained unfinished due to a lack of funds. Consequently the part already built had now begun to fall into disrepair.

'It is with great pleasure that we have invited you here today so that you can see for



*Residents of Lisbon Cheshire Home at Carcavelos, Portugal, celebrating International Social Welfare Day.*

yourselves how we care for those who rely on us' Ian Crocker told the guests, adding: 'More people could be cared for by us if we had more funds at our disposal. The Cheshire Homes organisation would also like to set up a residence for the disabled in Oporto, but is being prevented from doing this by the lack of funds.'

The Cheshire Home in Carcavelos was created in

1985 and accommodates 32 Residents. The State meets 75% of its monthly running costs, and the shortfall is made up from private donations.

#### Unique in Portugal

Mr Crocker said that the 'Lar da Boa Vontade' as it is known in Portuguese, was the only one of its kind in Portugal. The guests were told about an EC course in

computer studies which a number of Residents were taking, supported by the Cascais Council. In addition the Residents sew, bake, sculpt and paint, and some of this work is on sale at the Home's shop which also sells second-hand clothes. The dining-room was furnished through fund-raising efforts and now attention is being focussed on the gym which needs more equipment.

## HONG KONG

The Hong Kong Cheshire Home has been in existence for nearly 30 years, and a second Home is nearing completion, with the first Residents hopefully moving in during November.

### The South China Morning Post gives this Description:

'On a hillside in Sha Tin, Hong Kong's 2nd Cheshire Home will incorporate features which are new in such institutions there. The \$95 million project whose costs are being met both by Government and the organisation is about to bring a new concept in medical care to Hong Kong. Spread across a 29,000 square-metre site overlooking Sha Tin racecourse and Tolo Harbour, it will combine a 200-bed hospital and a cluster of chalet-style homes accommodating 96 people.

### Hospital and Home

The hospital will serve its particular clientele – and add to Hong Kong's existing network, particularly the Prince of Wales General Hospital in Sha Tin. Of its 200 beds, 50 will be for very seriously handicapped people who require continuous care, with the remaining 150 for convalescent patients. The chalet style accommodation will provide long-stay accommodation for physically disabled people.

### Village Atmosphere

The feature of the Sha Tin Cheshire Home that sets it apart from other hospitals or clinics is its environment. A conscious effort has been made by the designers, L & O Consultants, to lend it a relaxed, village-style atmosphere and to achieve that, project partner Terry Smith and project architect David Wordsworth have used pitched roofs, many windows and open courtyard planning as key elements in the design.

### Intermingling

Also taken into consideration in the design has been the possibilities for the Residents in all categories to be able to mix freely with each other, particularly so that the long-term Residents can meet those only staying for a short

while. There are therefore facilities in the main hospital building that the chalet people will use and there are walks around the site for informal meeting.

### System of Walkways

The site itself has been divided into two platforms. On the lower site is the three-storey hospital building with its top floor linked to a system of walkways that join the single-storey buildings housing the chalet accommodation. In nearly everything inter-action between Residents is the key. The main building contains, in addition to the hospital facilities, dining rooms and recreational rooms.

### Panoramic Views

The site's natural beauty and views over not only the racecourse but also the Chinese University and Tolo Harbour encourage movement outside the buildings.

Each chalet has three double bedrooms and a central living room. There is a choice of self-catering in the chalet, or dining in the main hospital.

### Felling of Space

High ceilings and high-level windows add to the feeling of space. There is access to most of the roofs. On the side away from the panoramic views there are enclosed courtyards with seating and different themes ranging from ponds to rock and bamboo gardens.

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## CANADA

### Honour for Patricia Hutchison

Earlier this year Patricia Hutchison was officially awarded the Canada Volunteer Award Certificate of Merit for her work with the Cheshire Homes Foundation in Ontario. This is really not so surprising, as it is difficult to see how one person could have achieved so much since becoming involved with volunteer work on moving to Oakville in 1973.

### President in 1978

Patricia first joined the May Court Club, became its President in 1978, and the following year became President of the May Court Club of Canada. During this time she became involved with starting the group Home, Carey House, in Burlington. From there she was asked to go on the Board of Cheshire Homes Foundation, the provincial organisation that Carey House belonged to, and joined in 1979.

### Many Functions

She fulfilled many functions on the Board, including, public relations chairman, development chairman, personnel chairman, secretary; she was on the nominating committee, vice president, chairman and past chairman. Patricia's proudest achievement has been the compilation of the Cheshire Operations Resource Book which addresses all aspects of operating a support service project for disabled adults. Eight years in the making, each of its major 14 components was published separately as they were completed by herself and her fellow volunteer workers.

A highlight of Patricia's work was co-ordinating a six-day tour of the Ontario Homes by the Founder.

### Independent Living

The Ontario Homes consist of group Homes where Residents are close to jobs, shopping and services with an around-the-clock staff member available. There are also accessible apartments in a regular apartment building – a new concept for the Cheshire Homes Foundation. With an apartment set aside for the staff which can be reached any time of the day, these apartments are proving a source of independent living for those who, it was once thought, were incapable of living on their own.

### Honorary Board Member

Patricia has now been offered a job – by her husband, owner of Ross Hutchison & Associates Inc, which offers sales and marketing consultation services to the computer business. It sounds as though nothing has really

changed! She has also become an honorary member of the board on which she has served in every post except treasurer.

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## INDIA

Mr Robin Radley of Farnham has recently returned from a second visit to the Home in Covelong, Madras. He was pleased to see that a donation he had previously arranged for Mary Matthew, who runs the Home, had been used to provide pumped water. This has led to a flourishing vegetable garden.

### 'How it feels to be called 'Abnormal'

by Apollo Tan of Singapore Cheshire Home.

"Let me first introduce myself. My name is Apollo Tan. I was born with Multiple Epiphyseal Dysplasia (whatever that means), diagnosed by my doctor. But wait, my mother has another explanation with regards to my disability. My mother says that at about two and a half months before I was to be born, and before my joints were properly formed, she experienced severe pain in her abdomen, following which I was delivered by forceps (sometimes I still wonder why I was so impatient to come into this world). There was no incubator at the small clinic in Malaysia where I was born.

### No Tears

"During my first few months at home, I was very quiet and did not disturb my family or any one else with any shouts or cries, not even when I was wet. This was not because I was such a good boy but because I could not. I had a cleft palate. Only when a surgeon had stitched up the gap in the roof of my mouth, was I able to cry. Right after that you can imagine how my mother regretted taking me to the surgeon!

"Although I am now twenty-three years old there is little change in my size. I am as tall as an eight year old. I am presently living in the Singapore Cheshire Home, a home for the physically disabled.

### **Ignorant Cruelty**

"Something happened a few weeks ago which prompted me to write this article. Three middle aged visitors, one man and two women, walked right into my room. The first noticed my room mate and started speaking amongst themselves.

"Come, come, come, see this man," said the man as he pointed to my room mate. "He looks normal but why is he on a wheelchair?" "He must have met with an accident," said one of the women. "Did you fall from a tree?" the man asked my room mate. "No, I was born with this disability," my room mate answered. (He is actually

suffering from Muscular Dystrophy). They were about to leave the room when one of them spotted me. "Hey this one looks more interesting!" All of a sudden I was surrounded by them. "This one is really an abnormal case," said the man. "How can you tell?" asked the woman. "Look at him. Surely one can tell that he is abnormal," the man retorted.

### **We Do Have Feelings**

"Now, how would you feel if you were called 'abnormal', even if you were disabled? If I were intellectually disabled, I would not have understood what they had said and I would not have written this article at all. I personally

disagree with the term 'abnormal' in reference to a physically disabled person. Although the word plainly means 'not normal' it is a term most often used to refer to behavioural patterns whereas the word 'disabled' meaning 'incapacitated' gives a clearer picture of the state we are in. We are prevented from doing certain things which an able person can do. Other than our disabilities, we are totally normal. The same applies to our feelings. Many people still have the wrong impression that the disabled are hyper-sensitive or abnormally sensitive. They would not even dare to ask us anything about our disability fearing that we will

burst out in tears. Tell me, would any of you cry if someone were to ask you how you spell your name if it were unusual? We do have feelings, but they are definitely not tuned to hyper-sensitivity.

### **As Normal as You**

"So I do really hope that this article will help the public to understand the difference between the two words and use them in their proper context. And when you are with disabled people, just be yourself and treat them just like the way you would a normal person for they are very much normal like you."



*Mary Matthew with Residents at Covelong Cheshire Home, Madras, India.*



*A group of Residents from Covelong.*

# International Picture Page



Ronald Travers with staff of SCDIFA Home, Durban. Centre Professor Fatuna Meyet. Next to her, Head of Home, Chatsworth.



Dr Unas and Residents at SCDIFA Chatsworth.



Staff and Residents at Antoinette Tubman Cheshire Home, Liberia.



Residents with Head of Home at Summerstrand, Port Elizabeth.



Ronald Travers with kitchen staff at Eric Miles Home, Cape Town.



National Committee South Africa. Left to right, Henry Lawrence, Head of Home, Tunfweall, David Wadhams, Lucille Kent, Jeanne Wilson, Elize Brayne, Gerhard Krone, Fatima Meyet, Doug Robinson.



Residents of Sir Milton Margai's Cheshire Home, Bo, Sierra Leone.



Sister Doloratus of Transkei.

## 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.

## Please Help with Overseas Needs

Many of your readers will have heard of CHAD, previously known as The Wheelchair Fund Overseas. CHAD (Cheshire Homes Aids for the Disabled) exists to provide orthopaedic equipment to Cheshire Homes and similar organisations overseas. Following the Leonard Cheshire International Week in July last year, it has been difficult at times to keep pace with demand. Air transport to the more inaccessible countries is costly, but it is essential that those in greatest need are kept supplied.

Many UK Homes are linked to overseas Homes and are anxious to help their opposite numbers. CHAD can do this for you by sending much needed equipment like wheelchairs, crutches or walking frames to your 'link'. Please write to me, setting out your requirements and CHAD will do its best to meet them. And may I appeal to all UK Homes to rally round and send a donation to CHAD; perhaps the proceeds of a coffee morning or a stall at your autumn bazaar or summer fête. This will help to ensure a steady flow of equipment finding its way to our brothers and sisters overseas.

**Bob Hain**  
Administrator, CHAD  
Oxfordshire Cheshire Home  
Greenhill House, Twyford  
Banbury, Oxon OX17 3JB

## Marske Hall Commend Twinning

For almost twenty years, the Residents at Marske Hall have taken part in an inter-denominational Sunday morning Service. The Presidents have now agreed that there should be an offertory, and we have twinned with the Cheshire Home in Manila Philippines, donating the total collection annually.

Giving is mainly from the Residents and there is no doubt that it has drawn us closer to our friends overseas. Such charity is certainly within the ideals and principles of the Leonard Cheshire Homes and we at Marske commend twinning.

Perhaps some Home may feel drawn to twin with the

# YOU write to US

Wisma Cheshire Home in Jakarta, Indonesia. If so, I know for certain that Headquarters will do all they can to assist.

**Arnold Hindle**  
Chairman, House Committee  
Marske Hall, Redcar  
Cleveland

## 'Chateau' Cheshire = Happiness

It has been said that a man's home is his castle. How very true! I had a holiday at the Cheshire Home in Jersey (Eric Young House). There I received, not only 'right Royal treatment', but something else of inestimable value.

I am grateful to the Home's marvellous staff, and grateful for the wonderful food I had there, and everything else, but above all, I am truly grateful for something that made my holiday far more than a memorable occasion. At that Home was a rare commodity called 'happiness', and it 'rubbed off on me', and I received 'lots and lots of it', together with a great deal of 'Tender, Loving Care'. It is fair to comment that there I was able to forget that I have that diabolical disease Multiple Sclerosis.

No King could have a castle with a happy atmosphere such as is in the Jersey Cheshire Home. I am quite sure that this was due to the fact that there the inmates are the 'Royals' and the whole staff give.... with a capital 'G'.... love, happiness and care.

I've had a wonderful holiday, and wish to thank publicly all concerned.

**J T Shaw**  
St. Quen, Jersey  
(I have used the term 'inmates' deliberately, for surely the Residents are prisoners jailed in their crippled bodies.)

## No Bean Feast for the Chicken

Having finished a meal of Roast Chicken plus trimmings, I adjourned to watch TV. While switching channels via the remote control, my entire concept of eating meat of any kind was completely overturned. Why? Intensive/Factory Farming of animals, i.e. Chickens in wire cages, without any room to turn. Pigs shoulder to shoulder, a trough in front. Sheep, Calves, Cows. Why? Money and greed to supply a created need, created by the Media via advertising; homely meals, with happy faces, not the inhuman treatment, premature deaths. We are to blame. As long as we buy, animals will be reared for our consumption.

As a result of this programme I am and will remain a vegetarian - how's your conscience, carnivore?

PS. Why not write in and have your say - yea or nay; via democracy. C'mon. Or are you Chicken?!!

**Christopher Barrett**

## Interest and Envy from Thailand

Enclosed is a cheque for £20 for the postage cost of The Cheshire Smile. We are grateful to you and your staff. Dr Chamnong Seetapan translated some parts of the magazine for our Residents. They enjoyed it and envied the disabled in England, especially Le Court Home with 50 Residents and 45 Care Staff! Some of them have sophisticated equipment.

**Mrs Surat Tantranont**  
Chairman of Chiang Mai  
Cheshire Home, Thailand

## Read With Interest

Please accept our cheque for £25 towards postage of The Smile. Both Residents and Staff always look forward to The Smiles arriving and they are read eagerly.

**Mike Bayley, Administrator**  
Chipstead Lake Cheshire  
Home, Sevenoaks, Kent

## A Contact Across the World

On behalf of our Executive Committee, we should like again to express our appreciation for your excellent magazine. It is our only regular contact with what is happening with Cheshire Homes in other parts of the world.

A cheque for £112.43 is enclosed towards the cost of sending The Cheshire Smile to us

**Mrs E A Braye, National Co-ordinator, South African Federation of Cheshire Homes, Cape Town.**

## My Caring Family

It has not always been easy bringing up three children when you have multiple sclerosis. Especially when they are naughty and they run away from you when you want to tell them off or talk to them.

Luckily my children have been good to me. They are all grown up and have got families of their own, so they know what it is like to have children. I would like to have had more, but with this disease I could not.

My children help me with my shopping. They take me out to the shops and I usually spend more money on my grandchildren than on anything else. They always visit me on a Sunday with my grandchildren. It is the noisiest day of the week and I look forward to it!

Andrew is my eldest boy, Karen in the middle and Sarah is the youngest. Karen is married, and Sarah and Andrew are probably getting married this year, so I've got two weddings to look forward to. I'll have to start saving some money

Nothing is ever too much trouble for my children, and I wouldn't be without them.

**Mrs Svbil Tanner, Resident**

# A Helping Hand from The Environmentalists



Receiving the cheque: Dr Lindsay Henderson, Chairman of Inverness Project; Provost Alan Sellar; Appeals Organiser Jennifer Brown; and Mr Jim MacKay, Director of Environmental Health.

Two hundred delegates of the Scottish Environmental Health Conference held in Eden Court Theatre, Inverness, recently donated the sum of £1,600 to The Leonard Cheshire Foundation.

£800 of this amount was earmarked as a donation to the Inverness Cheshire House Appeal Fund, and £800 to Cheshire Foundation Central Funds.

Work has just begun on the Inverness Cheshire Home, built in co-operation with the Kirk Care Housing Association. It will provide accommodation for 14 severely physically disabled people. An official appeal for £250,000 has been launched.

## You write to US -

### Request for a Twin Home

I am working as a volunteer at the Westwood Cheshire Home for Disabled Children in Harare, Zimbabwe.

Previously, I worked in Mayfield House Cheshire Home in Edinburgh. There we were twinned with a Home in Liberia. It was a fairly successful exercise - although I must point out that Liberia was often guilty of not acknowledging parcels, etc.

The Home in Harare has 20 children, and is run by 4 nuns and 2 female staff. Their needs are so basic, but unfortunately Zimbabwe is still a developing country and needs are often not met.

Would any Home in a developed country be prepared to commit themselves to the children? They need money, books educational and recreational toys and equipment, clothes etc. (Also a new typewriter would be greatly appreciated!)

The Sisters are very keen on the idea of 'twinning' and agree to correspond regularly.

**Louise M Wilson**  
Westwood Cheshire Home for Disabled Children  
188 Westwood Road, Harare Zimbabwe

### Early Smile Issues Wanted

Thank you for publishing my letter about 'The Cheshire

Who's Who'. I am really encouraged by the response so far; some 40 to 50 Homes and FSS's have sent in a variety of historical records and notes.

I am now wondering if your readers might have the following back issues of The Cheshire Smile to spare: Volumes 1 to 5, 1954-1958 All issues 1983 Spring issue

I should be most grateful if they could be sent to me.

I do have spare copies of a number of other issues of The Cheshire Smile and would be happy to provide missing copies for your readers

**Tony James, Leonard Cheshire Archives, Staunton Harold Hall, Ashby-de-la-Zouch, Leics. LE6 5RT**

### 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

# 'Home from "Home"'

## Family-Based Respite Care

A number of schemes offering temporary relief to Carers coping with the stress of looking after a handicapped child or adult in their own homes, are developing quite rapidly.

One such is family based, shared care where disabled children or adults are received into the homes of trained Carers for short periods, not only to give parents or relatives a break, but also to offer the handicapped person a chance to widen horizons and enjoy new experiences.

### National Association for Respite Care

Christopher Orlik, Research and Development Officer for the recently formed National Association for Respite Care, says that there are now 160 schemes for children and 40 for adults in England, Wales and Northern Ireland, currently providing a service to 4800 children and 1200 adults.

Various 'packages of care' are offered, or tailored according to need; sometimes funded by Local Authorities solely; sometimes funded jointly with voluntary associations who have expertise to offer.

### Shared Care in Enfield

One Family Based Respite Scheme, called SHARED CARE, operating from the Cheviot Children's Centre, Enfield, Middlesex, and run by Enfield Social Services, is fairly typical. I spoke with Liz Tunnicliffe, the Social worker who is involved, and she explained that shared care was one of a series of services run from the Centre.

'Currently 14 children in the area are receiving shared care', she said. 'They are in the age group 4-16 years and have a range of problems. They may need specific help with communication, mobility, self-help skills, behaviour or just general and social development. Some need a lot of physical assistance, others need careful supervision.

'We aim to offer only short stays with Carers, working up from perhaps an hour or two once a week, to a maximum of one weekend a month, and never more than a total of six weeks in a year. This time, of course, can be divided up in many ways, according to individual circumstances.'

### The Aim - A Happy visit

Liz told me that the emphasis is always to provide the care in a way that does not upset the children or cause them to feel insecure or confused. 'As they grow up, children often go out to tea on their own, or away for a day or two to stay with their relatives or friends and usually enjoy the change. This is what we hope to create - a feeling that these visits are a special treat for the children.

'During these short stays Carers can often offer the child a new perspective and new experiences. They may take the child shopping in a new area, to a swimming pool, to visit friends or to the zoo. They will be aware of the positive behaviour and developments which parents and school are encouraging and will add their own support and praise. Children develop confidence and social skills through these new experiences and parents are often heartened by the success of shared care. While having a break themselves they can also see that someone else cares for their child and that the child benefits from the change.'

The Social Worker involved acts throughout as a 'broker' between the Carer and the family, making regular visits to monitor how the child is reacting, while the Children's Centre provides a 24 hour emergency service so that help and advice is always available. All booking must be made through the Centre. This allows centre workers to offer other services if appropriate and also ensures that the interests of the child remain the primary concern.

### How Carers are Found

Carers are found by advertisements placed in the local press. They are paid £30 to £50 for a weekend, dependent on the length of the stay, and this amount includes all the expenses that may be involved in entertaining the child.

Response is often quite high, but usually results in about one Carer completing the training and selection process from every 10 applications. After initial references and enquiries which include a police check, training begins with four preparatory sessions, usually in small groups. During this time the Co-Ordinator visits Carers at home, and prepares a report based on home visits and the preparatory sessions. These reports are considered by a panel of officers who must formally approve Shared Carers before a match is considered.



*At left, 11 year old Louise Harvey with her brothers Neil and Christopher. Louise has been receiving shared care for two years under The Cheviot Children's Centre scheme.*

Profiles of Carers are prepared to show to the families and videos of the children seeking shared care are made. The profile and video allow for a potential Carer and the family to consider a match and discuss any concerns prior to a first meeting. Parents must be happy about the match in order for it to proceed. The process of introduction when a match is going ahead is a careful one and proceeds at a slow pace so that it can be carefully monitored and there is plenty of time for discussion and planning.

### The Advantages of Shared Care

Family-based respite care allows families to have a break while their child remains in the setting of an ordinary home. Parents who desperately need some respite, but may be fearful of upsetting their child further can feel reassured that the care their child receives will be similar to that given by them.

### The Snags

Some parents fear that Carers may opt out if their own circumstances change, and this could be painful for all parties. In Enfield, this has so far happened only twice, and in both cases it was possible to make another match for the children concerned without too much delay. Some Carers cope with big changes in their lives, e.g. the arrival of a new baby without giving up shared care. Some adjustments to the length and frequency of stays can be made in such instances while the child still retains contact with the Carer.

### Research Needed

These schemes are in their infancy and further research is needed into the long term benefits of shared care. This the National Association for Family Based Care, based in Bristol, hopes to carry out. It also aims to keep a comprehensive register of schemes, provide information to help and encourage the development of new ones, offer a Code of Practice, represent the views of parents, Carers, users and professionals involved in Respite Care, and collate and distribute information to regional groups and other relevant bodies.

# Government Advisory Committee Urges More Cash and More Practical Help for CARERS

More cash help from the Government and more practical help for Britain's six million Carers coping, under great strain, with elderly and handicapped people in their own homes, is urged by the All-Party Parliamentary Social Services Committee, set up to advise the DHSS, in a Report entitled 'Community Care: Carers'.

It states that Carers save the country at least £24 billion a year looking after others, yet have for too long been the unrecognised partners in the welfare system.

**Access to Services** Carers needed ready access to domestic and nursing services, and, as in any other job, needed time off to enable them to care for their dependants without breaking down under the heavy burden. The Report urged an increase in respite care which it states is perhaps the biggest single need of Carers. They should also be given more financial help, including an upgrading of the Invalid Care Allowance, at present the only benefit specifically for Carers.

**Consultation Recommended** The Report recommends that Local Authorities should consult Carers and their representatives regularly and appropriately about their community care plans for individual packages of care. It suggests that the Department of Health should fund and co-ordinate a pilot programme of service development initiatives specifically for Carers in partnership with a number of Local Authorities, and that these should be evaluated by an independent body. The results of such a project should be widely publicised by the Department of Health and Social Services Inspectorate as good practice guidance to all Authorities.

**Cost of Home Care** The following costing was given as a comparison of the cost of care at home with the alternative of a bed in an NHS hospital:

Mr A is 78, living with his elderly wife in his own home. He is a stroke victim, doubly incontinent, and has a right hemiplegia and epileptic fits.

Over one year, providing 3 daily visits by the Home Care Service, 3 weekly visits from the District Nurse, day hospital care twice weekly, and 2 weeks of respite care every three months would cost £1,276.08, compared with the cost of keeping him in an NHS hospital bed full time of £18,200.

**Action to Match Words** The Report was welcomed by the Carers' National Association and Contact A Family who said in a joint statement: 'There is no shortage of rhetoric on how wonderful Carers are. We now need action to match the words.'

#### Editor's Note

Since publication of this Report, the Government has announced its decision to delay implementation of its Community Care Plans till 1993. See Northern Conference pages 18 and 19

# Local Authorities to Go Ahead with Community Care Plans

## Forecast by Leeds Social Services Director

**A forecast that most Local Authorities will press on with their Community Care Plans, despite the latest Government announcement that new funding arrangements to implement them will be delayed until 1993, was made by Professor Norman Tutt, Director of Leeds Social services, when he addressed The Cheshire Foundation's Northern Conference at Lancaster University on Saturday, July 21st.**

### **An Eminently 'Sensible' Report**

Professor Tutt said that the Griffiths Report on Community Care was hailed by professionals as eminently sensible and had received widespread support. Then came a hiatus. The country waited 18 months before receiving the Government response, which was entitled 'Caring for People'.

### **High Priority for Carers**

Carers received, quite rightly, a high priority in the report. It was clear that people did not want what Social Services were at present providing. What they wanted were individual 'packages of care' which were not necessarily particularly costly. For example, elderly people often left their homes to go into residential care because they could not cope with their gardens. A small worry, which could be solved, but there was no provision to provide help with that. Many carers would go on willingly caring for incontinent relatives if they could only get all the laundry done. A major problem to them, but one which, if provision was made, would be of immense help in enabling them to continue to cope.

### **A Confusing 'Labyrinth'**

Social Services were a confusing labyrinth. People wanted a named person they could sit down with to discuss their individual problems and construct a sensible package of care that would be allied to their personal and very individual needs. This named person would not be responsible for supplying the services but for co-ordinating the delivery of whatever was required.

### **Hard Work by Local Authorities**

Local Authorities had been working hard to produce Community Care Plans since the Government had made its response. It had been difficult at first, but most had been getting there until the sledgehammer announcement from Kenneth Clarke, the Secretary of State for Health, that the Government was going to delay the full implementation of its recommendations until 1993, when new funding would be available. Specific grants would be given for the care of mentally ill people in April 1991, however. This was, in fact, marginal news. In Leeds, for example, it would mean only an additional £400,000 which would not make a massive difference.

### **Two Years to Plan**

**The Government, nevertheless, required Local Authorities to continue to make their Community Care Plans over two years, but there would be no financial transfer until 1993 - after the General Election. Whether the money would ever be transferred was, therefore, an Open Question. Sir Roy Griffiths had been quoted as saying 'The design was a Rolls-Royce, but the Government took the wheels off'.**

### **Going Ahead Anyway**

'My Department was shaken by the announcement', Professor Tutt said, 'But we are at this moment going into our existing budgets in detail. Secretaries of State are often in office for only a short time, and thus their influence may be relatively small.'

'I believe that Community Care will be introduced by most Local Authorities regardless of Government decrees. We must find a way of implementing the plans even within financial limitations.'

### **Handed the Baton**

'Local Authorities have been handed the baton by the Government, and I believe they will take it up and work with the voluntary sector to provide what those in need really require', he said.

### **Management Committees Should Also Go Ahead**

Dr Bill Beswick, Foundation Trustee, who chaired the Conference, said 'We must continue to be ready despite the Government's announcement'. He told the audience they should tell their Management Committees to continue with their plans as if the legislation had been put into action. They should approach their Local Authority to discover what their attitude was and what plans they had.

### **Family Support Services**

The afternoon session of the conference, which was attended by representatives of 24 Cheshire Homes and Family Support Services, was devoted to the growing importance of Family Support.

### **Close Co-operation with Homes**

Bob Naylor Foundation FSS Adviser, said there was increasing interest by Cheshire Homes in starting a Family Support Service. If we got this relationship right, it should be a very fruitful one. He said that Family Support, however, should have a separate Management Committee from the Home, as it would be dangerous to have, for example, Home Care Attendants doubling up as FSS Attendants.

### **New Film**

An excellent new film called 'It Makes All the Difference' showing the benefits of Family Support was then shown, and was followed by a talk by Dr Alison Gardner-Medwin, Hon. Secretary of Newcastle FSS, and Mrs Elizabeth Dodd, the Senior Organiser.

### **A Moving Speech**

A moving speech by a Newcastle Client, Ann Haire, explaining what the help she receives from Newcastle FSS means to her will be published in the next issue of The Cheshire Smile.



Chairman Sir Geoffrey Howlett with Oaklands Resident Janie Snape.



Dorothy Allott, left, (wife of Trustee Peter Allott), and 'Cubbie' Bennett, (wife of Director), view a display from The Kielder Trust.



Delegates from the Wirral Project for residential and respite care. Left to right, Kevin Rose, Claire Kirkpatrick, Keith Raybould, and Adrienne Staniford.



Delegates from Holehird, Cumbria. Left to right, Dorothy Salmon, George Graham, Brenda Robinson.



Delegates from Oaklands, Garstang. Back left to right, Mary Whittle, Head of Home, Care Attendant Martine Schwarzer, Head of Care Rose Pierce, Care Attendant Stefanie Berksmann. Front, Residents John Bailey, Margaret Sharples.

# Foundation's Annual General Meeting

The Foundation's Annual General Meeting was held at Lancaster University on Saturday, July 21st, and preceded the Northern Annual Conference.

Opening the proceedings, the new Foundation Chairman, General Sir Geoffrey Howlett, expressed the enormous disappointment of The Foundation that the Government could not find the money to push the provisions of the Community Care Bill ahead. Much work had been done but this should not be wasted. It was all still relevant.

He referred to the opening of the new Cheshire Home at Brampton as 'exciting', although there had been problems in filling it because of Local Authority financial problems. Oakwood, the new Stockport project for head injury care and support, was nearly complete, and it was encouraging to see the growth of Family Support Services, and that Homes were moving in this direction.

He expressed grateful thanks to his predecessor, Peter Rowley, and to Sir Henry Marking, the retiring Vice-Chairman, and welcomed Mrs Pamela Farrell as the new one.

## Financial Report

Mr Jack Threadingham, Foundation Honorary Treasurer, said that the excess of income over expenditure was £5,391,023, and included profit on the sale of properties. This was satisfactory, but it had to be clearly understood that all that excess was fully committed, and more so, to specific projects in the next three years. Fund-raising results were low compared with other charities, and stood at £624,471.

## Obituaries

### Suffering Ended Peacefully

Laura Elizabeth Pink, known to all as 'Betty', a Resident of Chipstead Lake Cheshire Home, Sevenoaks for seven-and-a-half years, died peacefully on Saturday, 28th April.

Heather Thompson, Head of Care, quotes from a letter of appreciation sent by Audrey Lucas, a former Head of Care who knew Betty well.

'I was relieved to hear that at last the terrible suffering of Betty is over. Those who only knew her when her life was one series of pain and frustration at her increasing dependence on others could be forgiven for not knowing what a courageous lady they were looking after.

I can remember her struggling to work with the aid of two sticks in all weathers and she was never late.

'It is difficult to imagine an ex-army PE instructor ending with the disabilities and agony as Betty did. How fortunate that none of us can see into the future.

'From the time of admission she had Jean Bullen as a friend and regular volunteer. Nothing was too much trouble for Jean although there must have been times when she was sorely tempted to reject Betty but never did. A truly dedicated lady.

'I myself only knew her for a few months but her faith, love of her church, her Godson, friends and a committed staff, I believe lessened the suffering for her and made her life bearable. She was a formidable lady whose presence demanded respect. Betty kept us all on our toes! She has been described as a chocolate - hard on the outside with a soft centre. The short time during which I had the privilege to know her, I held her in respect and admiration.

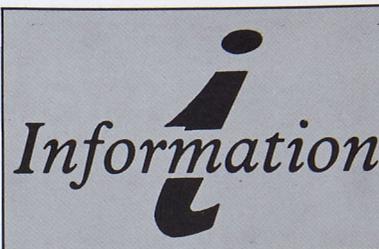
'She will be greatly missed but her long suffering is over. May she rest in peace.'

### Much-Loved Resident

Arnold House Cheshire Home, Enfield, record with sadness the death of a much loved Resident, Ron Medland, aged 58 years

Ron entered the Home in 1979, suffering from multiple sclerosis. He was unfailingly cheerful and courageous.

His relatives, Pam and Derek Medland, in writing to express their sincere gratitude to everyone who loved and respected him, sat with him, and tended him day and night, suggested that everyone could do something for Ron and copy his example. 'As we all have crosses to bear (some greater than others), just be like our gentle, placid Ron - accept what can't be changed, and for his sake laugh and be happy and make the most of each day. That is what he would wish for you. Don't stay in your rooms, but get into that beautiful garden and appreciate the flowers, trees and the birds singing.'



# Information

■ **Return to Community:** The former Director of Mind, Chris Heginbotham, has written a book entitled 'Return to Community', which examines the nature of voluntary organisations and volunteering, discusses social welfare, equality and citizenship, and outlines a new approach to community care.

Published by Bedford Square Press at £6.95 plus 87p postage and packing. Available from leading bookshops or direct from: Plymbridge Distributors Ltd, Estover Road, Plymouth PL6 7PZ. Cheques payable to Plymbridge Ltd.

■ **Home Sight Tests:** The Government has introduced a free home visiting service for people entitled to free sight tests and treatment, who are unable to attend the optician. The following are eligible: people on Income Support or Family Credit; blind or partially sighted people; people with diabetes or glaucoma; people requiring very powerful lenses; near relatives aged 40 or over of people with glaucoma.

Further information from: Press Office, Department of Health, Richmond House, 79 Whitehall, London SW1A 2NS. Tel: 071-210 5963

■ **In Good Hands:** British Rail has produced a video to show how rail travel is being made easier for disabled people. Called 'In Good Hands', it runs for 14 minutes and is available from: Sheridan Hughes, Liaison Manager (Disabled Travellers), British Railways Board, Euston House, 24 Eversholt Street, London NW1 1DZ. Tel: 071 387 2803.

■ **New Orange Badge Proposals:** The Government draft of the proposed regulations covering the Orange Badge Scheme includes the following: waiting restriction of a yellow line increased from 2 to 3 hours; extension of eligibility to recipients of War Pension Mobility Supplement and to drivers with very severe upper limb disabilities.

■ **Conductive Education:** The Government is providing £92,000 over three years for the Foundation for Conductive Education in Birmingham. This is to enable it to employ a tutor in Budapest for British trainee conductors. A total of over £5 million over four years is being allocated to create a formal link with the Peto Institute in Hungary, covering access for UK children and trainee conductors.

■ **How to Push a Wheelchair:** It may seem simple until you have tried it! A useful booklet has been produced by the Disablement Motorists Club, National Mobility Centre, Unit 2a, Atcham Estate, Shrewsbury SY4 4UG. Price 60p incl. postage and packing.

■ **Church and Disability Congress:** Susan James, a Resident of Douglas House, Brixham Devon, attended the International Congress on The Church and Disability at Calvin College, Grand Rapids, Michigan, USA.

■ **Extra Help for Disabled Teenagers:** A higher rate of Income Support for 16 and 17 year old disabled teenagers has been announced by Nicholas Scott, Minister for Social Security and the Disabled. From July 1990, 16 to 17 year olds who qualify for the disability premium, and are claiming Income Support independently from their parents, are entitled to £44.20, an increase of £6.90. It is estimated that this will help 4,000 young disabled people

■ **New Holiday Home:** Winged Fellowship has opened a new holiday home for disabled people at Netley Waterside House, Victoria Road, Netley Abbey, Southampton SO3 5FA. It is a joint venture with Refresh, a charity providing holidays for people with respiratory problems. Winged Fellowship have four other centres - in Surrey, Nottingham, Essex and Southport.

■ **New Head of Home:** Lt Col Freddie Wilson, MBE, has been appointed the new Head of Home at Hovenden House Cheshire Home, Fleet, Near Spalding. Aged 52, he spent 34 years in the Army. He is married with two sons and lives in Wisbech, Cambridgeshire. Lt Colonel Wilson takes over from Peter Barre, who has retired after 10 years service, but will continue to help in the Home as a volunteer.

■ **Change of Name:** Nicholas Scott, formerly Minister for Social Security and the Disabled, has changed his title to Minister for Social Security and Disabled People. He states that this is because he has become increasingly aware of the need to emphasise that people with disabilities are first and foremost people.

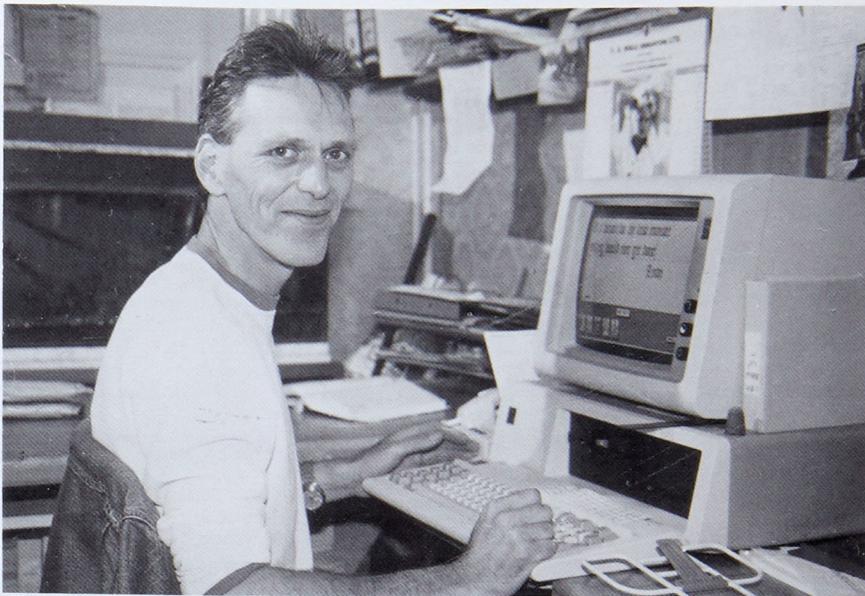
■ **Revised Code for Disabled:** Civil Service Minister Richard Luce has announced a revised Code of Practice for the employment of disabled people in the Civil Service. It is hoped that this will increase employment and career development opportunities. Copies from Information Division, Cabinet Office, Government Offices, Horse Guards Parade, London SW1P 3AL

■ **Foundation Flags:** Spofforth Cheshire Home, near Harrogate, has negotiated a contract for the supply of Cheshire Foundation flags. They measure 4' by 6' and depict the red feather on a white background, the feather being encircled with the words 'The Leonard Cheshire Foundation' in black. Cost is £38. Contact: Wing Cdr Philip Ruston, Head of Home, Spofforth Hall Cheshire Home, Spofforth, Harrogate, N Yorks HG3 1BX. Tel: Spofforth (093 782) 284.

■ **MP's Support Dial A Ride's Petition:** Over 30 MPs turned out to support Dial A Ride's petition calling for accessible transport for disabled people. This called for legislation to require all new buses and coaches purchased by 1992 in the UK to be accessible to all people with disabilities including wheelchair users.

■ **Housing for Disabled People:** A practical, wide ranging guide for all housing authorities, voluntary bodies and private citizens concerned with the housing needs of specialised groups has been produced jointly by voluntary groups, the Regional and District Councils in Fife, and Glenrothes Development Corporation, Scotland. Available from Fife Regional Council, Supplies and Transport Dept., Printing Division, Flemington Road, Glenrothes, Fife Scotland.

■ **Silence is 'Silver':** Resident of James Burns Cheshire Home, Bournemouth, Megan Bowles, decided to undertake a 'sponsored silence'. She refused to speak a word for ten hours and raised £131 from relatives, friends, Residents and Staff, who thought she'd never make it! She allocated £100 to the Cheshire Home in Trivandrum, South India.



# A Day in The Life of Nik Lakin

Computer Manager at Heatherley Cheshire Home, Sussex.

Nik Lakin worked as a lines engineer for a cable TV company for three years, and then as a vehicle mechanic for twelve years, until he found computers and got completely HOOKED. He has been involved with The Cheshire Foundation for six years and has worked in several Homes setting up computer rooms or providing technical back-up. Here he describes how it go-go-goes at Heatherley . . .

07.15. Good morning world, feed cat, birds, me.

08.20. Leave home to sit in traffic for 30 minutes and arrive at Heatherley just before nine o'clock (phew).

09.30. First customer arrives; it's Gwen who wants to carry on with the book she is writing. She asks if I can set up her machine somewhere quiet like the library so she can work in peace. Get portable machine and set it up for Gwen. 'Don't forget to tell the tea staff where I am will you, Nick'.

Graham turns up next to start work on the ambulance accounts. 'Morning, Nik, can you just . . .'. Famous last words.

Next in are David and Rachel. Check the mail for the Fan Club that David runs, set him up so he can answer enquiries. Rachel heads for the nearest empty machine to play a word game.

Gary arrives to write a letter to either his Mum and Dad or Tottenham Football Club. He hasn't decided which is the most important yet. Set up his machine for him to write to Mum, he changes his mind and decides

to write to one of his girlfriends instead. 'How do I spell *what*, Gary? I'm not sure you should write that' . . .

'Morning Shawn, will you draw a cover picture for one of the new videos . . . Rambo 3 perhaps? . . . don't forget to set up the daily function sheet on the TV system, Gary, I think you mean lots of love, not lust of love. . . .

Enter Sonia who would like to write a letter to her husband in Germany. Set up machine for her.

Ah, the tea trolley. Don't forget Gwen in the library please, ladies. Disappear for five minutes peace. No good, Ken Ball, our PR man finds my hiding place and asks 'Have you a minute?', Ha! Ha!

11.00. Return to computer room to find it full of people wanting setting up. Sudden inward scream as I realise it's music day and all the equipment has to be put together by 11.30.

11.15. Escape to chapel and organise musical instruments and song sheets.

Middy and everyone wants their letters printed. All OK until I get to Sonia's . . . it's

in German and all joined together with no spaces . . . scream quietly.

1.00pm. Go to lunch, make coffee and retire to dining room.

1.05pm. Suddenly realise that all the music equipment is still set up in the Chapel and the bible reading group is due in after lunch Minor panic, another couple of grey hairs.

2.00. Round two and everybody returns from lunch at the same time. Smoke from heels and sparks from hands until all are back at work. Only seven people in at the moment, comparative peace. . . .

2.20. A group of visitors arrive from the local school led by Anthony who has intercepted them at the door and is now showing them around the Home. It's my turn and I explain what sort of work we do in the computer room. 'Games? yes, we do have some games but they are mainly educational. Yes, we do have Space Invaders. No, you can't have a go, I'm afraid we're too busy at the moment. Perhaps later.'

3.00. Look at Sonia's letter. It has only one word but 395 letters. Try to decipher letter and split it into legible(?) German. Tear hair out!

3.15. Afternoon tea. Escape again for five minutes. No luck, Caught by Karen who has a problem with her electric chair. Cold tea again.

4.00. Everything going at full throttle again. Mad dash to get all letters finished, printed and posted. David wants to phone his friend Jimmy Nail from the Auf Wiedersehen Pet TV series. Push David to the other end of the building to use his own phone. No answer. Push David all the way back again . . . cursing quietly.

5.30. Supposed to finish now. Not a chance . . . still have articles for the newsletter to complete and edit while I have a few moments peace.

6.00. All Residents gone to Supper. Tidy up and switch off all the machines.

6.15. Halfway home, stuck in traffic jam, switch on car radio, close eyes and relax. Oh no! Did I leave Gwen in the library? Scream, Cry . . .

# A 'Thank You' for a Wonderful Holiday



*The picture shows: left to right, back row, Peter Richards, Jenny Richards, Carol Knipe, Marcus Richards, Alan Mead, Pauline Kelcey and Michelle Leroy-Baker; front row, the four holiday makers Malcolm Reid, Melanie White, Annie Pink and Norman Wright.*

Alan Mead, Managing Director of Coach Tour Operators Sussex Leamland, recently had what he described as 'the most heart-warming experience of his career – a surprise 'thank you' barbecue party in his honour given by Residents of St Bridget's Cheshire Home, Rustington, Sussex. It was the Home's way of showing their appreciation of the recent trip he arranged for four Residents and their helpers to the Dutch bulb fields.

Because getting in and out of coaches can be difficult, Alan Mead arranged for the Home's specially adapted bus to accompany the tour. Apart from this, Residents integrated with able bodied holiday makers and received a hearty welcome at the Alwine Hotel, Noordwijk, joining in with all the activities arranged over the six day holiday.