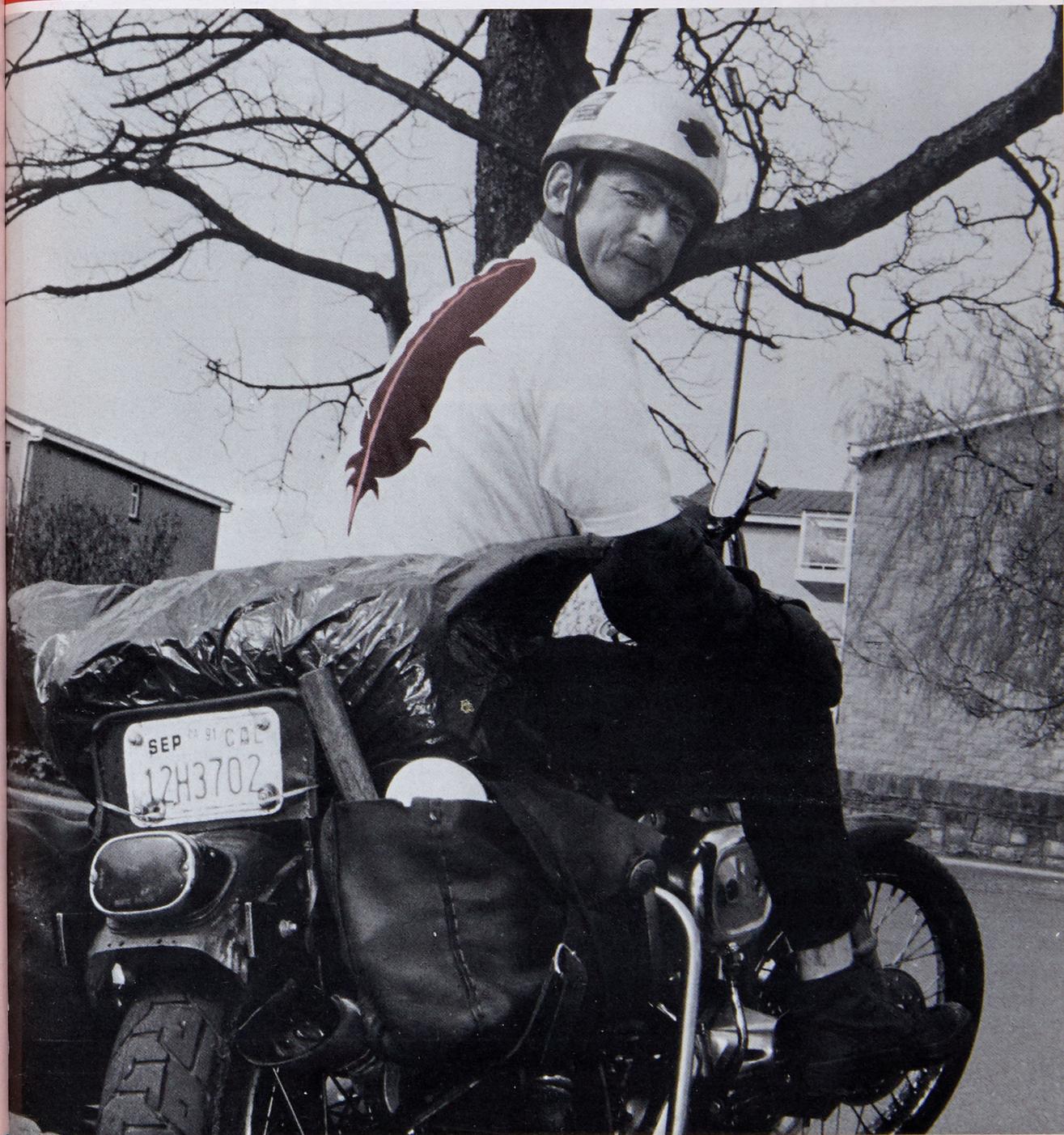


AUGUST 1991

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.

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

Opinions expressed in articles do not necessarily reflect the official view of The Leonard Cheshire Foundation.

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Legless Paratrooper Rides Out for Cheshire Foundation	Back Cover

FRONT COVER – Dave Barr, a 38 year old legless paratrooper, setting off from Mayfield House Cheshire Home, Edinburgh, to publicise the work of the Foundation. (See back cover).

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Foundation Appoint New Director-General

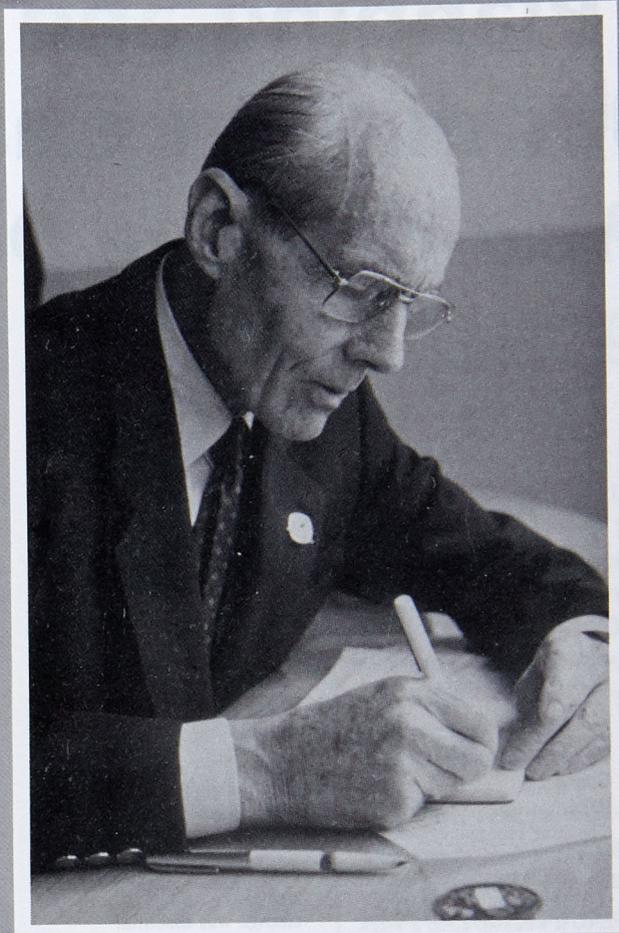
The Cheshire Foundation has appointed a 54 year old businessman of wide experience as its Director-General. He is **JAMES STANFORD** and he took up his post on June 1st.

His last position was as Industrial Adviser to Baring Brothers, the City Merchant Bank, where he was responsible for liaising with clients in the engineering field, identifying new opportunities for growth by acquisition or merger. He was also a Non-Executive Director of Aerospace Engineering, Swindon, and Director of Aerospace Engineering Pension Trustees.

Previous positions included the Executive Chairmanship of David Brown, the famous Huddersfield engineering group, and Managing Directorship of Brooklands Aviation, the Northampton aircraft and vehicle engineers.

Educated at Rugby and Sandhurst, Mr Stanford began his career in the Army, where as a young officer with the 17th/21st Lancers, he served in the UK, Hong Kong and Germany. He is married to Carol and has a daughter and a son, 25 year old Melissa and 21 year old Charles. A keen countryman, he owns a farm in Spratton, Northamptonshire.





Founder Elevated to Peerage in Birthday Honours List

The Founder, Group Captain Leonard Cheshire, has been elevated to the peerage in the Queen's Birthday Honours List, published on June 15th, 1991.

The title follows the awards of the Distinguished Service Order in 1940; two Bars in 1941 and 1943; the Distinguished Flying Cross in 1941; The Victoria Cross in 1944 and the Order of Merit in 1981.

The Victoria Cross, the supreme accolade for gallantry, was given, not for a single act of great

courage, but for four-and-a-half years of sustained valour during which time he had flown a total of 100 operations over enemy territory.

The Order of Merit is a unique and special distinction granted by the Monarch to men and women who are not knighted. Only 24 members of this Order exist world-wide at any one time, and among recipients are Mother Teresa of Calcutta, Sir Frank Whittle, inventor of the jet engine, and the late author Graham Greene.

A Great Act of Humanity

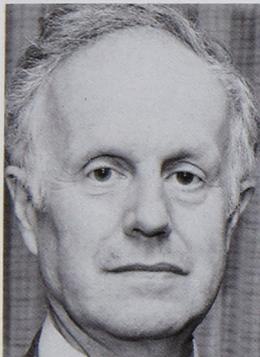
A tribute from HRH The Duke of Edinburgh perhaps sums up Leonard Cheshire's remarkable contribution to the world:

'The history of the treatment of the sick and disabled is illuminated by the flashing humanity of a handful of reformers and innovators. Leonard Cheshire joins that select group for the world-wide network of Homes which he has managed to establish in the face of every kind of difficulty and discouragement. It is one of the greatest acts of humanity of our time.'

Planning and Responding to Change – A Great Cheshire Debate

The changing face of care facilities for disabled people, demanding meticulous planning, flexibility, co-operation and new attitudes, was the theme of the Foundation West Area Conference held at Bristol Polytechnic on Saturday, April 13th.

It was attended by 24 out of the Area's 28 Homes, and by 15 of the 16 Family Support Services and was organised by Brigadier John Regan, Foundation Trustee.



Hilary Gosling

Judge Hilary Gosling, Foundation Trustee and the Conference Chairman, explained that the NHS and Care in the Community Act 1990 presaged great changes in funding. The emphasis would be on choice, assessment of need, and increasing, cost-conscious competition between providers of care.

Although some of the ideas embodied in the Act were Cheshire ideas – putting Residents first, enabling them to live in the community – changes in thinking and overall approach had to come. 'IF YOU DON'T CHANGE, THEN YOU DON'T LIVE', he warned.

Homes and Services cherished their independence, but they were part of a family and should help each other by sharing ideas and approaches to problems and co-operating to produce a viable package deal of care.

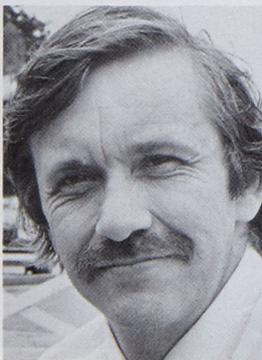
A Scenario

A forum was then invited to give differing views on the changing scene. This consisted of Peter McDonald, Chairman of Torbay Family Support Service; Michael Willis, Head of Home, Greenhill, Oxon; John Lambert, disabled, living independently, and Chairman of The Grange, Bournemouth and Dorchester Homes; Terry Maguire, Director of Care; Ian Balfour, Le Court Resident; and Doreen Hodgson, West Area Care Team Manager.

Variations in Residential Costs

Brian Foster, Adviser to Cheshire Homes, explained that computer analyses had shown that costs per Resident in Homes could vary from £200 a week to £500 a week. From 1989-90 residential costs per head were £264.45 a week in the North; in the South, £309 a week; in the West £302 a week. Nursing beds in the North cost £257 a week; in the South £357; in the West £360.

How could we justify these variations to the funders of the future? It was vitally important that costings should be explained fully to Local Authorities with the reasons for differentials, as they would be looking closely at spending their resources.



Brian Foster

The Foundation needed also to consider alternatives to residential services. Budget managers in Social Services Departments might be tempted to pool all their resources into community care since there was a mass market of people who required it. The key element was offering choice and these choices should be efficiently integrated. A business plan with options should be aimed at.

People – Not Accounts

Ian Balfour protested that as a Resident he was a person – not just a profit and loss account.

Michael Willis felt that working together to promote change was essential. Exchanging ideas and experiences would help to ensure that resources were used in the best possible way.

Doreen Hodgson asked why Homes needed Care Staff on the premises all day. It was not necessary or cost effective. Homes should make themselves into a resource centre and pool and plan with flexibility, and with regard for costs.

Conclusions

It was concluded that major changes in attitudes were required, and that the present split in Foundation Services should go, so that an integrated response to needs could be offered.

The Foundation should look harder at identifying gaps in existing Services and work harder to fill them by broadening the present range offered. There should be a halt to further loans for building until firm decisions on how available money could most effectively be spent.

Care for Life?

Hugh Bryant, Head of Cannon House, Plymouth, said the Foundation's declared philosophy was 'care for life' for Residents in Homes.

What would happen if Local Authorities failed to provide top-up funding? Should this be translated as 'care for life subject to funding'?

Terry Maguire, Director of Care, said that home for life should mean that. He believed Local Authorities would negotiate fees with that in mind.

Henry Blake, Cotswold Cheshire Home Resident, thought it most unlikely Local Authorities would stop funding existing Residents. What would be more likely would be that they would refuse to increase the budgets and beds would be left empty because of the fees. There would be intense competition to cut fees.

John Lambert said he saw no reason why disabled people should have a 'ticket for life'. Able bodied people didn't.

Ian Balfour's view was that the Foundation was not a business but a moral institution.

Brian Foster said that moral commitments had to be backed up. Guarantees were difficult to give. There might come a day when a charity could no longer support a Home.

Judge Gosling said the message was – make sure you get your fees right.

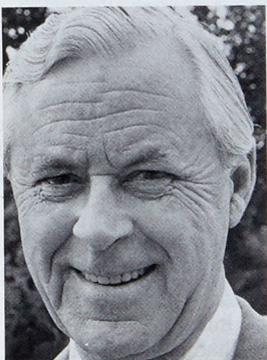


Rita Belletty

Selling Expertise

Rita Belletty, Foundation Treasurer, thought that guaranteeing care for life could be a problem. Voluntary income was under severe pressure. The Foundation should look into the possibility of using its resources to earn revenue.

Rosemary Jarrett, Head of Care, Le Court, said that seven Heads of Care had met together and jointly perceived their future rôle as 'salesmen'. They were, as just one example, experts at assessment. This and other expertise was valuable and highly saleable.



John Regan

Determining Priorities

Brigadier John Regan, Organiser of the Conference and Foundation Trustee, told the Conference that the Foundation was owed £9 million by nearly 40 Homes for re-building or improvement, and a further £6 million had been promised to 15 others.

The financial situation was now such that it was faced with limited money and the urgent need to determine priorities, though this must be done with utmost fairness.

He urged Homes with surplus money to lend it to the Foundation for the good of the whole.

The Chairman of Eithnog Cheshire Home, Jim Proctor, felt there was a moral question involved in giving money to the Foundation when it had been raised for a specific Home.



Rosanne Corben

Rosanne Corben, Trustee, however, pointed out that it would only be a loan, and would come back to the Home. Furthermore, interest would be paid by the Foundation. Homes lent money by the Foundation received it interest free.

The Chairman Sums Up

Chairman of the Foundation Sir Geoffrey Howlett said the important thing was that the Foundation, which had enjoyed 40 years of very fast development, was looking hard at itself and also listening. The difficulty was to do what was right within the resources available. The balance between residential and community care must be correct and it was vital to get this right.

Professionals and Volunteers

The Foundation had grown up on a volunteer basis. But it was now a big organisation - too big, perhaps, for volunteers to play the major part.

That said, he recalled a volunteer reminding him crisply that the Ark had been built by amateurs and the Titanic by professionals!

A Pledge from The Independent Living Fund

Mr Nicholas Scott, Minister for Disabled People, pledged in the House of Commons that when the Independent Living Fund is wound up in 1993, the 8000 severely disabled people at present being helped would continue to receive their benefits.

He said: 'I have concluded that the best way of giving reassurance to existing beneficiaries is to retain quite separate arrangements for this group. We will not, therefore, be expecting Local Authorities to take over the rôle of providing for people who are receiving money from the Fund at the time that the wider community care arrangements are introduced.'

A successor body to the Fund would make cash payments, as now, to the beneficiaries.

He said that there would be room in the Fund's budget not only to continue helping all the existing beneficiaries, but also to continue admitting new people during 1992-3.



Susan Evershed Retires from Foundation

Susan Evershed retired in June as a Trustee of the Leonard Cheshire Foundation, and as Chairman of its Mental Care Committee, which she served with great distinction for eight years, working with five different steering committees.

Judge Hampden Inskip, a former Trustee with whom she worked closely, writes this warm appreciation of her pioneering work:

A Realistic Approach

'Susan was introduced to us by **Ronald Travers**. In spite of a glowing commendation, he warned us that she could be an uncomfortable committee member. She was a magnificent member of our committee. Yes, she was uncomfortable at times, but in the friendliest possible manner. She made us face realities and warned us to approach new trends and buzz words with caution, although at the same time urging us to move forwards and improvise so that we were meeting more of the great need as effectively as our limited resources permitted.

A Lucid Mind

'She had a long, intimate knowledge of how to support and care for people with mental handicaps or illnesses, founded in part on her own family life and her time with the **Lantern Charitable Trust**. This, allied to a first class mind and an ability to state her views lucidly and simply, was of very great help to the Committee in its search to provide people suffering from mental handicap or illness with an environment in which they could live as normal a life as possible.

Worked as Care Assistant

'Susan was a tower of strength to those Steering Committees and Homes who were fortunate enough to have her as their Foundation Link. She was a regular attender at meetings and knew all Residents and Staff. She took almost endless trouble in sitting down and talking through problems so that satisfactory decisions were taken. When a Home was short of staff she would go and work there as a Care Assistant. To our shame the rest of us remained comfortably at home. But Susan often became frustrated at the Foundation's failure to have any answer to questions which she felt it should have addressed years ago.

Formidable Power of Persuasion

'This frustration continued after Susan became a Trustee. She felt that the Foundation should be more forward in filling gaps in services, and that it should not be content to wait for a willing group to come forward. She felt that the Foundation should recruit more professional staff to enable it to do the first class job it professes to do, and she used her formidable, and sometimes uncomfortable, powers of persuasion unceasingly to these ends. She urged that problems should be properly discussed and informed decisions taken, rather than that they should be "massaged" by some expedient holding decision to buy time.

Warmhearted Spirit

'To begin with she had inadequate professional and secretarial support, and it was her continuing regret that so few Trustees became involved in this field of the Foundation's work. But she welded the Committee into a most effective body and established a great, warmhearted *esprit de corps* among all the Foundation's Homes and Services involved in this work. She hands on a strong, flourishing, although small, organisation for those who follow her to build on. She will be missed more than most people.'

Princess Alexandra Opens The Manor Cheshire Home



*Resident Wendy Allen presents a basket of flowers to Princess Alexandra.
At right, Chairman of the Management Committee Betty Roe.*

In brilliant sunshine, H.R.H. Princess Alexandra officially opened The Manor House Cheshire Home in Brampton, Huntingdon, on Thursday, May 8th, when she unveiled a plaque and pressed a button to start a fountain in the quadrangle.

Dressed in a green and grey checked coat and skirt, with grey accessories, the Princess charmed everyone with her interest and informality.

She was escorted on a tour of the Home by Mrs Betty Roe, Chairman of the Management Committee. Those presented to her included the Foundation Chairman, General Sir Geoffrey Howlett; Air Chief Marshal Sir Rex Roe, Chairman of the Appeals Committee; Martin Roe, Link Trustee; Wycliffe Noble, the Architect of the building; representatives of Rattee and Kett, the Builders, and Trinick and Partners, the Quantity Surveyors.

Among Residents she met and spoke with were Ian Hartmann, Martin Paul, Julia Mason and Philip Hall. Staff presented included Derek Bower, Head of Home, and Head of Care Sally Colman.

Newcastle F.S.S. Launches into Day Clubs

A year ago Newcastle Family Support Service, recognising that there was little or no provision for disabled people between the ages of 50 and 65, dreamed up a unique idea of extending its services by developing Day Club for this group.

The project – called Learning, Living, Sharing – was backed by the Cheshire Foundation with a £7,000 grant, and premises were provided free by the City Council.

Here Irene Corkey, the part-time Day Clubs Organiser, explains how it all works.

Progress Report

'Heaton Club got off the ground in October 1990, and Todd's Nook Club in December. There are currently 40 people attending regularly. One of the most welcome developments has been the desire of family carers to attend and join in the activities. While this was not part of the original proposal, we have welcomed them with open arms as an additional source of talent and help. It has meant that couples, and in some cases sons and daughters, have gained new family friends, and taken up new interests singly or jointly, while problems of caring have been discussed openly and naturally with others "in the same boat". This is an exciting facet to the concept of "family relief" – of benefit to both the family and the clubs. Many volunteers have benefited too as a consequence, as there is more time for them to socialise and share rather than being left with traditional domestic and physical caring tasks. For some, it is also a welcome chance to share their experiences of caring for a partner in the past.

The Clubs' Activities

'The clubs only meet one day each week, but we make the most of our days.

'So far, we have tried word processing, making table decorations, creative writing, snooker, darts, and making music. One of the members is offering a photography class, another music lessons on the tin whistle. We held a successful Christmas party, providing our own concert party which included musical solos, recitations, clog dancing, stand-up comedy, traditional and folk songs – a wealth of talent.

'Social activities include dominoes, cards, scrabble, chess, quizzes and table games, with a game of bingo each session which contributes to the funds. Sports activities include snooker – for many of our members this is the first time back at the table since becoming disabled. Bob, one of our founder members, has been determined to get back on his feet following a severe stroke and a subsequent foot ulcer to become a club champion again. At the moment he looks forward to his practice walks around the table each Friday, and from the glint in his eye, it will not be long before he is champion again. At present he is giving the darts players a run for their money from his wheelchair!

Learning Sign Language

'With the help of a £900 grant from East End Learning and Leisure Subcommittee, we are able to provide some formal courses at our Heaton Club. So far, we have twelve students learning British Sign Language, including a newly blind member who is assisted by her husband and a volunteer, and a member with good speech, but with good receptive ability, who is learning together with his wife.

Word-Processing

'A tutor is also available to introduce people to the liberating power of the word processor, both for creative writing and practical use in publicity material and graphic art. We hope that an adult class can be arranged once people have mastered the basics, but we equally encourage its use for hand-exercising and concentration, or just for fun.

Keeping Fit

'Since weight and fitness can be a problem for many disabled people, we also have engaged a tutor to prepare us for self-programming exercises to music – individual and collective. In the pipeline is a course on basic first-aid. As members have pointed out to us, they too need to know what to do if their Carer has an accident or collapses. We have also been able to provide photographic equipment, computer software and craft materials from this grant.

The Future

'Members are buzzing with ideas of things they would like to do or try – outdoor expeditions, holidaying together, carpet bowls, creative arts, campaigning. Each new volunteer who is recruited brings their skill to the pool – we have a masseur who also takes a creative writing class, two keyboard players, a hairdresser, a typist, an artist, two signers, a counsellor, and craft experts. There is enough energy and talent within the whole group to keep five or six clubs going.

'However, there has not been even development within both clubs. Heaton has taken off because the premises we use are a Social Club and Community Centre, with loads of space and facilities. Although the furniture is very basic, there are sufficient activities to overcome less than perfect aspects of the environment. In contrast, we only have one large classroom at Todd's Nook, with restricted access to other parts of the building, and no motivation for moving about in those areas that are accessible, as planned adult education classes did not materialise. Heating is poor, in spite of supplements, and there is a no smoking policy which, however laudable, restricts freedom for some adults who wish to enjoy their day out in their usual way. An alternative approach

is needed, and we are currently exploring the possibility of funding an arts project using tactile and sensory materials which could give a focus for activity, with the social club as a 'resting space' for participants.

Danger of Dashing Hopes

'The value of a pilot project is to test the water, discover what is possible, identify obstacles to success, bring existing resources and specialists together in novel ways and use initiative to push back bureaucratic barriers. The danger of a pilot project is that it raises hopes and expectations which stand to be dashed if funding is not available to take what has been created further.

'The Learning Living Sharing Project has made tremendous progress in a short space of time, and established a unique project in Newcastle worthy of future funding and development. However, with grants to existing voluntary organisations being cut by the Local Authority, however supportive they may be, funding is not available this year to provide funding for the post of Day Clubs' Organiser – although there are strong commitments to financial help the following financial year. We have applied for help from a charitable trust and hope some generous donor will help us to continue our work.

'Perhaps the best testament to the future of clubs such as the one at Heaton comes from the usual comments of the many visitors who come to see what we are doing – "The place is alive. I didn't even notice that some people were disabled – there's so much going on and they're all keen to involve you". Have we even stopped to think of the wealth of skills and talents we squander when we think of disabled people and their Carers only in terms of their dependency? Let's change all that.'



Paddy Higgins (right) explains the finer points of pipe playing to Irene Corkey (centre) while his wife Mary checks the printout of her latest story.



The Friday Club at Heaton.



A game of dominoes is not for the faint-hearted at the Friday Club.



Mary and volunteers Heather, Jill and Dorothy working hard in the signing class.



Bob Morris, supported by his wife Ann, takes his first walk around the pool table since his stroke.



Irene Corkey (left) Day Clubs Organiser, shares a joke with Milton and Shirley Horsman.

Some members of The Signing Class at Heaton. L-R Shirley, Mary, Heather, Jill, Molly, Dorothy and Cath Pringle (Tutor).





International News

Edited by Lynette Learoyd
Personal Assistant to International
Director Ronald Travers



THE LEONARD CHESHIRE FOUNDATION INTERNATIONAL

26-29 MAUNSEL STREET LONDON SW1P 2QN ENGLAND

More New Homes Open Their Doors: The Bahamas

On 26th March, the **Bahamas Cheshire Home in Nassau** opened, catering for 20 physically handicapped men. A magnificent building with comfortable accommodation, it will be run by the Salvation Army. The local Rotary Club played a major part in the completion of the Home, which receives no government funding and depends entirely on voluntary financial support.

New Cheshire Centre in Catalonia, Spain

John Church reports: 'The work of the Cheshire Foundation in Spain is so successful that the Generalitat, Catalonia's regional government, has entrusted to it the management of a brand new residence for the elderly in Badalona, a suburb of Barcelona.

'The President of the Generalitat, **Jordi Pujol**, accompanied by the Mayor of Badalona, **Juan Blanch**, formally opened the new residence on 23 March 1991. Also present was the Chairman of the Cheshire Foundation in Spain, **Juan Trias**, and members of the management committee.

A Homely Atmosphere:

'The Badalona Centre has the very latest equipment for caring for elderly and handicapped people, and has a fine view towards the sea. It was financed by the Generalitat's Department of Social Welfare. Soon it will shelter 56 old people on three floors, each of which operates as a self-contained unit to maintain the home atmosphere. The Centre also has space to care for 25 other elderly people during the day.

'Residents of other Cheshire Homes near Barcelona visited Badalona for the opening ceremony. A Resident of the Tarragona Home presented to President Pujol a chess set of exceptional quality on which he had worked for 18 months. The President thanked him warmly for the gift and admired the craftsmanship.'

Eight Spanish Homes

When the new Badalona Home is fully occupied, the Foundation in Spain will be caring for over 160 people in eight Homes. The **Fundacion Hogares Cheshire de España** started its work in 1969 inspired by the ideas of the Founder. Many old and handicapped people who have no families to care for them or who have no financial resources have applied for places in the Homes because of their reputation for high standards of care, administration and financial management.'

South Africa Built in Record Time

On 27th April the first phase of the **Daveyton Home** in South Africa was officially opened, for 10 physically disabled adult Residents. Built in record time, the foundations were laid in September last year, and the building completed by December. Further expansion of the Home to care eventually for 40 Residents will take place as funds become available.

Signing of Contract

Construction of the **Langa Cheshire Home in South Africa** has started, and will consist of a day care centre, with residential accommodation for four adults. The need in the area is enormous, and this small beginning is planned to finally develop into a 40-bed Home.

Barbados 20th Anniversary

The **Thelma Vaughan Memorial Home** in Barbados celebrated 20 years of operation on 25th April, with a service held in St George Parish Church, attended by the committee, staff and children from the Home. The inspiring singing of celebrated soprano **Dianna Johnson** combined with the presence of two Priests from the United States added to the special occasion. Scripture lessons were read by **Kelly Ann Wallace** and **Anthony Grazettes**, children from the Home who read with clear voices, and there were also musical selections presented by the children. A most important part of the celebrations was a party held at the Home for the children.

Started with an Overdraft

The Home started in an old building rented from the Anglican Church at a peppercorn rent and with an overdraft from Barclays Bank. Two children were the first Residents under the care of the late **Denise Tabernacle**, sent out for one year by the Cheshire Foundation in London. The name of the Home is derived from the late **Thelma Vaughan**, whose work as a social welfare officer and whose dedication to and love of children is well-known in Barbados. The Home was generously helped by the Lions Club, Rotary Club and many other local groups, organisations and individuals at the outset. A visitor to the island, **Mr Henry Williams**, was impressed, and financed a playroom; the Founder negotiated the acquisition of an area of land adjoining the Home. The number of children has grown from two to 15, and the number of staff has increased from one Matron to 14. The Home is financed by annual grants from Government,

fundraising drives, membership fees, donations, covenants and other fundraising efforts. The children are educated, which presents a challenge in view of their widely differing physical and mental abilities. Medical, dental, psychological, physio and occupational treatment are also provided.

Progress in Botswana

Development of the **Mogoditshane Rehabilitation Centre** continues, and construction is almost complete. The residential phase for physically handicapped children will start in September 1991, completing this project which started just three years ago, and is such a credit to the hard work of the committee. The community based rehabilitation programme, which started in 1988 for all disabled people in the surrounding locality, now operates in five villages and has 200 clients, many of whom have had their lives transformed; a day care programme caters for 18 severely handicapped children. Operating income will be derived from several houses built on the site of the centre - capital for these has been obtained from the local community and the committee's own fund-raising events.

This remarkable achievement has been due to continuing support from **NORAD** (The Royal Norwegian Embassy Development Cooperation), and **CMB** (Christoffel-Blinden Mission) which supports the **Community Rehabilitation Programme**. Other agencies which have helped are **Aktion Dreikönigssingen in Germany**; **The Overseas Development Administration**; **the EEC**; **the Overseas Disabled Association in Ireland**; **CIDA** (Canadian

International Development Agency); the US Embassy and numerous other sources. The committee has developed and improved upon an imaginative fund-raising programme as its members have become more experienced.

A Client Data Base

The Centre is run by Sisters of Saint John the Baptist, and the community based rehabilitation programme, under the leadership of Birte Eustice Petersen, Coordinator, is run by six members of staff, supported by two volunteers. This project has developed to such an extent that a client data base is now being established to maximise the efficiency of the team's work.

The Benefits

Birte Petersen sent us the following case history to illustrate the benefits of the programme:

'The grandmother sat by an open fire with the youngest of fourteen children on her knee. Her three daughters were employed as housemaids in Gaborone, 15 kilometers away. Before travelling expenses, they earned P330 (£96) between them. The only roundavel on the compound in which all eighteen members of the family slept, was awash with the torrential rains that had fallen over Metsemothabe the night before our visits.

Two of the boys were disabled. Mogorosi, aged 9, had a severe vision impairment, and Phillip, aged 15, was deaf and dumb. We took Mogorosi to the clinic at Mochudi only 50 kilometers away. He was diagnosed as having juvenile cataract of both eyes. Successful surgery and spectacles followed. Mogorosi was able to return to school a few weeks ago.

Phillip was taken to the ENT clinic at Ramotswa 45 kilometers away. He was fitted with a hearing aid and is now slowly being taught to speak. The careful maintenance and proper use of the hearing aid are problem areas which will require more of our attention.

Our physiotherapist Abraham and his wife Elly alerted their home community in Holland to the plight of this family. The Dutch community responded quickly by mailing P2200 (£645). This sum has been used on building

materials and labour. A two-roomed brick house is scheduled to be completed within a week or so.'

Far Eastern Tour of Founder and International Director

The Founder visited the Home in Papua new Guinea, where the children were looking very fit and happy. The Home has recently had the staff living quarters restored and a verandah added to the building.

In Hong Kong Ronald Travers joined the Founder, and had a happy time at the Home at Chung Hom Kok. They also saw the new Home at Shatin, which has recently been completed, and will have its official opening in September. This Home is attached to a large new hospital complex, and Shirley Chan, Head of Care at Chung Hom Kok, has moved to Shatin to take up the same position there. The Cheshire Residents are housed in chalets with a good view across the valley to the racecourse.

Independent Living in China

The opening of the Independent Living Wing of the Kunming Cheshire Home in China was a time of reunion with the management, staff and Residents. The celebrations included fire crackers, bands and singers and, after several speeches, the tape was cut and the wing opened. It will accommodate 40 Residents who will acquire skills to use outside the Home. The wing was sponsored by Cable & Wireless Hong Kong.

Onwards to India

The Founder then travelled to India where he visited the Homes at Delhi and Dehra Dun, and renewed many long-standing friendships. In Delhi a new Matron has been appointed, and in Dehra Dun there is now an Administrator.

Singapore Aerobics

Ronald Travers flew to Singapore, where he found on arrival a class of aerobics taking place, the Residents each being assisted by trainees from Singapore Airlines. Phase two of the Home is nearly complete and will provide day care for disabled Singapore Residents,

and there will be training in daily living skills for both single people and married couples, as well as staff quarters and a conference room.

The First Home Overseas

In Bombay Ronald Travers had a most enjoyable lunch-time visit to Bethlehem House, the first Home in India and, indeed the first overseas Cheshire Home.

Visit to Ireland

Keith Cook, the Foundation's Homes Planning Adviser, visited Ireland in April, and saw again the St Laurence Home in Cork, Rathfredagh in Newcastle West, St Patrick's in Tullow and Ardeen in Shillelagh. Keith also visited the newly acquired Emmanuel House in Ballina - a Home for physically handicapped and frail elderly Residents; the Monkstown Project in Co Dublin, where site clearance has started prior to building of a 20 bed Home; and the Galway Project, where construction will shortly start of 10 individual flats.

Progress in Malawi

The Blantyre Rehabilitation Centre now has the services of a full time special education teacher, Peace Corps Volunteer Mrs Deanna Perry, and a programme has been started to develop remedial activities according to each child's academic level. For the past three years education has only been possible on one day a week at the Phoenix School. Brother Hortensus, retired director of the Centre for Education of the Deaf, Montfort College, is now attending two afternoons a week to provide speech therapy to those children with hearing impairments. The Centre has several part-time volunteers who greatly enhance the quality of the education the children are receiving. The monthly enrolment figures have doubled over the past year, and the majority of the children attending are under four years, mainly cerebrally palsied.

A Parents' Association

The recently formed Parents' Association sponsors lectures every other month on

subjects relevant to the needs of parents of disabled children. The first such talk was 'Cerebral Palsy' given by Maria Cannon, the VSO physiotherapist now working in Blantyre. Subsequent talks have been by Mrs Deborah Frum, Occupational Therapist, on 'Using Psychology with your disabled child'. 'Zofunkika za Aba Wolumala' (Basic Needs of Disabled Children) was given by Mr Brown Mbeweza, Administrator and Special Education Teacher.

Deanne Perry spoke on 'Different Learning Styles'. Maria Cannon and Deborah Frum have presented 'Treating your Disabled Child at Home' where methods of seating, and a stimulating environment for children to learn in were discussed. This was an experimental session, with parents making some of the equipment for home use. An average of 20-25 parents attended these sessions.

The Lilongwe Home is making steady progress since it opened on 30th January 1989. The clinic is run at Chilinde, approximately 6 miles from Lilongwe Centre. Initially staff from MAP and Kamuzu Central Hospital Physiotherapy Department helped to identify suitable children, and staff from Lilongwe City Council Health Department assisted in contacting children's parents and visiting them at home, explaining about the programme. The clinic is run by three Red Cross volunteers, Mrs Thawani, Mrs Kachikopa and Mrs Bunaya, and is held once a week. At present there are 40 children registered, most of them under 7 years of age, suffering from cerebral palsy or post-meningital handicap. The programme focuses on physiotherapy and play activities, and occasionally a member of staff from the Regional Social Welfare Office helps with social work related tasks. Recently two children have learned to walk. When a regular attendee does not come for several weeks, the centre makes a home visit through a Homecraft or Red Cross worker. Other organisations have assisted, to enable the centre to maintain a community based approach. Donations from local individuals, associations, and organisations have provided toys and clinic equipment.

The programme is now ready to expand, but at present needs a physiotherapist. Plans are being drawn up to start a small building, with room for further expansion.

Grateful Thanks

Our thanks to Mr Lee Kyoung-Haw, Executive Secretary, who left Malawi in June after 6 years dedicated service to Cheshire Homes, Malawi. Mr Lee was recruited and funded by Christoffel-Blinden Mission which has generously supported this project since it began.

Workshop for Staff Trainers – Lusaka Zambia

Held from 15th to 19th April, this workshop was the first phase of a project to develop a training package for staff working with children who have cerebral palsy. It was organised by Cheshire Homes Central Region through Mrs **Leonora Williams**, Assistant Liaison Officer, in conjunction with the Leonard Cheshire Foundation International. Participants attended from Cheshire Homes in the Southern Region and from the Ministry of Health and non-governmental organisations in Zambia. Aims are to enable physiotherapists and care staff to share skills for working with children who have cerebral palsy, to identify staff training needs and to provide a model for staff training. Workshop tutors were **Liz Cole**, Senior Physiotherapist at Fulbourn Hospital, Cambridge, **Sarah Holloway**, the Foundation's International Training and Rehabilitation Adviser, and **Liz Lee**, Paediatric physiotherapist, from New Zealand. 29 participants attended, and the workshop was officially opened by the Chairman of the Cheshire Homes in Zambia, the **Honorable Mr Chief Justice Silungwe**, who also presented certificates to the attendants at the closing ceremony.



Residents and staff of the Cheshire Home in Papua, New Guinea.



Morning tea: the Founder in discussion with Miss Wang Kui, Kunming Cheshire Home, China.



Ling Jing, Vice President of China Disabled Persons Federation, speaking at the opening of The Independent Living Unit, Kunming Cheshire Home, China.



The ribbon has been cut at Kunming Cheshire Home with help of Chinese Care Staff. L to R: Mr Zhao Ting Ghen, Vice-Governor of Province of Yunnan; Mr Liu Jing, Vice-President of China Disabled Persons Federation; The Founder; Mr Wathan Hsu, Marketing Manager of Cable & Wireless, Hong Kong.



Papua New Guinea Cheshire Home, Residents and staff.

International Pictures



President Pujol (right) greets one of the first Residents at the opening ceremony of the new Cheshire Home for the elderly in Badalona, Spain.



The new Badalona Centre, Barcelona, Spain.



Sister Mary Lopes and International Director Ronald Travers with Residents of the Bombay Cheshire Home.



The Founder receives a warm welcome in China when the Independent Living wing at Kunming Cheshire Home was opened.



The Founder admires a beautiful tapestry made by a Resident of Kunming Cheshire Home, China.

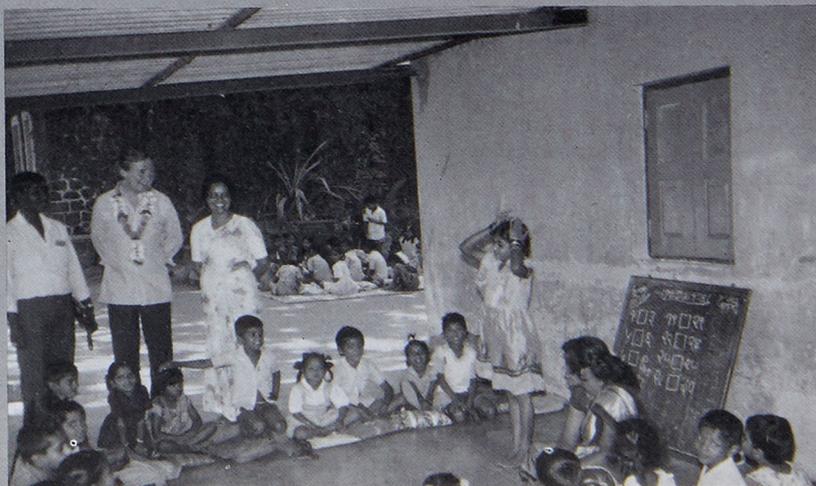
A GROWING ORGANISATION

There are 184 Cheshire Homes in 48 countries overseas

Two young Residents of Cheshire Home, Papua New Guinea.



Local children who are taught by a Resident of the Bombay Cheshire Home. Ronald Travers, garlanded International Director, looks on.





SHARE YOUR PROBLEMS with Dr Wendy Greengross

Question: I get very upset with some of the advertising of disabled organisations. I am quite a long way down the road of my own disability and need residential care, but there are lots of people who have my condition, but will never be as badly affected as I am. They must be very upset by the possibility of crippling disability or blindness suggested in these advertisements, which might never happen to them.

Answer: I can understand your concern because some of the advertisements are quite frightening. Nearly all charities are going through a bad patch financially. Many are contributing considerable amounts of money for Residents who can't get 'topping up' from their local authorities, and most find fund-raising increasingly difficult. Because we are in the middle of a recession and there are increasing demands on charitable funds for refugees and victims of hunger as well as for medical research and equipment, everyone is trying to find new sources of money and fresh ways to induce the public to give to their particular charity. Animals and children in need are likely to get a positive response, but playing on ordinary people's fears about their own future is another matter. Most charities try hard to ensure that the advertisements don't become counter-productive, but they sometimes feel that some shock is necessary to achieve the necessary impact.

It is a very vexed ethical issue, and one that is exercising the ingenuity of most charities. If you feel strongly about any particular advertisement,

write to the charity in question. All advertisers are interested in getting a response from those they are trying to reach.

Question: I have heard that the Foundation is re-thinking its publicity and advertising policy. I am severely disabled and I know that when I go out collecting for the Home on flag days I always get a full tin because people can see the extent of my disability. I wouldn't mind being part of an advertising campaign.

Answer: There has been a lot of discussion about whether using pictures and case histories of disabled people in advertising campaigns is exploitation. Some people feel that it is always wrong to make use of disabled people in this way, for although individuals might not mind being used for what is after all a very good cause, they believe that the practice stigmatises all the others who might object.

The present Foundation policy is that if Residents wish to volunteer they will be welcome. If any disabled person is interested please contact Tony Talbot, PR Officer, at The Cheshire Foundation, 26 Maunsel Street, London SW1P 2QN.

Question: I am very upset because I had hoped to go on holiday to Canada next year with two of the Care Staff, and I have just been told that it will be impossible as the Home can no longer spare the staff. Is there anything I can do about it?

Answer: I am afraid that this will increasingly be the pattern for the future, with care costs being so stringently controlled that most Residents will be lucky to have one Care Attendant for one week, unless he or she wants to use some of their own holiday allocation. It means that many Residents will have to think about holidays quite differently. One option is to go away with volunteers. This will need to be arranged a considerable time in advance, so that you both select those who are to accompany you and then arrange for them to have appropriate training.

Editor's Note:

Holiday Care Service, a registered charity, provides a free service to help disabled or elderly people to find a voluntary helper if they cannot go on holiday alone. Write to Holiday Care Service, 2 Old Bank Chambers, Station Road, Horley, Surrey RH6 9HW or phone 0293 774535.

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



Residents Pat Eteen and John Wood making cakes for tea

Greathouse at Kington Langley, Wiltshire, is home to 24 severely disabled Residents. Day Care for six local people is also provided. Interesting activities are high on the list of priorities. Here Pat Fleming, the enthusiastic Activities Organiser, describes the popular pastime of cooking.

'We are fortunate in having two large adjoining rooms for craft activities, and one of these is well-equipped for cookery.

'Every Thursday two of the Residents make cakes for tea, and are very active before our Open Day and Christmas Sale, making cakes for the cake stall. They also make marmalade to sell to staff and visitors, or give to their families. This year two of the Residents are entering marmalade, and another gingerbread, in a competition at the Royal Bath & West Show.

'In addition to this, they like to prepare their own meals occasionally, and every two months two of them give a luncheon party, when they choose the menu, help with cooking and invite guests to join them. At these luncheons we like to invite a party from another Cheshire Home to join us, and usually cater for about 12 people.

'The following are some recipes we have tried and enjoyed. As we have some diabetics we have included two recipes from our diabetic recipe book.'

Polynesian Chicken

Ingredients:

- 2 tablespoons oil
- 8 small boned chicken thighs, trimmed
- 3 rashers bacon, rind removed, chopped
- 2 onions, sliced
- 1 red pepper, cored and sliced
- 1 green pepper, cored and sliced
- 8 oz can pineapple pieces in natural juice
- ¼ pt chicken stock
- 1 bouquet garni
- 6 oz fine cut orange pure fruit spread
- 3 oz Cashew nuts, toasted

Method:

1. Heat oil in large pan or skillet. Fry chicken portions until golden on all sides.
 2. Add bacon, onions and peppers and cook for 5 minutes. Add juice from pineapple and the stock.
 3. Add the bouquet garni and cover. Simmer gently for 1 hour. Discard the bouquet garni.
 4. Add the pineapple, pure fruit spread and nuts. Simmer gently for 10 minutes.
 5. Serve on bed of boiled rice or noodles.
- Serves 4.

'What's Cooking?'

Spice Bread

This is a very easy cake to make. It dates back to my childhood, and was found on the side of a tin of syrup!

Ingredients:

- 10 oz SR flour
- 1 teaspoon mixed spice
- ½ teaspoon ground ginger
- 4 oz soft brown sugar
- 6 oz sultanas
- 2 oz chopped peel
- 2 oz margarine
- 6 tablespoons milk
- 1 large egg
- 6 oz syrup

Method:

Sieve flour with spice and ginger. Stir in sugar, peel and fruit. Melt margarine with syrup over gentle heat, stir into dry ingredients with beaten egg and milk. Mix well, pour into greased 2 lb loaf tin and bake for 1½ hours at 330°F or 170°C. Keep a day, then serve sliced and buttered.

Chocolate and Coffee Mousse

(suitable for diabetics)

If using alcohol in the mixture, make the mousse the day before to allow the flavours time to merge.

Ingredients:

- 4 oz diabetic chocolate
- 2 tablespoons strong black coffee with ½ teaspoon fructose, or 1 tablespoon black coffee and 1 tablespoon brandy or rum
- 1 teaspoon butter
- 4 eggs, size 1, separated
- 1 tablespoon flaked almonds

Method:

Break the chocolate into pieces and put into bowl with coffee mixture. Stand bowl over saucepan containing 2" simmering water. Simmer gently, stirring with wooden spoon, until chocolate starts to melt. Remove from heat and thoroughly blend until chocolate has combined with the liquid. When the chocolate has cooled enough but is still warm, add the butter in small pieces, stirring with wooden spoon until each piece is amalgamated. The chocolate mixture should then have the consistency of thick cream and a glossy appearance.

Stir in the egg yolks, one at a time, making sure that the mixture is quite smooth before the next is added. Whisk the egg whites until stiff and fold them gently but thoroughly into the mixture until no white spots are seen. Put the mousse into individual glasses and scatter over the flaked almonds. Chill, but remove from refrigerator 20 minutes before serving. Serves 4-6.

Crunchy Peanut Butter Biscuits

(suitable for diabetics)

Ingredients:

- 5 oz wholemeal SR Flour
- 3 tablespoons corn oil
- 2 tablespoons unsweetened apple or pineapple juice
- 2 tablespoons sesame seeds, toasted in dry frying pan until golden
- 1 oz butter or margarine
- 2 oz crunchy peanut butter

Method:

Put flour in bowl and rub in the butter and oil. Add the peanut butter and juice, mix well. Press together with the fingers to form a pliable dough. Roll out thinly on a lightly floured surface and cut into rounds or oblongs. Sprinkle with sesame seeds. Put on to a greased baking sheet. Bake at 180°C or 350°F for 12-15 minutes. Allow to cool on baking sheet for 5 minutes to firm, then transfer to wire rack to cool completely. Makes about 12.

Oaklands Develops Its Caring Role In Joint Enterprise

Oaklands Cheshire Home in Garstang, Lancashire, is co-operating with the Preston-based Eaves Brook Housing Association in a project to provide twelve bungalows for disabled people with a team of carers.

The Housing Association will be responsible for the buildings, which will cater for single people, small groups and two family units.

Oaklands will provide a Caring Service to provide the estate with a Caring Core on a 24 hour basis. An organiser will be appointed, and the Service will benefit greatly from the expertise gained from two nearby flourishing Cheshire Foundation Family Support Services in Lancaster and Preston.

The project is being organised by a sub-committee under the Chairmanship of Mrs Margaret Barker, a former Chairman of Oaklands. Building of the bungalows will begin shortly, and the completion date is expected to be the middle of 1992.

Oaklands will have a voice in the selection of tenants together with Eaves Brook.

Funding

Negotiations are taking place with Local Authorities, but at this time funding is uncertain due to the postponement of the proposals contained in the Community Care Act. Meanwhile the Foundation Finance Committee has agreed to fund any shortfall in the care costs up to a maximum of £15,000 a year over three years.

Peter Allott, Foundation Trustee with a particular interest in developing joint projects of this type, commented: 'I hope that other Homes might consider contacting appropriate Housing Associations in their areas to try and get similar joint schemes going. It is worth noting that Eaves Brook did not wish to engage in the caring aspects of the project, but preferred to leave this to Oaklands, with their special experience.'

A Psychological Assessment of Residents' Needs

Stonecroft Cheshire Home, South Humberside, has found the services of a Clinical Psychologist very helpful in assessing the physical and emotional needs of Residents as well as their satisfaction with their environment. The Psychology Consultancy which undertook the task is part of Grimsby Health Authority and its services were free.

Anonymous Questionnaire

A questionnaire was devised which consisted of 32 items relating to aspects of the Residents' physical, emotional and social needs, and was completed anonymously. A second section was geared to their personal needs in each area. The first questionnaire was scored in three categories of whether Residents wished to see features of their lives increasing, diminishing or remaining the same.

Residents Welcomed Participation

Participation by Stonecroft's 29 Residents was completely voluntary, but those taking part welcomed the opportunity and co-operated freely.

Filling in the forms involved the Psychologist,

Michael Wilde, Manager of the Consultancy, meeting with Residents and exchanging ideas, which also gave them the opportunity of airing their emotional problems in private.

Residents were given the opportunity to discuss the form and procedures among themselves and to suggest amendments. It provide a means of stimulating thought and discussion, which it is hoped will be sustained as changes and improvements are introduced. The aim was to bring about ready acceptance of procedures that facilitate change and allow flexibility of routine because they will be better understood and accepted when applied.

Judith Walker, Head of Home, commented: 'I found this experiment extremely helpful in validating problems and difficulties I had already suspected, and can now take steps to try to alleviate. Of course this method must always be used in conjunction with other resources available. I would be interested to hear from other Homes with their suggestions and experiences if they have been involved with similar exercises.'

Offenders Make a Contribution To Cheshire Homes

Newlands House Cheshire Home, in Netherseal, Burton-on-Trent, is delighted with the painting and gardening a team of young offenders have carried out as part of their Community Service. It would recommend their services to anyone. Always polite and friendly, the workers have formed good relationships with the Residents, which gives great pleasure.

A Penal Sanction

Introduced in the early 1970s, Community Service is a penal sanction which makes serious demands on the offender, in terms of time and effort, and is regarded as a realistic substitute for a custodial sentence for offenders aged 16 or over. Suitability is determined during the preparation of a Social Enquiry Report by a Probation Officer, and is operated by the Probation Service.

Paying Their Debt to Society

The scheme offers a wide range of work to make use of the potential of the offender whilst minimising the risk to the public. On Sundays around seventy teams of offenders work throughout Staffordshire, supervised by members of the Probation Service. A large proportion of projects involve work for pensioners in their own homes. This work is demanding and carried out to a high standard. In many

cases it transforms the living conditions of this section of the community, so often portrayed by the media as most in fear of the criminal. One-parent families and sick or disabled members of the community are also major recipients. Village and church halls and the premises of a wide range of voluntary bodies, such as the Red Cross, benefit. Yet larger outdoor projects, extending to huge recreation and picnic areas, provide demanding and worthwhile work for a wide range of offenders.

FOUNDER VISITS TWO UK HOMES

Thirty Years On – Heatherley Celebrates

Nearly three hundred guests crowded into Heatherley Cheshire Home on Wednesday, May 1st, undaunted by the freezing weather, to celebrate the Home's 30th birthday.

The planned garden party had to be hastily abandoned as a cruel wind whipped up the tablecloths in the garden.

However, as The Founder, Group Captain Leonard Cheshire said, the weather did not matter because 'the sun' was shining inside the Home. He paid tribute to the Home's President, Vice Chairman of the Foundation, Pamela Farrell-Tredinnick, who founded Heatherley. He recalled that at the opening 30 years ago she had

made a magnificent speech. 'She has a great gift of inspiring people.

'She always thought of new ideas, and it was she who had the first concept of building bungalows to provide independent living for disabled people,' he said.

Pamela Farrell-Tredinnick, in a short speech, thanked everyone who had helped to build the Home up to what it was today.

Resident Susie Skinner presented The Founder with a gift plaque, and he then cut the Home's birthday cake, beautifully iced and decorated by Residents.

Founder Visits 79 Thicket Road

The Founder, Group Captain Leonard Cheshire, recently visited 79 Thicket Road, in Penge, a Cheshire Home catering for ten people with learning difficulties.

While there he accepted a cheque for £1,500 donated to the Home by the Concord Committee, proceeds from a ball.

The money will be used to renew furnishings. The Home has already benefited from a grant of £695 from Telethon 90 for camping equipment and £650 from the Metropolitan Churches Sunday Fund for exercise equipment and a video camera.

The aim of the ten staff members is to enable Residents to increase their skills and independence.

trinick

trinick are pleased to be associated with the planning and construction of

The Manor Cheshire Home, Brampton,

and wish the Residents, Staff and the Management Committee every success in their new home

Project Managers and Quantity Surveyors to

The Leonard Cheshire Foundation
from Maunsel Street, London
to Moscow, USSR



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TELEPHONE 071 222 0054
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FRANCE

This Mayor Has Wheels and Has Travelled Far

Jack Threadingham has retired as Honorary Treasurer of The Cheshire Foundation after five years sterling work, and has immediately picked up another challenge as the newly invested Mayor of Tewkesbury Borough.

Many able bodied people at his age of 71 might have baulked at undertaking this position, which involves a seven day working week, but when you also consider that Jack is in a wheelchair and has been disabled for forty four years, you realise that here is a remarkable determined and intrepid person, who breaks new ground in the cause of handicapped people by his own example and his achievements.

First Wheelchair Mayor in Gloucestershire

He is certainly the first wheelchair bound Mayor ever to take office in Gloucestershire and possibly the whole of the country. The crowning position of Mayor was reached after five years of dedicated work as a Councillor, and as Deputy Mayor which was undertaken in addition to the demanding work of Honorary Treasurer of the Foundation, which involved driving himself in his specially adapted car to London for numerous meetings from his home in Cheltenham. For Jack, obstacles are there to be overcome, and he has never allowed his disability to overwhelm him. Fiercely independent, most people scarcely noticed his wheels, mainly because he never permits them to get in the way of anything he wants to do.

From Down to Up

When Jack first became disabled in 1947 after a motor cycle accident he was a very junior 'cog' in an engineering firm. He and his wife Joy, whom he met when they were both in the Army, were 'poor as church mice', to quote him, and a job was essential. His firm took him back in the lowly position of sales clerk - 'a bitter blow at the time', he recalls. However, it soon learned its mistake in under-estimating him and Jack went up and up the ladder,



Jack in his Mayoral Robes, with his proud wife, Joy.

retiring at 65 as Managing Director. Today he is still retained as Director of one of its subsidiaries.

Improving Things for Disabled People

Jack's personal view is that disabled people aspiring to improve matters for themselves and their peers do better to get on with achieving what they want to achieve by proving they can get there, rather than by joining in demos and protest marches.

'I can remember many years ago wanting to travel by air. There was a tremendous to-do at the airport. I

had a bit of a struggle to get them to let me on the plane, but they did in the end', he said. 'Today, of course, it is the norm. I just don't feel that militancy is the way to get understanding. I find a quieter approach is more effective in the end.'

Jack will continue as a Trustee of the Foundation, and at a meeting in June he was presented with a signed photograph of the Founder in grateful appreciation of his work as Honorary Treasurer.

YOU write to US

Train Safety for Disabled People

I saw a TV programme called OPEN SPACE on the subject of train drivers. After a 38 week training course drivers spend their working life in a glass and steel cabin. Their descriptions of the dangers in the job were horrifying. The risk of objects being hurled by people and seeing obstructions on the track are always present. Faulty brakes and unmanned level crossings are minor problems in comparison.

I would have welcomed suggestions by drivers on safety improvements, and information from British Rail on current developments. I wondered if this type of community programme could be used by the Foundation to highlight the problems of safety for disabled people who wish sometimes to travel by train instead of ambulances.

Susie Barnes

A Cover to Cover Read

I do so enjoy The Smile and always read it from cover to cover. I enclose a cheque to cover the postage. Good luck and best wishes to you all.

Joy Wood
Cowbridge, South Glamorgan

Keeping Us In Touch

Please find enclosed a small donation towards the postage of the 'Cheshire Smile', which we are so very pleased to receive, keeping us up to date with all the issues of the moment, so relative to the situation of our own disabled daughter, resident at St. Bridget's locally; also we read with interest of matters at home (cooking etc!) and overseas. Congratulations to all concerned for your excellent publication.

Derek and Jean Tulley
Rustington, West Sussex

Congratulations to Park House

How proud The Foundation must have been to have received the European Honour for Park House. It is so justly deserved. Nothing has been spared for the comfort and happiness of disabled people and relatives who visit. The whole place is a joy and of course the loving and caring staff put the final touches to it. My husband and I still talk about our holiday there. Park House is 'tops' and deserves this accolade. Congratulations!

Mr and Mrs Duke
Sandwich, Kent

Computer Support Group

Many Homes have the benefit of well established computer projects whilst others are in the process of developing resources and encouraging interest among both Residents and staff.

May I use your good offices to call the attention of your readers to the existence of the Computer Training and Support Group, whose aim is to provide practical advice and assistance to all who are involved in computer based activities. The Group, which has been running for about five years now, meets quarterly and is open to all staff and Residents having an interest in computing matters.

The meetings provide a useful forum for the exchange of advice and comment over a wide range of related subjects and postal communication, through the Chairman, is encouraged if personal attendance is not possible. The Group is recognised by the Foundation as a training resource and has been used by the Training Adviser as a vehicle for setting up an on-going training scheme, 'Choice Through Computers'. Many staff from all over the country have already taken advantage of this.

Anyone wishing to know more about the Group should contact me when I will be most happy to send further details.

Ken Prosser,
Chairman, Computer Training and Support Group,
The Hertfordshire Cheshire Home, St John's Road,
Hitchin, Herts SG4 9DD

Counting the Cost

Please receive the enclosed £5 to help pay the postage for the magazine, 'Cheshire Smile' which I much enjoy. We who are happy to receive it tend to forget the cost of the postage. Many thanks for sending it.

Edith F Williams
Bristol

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

Deep Gratitude

We at Dehra Dun Home, India, have read with deep sorrow of the death of Margot Gibb, the first Secretary of The Cheshire Foundation who assisted our Founder in starting our Home in 1956. We can imagine the amount of difficulties and challenges she would have faced then. We cannot fail in expressing deep gratitude for her contribution and pray that her noble soul may rest in peace.

O P Mohan, Honorary Secretary, Dehra Dun Cheshire Home, India

Correspondent Wanted

Please accept this cheque for The Cheshire Smile. I have it brought to me by my Carer and enjoy reading it. It gives me a lot of tips.

I like writing letters. Is there anyone who would like to correspond with me? I am a paraplegic aged 51 and enjoy everything about life. I don't mind if some younger person wants to write to me. I can get on with all ages.

A Helpful Article

I write to congratulate you and your photographer for the superb article in the April Smile. It has been very useful in showing prospective Residents what the Home is like and also in talks to outside audiences. I have requested a further 250 copies for this purpose.

The article has also generated 20 requests for further information about the Home and application forms. These have been mainly from outside the Foundation but several came from Residents in Cheshire Homes.

A further bonus is that the Home in Brampton, Canada, has approached us with a view to twinning with it and we are now corresponding.

Derek Bower
Head of Home, The Manor,
Brampton, Cambridgeshire

Information

■ **Directory of Transport:** The Department of Transport have a free information service offering details of voluntary and community transport facilities for disabled people throughout the country. It contains over 700 schemes ranging from voluntary social car schemes in rural areas to inner city community transport projects. Copies of the directory, or print-outs from it, FREE from Disability Unit, Room S20/21, Dept of Transport, 2 Marsham St, London SW1P 3EB. Tel: 071 276 5257/4973

■ **Increased Trike Allowance:** The petrol tax allowance for users of invalid vehicles has been increased to £40 per annum.

■ **Dial-a-Ride Campaign:** The London Dial-a-Ride Users' Association is campaigning to have the new tax on company cars switched over to services for people with disabilities. Keith Armstrong, the Chairman, states that it is most unfair that the subsidy for approximately the same number of able bodied company car drivers is still 30 times as much per person as for disabled people without alternative means of transport.

■ **New Arts Magazine Launched:** A new Disability Arts Magazine, run, controlled and staffed by disabled people, has just been launched. It is funded by the Arts Council and some Regional Arts Associations, and aims to cover everything connected with the arts and disabled people, as well as to provide a market for the work of people with disabilities. Annual subscription (4 issues) £12. Write to 10 Woad Lane, Great Coates, Grimsby, DN37 9NH. Tel: 0472 280031. Contributions invited, if accompanied by a self-addressed envelope.

■ **New Cheshire Video:** A new video which introduces the work of The Leonard Cheshire Foundation and the wide range of living options it offers to disabled people world wide, is now available at £10 including postage and packing in the UK. It would be particularly useful to speakers who may wish to confine their own talk to local projects, but need general background.

Contact Tony Talbot, PR Officer, The Leonard Cheshire Foundation, 26 Maunsell Street, London SW1P 2QN. Tel: 071 828 1822.

■ **Disabled Civil Servants:** Civil Service Minister Tim Renton states that 7,900 staff registered as disabled are now employed by the Civil Service, compared with 7,680 in 1989, achieved at a time when staffing levels have been reduced. He also announced the publication of the Cabinet Office journal on disability, called Independent.

■ **Home Improvement Agencies:** Care and Repair Ltd, has been invited by the Government to become the national organisation to develop, support and monitor home improvement agencies. It is hoped that this will mean a much more co-ordinated approach to home improvement grants for elderly and disabled people. For information, contact Janice Casey on 071 278 7042 or 0602 415536.

■ **Mortgages for Disabled People:** The Disablement Income Group has produced a report showing how mortgages for disabled people on income support could become a practical reality. For a copy of Home of My Own, by Pauline Thompson, write to DIG, Millmead Business Centre, Millmead Road, London N17 9QU. Price £4.50 incl pp.

■ **International Fund Raising Workshop:** An International Fund Raising Workshop with the chance to hear experts from all over the world and to exchange ideas, is to be held in Noorwijkerhout, Amsterdam, Holland, from October 16th to 18th. The delegate fee is 1595 Swiss francs. Further information from Ms Kate Mazur, UK Office, International Fund Raising Workshop, 352 Kennington Road, London SE11 4LD. Tel: 071 582 4700.

■ **Ordering early for Christmas:** Coloured leaflets of Christmas card selections sold on behalf of The Leonard Cheshire Foundation are now available from Jean Thorpe, Kempston House, East Devon Cheshire Home for Independent Living, Portland Avenue, Exmouth, Devon EX8 2BS.

■ **New Mini-Bus Presented:** Spofforth Hall Cheshire Home, Harrogate, recently received a brand new mini-bus presented to it by British Road Services, whose employees raised the money for it.

■ **Prison for Discrimination:** RADAR Bulletin reports that a judge near Florence, Italy, sentenced six Mayors of Local Authorities to one month's imprisonment for failing to enforce a law which obliged them to prepare plans for the removal of architectural barriers from public buildings to provide access for disabled people. The Judge said that removing barriers was crucial to promote social solidarity, and failing to do so constituted discrimination against disabled people.

■ **Alternative Seating:** The Rotary Club of Chislehurst kindly donated the cost of a Putney Chair to St Cecilia's Cheshire Home in nearby Sundridge Park, Bromley, Kent.

The physiotherapy staff had felt the need for a seating system which could belong to the Home and be used by any Resident who required alternative seating for a limited period, but funds could not stretch to purchasing it. Thanks to Rotary the Home now has this valuable facility.

■ **New Head of Home:** Gerald Wooding Jones has been appointed Head of Home at St Cecilia's Cheshire Home, Sundridge Park, Bromley, Kent. He has thirty years of experience in health management, in both the NHS and the voluntary sector. Previous appointments included Principal Assistant Secretary to the Governors of the United Manchester Hospitals, House Governor and Secretary to Moorfields Eye Hospitals, Assistant General Manager of Nuffield Hospitals, and Deputy Director/Administrator of The Dorothy Kerin Trust.

■ **South Bank Facilities:** A leaflet giving full information on facilities available to disabled people in the South Bank complex – Royal Festival Hall, Voice Box and Hayward Gallery – is available from The House Operations Manager, Royal Festival Hall, London SE1 8XX, Tel: 071-921 0639.

■ **Real Jobs:** RADAR and Mencap's National Conference on Tuesday, 17th September, at Kensington Town Hall, London, will discuss the subject of Employment and Disability under the title 'Real Jobs for Real Money'. Speakers will be Michael Howard, Secretary of State for Employment, and Sir Brian Rix, Chairman of Mencap. Further details from Rachel Scott, Conference Officer, RADAR, 25 Mortimer Street, London W1N 8AB, Tel: 071-637 5400.

Obituaries

Loved and Respected Residents

Mrs V Kingdom Head of Home, White Windows, Sowerby Bridge, West Yorkshire, records with regret the deaths of two Residents:

Mrs Dorothy Doyle on 2nd March 1991, aged 78. Dorothy was much loved and respected. She was one of the most active Residents in the Home and totally belied her age. She always greeted visitors and helped new Residents to settle in. She had many friends who visited her regularly, and her funeral was attended by over 100 people, a reflection of her great popularity.

Miss Audrey Allatt on 15th February 1991, aged 66. Audrey had been a much loved Resident of the Home for 16 years and had participated fully in all its activities. She also enjoyed attending Residents' meetings in other Homes. She will be missed greatly by all the Residents, Staff and Committee Members.

We send our condolences to both families.

An Enriching Person

Miss Muriel Taylor, of James Burns Cheshire Home, Bournemouth, a Trustee of The Leonard Cheshire Foundation records with sadness the death of **Mrs Sylvia Kendall** on Wednesday, 6th March 1991.

'With Mrs Kendall's death the Residents have lost a very dear friend who had been held in the highest esteem by us all. It is proverbially said that "to have a friend you must be one". On her faithful weekly visits, which we knew meant so much to her - and which, latterly, must have been possible only through her own self-forgetfulness and strength of will - Mrs Kendall brought into the Home such tender concern for every individual in it that no-one

whom her visits touched could have failed to feel better for her presence. A sweeter person one could not hope to meet. Our lives have been lastingly enriched through knowing her.'

A Tireless Worker

Ardeen Cheshire Home, Shillelagh, Co. Wicklow, Ireland, record with sadness the death of **Mr R. H. Russell**, Secretary and Manager, on 1st March 1991. During his 24 years in Ardeen he worked tirelessly for the Residents and the Home until his retirement in October 1989. At a crowded Ecumenical Service in his memory, a tribute was given by **Mr Kevin Keaton**, Chairman of the Management Committee, and sympathy was extended to his wife and daughter.

A Much Loved Resident

Ardeen Cheshire Home also announce the death of **Brid Kavanagh**, aged 83. A much loved and popular Resident, Brid came to the Home in 1976, and worked hard for her fellow Residents, doing all their mending and sewing, and knitting for fêtes and sales. She was also well known for her poems.

An independent spirit, she had a warm hearted nature and a great sense of humour. Those who knew her felt the better for it. Deepest sympathy is extended to her family and many friends. May she rest in peace.

A Former Trustee and Honorary Treasurer

The Foundation learned with great regret of the death of **Reginald Emmett**, a former Trustee and Honorary Treasurer of The Cheshire Foundation from 1963 to 1974, on 14th May, peacefully in a nursing home at the age of 96.

Mr Emmett was a retired bank executive. His funeral took place at Croydon Crematorium on 21st May.

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MEMORABLE HOLIDAYS



David Hassell, a Resident of St Michael's Cheshire Home in Axbridge, Somerset, was determined to improve his Spanish, and, with great initiative, wrote to the Barcelona Home to arrange a holiday exchange.

At the airport, he was met by a Spanish lady who spoke English, and was driven immediately to the Home. He writes:

'Here I was given a joyous welcome, not only by Staff and Residents, but by one of the Alsatian Guard Dogs! He was old and docile, but the younger one was somewhat boisterous and my English commands went largely unheeded.

'The Home consisted of two houses joined together by a covered way. My limited Spanish was soon put to the test, but at least it was enough for greetings.

'I was shown upstairs where I met Miguel, who shared rooms with me, and then joined the others for supper, which consisted of salad and fruit. Because the weather was warm we were able to stay outside and watch the sun set. Residents mostly went to bed early, or had a glass of beer and watched television, although there were also day attenders from nearby sheltered accommodation.

The First Day

'I was up early in the bright sunshine and had breakfast, which consisted of two pieces of toast and strong coffee. Meals, generally, by our standards, were simple. We had rice and meat, or soups and vegetables, always followed by fruit, but as I was able to lose weight it obviously suited me.

'Sheila Stewart, who is the Home's fund-raiser and promoter, then introduced herself. It was thanks to her and the expatriates that my stay was crammed with activity, and I was so grateful. An American called Ann Fleming, for example, took me out, with two other Residents, and we saw the building of the 1992 Olympic stadium and visited the Salvador Dali Foundation and enjoyed looking at his paintings, if not understanding them! In the evening I was taken to a play performed by children.

'On Sunday, I left my Spanish books behind, as I was seriously needing a rest from struggling with the language. Thus I was aware I was to go out somewhere but when and how escaped me! Shortly after nine, however, a bus drew up and four of the Residents embarked, including me. I was impressed by the coaches that came to pick up Residents every day. Apparently there were a number available for hire to disabled people, with a special loading bay for wheelchairs. Residents had their own bus passes, but I was only able to offer the driver a 1,000 peseta note, which he could not change. With typical kindness, one of the Residents unhesitatingly paid my fare. After a long drive, we were taken off the buses and waited on a courtyard of a school for over an hour. I could not help laughing at myself at this stage, because I had no idea of what we were waiting for or what people were saying. All I could say was 'Soy Ingles y hablo un poco Español', which means 'I am English and speak a little Spanish'. I felt a little foolish. Eventually we were wheeled into a nearby church and taken to the front for a service, when the choir sang well-known Catalonian hymns and plainsong.

A Splendid Lunch

'Afterwards, with black clouds looming, we returned to the courtyard, where two long rows of tables had been laid out. We were offered aperitifs, and I unwisely consumed three! Then came a menu explaining that the meal was courtesy of the Mayor of Lourdes. We ate smoked salmon, and cold meats, followed by delicious pâtisseries, washed down with red and white wine. The wind was getting up now, and great gusts lifted up the paper plates and the cutlery, until a great flash of lightning came, followed by thunder, and the heavens opened. In less than ten minutes two hundred people were moved to shelter, and warmly wrapped in army blankets. Then the buses arrived and we left for home.'

Other Highlights

Other happy memories were:

- Going with Sheila to Las Ramblas, a world-famous road in Barcelona, where we visited a wonderful market, selling exotic fish, meat, and a host of different vegetables, as well as flowers and small birds.
- A delicious English tea with Genevieve, the Consul's wife, and meeting Mercedes, an artist, and Barbara, another American.
- A visit to a monastery at Montserrat, the interior lit only by candles, with the choir singing and a wonderful sense of peace in the all-pervading spiritual atmosphere.
- A splendid meal at a restaurant on the waterfront which produced good, reasonably priced food. I had escargots, followed by prawns in a vinaigrette sauce, while my companion, Enrique, had paella. Home at midnight, where I had a spirited 2-hour

conversation with a member of the night staff in French. The gist of this was the difference between Cheshire Homes in England and abroad.

- A visit to a gymkhana followed by a superb meal on the terrace of a farm house.
- A trip to a small village called Castelle del Fels, where we sat by the beach and watched the sunlight catching the tops of the breakers. In the restaurant I sampled paella – a gargantuan meal consisting of saffroned rice, prawns, mussels, squid and chicken pieces – so delicious I had an over-large portion and some of my companion Brenda's as well!

- A day at a small seaside resort called Sitges, most rewarding because of the delightful people I met – Carmen, Victoria and Joan, among others, not to mention the exciting hairpin bends we negotiated to get there!

- My last day – sad but memorable, because of all the friends I had made. In the evening I was presented with an individual coffee maker with 6 packets of coffee. You could not ask for better friends! Then off to the airport, after Enrique had checked that I had packed everything, a quick trip round the duty-free shop, and on to the plane.

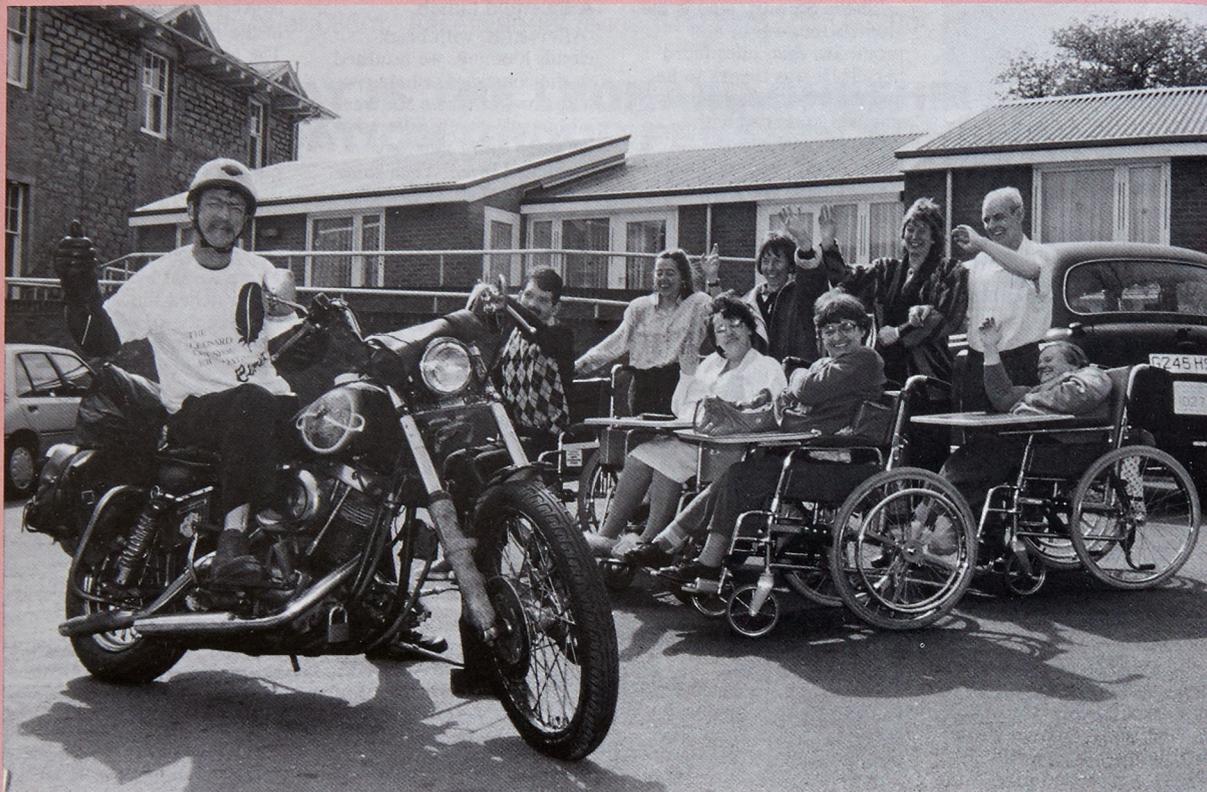
THE END OF A PERFECT HOLIDAY

Contributions (with photographs) to Memorable Holidays (a regular feature) welcome from Residents, Staff and Supporters.

Maximum words 700.

Send to: The Editor, Cheshire Smile, Arnold House, 66 The Ridgeway, Enfield EN2 8JA

Legless Paratrooper Rides Out for Cheshire Foundation



Dave Barr sets off on his mission for The Cheshire Foundation, with a real Scottish send off from Residents and staff of Mayfield House, Edinburgh, who braved the freezing cold to wish him God speed.

A 38 year old legless paratrooper, American born David Barr, set off on Tuesday, April 16, from Mayfield House Cheshire Home, Edinburgh, on a mammoth 15 day motor bike ride to London, visiting thirteen Cheshire Homes en route.

The purpose of his trip was to raise public awareness of disability and to publicise the work of The Cheshire Foundation, as well as to impress on employers that disability does not mean liability.

Homes visited were: Matfen Hall, Newcastle; Marske Hall, Redcar, Spofforth Hall, Harrogate; Oaklands, Preston; Honresfeld, Littleborough; Green Gables,

Alfreton; Hovenden, Fleet; Park House, Sandringham; Seven Rivers, Colchester; Agate House, Ampthill; John Masefield, Abingdon; Le Court, Liss; Arnold House, Enfield.

An Intrepid and Fearless Rider

Dave lost his legs when serving in the South African army while on an operation in Angola. His vehicle ran over a land mine. He spent nine months in Hospital undergoing 21 operations which included the amputation of both legs. While still an in-patient, he went out and made a couple of sky-dives, landing on his back! Since then he has made more than 200 jumps. After leaving hospital he had a pair of legs made

specially for parachuting which made him six inches shorter but enabled him to land standing up.

Since then he has ridden more than 100,000 miles on his motor bike – a round the world trip – designed to raise funds and to help other disabled people realise that they need not be helpless invalids. He has also given counselling to various hospitals in South Africa giving hope and direction to new amputees.

Speaking of Cheshire Homes he said: 'Visiting them has been a magical, fantastic experience. I received a wonderfully warm reception everywhere I went.'