

APRIL 1992



CHESHIRE *Smile*

MAGAZINE OF THE LEONARD CHESHIRE FOUNDATION AROUND THE WORLD

THE LEONARD CHESHIRE
FOUNDATION



1 Blowing Our Trumpet in Awareness Year 2

READERS – PLEASE NOTE

The Cheshire Smile is a quarterly magazine appearing on or about the 1st January, April, July and October. It is produced and sent to you free of charge because The Cheshire Foundation wants as many people as possible to understand and support all the different facets of its work for disabled people, both in the UK and overseas. To those who have already voluntarily sent donations towards the cost of the magazine, we send a sincere and heartfelt 'Thank you'. To those who have not yet done so, we renew our appeal.

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BACK COVER – This is the Foundation's new statement of its purpose and its philosophy. Its clarity and simplicity covers every aspect of our world-wide work for disabled people.

April 1992

| Cheshire Smile is published by The Leonard Cheshire Foundation, the world's leading organisation offering residential care to severely physically disabled men and women. |
| It runs 84 Cheshire Homes in the United Kingdom, and 32 Family Support Services in England offering part-time care to handicapped people and their families living in their own homes. |
| Overseas there are 184 Cheshire Homes in 49 countries. |
| 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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ANNOUNCEMENT

Residents, supporters, staff and all those associated with The Cheshire Foundation, heard with shock and sadness in March that their much loved Founder, Group Captain Lord Cheshire, has been diagnosed as suffering from a form of motor neurone disease.

A brief press statement stated: Lord Cheshire, aged 74, whose activities also include work for the Memorial Fund for Disaster Relief, and whose wife, Sue Ryder, formed her own Foundation for the relief of suffering, confirmed that he intends to continue to lead as active a life as possible and to pursue his many interests. It added: **‘He would be most grateful if both press and public would respect his privacy at this time.’**

A letter from the Foundation's Chairman, General Sir Geoffrey Howlett, addressed to all Chairmen, Heads of Home, Family Support Services and Trustees, said:

‘CG is in great heart and, typically, has accepted the doctors' verdict with total stoicism and great faith. He will continue to pursue his many interests, including of course the Foundation, as actively as possible, but his trips

and visits will inevitably be less than he and we would wish.

‘He would be grateful if you would not write to him, but he knows he will be in your thoughts and prayers, and I will ensure that you are kept aware of his health and activities.’

The news of GC's condition is particularly poignant since all those who admire him so greatly were relieved and delighted that he had survived a fire which broke out in Laundry Cottage, his house in the grounds of Le Court Cheshire Home, in January, with no ill effects. True to form, he was back at his desk and hard at work a few days later.

However, it should be remembered that The Founder is a fighter – not just because of his heroic war record which won him the VC, DSO and DFC, but also because of the way he triumphed over serious tuberculosis and the loss of a lung forty years ago. Be sure that he will continue to fight his condition with that unquenchable spirit and deep religious belief.

(Editor's note: Dates for GC's public engagements listed on page 7 may possibly be subject to change.)

A 1992 Face-Lift for Cheshire Foundation

An exciting, imaginative campaign to re-vitalise the Cheshire Foundation's fading public image and create awareness of its caring work was unveiled at Stoneleigh, Warwickshire on Tuesday, 14th January, at a two-day conference attended by 250 delegates from Homes and Family Support Services throughout the UK.

Dubbed 'AWARENESS YEAR 1992' the programme, organised by David Mallam, Head of Public Affairs, has been designed to attract maximum publicity, centering on the 75th Birthday of The Founder, internationally-renowned war hero and champion of disabled people, Group Captain Lord Cheshire, VC, with the objective of attracting more funds in the future.

Events in 1992 will include a giant wheelchair rally, an air display, a gala concert, a reception for HM The Queen, plus scores of local events.

Dropped out of Sight

The Director-General, James Stanford, set the scene thus: 'The Cheshire Foundation is one of the top charities, yet we have dropped out of sight, and the purchasing power of our income has also dropped, by 5%. We must now, as a matter of urgency, compete for voluntary income in the marketplace to ensure we get our fair share.'

'It is a great opportunity and nothing to be frightened of. We must, however, face the fact that we have perhaps become a little middle-aged and complacent, thinking that we can sit back because the mortgage has been paid, and we've got a bit in the bank.'

Bad Presentation

'I doubt that anyone in this room has not been asked why the Foundation does not present itself better when it has so many wonderful, diverse Homes, growing Family Support Services, and so much potential.'

'A unique feature is that our Founder is still very much with us. Yet his illustrious reputation and achievements are getting a little hazy to the younger generation. We are going to make 1992 a year to change all that.'



HEADS WE WIN! James Stanford, Director General, (right) and Terry Maguire, Director of Care, spin a lucky coin in the new collecting tub.

Largest Wheelchair Rally Ever:-

'Happy Birthday to You'

Eugene Beer of Beer Davis Public Relations explained:

'The Wheelchair Rally will be nationwide from North, South, East and West, and will be a mixture of pushing and being pushed. (See map).

'Rallying points will be in centres convenient to TV, local radio, and leading local newspapers to ensure maximum publicity.

'It will culminate at Le Court on Red Feather Day (September 12) with hundreds of wheelchairs all rolling in to wish The Founder a happy birthday.'

Spearheading the rally will be teams from BEWSA (The British Ex-Services Wheelchair Association), composed of paraplegic ex-service men and women, many of them experienced athletes. Their journeys will be organised by **Enid Bekker** President of BEWSA, and a team of organisers, with back-up vehicles (see information page 19).

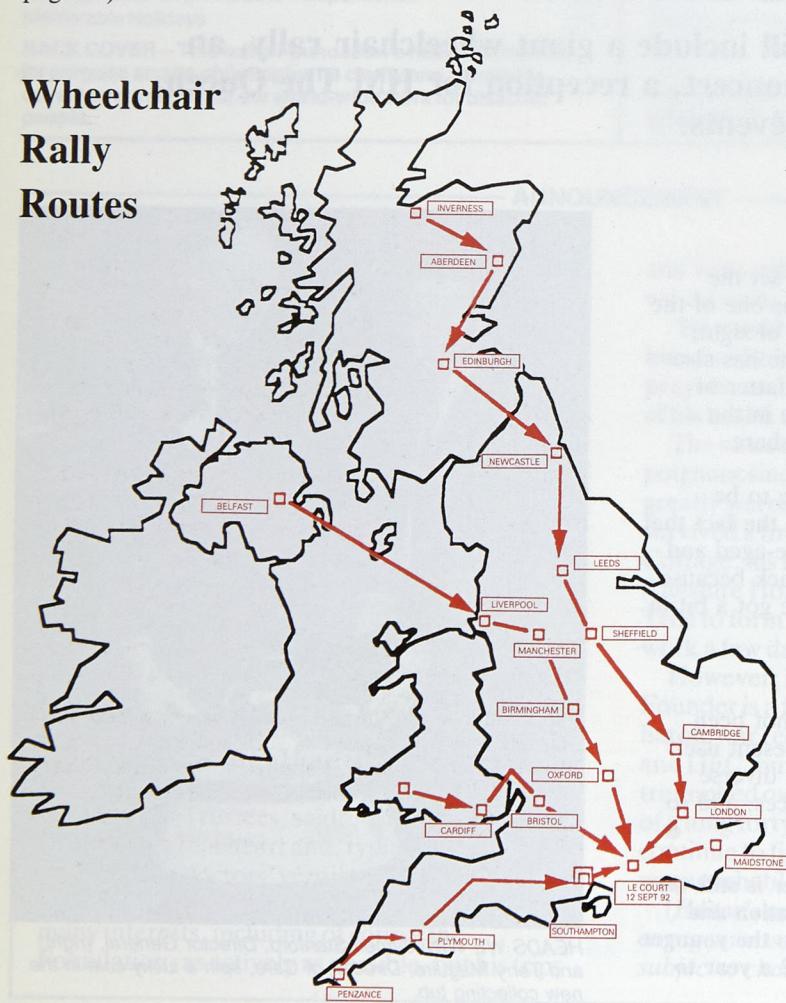
'Ideally one or more wheelchairs from every Cheshire Home and FSS should set off with this one aim - to wish Leonard Cheshire a happy birthday', said Eugene.

'Interviews at setting-off points should be organised to gain maximum publicity. There is ample scope for all kinds of innovations about making the journey - by helicopter, rail, van or car - so long as the effort is made to be represented, either at rallying points or at Le Court.

'Make it fun as well as a tribute to a great and courageous man who has done so much world-wide for handicapped people. It must be a birthday to remember, to catch public imagination and attract maximum media attention.'

Fund-raising could also be organised by means of sponsorship forms and in other ways.

Wheelchair Rally Routes



How About Worm Charming in Awareness Year?

David Kelland, Founder and President of the British and European Federation of Worm Charmers then outlined the publicity and fund-raising possibilities of a **Worm Charming Festival** to be run by Homes in Awareness Year.

Teams consisted of one worm charmer, one catcher and one counter. Areas charmed to be no greater than 3ft by 4ft, with the time limit for charming 15 minutes. The winning team is the one which charms and collects the greatest number of **whole** worms in the allotted time.

David explained: 'It all started in my village of Blackawton in Devon nine years ago as a joke and has gone from strength to strength. Publicity has been extensive with TV, radio and national press coverage. Fund-raising possibilities were numerous - raffles, a tote on the winner, entrance fees, sponsored worms, fancy dress competitions.

Rules and further information from Public Affairs, The Cheshire Foundation, 26 Maunsel Street, London SW1P 2QN.

The Great Air Bonanza

Tim Prince, of the International Air Tattoo (owned by RAF Benevolent Fund), then gave details of the Red Feather Air Show at Le Court, when there would be a Battle of Britain Fly-Past in honour of Lord Cheshire's birthday, which would include Lancasters, Spitfires, Hurricanes and Mosquitos, with displays from the Red Arrows, the Army Air Corps, and hot air balloons. Plans were to create a small but fully operational airfield. This would be an event primarily for the Cheshire Foundation, but they would try to involve the public.

Paul Bowen of IAT said that, in their experience of fund-raising, creating public awareness was essential before you could start to get a response. Once public imagination had been caught, funds came in and the spin-off lasted a long time, with contributions coming in long after the event.

International Gala Concert

The International Gala Concert planned for 3rd December in Birmingham could be a very good money-spinner, raising between £20,000 and £30,000.

A member of the Royal Family would be invited to attend, and it was expected that the concert would be broadcast on BBC Radio.

An Appeal Committee was to be set up in Birmingham with the tasks of securing sponsorship, advertising, and ticket sales (divided into price categories from £15 to £100). Souvenir programmes would sell for £5. Tickets on sale: 1st September 1992.

Creative Activity Contest for Cheshire Homes World-Wide

Hon. Maggie van Koetsveld, Organiser of the Contest, said that this year's theme for entries from the UK and overseas would be '**Happy Birthday, G.C.**' The entries would be displayed in the Birmingham Symphony Hall in December. Judging would take place on 18th and 19th September. Presentation and Awards on 17th October.

'As a thank-you to G.C., please make your entries twice as good as usual', she appealed, 'Very difficult, as the standard is already so wonderful'.

Help and Advice with Fund-Raising Techniques

Godfrey Jackson, Managing Director of **Craigmyle Fund-Raising**, said that public awareness of the Cheshire Foundation was needed desperately.

There was already a great resource for fund-raising in local Homes, but a competent structure was required to improve techniques that had worked with other organisations.

Collaboration would enhance returns.

Workshop and training input from Maunsel Street would be of great benefit and support, as he accepted that fund-raising was hard and lonely work. A simple fund-raising document with basic principles would be produced and circulated.

Coping with the Media

Hugo Brooke, Managing Director of **Media Interviews**, gave advice on how to handle radio, TV and press interviews. 'Remember that you must be prepared', he warned. 'Choose a good spokesman, don't go with your thoughts in a jumble, start with the bottom line and make sure the message you want to give gets across carefully.'

Photographs Speak

Alun John, former photographer with the **Independent, and Mirror Group**, pointed out the value of pictures for publicity.

'A powerful picture can say more than half-a-page of words', he said. 'Try to set up something different from the usual line of people accepting a cheque. If you can get your local photographer in, don't keep him hanging around, but let him take his pictures before you start your proceedings. Keep in contact with your local editor, and brief the photographer separately. It is notorious that reporters never tell photographers what they are doing and vice versa.'

'Check the deadlines of your local press and make sure you have not missed them.'

New Collecting Boxes

Two new collecting boxes have now been produced:

Money Spinner is a large and interesting tub. Put a coin in and watch it spin round. A bit like a tumble dryer! Cost £130 + VAT. **Order forms from Public Affairs, The Cheshire Foundation, 26 Maunsel Street, London SW1P 2QN.**

Cardboard collecting boxes for use in Homes or private homes (not for public use) in the shape of a purpose-built Cheshire Home, are obtainable from the same address, price 27 pence plus p&p.



One Red Feather for All

The red feather is the logo for Cheshire Homes world-wide – the symbol by which they and the UK Family Support Services are recognised.

Yet when **Helen Hill** Foundation Marketing Officer, asked Homes and FSS's to send in their samples of stationery, over 114 different letterheads appeared, including 47 different feathers!

Remember – uniformity of logo brings increased recognition and public awareness. The new Foundation logo (as on our front cover) will appear on all brochures, leaflets, posters and exhibition material.

Maunsel Street Can Help You to Change

To help with a variety of requirements, Maunsel Street will send all Homes and FSS's master artwork for the new logo with colour mark-ups, and will produce one piece of complete artwork for an A4 letterhead, including address, 'phone number and new information at the base. A style sheet for suppliers can also be sent.

Apply to **Helen Hill**, Marketing Officer, The Cheshire Foundation, 26 Maunsel Street, London SW1P 2QN.

Put The Foundation on the Map

The success of Awareness Year will depend on each and every one of us – Staff, Volunteers, Residents, Clients. A united effort at local level to dovetail in with national events will be vital to success. Remember – getting better known will create interest and support from the public to help your fund-raising, for years ahead.

GO FOR IT! GOOD LUCK!



Conference Cameos

Watching the Founder on video. Left to right: Sheila Gibb, Head of Home, Mayfield, Edinburgh; Pat Harvey, Chairman, Management Committee, Carnsalloch; Pauline Mason, Head of Home, Carnsalloch; Lorna Rush, Secretary, Carnsalloch; Sandy Brown, Craft and Activities Organiser, Carnsalloch.



Examining the programme: Peter McDonald (in wheelchair), Chairman, Management Committee, LCF Services in South Devon; with Val Busby, Torbay FSS Organiser; Margaret Talling, Appeals Co-Ordinator, Cann House; Tom Fallon, Head of Home, Douglas House, Brixham, Devon; and Derek Bowles, Head of Home, Cann House, Plymouth.



Joan Simmonite, Head of Home, Roecliffe Manor, Woodhouse Eaves, helps to display the Cheshire T-shirt with David Mallam, Head of Public Affairs.



On the Map! Chairman Emeritus Air Chief Marshal Sir Christopher Foxley-Norris looks at the spread of Cheshire Foundation services with Scilla Landale, Chairman, Park House, Sandringham.



A useful book. Christine Frazer, Secretary to the Head of Public Affairs, offers a fund-raising leaflet to Helen Smith, Foundation Trustee.

A Chorus of Approval

Many enthusiastic letters giving an unqualified 'thumbs up' to the Awareness Conference have reached Maunsel Street. Here are a few excerpts:

'I am sure we all came away with a far clearer idea of how the Foundation intends to face the challenges of the next few years, and with tremendous enthusiasm for Awareness Year and the opportunities it presents for enhancing our profile.'

Greenhill House, Timsbury, Bath

'Thanks and congratulations for an excellent conference and an inspired "kick start" into 1992 – Awareness Year.'

Cotswold Cheshire Home, Cheltenham, Gloucestershire

'I wouldn't have missed it for anything. What a galaxy of interesting and informative speakers! We all came away with a very vivid, clear, and most exciting message for 1992.'

Greenhill House, Banbury, Oxon.

'The best conference I have attended for many years.'

The Hill, Sandbach, Cheshire

A note to thank David, Helen and the rest of the team for a highly constructive and useful day.'

International Air Tattoo, Fairford, Gloucestershire.

'A line to say how stimulated the Park House contingent was by the conference. The message was put across to us most professionally . . .'

Park House, Sandringham, Norfolk

'Most informative and beneficial.'

The Orchard Cheshire Home, Liverpool

'Thank you – and congratulations – for a most professional and stimulating couple of days at Stoneleigh.'

Greathouse Cheshire Home, Chippenham, Wiltshire

Awareness Year 1992 – Calendar of Events

April 2–4

Charity '92 at Business Centre, Islington, London N1.

April 25

Leonard Cheshire opens new Cheshire Home of the Highlands, Inverness, Scotland.

May 20–22

Naidex Exhibition in Birmingham. Opening of the Cheshire Home in Moscow, now in place.

May (Date to be confirmed)

G C's 75th Birthday.

September 7

Celebration Lunch at RAF Club, Piccadilly, London.

September 8

Red Feather Day with grand finale at Le Court Cheshire Home, Liss, Hampshire. Wheelchair Rally, Air Tattoo with RAF Battle of Britain Memorial Flight (Mosquitoes, RAF Eagles Display Team, Red Arrows, fly-past of modern and vintage

September 29–
October 1
October 17

November (date to be confirmed)

December 3

aircraft, hot air balloons, parachute teams).

NaideX Exhibition, Wembley Conference Centre

Cheshire Creative Activities Contest Presentation. Theme: 'Happy Birthday, G.C.'

(Reception to be attended by HM The Queen, the Foundation's Patron.

International 75th Birthday Tribute to Leonard Cheshire – Gala Concert in Birmingham Symphony Hall (seating Capacity 2,600) with RAF Band, BBC Singers and internationally-known artistes, to be presented by TV personality Richard Baker.

Tickets on sale 1 September 1992.

Help with Legacy, Media and Fund-Raising

Phase 2 of **Legacy Training** began in February and comprises one day's training for a nominee from each Home or Family Support Service. This enables him or her to talk confidently and knowledgeably with local solicitors and individuals as well as learning promotional techniques. Carefully researched literature on 'How to Make a Will' for use in all areas is available. Run by Peter Tomlinson, Foundation Legacy Adviser, and Christopher Hanson-Smith, previously National Trust's Legacy Adviser.

Remember – legacies are vital to the health of the Foundation's finance, providing as they do well over 75% of voluntary income.

Media Training has also been arranged for one representative of Homes and FSS's, and started in January. Sessions run by Hugo Brooke, Managing Director of Media Interviews.

Fund-Raising Training starts in April under the guidance of Godfrey Jackson, Managing Director of Craigmyle Fundraising, Charity Consultants. To be co-ordinated by David Mallam, Head of public Affairs.

Not Just Tiddlywinks

Home Office Minister Earl Ferrers; commenting on the fact that Britain's charitable sector turnover is £17,000 million a year, pointed out: 'That is more than the whole of the output of British agriculture. When one thinks that agriculture is the largest industry in the UK, one realises that charities are not in the tiddlywink sphere.'



SHARE YOUR PROBLEMS with Dr Wendy Greengross

Private discussions with a Counsellor may help you make a considered choice and come to terms with your feelings. I believe that you could be helped by seeing a Relate Counsellor. They used to call themselves Marriage Guidance Counsellors, but changed their name because they see many clients with problems unrelated to marriage.

Most Homes have Relate on their list of useful addresses. If not, you will find it in the local telephone directory. Until you've looked at the influences on your own past, you may find it difficult to make realistic decisions about your future.

Question: I am writing to you on a very personal matter, and I don't want anyone at the Home to know about this.

I am 35 years old and have cerebral palsy. Although I am not married I want to have a baby desperately. I try to put it out of my mind and tell myself not to be silly, but it doesn't help. I sometimes think that I am going mad. What can I do?

Answer: There are many women of your age who have similar feelings. Even nowadays when women are supposed to have opportunities for careers and interesting life styles, there are many who feel that they can only be properly fulfilled by Motherhood. I am sure that you have given great thought to the future implications for you and a child. You may possibly not have spent as much time looking at why these strong feelings arise. The reasons can be various, ranging from the purely biological to the psychological and emotional. Some women need something of their very own that they hope will give them unconditional love; others want to look after a human creature that is helpless but capable of being moulded into a fully mature person.

There are others who have been brought up within a family where Mother has been highly valued and has given her daughters the feeling that this should be the role for all real women.

Answer: I'm sorry that you seem to be having such a depressing time, because you sound as if you have a lot to give to a Cheshire Home. Most Homes would like to offer places to younger applicants, to maintain a wide age range among Residents. However, they find that they are taking older people, because younger disabled people prefer to stay in their own homes much longer.

All Cheshire Homes select Residents on a combination of criteria, which include the applicants' needs and the ability of the Home to meet them, as well as the views of existing Residents. Unfortunately a deciding factor is often the availability of funding. I suggest that you contact Carematch at 286 Camden Road, London, N70BJ (Tel: 071-609 9966).

They will send you a list of Homes in the area where you want to live that can provide the care that you need. You can then contact any of them yourself, and make arrangements to visit and discuss your own particular circumstances with the Head of Home or Head of Care. Nearly all Cheshire Homes require prospective Residents to spend a trial period in the Home. This is not as daunting as it sounds, but it is necessary for both you and the Home to ensure you are making the right decision.

Question: I was disabled by a stroke 5 years ago when I was 57, and was cared for by my wife who sadly died last year. I have now developed Parkinson's Disease and am at present in hospital. My Social Worker is trying to find me somewhere to live. I should like to be in a Cheshire Home, but she tells me that it is not worth applying as I am too old. Isn't this unfair, as I think I would have fitted in well, as I wish to remain active and I like being part of a group?

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

"What's Cooking?"

Since the re-designing and refurbishment of the Residents' kitchen at the Hertfordshire Cheshire Home in April 1989, Residents have the freedom to be as independent as they choose – cooking either for themselves, relatives, visitors or fellow Residents.

Chosen levels of involvement vary from making hot drinks to baking cakes as presents for birthdays, to take home at the weekend or to swell the cake stall at the Annual Fête; from cooking snacks like omelettes and scrambled egg, to full meals ranging from scampi and chips for two, boeuf stroganoff for three, chilli con carne for four.

In addition, a varied range of exotic Caribbean lunches have been prepared by groups working with Beryl, one of the experienced Nursing Auxiliaries.

Ann, the Home's O.T.-on-wheels, is happy to give guidance on a one-to-one basis to Residents who wish to increase their confidence and skills, and to assist any Resident who wants to work towards independent living.

During term time, a cookery class is held with a tutor from North Herts College from which a group of Residents benefit. The following are some of their favourite recipes:

Magic Lemon Pudding (4 portions)

Ingredients:

2 eggs separated
2oz butter
4oz caster sugar
2 large lemons (grated rind and juice)
2oz S.R. flour (sifted)
1/4pt milk

Method:

Beat butter, sugar and lemon rind until softened. Beat in egg yolks, then fold in flour alternately with the milk and lemon juice. Finally whisk the egg whites and fold them into the mixture, which will then appear curdled. Pour into a 1½pt greased dish and bake at 180°C (gas mark 4) for approx. 40 mins. Good hot or cold.

(If you like more sauce in this recipe just increase the amount of milk slightly.)

Chocolate Biscake

Ingredients:

4ozs butter
4 tablespoons golden syrup
4oz icing sugar
2oz drinking chocolate
12oz digestive biscuits (finely crushed)

Method:

Put butter and syrup in a pan over a low heat. When melted, stir in sugar and drinking chocolate and finally the crushed biscuits. Mix well and turn into a shallow 12" × 9" tin, and press down firmly and evenly. Top with 2-4oz of melted chocolate if desired. When cold cut into fingers with a sharp knife.



Resident Karen Gurney makes the tea.



Margaret Berry does the washing up.

Cheddar Cod (for 4)

Ingredients

4 cod portions
1oz butter
1 small onion
4oz mushrooms
½pt milk
1 bayleaf
1 sprig parsley
Seasoning

Sauce:

1oz butter
1oz flour
½pt milk
1oz grated cheddar cheese

To finish:

1 tablespoon fresh breadcrumbs
½oz grated cheddar cheese

Method:

Poach fish in milk with bay leaf, parsley and a little salt and pepper. Chop onion and mushrooms and soften in butter over a low heat. To make sauce, melt butter in pan, stir in flour and cook for one minute. Then add fish stock and milk, and bring to boil. Add half this sauce to mushroom mixture and put in bottom of a greased ovenproof dish. Place fish on top. Add cheese to rest of sauce and pour over fish. Sprinkle with crumbs and brown under grill or in a hot oven.

Three generations of lemons: 78 year old Dorothy Flanagan and her daughter enjoying the company of Dorothy's nieces Sue (top left), mother, a former Care Assistant

Loving Care for Elderly People

'Well, of course it's not *quite* home, but it's as near to it as possible.' So spoke 82 year old **Mrs Ethel Thompson** Resident of Rosemont, in Pearson Park, Hull, the only residential Home in The Cheshire Foundation run exclusively for the elderly.

With her bright blue eyes and alert brain, Mrs Thompson spends her time profitably in her pleasant room, reading and sewing, surrounded by the familiar treasures she brought with her, very content and happy that she is not a burden to her neighbours. She speaks fondly of her late husband, Harry, who died fourteen years ago, memories still fresh.

Rosemont House was taken over by The Cheshire Foundation in 1985, and two years later an extension was completed to provide a specially adapted bathroom and five en-suite single rooms. It now has single accommodation for 25 elderly men and women, five of whom are also disabled.

Many in the Nineties

Ages range from 67 to 97 years, with 30% currently in their 90's. **Eileen Harland** is the Manager, supported by an excellent team of 21 Care Attendants and 10 domestic staff. She has many years experience in the caring profession, first with children in need, and latterly with people who are elderly in the private residential sector.

Central Office Support

Eileen loves her work and is most appreciative of the help she gets from The Foundation. 'Those that don't appreciate the back-up they receive should try the private sector and see the contrast', she said. 'I particularly value the **Care Advisory Service** when I've had a knotty problem.'

Most of Rosemont's Residents have been referred from families who are no longer able to give sufficient care to their elderly and increasingly failing relatives. Some are also referred to the Home by doctors, social workers and hospitals, particularly if they are living alone.

Not Quite Home 'But as Near as Possible'



Resident Ethel Thompson shows member of staff Theresa Prest one of her treasures from her own home.

Careful Preparation to Allay Fears

'We take enormous care with the groundwork before we admit a Resident', Eileen explains. 'This is essential if they are to settle and be happy here. I make an initial visit with the Care Assistant who will be assigned as key worker, just to talk informally, either in their own homes, or in hospital. We tell them all about Rosemont and re-assure them by answering all the questions and fears they have.'

Natural Depression At First

'At first, quite naturally, they are depressed and anxious. The most common questions are 'Will I be able to go out and do what I want?' and 'Is the food good?' Some of the stigmas attached to old people's homes have rubbed off on them, and older ones have visions of workhouse conditions, too'.

Getting the Feel of it

After the first meeting, entrants are invited to spend a day or two to get the feel

of the place, just as day visitors. 'We understand so well what a terrible wrench it must be to give up their own place and to feel that independence has gone, particularly as most of them have spent active and useful lives', Eileen said.

'We encourage them to bring their personal belongings, choose their own decorations, and, when possible, bring a few small pieces of their own furniture with them, so they still have a familiar link.'

There is a three month period of residence before confirmation of their place to ensure that they are settled and fit in with others, too.

Relatives Counseled

Families of Residents are also visited and re-assured. 'Often they feel intense guilt about the fact that they can no longer cope with their own, but we help them to see the positive side and explain that they will still be able to help and care by visiting regularly'.

Key workers spend much time in the first few days getting to know new Residents and helping them to arrange their rooms, by hanging up pictures and placing treasured ornaments.

Settling Down

'On the whole, our Residents settle extremely well and amazingly quickly', Eileen told me. 'When they are relieved of all the anxieties such as coping with shopping, bills, household chores, and things that go wrong, they begin to realise that life still offers much to them. They are also very glad of the security the Home offers - no more terrible fears of noises in the night, burglars and mugging, or whether they've turned the gas off.'

Stimulation, of course, is not forgotten, and Residents are encouraged to help with light household tasks such as laying the tables, dusting and keeping their rooms tidy.

Privacy and Dignity Guarded

Personal privacy and the preservation of personal dignity are jealously guarded, and although activities such as pub visits, shopping trips, Bingo sessions and other diversions are on offer, no one is obliged or 'nagged' to join in.

Eileen says they are also mindful of the possibility of rehabilitation and that occasionally a Resident might be able to return to his or her own home.



Home Manager Eileen Harland with Resident Fred Hall. Portrait of Founder at rear.



A manicure session for a Resident, performed by Care Assistant Gillian Lloyd.



Some of the Rosemont staff team. Left to right: Ann Hodges, Gillian Lloyd, Sarah Peppard, Theresa Prest, Eileen Harland, Marlene Mulligan.

Almost Like Home

Everything in the Home is designed to be as flexible and as much like home life as possible. Breakfast can be served up to 10 am, and bed times are entirely a matter for the Resident.

Since the Home is ideally situated in a delightful residential area with a tree filled park and lawns on the square, leisurely unaccompanied strolls are possible, and the shops are close by.

Meals are served in a light filled dining room, with four to each table.

The Cut and Thrust of Life

'Friendships are usually forged at meal times, as well as occasional feuds and arguments, all of which are stimulating and a normal part of life', says Eileen.

Good Relations

Relieved of the 24 hour responsibility for relatives, sons and daughters often enjoy a much warmer relationship with parents and visit frequently. The elderly relative also becomes aware of how much better it is not to be totally dependent on their own, and to have a life geared to their particular needs with people of their own generation.

Keeping up appearances is also important for morale, and so there are regular visits from a hairdresser, and staff run a regular manicure session.

A Few of The Residents

- 82 year old Mrs Beatrice Kenington pronounces herself very content, and says her every need is well catered for. She enjoys frequent visits from her sons David and John - 'The best in the world'.
- 78 year old **Miss Kathleen Bratley** was a busy District Nurse and a midwife who has now lost count of all the babies she delivered, but still finds herself very busy looking after others.
- 84 year old **Mrs Joan Ballard**, who looks amazingly young, is the Residents' representative, making use of all the skills she had in a busy community life.

- **Fred Hall**, who is 84, and ran his own business, now relishes time to read and is an avid follower of horse racing.
- Sprightly **Baden Wade** aged 91, is an ex-tram-driver with countless grand and great grandchildren, and enjoys, above all, having a good long chat. He watches with disapproval the way bus drivers are not as considerate to elderly passengers as he once was.

A Home For Life

Rosemont, like all Cheshire Homes, is a home for life, and if Residents become ill they are nursed there for as long as possible with help from Support Services.

When a death occurs, Residents are told, as they are kept fully in touch with everything. 'But we don't dwell on it', says Eileen, 'And neither do they. Life, even at 90, is still a very compelling force.'



Sprightly 91 year old Baden Wade.



A friendly encounter between 82 year old Beatrice Kenington and 78 year old Kathleen Bratley (at right).



Three generations. Picture shows 78 year old Kathleen Bratley, Resident of Rosemont, enjoying the company of 6 month old Ben Lay. At left, Sue Lay, his mother, a former Care Assistant.

Edited by Lynette Learoyd
International Secretary

THE LEONARD CHESHIRE FOUNDATION INTERNATIONAL

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Queen Honours Zimbabwe Home



The Queen visiting Westwood Cheshire Home, Zimbabwe, pictured here with Sister Illumina, Head of Home.

The children of **The Westwood Cheshire Home, in Harare, Zimbabwe**, had the thrill of a lifetime when the Queen found time to visit them during a busy schedule at the Commonwealth Heads of Government meeting.

They welcomed her, kitted out in Cheshire T-shirts, and bright red shorts or floral skirts, waving flags and cheering her as she arrived in an open back Rolls-Royce.

Members of the Management Board and Staff of Westwood, with Residents, Staff and Management Board Members of the **Masterton Cheshire Home in Harare**,

together with 400 guests, all supporters of the Home, were also present.

The Queen was received by **Mr John Graham, National Chairman of the Cheshire Trust**, who presented **members of the Management Board and Sister Illumina Katsukunya, Matron of the Home**. Sister Illumina then introduced the Queen to the staff and then, together with John Graham, Chairman of the Central Trust and of the Westwood Home, escorted her to view the girls' dormitory, and to meet the children, with whom she talked for a while, and

admired samples of their work. One of the girls presented a posy. Afterwards the group visited the Home's gardens, where Her Majesty met several guests, and showed a keen interest in their involvement in the Home. One of the parents expressed her profound gratitude to the Queen for the work done at the Home for the children.

The children's Marimba Band played quietly in the background, and the visit concluded with a brief visit to the Home's chapel, after which the crowd bid her farewell outside the chapel.

Some of the children's comments:

Fortunate - 'I was not afraid of her for she looked like one of us, but I felt proud that she listened to our Marimba Band Music.'

Henry - 'The visit by Her Majesty was a sign of her great love for us.'

Ivy - 'It would have been more exciting if the Queen had worn her Crown. Her visit was too short.'

Staff commented how highly privileged they felt to be chosen among many Homes in Zimbabwe, and how impressed they were with the Queen's simplicity and smiling face.

Shatin Home, Hong Kong, Again Honoured

Following the opening of the new Cheshire Home in Shatin, Hong Kong, by Lady Wilson, Patron of the Hong Kong Homes, and wife of the Governor Sir David Wilson, there was another joyous occasion when the Duchess of Kent visited on 4th December 1991. Her visit brightened up the Home and brought great happiness to the Residents, who for the first time in their lives had the opportunity of meeting a member of the Royal Family. Previously, they had been visited by General Howlett, Chairman of The Cheshire Foundation, who also toured Chung Hom Kok.



A view of Shatin Cheshire Home's official opening.



Lady Wilson meets a Resident at Shatin Cheshire Home. At left, Shirley Chan, Nursing Officer Administration; at right, Sister Luciana, Nursing Officer.



Shatin Cheshire Home official opening. Left to right: Lady Wilson; Mr Alan Crawley, Hon Treasurer; Kenneth Lo, OBE JP, Chairman of Executive Committee; Dr Peter Lee, JP, Chairman of House Committee; Dr Ip Wei Chung, Medical Superintendent.



A warm greeting from the Duchess of Kent for a Resident at Shatin.



The Duchess of Kent meets a Resident at Cheshire Home, Shatin.

Visits in Africa

Sarah Holloway, Foundation Overseas Rehabilitation Adviser, visited Botswana, Lesotho, South Africa, Swaziland and Zimbabwe in October and November. In Botswana she was accompanied by Liz Lee, a consultant physiotherapist, and they recorded video film at Mogoditshane Rehabilitation Centre of Children with Cerebral Palsy for a teaching package being developed for the training courses for Cheshire Homes in Africa. The outreach programme and day centre at Mogoditshane Centre are fully operational, and a residential wing is due to open soon.

Getting Self-Sufficient

The Lesotho Cheshire Home has 21 children being rehabilitated, who go to local schools, and to the nearby hospital for physiotherapy. The Home grows its own maize, fruit and vegetables. A chicken-raising project has been started, to raise funds through selling the chickens, and Christoffel-Blinden-Mission has recently donated a new minibus which is very much appreciated and useful for the Home.

Working Together Theme

In South Africa Sarah saw all the Homes, and conducted workshops at the four branches, which were well attended by staff, Residents and Management Committee members from all the Homes. The theme of the workshops was 'Working Together', as a means of assessing training requirements by bringing participants together to share ideas, identify their own needs and interests for the future. Participants concluded by identifying areas where they would like to receive information, training and general support and advice, and also identified areas in which the Homes could assist each other.

Residential Unit Soon to Open

The Swaziland Cheshire Home is providing rehabilitation on a daily basis, and a residential unit will open shortly. From January to September 1991 there were 1,705 attendances. The Home recently appointed a full-time Administrator, Mrs Lenah Sibanyoni. Mr Len Brigham, a British volunteer, is the physiotherapist for the Home, recently joined by Mr Bheki Ntshalishali, a Rehabilitation Technician,

trained in Zimbabwe. The Cheshire Home itself has helped to train rehabilitation assistants for a local hospital.

Rehabilitation in Zimbabwe
In Zimbabwe Sarah saw both the Westwood and Masterton Homes. The 24 children in Westwood attend local schools, receive physiotherapy from a visiting rehabilitation technician, and have a full programme of activities at the Home. They are referred to the Home from all over Zimbabwe. In the Masterton Home there are 25 Residents aged 16 to 50. Some are permanent Residents, while others are in the course of training and will eventually move on.

Progress in Spite of Problems

Mark O'Kelly, Foundation Research and Development Officer, travelled to Ethiopia in October, where the political situation has undergone such radical changes in the past year. One outcome of this is an intention of the Cheshire Foundation in Addis Ababa to establish an agricultural rehabilitation programme for disabled war veterans. The Menagesha Home is progressing well, despite fewer children attending due to transport problems. The mobile clinic's work has also been restricted. Things have been difficult for the Gighessa Home, with local tribal clashes, and attendance has temporarily fallen. The expected visit by Italian orthopaedic surgeons was not possible in 1991 due to the unstable situation. In the Assella Home it is planned to increase the number of children with disabilities.

Training Centre Completed

The buildings for the Mekanissa Vocational



Wedding of Nimal and Mary Chandrani, Residents of Sir James and Lady Peiris Cheshire Home, Sri Lanka. Cutting the wedding cake.

CONGRATULATIONS

Nimal and Mary Chandrani have been married at a simple but moving ceremony among their fellow-Residents at the Sir James and Lady Peiris Cheshire Home, Mount Lavinia, Sri Lanka. Nimal was injured in an accident, and moved to the Home in 1986 after amputation of his left leg. Mary Chandrani never knew her parents. She, too, came to the Cheshire Home in 1984 from the Ragama Hospital, where she had been admitted following

a train accident. Fortunately she did not suffer a serious handicap, but she had no-one to turn to. Since then she had been a willing help in the kitchen, and assisting others in the Home, when she and Nimal fell in love.

The Home's Management Committee will assist Nimal and Chandrani in getting their own house. Nimal has appealed to the Ministry of Housing and Construction for a house, and in the meantime they are moving to a rented room in Kalubowilla.

Training Centre are complete, and the three Salesian Brothers who will run the Centre have moved in. With a few remaining works to be done, the Centre can now start taking in students, for training in electronics, electromechanics, carpentry, printing and bookbinding, tailoring and knitting.

Clinic Still Open

Mark managed to travel to Asmara, where the situation was quiet and happy. The Clinic has remained open, and

sees about 100 children a month. The buildings have survived without any structural damage from the fighting. It is hoped to complete the half-built residential buildings as soon as possible to expand the work again.

Soweto Cheshire Home, South Africa

The Home, which has 9 Residents, has just celebrated its first anniversary. The Residents are able to care for themselves, supported by a cook/cleaner. Some attend college courses and it is hoped that others will be able to attend the Ann Harding Home in Randburg for handicraft training, depending on transport. The Committee is making all efforts to raise capital funds to build a larger complex which will accommodate more Residents.

FURTHER OBITUARIES

Orlu Cheshire Home Nigeria

We were saddened to hear of the sudden and untimely deaths of two members of the Management Board, Chief M C Okolie and Sir John O I Uboh. We extend our deep sympathy to their families.



Staff and Residents, Swaziland Cheshire Home.

Obituaries

Cheerful, Sociable and Tolerant

Keith Humphreys, Head of Home, Greenacres Cheshire Home, Sutton Coldfield, writes this personal appreciation of **Len Brookes**, Past Chairman and Vice-Chairman of the Management Committee at the time of his sudden death:

Len was devoted to the Home and its Residents, and Greenacres will never be quite the same again without him. The voluntary contribution he made was truly remarkable and extended to all aspects of our work. Nothing was too much trouble for him and he was prepared to tackle any task. Over the years he drove thousands of miles, taking Residents on outings and holidays; he was actively involved in fund-raising; he gave P.R. talks to local groups; he managed the bar; he 'begged and borrowed', fetched and carried; he established valuable contacts outside of the Home – and he was a friend to us all.

I will always be grateful to Len for the support he gave me when I first took up my post and I will always remember him for his cheerful, sociable and tolerant nature. We mourn his passing, but his spirit will remain forever with those who had the pleasure of knowing him.

Dedicated Service

Dehra Dun Cheshire Home, India, reports with great sorrow the death of General Mohan Lal on 19 November 1991. He was Chairman of Cheshire Homes India, Dehra Dun, from February 1988 to November 1991.

The Honorary Secretary, Mr O. P. Mohan, writes the following appreciation:

During his short period of office, the General transformed the running of the Home completely. He insisted that it should be run as a home and not as an institution. The Residents should be provided with a homely atmosphere and should be showered with love and affection by the Staff, Management and visitors.

Their living conditions were improved considerably and every effort was made to give them a life of honour and dignity.

To improve them physically, a physiotherapy department was started in May 1991 with a full-time physiotherapist. She is assisted and guided by an orthopaedic surgeon and a psychologist twice a week.

A significant contribution of General Mohan Lal was to get the crumbling main building repaired and renovated, which took more than two years to complete. A high wall security fence was also made, and now the Home stands in private grounds, with an imposing front. The place is no longer a rubbish dumping ground for the area.

The General was constantly planning for the improvement of the Home. He had started collecting funds to construct a proper dining hall and a ramp to take the Residents to the first floor. Also additional accommodation was planned to make the Home self-sufficient. We understand from Mrs Mohan Lal that in his initial partial coma, he only mumbled about the Cheshire Home.

Everyone remembers his dedication and commendable service, and he will be missed by the Residents, the Staff and the Management.

White Windows Cheshire Home, Sowerby Bridge, West Yorkshire, announces with sadness the death of two Residents:

A Kindly, Much Loved Family Man

John Harrison, on 23rd September 1991, aged 53 years. John was a kindly man, whose disability followed a brain tumour. He was the much beloved husband of Ann and a loving father and grandfather. He always took part in all the Home's activities and loved going to the theatre and other trips.

A Short but 'Giving' Life

David Wright, on 25th December 1991, aged 24 years, in hospital. David had been a Resident at White Windows for a year, and was Chairman of the Residents' Committee. Much loved, he always had a smile, and supported the Home by joining in all activities, including going on an adventure holiday to the Kielder Centre, as well as fund raising for it. David and his friend Andy Evans did a sponsored work-out which raised £850 for the conversion of empty cottages for disabled younger people. He was also an active worker at the local youth clubs. Though his life was short, he was always active and trying to help and cheer up others. He will be greatly missed for his smile and his company.

Through the need to attend meetings in London, he took up the challenge to drive again. He was delighted to pass his driving test, and enjoyed the mobility and freedom this gave him. At the time of his death, Ian had just acquired a specially adapted vehicle which would have given him even more independence.

Ian was also Chairman of the Living Options Working Party, formed in 1988, which has for the last two years been planning a scheme to provide options of living for disabled persons, other than residential care, and Ian was looking forward to the possible development of this scheme in Liss during 1992.

We send his parents and members of his family our deepest sympathy. He will be missed greatly.

Great Loss for Le Court Cheshire Home, Petersfield

Frances Hopwood, a fellow Resident, writes:

All at Le Court were deeply shocked and saddened to learn of the sudden death of Resident **Ian Balfour** on the 27th December 1991.

Ian came from Kirkcaldy, Scotland. At the age of 17 he joined the Royal Army Ordnance Corps as a driver. Whilst stationed with them in Libya in the early fifties, he became paralysed after breaking his neck in a swimming accident in the Mediterranean. After time in a rehabilitation centre, he returned to Scotland where he led a full and active life, working for several years for the Citizens' Advice Bureau.

Ian then decided to move into residential care and came to live at Le Court in 1983. He soon became involved in the running of the Home and served on its many committees, being elected Chairman of the Residents' Association for three terms, as well as Vice-Chairman. He became a member of the Care and Development Committee at the Leonard Cheshire Foundation and was also involved in the work of the Foundation's Housing Association.

A Real Character

Gladys Winfield, a Resident of Agate House, Ampthill, Bedfordshire, died on 20th December 1991.

The following tribute to Gladys is from all her friends.

During one's journey through life we meet all kinds of people, but very few of them are 'real characters'. Gladys was certainly one of them. She possessed that rare strong will, humour and love that was irresistible to everyone, both old and young. We all learned a great deal from her attitude to life.

What fun she could be, sipping her drink in the bar and telling us of her life's adventures, her family and happy days when she lived in Watford. She always considered her real home was in Ampthill. She was with us for twenty years.

Whatever Gladys did that real strength of character shone through. She was a real individual, right down to the red flower or ribbon which she always wore in her hair.

God Bless You Gladys – We all miss you very much.

Appreciating the Less Fortunate

Please find enclosed a donation to help meet the cost of postage of The Cheshire Smile.

Receiving the magazine makes one appreciate the work done by the Foundation for people less fortunate than ourselves.

K Hearn (Mrs)
Basildon, Essex

A Joy to Read

I have much pleasure in sending a small donation to The Cheshire Smile towards post etc.

It is such a joy to read it – especially last October's edition, which has such a wonderful picture of both Lord Cheshire and Lady Ryder.

May I send you all the best wishes in the world for all you do.

Clare Wade (Miss)
Cambridge

Opportunity Missed

An excellent Northern Area Conference was held at Lancaster University last year. Members of Management Committees were advised in advance that the aim of the Conference was to look at changes that will be taking place within the Foundation in the future and how these will affect our Homes and Services. Why was the Conference so poorly attended by members of Management Committees from the Homes in Northern England and Scotland? The venue was an excellent one and for most Homes Senior Staff and Residents were attending. I would judge that, excluding local Homes and Services in Lancashire and Cumbria, very few members of Management Committees were there.

Surely joining a Management Committee, which has delegated responsibility from the Foundation to manage the affairs of the local Home, means listening to expert advice and guidance to develop local solutions. How can sound decisions be made without adequate information?

The missing members lost a wonderful opportunity of learning about changes which will be upon us very quickly. Will our Homes be ready for those changes?

A Concerned Management Member
(Name and address supplied)

A Matter of Positive Thinking

Some people seem to think that becoming disabled late in life is inevitably a tragedy, condemning the victims to frustration and depression. This is absolutely false. Life doesn't finish when you end up confined to a wheelchair or because of MS developing. Disability and happiness are not incompatible. Residential homes are sometimes places where physically handicapped people lock themselves up hopelessly because life is not bright any more for them.

A new psychotherapeutic approach has developed during the last decade. Important authors like Albert Ellis, Aaron Beck, David Burns and many others have been helping people to be happy despite difficult and traumatic experiences, through their Cognitive Therapy. They have set up a very important centre at Pennsylvania University as a result of their research. The foundation for this therapy is simple. Reality doesn't cause negative feelings (depression, anxiety). It is the distorted interpretation of that reality which is responsible for these emotions. We can easily learn a new way of approaching life and acquire new skills to cope with the problem.

Carmen Rodriguez Soto
(one-time volunteer at Mayfield House, Edinburgh)
Madrid, Spain

Congratulations

Very many thanks for continuing to send the 'Smile'. It goes from strength to strength, and is always a joy to receive.

Congratulations to you all.

Mollie Smithson
Oswestry

Helping with Postage

I enclose a small donation to The Smile in appreciation of receiving the magazine free – my sister and I very much enjoy reading it and think it is wonderful that you send it free. Postage gets worse and worse, so I hope this will help a bit. Please do not bother to acknowledge receipt.

With grateful thanks and all good wishes to you all.

Joan Griffith
Harrogate

I Like It Here

I live at the 'Dukeries House', the Retford Cheshire Home. Recently I did a sponsored swim to raise money for the Home. I did 100 metres – a record for me. A few months ago I went to Spain with Alan Smith, another Resident from the Home. I fell ill during the last week but am a lot better now. I am going to join the Rubber Works Social Club, where I can play pool and snooker.

Retford is a nice shopping place, and I often go down town to get things for the shop I run in the Home. The Staff at the Home are very nice. I quite like living here.

Ron Bradford
Retford, Nottinghamshire

The Right to Choose

Whilst there was, as always, much wisdom and compassion expressed in the article by Dr Wendy Greengross, 'A Question of Life or Death', unfortunately there were also two factual errors. Ken Harrison, the central character in Brian Clark's play 'Whose life is it Anyway?' is not a paraplegic. He is totally paralysed below the neck. Secondly, he chooses death, not life. Had he been a paraplegic, able to continue his creative work as a sculptor, he might have made a different choice. But, with total paralysis of every part of his body, except his head, he does not wish to live. 'I cannot accept that this condition constitutes life in any real sense at all', are his exact words.

This question of choice is the central dilemma round which the action of the play swings. Have the doctors, who have worked so hard to save Ken from death, the right to say that he must now accept the life they have saved, which is, in his eyes, no life? A judge is called in to decide whether Ken's wish to discharge himself from hospital, so that he may die, is the desire of a sane man, or whether the choice of death is, of itself, evidence of an unbalanced mind. Having heard all the evidence, the judge puts this question to Ken, 'Wouldn't you agree that many people with appalling physical handicaps have overcome them and lived essentially creative, dignified lives?' Ken's answer is, 'Yes, I would, but the dignity starts with the choice. If I choose to live, it would be appalling if society killed me. If I choose to die, it's equally appalling if society keeps me alive.' I would agree.

Audrey Shepherd
Knaresborough, North Yorkshire

to US

'Us & Them'

I think everybody involved wants Leonard Chesire Homes to be something more than places that keep the Residents alive. They also want the Residents to lead fulfilling lives, and be an integrated part of the community – instead of somehow 'different' and isolated from the mainstream.

Some Homes are situated such that this ideal cannot be realised. Take ours, Oaklands.

It is positioned outside its affiliated village, Garstang. I think this does nothing to integrate our Residents – on the contrary, it encourages an 'Us and Them' situation. Hence there isn't so much variety of activities and entertainments to choose from – and Garstang is far enough from any city to make access inconvenient.

This results in apathy, and some Residents lacking in confidence to face the outside world. They may well have a 'lovely view' of the countryside – but just as a goldfish has a 'lovely view' of the living room. The good staff here have an uphill task.

With a bit more thought, Oaklands (and other Cheshire Homes) could have been in a town or city and more easily accessible for visitors and activities. It would also force people to accept the disabled as people.

Hamilton Richardson
Oaklands Cheshire Home, Garstang

Editor's Note: The Cheshire Foundation has long realised the importance of Homes being near a community, and no Homes in recent years have been built in remote places.

Pen Friend Wanted

We had a wonderful Christmas here with a tree, given and decorated by the local 'Rotoract', carol singing by a neighbouring village school and the Salvation Army, a Communion Service on Boxing Day in our new extension, a Christmas Celebration conducted by a past Resident's family, together with Bob Hain's family – his two grandchildren playing cornets. (Bob is International Wheelchair Co-ordinator – CHAD).

All Residents are now back from their holiday visits and we are now planning 'Things to do in '92'. Banbury Carnival September 6th, Sheep Dog Trials October 10th.

Would anyone care to write to me?

Not a Personal Gift

I have just been reading the excellent coverage of the Duchess of York's visit to Stoncroft – except for the paragraph under 'Finding the Money' (page 8, January issue).

This reads as though I personally had given the £250,000 towards the cost of the new wing, which is far from the truth. I am a Trustee of the Sir John Eastwood Foundation – hence the Eastwood Wing – who gave the money. I accept that it was my influence but certainly not me personally – people will think I am a multi-millionaire, which I am certainly not! My fellow Eastwood Trustees would also be shocked.

Diana Cottingham
Trustee, Cheshire Foundation

A Thank-you from 'True Grit'

Many thanks for the article in the January Smile about my fund-raising scooter trip from Merseyside to London, and back. The generosity of everyone I met on my trip was truly heart-warming, from the owner of a transport cafe who treated the whole team to bacon sandwiches and steaming mugs of coffee, to the landlord of The Anchor pub in Borne End who organized a charity night and raised over £250 for us. What can you say to people like that who display such a generosity of spirit, except a very inadequate 'Thank-you'.

I know you will be as delighted as I was to hear that we collected over £6,000 by the time we returned to Merseyside.

As a result of your article two things have happened! I now have a new nick-name – John Wayne – due to the head-line. But, most importantly, more money is now arriving from Cheshire Smile readers. My heartfelt thanks to all the readers who have taken the time and trouble to send a donation.

Although the trip was very strenuous my meeting with Leonard Cheshire is something I will remember all my life. He is a true and genuine inspiration.

Cheshire European Independent Living Award.

Gen. Sir Geoffrey Howlett, Chairman of The Cheshire Foundation, and Mrs Scilla Landale, Chairman of Park House Management Committee, went to Brighton to receive an EEC award for the skill of the conversion of Park House into a hotel for disabled people from The Rt. Hon. Nicholas Scott MP, Minister for Social Security and Disabled People.

Park House, originally the childhood home of the Princess of Wales, is in the grounds of Sandringham House, Norfolk, and was given to the Foundation by the Queen to be used to benefit disabled people.



Pictured from left to right are: Mr C Wycliffe Noble, Architect of the project; Nicholas Scott; Scilla Landale; Sir Geoffrey Howlett.

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News

Training Towards Speaking Up

Residents from Homes in the North Thames Region recently took part in a Training Session organised by Janet Wells, Foundation Training Adviser, on how they can make a more positive contribution to the running of their Homes, and ensure that their views are heard when attending committee meetings as elected representatives.

The Workshop was held at a Community Centre near Hertfordshire Cheshire Home, Hitchin, and was led by Anne Macfarlane of Consultant Disability Services. Residents from five Cheshire Homes participated.

It was the third in a series of workshops aimed at examining ways that disabled people can ensure that their voices are heard.

Hertfordshire Away Day

Mark Williams, a Resident of the Chiltern Cheshire Home, Gerrard's Cross,

News

Buckinghamshire, gives his view of it:

The disability awareness course was a qualified success.

The agenda was a bit involved for some of the delegates at first, but after a while everyone seemed to get into it. It wasn't that interesting for me, because I had been to a similar seminar a couple of months before.

We started by discussing attitudes and perceptions of disabled people in the community and in the workplace, went on to language, and then discussed disability politics. The political aspect of the course was the most interesting and vocal debate, but we had to cut it short or we'd have been there all day!

The most pleasing aspect was seeing some initially quiet people voicing their opinions in quite a vigorous way, and we nearly ran overtime. The day should definitely be repeated soon.'

Other Homes and Regions interested in setting up similar workshops should contact

News

Janet Wells, Training Adviser, Cheshire Foundation, 26 Maunsell Street, London SW1P 2QN.

Tighter Regulation of Charities Proposed

Legislation proposed to tighten regulation of charities may help to increase public confidence and their willingness to donate.

A Government Bill, based on the 1989 White Paper, **Charities - A Framework for the Future**, will strengthen and widen the powers of the Charity Commission, the industry watchdog, to deal more effectively with mismanagement.

Small Submission of Accounts

The latest Charity Commission report found that only 11 per cent of registered charities submitted their accounts to the Commission in 1989, and the National Audit Office warned that fraud and abuse would continue to damage the

charitable sector unless there was Government action.

Specific Proposals for Inclusion in Bill

Specific proposals for inclusion in the Bill include establishing new accounting procedures, and making it an offence for charities persistently to fail to submit their annual accounts; disqualifying anyone previously convicted of fraud from acting as a trustee of a charity; and making it an offence to conduct charitable collections without authorisation.

The Bill would also authorise the Commission to appoint receivers and managers, to transfer the assets of any organisation in difficulties to another charity, and to suspend employees or trustees and freeze bank accounts where there was a suspicion of abuse or mismanagement.

Protecting Good Name

Judy Weleminsky, Director of the National Council for

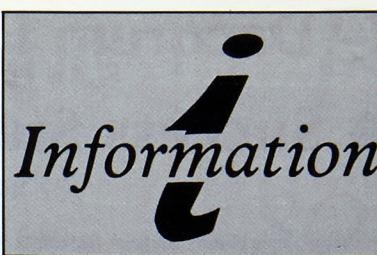
■ Official Cheshire Flag Day Kits: By agreement with central office, collectors' kits and replacements to the officially approved, national design in red and white are available from Angal Fund-Raisers' Service, 'off the shelf' at favourable rates. Goods are despatched within 48 hours of receipt of order and payment. For a list of what is available and prices contact Angal, 68 First Avenue, London SW14 8SR, Tel: 081-788 5464/081-392 1223, Fax: 081-392 1227

■ Sovereign Exhibition: An Exhibition called Sovereign to celebrate 40 years of the Queen's reign is to be held at the Victoria and Albert Museum, London, from April to September 1992. It will feature Orders of Chivalry which are the Queen's personal gift. This will include holders of the prestigious Order of Merit who include The Founder.

■ Unpaid Time Off for Carers: Barclays Bank has become the first national employer to offer staff unpaid time off or part-time work so that they can care for elderly or disabled relatives.

The scheme is open to all staff with at least two years service. They now have rights to time off while still retaining all their benefits, such as pensions and holiday entitlement, and can return to work at the same grade. Those who can't come back to work after six months will be offered part-time jobs.

■ Places That Care: Places That Care is a new Access Guide to places of interest suitable for disabled people. One copy, paid for and approved by The Cheshire Foundation, has been sent to every Head of Cheshire Homes. Individuals wishing to have their own copy should send a cheque for £4.99 plus £1.00 p&p, made out to Places That Care, at 72 High Street, Poole, Dorset, BH15 1DA.



■ 'Rainbow Hues': Dorcas Munday, who is severely handicapped by cerebral palsy, has written a book of reminiscences. Price £3, plus 50p p&p, it is obtainable from 25 Debdale Road, Wellingborough, Northamptonshire, NN8 5AA.

■ BEM for St Cecilia's Volunteer: Susan Coleborn, a regular visitor and volunteer at St Cecilia's Cheshire Home, was awarded the British Empire Medal in the New Year's Honours List for her services to physically handicapped people.

Susan helps, not only as an escort, but visits Residents in hospital and has been on several holidays with them, the most recent one to Jersey, with a group of cerebral palsied people.

■ Wheelchair Sport Association: BEWSA is a unique branch of the Royal British Legion who encourage Ex-Servicemen and women to take up the challenge of sport after disablement. The work includes the welfare of serving and Ex-Servicemen/women and their dependents, campaigning for Ex-Service rights and the future. For more information, write to: BEWSA Hon. Secretary, 1 Castleton House, Pier Street, London E14 3HU.

■ New Minibus: Roy Castle, well-known comedian, and Pat Bowden, Chairman of Stuart Cabeldu Catering Ltd, Wimbledon, jointly presented a brand new minibus to Chilterns Cheshire Home, Gerrards Cross, Buckinghamshire, on January 18th.

The bus cost £21,500, £10,000 of which was raised by Cabeldu Catering. The balance was raised by the Home's supporters in various fund-raising activities. The Renault Minibus can accommodate five wheelchairs and five ambulant passengers.

■ Special Price Computer Equipment: JeDi Europe, a specialist computer systems company dealing mainly with government departments, nationalised industries and educational organisations, is offering computer equipment at special prices for people who are registered as disabled. It is also interested in ideas for products and accessories which would benefit disabled people. Further information from: Jeff Webb, Managing Director, JeDi Europe Ltd, 1 Bridgegate Business Park, Gatehouse Way, Aylesbury, Bucks HP19 3XN, Tel: 0296 394041

■ Access: The Albert Hall plans to spend over £150,000 this year in improving access for disabled patrons. Facilities will include dropped kerbs round the hall, intercom systems linking with hall staff, plus 18 wheelchair spaces in the hall. Backstage facilities will also be improved for disabled performers.

Madame Tussaud's has also extended its access for wheelchairs.

Voluntary Organisations, commented 'It is important to protect the sector's good name, and while most charities are excellently run we want to eradicate fraud and ensure the highest standards of management'.

Decline in Giving

The Prime Minister, Mr John Major, speaking at a conference organised by the Charities Aid Foundation said that figures showed a decline in levels of giving in 1991. Money raised by the top 400 charities in 1990 showed support was static or in decline.

A marked fall in giving by individuals had also been noted, with people giving on average £1.28 a month in 1990 compared with £1.97 in 1989.

New Guide for Carers

A new guide for the million people caring for someone disabled, sick or elderly in their own home has been launched by **Nicholas Scott**, Minister for Disabled People. The booklet is free and is published by The Benefits Agency, with the help of The Department of Health, The Carers National Association and Contact a Family. It gives details of the many types of support available from national and local organisations.

Information includes services and support for Carers ranging from social security benefits to meals on wheels and schemes which can arrange holidays for the person being cared for.

The guide is called *Caring for Someone?* and is available

on request from Social Security's free telephone service, Freeline, on 0800 666 555. It is also being sent to local community groups, libraries, advice centres, doctors, social workers, district nurses, health visitors, welfare rights officers, and all main post offices.

Changes in Caring – Tomorrow's Ways

Terry Maguire, the Foundation's Director of Care, warned the Stoneleigh Awareness Conference that when the NHS Community Care Act came into force in 1973 many of the Foundation's Services would have to change 'drastically' if they were to survive.

This Act would make it vital for the Foundation to widen its services and the options already available,

because individual needs would be assessed and would have to be met.

If vacancies in Homes increased, they had to be in a position to provide other needed services and to be as flexible as possible.

He made this pledge, however: 'Anyone already in our Homes or receiving our Services is protected and no one should be in any doubt that the changes would affect their position. We made a pledge that a Cheshire Home was a Home for life, and there is no reason to doubt that this pledge will continue to be honoured.'

In planning, he said it was vital to contact other voluntary agencies in the area to ensure that there was no overlapping in provisions.

Ten Years On – Dacorum FSS Celebrates A Success Story



Delia Dudgeon, Founder Chairman of Dacorum Area Family Support Service, with faithful friend.

Dacorum Area Family Support Service, Hemel Hempstead, recently celebrated the 10th year of its existence, and looks back with quiet satisfaction to a success story after many struggles.

On 17th February 1982 it became an official Steering Committee, and began advertising for Care Assistants. From 64 enquiries, and 33 applications, 25 were taken on. By May it had its first Client and by July five. In January 1983 this number swelled to 20 regular Clients, while the number of Care Assistants dropped to 20.

Today **Dacorum FSS** has over 100 Clients with 50 Care Assistants giving around 1400 hours of care a month.

The Struggle to Survive

Desperately short of funds from its official inauguration in April 1982,

Dacorum FSS, under the leadership of its Founder Chairman, disabled **Delia Dudgeon**, set in motion fund raising, economies and begging for statutory funds. Negotiations with Social Services and the local Health Authority for financial support on a permanent basis were set in hand with determination, and finally, seven years later, bore fruit when on 1st April 1989 a contract was signed promising full financial support.

In ten years there have been three changes of Senior Organiser, four changes of Treasurer, and three Chairmen, the present one being **Desmond Malden**. All worked tirelessly to keep DAFSS running.

Dacorum FSS now faces the next ten years with hope, but some trepidation because of the ever-changing face of Social Services.

Helping Hands on the Road to Independence

Patricia Curtis, Organiser of North Devon Family Support Service, which started up five years ago, here describes an important aspect of its caring work – helping severely disabled Clients to live independently and enjoy community activities.

Her Own Flat

Suzanne is severely disabled, having spent years at Westmead Cheshire Home, Braunton, North Devon. However, she is now living independently in a flat close to the Home. Kitchen units, sockets and light switches are on convenient levels for her to use. This young lady employs her own staff, does her own accounts, housework and cooking as well as working at Westmead as Assistant to the Activities Organiser. However, although so self-sufficient, she needs a Carer to transfer her from her wheelchair with a hoist.

Vital Back-up

Care Attendant Carol visits two mornings a week at 8 am to help Suzanne to get up. She also sleeps in on Thursday from 10 pm to 8 am, thus enabling her Client to be turned 2 or 3 times during the night. Linda sleeps in on Saturday; the rest of the week is covered by Suzanne's

own employees. Arrangements work well. Should emergencies arise, the FSS is always available. Suzanne's next aim is to drive her own van, adapted to accommodate her wheelchair, but it will be costly. By her own efforts, and with help from relatives, friends and local organisations, funds are accumulating. She will achieve this objective too.

Using Local Swimming Pool

Leisure Centre facilities are available in our own town for disabled people to use the pool. Life Guards and an attendant, whose task is to wind the swivel chair that lowers the people into the pool, are at hand.

Testing the Water

Sophia has MS, and poor mobility. One of the highlights of her week is swimming. She arrives at the centre by taxi on Monday at 9 am, and is met by Jill, her FSS Carer, who takes her by wheelchair and lift to the first floor changing room. She helps her to undress and put her clothes in a locker (not forgetting 50p for the locker). Then it's a wait in the queue, and manoeuvring the

wheelchair alongside the swivel chair. A tricky job is navigating the wheelchair to the poolside, taking great care not to tip the chair straight into the water! When Jill has transferred Sophia, she jumps in the water herself and waits for her Client to be lowered. Ooh! Not that warm! Ready!

Swimming Like a Fish

Sophia is away, Jill walking alongside her in the water, but unable to keep up, so has to swim with her. On a good day a lot of widths of the pool are clocked up – Sophia swimming like a fish.

Half-an-hour later it's time to go, with reverse procedure. Sophia is wound up in the chair, wrapped up in towels, has a shower, her hair washed. She copes for herself whenever possible. Back to the changing room, drying, dressing (collect 50p) then under the hair dryer, Sophia styling her own hair. Next stop – cafeteria for hot chocolate and a chat. A taxi driver will collect at the door.

Freedom and Encouragement

The determination, social involvement and the wish to be like others give our Clients satisfaction. We the FSS give them freedom of choice and encouragement to succeed.

MEMORABLE HOLIDAYS

Editor's Note: have you had an unforgettable holiday you would like to describe? Contributions including photographs in this regular feature are welcomed (not more than 900 words). Send to: Cheshire Smile, Arnold House, 66 The Ridgeway, Enfield, EN2 8JA

A Laugh a Minute in Auld Ireland

Henry Berman, a Resident of Stonecroft Cheshire Home, Barnetby, is a bon viveur. Interested in the good things of life, he enjoys exotic foods such as snails in garlic – not to mention a drop of the real stuff. Here he describes a splendid adventure staying at the Barrett Cheshire Home in Dublin:

I met an Irish girl eight years ago and I have always wanted to meet her again. When I decided to go on holiday I instantly thought of Ireland, and Mrs Walker, our Head of Home, spent a long time writing and 'phoning to Irish Cheshire Homes. At last she found one in Dublin, so I took pot luck and booked up for two weeks.

I left Stonecroft at 4.30 pm to travel to Leeds Bradford Airport. It took two hours to reach the airport and it took only an hour and ten minutes to fly to Dublin! A man met me there in a car and it took a further two hours to find out that there was no bus available to collect me, so after a lot of Irish whiskey I was poured into his car and arrived at the Barrett Cheshire Home at 12.30 am. There were fourteen people drinking coffee when I arrived and I thought they'd stayed up to greet me, but they always stayed up till that time in the morning. I was tired and it sounded as if I was in a foreign country listening to the Irish



Henry Berman with an Irish friend.

brogue. It took me three days before I started to understand what they were saying, and with names like Hamish, Aranda, Morosa and Pawrick it was a laugh a minute!

Coffee and Tea on Tap

There were 25 Residents at the Barrett Cheshire Home, in the middle of Dublin; 18 between the ages of 22 and 35, and of the other 7 the oldest was a lady of 63. In the dayroom there was a hot water dispenser and mugs, milk, coffee and tea bags, so at any time of day or night anyone could make themselves a hot drink without having to ask for help.

Guinness is Too Good for You!

A glorious sun shone every day, so I took myself in my wheelchair into the street, and if I turned left and went over the bridge, I was now in the shopping area. If I turned right I was near Larry Murphy's famous pub where I was introduced to draught

Guinness. It was so smooth and cool to drink that I had four half pints. I got back to the Barrett Home at 5 pm and I felt ill. At 10 o'clock that evening I felt like dying and at midnight I didn't care. Death would have been a great relief, but the next morning I felt great!

A Delicious Tea

I hired a small bus and a driver on Sunday and we travelled seven miles out of Dublin. We were soon in bright green and blue countryside. We stopped in a small village at a little café, and we had coffee, scones and strawberry jam. I asked for a menu before we left and the lunch was priced at £3.50. That was for smoked salmon, a beef dish, a pudding and tea or coffee. We then called for my friend and spent two hours sitting by a lake in brilliant sunshine. She took us home for tea (more scones and strawberry jam), and then bade me a tearful goodbye, and I promised to go back next year, for it was a wonderful visit.



THE LEONARD CHESHIRE FOUNDATION

Statement OF OUR BELIEF AND OUR MISSION

We believe

that people with disabilities should be able to achieve their full potential and enjoy the maximum opportunity to determine every aspect of their own lives.

Our Mission

is to promote the care, general well-being and rehabilitation of people with physical, mental or learning disability.

To achieve our Mission we will

- Seek to enable people with disability to choose their mode of living from as wide a range of options as possible.
- Establish close links with Government at every level and with other statutory and voluntary bodies committed to the care of those with physical or mental disability.
- Set and maintain the highest standards of care.
- Foster in those for whom care is provided a sense of belonging to the wider community by increasing choice and enhancing the quality of life.
- Identify opportunities to develop our work nationally and internationally where need is not being met.
- Ensure that our Mission is clearly understood by the public generally and by those responsible for public funds and those funds provided for charitable purposes.
- Seek to respect the dignity and independence of clients of the Foundation at all times.
- Provide an environment which encourages all our employees and volunteers to achieve standards of personal excellence.

In so doing

we will seek to manage all the resources of the Foundation in the most professional and efficient way compatible with achieving these aims.