



CHESHIRE

Smile

MAGAZINE OF THE LEONARD CHESHIRE FOUNDATION AROUND THE WORLD



(Picture by Robert Mawson, courtesy of British Legion Journal).

BENSA ATHLETES READY TO LEAD

'Wheels of Fire' Rally (See Pages 4 & 5)

READERS – PLEASE NOTE

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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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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Steve Knight makes music with his toes.

SHARE MUSIC courses aim to provide facilities and encouragement to enable physically disabled people to take part in a wide variety of musical activities in the company of other musicians and helpers and under the guidance of expert tutors.

They are open to any physically disabled people, including sensory

handicapped, aged between 17 and 40. Although playing a musical instrument, whatever the standard, is an advantage, this is not essential since much of the music making will be of a spontaneous and creative kind. Participants will have the chance to explore different instruments, and a fully computerised workshop

A Chance to Share, Enjoy and Learn about Music

will allow disabled people to create music, using synthesisers and electronic keyboards with specially developed computer programmes.

The courses have received support from the Carnegie (UK) Trust, Marks and Spencer, The Northern Ireland Arts Council, Telecommunity and the Orpheus Trust.

Where the Courses are Held

In the North, from July 18th to 25th, at The Calvert Trust Adventure Centre, Little Crossthwaite, Underskiddaw, Keswick, Cumbria, CA12 4QD, Tel: 07687 72254.

In the South, from July 25th to August 1st, at Crabhill House, The Park, South Nutfield, Redhill, Surrey, RH1 5PA, Tel: 073 782 2221. In Northern Ireland, from August 9th to 16th, at The Share Centre, Smith's Strand, Lisnaskea, Co. Fermanagh, Tel: 03657 22122.

The Cost

The fee for a disabled participant is £150, covering full board for a week, tuition, and use of all facilities. A bursary scheme is also available for those who cannot afford the full fees.

Apply to: Dr Michael Swallow, 15 Deramore Drive, Belfast, BT9 5JQ, Tel: 0232 669042.

The Tutors on the Course

In the North: Andrew Auster, former Director of Music, King's School, Canterbury; Richard Stilgoe, composer and TV entertainer, actively involved with music education; Michael Swallow, neurologist, who is also a pianist and conductor.

In the South: Nigel Osborne, composer and music educationist; Stephen Langridge, opera director.

In Northern Ireland: Daryl Runswick, musician and composer; Mary King, singer.

Richard Stilgoe and Michael Swallow will be working on all three courses.

In response to the deep concern about his health –

A Heart-Warming Letter from The Founder

'I really cannot say how much I appreciate the almost countless messages of good wishes and support, and by no means least the prayers, that have been conveyed to me via our London Headquarters.

My one regret is that I have not been able to answer them individually, but at least through the good offices of the *Smile* I can say thank you now, and assure you that you are all often in my thoughts and prayers.

'Things, I know, can easily look different from a distance than they do when one is actually involved, and equally it is not easy to describe one's inner thoughts and emotions in just a few words. But I would like to say that, far from this unexpected development being a setback, I feel in my heart that it is far more probably a blessing in disguise. It makes me feel much closer to our Residents and already is beginning to give me new insight into how disability affects one's life, and what one needs to do to

try and rise above the limitations it imposes. My one great hope is that with the help of those around me I will manage, however modestly, to turn it to good advantage in working towards our common goal.

'Perhaps uppermost in my mind is working out a way of seeing each other again as much as my physical limitations permit.

'My fond and prayerful wishes to all.'

Leonard Cheshire

A Very Special Old Lady



A special old lady. 98 year old Nancy Mills.

A letter in a local Canadian paper recording the laying of a wreath in Maple Ridge, British Columbia on Remembrance Day by a 98 year old lady reached Leonard Cheshire and brought back fond memories.

She was Mrs Nancy Mills, the first nurse at the old Le Court, the first Cheshire Home. Though in a wheelchair, she is still in fairly good health and gallantly takes a daily walk with a frame.

He wrote to her: 'Those early days at Le Court, when you were such a central figure and gave yourself heart and soul to the care of the Residents, hold a very special place in my heart, and to see that you are still active, going for a walk each day, and then laying a wreath every November 11th is quite astonishing, but completely in keeping with the dear Nancy that I remember so well.

'That the Legion should have written that beautiful little letter to the paper to let people know about you gives me great happiness. My fondest and most affectionate love, wishes and prayers. May God continue to protect and bless you.

Yours ever, Leonard.'

Are You Ready to Go On Wheels of Fire?



Red Feather Day

Red Feather Flag Day

Maunsel Street has hopes of obtaining Home Office permission to make September 12th not only a Red Letter Day, but a Red Feather Annual Flag Day. Watch out for further information.

The Great Wheelchair Rally at Le Court, near Petersfield, Hampshire, the first Cheshire Home to be established, is set as the venue for **Red Feather Day, September 12th**, five days after Lord Cheshire's 75th birthday, and it will and must be a celebration to remember for ever, with wheelchairs from throughout the land rolling up to pay him their personal tribute. There will be a great air show, a Battle of Britain fly-past, hot air balloons, and a parachute display by the Red Arrows.

One representative from every Home and FSS are invited to be present.

Routes

These are the routes that the BEWSA athletes will follow. Homes and FSS's will work independently, co-ordinated by the Area Organisers.

Route	Depart	Arrive	Date	Miles	Route	Depart	Arrive	Date	Miles	
1	Inverness	Pitlochry	26/8	89	3	Carmarthen	Porthcawl	5/9	49	
	Pitlochry	Glenrothes	27/8	51		Porthcawl	Cardiff	6/9	27	
	Glenrothes	Edinburgh	28/8	38		Cardiff	Avonmouth	7/9	44*	
	Edinburgh	Kielder	30/8	76		Avonmouth	Bath	7/9	20	
	Kielder	Newcastle	31/8	74		Bath	Devizes	8/9	26	
	Newcastle	Catterick	1/9	75		Devizes	Winchester	9/9	50	
	Catterick	Spofforth	2/9	42		Winchester	Petersfield	10/9	22	
	Spofforth	Leeds	3/9	17		*by transport				
	Leeds	Sheffield	4/9	42		4	Penzance	Lostwithiel	5/9	52
	Sheffield	Stamford	7/9	83			Lostwithiel	Plymouth	6/9	34
	Stamford	Huntingdon	8/9	30			Plymouth	Exmouth	7/9	55
	Huntingdon	Duxford	9/9	31			Exmouth	Dorchester	8/9	55
	Duxford	Gerrards Cross	10/9	71			Dorchester	Bournemouth	9/9	31
	Gerrards Cross	Petersfield	11/9	63			Bournemouth	Southampton	10/9	33
				Southampton	Petersfield		11/9	33		
2	Liverpool	Manchester	6/9	38	5	Maidstone	Sevenoaks	9/9	18	
	Manchester	Sandbach	7/9	31		Sevenoaks	Dorking	10/9	26	
	Sandbach	Birmingham	8/9	59		Dorking	Petersfield	11/9	40	
	Birmingham	Oxford	9/9	77						
	Oxford	Petersfield	10/9	76						

A Salute to a Great Man

Cheshire Homes and Family Support Services throughout the land – are you set and ready to go on Wheels of Fire to pay your tribute to our great Founder in salute to his lifetime achievements in the cause of disabled people? Are you planning exciting local events to generate public interest and put The Cheshire Foundation back on the map where it belongs? If not, begin planning now.

The Nationwide Push

The Nationwide Rally will be spearheaded by teams from BEWSA, the British Ex-services Wheelchair Sports Association, composed of paraplegic ex-service men and women, many of them experienced athletes. The five routes will start from the furthest Homes – **Inverness, Belfast, Carmarthen, Penzance and Maidstone**, and the athletes will be in teams of four or five, pushing an average of 46 miles a day, and stopping at three staging points for the night. They will be supported by three vehicles en route.

Christopher Hanson Smith, Foundation Project Director, stated:

'Although the routes taken by BEWSA athletes are not necessarily close to Homes or FSS offices, it is hoped that as many as possible will join the Rally, or become involved in some way. Area Co-ordinators have been appointed, and each Home or FSS should liaise closely with them.

Get to The Staging Points

'The various staging points provide the best chances of capturing the interest of newspapers, TV and local radio. Celebrities, local VIP's and all the Residents and Clients can foregather to send the teams on their way. **The celebration must be one of enjoyment and a common pride in**

The Foundation. To help to attract maximum attention, don't forget we can rely on the publicising skills of **Eugene Beer, of Beer Davies, whose Red Nose Days and Trading Places Campaign have caught everyone's attention.'**

Exciting Plans from Homes Have Started

In Edinburgh, there will be a **Grand Wheelchair Rally in the grounds of Holyrood Palace**, by permission of the Queen.

In Bath, **Greenhill Cheshire Home, Timsbury**, is planning to support BEWSA athletes on 8th and 9th September when they arrive at Victoria Park, Bath. A contingent of wheelchairs will roll up and two Residents will be hoisted aloft in a hot air balloon.

In Devon and Cornwall, Residents will conduct their own wheelchair push, their numbers swelling as each Home or FSS is passed en route for **Le Court**, near Petersfield. All kinds of transport will be used – fire engines, horse drawn carriages, canal barges, trailers – anything exhilarating that catches the eye of the news photographers.

Alne Hall, York, will be supporting the wheelchair rally and obtaining sponsors from September 7th to 12th, as well as holding a **Worm-Charming Competition on Red Feather Day**.

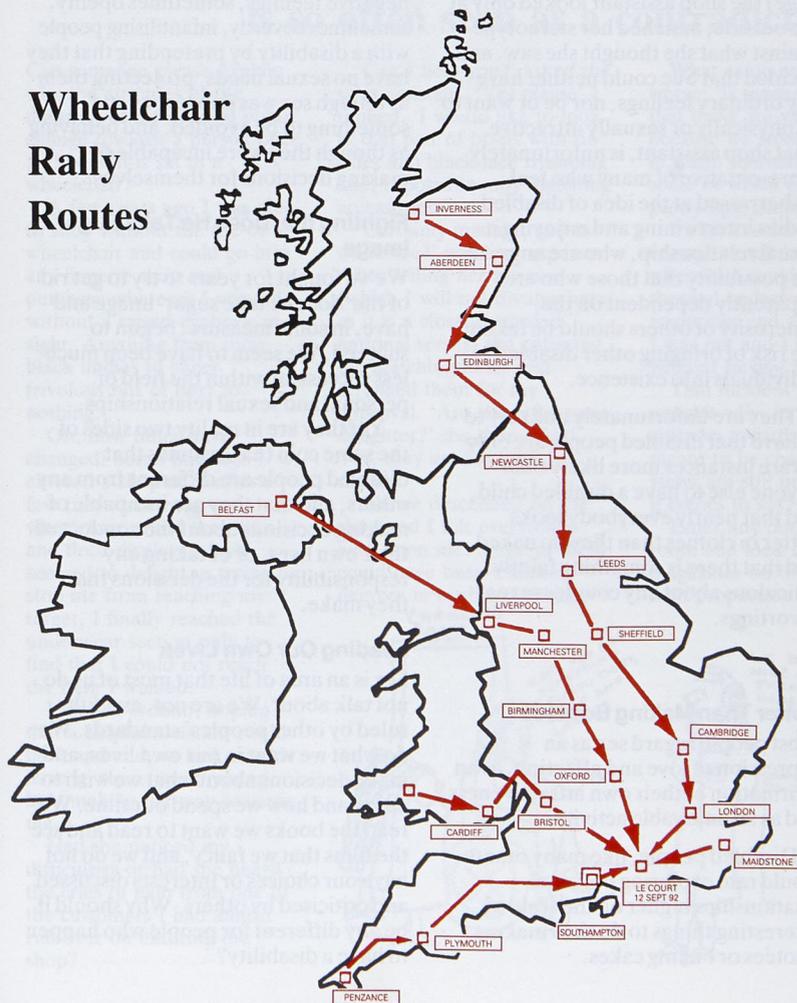
Many other Homes are also finalising plans in support of Awareness Year.

Make Your Plans Now

The Wheelchair Rally is the culmination of a year's effort to attract publicity and create the right climate to attract funds in the future.

Show your loyalty to a great organisation and to a remarkable man who has devoted his life to the cause of disabled people by putting your best wheels forward!

Wheelchair Rally Routes



Dr Wendy Greengross is a medical practitioner of many years experience, and is well-known as a broadcaster, writer and journalist.

In addition to answering some of the questions and personal problems reaching her,

she will also, from time to time, give her views on the changes and challenges that face disabled people today. In this issue she deals with a subject so often swept under the carpet—the burning issue of **SEX**.

Send your queries and problems to:
DR WENDY GREENGROSS,
c/o Cheshire Smile
Arnold House
66 The Ridgeway, Enfield
Middlesex EN2 8JA

All correspondence will be treated as completely confidential.



SHARE YOUR PROBLEMS with Dr Wendy Greengross

A Question of Sex

So sex rears its ugly head again!! But is it ugly, or is it a natural, healthy and pleasurable activity that most of us hope to enjoy as a normal part of life?

Easier to Assume

We all tend to be self-centred creatures, viewing the world through our own eyes, filtered by our own prejudices and attitudes, so that it is easier to make assumptions about others than it is to find out how they actually feel. One of the most damaging and hurtful of these assumptions, is that anyone who doesn't fit the images of beauty presented by press and advertising is not only unattractive, but also devoid of sexual feelings.

A Longing for Love and Admiration

We all know that we are unlikely to make it with Madonna or Jason Donovan, and that they or others are for our fantasies. Most of us want to be loved, and hope to meet a particular person who will find that something very special to cherish and admire; someone who will bother to take the trouble to look behind the externals and find the real person deep inside that gives each of us our own individuality and uniqueness.

Matching a Stereotype

In Sue Hocking's case, (see opposite page) the shop assistant looked only at the outside, matched her stereotype against what she thought she saw, and decided that Sue could neither have any ordinary feelings, nor be or want to be physically or sexually attractive. That shop assistant, is unfortunately representative of many who feel embarrassed at the idea of disabled bodies intertwining and enjoying a sexual relationship, who are angry at the possibility that those who are apparently dependent on the generosity of others should be taking the risk of bringing other disabled individuals into existence.

They are unfortunately unlikely to believe that disabled people are only in rare instances more likely than anyone else to have a disabled child, and that nearly everybody looks better in clothes than they do naked, and that there is something faintly ridiculous about any couples sexual cavortings.

Better Than Making Bootees

Most people regard sex as an expression of love and affection, as an affirmation of their own attractiveness and as an enjoyable activity.

Disabled people, like many others would rate exploring personal relationships higher on the scale of interesting things to do than making bootees or baking cakes.

Negative Feelings

Unfortunately many people have negative feelings, sometimes openly, sometimes covertly, infantilising people with a disability by pretending that they have no sexual needs, protecting them as though sex was dangerous and something to be avoided, and behaving as though they were incapable of making decisions for themselves.

Fighting the 'Does He Take Sugar' Image

We've fought for years to try to get rid of the 'does he take sugar' image and have, in some measure, begun to succeed. We seem to have been much less successful within the field of personal and sexual relationships.

Yet they are in reality two sides of the same coin that assumes that disabled people are different from any others, and that they are incapable of making decisions about the conduct of their own lives, or of taking any responsibility for the decisions that they make.

Leading Our Own Lives

Sex is an area of life that most of us do not talk about. We are not, as adults, ruled by other peoples' standards. We do what we want in our own lives, and make decisions about what we wish to enjoy and how we spend our time. We read the books we want to read and see the films that we fancy, and we do not have our choices or interests discussed and criticised by others. Why should it be any different for people who happen to have a disability?



Sue Hocking

Do you think I'm sexy?

Sue Hocking asks why sex and disability is so often seen as a contradiction in terms

Can someone please explain why the attitudes of the majority of the general public change towards a person once that person is sat in a wheelchair?

A few years ago I was able to shop without the use of a wheelchair and could go into any lingerie shop and purchase whatever I wanted without a raised eyebrow in sight. Anything from little black undies to sheer frivolous bits of next to nothing.

Oh, how times have changed! Some time ago I entered a shop and, after a few tries at steering my wheelchair round the racks and floor displays which seemed to delight in trying to stop me from reaching my target, I finally reached the underwear section only to find that I could not reach the item I wanted.

I looked around, hoping that a helpful assistant could be found and, as luck would have it, there was a young lady making her way towards me.

Had she noticed my difficulties or had she heard the cries of pain from one of the customers I had almost run over on entering the shop?

'Can I help you?' asked the sales assistant. 'Yes please' I replied, 'I would like to look at that pair of briefs with tie sides and black lace trimming and, if possible, any matching accessories.'

'Certainly madam, and in what size?' was her response. After telling her my size (which I will not divulge here as it is a closely guarded national secret) she collected the matching items and arranged them for my approval. 'Are these for your daughter?' she then asked. 'No, they are for me!' I replied.

Silence descended on the shop and I felt everyone's eyes upon me. Some of them could have been awarded degrees in eyebrow-raising.

What came next was even worse: 'Is madam quite sure that these are what she wants because we stock a super line in warm thermal underwear, some of which even have pretty lace trimmings!'

I wish I had been brave enough to tell her exactly where she could put her thermal underwear, lace trimmings and all but, sadly, I was not and I left the shop without buying anything.

That incident made me wonder why, in 1991, when attitudes towards disability are meant to be changing, archaic views are still prevalent when it comes to sex?

Enter any doctor's waiting room and look through the magazines on the table. A high proportion will contain

readers letters about sexual problems.

I have read many of these pages and I have yet to see a single letter from a disabled person about problems of a sexual nature. Is it because we are too embarrassed to announce to the world that we have the same emotions as able-bodied people, but which are often accompanied by the same, if not deeper-rooted problems? Or do magazines refuse to publish letters from disabled people on sexual issues because their editors do not know how to approach the subject?

I know there are several organisations set up to help disabled people with sexual problems and I am glad they provide a sympathetic ear. However, I do feel that the attitude of the majority of the general public towards sex and disability is that it is still a taboo area.

Well, it's about time people started to realise that those of us who have disabilities have the same emotional needs as people without disabilities. And yes, we have sex too!



Reproduced by kind permission from *Devon Link*, published by *Devon Social Services*.

“What’s Cooking?”

Bernice Das, Activities Organiser at Chipstead Lake Cheshire Home, Chipstead, Kent, here describes how cookery in their new kitchen is stimulating Residents, not to mention the taste buds of visitors and staff:

Our Home recently became the proud owners of a purpose-built kitchen in one corner of the Activity Room, kindly donated by the local Lions, which is gradually being equipped as funds become available. Both the Residents and those who come for day care enjoy cooking, either in groups or individually, with a whole range of ideas varying from an exotic supper (complete

with wine) to more basic cake-baking. We hope to build up our own cookery book with recipes which have been specially enjoyed. This will also help stimulate newcomers to participate.

The cooking combines well with other activities going on simultaneously, and this gives a happy and busy atmosphere for all participants to enjoy and share.

The Recipes

Biryani

(Serves 4)

Ingredients:

6-8 oz Rice (basmati)
3 Chicken Breasts
2 Large Onions
Small Tin of tomatoes
Small carton natural yogurt
2 teaspoons ground ginger
1 teaspoon ground garlic
2 teaspoons ground cumin seeds
1½ teaspoons ground coriander seeds
½ teaspoon chilli powder
1 teaspoon salt
1 teaspoon turmeric
1 teaspoon cardamom seeds
1 teaspoon ground cinnamon oil for deep frying

Method:

Wash the chicken and dice it.

Peel the onions, halve them and then slice diagonally very finely. (They must be finely sliced).

In a large saucepan put in the chicken, yogurt, ginger, garlic, cumin, coriander, turmeric, chilli and salt, mix them well and then add the tomatoes which should be finely chopped.

Put it on a medium heat stirring well so that it does not stick.

Meanwhile, heat some oil in a frying pan or a wok and deep fry the sliced onions. Fry them until they are crisp and brown in colour. Remove them with a slotted spoon and drain on a paper towel.

When the chicken is cooked, making sure there is not too much liquid, sprinkle the cardamom and cinnamon powder on it and then scatter the crisp fried onions evenly. Leave this mixture on one side.

Wash the rice and cook in a large pan with a lot of hot water and some salt on a medium heat. Once the rice is nearly cooked drain all the water and sprinkle the rice on top of the cooked chicken and onions. Spread it out evenly and cover it. Cook in an oven for 40 minutes on Gas 3-4 (330°F, 170°C).

Serve hot with raita and popadoms.

Note: You should remove the pods of the cardamoms to get to the seeds.

Raita (accompaniment to the Biryani)

Ingredients:

half a cucumber
small carton natural yogurt
pinch of salt
2 tablespoons single cream
black mustard seeds
1 tablespoon of oil

Method:

Coarsely grate the cucumber.

Mix the cream and the yogurt in a bowl until smooth. Add the cucumber and the salt.



Cake making at Chipstead Lake. Left to right: Resident Christine Simpson, Activities Assistant Kim Thomas, Day Care Attender Joy Kennard. (Photograph by Helen Stowe)

Heat the oil in a small pan. When the oil is very hot add the mustard seeds. When they sizzle add this mixture to the yogurt/cucumber mixture. Stir well and serve with the Biryani.

Here is a choice of two simple desserts to finish the meal:

Peach and Sherry Syllabub
(Serves 4 to 6)

Ingredients

14 ounce can peach halves
½ pint double cream
2 tablespoons lemon juice
2 tablespoons sweet sherry
1 ounce caster sugar
Toasted flaked almonds

Method

Drain and chop the peaches, reserving the syrup. Whip the double cream in a large basin until stiff. Mix six tablespoons syrup with the lemon juice and add to the cream with sherry and sugar.

Whisk until thick. Fold in the chopped peaches. Spoon into individual glasses and sprinkle with flaked almonds. Chill for several hours before serving.

Or:

Coffee and Walnut Flan
(Serves 4)

Ingredients

2 cups puffed rice breakfast cereal
4 ounces plain chocolate – melted
Coffee and walnut thick instant dessert (obtainable from most supermarkets)
½ pint milk

Method

Mix the rice cereal with the melted chocolate and line a 7 inch pie plate. Place in the fridge to chill. Make up the instant dessert and pour into the prepared dish. Chill before serving.

A Hectic But Rewarding Day

Ann Sutcliffe is a Care Attendant with Lancaster Family Support Service. Here she describes a typical 24 hours of her busy, but fulfilling life:

During the week my day starts at about 7 a.m. when I get up and have a quick jog down to the canal and back with my next-door neighbour Chris. This is my time of day, with no hassle from the three children, all asleep in bed, or my husband, who is left to make a cup of tea for me when I return.

The Chaos Starts

I have a quick shower and then the chaos starts. I wake the children and receive the usual abuse from the two older ones, before finally getting them all launched to school. I then have to think about my day as a part-time Care Attendant for the Leonard Cheshire Family Support Service. I attend about eight or nine Clients during the week at one time or other, usually for periods of one to three hours at a time. I try to fit in my work in school term time, but as I have to be flexible to the needs of the Clients, this is not always possible. As a result I find myself working at least one evening a week, and occasional sessions at the weekend. My husband is very supportive of this, as he realises that the needs of the Clients are not able to be programmed on a nine till five basis, school terms only!

The First Job

Today my first job is to drive to Morecambe and help one of my disabled ladies, who suffers from multiple sclerosis, to get up and have a bed bath. I then do a few passive exercises with her and chat about other jobs I can do to help her in the time available. This can be anything from paperwork, i.e. writing letters, paying bills, to popping to the shops.

Occasionally there are a few light domestic duties to do, but today Wynn just wants to chat, as she has had a bad weekend with the other caring services.

Playing it By Ear

My next job is back in Lancaster at another Client with M.S. First I have to battle with the Lancaster one-way system, which is the bane of my life as I move between Clients in both Lancaster and Morecambe.

Eventually I arrive at M's house. M is an ex-headmistress and is finding it very difficult to accept that she needs more care increasingly. Today I have to give her a bed bath and then keep her company while her Carer has a break. As I have three children at school, the conversation is often about



Ann Sutcliffe of Lancaster FSS.

education which I find interesting. If M doesn't want to chat I will often go into the kitchen and do some baking. In my view it is very necessary in my job to be able to play the work 'by ear', as the Clients' attitude to care and Carers can vary markedly from day to day. By this time it is about 2 p.m., and I return home for a quick snack and spin round the house before it is time to pick up my youngest child from school.

Last - Night Call

Then it's piano lesson time for Rebecca and more running around in the car, followed by preparing the evening meal. Just as I am putting my feet up for ten minutes, my husband Frank arrives, and wants his meal.

Then I have to put Rebecca to bed, before I'm off out again to my last Client of the day. Fortunately this is only a short drive away, and all I have to do is put the lady to bed. At last I arrive home and manage to relax in front of the television for half an hour before bed.

Fighting Against Stress

When I first started the job three years ago I found it very difficult not to get too involved with my Clients.

There always seemed to be something that had to be done for one or other of them in my own time, and I never seemed to be able to switch off. I soon realised that I was starting to bring stress on to myself by trying to do too much, which is very easy when you are dealing with people with such genuine, pressing needs. Eventually I had to try to limit my involvement with my Clients to working hours, as I told myself that it would not be in the interests of Clients or my family if my health began to suffer.

Counting My Blessings

I work very hard on establishing a good relationship with my Clients, as I feel that there is no way I want to visit people in their own homes if the atmosphere is not right. In general I think I have achieved this with my present Clients, and I find their appreciation very rewarding. I never forget that after leaving a Client I am in the fortunate position of being able to go home and have a good night's sleep, or have a weekend break! I am able to do this because I am a Domiciliary Carer. A full-time Carer, often next-of-kin, can suffer symptoms which lead to hospitalisation. I have personal knowledge of at least three Carers who have suffered serious stress as a result of caring for a loved one.

Small is Beautiful at Spencer

Spencer Lodge Cheshire Home in New Milton, Hampshire, is a chalet bungalow, bang in the middle of the community, which serves exactly the particular needs of six disabled people who need some support but their independence guaranteed. It is an excellent example of how determined disabled people can get what they want as opposed to what others think they need.

A Determined Fighter

It was the brainchild of **Yvonne Venables**, and was achieved in the teeth of all kinds of opposition and discouragement in 1980, when the concept of independent living had not advanced very far. Although she was in a wheelchair, Yvonne was quite prepared to fight for what she wanted – 'At that time I was living at home with my mother, who had suffered a stroke, and we were managing badly', she told me, sitting in her comfortable bed-sitter, with her beloved dog Bambi on her knee.

'When my mother went into a home, I was quite certain that I didn't want to be part of some big residential establishment where I would lose my identity. Equally, being a realist, I knew I needed back-up and security. I knew of others, too, who loathed the idea of being in a large residential complex and thought the way I did. So I decided it was down to me to fight for what I wanted.'

Initial Doubts and Forebodings

Yvonne contacted The Cheshire Foundation, Local authorities and various other organisations with what she had in mind. There was much head-shaking – she was told that a Home for six wouldn't work, that it would be too expensive, that they wouldn't be able to cope with limited staff, but she pressed her case with determination. 'I expect everyone thought I was very difficult, I rejected sites in the grounds of hospitals, and umpteen other proposals. However ill I felt, I knew what my goal was, and that I just had to go on.'

The Dream Comes True

She toured round the county organising fund-raising events and raised £90,000 towards the cost. Then the Cheshire Foundation Housing Association took the project over and in 1985 Yvonne's dream came true. The chalet bungalow was bought at a knock-down price of £55,000

(the owner was in gaol, apparently unaware of soaring house values) and extended to provide six bed-sitters, complete with microwave ovens, fridges and sinks, three bathrooms and a communal dining/sitting room. Residents live their own lives, in privacy, when they want it, but communally if they feel like it.

Not a Them and Us Situation

Brenda Cooper, Head of the Home, explains: 'The beauty of our size is that Residents have the security of 24-hour cover with an alarm call system in all rooms, home nursing if they need it, help on hand if they ask for it, and peace and quiet if they don't.'

'We have a splendid cook in **Jill Knight**, who provides a mid-day meal which can be served either in Residents' rooms or in the dining room together if they feel sociable, which they usually do. Breakfast and light suppers are made by the Residents themselves, who do their own shopping for a more simple meal.'

'Our Care Assistants understand the fine line between respecting personal privacy and being too impersonal. When I came here the atmosphere was not quite right, but now I think, and the Residents agree, that we've got a good balance, so that we are a community but very much individuals with differing life-styles too. There is friendship between staff and Residents, but we do work hard to avoid a Them and Us situation. Help is there when required, but never thrust upon a Resident.'

Full Lives Led

Thirty three year old **Francine Price**, who is cerebral-palsied, loves it there. She has made her own contacts in the community and attends weekly drama and art classes, as well as belonging to several clubs. She and Yvonne often sally forth together on expeditions, since they share many mutual interests.



Meeting for lunch: Left to right, Trustee Muriel Taylor, Cook Jill Knight, and Residents Alison Bartlett and Francine Price.



Head of Home Brenda Cooper discussing music tapes with Resident Ronald Keast.



Smiles from the staff. Left to right: Jennie Carpenter, Care Assistant; Eileen Johnson, Deputy Head of Home and Brenda Cooper, Head of Home.



Friendly encounters in the garden. At right, Yvonne Venables, with Alison Bartlett. Friendly sniffs, too, from Carol and Bambi, much loved dogs.

Lodge

For Alison Bartlett, who is almost blind, Spencer Lodge was the answer to her prayers. 'I was living at home and felt totally suffocated. I moved into a flat but my health worsened and I wasn't managing well. I dreaded the thought of a Home, and came here for a three months trial to see how it would be. If Carol, my guide dog, hadn't been welcomed, it would have been hopeless. However, she is extremely popular and this whole set-up is just what I need, leaving me free, but secure. Before I felt extremely vulnerable.'

Another Resident is Ron Keast, an ex-ambulance driver, who suffered a stroke, and has found the peace and support that he needs with limited mobility.

Communal Activities

Communal activities do take place by mutual agreement, and the Home's minibus is used frequently.

Yvonne is anxious that the Home that she fought for brick by brick should advance and give back something to the Community. Recently disabled people living around the area have been offered lifts in the minibus, and sometimes they come to Spencer Lodge for the day to give their Carers a break. The Home has also twinned with a Cheshire Home in Guyana and has so far raised £700 for it, proceeds from a very successful party in the attractive gardens surrounding the Home.

In time, Yvonne's hope is that Spencer Lodge might be able to expand to offer a small Family Support Service too. 'I'd like to think we can change and adapt as time goes on.'

Proud to be Cheshire

At present, the fact that Spencer Lodge is part of the Cheshire Foundation is not announced, but Residents plan a modest board to make this clear, because they are proud to be part of the organisation and want other people in the area to know about it.

Reaching Out to Mentally Ill in The Community

A new scheme, to reach out a caring hand to people with mental health problems struggling to survive in the community, has been launched in the East London Borough of Tower Hamlets, under the auspices of The Leonard Cheshire Foundation.

It is called The Nicholas House Care Team, and was devised by Nicholas House, the Foundation's East End residential Home for mentally ill people, as a response to the demands of the Community Care Act, to provide support for all community based Clients with identified mental health problems.

The Help Offered

The Care Team offers practical, flexible help and support in everyday living such as shopping, cooking, budgeting, hygiene, form filling, as well as emotional assistance through counselling to help Clients to grapple with stress and isolation, together with advocacy to put them in touch with other available and appropriate community services. It also provides support for Carers who may be finding difficulty in coping with mentally ill friends or relatives.

Financial Grants

The project started in November 1991, and is operating on a grant of £60,000 from Tower Hamlets Social Services Committee and The Mental Health Foundation. This is sufficient to enable it to charge out care hours competitively to neighbourhoods surrounding the Borough at £13 an hour.

However, an introductory free period of four weeks is being offered to enable users to monitor the effectiveness of the scheme. At the end of this time a progress report will be presented which, if satisfactory, will be followed by a further two months of work which will be charged for.

The Care Team

The Care Team is co-ordinated by Chris Leigh, formerly Administrator and Fund-Raiser at Nicholas House. At present it consists of four Community Care Workers, including one Benghali/Sylheti speaking woman. Care hours vary from two to ten hours per week.

Referrals are expected to come from numerous sources, such as local hospitals, Health Authorities, social workers, psychiatric nurses, voluntary agencies, doctors and other professionals.

Chris believes that the need for the service is pressing, since it is estimated that 6,000 people with some degree of mental health problems are living in the community in the area.

'We intend to be very flexible. Our work may vary from helping someone with schizophrenia to handle his or her difficulties, to assisting a mother with problems to get her child to school', he said. 'The important thing is that we will be available, so that nobody will feel they are totally alone with no one to care and no one to turn to. This applies also to Carers who may be sorely pressed and in need of advice.'

Complex Needs

Present at the launch of the Service in Toynbee Hall was the Mayor of Tower Hamlets, Councillor Barry Blandford, and Councillor Nigel Huxted, Chairman of the Social Services Committee.

Speaking at the launch, Kina Avebury, Principal Officer for Mental Health, Tower Hamlets, said that there were a depressing number of people discharged from mental hospitals who were sleeping rough. Real community care required a complex army of people, goods and services. Mentally ill people required many

things. They needed adequate housing, social and clinical care, and a chance to work or to train for work. Simply providing a roof over their heads and nothing else was a recipe for disaster. They must be helped to achieve motivation and a sense of personal worth, and given aid to cope on a practical level, as well as a chance of some social life. All these things were important pieces in a jigsaw puzzle to stop relapses and their lives falling to bits.

A Much Needed Lifeline

John Mulcahy, a Befriender for ex-patients from the local mental hospital, St. Clement's, said that he welcomed the Care Team as much needed. 'Many patients are discharged but are not fit enough to be totally self-sufficient in the community. Even simple, every day activities present severe problems. Some have very few social skills. They can't make a meal, perhaps, and even going to a supermarket to shop can be totally intimidating. They are very vulnerable and they must have someone to go to and count on if they are in difficulties', he said.

Making The Service Known

The need to alert community workers and others to the existence of the Care Service was vital, Chris Leigh stated. 'We are geared to be very flexible, and although at present we have only four Care Workers, we can expand this number rapidly to cope with increased demand. Our team is here to complement the work of other agencies and particularly to provide continuity and extra support for health and social workers put under pressure by the size of their case loads.'

Further information from: Nicholas House Care Team, St. Hilda's East, 18 Club Row, London, E2 7EY, Tel: 071-613 0643.



THE LEONARD CHESHIRE FOUNDATION INTERNATIONAL

26-29 MAUNSEL STREET LONDON SW1P 2QN ENGLAND

Father Michael's Smiling Irish Eyes

**Ronald Travers,
International Director
writes:**

It was surely the twinkle in the eye that attracted everyone to Father Michael Doheny. Behind that twinkle was also the kindest heart that one could wish to find. Everyone just loved him. His death on April 2nd was a source of great sadness.

Born in Ballinalacken, Kilkenny, in 1915, Father Michael was ordained Priest in 1944. The next year saw him with the Holy Ghost Mission in Nigeria where he stayed for some four years before returning to Ireland. He then became Director of Theology at Kimmage Manor, the Holy Ghost Missionary College.

**Founder Member of
Concern.**

In 1969 Father Michael became a Founder Member of Concern, the third world aid agency, for whom he worked tirelessly until he suffered a severe stroke in 1987. During this time he was essentially a film maker and through his many films he enlightened and indeed educated so many to the problems of the developing world. He raised substantial funds over the year. Though travelling the world to find the money to make the films, spending hours in editing rooms, totally committed, he never appeared in any way rushed. There was always

time for the personal concern which he showed for everybody. Meeting volunteers in the many countries in which he travelled he would always spend time with them and, what is more, find time when he returned to Europe to telephone their families and tell them how they were getting on.

Sterling Help

To say he was a friend to the Leonard Cheshire Foundation would be an injustice. Introduced to us by his brother, Father Kevin, Cheshire Liaison Officer in Africa, he worked hard towards the founding of our Home in Bangladesh and then in Ethiopia and Tanzania he continued that work. His visits to Market Mews and then Maunsel Street were looked forward to by everyone there. His sense of humour and marvellous sense of fun simply radiated throughout the office. The joke he most enjoyed was when Eamonn Andrews surprised both him and Father Kevin when they were featured on 'This Is Your Life'. Father Kevin was in on the secret - he thought that it was Father Michael - Father Michael was told it was all a secret and that it was Father Kevin. In fact it was both of them. Father Michael really enjoyed that.

He died, peacefully, at his beloved Kimmage, surrounded by his family.



Dave Barr and his trusty bike reach the Arctic Circle.

Around the World on 'Tin Legs'

UK readers will remember **Dave Barr** the legless ex-marine who in early 1991 travelled from Edinburgh to London on his motorbike, with many stops on the way at Cheshire Homes. Since then he has achieved a world-wide epic journey.

His aim - to raise public awareness for disabled people, and to motivate others in his position.

A Truly Marathon Journey

His courageous travels have taken him through six European countries, crossing

the Arctic Circle up to North Cape. He then flew to the USA, where he rode his bike through several States to Canada on 28th September. When he rode up to his mother's Californian house, 'half way round the world' had been completed.

The next journey was South through Central America, to Venezuela, Caracas, down to the Brazilian border, and thence through the Amazon Valley. When last we heard from this remarkable man he was on his way to São Paulo to visit the Cheshire Home there.

Fund-raising for Cheshire Homes in India.

Dehra Dun Home – Sarah Weatherall an art student, worked at the Home as a volunteer a few years ago, and on return to the UK started fund-raising to support the salary for an Occupational Therapist for the Home. In December 1991, Sarah and her co-fund-raisers, **Jaqui Dyer and Sophy Buckley**, organised an unusual and extremely successful Art Auction in London, and this enabled them to reach their target of £12,000, to start the fund for the salary.

Charity Dinner

The **Madras Home's** Committee recently ventured into what was for them a novel fund-raising event – a charity dinner. Managing Partner of the Cascade Restaurant, Mr Mahadevan, offered his restaurant free, and also contributed the food, printed the invitations, and sold 15 tickets. The evening was a complete success.

Toronto Opens Independent Living Centre

The first barrier-free Home for deaf-blind people in Toronto opened in May. **Rotary Cheshire Apartment Building** has 16 specially equipped one-bedroom apartments for independent living, and represents the culmination of seven years of planning and fund-raising by the **Canadian Foundation for Physically Disabled Persons and the Toronto-Don Valley Rotary Club**. In addition to the sophisticated equipment, there will be 'interveners' – people who assist in communication through providing information using a special sign language.

New Building on the Way in India

The Home at **Tuticorin, in Tamil Nadu** in the South of the country, cares for ten children affected by polio. At the Home they receive physiotherapy, play games in their leisure time, are taught sewing and embroidery skills and are encouraged to be self-sufficient. A permanent building is being constructed on a site leased to the Committee by the Southern Petro Chemical Industries Corporation, for an annual charge of Rs 500/- (£50). **The Foundation stone was laid in**

November 1991 by **Thiru M. A. Chidambaram, the Chairman of the Southern Zone**; the new Home will have space for 20 children, thus enabling it to expand its services.

Argentina Lays Home Foundation Stone

A Foundation Stone has been laid in **Obera**, in the far North of Argentina, for a small Home for young people with physical disabilities.

County Dublin Home Completed

Building of the Home at **Monkstown, Co. Dublin** Ireland, has been completed, and 20 physically disabled Residents will be admitted later in the year. Work has also commenced on ten self-contained flats in **Sligo Town**, close to the heart of the town.

A Vital Borehole in Zambia

In East and Southern Africa people are suffering their worst drought for many years. In these times a borehole is vital, and in **Solwezi** there is a problem with water under normal conditions. The Solwezi Home for 20 children could not open until it had this facility but now, through a generous donation from the **States of Jersey Overseas Aid Committee**, the borehole has been completed.

Chairman of Spanish Cheshire Homes Receives OBE

December 1991 was a busy month at the **Benedetti Cheshire Home** in Barcelona. On 12 December the Chairman of the Spanish Foundation, **Hogares Cheshire de España, Sr. Juan Trias**, was awarded an **Hon. OBE** in recognition of his many years of work for the Foundation. Sr Trias has been Chairman of the Foundation in Spain since 1982, and was the moving spirit behind the opening of new Homes in **Tarragona, Alella, Mataro and Badalona** all of which are in Catalonia.

US Sailors Help Redecorate

Just after Christmas the **Benedetti Home** in Spain was the scene of frantic redecoration. The Residents looked on in amazement as 22 sailors from the American warship **USS Newport** repainted their house. The US Navy ship was in

Barcelona port to take part in a Sixth Fleet visit to the Catalan capital.

Residents' Lunch Aboard

The sailors painted with a smile and left the Home a brighter place in a matter of hours. A few days later the Residents were invited to visit the 8,000-ton tank landing ship and were entertained to lunch by the officers and crew at a festive table set up on land alongside the ship.

Selangor Cheshire Home – Malaysia

The Rotaract Club of Shah Alam sponsored six Residents from this Home on a goodwill visit to the Cheshire Home in **Kuching, Sarawak**, for a joint Christmas celebration, and to enable the Rotaractors to get to know the Residents. For one of the Selangor Residents, this was the first time in 10 years that she had been back to her home State. Fund-raising for this visit had been undertaken by the Rotaractors, and arrangements were made for **RTM Kuching** to interview the Residents on their first impressions of Kuching and to share their experiences in overcoming their physical disabilities.

Zimbabwe and Malawi

Ronald Travers, International Director, and Mark O'Kelly, Finance and Development Officer, have visited Zimbabwe and Malawi. In Zimbabwe they saw both the Homes in Harare. In Malawi, Cheshire Homes Lilongwe, which started its first project in 1989, operating a clinic two afternoons a week for children primarily with cerebral palsy, has now increased its operation to 5 clinics a week in different locations, providing physiotherapy and occupational therapy for 44 children. Home visits are also carried out – and there is enormous scope for expansion as the need is so great. **The Blantyre Home**, which opened in 1985, moved to its present site in 1989. It provides physiotherapy, occupational therapy and special education to about 140 children a month, on a daily basis. A residential unit for short-stay children has been built, but has yet to be furnished and equipped.

VISITS TO INTERNATIONAL HOMES

India – Visits have been made to the **Delhi and Bombay Cheshire Homes by Ian Crocker, Chairman of the Lisbon Home, and his wife Laila, and also by Robin Fletcher, Hon. Treasurer of Cheshire Smile**. They were made very welcome and learned much through these visits.

China

Brother Kevin Doheny, Far Eastern Region Secretary and Liaison Officer, and Diana Khoo, Far Eastern Region Training Officer, visited China in February, having been invited by the Yunnan Federation for the Handicapped and the Organising Committee, to attend the 3rd China Arts Festival in Kunming.

South Africa

Sir Henry Marking, who retired as International Committee Chairman at the end of 1991, visited Johannesburg in February, and went to the **Ann Harding and Elethu-Daveyton Homes**.

Fund-Raising Investigation

From January to March, **Gillian Graham** travelled through Tanzania, Zambia, Botswana, Namibia and parts of South Africa on a fund-raising visit, to ascertain needs, and explore possibilities of local and UK funding from the corporate sector. **The Dodoma Home** in Tanzania is struggling due to water shortages; **Sister Franca** has, since Gillian's visit, gone to Ireland for three months' training. The **Mlali Cheshire Home** in Kongwa received its first visit since it started, by the London Office. Having started by creating major carpentry and welding workshops, **Father Angelo Simonetti, an Italian Capuchin Monk**, has developed the Home for 30 physically disabled children from there. The workshops will, when complete, provide training for local people with disabilities.

Needs in Zambia and Botswana

Gillian visited all five Homes in Zambia, where all their needs were noted, as well as the **Mogoditshane Cheshire Home** in Botswana. She travelled to Namibia, to the **Anamulenge Cheshire Home** near the Angolan border, and met members of the Committee in **Windhoek**.

Vital Training Expands.

Sister Mary Steven Namakula, Administrator of **Nkokonjeru Home** in Uganda, has been on a study visit to Kenya where she stayed at the **Limuru and Kariobangi Homes**.

Penny Mharapara, Head of Home of Masterton Home in Harare, has been on a training visit to Limuru in Kenya, and to Uganda, where she held a workshop at **Katalemwa Cheshire Home**, attended by the Sisters from Butiru, Budaka and Nkokonjeru Homes, as well as a home for elderly people in Kampala. This followed a study visit by **Sister Mary Theresa Nayiga**, Secretary/Administrator, and **Sister Agnes Tushemerirwe**, of the Katalemwa Home, to the Masterton Home in Harare last October.

Sarah Holloway has travelled to Penang, Malaysia to introduce a training plan to Heads of Home for field testing and to prepare them as trainers and assessors of Level One of the training plan, 'Basic Care Skills'



Residents from Limuru Cheshire Home, Kenya.



International Director Ronald Travers meets some children at Westwood Cheshire Home, Zimbabwe.



Intrepid Dave Barr examines the sea bed in Honduras, and introduces the red feather to the fish!



Kariobangi Cheshire Home, Kenya. Bus donated by States of Jersey Overseas Aid Committee.



Sara Willis, a young volunteer with a Resident at Dehra Dun, India.



Dee Ann Hunt, a Peace Corps Occupational Therapist, at the Lilongwe Cheshire Home, carrying out a home visit.



A small and happy Resident from Blantyre, Malawi.

Sad Death of Sally Mugabe

Mrs Sally Mugabe, wife of President Robert Mugabe of Zimbabwe, who died in January, was the Patron of the Cheshire Homes in Zimbabwe. She had worked in Britain as a teacher and charity volunteer, and at the time of her death had been working hard through a decade of ill health, on behalf of women and children. She was the head of the Zimbabwe-based Child Survival and Development Foundation, set up to raise funds to assist poor, disabled and disadvantaged children. She personally distributed books to children in rural areas, and sewing machines to the women, and helped raise funds to build better houses for people with Hanson's disease. She took a keen interest in a pre-school programme, run by **Sister Janice McLaughlin**, providing every week milk, food and sweets for the children.



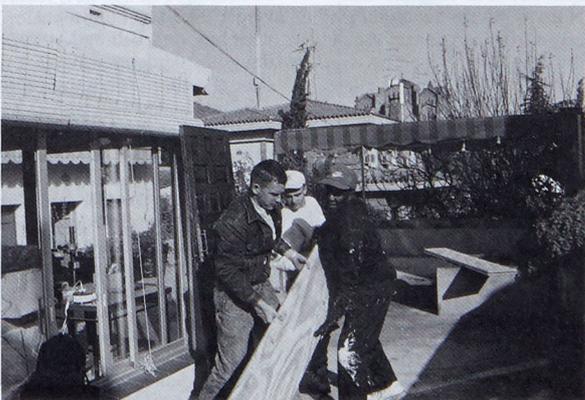
General Dhody meets Ian Crocker (right) Chairman of the Lisbon Home, when he visited the Delhi Home.



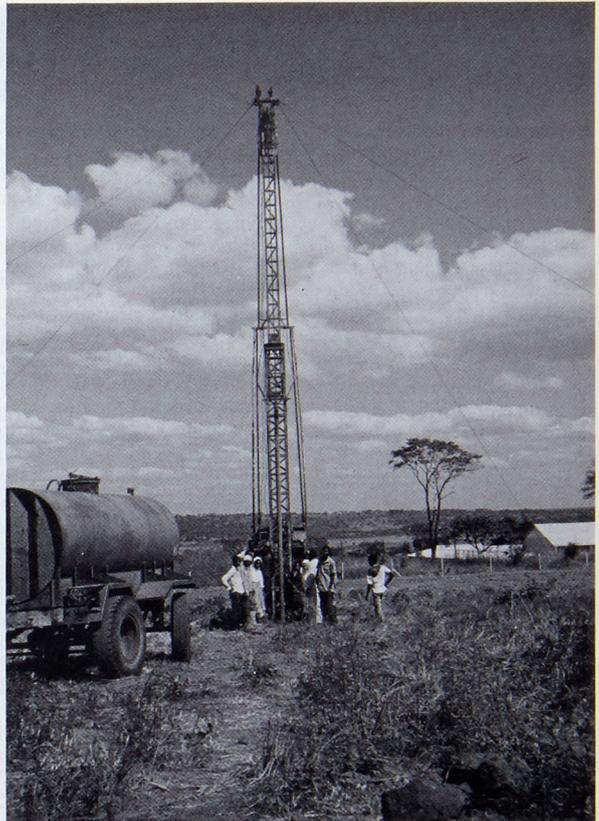
A meeting at Bethlehem House, Bombay. Left to right: Sister Teresa Vericat; Ian Crocker, (Chairman, Lisbon Home); Sister Teresa Villaneuva; Sister Regina; Ramesh Kirpalani (Resident).



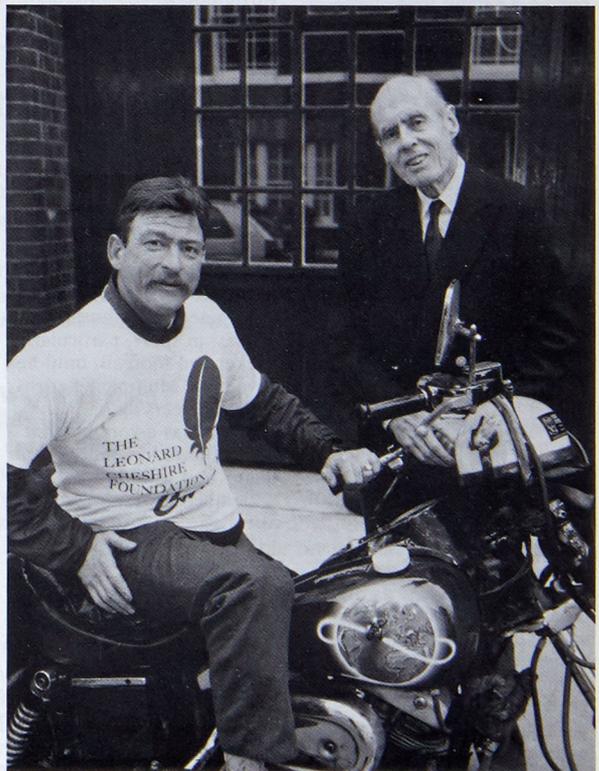
Sr. Juan Trias (left) receives his OBE from the British Consul-General in Barcelona, Mr David Joy.



Sailors from the United States ship USS NEWPORT redecorate The Benedetti Cheshire Home in Barcelona.



Solwezi bore hole in place. Donated by States of Jersey Overseas Aid Committee.



Dave Barr meets the Founder at Maunsel Street.

Obituaries

A Devoted Worker

It is with deep regret that we have to announce the passing of our President, **Mr 'Will' (W. T.) Bagnall**. Will, as he was known to us all, first became involved with St. Bridget's in 1955, when the house in East Preston was bought for £4,000 with a loan. Many alterations had to be made, which were all undertaken by Will, giving his services free and only charging for materials.

He took over as Chairman from Ailsa Clifford-Smith in October 1962 and remained Chairman until 1979, when he was invited by the Trustees to become our first President.

He will be greatly missed by all who knew him, and we send our most sincere sympathy and kindest remembrances to Joan and Patricia.

Betty Green, Vice-President St. Bridget's Cheshire Home Rustington, West Sussex.

Sadly Missed

It is with great sadness that we announce the death of **John Hayter** at Mote House Cheshire Home. John had been a Resident here since 1988, and was a much-loved member of our family. He loved to help, and was happiest doing odd jobs around the Home. John loved socialising and loved to dress up complete with bow tie for special functions. He is sadly missed by all at Mote House and by his many friends. We extend our deepest sympathy to his family.

Anne Pring, SRN Head of Home Mote House, Maidstone, Kent

A Very Special Person

Alan Morris, Hon. Secretary of Spencer Lodge, New Milton, Hampshire writes: 'Everyone at Spencer Lodge would like to share the wonderful memories we have of **Christopher Millard** who died on 12th February 1992 aged 42 years. Chris, a founder Resident, had lived at the Home for the past 6 years and despite all his difficulties he lived a very full and varied life. Chris had the gift of bringing out the best in people.

'During recent years he received recognition for his paintings and photography. We feel extraordinarily privileged to have been a part of this very special person's life and to have known his family. Their love, faith, support and commitment to the care of their son shone through good and bad days alike. There was always mutual love and warmth surrounding Chris. We shall all miss him, but are thankful in the belief that he is now in the care of God, whom he loved so much, and running free in a place where there are no barriers.'

Triumph of Spirit over Adversity

Kevan Rushby, Head of Home, The Dukeries, Retford, Nottinghamshire, writes:

It is with great sadness that Dukeries House announces the death of **Mr Frank Allenson** on Wednesday 12 February 1992.

Frank was one of the first Residents to come to the home just after its opening in 1976. Prior to joining us, Frank had served in the Royal Sherwood Foresters 12th Battalion and then with the Royal Lincolnshire Regiment, with whom he played his part in the Burma campaign of 1942, for which he was awarded the Burma Star.

At the end of his military service in 1947 he worked as a Woodbender at a woodyard in his native Worsop.

He had always pursued an active life-style and had maintained an enthusiastic interest in sport, particularly cricket and football, until he developed Multiple Sclerosis about 38 years ago.

Frank was a very popular and respected member of our family and will always be remembered with love and affection.

Despite many years of illness Frank was uncomplaining and always had a kind word and a smile for everyone. The love of a committed staff team tending to him day and night, I believe, can only have lessened the pain and frustration of the years.

Frank was a remarkable example of the triumph of

the human spirit over physical adversity. His will to live and continued fight against illness was an inspiration to us all until his suffering finally ended peacefully on 12th February 1992.

A Much Loved Resident

Anne Pring, Head of Home, Mote Cheshire Home, Maidstone, Kent writes:

Miss Margaret Haynes – Meg as she was known by all her friends – died peacefully at Maidstone Hospital on February 26th 1992.

Despite her severe physical disabilities Meg enjoyed life. She had many friends and this was evident by the numbers who attended her funeral service in the local Catholic Church. It was such a lovely occasion with the students from the school providing the music and singing especially for Meg whom they knew and loved. Pity she wasn't there to enjoy it . . . or was she?

We extend our deepest sympathy to her family.

A Man of Music

Einar Wicksteed a sometimes solitary man, died at King's College Hospital on 28th October 1991. He had been a Resident of Athol House Cheshire Home, Dulwich, Southeast London, for three years. I believe he had suffered from M.S. for approximately 22 years.

Born in Twickenham, Southwest London, he was educated at Bedales School, where he earned his degree in English. His roots were split between England and Norway where his mother came from, a country much loved by him, which he managed to visit for the last time in April 1991.

Einar found much happiness and fulfilment teaching English to foreign students and could speak both French and Norwegian fluently. Music was his great love and he would spend many hours in his room listening to something from his vast collection of classical music or watching his TV which gave him a lot of pleasure. He also attended the various theatres for classical concerts.

I'm sure all will miss Einar's dry sense of humour, especially myself who loved and admired him very much. May he rest in peace.

Patricia Savill

A Life of Commitment and Love

It is with deep sadness and sense of loss that the Residents and Staff of Marske Hall report the sudden, untimely death on 27 February 1992 of a dear, devoted Matron **Mrs Constance Turner, MBE, SRN**.

Michael Humphrey, Chairman of the Management Committee, writes:

'Connie's lifetime commitment to her 'family' can never be surpassed, the warmth of her love and care difficult to replace, her understanding of the needs of disabled people, to our knowledge, without parallel, and her quiet dignity and leadership an example to us all.

'She lived for those she loved, and those she loved remember'.

After training as a nurse at Middlesbrough, Connie became a geriatric ward Sister, and her experience of caring for young disabled patients, at a time when there were no specialised Homes for them, triggered a truly compassionate response which gave direction to her life.'

A Family Concern

'In 1962 she was appointed as Matron at Marske Hall, supervising preparations to welcome the first Resident in February 1963. It really was a whole family commitment with husband Bill and young daughter Christine 'living over the shop' for some years – Bill was, and still is, employed at the Home, and together they worked for the benefit of those in their care. Despite her devotion to the Home and the Residents, Matron never allowed it to prevent her from being a devoted wife and mother; her secure childhood had taught her that caring love was most effective on a one-to-one basis, and she was always mindful of everyone's individual needs. She gave friendship and compassion to

Changes in Foundation Trustees

Trustees of the Foundation are responsible for the policy of the Foundation, in consultation with professional staff. They also provide a vital link between committees of Homes and Services, offering guidance and support as requested, as well as acting as watchdogs to ensure that the principles set out in the Mission Statement are adhered to. Over the past year there have been a number of changes as follows:

Air Chief Marshal Sir Christopher Foxley-Norris, a Trustee since 1972, has retired, but remains **Chairman Emeritus**. Sir Christopher's close association with the Foundation goes back to its very earliest days, after he had forged a close friendship with the Founder in 1935. Sir Christopher was Chairman of the Foundation from 1974 until May 1982, and his many commitments have included Chairmanship of the Public Relations Committee and membership of the International Committee, on whose behalf he has travelled abroad extensively, visiting overseas Homes.

Mr Jack Threadingham is also resigning as a Trustee, having relinquished the post of Honorary Treasurer in 1991 after five years sterling work, when he was also Chairman of the Finance Committee. Although wheelchair bound since 1947, Jack's energy is legendary, and he has now undertaken the job of Mayor of Tewkesbury, the first disabled person to hold this important office.

John Tindall, a Trustee since 1978, is also resigning this year, having provided an important link with the five Cheshire Homes in Wales, as is **Philip Smith**, who was elected in 1987 and specialised in the Foundation's public relations activities.

Dennis Maiden, a Trustee since 1986, has also resigned. Dennis was Chairman of the Management Committee of Park House, the Foundation's hotel on the Sandringham estate, and of the Steering Committee which successfully brought this exciting project to fruition. He was also Honorary Treasurer of the

Foundation for a short time, but regretfully relinquished this post due to heavy business responsibilities.

Another long-serving Trustee who has ceased work for the Foundation this year is **Peter Allott**. He became a Trustee in April 1967 and for many years was the Chairman of the Trustees' Homes Planning Committee. Indefatigable in his visits to Homes and attendance at the Central Committee meetings, he was also very committed to finding alternative ways of funding new projects through Building Societies and Housing Associations. Peter had a more detailed knowledge of the Homes than almost any other Trustee. An early Chairman of White Windows Cheshire Home, Halifax, he subsequently became Chairman of the West Riding Group.

New Trustees Elected

Mrs Fiona Miles joined as a Trustee in August 1991. She has been closely associated with St Bridget's Cheshire

Home, Rustington, Sussex, as Chairman of the Management Committee.

Sir David Goodall, Chairman of the International Committee, also joined the body of Trustees, in October 1991. He recently retired as British High Commissioner in Delhi, after many distinguished years in the Diplomatic Service.

Michael Johns was elected to the Trustees in March 1992. A partner in an eminent firm of City solicitors, and a non-executive Director of two public companies, he has undertaken the task of advising the Foundation on Financial aspects. He has also been co-opted on to the Executive Committee.

Vice-Presidents

The Foundation has appointed a number of Vice-Presidents in recognition of their contribution to its work. Names will be announced in the next issue.

all and without thought of anything in return – only the self-satisfaction of being true to herself.

Awarded the MBE

During almost twenty years Matron worked tirelessly in building upon the considerable support for the Home, welcoming Support Groups, volunteers and anyone who was interested, and in developing and maintaining the community and family atmosphere of a Cheshire Home centrally situated within a large village. She worked through the upheaval of several building projects, and was proud of the present-day facilities. In her usual modest and quiet manner she accepted the MBE in the Queen's 1984 Honours List, which coincided with our 25th Anniversary Year, feeling that the honour reflected only on the Home itself and not on her personality.'

The Stimulation of Day Care

Hazel Briggs, one of two Carers for 21 years old Wayne Donaldson, a severely disabled young man with a bright nature and an active mind, explains how Day Care facilities at Alne Hall Cheshire Home in York help him towards a fuller and richer life.

'My aim is to give Wayne as much independence as possible. The facilities at Alne Hall enable me to do this. Its pleasant surroundings, and the warm and friendly atmosphere, encourage me to be enthusiastic about my caring.

Activities Help

'In the Activities Room I have at my fingertips an abundance of apparatus which helps create a happy, varied and interesting day. The activities can be educational, for pleasure or for personal needs. The computer section helps his communication,

allows him to have fun using his own capabilities and aids his education. I use a wealth of software to build a varied programme for Wayne, but this is only one aspect. In addition there is painting, and group activities such as bowls, swimming, board games, to mention only a few. We are always welcomed and included in them all. Outside the Home he joins in shopping trips, visits to interesting places, music therapy, and singing. We benefit from the use of its transport, too. Without Alne Hall these opportunities would only be available on a limited basis for him.

Sharing The Joys and Sorrows

'We share all aspects of life with the Residents and Staff, including happiness, sadness and a wonderful sense of humour – a definite asset!

'Thank you for opening your doors to us, Alne Hall. Wayne's life is much richer as a result, and so is mine.'

YOU write to US

Betty's Thirty Years of Memories

I've been in Mote House for thirty years, and there are only two of us left who have been here since the opening in 1962. At that time, there were very few places for young disabled people, as most of the residential homes catered for the elderly. I felt privileged to be offered a place, although it was in such a dilapidated state at the beginning.

In those days, Mote House was more like a hospital, so my bed was in a dormitory with five others. We shared everything, including our friendship with the sheep that used to come up and peer through our window.

Because we were starting from scratch, many people donated furniture, bedding, kitchen equipment and all the other accessories that go with starting up a new Home. We were indebted to all the generous people that helped us in those early days.

Alice Elizabeth Hill (Betty)

Importance of Knowing

I am overdue for sending my subscription and enclose a cheque for £20 to remedy that. As editor for a small local Group's Newsletter and a contributor to my old Squadron's Newsheets I know how important it is to see that everyone knows what's going on. Keep up the good work!

How relieved I was when I rang Basingstoke Hospital to learn that Leonard Cheshire was none the worse for his overnight 'adventure'. May he long continue to lead the Foundation.

George Drew
Umberleigh
Devon

Leonard Cheshire's Ordeal

May I express my grateful thanks that Leonard Cheshire came out of his awful ordeal of fire at his home safe and sound, mainly because of his coolness of mind.

I work voluntarily at the Shanklin Cheshire Home, Isle of Wight, and I know what a devastation it would have been for us all if the outcome had been different.

Daphne Fareham
Shanklin, Isle of Wight

Multi-Racial Children's Home

I'm one of the newer members of our Cheshire Home in Chatsworth, Natal, South Africa, and I'd like to say thank you to the Residents for accepting me.

I'd like to convey the good news that our Children's Home, situated quite close to our Adult Home, has been completely renovated and extended to cater for a further 30 children on top of the 10 now in residence. This place is in accordance with Cheshire policy and strictly multi-racial. Hear, hear!

Our Adult Home is at present going through a welcome rejuvenation of workshop and recreational facilities, which 19 Residents, including myself, will soon be enjoying.

Seeking a 'Twin'

We would dearly love to contact one of our brother Homes anywhere in the world with a view to comparing notes on daily issues and Resident Committee working programmes to help our fellow Residents. Please contact us at the address below.

Thanks for a great magazine. We look forward to your news and sometimes have to squabble over who gets first read!

Brian Camp, Committee Secretary

A Happy Acceptance

I am writing to tell you about my engagement. I have known Carol for a year – since 1st February 1991. I was put next to her by one of the Care Assistants and we have been sitting together ever since. And I plucked up courage to ask her if she would like to get engaged. She is a spastic like myself and she was at Daresbrough Hall near Liverpool. We got engaged on Wednesday after Valentine's Day. I never thought it would happen for me, but it has. Would you be able to print this in your next issue?

Andrew Lewis

A Home – Not a Hotel

I do realise that many Cheshire Homes are functioning in old and inconvenient buildings – a case in point is one where I spent a holiday five years ago, and found the standard procedure was to queue for the loo, where there were no hoists – but having read the account in the January 'Smile' of the wonderful new extension opened at Stonecroft, I was assailed by a thought which I knew to be controversial, and since it won't go away, I feel I must express it, and then wait to be shot down.

When I was a Resident in a Cheshire Home a few years ago, we were asked for suggestions for possible improvements to our single rooms. I then quite enthusiastically endorsed the idea of en-suite toilets, (though it did not occur to me that a large proportion of Residents require some help with the toilet, so that privacy is of little value). I have now become aware of the financial struggles entailed in establishing and maintaining Cheshire Homes in those parts of the world where single rooms are probably a rarity, and an en-suite toilet an undreamed-of luxury.

My thought, then, is that when any Cheshire Home in the affluent part of the world is contemplating much-needed extensions or additions, they might (a) remember that a Cheshire Home is a *home*, not a hotel, and they might then plan for simplicity rather than luxury, *then* (b) be linked with some Cheshire Home overseas which has very urgent non-luxury needs, so that the appeal for funds in *both* countries could then cover *both* Homes. The basis of such a project would not be paternalism, but partnership.

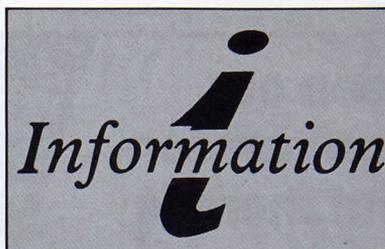
Please note I am *not* trying to make the Residents of Stonecroft feel guilty, and I wish them all happiness!

Barbara Hoy
Torquay, Devon

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



■ **More Home Improvement Help:** Home Improvement Agencies, which help elderly and disabled people repair and adapt their homes, have received a 28% increase in budgets for 1992/3, as from 1 April. Environment Minister Tim Yeo announced that the H.I.A. allocation will rise from £3.04 million to £3.9 million. Janie Casey, Director of Care and Repair, the national co-ordinating body for H.I.A.'s, said, 'The increase will mean an additional 18 agencies will be funded.'

■ **Giving - Not Taking:** Hertfordshire Cheshire Home, Hitchin, mounted a pantomime to raise money for others as a 'thank you' for the support it receives locally. *Snow White and the Seven Dwarfs*, with Head of Home Alan Dickinson as 'The Wicked Queen', played to a packed house and raised £250 for the Mulberry Bush Appeal, to convert Southgate Day Hospital into a children's therapy centre.

■ **Discovery Holidays Launched:** Winged Fellowship is embarking on a new venture - Discovery Holidays for severely physically disabled people. Based on budget priced arrangements, they allow more freedom and flexibility than formerly. The programme for 1992 includes one week trips to The Lake District, Cornwall, The Cotswolds, Centre Parks and Holland, with prices starting at £190 per week, all inclusive.

Further details and colour brochure from Winged Fellowship, Angel House, 20 Pentonville Road, London N1 9XD Tel: 071-833-2594

■ **Publicity Board Helps:** Danybryn Cheshire Home's Appeals Committee (Cardiff) were delighted with a publicity board made by Residents with the help of Mary Bebb, Activities Organiser. Photographs showing outings, activities and life in general at the Home are featured on it, and were taken by Resident Henry Jolly, now appointed Official Photographer.

The board has proved a great help with fund-raising and creating awareness, and has already been displayed at the Sainsbury's Collection, a sponsored swim, a dancing-school concert and a musical evening at the College of Music and Drama.

■ **Simple Benefits Guide:** The Department of Social Security has published a comprehensive Disability Handbook which it claims will 'demystify' the claims process for those working on or applying for the new Disability Living Allowance and Attendance Allowance. Price £11 from HMSO Bookshops. Also available in libraries.

■ **Double Joy for Joy:** Everything has come up roses for Joy Burton, Foundation Financial Controller Rita Belletty's secretary. After several years hard slog in her spare time, she has achieved an Open University BA degree, and found romance, too, with a fellow student, civil servant Ben Basing. They met while poring over Socrates and Wittgenstein on a philosophy course.

■ **Access Holiday Guide:** Ian MacKnight is wheelchair bound and has produced this guide from carefully researched, personal experience of dependable, friendly holiday venues. In five sections, it comprises details of self catering holiday properties; hotels, inns, guest houses and farms; adventure holidays and youth hostels; touring caravan sites; general information.

Price £3, including p & p, from The Access Holiday Guide, 7 Roundberry Drive, Salcombe, Devon TQ8 8LY (Cheque or postal order made out to 'The Access Holiday Guide')

■ **Volunteering:** *Volunteering and Society*, published by NCVO, is the first comprehensive document on the subject. It includes two chapters on the management of volunteers in both organisational and community settings. Available at £9.95 from bookshops or by post at £11.20 from Plymbridge Distributors Ltd, Estover, Plymouth, PL6 7PZ

■ **Disability Benefits Video:** ITV company, TVS, has produced a 20 minute video which explains the new disability benefits - Disability Living Allowance and Disability Working Allowance. Cost is £7.05 incl. p & p. From: Karen Gilchrist at TVS Education, TV Centre, Southampton SO9 5HZ

■ **Preventing Pain and Disability:** The Wessex Rehabilitation Association is holding an international conference on how to prevent pain and disability. The conference will be held in Oxford from 3 to 5 September and will be a multi-disciplinary meeting with leading speakers in rehabilitation from the UK, USA, Western and Eastern Europe.

Further information from: Secretary, Wessex Rehabilitation Association, Odstock Hospital, Salisbury, Wilts SP2 8BJ Tel: 0722 336262 Ext. 4057

■ **Foundation Stone Laid:** The Chairman of Oaklands Cheshire Home, Garstang, Lancashire, Michael Fitzherbert-Brockholes, recently laid the foundation stone in Ribbleton, Preston, for twelve specially designed bungalows for physically handicapped people who wish to live as independently as possible. The care required will be provided by the Preston Family Support Service. The project is a partnership between Eaves Brook Housing Association and The Cheshire Foundation, and was initiated by Peter Allott. It has the full support and financial input of The Housing Corporation.

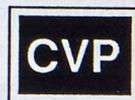
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News

National Trust Adapts for Wheelchairs

The National Trust is in the forefront of organisations who care about disabled visitors.

It employs a special Adviser on Disability, Valerie Wenham, and being aware through research that some 30% of its 11 million visitors per year have a disability, does its utmost to integrate them fully, so that they can enjoy viewing stately homes, beautiful gardens and landscaped parks.

Overcoming Difficulties

Historic buildings present continuing challenges on access, but they are overcoming many of these with stairlifts, hoists, and stairs within buildings. They are also experimenting with stair climbing devices. Manual wheelchairs are also available.

Buggy Rides and Boardwalks

Larger steep gardens and parks such as Killerton in Devon, Stowe in Buckinghamshire, and Fountains Abbey in Yorkshire were very daunting until an inspired land agent recommended a volunteer-driven buggy for Emmetts in Kent. Soon the Trust will have more than fifty of these. Easy to drive and fun!

Other countryside facilities for disabled people include boardwalks across fens and beaches, fishing platforms, and paths and viewpoints made accessible to wheelchairs.

Adapted Cottages

The Trust also has nine holiday cottages adapted for wheelchairs, all in superb locations.

Co-operating with Foundation

It is also working with The Foundation to provide rallying points for the great wheelchair push to celebrate The Founder's 75th birthday in September.

Further information can be obtained from a 48-page information booklet for disabled people, and a 1992

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holiday cottage list. Send 75p for postage to Valerie Wenham, Dept CS, The National Trust, 36 Queen Anne's Gate, London SW1H 9AS.

Mobility Ideas Awards

Ratcliff, makers of passenger tail lifts, are offering a first prize of £1,000 for ideas to improve the mobility of disabled people. The second prize is £500. The awards are open to any individual, group or organisation who:

1. *Have invented or improved an item of equipment to assist the mobility of disabled people;*
2. *Operate a new or improved service for disabled people;*
3. *Have made a major commitment to increasing public awareness of the mobility needs of disabled people;*
4. *Have an existing idea, piece of equipment, scheme or service that they wish to improve and can submit plans of the improvement, given sufficient funds to do so, to improve mobility.*

Nomination forms from Sally Gething, Ratcliff Tail Lifts, Bessemer Road, Welwyn Garden City, Herts. AL7 1ET, Tel: 0707 325571, Fax: 0707 327752

Last date for entries: 1 August 1992.

Taxation of Voluntary Drivers

The Inland Revenue now require volunteer drivers for elderly or disabled people to make an annual declaration of any profit they have made on mileage allowance reimbursed to them by voluntary transport schemes. For a driver doing over 4,000 miles a year, reimbursement of expenses above 13p a mile for a 1500cc car or 16p a mile for a 2000cc vehicle will be considered to be a profit and is liable to tax. Anybody with evidence of the new tax arrangements having an adverse effect on voluntary transport schemes should write to Joanna Sutton, Senior Officer Regional Services, RADAR (Royal Association for Disability and Rehabilitation), 25 Mortimer Street, London, W1N 8AB giving full details.

News

Departures and Arrivals

Le Court Cheshire Home, near Liss, Hampshire, bade a sad farewell to Rosemary Jarrett, who retired after 19 years as Head of Care.

Over 200 people attended a buffet luncheon in her honour when she was presented with an Art Deco clock and a cheque from the Home.

Frances Hopwood, a Resident, writes this appreciation:

'Rosemary's understanding of the needs and aspirations of disabled people was clearly shown by her contribution to Le Court's Admissions Policy in 1978, which is still used as a guideline to ensure that the ethos of the Home is retained.

'She also gave a great deal of help to Residents who formed Project '81, now the Hampshire Centre for Independent Living, which pioneered a structure for disabled people in residential care who wished to live in the community. This has enabled 17 Residents to become independent over the last 10 years.

'It is thanks to her also that a strong and trusting relationship with various departments of the DSS has been established.

'Rosemary married one of Le Court's Residents, Dennis Jarrett, and they have now moved North to be near family. They will both be missed greatly.'

New Head of Care

The New Head of Care is Jennifer Arthur, who comes from Falkirk, Scotland.

She trained at Glasgow Royal Infirmary, then went to Falkirk Royal Infirmary for two years, working in orthopaedics and the care of the elderly. After this she worked in paediatrics, and with children and the elderly. She then worked as a Health Visitor in Alton, before coming to Le Court as a Team Leader.

News

Fifteen Years On

After 15 years continuous service John Lowcock recently retired from the Management Committee of Freshfields Cheshire Home, Formby, Lancashire.

At the Annual Public Meeting, Chairman John Rosenberg presented him with a water colour of the Home, painted by Sue Copeland, Head of Day Care, and a personal letter from the Founder. He was also invited to be Vice President of the Home. John is still an active member of the Southport Support Group, and is currently its Press Officer. Previously he was Secretary for five years and Chairman for ten. During the war he served in the RAF, and for a time was on the same station as Leonard Cheshire.

PoundWorkers Help Their Community

Young Residents of Pound House, Dorking, Surrey, a Cheshire Home for those with learning disabilities, are contributing to their local community by clearing footpaths and bridal ways, and putting in stile steps and signposts all over Surrey, under the direction of their Team Leader, John Manson.

As just one example, elderly Residents of Poland House, Brockham, will now be able to enjoy a walk through the woods to view the River Mole and watch players at the local Bowls Club, thanks to the efforts of PoundWorkers, who have constructed shallow steps with a firm handrail down the steep bank. Grateful Residents entertained the young workers to tea as a thank you for their effort.

Picture shows the work in progress.



Sailing Round The Canaries

Clark Burnet, an ex-Merchant Navy Chief Officer, who is now a Resident at Three Forests Cheshire Home, Chigwell, Essex, had a holiday that brought back unforgettable memories of his seafaring days when he and his son Alan went on a Jubilee Sailing Trust holiday on the three masted sailing ship Lord Nelson. Destination – around the Canary Islands. Here is his story:

At Las Palmas we were met by a coach with a ramp and taken to Puerto Rico. It was a great sight to see the *Lord Nelson* at the quayside. Once on board, we were assembled in the saloon and divided into four watches. The Captain gave us our little talk on what to do and where we would be going. Then the Chief Officer told us what the emergency evacuation was, where the lifejackets were stored, and switched on the emergency evacuation signal briefly to let us hear what it sounded like. The *Lord Nelson* has satellite navigation and two radar sets – a big difference from when I was at sea in 1961.

The First Evening

Since we were not sailing till early morning and as the bar was open, we settled to a pleasant evening getting acquainted with our fellow voyagers, who came from Switzerland, Denmark and all over the UK. We retired to bed at 11. Alan got my wheelchair against the bottom bunk and helped me into my pyjamas and rolled me on to the lower bunk. Alan settled in the top bunk.

The First Morning

In the morning we were on the for'd port watch with Jane, a young doctor from Scotland. Our duty entailed us being on the bridge, steering, on lookout for ships and handling the sails. Naturally, being in a wheelchair I wasn't able to get up the masts and out on the yard. However, I was able to haul on the various ropes and did some steering from the special chair behind the wheel.

Force Seven Gale

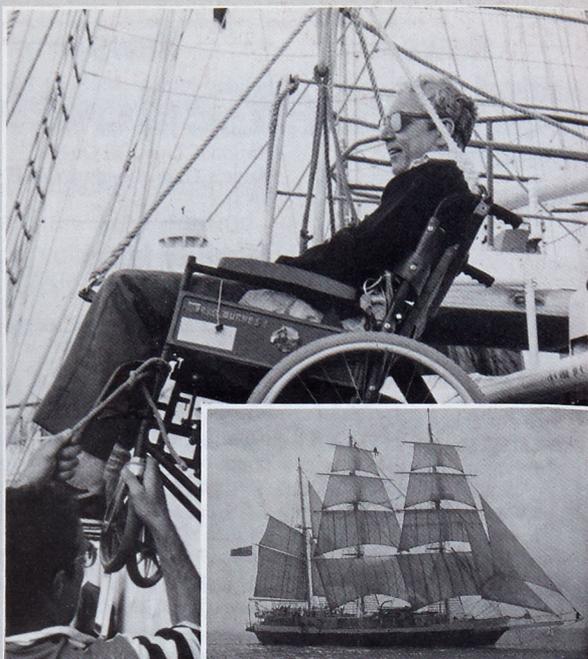
We were heading for a place called Los Christianos. The wind was increasing and by the time we went off watch it was about force 5. We had lunch, and from the motion of the *Lord Nelson* we were not surprised when we went on deck again to find the wind had risen to force 7 and we were blowing along at 8 knots.

A Beach Barbecue

When we anchored off the beach, the cook and a couple of the crew went ashore in our large inflated rubber dinghy with outboard motor to set up our barbecue. The dinghy came back to the *Lord Nelson*, and we in wheelchairs plus the odd walking handicapped were lowered into it along with our escorts, and headed for the beach. They hauled the dinghy further ashore with each wave until she was grounded. Then they manhandled (or womanhandled) us in our chairs out on to the beach. Sand made it impossible to push a wheelchair, so we were pulled backwards on the large wheels up to the barbecue site. We then fed and drank under the warmth of the sun.

A Riotous Football Match

Afterwards the male helpers challenged the female helpers to a game of football, which developed into rugby and then water polo. It was great fun to see them enjoying themselves so much. We decided to return to the *Lord Nelson* about five p.m. We were hoisted on board and went into the usual routine.



Clark Burnet is hoisted up to a vantage point on Lord Nelson.

On The Bridge

Alan and I were on the early watch with Jane, our watchleader. We were roused about a quarter to midnight. Alan helped me to get dressed and wheeled me to the lift to take me up to the weather deck, then the lift to the chartroom, then the lift to the bridge. Here one of us steered and the other was out on the wing of the bridge as a lookout to see beyond the sails for any lights indicating other ships etc.

Up The Mountain

We were relieved by the next watch at 4 a.m., and slept until 6 a.m., when we went on watch again for two hours. We continued Southward, rounded Punta Roja and went alongside the quay at Gomeru. The 'happy hour' duly came round and we cleaned ship. Most of us went ashore and were discussing how best to get up the mountain. A large taxi drew up beside us, and as we were busy dickering with the driver about costs, another taxi drew up. Thus all four wheelchairs and helpers were packed into the taxis, and we were driven up the mountain. The road turned and twisted around outcrops of volcanic rock, and we stopped at various lay-bys to take photographs of some very unusual sights. About halfway up, when we looked down between two rocky hills, we saw the harbour and

the *Lord Nelson*, a tiny outline. At another point, we came across a tall finger of volcanic rock about thirty feet high. It would be about ten feet in diameter, and balancing on top were three huge boulders, probably caused by wind and weather erosion. We returned to the ship about 9 p.m., and as I was weary Alan helped me to bed.

Return Journey

In the morning we set sail, and we were on our way North. We stopped at Puerto Mogan and went ashore after the chores were completed. This is the port Christopher Columbus sailed from to try and find a passage to India by sailing West, but he found the islands now known as the West Indies. On the early morning watch it was a joy to see dawn breaking. We went into Puerto Rico and went alongside. We had packed up the evening before, so we were all ready to leave for the airport after saying our goodbyes, having had such a wonderful voyage.

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