

OCTOBER 1993

CHESHIRE

# Smile

MAGAZINE OF THE LEONARD CHESHIRE HOMES AND SERVICES WORLD-WIDE





## 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, one of the largest organisations in the UK providing services to people with disabilities.

It runs 84 Cheshire Homes in the United Kingdom, and 37 Family Support Services in England offering part-time care to handicapped people and their families living in their own homes.

Overseas there are 190 Cheshire Homes in 50 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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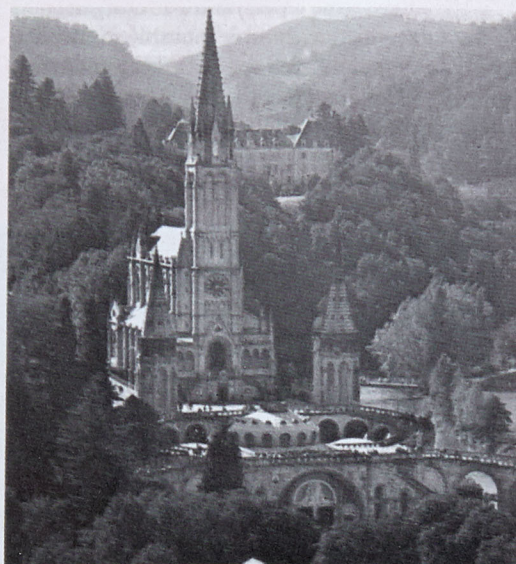
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## Lourdes Pilgrimage Remembers Our Late Founder



*Lourdes, the destination for the Annual Pilgrimage.*

A Thanksgiving Mass for the life of our late Founder, Leonard Cheshire, was held by the Ryder-Cheshire Pilgrimage to Lourdes in the Church of the Immaculate Conception, Farm Street, London W1, on Friday, July 30th, the day before the first Anniversary of his death.

This annual pilgrimage was started in 1953 when GC was in Midhurst Sanatorium after the removal of a lung. He came to London for a weekend and met with his friend Father Fuller, to whom he expressed a sudden desire to visit Lourdes, taking off in a hired aircraft without delay. In that same year he filled four Dakotas with disabled people to take them to the shrine of St. Bernadette.

Thereafter the Pilgrimage has taken place every year when 60 to 70 disabled people from all parts of Britain participate in a five day visit.

The Service was conducted by Father Michael Beattie, S. J., Spiritual Director of the Pilgrimage.

\* \* \*

### 'Saint' Leonard Cheshire?

An extract from the *Peterborough* column in *The Daily Telegraph* of 26 August, 1993:

'Various aspects of the late Group Captain Lord Cheshire's life are reflected in a six-panel stained glass window to be dedicated to him at the chapel of Le Court, Hants, a Cheshire home since 1948. There is room for the roundel of 617 Squadron, a Mosquito and a Lancaster. Also: a representation of the Assumption, as is only right for a man who, in the view of many, may yet be canonised.'

Our front cover shows the amazing parachute leap by disabled Resident Colin Corbett. See story on facing page.





Colin in wheelchair, looking thoughtful, just before take off. At left, Instructor Clem McQuinn.



Flying through the air with the greatest of ease.

## Disabled Colin Flies Free in Daring Parachute Leap

56 year old Colin Corbett, who is wheelchair bound with severe multiple sclerosis, has decided to live dangerously and fulfil his dreams. On July 7th at Headcorn Airfield, near Maidstone, Kent, he did just that when he made a freefall parachute jump from 11,700 feet strapped to his instructor.

His comment on a perfect landing on terra firma was 'It was jolly cold up there but I never felt any fear. It was just as I thought it would be.'

Colin has been a Resident at St. Cecilia's Cheshire Home, Bromley, Kent for two and a half years and first announced his intention to take calculated but enjoyable risks when discussing his interests with Daphne Solly, Activities organiser, over a year ago.

### Up in a Balloon

He told her he fancied a hot air balloon flight and would make it a sponsored event to help his Home's funds. Daphne set about making the arrangements and off he went to Great Missenden to be clamped into the balloon in his wheelchair raising £150 in what turned out to be a most enjoyable adventure.

### And My Next Trick

That set him off. Next he told Daphne he wanted to do a parachute jump, and off he went to Headcorn for a thorough briefing. He was shown a video of what was involved and rehearsed what he was supposed to do with Clem McQuinn, his instructor. Strapped securely to Clem, he was told to yell as loudly as he could when he jumped in order to clear his lungs. 'It can be even swear words so long as it's loud' he was informed!

### A Speedy Freefall

From 11,700 feet he had all the excitement of a freefall, as he dropped at a speed of 120 miles an hour for a hair raising 30 seconds. Then at 5,000 feet the parachute opened and he glided tranquilly down to safety.

### Proud Family

Anxiously waiting on the airfield were his wife Beryl and other members of his family who sighed with relief when he landed intact but said they were 'very proud' of him indeed; and admired his courage.

### First Resident Parachutist?

Daphne Solly believes Colin is the first disabled person from a Cheshire Home to have made a successful parachute jump and hopes that it will encourage other disabled people to have a go. She spoke admiringly of all the care and attention given to the safety of the jump by officials and said that Clem McQuinn, Colin's instructor, was a highly experienced parachutist with 500 jumps to his credit, and previous experience of parachuting with five disabled people. He also practised with bags of sand attached to his body to check out any problems.

Colin's enterprise raised £250 for St. Cecilia's funds.

### A Real Boost

Daphne commented: 'Colin has experienced an enormous sense of achievement and release from these activities. It has given his self-confidence a real boost and he feels, quite understandably, that he has proved himself.'

### His Next Daring Enterprise?

Colin would like to go down in a submarine, or maybe, he joked, to be shot from a cannon!

Before becoming disabled, Colin was Superintendent of a crematorium. His new life of daring adventure must be more lively than that!

### A Marathon Effort

Graham Leaver, husband of Lelia, a member of staff of Greenhill House, Banbury, Oxon, is also a keen supporter of the Home.

He recently managed to complete the London Marathon, wearing a Cheshire T shirt, in under four hours, and presented a brand new television video to Greenhill bought with the sponsorship money from the run.

Residents were delighted! Pictured left to right with the acquisition are Nigel Aries, Resident; Graham, Lelia, Michael Willis, Home Manager; Carole Lucas, Resident.





# Peter Rowley Retires as Trustee

## After 18 Years of Shining Achievement



**Peter Rowley, a former Chairman of The Leonard Cheshire Foundation, has retired as a Trustee at the required age of 75.**

His Chairmanship from 1982 until 1990 marked a period of an enormous expansion of the charity, with 38 major projects put in hand, and 30 Family Support Services developed and put into action.

Peter joined the Cheshire Foundation in 1975, fired by the interest his wife Ethnea showed in its work. He was almost immediately elected Honorary Treasurer, a position he held until his election as Chairman. After eighteen years service, he is now in the unique position of having held both of the highest offices of the Foundation for a full term.

### **A Worker in War & Peace**

Peter, a modest, retiring and private person, can look back on a life of effort and great achievement. He began work as an office boy, studying for a Law degree at night school. During the war, he was commissioned in the 14th Battalion of the Sherwood Foresters and was awarded the Military Cross when the break out from Anzio took place. On demobilisation he resumed studying for a Law degree at Oxford, graduating with an Honours Degree. In 1948 he became an Articled Clerk to a prestigious City of London firm of solicitors, subsequently becoming a Senior Partner, and an acknowledged expert on Real Property Law. These determined and professional qualities were brought to serve the cause of disabled people in a selfless and compassionate way.

### **The Money-Go-Round**

Arthur Bennett, Vice-President and former Director of The Cheshire Foundation, recalls: 'History will no doubt judge the 14 years of Peter's term of office as Treasurer and Chairman as a time when great progress was made. Despite shortness of funds, many major projects were put in hand on a basis of interest free loans. This became known as 'the-money-go-round' as local management committees were authorised to go ahead with their projects on the strict understanding that they would raise funds to repay loans as soon as possible. In this they were always successful and there can be no doubt that a significant aspect of the large sums which were loaned and repaid was the close support, encouragement and general feeling of confidence which Peter built up across the Foundation'.

### **Park House established**

Of particular pride to Peter was the refurbishment of Park House, Sandringham, and its subsequent success as a hotel for disabled people.

### **ELECTED VICE-PRESIDENT**

In recognition of his outstanding service to the Foundation, Peter Rowley was elected a Vice-President at the AGM on July 14th.

### **Care in the Community**

He was instrumental in pushing forward the concept of care in the community with Family Support Services and provision for a range of other facilities such as respite care and day centres.

### **Overseas Visits**

He was also keenly interested in the work and progress of the 190 overseas Homes in 50 countries and he and his wife made frequent visits to them of a most demanding nature. For example, in 1990, they visited no less than fourteen Homes in India during the space of 19 days.

### **G.C.'s Tribute**

The late Founder had always been a great inspiration to Peter and he sought to keep in close touch with his thinking which so often shed new light on a problem.

Of him, the Founder said: 'Peter's special gift was the ability to put across a case forcefully and clearly, confining himself to the essentials. If he disagreed with one's point of view, he left one in no doubt at all about it. But better that way than beating about the bush'.

At a Trustees meeting in 1990 when the formal handover of the Chairmanship took place, the Founder said: 'Peter, on behalf of everyone and from the bottom of my heart, thank you for all you have done. It is appropriate that you came our way through Ethnea - you would not be here but for her. You have seen us through many years of changes, crises and bothers. We offer our heartfelt thanks.'

Those sentiments will be echoed by all those who knew and worked with him.





**Elderberry Port**

#### Equipment Required:

White plastic bucket (do not use yellow or coloured plastic)  
Straining Bag  
Siphon tube  
2 Demi-john jars  
Air lock and bung  
Hydrometer (for taking wine readings)  
Large funnel  
Corks  
6 Empty bottles

#### Ingredients:

2 Quarts of Elderberries  
2/3 lb of sugar  
Camden tablets  
1 Sachet of Port yeast  
Stabilising tablets  
Pectolytic enzymes

# “What’s Brewing?”

“What’s Cooking”, our regular feature, is devoted in this issue to wine making, for what could be nicer than a glass of wine to add savour to the meal. David Cartwright, a Resident of Douglas Cheshire Home, in Brixham, Devon, has been making his own home wine for years, and is now an expert. Below he gives a recipe to encourage others to have a go at this fascinating hobby. Cheers!

*David Cartwright, wine maker.*

**Method:** Brush all the berries off the twigs with a fork into a 2 pint jug and when full pour into bucket. Repeat with another 2 pints of berries. Add the sugar and three pints of boiling water, stirring with a wooden spoon until sugar has dissolved. Cover with cloth and leave to cool. When cool add the yeast and one teaspoonful of pectolytic enzyme, one camden tablet, and one teaspoonful of tannin. Leave in a warm place covered with a cloth for four to six days. By then the yeast should be very active with bubbles rising in the bucket. Next place the straining bag in the funnel with the funnel in the demi-john. Strain the contents of the bucket into this, squeezing the juice from the berries. When this is done put the air lock and bung in, making sure the air lock

has water in it up to the mark. Now label and date the demi-john and store in a warm place. Add one teaspoonful of yeast which helps with the fermentation. Do not over-fill the demi-john initially because it may bubble up and come through the air lock. After two days it should settle down to a steady plopping in the air lock and then you can top up the demi-john with cool boiled water.

Check from time to time and after a few weeks a layer of sediment should form at the bottom and begin to clear. This is a sign that the wine needs racking (i.e., transferring the liquid from one vessel to another, leaving the sediment behind).

Carefully siphon the full jar into the empty demi-john which should be below the full one on

the floor, taking care not to disturb the sediment. After this add one camden tablet and insert the air lock and bung. When no bubbles are rising in the air lock rack the liquid again and take a hydrometer reading. You should get a reading of 1000, the same as water. If it is above this, you should wait a bit longer. When it reaches 1000 reading, add one stabilising tablet and two camden tablets, and store in a cool place for a few days which should leave the wine ready to bottle.

Place 6 clean bottles under the full demi-john, having soaked some corks overnight in a solution of camden tablets, then siphon the wine into the bottle, leaving a 1½ inch gap to allow for the corks.

Label and store for a year, if you can wait that long!

## News



*Paul Sample*

### Foundation Appoints PR Co-Ordinator

32 year old Paul Sample has been appointed the Cheshire Foundation's public relations co-ordinator. He has worked extensively in the charitable and voluntary sector, and was a political aide to the Liberal Democrats when he worked as part of the Steel-Owen team during the 1987 election. Paul edited the Party newspaper for three years and also fought Salisbury at the 1992 election.

## News

### Kind Response to a Mean Theft

Le Court Cheshire Home, in Liss, Hampshire, recently suffered a mean theft of money from its Craft Centre – money which had been earmarked for a surprise lunch for Residents and friends on the day they go boating on the Basingstoke Canal.

However, hearts were warmed when ex-Resident Albert Baker sent a cheque for £100, a generous and kind gesture most deeply appreciated, which meant the event could take place.

## News

physical access, employment, equipment and training, sources of funding and advice, as well as giving information about art organisations involved in projects with or for disabled people. Copies from Yorkshire and Humberside Arts, 21 Bond Street, Dewsbury, WF13 1AX. Tel: 0924 455555.

## News

### Holiday Care Service Regional Guides

Holiday Care Service, an information service for disabled people, has launched 14 colourful regional guides covering the whole of the UK, detailing hotels, self-catering accommodation, discounted rates and access, including shopmobility schemes and accessible attractions.

To receive the guide, write, stating region required, to Holiday Care Service, 2 Old Bank Chambers, Station Road, Horley, Surrey RH6 9HW, or telephone: 0293 774535.

### Has Bath – Will Travel

Robin Green has come up with a unique way of raising money for The Leonard Cheshire Foundation and the Inspire Foundation for people with spinal injuries. He launched his Bathmobile (twin baths on a VW chassis) at the Thruxton Motor Racing Circuit on August Bank Holiday and then drove from Rustington to Land's End, visiting Cheshire Homes en route. More news of this in January's Smile.

### Art and Disability Guide

Yorkshire and Humberside Arts has published a revised Arts and Disability Guide. It covers a range of issues including



# Canal Cruising in a Heatwave

Five disabled people with six helpers, all aboard a canal boat for a whole week sounds a bit of a crowd. However, Residents of Cann House Cheshire Home, Tamerton Foliot, Plymouth, decided to risk it and had a whale of a time, as John Fletcher here describes:

On investigation some Residents were attracted to the idea of a holiday on a canal boat and the fact that there existed crafts specially designed to accommodate disabled persons was very tempting and offered a challenge to people never experiencing anything like it before. In the end, five disabled Residents with six able-bodied helpers decided to undertake the adventure. Naturally, there were weeks of forward planning accompanied by apprehensions as to whether eleven people, confined in a very restricted space for one week would be able to survive the ordeal. However, the crucial time arrived and on May 1, 1993 we all set out from Plymouth to Great Bedwyn, near Hungerford, Berkshire, to spend a week on the Kennet and Avon Canal.

## Perfect Weather

As it turned out, we could not have chosen a better week weatherwise. There was a heatwave and we never experienced a drop of rain during the whole week. If the preliminaries required careful planning, there was still the need for teamwork for the day to day tasks. First, there was fuel for the boat, but we ensured that the tank



*Cann House Canal Cruisers L to R: Arthur Orchard, Martin Haywood, Michael Barber. In Front: Michael Hooper and Ivy Cornish.*

was filled with diesel to last us the week. Secondly, someone had to ensure that the drinking water supply was sufficient each day.

## Taking Turns to Steer

The boat we hired was about 72ft by 10ft which sounds big enough, but you have to

remember that it had to accommodate eleven people! There was much activity involving everybody as we travelled down the canal each day. We took it in turns to steer the boat which had a tiller operated manually but which was supplemented by a bow thruster. Two persons had to be available for each task, especially two able-bodied persons to open and close the lock gates. We negotiated some 20-30 locks each day, so there was plenty to do.



*Opening the lock gates.*

## A Big Breakfast

We rose each morning at 7.30 a.m. allowing an hour to dress followed by breakfast which was always substantial, consisting of cereals, bacon, eggs, fried bread and toast. That meant we made do with sandwiches for lunch but had a cooked meal at 7 o'clock in the evening. As you will realise, the holiday required much physical exercise for handling the boat while for the most part the ladies were confined to the galley doing the cooking and other chores, although they also took their turn on the boat. Thus, everyone earned the privilege of convivial relaxation for the remainder of each evening.



### Fascinating Glimpses of Wildlife

By mid-week we had estimated the limits of our journey down the canal. The countryside looked so different from the canal bank and we witnessed scenes of wildlife that you would never see from a moving car on the road. For instance, we photographed a swan sitting on the nest, ducks which were quite tame and a horse which pulled a canal boat. Now we had to make the return journey up the canal through the same number of locks. We did go ashore on some occasions visiting Newbury and Hungerford, but on the last day we had to return the boat in good condition for the next group of holidaymakers.

### A Raft Race

On May 3 we remained in Newbury for the day and attended a Raft Race from Hungerford to Newbury, and Fun Day designed to raise money for a third canal boat for the disabled which was much needed owing to the fact that the two existing ones are fully booked for the whole season.

Now we can assess the results of our holiday, and while we did experience some problems, all would agree it was a successful venture.

If anyone is interested in such an adventure the total cost for the hire of the boat is £550 for 12 persons plus additional expenses for self-catering.

If you require details, please contact Mrs. Linda Young, Cann House, Tamerton Foliot, Plymouth PL5 4LE.

## MEMORABLE HOLIDAYS

Have you had an unforgettable holiday you would like to describe?

Contributions including photographs for this regular feature (not more than 900 words) are welcome. Send to

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

## Marriage in Triplicate at St. Bridget's



The happy couples, left to right: Maureen Potticary and Francis Shillingford; Anne Marie Hall and Paul Allen-Gosselin; Christopher Rumsey and Mandy Brooks. Picture courtesy of Evening Argus, Brighton.

Is this a record? No less than three couples, at St. Bridget's Cheshire Home, Rustington, West Sussex, have announced plans to marry this year.

They are Anne-Marie Hall and Paul Allen-Gosselin; Mandy Brooks and Christopher Rumsey, and Francis Shillingford and Maureen Potticary.

Head of Care Pauline Kelcey says there is a love bug in the air! Staff were

astounded when wedding plans were announced within weeks of each other.

Love blossomed between Anne-Marie and Paul when he started work there as a Care Assistant.

Mandy and Christopher are among the newest Residents and Francis and Maureen have lived at the Home for a total of 37 years between them. Since they cannot communicate verbally their

marriage took place in sign language.

Anne-Marie and Paul are living in a converted ground floor flat, while Mandy and Chris and Francis and Maureen have been allocated special married quarters within the Home. Pauline Kelcey commented: 'Getting 30 wheelchair-bound guests into the church for the weddings required quite a bit of planning.'



*30 years on Carole Pouton looks back on her fulfilled life*

# In Praise of Residential Homes

It is 30 years since I came to live at Holehird Cheshire Home in Cumbria. Before that time I had never heard of Cheshire Homes nor the Leonard Cheshire Foundation and had no idea what to expect. I was sixteen years old, out of my depth and very homesick. I was too old to stay in the children's hospital where I had been for 9 years and so the decision had been taken, without my knowledge, to place me at Holehird. These days this would not happen; clients, as we are now referred to, are given more say in their future.

## Amazing Changes

In the ensuing 30 years Holehird has changed more than I would have dreamt possible. When I arrived, and for the next fourteen years, I shared a bedroom with three other people and then, joy of joys, my friend and I were given a double room which we were free to decorate as we liked. After my friend died I was given a small room of my own and several years later was offered a larger one that was still in the process of being built. This was an even greater joy as I was able to plan the layout to give me greater independence, to decorate and furnish it to my requirements. And so it became my home – a place which my cat considers his but very kindly lets me share.

## Four Years to Leave the Grounds

Thirty years ago Holehird did not have specialised vehicles for transporting Residents in their wheelchairs and so we rarely left the grounds. I posed quite a problem and so I had been at Holehird for at least four years before I went outside the immediate gardens for the first time – apart from a traumatic trip to the Liverpool Royal Infirmary. Now we have two vehicles capable of carrying wheelchair bound passengers which are available on a first come first served basis, so with the help of family, friends, staff and (last but certainly not least) our group of willing volunteers, Residents are free to come and go as they wish, to where they wish. Over the years Residents have had holidays abroad as well as in Britain – I have been to Sweden, the Inner and Outer Hebrides and from one end of the British Isles to the other. 30 years ago I didn't think it would ever be possible for me to travel whenever I wanted to wherever I wanted, let alone go abroad – and despite my great misgivings I did enjoy crossing the North Sea, even in a force 8 gale.



*Carole Pouton*

## Now Part of Decision-Making

In those far distant days neither Residents nor staff had any say whatsoever in the policy-making or the running of the Home. We occasionally saw the odd committee member coming or going to a meeting but rarely had the opportunity to speak to them. Now all committees have both Residents and Staff members serving

on them; most committee members play an active part in the day-to-day life of Holehird. They serve teas, act as escorts, drive the vehicles, make curtains, work behind the bar and so the list goes on.

## Rebellious Girl to Confident Woman

I would never have believed that thirty years later, Holehird – or I should say the influence, warmth and care of all the very many people who have lived, worked or served the Home in many ways over the years and who have made Holehird what it is, – would have changed that immature, angry, rebellious, resentful and (underneath) nervous girl into a confident mature woman who normally finds life rich and fulfilling, to say nothing of busy.

## Holehird Offers Dynamic Life

Holehird has grown and is still growing to meet the changing needs, as far as possible, of the individual. It has never sat back on its laurels but has always striven to go forward, to improve and meet the challenges and to cope with and fulfil the requirements and constant changes asked for by our Authorities. Holehird still offers, to those Residents who wish to or who are able to accept the challenge, a dynamic life, not just a passive existence.

## THEATRE AND ENTERTAINMENT BROUGHT TO THE DOOR

Over forty Cheshire Homes in the UK are now regularly enjoying a galaxy of good entertainment – from plays to Music Hall and Dance – which comes to them courtesy of the British Theatre for the Disabled.

BTFD forms branches throughout the country to link together groups of amateur societies to bring entertainment to those who may be too frail or disabled to travel out to public theatres, concerts or cinemas. It is free of charge and no stage or props are needed.

The size of the audience is unimportant and a performance can be given for only half a dozen Residents if so wished. Colin Paterson, Head of Home, Greathouse Cheshire Home, Kington Langley, Wilts, said that his Residents had thoroughly enjoyed plays, choral societies, musical/stage groups, and dancing displays for a year. 'The standard is highly professional and they do not disrupt the running of the Home at all. It is a really worthwhile thing for a Home to have.'

Ken Howse, Hon Secretary for BTFD, said: 'Homes who would like a sample of good entertainment should contact me initially when I will contact amateur societies in your area. This will be followed by an afternoon visit to discuss arrangements.'

**Contact Ken Howse at BTFD, 21 Sedbergh Drive, Kendal, Cumbria LA9 6BJ. Phone: 0539 (Kendal) 727092**



## 'Accessible Accommodation'

# Park House Receives Top Award

Park House, on the Sandringham Royal Estate in West Norfolk has become the first establishment in East Anglia to be awarded Category 1 of the English Tourist Board National Accessible Scheme.

Park House is a country house hotel specially designed and equipped for use by disabled people. The large manor was built in 1863 and later became the birthplace and childhood home of the Princess of Wales. Presented by The Queen to The Leonard Cheshire Foundation in 1983, it was subsequently modernised, and reopened as a hotel in 1987.

The National Accessible Scheme has been developed by the English Tourist Board to provide guests with walking difficulties and wheelchair users with the assurance that the accommodation they choose will be sufficiently equipped to cater for their needs. The Scheme has three categories from 1 to 3, which indicate varying levels of accessibility for those with mobility problems, Category 1 is the highest level attainable.



*A guest enjoys the daffodils*

Christopher Howard, Accommodation Manager for the East Anglia Tourist Board explains, 'Category 1 of the National Accessible Scheme is only awarded to establishments which can show that their bedrooms, bathrooms and all public areas are accessible to guests

using a wheelchair, even if they are travelling alone.

'Park House is a delightful hotel which has endeavoured to include every convenience and comfort for its guests. It is certainly worthy of the Category 1 award'.

## Foundation Forced to Subsidise L.A.'s by £4.2 Million a Year

Local Authorities are costing The Cheshire Foundation £4.2 million a year because they are evading their statutory responsibilities to provide fully the cost of caring for disabled people.

This opinion was expressed by James Stanford, Director General, in the Foundation's 1992 Annual Report.

He says: 'We are going to see Local Authorities continuing to insist that voluntary organisations contribute to the cost of providing care. I believe that voluntary bodies should enter into straightforward contractual relationships with Local Authorities for the standard ranges of care they provide.

'Charities should be left to use their voluntary funds for such specialised things as extra services, developmental work, advocacy, campaigning and education.

'The amount of money – £4.2 million a year – that we are still contributing by way of subsidy to what are the responsibilities of Local Authorities must remain a great concern to us and to other voluntary organisations.'

Mr Stanford feared that people with disabilities were going to drop to the bottom of the pile in the context of the resources made available.



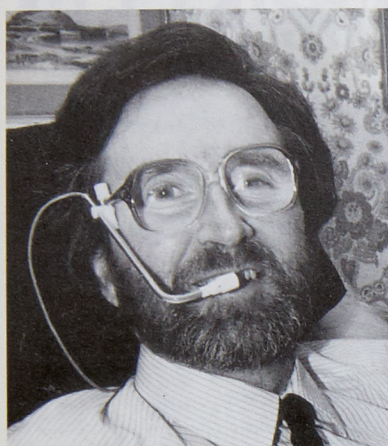
## THEY RAN FOR AFRICA

*Athletes after the 'middle age' Decathlon in Battersea Park in aid of LCF International and three other charities working in Africa.*



# Decide What You Need and Go For It

by Michael Burke, OBE



*As announced in the July issue of Cheshire Smile, Michael Burke is the winner of the Hampden Inskip Memorial Award for the article in which he describes his gratitude for the plethora of aids, equipment and support he has received to help him continue working as a scientist and to live at home in relative independence.*

Here is his inspiring and positive experience:

To explain: I have what is termed a Chronic, Progressive form of Multiple Sclerosis, and my physical capabilities have gradually declined until the only remaining facilities are above my shoulders with a small degree of controlled movement in my left arm.

## A Reluctant Wheelchair User

Initially I was very loathe to accept any form of help, either with aids or from the more personal Carers. For example, it took my wife's insistence to introduce me to a Red Cross wheelchair in South Africa to allow her to get me around in unfamiliar territory – and thank goodness she did. The need for this was that we planned to visit remote areas, including a game reserve, where vehicle access was not always possible even with a Land Rover. Prior to this, I would have opted out of anything that required me to walk a significant distance, but a holiday in Thailand found me para-gliding and all the while wondering in what state I would be when I got back to earth. However, it really was a truly exhilarating experience and this committed me to looking forward to similar occasions with whatever means available and for as long as I was able. In all events, to return to the wheelchair, Wow it was fun! To the extent that I was able to be transported down a steep hillside to a Zulu kraal, whereupon we viewed a troupe of topless nubile Zulu

maidens! Mind you, I had to be carried on the return journey up the slope by a couple of Zulu husbands, dressed as warriors, in their traditional costume!

## Miraculous Aids & Gadgets

Gradually the numbers of aids, gadgets and helpers evolved. I persevered at work for many years with only the use of a basic powered wheelchair until I visited an exhibition in London, put on by the Cabinet Office, and I was introduced to the then, Disabled Advisory Service (DAS).

A meeting was arranged at work, with their local adviser, my employer's welfare officer and site administrator, where I produced a list of items that would help me through a routine day. The results of this were miraculous. DAS provided a superb wheelchair – I could not have asked for better, a special phone, operated by a sequencer and single button switch; and a page turner operated likewise by a series of four push buttons. My employers provided remote control door openers, ramps and a custom built toilet.

At home our house is like one enormous cobweb of wires, linking appliances to a control system which allows me to operate the phone, the front door, lights, TV and heating appliances.

Of course, some gadgets, portable ramps, and a rotating car seat we have obtained ourselves, but since I am still working, thanks to all the other assistance, we have had the funds to do so and I am probably luckier than many of you, but each of us has the right to live our life, restricted as it may be, to its fullest.

## A Cooling Suit

Recently, I have heard about a cooling suit, for which I went to Farnborough to be tested. Many of you with MS, will be interested to learn, that unlike the infernal cold baths, which are not exactly in keeping with staying at work, this system ensures that my core temperature remains low, but my activity levels high – my staff wonder what kind of a space man has been visited upon them!

Apart from all the hardware, there is the personal care I need every day. For years, my good lady had done it herself, getting up before 0430 hours, to get us both to work at about 8.00 a.m.! Eventually she convinced me that we needed more help. So we approached the Social Services and HomeCare and they came in, but there were still gaps not covered by the standard 'Care in the Home' cover. For many months all avenues seemed blocked when a spell in an elderly care ward seemed the only thing on offer, until there

suddenly appeared in our lives a lady, Mrs Joanna Scotton, able to sort out a care package in about **two weeks**. Employed by both the West Dorset Health Authority and the Social Services, she was doing a two year project on Care Management, trying to anticipate the needs which would be prevalent in 1993.

## The Individual Package

The individual package includes a team of people to come and exercise me five mornings a week, at 0530 hours in the mornings. What with HomeCare coming in at 7 o'clock, the neighbours really must wonder what goes on in the early hours each morning! Additional to this team, there is another who come in shifts to cover 2 days every two months so that my dear wife can get a well earned break. She has now gone even further, and taken voluntary redundancy, so I now have an additional team of carers to come in to work at lunchtimes. These are provided by the Social Services via the WDFSS and now I have traffic through my office door as well as my front door at home!

## Don't Be Afraid To Ask

And so the story goes on ..., as new needs develop, we are now NOT afraid to ask, first stop – your social worker and GP – and so far we are mostly successful.

In this day and age of Care in the Community and all the various citizen's charters, we, the disabled have the right to seek anything to improve our quality of life – so ask for it. If you need something, chase down every avenue regularly; approach whoever you think is appropriate, compromise if necessary because something is better than nothing and most of all, **don't give up**.

**Nothing ventured, nothing gained, so 'GO FOR IT'!**

## Hampden Inskip Literary Award, With Cash Prizes

Entries are invited for the 1994 Hampden Inskip Literary Award with three prizes of £150, £100 and £50. The subjects will be 'Aspects of Care Practice and Management', or 'Any subject concerned with the problems and aspirations of people with disabilities.'

Contributions will be selected on the basis of originality, quality of research and authorship and should not be more than 5,000 words in length.

Entries to Director General, James Stanford, Leonard Cheshire Foundation, 26-29 Maunsel Street before the closing date June 1st 1994.



# The First Family Support Service in London Area

*Sally Heddle, the disabled Chairman, describes its work*

Despite its name, Bromley Care Support Service is one of the Cheshire Foundation's Family Support Services, and the first to be established in a London Borough. It was imperative at the outset that we should find a new name as Bromley already had a family support service assisting needy families with furniture and similar necessities. However, we still do not feel we have found the best name, for people misunderstand our aims and confuse us with other organisations. We hope we – and the Foundation – will eventually find the answer as we believe it is essential to create the correct image through the name.

## Rapid Development

Our service began operating at the beginning of February 1992 and now, a year later, we have 76 customers and are delivering between 160 and 180 hours of care a week. This growth has been due to the industry and efficiency of our enthusiastic Organiser and the support of a very experienced Management Committee. A large number of our customers – we call our clients this because we believe it describes our position as helpers and enablers more accurately than any other label yet devised – are adults with degenerative conditions and while we can offer some help and support now, we are concerned for their continued dignity and quality of life in later years. In that our service has been set up with a direct input from Social Services, we have a strict criteria for our service and work with adults between 19 and 64, who have learning difficulties or physical disabilities.

## Carers Needs Included

It is not easy to produce lists of what we actually do inside someone's home. We believe that each customer needs a personalised package of care which takes account of our service provision and his or her wishes and choices. We include carers' needs in the programme devised. In some homes a considerable amount of personal care is given; in other the Care Assistant shares in gardening activities so that the customer can enjoy his dearest hobby. In others, giving an hour or two's break to the carer is the most urgent need



*A Bromley Care Service Care Attendant takes a Client out in the sunshine.*

and we wish we had the resources to be able to offer carers a chance to go away for a day or two knowing that we could cover the caring requirements.

We have many questions about what we should and should not offer. Are we there primarily to relieve carers which seems to be the reason the money from Bromley was able to be made available or have we a wider brief – as we believe – to assist also in enabling disabled people to retain their full independence. What of the people with Alzheimer's disease who fall outside our criteria and yet are in great need of the kind of service we provide?



*A Bromley Care Assistant gives a Carer an evening off and attends to night time needs.*

## A Deputy Organiser Essential

With our rapid growth, it has already become apparent that a service of this kind cannot run at maximum efficiency without a Deputy Organiser. For the Organiser to work 390 or more hours a week and then to be on call over the weekend is not acceptable and there is no one in authority to replace her at holiday times. Added to that we have no paid administrative help, so the Organiser shoulders all the responsibilities. There has been considerable difficulty in recruiting Care staff, partly because of the pay and conditions and partly because most people want to work more hours than we can offer and need a weekly wage.

## Home-based

Our service has its administrative base at St. Cecilia's Cheshire Home and this has benefits and disadvantages. We remain an independent organisation and, at the moment, consider this important as we strive to develop our status in the Borough. However joint training opportunities for staff, and working together to establish a Cheshire Services image locally are two advantages in our close links. The disadvantage is that we find some potential customers reject our help because they see our going into their homes as a way of leading them against their will into residential care. Is this just a local reaction?

## More FSS's Needed in London Boroughs

We are still a very new service, but we already see the need for expansion. What are we to do when we reach capacity and have to put new customers on a waiting list? We feel the urge to expand to meet specific needs which are being identified locally, such as counselling services, bathing, night sitting and respite at home. At the same time we need a much safer financial basis before we can plan new initiatives. We believe very strongly in the service we are beginning to establish in Bromley and would encourage those who wish to develop similar FSS services in other parts of the country, especially London Boroughs.





## SHARE YOUR PROBLEMS with Dr Wendy Greengross

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

In addition to answering some of the many questions and personal problems reaching her, she will also, from time to time, give her views on the challenges that face disabled people today.

Send your queries and problems to:

Dr Wendy Greengross, c/o Cheshire Smile, Arnold House, 66 The Ridgeway, Enfield, Middx., EN2 8JA

All correspondence will be treated as completely confidential.

# Time Now for Residents to decide for themselves

*Handing over decision-making to Disabled People has been the theme of the Foundation's Regional Conferences this year, but here Wendy Greengross suggests that too many of our Residents are still sitting back and not participating in issues affecting their lives both inside and outside the Home:*

We've moved a long way from the time when people with physical handicap languished in long-stay hospitals, often in geriatric wards, because there was nowhere else for them to go. But however much we look at the present with some satisfaction, there is a great deal more to do.

Most Residents and Clients have some measure of control over their own lives; very few, however, take any part in the decision making processes of their Home or in the world outside.

### Too 'Paternalistic'?

Perhaps one of the shortcomings of the Foundation has been the tendency to be too paternalistic (or maternalistic) making decisions for Residents and providing them with a cosy and protected environment, discouraging them from looking for other solutions.

### Reasons for Apathy

There may be good reason for this. Many people with disability need all their strength to survive and get meaning and satisfaction out of everyday life. Others express high levels of satisfaction and see no need to involve themselves in implementing or initiating change. Many have no interest in spending their time at committee meetings, which can be intensely boring, which I well know from

long personal experience. On the other hand meetings are what the participants make them, and if there was discussion about matters that really affected them, they might find it not only interesting, but even addictive!

### Great Goodwill not Enough

There is within the Foundation a great pool of goodwill among staff and volunteers who wish to ensure that services are in place which meet users' needs appropriately; but their efforts alone are not enough, for it is often only those at the receiving end who can truly evaluate the services or identify the gaps in provision.

### Change Rushing In

Change is proceeding about us at an unprecedented rate. Many of the beliefs and principles which we have worked towards for years are now included in statutory obligations, but there is often a ludicrously small amount of money and resources allocated for implementation. Another problem is that funding tends to go to established practice and little support finds its way to innovative plans that might be more effective in meeting needs.

### Under-Valuing Their Abilities

It is necessary to protect those among us who are vulnerable, but we often increase dependency unnecessarily by treating all Residents as if they would be blown away if the wind changes direction. This attitude may be kind, but does not do justice to their real skills and capabilities, for by imperceptibly undervaluing their abilities, they are diminished and infantilised and often discouraged from taking responsibility for their own lives.

### As Competent as any Group

Some Residents may be lacking in physical prowess, some are made weary by their disability and by the effort needed to do the simplest tasks, but they are as competent and intelligent as any other group who happen to be brought together by a common interest.

Most have a wide experience of life and relationships, but they often change the perception of themselves as effective people as soon as they become Residents. There is no reason why they, as well as other people who happen to have disabilities, should not be exploring alternatives to residential care as we know it at present, monitoring and evaluating services and suggesting fresh alternatives. Residential care for some will be a transitional process on the way to other living options.

### New Ideas for an Agenda

Few Residents' committees would think that these topics should be part of their agenda. Yet surely Residents and other service users are the people most able to suggest new and innovative ways of living, both inside and outside the Home, and identify different ways of delivering care.

### Your Life in Your Hands

The move into residential care is for many people as threatening to their self esteem as any other major life crisis, but, given help, most can work through the trauma. But the expectation of those around should be positive, believing that users of the services can be self determining, both in personal matters of where and how they live and how they are cared for, as well as in larger issues that may or may not be concerned with disability.



# John Major Meets Three Forests Residents at Guildhall

Residents and helpers from Three Forests Cheshire Home, Chigwell, Essex, were surprised and delighted when the Prime Minister, John Major, made a special request to meet them during their recent tour of the Guildhall, London. He shook each of the party warmly by the hand, chatting and joking informally for several minutes and then remarked how much he admired the work of The Leonard Cheshire Foundation.

The Three Forests visitors were Clark Burnet, Keith Godlonton, Sara Whateley-Harris, Sarah Rycraft, Ann Ruscallada-Lane and Dibby Singh, all Residents. Helpers were volunteer Alan Styles, who arranged the outing, Fred de Bere, Head of Home, Anita Wooller, Head of Care, Jean Burnet, Dot Warner, and Christine Barber, Activities Organiser.

They were greeted by the Lord Mayor and Lady Mayoress, Sir Francis and Lady McWilliam, and Sheriff Cork and Mrs Cork, after which they were taken on a



Prime Minister John Major shaking hands with Resident Dibby Singh. At left, Clark Burnet. Standing, at rear, Anita Wooller, Head of Care.

grand tour of the Guildhall, finding particular interest in the display of old

watches and clocks on show in the Library and the history of the building.

## News

### Better Facilities for Disabled Travellers

London Airport (Heathrow) has made substantial improvements to Terminal Four as a result of a report by four disabled travellers. It has widened exits for wheelchair users, installed portable induction loops at information desks, fitted speech synthesisers in lifts, increased Orange Badge parking spaces and installed Tynetalk.

### Carers Report

A survey by Crossroads of 1000 people in full time employment reveals that one in five people will be a Carer in the year 2000.

### Success in the Rain

Despite heavy rain and floods, Roelcliffe Manor Cheshire Home, near Loughborough, Leicestershire, made over £4,500 from its annual fete. Over 1,000 people supported the event. A key attraction was a display of owls by Chris Toms of the Barn Owl Conservation Trust.

### Getting Clued Up

Today's Health Service - A Users' Guide which contains much of what you need to know now the NHS reforms are in place - can be obtained from

## News

Channel 4 TV, PO Box 4000, London W3 6XJ. Price £2, cheques payable to Channel 4 Television.

### A 'Blooming' Generous Gesture

Residents of Eithinog Cheshire Home, in Wales, Joan Mockton and Henry Norman, were so moved by the news of recent floods in Wales that they each contributed £100 to ease the suffering.

Joan's contribution came from a unique source - home-made 'dishcloth bloomers' which she sews and sells for charity. Henry dug into his own pocket for his donation. The dishcloth bloomers are sold for £1. A poem attached to them reads: 'Don't be mistaken, don't be misled, these aren't for you but the kitchen instead.'

### Business Training Programme for Disabled People

Queen Elizabeth's Training College, Leatherhead, Surrey, is organising a course for disabled people who wish to set up their own business, or become self-employed. Called the Small Business Programme, it is an 11 week course and includes marketing, finding finance,

## News

making financial forecasts and the production of a final business plan. Other aspects covered include communicating effectively, book-keeping and administration.

## News

Further information from Mrs Pamela Martin, Small Business Programme Tutor, Queen Elizabeth's Training College, Leatherhead, Surrey KT22 0BN. Tel: 0372 842204.

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*A view of the building.*

# Glorious FREEDOM at THE DRAGON'S TAIL

After six months experience of independent living at The Dragon's Tail development in Brixham, Devon, Residents sit back to write of their delight in their new found freedom.

## Planned in Consultation with Residents

The imaginative project was built by Westcountry Housing Association in conjunction with the adjoining Douglas House Cheshire Home, and provides eight self-contained flats, each consisting of an open plan sitting room, bedroom, kitchen, with adjoining lobby and bathroom. A communal conservatory overlooking breathtaking views of the country and the sea offers the maximum light and sunshine. Two guest bedrooms are available for visitors and staff. Initial planning took place in close consultation

with the Residents and staff and each flat is completely adapted to suit individual disabilities. Care is provided when required by the Torbay Family Support Service, with other assistance from the South Devon Pilot Project.

## A Real Delight

Of the eight Residents, five are former Residents of Douglas House, and for them, moving from the 'security' offered there to a new environment was a great challenge. David Johnson says: 'I'm amazed at how relatively easy the transition from The HOME to My home has been. There have been a number of irritating problems, but, overall, it has been much easier than I anticipated. The Care arrangements have been a tower of strength.

'Now my cooking has improved to become adequate, I've even put on weight, though it's good to know that the Home will help when needed and Sunday lunch there is much appreciated.

'The wonderful views are a constant source of joy. No regrets about the move. I just wish it could have happened when I was younger.'

Says Felicity Duder: 'A lot of my first few weeks were spent in discovering the easiest way round doing things independently – like opening freezer packets with my teeth! I can sit for hours in our panoramic communal room watching all that is going on in Start Bay and the vessels on the River Dart.

'I am lucky enough to have a lovely companion three days a week to help me organise my life and to take me shopping in my car, garaged in the basement.'

Kathleen Hattie says: 'I love cooking and having my own things around me. For company there is Bobbie, my budgerigar, who sings along with the vacuum cleaner and fan heater.'

Susan James delights in being part of the Brixham community with its shops (accessible and inaccessible), library, marina, harbour and church, all not far away for travel in her electric wheelchair.

'There have been disasters but also the triumph of overcoming them. Things like burnt rice pudding, lamb chop casserole spattered all over the floor, but, oh, the sense of achievement in mopping it all up!'



*David Johnson gets ready for bed.*

Barbara Hoy comments: 'This project is a telling example of the way in which the concept of care created by Leonard Cheshire has expanded from Care FOR those with disabilities to Caring WITH them, allowing them to make the maximum use of their abilities.'



*Resident Chris Spick serves up his dinner.*



# Power for Disabled People is the Way Ahead

Delegates from 21 Northern Cheshire Homes and six Family Support Services met together at the Foundation's Northern Regional Conference in Lancaster University on Saturday, June 26th to debate how to break down the barriers which discriminate against disabled people and prevent them from fully participating in decision-making.

Professor Patrick Nuttgens of York University, chaired the proceedings from his wheelchair. He said that disabled people sought independence and therefore must contribute to society in general. The Community Care Act offered great opportunities for achieving this.

### Disability = Social Oppression

Jim Elder-Woodward, a member of Strathclyde Equality Awareness Trainers in Disability spoke on the subject of The Process of Empowerment 'seeking the ultimate Aphrodisiac'. He said that disability was a particular form of social oppression. Society took little or no account of impaired people and excluded them from participation in the mainstream of social activities. The laws of the land were based on a disempowering model, and the services which were the outcome of such laws were themselves disempowering.

Most professionals were trained to operate in a way which disempowered people with disabilities.



Northern rain but sunny smiles. Arriving at the conference Evelyn Dilsborrow, Client of Fylde FSS with Cathy Rawcliffe, Care and Clerical Assistant, Fylde FSS.



Professor Patrick Nuttgens of York University, who chaired the conference in his wheelchair. At rear, David Jones, Organiser of the conference and Gay Reid, Care and Development Officer, Northern Region.

### Conditions for Participation

There were four necessary elements to provide empowerment. They were:

- 1 Identity
- 2 Resources
- 3 Control
- 4 Participation

Disabled people must occupy a role in which it was possible for them to exercise power effectively.

### The Rights of Disabled People

Dr Colin Barnes, Principal Research Worker, British Council of Organisations of Disabled People, Leeds University, addressed the audience on 'Disabled People's Rights - Reality Not Rhetoric'.

He said that disabled people experienced discrimination daily - in restaurants, cinemas and old and new buildings with no access.

They also suffered passive discrimination when laws intended to help disabled people were ignored - he cited an example in the employment quota system which had been substantially ignored since 1944. Only 9 prosecutions for failure to observe it had been brought since that time.

### Society Encourages Dependence

Society encouraged dependence rather than independence. If you wanted to be given more, you were required to demonstrate how helpless you were. Community based services were based on the assumption that disabled people could not control their own lives.

Change was a question of the political will to bring it about.

### A More Powerful Voice

Mike Lauerman, Director of Social Services for Cleveland, spoke on 'User participation in the implementation of the NHS & Community Care Act'.



Inspecting the Foundation display stand are Honresfeld Residents Vincent Hall and Peter Bailey.

Standing left to right Lindsay Taylor, Catherine Blake, Val Long and Val Leach (Honresfeld staff).



He said that three voices had been involved in the services for disabled people – politicians, professionals and users. The users voice had been relatively small and less powerful than the other two, but the hope now was that the distribution would change.

### Six Musts for Care Plans

It was necessary to build in six requirements for every package of care delivered. These values were – privacy; dignity; independence; choice; rights; fulfilment. His staff had wilted visibly when they realised what this would involve in carrying out their assessments.

It was easy to slip into replacing 'what does this person need' with 'what have we got that he or she could have?'



*Delegates to the conference. L to R Elsie Bartlett and Mary Wilson, Residents of Spofforth Hall.*

### Getting Rid of Jargon

Participation between professionals and users was made much more difficult by jargon used freely but often not understood by the layman. Examples were these words: gender; coterie; equitable manner; networks; voluntary agencies; sensitivity; eligibility; allocation process. If language was not used constructively it was actually undermining to the process of collaboration.

Case Conferences should be user friendly, and users committees must be given the power to shape services in every sphere.

### Satisfied Customers

Six Residents of Northern Homes formed a panel to give their experience of using Cheshire Services, and all spoke of their satisfaction with the Homes they lived in. One Resident said she had tried independent living, but had found it lonely and that it made her lose her self-confidence. In her Home she was now busy, happy and fulfilled, with time to cope with her personal affairs herself and enjoy companionship and an outgoing life



*Delegates at the conference L to R David Watson, Darrell Batchelor, Audrey Johnston, Kenmore Residents and Sarah Oldfield, Client, Lancaster FSS.*

style. Another Resident said that now he was released from the struggle to perform daily living chores he was free to take part in activities he enjoyed, and fully participated in the running of his Home.

A third Resident said she was extremely happy in her Home and was able to do many more things than when she had lived at home with her mother. Her life had become greatly enriched by residential care. The staff were wonderful and there were no regulations. She had now enjoyed experiences completely missed in her youth.

Another said his quality of life had improved. Since entering the Home he went to theatres, plays, concerts and enjoyed all manner of new activities. Residents had become more and more involved in what went on in their Homes.

One Resident said she thought there should be more privacy, particularly in personal needs, but on the whole she led a happy life.

### FSS Excellent Support

A delegate living in the community said she had left hospital after eight months and had since had a 2 year uphill struggle. She found the Foundation Family Support Service she used most excellent, and supportive, however. The Conference was organised by David Jones, formerly manager of The Hill Cheshire Home, Sandbach.

In his closing speech, Dr Bill Beswick, Chairman of the Northern Regional Committee, outlined the way ahead for The Cheshire Foundation in the North.

## Dacorum FSS Throws a Lifeline to a Road Accident Victim

Dacorum Family Support Service, near Hemel Hempstead, is proud of the lifeline it was able to offer a young woman seriously injured in an accident, following nine months spent in Stoke Mandeville Hospital.

When she was discharged she needed 24 hours care and supervision. Her husband and parents desperately needed support till DAFSS came to the rescue.

Eileen Chester explains that, despite the special training given by Stoke Mandeville, taking the case on was a great challenge. They undertook to provide six hours of care a day, considerably more than for the average client.

### Efficient and Compatible

The Care Assistant selected had previous nursing experience and proved both efficient and compatible with her Client. Stoke Mandeville had hoped that after six to nine months their patient would have made sufficient progress to be on her own for part of the day, but this did not prove

to be the case. However, after this time, a substantial insurance settlement had made it possible for her to plan her future and employ a permanent nurse. The obvious choice for the job was the Care Assistant since such a happy relationship had developed between them.

Though regretting her loss, DAFSS was delighted as they saw how much she had contributed to a home full of fun and laughter, in spite of the severe handicap.

### About DAFSS

One of the earliest Family Support Services to be set up, DAFSS has been running for 11 years. It has 130 Clients and 50 Care Assistants working 1500 care hours a month. The Management Committee, under the Chairmanship of Desmond Malden, has worked very hard to reach agreement with Social Services to receive a grant for 1993/4 which covers current clients, and a further amount has been promised for additional hours to be contracted as part of future care plans.



# Obituaries

## Cheerful & Humorous

Arnold House Cheshire Home, Enfield, reports with sadness the death of Mrs Marjorie Hannibal, who had been a Resident at the home for nearly ten years.

Born at Rushden, Northamptonshire, she worked in one of the local boot factories in her early years.

She married and had two children – Ted, now living in Harrogate, and Wendy, who is in Australia.

Disabled by multiple sclerosis, she entered Arnold House after the death of her husband.

Despite her disability and the added discomfort caused by frequent attacks of acute neuralgia, Marjorie was of a very cheerful disposition and had a keen sense of humour. A few years ago she did not let her illness prevent her from flying to Australia to visit her daughter Wendy and two of her four grandchildren.

In recent years she had been confined for long periods to her room at Arnold House where she loved watching videos of old

movies – from old British classics like Brief Encounter to the famous MGM musicals.

She was 68 when she died on the 23rd May. Staff and many Residents joined her family at the funeral service at Enfield Crematorium.

## In Memoriam – John (Gillie) Gill

The Leonard Cheshire Home of Gloucester record with great sadness the death of Mr John (Gillie) Gill in May 1993. John, who was 67 years old, had been in Foundation Care for 19 years. He had been Severely Disabled since birth but through determination was able to work part time for 44 years at Dowty's in Cheltenham. He was a Past Chairman of the Residents Committee and, like everything in life, always took on challenges at 100%. His humour was notorious as was his friendliness and artistic skills. Perhaps no better tribute could be written other than the following extract from his Cremation Service,

attended by 22 persons from the Home:

'Some of us may remember from times past a small blue electric car drawn up on the roadside near the Plough Inn at Staverton, from which John Gill would sit and watch the world go by.

'John was a lovely character, and we shall always remember him with gratitude as someone who triumphed, in spite of great difficulties – as a life-long quadriplegic – and who really made something of his life, with a determination which will be an inspiration to others who share similar disabilities.

'There are many things one could say of him, and we will all have our personal memories – some to make us laugh, some otherwise: it is tempting to mention one little characteristic, that he loved his gin and tonic, which we are assured is very good medicine for those in his condition.

'There was a time when John was able to stand up on his own two feet with a certain amount of help. As he grew older, that was no longer possible, and he became increasingly dependent on others for everything.

'So there is something specially moving in the choice of the second hymn at this Service *Stand up, Stand up for Jesus*.'

Following the Service drinks were taken at the Home to 'a lost friend'. These were provided by John's family because that's the way he would have wanted it. He will always be remembered.

## Sadly Missed

The Cambridgeshire and Northamptonshire Cheshire Home, in Brampton, Huntingdon, records with deep regret the sudden death of Wendy Allen, one of its first Residents, in her sleep on 8th July 1993.

Derek Bower, Head of Home, writes: 'Wendy joined us in August 1990. Her main activities were embroidery, knitting, tapestry and reading. In addition to her friends at the Home she made many friends in the local village and she will be sadly missed by them, as well as by the Residents and staff here.'

## With Fond Memories

Michael Willis, Manager of Greenhill House, Twyford, Banbury, writes:

'It is with great sadness that this Home records the death of two Residents recently. The first, Laura Smith, had been with us for nearly twenty years. She will be remembered as a vivacious, outgoing character who had been an integral part of this Home almost since it opened. Laura loved life and lived it to its full within the confines of her disability.

'The second, Pam Hunt had only been with us for three years. She also played a full part in the life of the Home, always willing to join in with activities and events. We extend our deepest sympathy to both sets of families and friends.'

## Biking Bobby Raises £500

Disabled people cared for by the Leonard Cheshire Foundation will benefit from £500 raised by 47 year old Trevor Davies, a Police Sergeant from Plymstock, near Plymouth, who recently undertook a 380 mile sponsored motor bike ride.

The ride was made possible by BMW (UK) Ltd through their Taunton dealer who loaned a 1000 cc model. Grevan Motors, Plymouth, provided the petrol.

Trevor's sponsored ride took him ten and three quarter hours during which time he visited all

the Cheshire Foundation Homes and FSS's in Devon and Cornwall. These were Kempston House, Exmouth; South Devon Family Support Service, Paignton; Douglas House Cheshire Home, Brixham; Cann House, Plymouth; St. Teresa's, Penzance; and Westmead in Braunton.

Trevor's wife Ann manages the West Devon FSS based at Cann House, Plymouth. Trevor is Secretary of the Management Committee.

Information listed under various sports includes parking, admission fees, viewing areas, commentary facilities, toilets and catering. Available from RADAR, price £3.50 (inc. p & p) 25 Mortimer Street, London WIN 8AB


## Spectator Sports Guide

RADAR has produced a new guide for disabled spectators visiting major sports venues in England, Scotland and Wales.



Sgt Trevor Davies with Liz Fricker, a Resident of Kempston House, Exmouth.





# You write to us

## When Carers are Friends

I was told I had Multiple Sclerosis in 1986. My Social Worker recommended the Leonard Cheshire Lancaster Family Support Service if I ever needed help. I have to admit I had never heard of the Foundation until then.

I realised I would need some help by 1987 so I got in touch with the Organiser and I started with help twice a week. I was told I could always increase it if I wanted to. When the carers first came to me I was probably a bit stand-offish because I found it hard to come to terms with the fact that I needed help. At first I treated them like employees but as I needed help more frequently and got used to them I soon came to look upon them as friends.

I now have care two or three times a day from Leonard Cheshire Lancaster FSS and six and half hours a week from the Home Help Service.

I have eight different carers starting with Paula, Anne, Mary, Dot, Maureen, Dorothy, Aileen and Annette. My youngest son Andrew is very hyperactive and when Anne comes to take me shopping she knows just what kind of food and drink to buy. All the carers have a good sense of humour especially when I have my teeth cleaned and get a fit of the giggles. My carers help me in all different ways from gardening to decorating and also designing a fancy dress costume for me to wear when I go to Lourdes.

## 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, Middx EN2 8JA

The Editor

Because of the Lancaster FSS I am able to live as near normal a life as possible in my own Home. My carers don't just care for me they also care for the immediate members of my family and they are my friends.

## Cathy Greenhow (Client) Lancaster Family Support Service

## Pause for Thought in Kenya

I am enclosing my cheque for £100 towards the cost of sending me Smile each quarter. I find it immensely interesting to read and it certainly gives one pause for thought! And I'm full of admiration for the work done by the Foundation, together with the feeling of hope which is ever present and which is so needed at a time when one's emotions are constantly battered by reports of world disasters.

Thank you and Godspeed,  
sincerely

## José Hays (Mrs) Nairobi, Kenya

Thank you for the immense pleasure Residents and Friends gain from reading The Smile.

## Barry Bailey, Head of Home, Leonard Cheshire Home of Gloucestershire

## An Absorbing Read

Thank you for yet another absorbing Cheshire Smile. I hope to take up Mrs Saunders' idea of taping some of the Cheshire Smile for Residents. Our secretary at Appley Cliff thought it a very good idea.

## Judy Gascoyne, Activities Organiser, Appley Cliff Cheshire Home, Isle of Wight

## The Cheshire Archives

Beautiful Staunton Harold Hall in Leicestershire has been the home of the Cheshire Archives since 1989.

But we do not just have papers: there are photographs, magazines, films, videos, tapes, and many beautiful objects given as gifts over the years. Indeed, the National Film Archive in London feels that our film

collection is of enough national importance for them to look after it for us, and this will be happening from September.

We get requests for information from inside and outside the Foundation, and once all the information here is sifted and organised, much more in the way of research can be done. Leonard Cheshire himself felt that one of the reasons a charity might want to keep an Archive is if there has been a Founder who has attracted interest and support, and I don't think anyone would argue that this is the case with us. I believe the fact that he is no longer with us has only increased the need to look after the

information we have on his life's work, so that it can inform and help in the future.

I am trying to compile a complete set of Cheshire Smiles for binding. We have every issue going right back to the first one in 1954, except for the one which came out in Winter 1973. If by any chance anyone has a copy of this we could borrow, the binders can copy it and we will then have a full set for posterity. Please contact me if you can help.

## Jill Roberts, Archivist/Librarian Staunton Harold Hall, Ashby de la Zouch, Leicestershire LE6 6TR Tel: 0332 863660

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# International News

Edited by Lynette Learoyd  
International Secretary

THE LEONARD CHESHIRE FOUNDATION INTERNATIONAL

26-29 MAUNSEL STREET LONDON SW1P 2QN ENGLAND



## Jersey Cheshire Home Welcomes Princess Alexandra to 10th Anniversary

On 26th July HRH Princess Alexandra, visited Eric Young House, Jersey's Cheshire Home, which she had officially opened ten years ago. Among those she met was the first Resident of the Home in 1983, Yvonne Poulain, who presented the Princess with a posy.

### Stayed longer than scheduled

The Princess's interest was so great that she overran her schedule and spent more than an hour touring the rooms and chatting to Residents, care workers, volunteers and officials. She was greeted by the Bailiff, Sir Peter Crill, who presented to her the Constable of St Helier, Bob Le Brocq, and the Home's Chairman, Conrad Coutanche. The Princess then met Head of Home, Barbara Bedford and her Assistant, Marlene Esson. She also talked with Yvon Leon, who runs the Home's small shop, June Villiard and Irene Crossan who tapped out a message of welcome on her communicator, and in the Activities Room, met Val Baudet, Anita Smith and Shirley Le Quelenec who were baking scones with Activities Officer,



*The Princess chats with Residents and staff in the Activities Room.*

Aileen Stoppart. The Princess spent a few minutes watching a snooker game between Gordon Wakeham and Ronnie Fearnley,

and was introduced to Pam Ward, Ronnie Rolland, David Abbott, David Queree, the Home's newest Resident, Doreen Thomas, and another of the original Residents, Joy Baudins, who presented a collage of the Leonard Cheshire Red Feather emblem, composed of pictures of the 19 Residents. In the physiotherapy room the Princess met Mick Pulley, and spent some time with Monique Bidan and Alan Harris in their bedrooms. In the Residents' lounge she was introduced to Brian Salmon and Charlie St George, who has lived at the Home since it opened in 1983. On the patio some of the officials of the Cheshire Home were presented to her, including the President of the Home, Bernard Dubras, and Ronald Travers, the International Director of the Leonard Cheshire Foundation. Others presented included John Clement, the

Home's Treasurer and Di Toole, Chairman of the Management Committee. Everyone was delighted when the Princess remarked how happy everyone seemed to be.

### Changing attitudes

In the ten years since the opening of the Home, attitudes towards people with a physical disability have changed enormously, but for the first Residents the alternative was a long-stay hospital ward. The Chairman of the Cheshire Home Committee, Conrad Coutanche, said that he does not see any lessening of the need for such a Home, despite new initiatives towards care in the community. 'Some of our Residents need total care and you cannot expect Carers in the Community to cope 24 hours a day, seven days a week, 52 weeks a year, so there will always be a need for us.' With 19



*Looking in on a cookery session, the Princess meets L to R Aileen Stobpart, Shirley Le Quelenec, Resident: Pat Cooper, member of staff; and Resident Anita Smith. (Photographs by courtesy of the Jersey Evening Post).*





L to R: Pat Goddard, member of staff; Irene Crossan, Resident; Princess Alexandra; Barbara Beaford, Head of Home.

Residents, the 'House Full' signs are up at the door and there is a long waiting list so that Mr Coutanche sees another Home and perhaps purpose-built individual accommodation as their long-term aim, despite shortage of funds.

## Conductive Education

Conductive Education Programme, a revolutionary method of assisting the development of neurologically impaired people widely employed in Britain by The Spastics Society, has been introduced with positive results by The Cheshire Home in Shatin, Hong Kong.

Selected Residents suffering from cerebro-vascular accident and spasticity motor disorders have been participating in an activity centred programme for the past nine months. In addition to normal rehabilitation methods, nurses provide them with total quality care which includes assessment of their physical needs and levels of interest in the programme and the drawing up of individual nursing/care plans and programmes, under the supervision of Joseph Ng, Senior Nursing Officer at the Home and a member of the Hong Kong Working Group on Conductive Education under the Hong Kong Council of Social Service.

The central goal of conductive education is to nurture the ability to function independently in society rather than to adapt a person's environment to their dysfunction or disability.

This is accomplished by a combined education and therapeutic programme. Educationally it is a process of 'leading out' the potential that

already exists inside an individual. The therapeutic aspect consists of a healing process that breaks through inner tensions, blocks and conflicts.

The most common approaches are by activity and themes. The former encourages people to learn through activity. The thematic approach promotes learning through activities and exercises centred round a common theme.

For example, the chosen theme may be transportation. Patients are shown how to imitate the sound of a train. Then they learn a song about trains which they sing while performing rhythmic movements. Other related exercises follow.

The common theme is used to heighten interest and increase motivation to work harder at exercises over longer periods, instead of just performing them mechanically.



Mr G Ranganathan, Chairman of Coimbatore Cheshire Home, India, receiving the Vijay Ratna Award of the International Friendship Society for his Social Work Services.

Conductive Education was developed in Hungary during the 1950's and the success of this method has attracted world attention. It has been used in Hong Kong since the 1980's at special centres and sheltered workshops.

### THANKS TO RETIRING CHAIRMAN

Our thanks and appreciation go to Mr Doveton Sullivan, who was Chairman of the Trinidad Cheshire Home for many years, and who has now retired. He is still involved as the Home's Welfare Officer. Mrs Geraldine Roberts, who has succeeded Mr Sullivan, is a School Principal and has been a dedicated voluntary social worker at the Home; she is the first woman to chair the Home's Committee.

### AWARD FOR CHAIRMAN OF COIMBATORE CHESHIRE HOME, INDIA

This year, Mr G Ranganathan, was honoured to receive the 'Vijay Ratna' Award of the International Friendship Society India for his Social Work services. Mr Ranganathan has been involved with the Coimbatore Home for many years, firstly as Treasurer, then as Vice Chairman and recently took over as Chairman.

### A NEW CHAIRMAN IN BARBADOS

In Barbados Mr Woodie Blackman has retired after a long stint in the Chair; we know that he will be missed and join the Committee in thanking him for his support and service to the Home over the years. We welcome Mr Thomas Roach, a banker, who has taken his place.



Silver Jubilee Trinidad Cheshire Home. Certificates of Appreciation were presented by HE President Noor Hassanali to: Barbara Caesar, Mrs F Ali (for her late husband), Mrs S McLeod, Mrs B Benjamin, Mrs Sylvia Osborne, Mr Doveton Sullivan (back row). Seated Barbara Archbald, Dorothy Collymore, Dr Harry Collymore, Mrs Umlita Sullivan, Mrs Geraldine Roberts.



## ATHLETIC ACHIEVEMENTS ON BEHALF OF CHESHIRE HOMES

### Wheelchair Marathon in Northern Cyprus

On 23rd May the Steering Committee of the proposed Rehabilitation Centre at Kyrenia in Northern Cyprus organised their second annual wheelchair marathon. Having decided this year to make it an international event, two participants were invited from Turkey, and four from the UK. A total of 18 athletes took part, generating immense publicity and goodwill, and next year the event will be open to wider participation.



*A Turkish competitor 'at the ready' in Cyprus Wheelchair Marathon.*

### EX-VOLUNTEER DOES 11,000 FEET SKY-DIVE

Adrian Owens was a volunteer at the Orlu Cheshire Home in Nigeria in 1991, helping with their income-generating activities and with making appliances. Earlier this year he undertook the sky-dive, accompanied by a photographer, to raise funds for the Home, and so far has received £600 – a magnificent effort! Adrian has also involved the pupils of Brookvale School in fundraising for the Home, and we have been able to send funds from them over the past two years. The pupils are also corresponding with the residents of the Orlu Cheshire Home.

### EX-VOLUNTEER RAISES FUNDS FOR DEHRA DUN, INDIA

Karen Leach worked as a GAP volunteer at the Dehra Dun Cheshire Home for six months last year, and on her return has involved her school in

fundraising. Contact has also been made by Captain Kochar, the Home's Administrator, with the school.

### LEGLESS DAVE BARR – ROUND THE WORLD ON A MOTORBIKE

Since we last heard from Dave, he has travelled from Hong Kong to China; through Mongolia and the Gobi Desert; through Siberia to Moscow and then to Sweden; he then journeyed down to Germany and has recently landed in Kingston upon Hull in England where, in July, he embarked on a tour round the UK Homes, helping to raise awareness of the Foundation's work and giving talks at the Homes about his trip. Once Dave had landed in Sweden, his 'round the world trip' had in fact been completed.

In China, Dave became involved with a group doing a 'Hope Project' for children whose families cannot afford to send them to school. They made a documentary film to show another side of China not normally seen. They were a very dynamic group of young Chinese, some of whom had left their jobs to help out on the documentary. Although finances were in short supply, the comradeship with men and women working together as equals made up for that. Hope Project schools in out-of-the-way places were visited, and schools that take Hope Project pupils.

1992 ended with Dave having completed 35,000 km of unknown territory – in his words, 'mud, rain, snow, ice, hard



*Staff Training Session at Johore Cheshire Home. Front row, L to R, Kartini, Shirley Chan, Regional Staff Trainer. Back row Devi (Head of Home) Rokiah, Jemah, Nagamoh, Norkiah.*

living, good living, meeting good people'.

### NEWS FROM THE FAR EASTERN REGION TRAINING PROGRAMME

#### Regional Trainers help with In-Service training in Cheshire Homes

Rita Wong, Shirley Chan and Chang So Fa are all Heads of Cheshire Homes who have been helping to implement training programmes in other Cheshire Homes around the Region, as Regional Trainers.

#### Basic Care Skills

The initiative is part of the Regional Training Programme's objective to provide training in Basic Care Skills to all Cheshire Home staff within the next two years. It is hoped to achieve this by 'training trainers'; the Regional Trainers will train

Heads of Home who in turn train their care staff, and in this way the knowledge and skills needed by staff to provide the basic care that Residents need can be disseminated.

The three Trainers attended a briefing workshop in Penang in May conducted by Diana Khoo, the Regional Training Officer and Sarah Holloway, the Training and Rehabilitation Adviser from the International Office. This was the second phase of the Level 1 Training Programme. (Phase 1 took place in Penang in April 1992 with Regional Heads of Home being trained to field test Level 1).

Following their briefing, the Regional Trainers then travelled to assist the Heads of Cheshire Homes in Malaysia and Thailand to implement the training in Basic Care Skills in their Homes. Rita Wong went to Thailand,



*Dave Barr descends the Great Wall of China.*



Shirley Chan to Johore and Chang So Far to Sarawak. Both Rita and Shirley come from Hong Kong – Rita is Head of Chung Hom Kok Cheshire Home, and Shirley is Head of the recently opened Shatin Cheshire Home. Chang So Fa is Head of the Sabah Cheshire Home in Malaysia. All three are trained nurses and have many years experience of working with people with disabilities and of running Cheshire Homes.

They see this work as a personal and professional challenge.

### A vital contribution

It is thanks to the generosity of their far sighted management committees that the three can be released from their work for a few weeks each year to make this vital contribution, and one committee member commented on its 'being a two way process, as we will benefit by their experience'.

Level 1 'Basic Care Skills' is a specially designed package, developed in the Far Eastern Region as part of the International Training Plan. The Regional Training Programme aims to develop training at 4 different levels of care staff and Heads of Home as part of its long term training strategy.

### EDUCATION PROGRAMME FOR RESIDENTS OF PHILIPPINE CHESHIRE HOMES

Since early June classes have resumed at all levels; 138 disabled children and also young adults – who have never gone to school – are now being given a chance to participate in mainstream education. Several of the Philippine Cheshire Homes, especially two – Bahay San Pedro and Bahay San Pablo – are helping to accommodate those in wheelchairs.

Colombo, one of the Residents, who heads the prosthetics department, has just left for Japan for six months' training in his field. Another

Resident will travel later in the year to undergo the same training. Plans are underway for a roving physiotherapist and nurse to serve the needs of all the Residents in the Homes in the Philippines.

### VISITORS FROM OVERSEAS HOMES

Mr Vladimir Fomin, the main benefactor of the **Moscow Cheshire Home** spent time in the UK – having meetings at Maunsel St, and also visiting Le Court Cheshire Home.

We were very glad to see Barbara Sunderland, Treasurer and Secretary of the **Bahamas Cheshire Home**, who called in with Trevor, her husband, while on holiday.

In July Elize Braye, Director of the **South African National Foundation of Cheshire Homes**, while in England for a family holiday, had an intensive study visit, staying at the Grange and Cheltenham Cheshire Homes where she was able to see at first hand the developments taking place in the UK and discuss with everyone the issues involved. This was rounded off by meetings with key personnel at Maunsel Street on all aspects of the Foundation's policies and aspirations.

Dr John Owen, past President of the **Cheshire Home in Saskatoon, Canada**, and still on the Committee as Chairman of the Policy and Procedure Subcommittee, came to see us in July, and bring us up to date with developments there.

The Residents continue to be active, attending school and working outside the Home. A number of Residents have moved out for more independent living.

### CARING FOR THE ELDERLY

From the Kenya Times comes this article about the Kariobangi Cheshire Home in Nairobi:

'Sister Victoire Kennedy, has headed the Home for the last six years after a long teaching career in Uganda and Kenya. She cites



*Smiling Residents of Bahay San Jose, Tagaytay, in the Philippines.*

loneliness as one of the major problems facing the aged everywhere, and emphasises that people should be aware of the needs and emotions of the elderly, and realise how vital it is that their contribution to society is appreciated.

'The Cheshire Home sets out to solve the problem by providing a place and an opportunity where the elderly may get together and enjoy each other's company, while the Home supplies them with material and spiritual needs. It has accommodation for 14 at present, in spacious single rooms, and also caters for 120 elderly people in the community who visit the Home for food, medical treatment and occasional clothing. The able-bodied are there on Wednesdays and Saturdays, and are given a meal and food to take to their homes. There is free medical treatment for those who need it, including drugs from a qualified nurse, Sister Constantia, who has been with the Home for nearly three years. The needs of those with a disability are met on Tuesdays in similar fashion. Home visits are made by Sister Constantia to those who fall ill on non-visiting days. She treats them on the spot, or they are referred to Nazareth Hospital for treatment.'

gradually obtain enough Independent Living Skills so they can enter the community as a completely independent person.

'As the Resident Manager I find myself in a position that is both beneficial to me and the Residents of the Home. Being in this position has increased my awareness of the need for more agencies like this worldwide that give the disabled an opportunity for Independent Living Skills training. During my day to day duties I have observed young adults finally realising that they have an opportunity to be independent.

'Janice Smith, a young lady who was totally dependent before moving into the Home, wrote a beautiful verse about her feelings which ended thus:

*"Independence the best joy of living"*

'From the time I have already spent here I know this experience will make me more determined to further my studies to a point where I can utilize this experience as a professional. The most valuable lesson I have learned from The Cain Center is the reality of independence is not just a dream.'

### OBITUARY

#### Rev. Eric Palmer

It was with great sadness that we received the news of Eric Palmer's death. He had been so close to the Cheshire Homes in Durban, firstly as Chairman of the Queensburgh Home and then as Natal Branch Chairman and, with his wife Heather, had always given such wonderful hospitality to everyone who visited the Homes from the London Office. Many tributes were paid to Eric at a Memorial Service held at the Queensburgh Cheshire Home on 28th May.

### IMPRESSIONS FROM THE USA

Delta Gumbs, who worked at the Chiltern Home, Gerrards Cross, writes: 'In February 1993 I came from the cold shores of England to the warm welcome of The Cain Center, where I was given the position of Resident Manager of The Jim Cain Cheshire Home (in Louisville, Kentucky). The Jim Cain Home is a transitional living facility that can accommodate 8 young disabled adults. By learning to care for themselves and the Home they



*Centre, Delta Gumbs of Chiltern Cheshire Home, with Residents of Jim Cain Cheshire Home, Louisville, Kentucky.*