



CHESHIRE

Smile

JANUARY 1994

THE WORLD-WIDE CHESHIRE FOUNDATION ENTERS 1994

A NEW YEAR OF OPPORTUNITY



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 Care at Home 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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If the Cap Fits ...

Oh give me your pity,
I'm on a committee,
Which means that from morning to night
We attend, and amend,
and contend and defend,
Without a conclusion in sight.

We confer and concur,
we defer and demur,
And re-iterate all of our thoughts.
We revise the agenda
with frequent addenda,
And consider a load of reports.

We compose and propose,
we suppose and oppose,
And points of procedure are fun!
But though various notions
are brought up as motions,
There's terribly little gets done.

We resolve and absolve,
but we never dissolve,
Since it's out of the question for us.
What a shattering pity
to end our committee,
Where else could we make such a fuss?

(From *The White Ribbon*, September 1990)

Editor's Note: This witty poem reached us from a Reader in South Africa, who nevertheless pointed out that, although there is some truth in it, committee members are stalwart supporters and without them very little would be achieved!

For FSS's Read Care At Home Services

The Cheshire Foundation Executive Committee has approved a new title for its 37 Family Support Services which now become Foundation 'Care At Home Services'.

This follows a comprehensive FSS Review which recommended a change of name and a campaign to increase awareness of the growing importance of its work in providing care to over 2,000 clients in the community.

All services will be provided with a start up pack of stationery to assist with the implementation of the new title.

James Stanford, Director General, stated: 'As such an integral and growing part of the Foundation, it is only right that our Care at Home Services are given the high profile they deserve.'

Various working parties have been established to implement other recommendations of the FSS Review.

Our cover: The view of planet Earth from space emphasises the world-wide nature of the Cheshire Foundation as we head into 1994.

The Future Cheshire Smile

James Stanford, Director General of The Cheshire Foundation, issues the following statement:

'After eight highly successful years under the editorship of Kay Christiansen, Cheshire Smile will revert **after the April issue** to being produced in Maunsel Street. The key objective will be to increase the attention given to the Leonard Cheshire Foundation International and to the family of Homes and Services throughout the world created by Leonard Cheshire, our Founder.

'A new Advisory Panel, Chaired by James Stanford, will comprise representatives from the UK and International Regions. Under that Panel,

the new Managing Editor will be Paul Sample, Public Relations Co-Ordinator, and himself a former journalist. A new Editor/Photographer is to be recruited who will be expected to travel widely to broaden the coverage of articles and to ensure that every corner of the Cheshire globe gets the opportunity to tell its story. Kay Christiansen will remain a Consultant to the new Advisory Panel and will, hopefully, continue to provide feature articles on the subjects that she has covered so well over the years.

'MORE INFORMATION WILL APPEAR IN THE APRIL EDITION.'

Cheshire 'World Week' Launches Plans for Closer Ties with Overseas

London Conference will focus on making G. C.'s dream a reality

The UK Foundation's determination to redouble its efforts in 1994 to reinforce and strengthen its links with 190 Cheshire Homes in 50 countries throughout the world will be demonstrated when it holds its World Week in London from 6th to 13th June this year.

Plans are already in hand for Residents, staff, and committed volunteers from all parts of the globe to meet with their counterparts in UK Homes and Services so that news, views, problems, solutions and successes can be exchanged and greater understanding reached.

G.C. Had a Dream

It was Leonard Cheshire's great dream that his Foundation would reach out further and further to answer the unmet needs of disabled people in countries where poverty, ignorance and suffering are rife. Of great satisfaction to him in his last years was the establishment of Cheshire Homes in Japan, China and Russia, but he always urged that the Foundation should never be self-satisfied but go on to reach out for further goals.

The World Week is an important step to making that dream a reality.

Exciting Events

Delegates will stay at the Tara Hotel, in Kensington, which is fully adapted and accessible for wheelchair users. Exciting events planned include a Royal reception and a Government

hosted party at Lancaster House, with many outings to ensure that overseas guests see all the sights of London.

A Serious Programme

The conference programme will run for two and a half days when a number of experts have been invited to speak on topics such as funding; care; building developments; special aids.

The week will culminate in a grand Finale at Le Court Cheshire Home, in Liss, Hants, with a buffet lunch and spectacular displays.

Help With Funding

Nicky Baly, the Conference Organiser, comments: 'The Foundation plans to provide funds for the accommodation of overseas Residents, and where possible, to secure funds for their air travel. Enormous efforts are being made to obtain outside funding to cover the costs involved and UK Homes have been a tremendous help here. A large number, for example, have offered hospitality in their Homes after the week for overseas Residents, which will increase mutual understanding, sympathy and friendship. They are also offering help with transport as well as sponsoring Residents attending.

'Needless to say, any further contributions will be most gratefully received by me at the following address: Nicky Baly, International Office, Leonard Cheshire Foundation, 26-29 Maunsel Street, London SW1P 2QN'.

A Helping Hand Back to the World

Mental disability is one of the great scourges of modern life, with six million people every year diagnosed as sufferers from one condition or another.

Increasing concern has been expressed in recent months about the burgeoning numbers of people with serious mental health problems such as schizophrenia, manic depression and psychopathic behaviour who are now being turned out into the community lacking the support, counselling, rehabilitation, housing and other help they need if they are to be saved from regressing into hopelessness, degradation and anti-social behaviour.

Last year The Cheshire Foundation announced a firm commitment to continuing and expanding its work in this field.

Small But Beautiful

It now has three centres offering rehabilitation – Nicholas House, in London's East End; The Hillingdon Group in Middlesex; and the Wimbledon Project in South West London. In the light of the enormity of the problem, the contribution of the Foundation in this area is admittedly 'small' but nevertheless 'beautiful' and does provide a blueprint for the sort of back up that should be available to mentally ill people nationwide, but too often is simply not there.

The Wimbledon Project

I recently visited the Wimbledon Group and spoke with Eleanor McMahon, the Foundation's Adviser on Mental Health and Learning Disability, on this aspect of her task. She explained that Layton House, opened in 1984, in Worple Road, Wimbledon, is a purpose built hostel designed to offer rehabilitation to twenty-one ex-psychiatric patients between the ages of 18 and 60, who are referred by a variety of professionals such as social workers, community psychiatric nurses, doctors and psychiatrists.

Many have been discharged from mental hospitals, but some come from a family situation which has become untenable due to their condition.

Individual Approach

Emphasis is always on treating each case individually as a unique personality, and tailoring each programme to specific and differing needs. Each Resident is assigned to one of six Key Workers, some of whom are trained, but all of whom have good experience of working with mentally disabled people, and who are available for counsel on a day-to-day basis.

Kay Christiansen talks to Eleanor McMahon, the Foundation's Adviser on Mental Health and Learning Disability



Eleanor McMahon, the Foundation's Adviser on Mental Health and Learning Disability.

Assessment of Needs

The first step is a meeting with all the relevant people – possibly the psychiatrist, the key worker, the project manager, the community psychiatric nurse, and sometimes a member of the family concerned, if appropriate. The aim, after discussion, is to make a detailed assessment of each person's needs based on available data, after which a plan is drawn up with a long term goal (hopefully, a complete, or partial return to independent living in the community), and short term goals. These would probably include the need to help each person to acquire social skills such as how to budget available money, how to shop sensibly, to plan nourishing meals and cook them, to launder personal clothes, to attend to personal hygiene, to take responsibility for care of bedrooms.

Eleanor explained: 'We do not invade every area of their privacy, but respect it. Nor do we impose strict standards because we recognise that people are all different – some tidier than others, some with different priorities for spending their money – but we do try to make it clear that in all these social matters a level that is acceptable in general terms should be aimed for. Indeed it is essential if they are to be accepted in the outside world.'

Separate Units

Layton House is split into three separate units each for seven people, with single bedrooms, a communal sitting room, kitchen and bathroom.

At first key workers help with the short term goals set, but always with the aim that as increasing stability is achieved that help should be gradually withdrawn as confidence to perform everyday tasks increases. Regular sessions are held with the Residents and key workers to see how well they are progressing, or where they may be falling short, always with the aim of getting them to take increasing responsibility for their actions and their lives, and to appreciate why this is necessary.

Regular case conferences are also held to monitor the position. Care is also taken to ensure that regular, prescribed medication is taken and that the Resident understands the importance of this for his or her own well being.

During the day Residents may attend day centres, industrial units, sheltered employment or may sometimes go out to paid employment in the community.

Independence Flats

When and if an acceptable level of self sufficiency has been reached, Residents may be allocated an independence flat in the Wimbledon area. There are eight of these delightful apartments in houses converted by The Cheshire Foundation Housing Association and the Threshold Housing Association, situated in ordinary residential areas. Each consists of a bedroom, sitting room, well equipped kitchen and bathroom. Support at varying levels according to need is supplied by Foundation key workers who keep a fairly constant eye on how things are going. In some cases, however, Residents improve sufficiently to return to their families in a normal environment.

And Independent Houses

In addition, Wimbledon Cheshire Homes have four houses in residential streets providing independent living accommodation for 13 people, who are also given support as necessary by the project worker. Some of the occupants in these shared houses have spent many years in psychiatric hospitals and often prefer not to live completely alone in the community. If and when they are ready and opt for completely independent living they are helped to find suitable accommodation either through the housing association or through the Local Authority Housing Department.

Wide Liaison Maintained

Eleanor told me that contact with all the relevant social agencies is essential and has a high priority on her agenda. 'We have an excellent relationship with Merton Social Services who think very highly of the work we are doing and are keen to allocate their resources in this area to us. We are currently in the throes of discussion with them to branch out into respite services offering support part time

to families who have a mentally disabled member living with them.'

Need for Great Understanding

Ray Smith, the Wimbledon Project Manager, told me: 'The struggle is to achieve stability in the client. We cannot rehabilitate them until that exists. We have to help them to obtain an insight into their own problems, to working them out for themselves. Once that begins to happen they are in a position to take

responsibility for their own actions and regain their self respect. The stigma still attached to mental disability by the uninformed does not help and makes it difficult for them to regain their self esteem. A greater degree of public understanding would help.'

It is interesting to note that although Layton House and the independence flats and houses are in the heart of the community, no problems at all have been recorded with neighbours.



The Bath on Wheels sets off from Salisbury. In front, Le Court Residents Frances Hopwood and Bob Balfour.

Have Bath – Will Travel –

All in Aid of Charity

The owl and the pussy cat went to sea in a beautiful pea green boat, whereas Robin Green's craft was somewhat different – a Bathmobile. For the uninitiated this strange vessel travels on the road and consists of twin pink baths bolted on to a VW chassis. As a volunteer fund raiser for St. Bridget's Cheshire Home, Rustington, in Sussex, Robin had conceived the unique idea of driving from the Home to Land's End, stopping at Cheshire Homes en route, to raise funds for The Cheshire Foundation and Inspire Foundation, a charity for people with spinal injuries, as well as awareness of the valuable work they both do. For motoring sceptics, this vehicle is MOT'd, fully insured and capable of reaching 70 mph!

Rain, Rain, Almost All The Way

The contingent set off from Le Court Cheshire Home, went to Salisbury, to Brixham, Torquay and Plymouth, and to Cornwall, visiting The Grange, Douglas House, Cann House and St Teresa's, where, despite the high winds and pouring



All the fun of the fair on the seafront.

rain, they were cheered by a warm welcome.

A rare burst of sunshine as collecting tins were rattled at Marazion, ended with

a triumphant finish at Land's End – on target – and with the general feeling that the new friends, kindness and interest had made it all worth while.

Margaret Meets the Pope and Presents Him with a Cheshire Smile

The highlight of a memorable holiday in Rome for Resident of Three Forests Cheshire Home, Chigwell, Margaret McQueen, was meeting the Pope, when he blessed her and presented her with a rosary.

In return she presented him with a photograph of her fellow Residents and a copy of Cheshire Smile, for which he later wrote to thank her.

Margaret's trip of a lifetime was made possible by Christine Barber, the Home's Activities Organiser, and Joanna Bernasinska, the physiotherapist, who organised it and accompanied her, making her long held dream come true.

Seeing The Sights

Here Margaret describes the adventure:

'Arriving at Rome from Gatwick, where most marvellous help was given to me as a disabled person, Joanna hailed a taxi in her perfect Italian. Christine had been in touch with the English Seminary in Rome and they supplied us very kindly with three students who came with us every day, thus enabling me to see many sights I would otherwise have missed. We went to the roof of St Peter's, the



Margaret at the Trevi Fountain, after throwing her coin and making her wish.

Coliseum, the Trevi Fountain where I threw the inevitable coin and made the inevitable wish, and to the Spanish Steps. Then as we were going over a bridge Christine said 'what a pity you can't see this fantastic view of St Peter's', where-upon the strong young men just picked up my chair bodily so I did not miss it.



Left: A great moment. Margaret meets the Pope, with Christine and Joanna at left, all displaying The Red Feather on their T shirts.

Right: Two strong students hoist Margaret's wheelchair up to get a breathtaking view of St Peter's from the bridge.

Meeting the Pope

'Thanks to Sister Zenona in the Vatican I was lucky enough to twice meet the Pope, and also to visit his lovely but peaceful garden. Christine, however, was stopped by the Guard and told to cover her bare shoulders. We also visited the Vatican museum and the beautiful Sistine Chapel – the only place in Rome with special equipment for wheelchairs.

'We visited St Peter's many times and I was honoured by the Swiss Guards who allowed me to be photographed with one of them.

A Word of Warning

'Rome in a wheelchair is not easy. The pavements are cobbled and so it is very sore for your posterior and hard pushing for your helpers.

Time to Go Home

'All too soon it was time to leave this beautiful city, although Rome Airport was not so organised for disabled travellers as Gatwick. English weather, cold and raining greeted us, but the memory of Rome was still bright!'



Qualification for On-The-Job Competence

Workers in the Caring business – Care Attendants, Activity Organisers, Occupational Therapy Helpers and Nursing Auxiliaries – now have a chance to get a nationally accepted qualification for competence 'on the job'. Called N/SVQ's – National and Scottish Vocational Qualifications – their development has been one of the best things to happen for years for carers who until now had little chance of getting a qualification for a job which is complex and requires considerable skills. Instead of going to college, writing essays and passing written tests to qualify, workers will be continually assessed on the performance of their daily work to see how they match up to national standards set down by employers in every industry. The same applies to managers, cooks, trainers, builders and indeed the entire workforce.

Raising Standards and Providing Services Quality

Janet Wells, the Foundation's Training and Development Adviser, comments: 'An important outcome for our staff in Homes and Community Services in acquiring N/SVQ's is the raising of standards. Another good thing is that the statements describing the nationally accepted way of doing things will be open for everyone to see so that clients and Residents will then know what quality of service they should expect to receive. A revolution all round!'

Those interested in going for N/SVQ should approach their Manager, Care at Home Service Managers, N/SVQ Assessor or Care and Development Officer, or write to Janet Wells, Training and Development Adviser, Leonard Cheshire Foundation, 26-29 Maunsel Street, London SW1P 2QN for further details.

Help, Help, There's a Mouse in the Fridge!

Christine Reid, Deputy Residential Services Manager at The Chiltern Cheshire Home in Gerrard's Cross, Bucks., here describes a very happy 'family' holiday, with all the ingredients to make it perfect – wonderful weather, and loads of activities to please all tastes:

The Convoy Leaves

One Saturday this summer our convoy of vehicles left the Chiltern Cheshire Home bound for Stackpole, Wales. There were two buses carrying our nine Residents, seven staff, two volunteers, two children and two dogs, also a transit van piled from floor to roof with luggage and supplies. After a lunch break at the Severn bridge we finally arrived at Stackpole about 6.00 pm to the welcome smell of dinner cooking in our kitchen, the centre of our lives for the next seven days.

An Extra, Uninvited Guest

Every morning we all gathered for a breakfast of cereals, boiled eggs, toast and endless cups of tea and coffee. This was accompanied by a lot of laughter especially when we discovered we had an extra guest living in the fridge. A brave volunteer tried to catch our furry friend in a saucepan, while staff climbed on to chairs and tables bravely telling him where the mouse had gone.

Our first day was spent relaxing on the beach. Two Residents enjoyed paddling in the sea, one dog joined them and the rest of us enjoyed the view and the ice cream. That evening we all relaxed with coffee after a delicious roast dinner and discussed the rest of our week.



Resident Iris Walsh on her way to the abseiling pushed by organiser Zoe.

A Challenging Proposal

A barbecue was agreed, a fish and chip supper and a visit to Pembroke Castle.

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

One Resident said she would like to abseil. There was a pregnant pause. All our lectures about Residents making their own decisions come flooding back to us, but this was different. Could we let our Residents take up this challenge? We shelved the problem. The week flew by. One morning four Residents went riding, most evenings several went swimming in our own indoor pool, we shopped, we went to the theatre, we made sand castles, and the weather remained perfect, but our Residents still wanted to go abseiling!

Mission Accomplished

By this time six people had decided to have a go, and we would not put off the decision. An arrangement was made for our last morning to be spent at the National Trust quarry and they would abseil.

Our convoy set off for the two mile journey but we missed the turning and we were lost. We drove down narrow lanes unable to turn back. We were going to be too late. Thank goodness. We stopped to ask the way and finally arrived at the quarry to discover they were still waiting for us. Our first intrepid Residents slowly drove their wheelchairs up the steep hill, and one by one they abseiled, to the cheering of the rest of us.

A Soothing, Cheering Glassful

In our kitchen most evenings we filled our wine glasses and celebrated the end of a wonderful week. The first few drops of rain started to fall as we were packing.

Hopefully we will return next year. What did somebody say about canoeing?

News

Writing and Sharing

Write to Belong is a new organisation funded by the Arts Council for disabled writers. It aims to enable would-be authors with disabilities to communicate with each other to swap ideas and criticisms by post.

There will be emphasis on reading as well as writing, sharing thoughts about books and making recommendations of books, poems or passages that have given enjoyment.

Twenty writers, playwrights, poets and novelists are already operating postal forums under the Write to Belong Scheme.

Joining is open to all people with disabilities and an interest in writing. Membership is free and you don't have to be experienced or published to participate.

News

However, a real commitment is required.

Writing is circulated on cassette as well as print. To join, send a letter or cassette to Jenni Meredith, 4 Argyll Street, Ryde, Isle of Wight PO33 3BZ or telephone: 0983 567825.

Disabled Access to Parliament

Wycliffe Noble, Consultant Architect to The Cheshire Foundation, has been asked to produce a report on existing facilities in the Houses of Parliament for people with disabilities, and to outline how these might be improved.

News

Comprehensive Guide to Disability Equipment

A 656 page guide to every conceivable aspect of equipment to aid disabled people and how it is provided has been published for The Disabled Living Foundation by Jessica Kingsley and Kogan Page. It has been compiled by Michael Mandelstam, and should be a godsend for professionals trying to service clients well. Contents range from daily living equipment, to home adaptations, renal dialysis equipment, artificial limbs, protheses, to product liability, standards and cleaning. There is a comprehensive index.

News

Obtainable from Jessica Kingsley Publishers, 116 Pentonville Road, London N1 9JB. Price £25 plus 10% p&p.

Access to Buckingham Palace

Special arrangements were made to accommodate disabled visitors to Buckingham Palace during the 56 days it was open to the public. As the principal rooms were on the first floor, disabled people were asked to pre-book their visits for after 1.00 pm. Trained staff met and escorted them. Parking facilities and a disabled toilet were also made available.

The Palace estimated that more than 800 visitors with disabilities and their carers came in through the adapted entrance.

Computer Aid for Disabled People

After five years experience in Cheshire Homes, Compaid Trust runs a computer advice and teaching centre at Pembury Hospital, Tunbridge Wells, Kent. It receives around 90 people a week, mostly for day long sessions, and the transport section moves more than 100 people per day. In addition, lectures, slide-set demonstrations, advice and hands-on teaching for Carers are provided on request. Computer uses includes early learning activities, games, word processing, computerised office skills and desk top publishing.

Clients are referred by care managers, therapists, community and hospital nurses, friends, relatives and a variety of professionals.

Further information from Centre Manager Caroline Frawley, Tel: 0892 82 4060/3865.

Hire or purchase of video illustrating activities from: Doug Aldred, Compaid Trust, Pembury Hospital, Tunbridge Wells, Kent TN3 0ED. Tel: as above.

Hire charge £7.50 per week. Purchase £15.

Disabled Equality Training

A two day course at the University of Leeds tackles all the barriers faced by disabled people and will show ways in which they can be dismantled.

It is intended for professionals working in the Social and Health Services and employers in industry and commerce, as well as for those working in Training Enterprise Councils and Advisory Services.

Course 2 is from 13-14 January 1994 and the tuition fee is £280. The residential fee is £122.

Applications and enquiries to Samantha Armitage, Dept. of Continuing Education, Continuing Education Building, Springfield Mount, Leeds LS2 9NG. Tel: Leeds (0532) 333237.

Cheshire Foundation Inherit Literary Hoard:

The Cheshire Foundation has been left the entire estate of the Irish writer Rearden Connor, best known for his novel 'Shake Hands with the Devil', which in

Time to Start Creating

Entries for the Foundation's Creative Activity Contest 1994 must arrive at Hydon Hill Cheshire Home not later than 16th April.

There are fifteen categories ranging from painting, drawing, art work, to photography, computer work, prose, poetry and all forms of handwork.

Judging will begin in May and all entries will be exhibited in London in June.

1958 became a film of the same name, starring James Cagney.

His estate includes a play, two children's tales and a collection of over 24 short stories – in total there are 34 manuscripts, all unpublished, and now in the hands of London publishers, Janus.

Epitaph, a novel about the persecution of Irish Catholics in the 18th century, will be published later this year. Rearden Conner was brought up in County Cork. He worked for the Ministry of Aircraft Production. The Foundation is discussing possible publication of further manuscripts.

Katie Boyle at Fete

Television and radio personality Katie Boyle was among the visitors to a successful annual fete at Arnold House Cheshire Home, Enfield, in September.

She has been a supporter of Arnold House for many years and spent an hour at the fete even though she was flying off on holiday later that afternoon.

The Deputy Mayor and Mayoress of Enfield, Cllr and Mrs Bill Price, also visited the event which raised over £2,000 in the space of four hours.

In addition to the usual stalls the children were entertained by a magician and a Punch & Judy Show and there was an excellent display by a group of young Irish Dancers. Enfield Radio supported the fete for which the main organisers were Mrs Betty Taylor and Arnold House Activities Organiser, Rita Stroud.

Holiday Care Services

The Sutton Crossroads Care Attendant Scheme is offering a special service to enable Carers of people with disabilities to have a holiday. It provides trained Care Attendants to live in clients' homes for up to two weeks a year for people over the

age of 19 with physical disabilities. There is no charge for the service and referrals from professionals and carers are welcomed. It is not, however, available for people with severe mental or learning disabilities. Further information from: Sutton Crossroads Care Attendant Scheme, Mint House, 6 Stanley Park Road, Wallington, Surrey SM6 0EH. Tel: 081 669 9269. Papworth Trust can provide short term residential care for physically disabled people to enable them and their Carers to have a short holiday. Further information: Marie Allen, Care Services Manager, Papworth Trust, Papworth Everard, Cambridge CB3 8RG. Tel: 0480 830341.

Orange Badge Parking Guide

The Disability Network has produced a series of maps showing the location of reserved Orange Badge parking in more than 200 Local Authority areas nationwide.

They can be obtained for 25p from Disability Network Information Services, 1st Floor, 54/6 Ormskirk Street, St Helens, Merseyside WA10 2TF.

£10,000 Presentation

St Cecilia's Cheshire Home, Bromley, was delighted to receive a cheque for £10,000 from Councillor Mrs Dorothy Laird, JP, Mayor of Bromley. The proceeds are to be used for much needed equipment to benefit Residents – two new computers and monitors, a colour printer and software; an electric hoist for the Physiotherapy room; a garden table and parasols and a pottery kiln.

The money was raised by a number of local activities sponsored by Councillor Laird to help St Cecilia's.

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Straight Down the Freeway for Cheltenham Residents

Kay Christiansen Reports:

Callers at the new Leonard Cheshire Home of Gloucestershire might be somewhat surprised to find that few of its 36 Residents seem to be around – they are in fact out and about in the neighbourhood, pursuing their many interests and 'doing their own thing.'

That is because the purpose built building, opened in 1992, and the entire philosophy of running it, has been designed and geared to enable and encourage severely disabled men and women to make their own decisions, to accept personal responsibility, to strive for maximum independence in every way, and that includes everyday activities such as bed making, cooking, shopping, washing and ironing as well as managing small financial budgets.

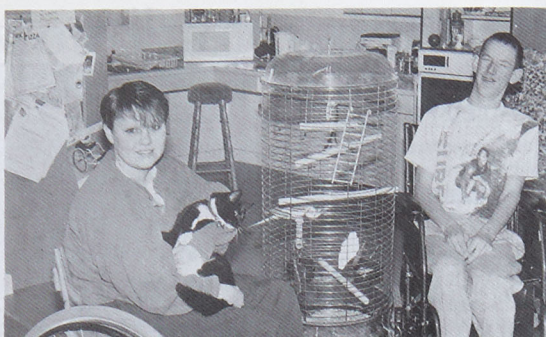
A Mix of Young and Old

The ages of Residents range from 19 to 78, with twelve under the age of 30 years, and the mix has been found to be ideal since the young bring new life and fresh ideas to the older age group and the old offer the benefit of experience.

The new building is situated in Leckhampton, a residential area of Cheltenham, and is single storey on the 'core and chalet' concept, comprising five separate 'lodges', each providing six Residents with a pleasant room, toilet and washing facilities. Six bungalows, one of which is double, are for more independent living and consist of spacious bed sitters with adapted, well equipped kitchen areas and bathrooms.

Communal facilities include a dining room, sitting rooms, a magnificent hydrotherapy pool, a workshop, and occupational and physiotherapy accommodation.

Resident Clare Hughes meets Rory Docherty in her Bungalow with Bertie the cat and George the bird.



Stand Back and Listen

Barry Bailey, the Head of Home, explained to me: 'Each Resident is assigned a Key Worker, who are all members of our Care Staff. Their job is to stand back, to watch, to listen and to offer advice ONLY when asked. A two way and equal communication is established and gradually Residents begin to gain self-confidence and awareness of their

lives, plan their own menus, do their own shopping, cook their own meals, with help only when they are overwhelmed.

Likewise in the lodges those who can, cope with their own breakfasts and suppers, and plan their own lives.

'The only meal taken by all Residents is lunch in the main dining room where there are separate tables for four, when we encourage people to inter-act by sitting at



Morning dip in the hydrotherapy pool for Residents Yunnus Wansdat and Barbara Prior. In attendance Ann Harris (left) and Physiotherapist Diana Mackie.

own potentials. The accent is always on their abilities rather than their disabilities.

More Neighbours Than Family

'The atmosphere is not so much that of a family as simply neighbourly. Those who live in the bungalows control their own

different tables so that they all get to know each other.

'The rapport is excellent. Even Residents who have been with us for years have taken to the new life like ducks to water.

'They love the hydrotherapy pool because they can just put on a robe and get into it before breakfast. We don't go in for planned outings because we leave it to individuals or Lodge Groups to arrange what they want.

Out and About

'Most of our Residents have a host of outside interests which take them into the community. 20 year old Claire Hughes, for example is a superb swimmer who won a Gold in the Disabled Olympics and she whizzes off to swimming sessions regularly all over the place, three go to College daily, another works regularly for local charity shops. We have a champion Boccia bowler in Ray Docherty. Elizabeth Nichols, another 20 year old, has just been taken on as a production assistant at the local Everyman Theatre.'



David Bath and Duncan Adams play a mean game of dominoes in Priors Lodge, watched by Ella Hamilton-Jones and Ken Prior.

Explaining 'Our Way'

Barry said that they had taken great pains to explain the Home to the local community and were well accepted, with occasional misunderstandings. 'For example, some of our people enjoy going to the local for a drink, and one neighbour rang to say that she was alarmed to see one of them leaving the pub in his wheelchair on his own and crossing in the middle of the road. I always go to see such people to explain that our Residents are adults and free to take risks like anyone else. Eventually the message gets through. If Residents are untidy, that's their way. If they don't want curtains in their rooms, they're not obliged to. We don't interfere although help is there when it's really needed, though there's nothing paternalistic about it.

Building Self Confidence

'One example of how self confidence is acquired is demonstrated by one Resident, a double amputee, who felt she couldn't manage to make herself a cup of tea. We knew she could, and said so. A few days later we saw her doing it perfectly well. This is just the start. Now she'll go on further. Older Residents, too, are finding new skills. Ivy Nason, for example, is now responsible for laying the lunch tables and woe betide anyone who interferes! 'And 78 year old Colin Shiach, the oldest Resident, was doing a spot of ironing when I met him in the laundry. The influence of youth could be seen in his 'with it' jeans and sweater and the stylish cravat knotted round his neck.



Meeting in Dining/Kitchenette Room of Homeleigh Lodge for coffee — (left to right) Caroline Pritchard; Caroline Orpe, Head of Care; Ted Beaver; Barry Bailey, Head of Home; John Searle; Julie Turner, Team Leader; and Ethel Dick.

Demanding Roles

The success of this Home, however, demands much of the staff. Sometimes standing back is infinitely more demanding than a custodial role. He is extremely lucky, says Barry, that the staff are 'marvellous', completely behind the aims of the enterprise, and the Carer\Key workers are well trained by SRN Head of Care Caroline Orpe, who in her trousers and casual shirt is very far removed from the starched cap image of a conventional nurse.

'We Got it Right'

Summing up, Roy Goodfellow, Chairman

of the Management Committee, and closely associated with the Home for many years, says: 'We consulted Residents at every stage of the change over from the old Home. We realised we had to plan with vision for future needs and that the quality of life for our Residents was the over-riding consideration.

'The old Cotswold Home in Cheltenham just wasn't suitable, despite extensions and we wanted the right environment. 'I hope it doesn't sound self-satisfied but I think we are all agreed that, even with hindsight, we got it right — in fact we wouldn't change a thing!'

News

A Highland Holiday Offer

Cheshire House for the Highlands in Inverness, Scotland, is offering a limited number of Residents from other parts of the UK the opportunity of a summer holiday and a chance to see some of the beauty and famous sights of the area. Add to that the stirring sound of the pipes, the mysteries of Loch Ness, the majesty of the Cairngorms from Aviemore, the sound of waterfalls and the smell of clean sea air.

Further details from The Manager, Oliver Fuller, Cheshire House for the Highlands, Inverness, Scotland, or telephone: 0463 713377.

RADAR Journalists Scholarships

RADAR (Royal Association for Disability and Rehabilitation) is

looking for budding disabled journalists. It is offering three annual scholarships to candidates wanting to train in either print, photo or broadcasting journalism. The courses are full time and can be taken at a number of colleges around the country. In 1992 two students completed their training — one is now working for Yorkshire Television and the other has started a placement at ITN. Applicants must have a minimum of two A levels and two O levels.

Further information from Ian Gibson, RADAR, 25 Mortimer Street, London W1N 8AB (Tel: 071 637 5315).

Advice to Disabled Job Hunters:

A free publication aimed at people with disabilities who are looking for work has recently been issued by the Department of

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Social Security. Entitled New Start, it gives practical advice and help, including details of Disability Working Allowance. Information in benefits, examples of work experience, tips on job hunting and applying for jobs are given. To get on the mailing list of this quarterly journal, write to Disability Working Allowance, Freepost BS4 335, Bristol BS1 3YX or Freephone 0800 100 123.

Editor's note: DWA is a tax free Social Security benefit for some people who are working 16 or more hours a week and have an illness or disability which disadvantages them. To get it you must be receiving a qualifying benefit such as Disability Living Allowance or Invalidity Benefit.

News

Happy Holidays for Those with Special Needs

For families with a handicapped member who want a happy, relaxed holiday in fully adapted accommodation, The Farrell Trust, a registered charity, can provide the perfect solution.

It has a range of accommodation in Bognor Regis; Selsey; New Milton; South Cerney, Cirencester; and Christchurch, Dorset, which includes holiday houses, chalets, bungalows and four luxury caravans. All are splendidly equipped and delightfully furnished, and near to interesting holiday amenities.

For further details, price list, and a fully illustrated brochure write to:

The Farrell Trust Booking Office, Finches, Lurgashall, Nr Petworth, West Sussex GU28 9NA. Tel: 0428 707457.

Disabled People on Centre Stage

The growing emergence of people with disabilities in control of their own lives, and expressing their own aspirations, needs and opinions eloquently, with the able-bodied taking a back seat and listening, was illustrated throughout the Foundation's Eastern Regional Conference.

It was held at the Swallow Hotel, Waltham Cross, on Sunday, October 3rd, and was attended by delegates from 32 Homes and 13 Domiciliary Care Services in the region.

Voices to Reckon With

For nearly two hours a highly articulate Panel answered questions about User Empowerment and their determination to be heard on all questions affecting their lives.

The Panel was composed in the ratio of 4 to 1, with one able-bodied member and four disabled people, each leading busy, fulfilled lives with responsible jobs, despite their physical limitations.

Hugh Batty, severely injured in a Rugby accident, is Chairman of the Management Committee for LCF Services in Gerrard's Cross; Pat Rose, who has MS is The Foundation's Information Officer; Lyn Berwick, who is cerebrally palsied and blind, is renowned as a fearless fighter for disabled people, and runs a Help Line for them; Sally Heddle, who has MS, was awarded the MBE for her many activities for disabled people; and Gill Sleightholm, who is able-bodied, is Home Manager for Seven Rivers Cheshire Home in Colchester.



Resident of Hovenden Cheshire Home Peggy Marriatt with Activities Organiser Fay Wilkerson.



A contingent from Arnold House Cheshire Home, Enfield: L to R Audrey Cristo, Head of Care, Residents Joyce Dyer, Alan August, and Volunteer Care Attendant Alix Markwick.

Answering The Posers

Among the many questions the Panel were asked were:

Q: How do you feel about being described as a 'User'?

Pat Rose said she didn't like being labelled at all and preferred to be known by her own name, but it was really all a question of how 'labels' were applied.

Hugh Batty said he didn't mind 'user' so long as his individual rights were respected.

Sally Heddle was quite happy with the word 'user'. The computer term 'user friendly' meant that the user had control.

Q: What does User Empowerment mean to you?

Sally Heddle said the word 'empowerment' was the key. It was all about choice and opportunity and a recognition that clients/users had a right to chair committees – not just sit on them. However, empowerment did not mean the disempowering of staff and volunteers, but the need for change so that they could all work as a team in equal partnership.

Lyn Berwick said that some Residents in some Homes found life boring and

could find nothing to do. They seemed to think it was the responsibility of the Home to provide them with a good quality of life instead of taking action themselves.

Pat Rose felt the word empowerment sounded too bossy when what was wanted was equal treatment and power sharing. Hugh Batty said that Residents should assert themselves to ensure they got the care they wanted it. Over-care still existed.

Gillian Sleightholm said that Homes should be prepared to get rid of staff with the wrong attitudes. Communication and understanding on both sides was very necessary but there was still a long way to go to achieve this.

A Fulfilling Opportunity

In the afternoon, the Conference saw a further example of empowerment with a performance of The Strathcona Theatre Company, composed of young actors and actresses with learning disabilities.

Ann Clearly, a member of the Company, explained that the players were involved and consulted fully at all stages – from the scripts, interpretation, costumes, down to the props.

In a series of sketches, using speech, mime and movement, the young people displayed a wide spectrum of creative inspiration, emotions and humour.

The Company tours nationally and has been established since 1982. It has developed a wide following with its original and innovative work and has staged a highly acclaimed show at the Royal National Theatre in London.

Overseas Homes

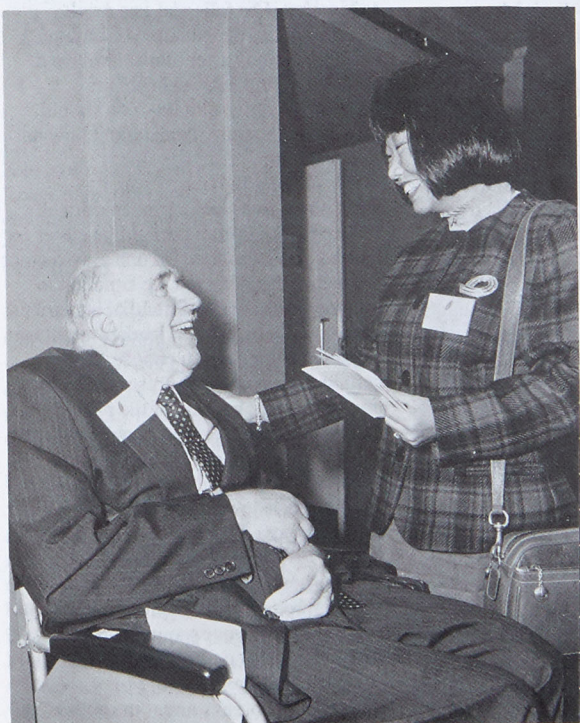
Sir David Goodall, Chairman of the Foundation's International Committee, outlined its work overseas in 50 countries. He felt that in Britain there was a certain insularity and unawareness of the

enormous areas of need overseas that were quite untouched. Overseas Homes valued the link with the Central Foundation and looked to the UK for help and advice. He hoped that UK Homes would twin with overseas Homes and that the International Week in 1994 would provide a valuable opportunity for greater understanding.



Above: Pamela Farrell-Tredinnick, Chairman of the conference, gets some help adjusting the mike.

Below: Siew Semple, Head of Care at Heatherley Cheshire Home, Sussex, has a good laugh with Roy Weekes, one of the Residents.



Sporting Empowerment

Derek Fryett, Chairman of the East Midlands Initiative Trust gave an interesting account of the development of sports facilities for people with disabilities and the success of staging 'Special Olympics'.



Resident of Agate House, Ampthill, Bedford, Lindsey Steward, communicates with Head of Care Judy Pyne, via her word board.

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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.

When Carers Should Put Themselves First

Question:

My husband has been disabled for many years, and the strain of looking after him has got steadily worse as I am growing older and have less energy. I find it more and more necessary to go out and I have joined language classes and other organisations which I enjoy. He however, resents this and although I long to get away for a weekend or even a week on my own, he flatly refuses to have anyone to stay and will not go into respite care. His attitude is that he will manage, but as he is prone to falling I simply cannot risk this. How can I cope with the situation? I feel that I shall go mad if I don't have a break.

Answer:

Very few informal carers are trained for the job. Most find themselves confronted with a situation that has to be tackled, so that is what they do. They do not stop to think about long-term implication, but do their best to meet the needs of the one who needs them.

If the disability is temporary, this approach may create few problems. But if the disability is long-term or if there is continuing or increasing dependency, the situation is likely to become very difficult indeed; carers gradually doing more and more until they, like you, feel that they are at breaking point.

Not only might they find themselves working long hours without sufficient breaks or free time, but they often also find that they have slipped into a pattern

of inappropriate behaviour, gradually making decisions about a range of issues, that the other person is perfectly capable of making for himself. This may not only create problems for carers, who have to accept a burden they may not be able to carry, but it also rebounds on those who are disabled. By making them unnecessarily dependent, making decisions for them that they can make for themselves, it is easy to diminish unnecessarily the already impoverished quality of life.

It is easy to see how this happens. Your problem is that you have slipped imperceptibly into a way of life that is not only uncomfortable – but also untenable. If you want to survive and continue to look after your husband, you must try to work out arrangements that you can continue to support, and this can only be done by direct negotiation.

Part of your problem is that although you and your husband have similar goals, which are to give him the highest quality of care at home for as long as possible, you have not been able to talk about the price that you are able or prepared to pay to attain them. The cost is not necessarily measured by money, but by the emotional strain that you are both able to carry, the limitations it imposes upon you and the effect on your marriage and on your own physical and emotional health. An added problem is that you, like many wives in similar circumstances, are weighed down by a feeling that everything is up to you, and if anything goes wrong, it will be your fault.

We still marry for better or for worse; and while this may mean that you try to do your best, no-one can expect you to do the impossible. You must sit down with your husband and spell out the options. Try to explain to him that the only way that you can continue to look after him is for you to occasionally but regularly have some time to yourself. If he says that he can manage by himself, you must make it quite clear to him that if he falls and as a result becomes more dependent, you cannot continue to look after him at home and some form of residential care may become the only solution. You should also try to help him to talk about how he sees the future. You may find it impossible for the two of you, by yourselves, to have such an emotionally loaded conversation. It might be easier for both of you to arrange for one or two other people who understand the situation to join the discussion. A friend or a member of the family or a social worker might be suitable. Whoever you choose, make certain that one person present is really prepared to see his side of the problem so that he does not feel that the whole thing has been set up in order to get at him. Another, but probably less suitable alternative, is to ask your doctor to speak to him on your behalf.

Your husband will probably be upset, and may be angry or resentful or sulk, but you must stand your ground and try not to feel guilty about getting the break you need. It won't do either of you any good if your health breaks under the strain.



Resident Stephanie Barnett, seated, with Mary Clayden, makes good use of the food processor.

Peanut & Raisin Bars

Ingredients:

6oz Butter
2oz Demerara Sugar
4oz Clear Honey
4oz Mixed Peanuts & Raisins – coarsely chopped
8oz Rolled Oats
Makes 30

Method:

Pre-heat oven to 400°F (Gas mark 6). Butter a 13" x 9" Swiss roll tin. Put butter, sugar and honey into a large saucepan; stir over a low heat until melted and the sugar has dissolved.

Stir in the peanuts, raisins and oats. Spread mixture evenly in the prepared tin. Bake in the oven for 20 minutes until golden brown, then mark into bars, cutting evenly into three

lengthwise, then ten width-wise. Leave in tin until completely cold.

To remove from baking tin, re-cut through marked lines and remove bars with a small palette knife.

Variation: Instead of peanuts and raisins use walnut, almonds or hazelnuts, mixed with raisins. Or use all nuts, or all raisins, if desired.

Cheese Scones

Ingredients:

8oz Self Raising Flour
1½ oz Margarine
2 to 3 oz Hard Cheese – Grated
½ teaspoon Mustard
a pinch of Salt
1 Egg
Water to mix

Method:

Rub the margarine into the flour. Add the salt, mustard and ¼ of the grated cheese. Beat the egg and mix into the flour. Add enough water until it is soft enough to roll.

Roll out on to a floured board about ¼" thick and cut with a 2" round cutter.

Put on to a well greased tin, brush with milk, then put the left over cheese on top of the scones.

Cook in a hot oven for about 15 to 20 minutes.

Carrot Cake

Ingredients:

½lb Whole Wheat Flour
1 tablespoon Cinnamon
1 teaspoon Nutmeg
½ tablespoon Baking Powder
4oz Margarine

4oz Honey
4oz Sugar
½lb Carrots

Method:

Melt the margarine, sugar and honey together in a saucepan over a gentle heat.

Mix together the flour, cinnamon, nutmeg and baking powder in a bowl.

Add the dry mixture to the melted ingredients in the saucepan. Mix together thoroughly.

Grate the carrots and add to the mixture. Beat thoroughly.

Grease and line a 1lb loaf tin. Spoon the mixture evenly into the loaf tin and cook at 325°F (Gas Mark 3) for 1½ hours.

Allow to cook for 10 minutes in the tin. Then turn on to a wire rack to cool.

After 42 years Dedicated Service, a Fond Farewell to Peggie.

Le Court Cheshire Home, in Greatham, held a retirement party for Peggie Roberts, in tribute to her loyal and devoted work as a Care Staff member for 42 years. Peggie trained as a nurse in Chelmsford.

A Roman Highlight

One of the highlights of her working life was when she went to Rome to join 600 others from The Cheshire Foundation and the Sue Ryder Foundation to celebrate the Cheshires 25th wedding anniversary.

Looking Back

She came to work at Le Court in 1951, and can recall how six to ten Residents then shared bedrooms in which there were no facilities. Water had to be carried in bowls from the big bathrooms and one bathroom even doubled up as the Matron's office! The lift was manual and some Residents had to be carried up the vast staircase.

The Early 'Smile'

Another memory is of the early days of The Smile, then produced at Le Court, and of the hard work that Residents put

into producing and packaging it to send off to new Homes, springing up like mushrooms.

Peggie's interest in the Home she loves will continue unabated, as she remains a member of the St Giles Chapel Committee.

Among many gifts presented to her was a framed lithograph of the old Le Court.



Peggie displays her gift surrounded by well-wishers.

Obituaries

A True Friend of West Indies Cheshire Homes

Lynette Griffith or 'Joy' as she was known, a young teacher and true friend of the Residents, died on March 19th. She served on both management and fund-raising committees, and was a true Cheshire friend. Her memory will live on.

Memories of a Caring Lady

Barbara Ceasar of The Cheshire Foundation Homes in Trinidad and Tobago, West Indies, writes:

It is with a sense of loss that we reflect upon the passing away

of our beloved Dorothy Collymore, wife of our Founder, on April 27th after a short illness.

English born, she will be remembered for the 'mother' role she played at the Trinidad Cheshire Home from its inception. She also served on the Management Committee until her retirement two years ago. The Residents were all very dear to her.

She will be remembered for her gentleness and kind words and deeds. Our prayers go out to her dear husband and our beloved President Dr Harry

Collymore as well as her relatives in England.

Sad Loss of Two Residents at Dukeries

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

It is with great sadness and regret that we must now record the death of two of our Residents, Mr Alwyne Storrs and Mrs Kathy Bellingham.

A Gentle Giant

Alwyne aged 59 was a Resident at Dukeries House for eight years, and had many friends both at the Home and locally. Before being disabled by Multiple Sclerosis he had worked in Nottinghamshire as a farmer and as a miner. He was notorious for his very direct approach and responses, and for his dry sense of humour. Alwyne was a gentle giant, a family man who was extremely proud of his close family, particularly his grandchildren who during recent

years provided him with a great deal of pleasure.

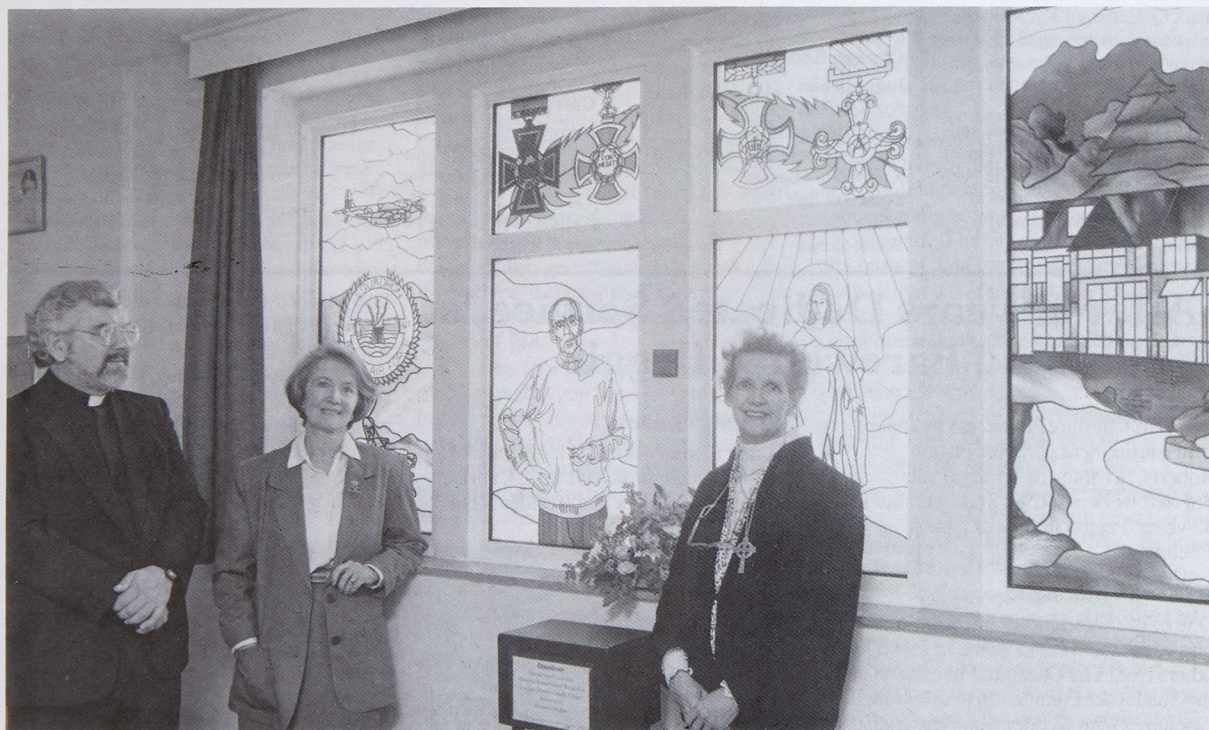
A Happy Grandmother

Kathy Bellingham had only been with us for eighteen months, joining us from Le Court where she had spent many happy years and had many friends. Kathy had moved to Retford in order to be closer to her family and had been delighted by support she enjoyed as a result of this. Kathy also had great pride in her family and her grandchildren were always the main subject of any conversation.

Kathy was a true lady, very articulate and determined. Her interests included reading, playing scrabble and writing poetry.

Only last year Kathy had been thrilled that the Residents of Dukeries House chose her to represent them at the Foundation Royal Reception at St James's Palace. Our deepest sympathy, thoughts and best wishes, are extended to families and friends of both people at this sad time.

Window 'In Memoriam' of GC's Life



By the memorial window, left to right, Father Michael Cronin, who designed it; June Mendoza, painter of the portrait; Lady Ryder, GC's widow. (Photo Courtesy John R Bustin)

A six panelled stained glass window commemorating the life of our late Founder Group Captain Leonard Cheshire was commemorated in the Chapel of the Holy Assumption at Le Court Cheshire Home, in Hampshire, on September 4th. Panels show the roundel of 617 Squadron and two of the aircraft 'GC' flew during

the war, a Mosquito and a Lancaster; the portrait of Lord Cheshire by June Mendoza; The Assumption; a view of Le Court; Lord Cheshire's many decorations, including the Victoria Cross; and the Red Feather, symbol of The Cheshire Foundation.

Father Michael Cronin, of the Sacred Heart Church, Bordon, designed the window which cost £2,500, and was made by Stained Glass Overlay, Portsmouth.

Baroness Ryder of Warsaw, Leonard Cheshire's widow, and 200 guests witnessed the ceremony.



MS Society Help and Support

In a recent edition of Cheshire Smile Dr Wendy Greengross quoted a letter from the mother of a son recently diagnosed with MS and although I agreed with her reply, I was surprised she did not mention the Multiple Sclerosis Society as a means of giving help. We do not only help the newly diagnosed themselves, but give what support we can to members and other relatives of MS sufferers. Our national address is 25 Effie Road, Fulham, London SW6 1EE.

We have an excellent welfare and counselling service available in London.

**D. Burgess, Hon Secretary,
SE Cheshire Branch,
Stoke on Trent**

Interesting and Informative

I enclose a cheque for £50 being a donation to your very fine magazine from the Wirral branch of the Leonard Cheshire Foundation. We look forward to receiving copies of this magazine each month and find it both interesting and informative.

**Carol Martin,
Committee Secretary,
Wirral Aims 2000,
Birkenhead, Merseyside**

A Welcome Change

I'm enclosing a contribution towards your Cheshire Smile expenses. This is in appreciation

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

of the July issue and the work of the Family Support Services and the compassionate care given at Cann House.

The stories of Alan Quillan, Michael Burke and Francesca were not only very moving but a welcome change to one's everyday reading and TV viewing. Martyn Lewis the TV announcer, would have approved.

Editor's Note: June Beslievre is writing an anthology about our late Founder, Group Captain Lord Cheshire and is still anxious to receive stories and anecdotes from the many people who met him and knew him well. Send to above address.

Good to Know GC's Work Goes On

Agnes and I both thought the July issue of Cheshire Smile a wonderful production from the delightful cover photograph and the article on Man's best friend to all the evidence given in the ways in which severely handicapped people are lifted from a sense of isolation from the community into a self confident realisation that they have their own contribution to make. Even Leonard Cheshire's inspired vision could not have enabled him to imagine the progress towards independence that has been made.

He was a truly great man and it is good to know that his work is going on, the scope of each individual and Home constantly widening and new Homes being opened even in the Middle East.

Congratulations to the editor and all the contributors on producing a magazine of such quality.

**Mary and Agnes Kennedy
Hants**

Wreathed in 'Smiles'

I enclose a bank draft for £109 as our contribution to Cheshire Smile.

The name is really appropriate for when our copies arrive the faces around the office become wreathed in smiles, however frantic the particular day may be, and we all grab a copy to be read at home, on the bus, or whenever a breathing space can be achieved. Thank you so much for brightening up our days with the magazine and for all the interesting articles which keep all the Cheshire family in touch.

**Mrs P Hay-Whitton
The South African National
Foundation of Cheshire Homes
for the Disabled
South Africa**

Please Note

In the July issue of Cheshire Smile we published an article entitled 'Man's Best Friend' on page 7. Canine Partners for Independence has now informed us that, due to organisational changes, all enquiries should be directed to its Vice Chairman, David Carrick, at the following address: 5 Churchfield Road, Petersfield, Hants., GU31 4BT.

A Further Donation

It was agreed by our Financial and General Purposes Committee that The Home should make a further donation of £100 towards the costs of the circulation of Cheshire Smile.

We all gratefully enjoy reading the Smile and offer our continual support and congratulations on the fine work you are doing on behalf of the Foundation.

**Barry Leroy-Baker,
Head of Home,
St Bridget's Rustington,
West Sussex**

Dangerous Driving!

Our son, although quadriplegic, does so well we are free to laugh

and make jokes. One day I went to his house to vacuum for him. He was at work in his light wheelchair, although he does also have a heavy electric model.

Well, I tried to move this but was trying to spare my bad back. For my final attempt I lay down on the floor and pushed with my feet. It never budged so that area never got vacuumed. I told my son about it and he asked why I hadn't started up the chair, but I had never driven one and was afraid that it would take off with me and go clean through the wall!

**Donna Garrett, Roanoke,
Virginia, USA**

International Pen Friends

May I be allowed to appeal to your readers and ask them to respond to the thousands of requests we've had in our organisation from the recently liberated people of Eastern Europe and the former USSR. These people are now eager to learn about our lifestyles, education systems, commercial and marketing methods, hobbies, language, pets, Christmas customs, - in short, everything we take for granted in the West!

International Pen Friends has made it possible for them to contact British families and individuals. Anybody who enjoys writing letters is welcome to join in this new and exciting correspondence. Thousands of these good people have joined the club and are keen to communicate with the West. Most of them speak and write good English.

IPF was created in 1967 to promote International goodwill and friendship. It now provides a worldwide pen friend service catering for all ages and interests. Potential penfriends are supplied on the basis of similar age groups and closely matched interests.

Membership information can be obtained by writing to myself and including a self-addressed envelope.

Young Volunteers from Overseas Help Cheshire Homes

June Morse, Personnel Secretary, organises the Foundation's Voluntary Work Scheme from her desk in Maunsel Street. Here she describes how it works.

Travel, according to the proverb, broadens the mind and each year more than 100 young people of between 18-30 years come from overseas to widen their horizons by working as volunteers in the 35 Cheshire Homes with space to accommodate them.

The Scheme is open to British students as well, but seems to appeal even more to people from other countries, no doubt attracted by the novelty of working abroad and having a chance to practise their English.

The volunteers act as unqualified Care Assistants in the Homes and are given board, lodging and pocket money in exchange for their services. They are employed to provide Homes with an extra pair of hands and additional staff to help with social activities such as escorting Residents on outings. They stay for periods of between two and twelve months.

Hundreds of Enquiries

Every year we receive hundreds of enquiries, mainly from the UK and Western Europe, but increasingly from Eastern Europe and beyond. Also each year a number of applications come to us via youth agencies in Finland and Japan.

The Scheme, which is administered from the Central Office in London, has been running for many years now and its origins have been lost in time. We appear in numerous publications about voluntary work, both at home and abroad including 'Jobben Weltweit', 'A Year Between', 'Summer Jobs in Britain' and the UK Volunteer Centre information sheets to name just a few. Often applicants have heard of the Scheme from friends who have worked as volunteers in the past.

Danes in Great Demand

Many of our volunteers are a great success. Danes in particular seem to be very popular. We do try to give preference to people who say they are considering careers in medicine or social work and it appears that a condition of starting nursing training in some Danish colleges is that the student has undertaken a period of social work in a foreign country. Miss Celia Green, a Resident at Greenacres in

Sutton Coldfield, recently wrote in her report about two conferences she had attended:

'I was escorted to Coventry and Bristol with Sidsel who proved to be ideal. Although she is a trainee care worker from Denmark, she was so willing to undertake every task allocated to her and participated fully in both conferences. She stated that she had also benefited from this unusual experience which was undertaken prior to a university medical course in Denmark in September 1993'

As well as aspiring nurses, physiotherapists, doctors and social workers we also sometimes receive requests from future Ministers of Religion who want to gain experience of life and caring for people. One of our Japanese volunteers had the ambition to set up her own residential home in Japan on her return.

Language Difficulties

Of course not everyone settles down in the job or adapts to our way of life.

Although young people from Western Europe generally have a good grasp of English before they even arrive, volunteers coming from further afield do often have difficulties with the language. A few find that they are not suited to care work or that they are homesick and have to leave earlier than planned.

First Prize in Raffle - One Pretty Girl!

However, a large number do stay for longer periods and become active participants in the life of the Home. A Danish boy at St Michael's in Avon amused everyone at the staff party with his impersonation of Cilla Black hosting a 'Blind Date' show. Volunteers posted at Hertfordshire Cheshire Home over the Christmas period usually find themselves playing a role in the seasonal pantomime. Last Christmas two volunteers were cast as the back and front halves of a camel and one year a Danish girl was told she was being offered as 1st prize in the Home's raffle!



Past volunteers from Japan with Residents from Hydon Hill Cheshire Home, near Godalming, Surrey.



International News

Edited by Lynette Learoyd
International Secretary



THE LEONARD CHESHIRE FOUNDATION INTERNATIONAL

26-29 MAUNSEL STREET LONDON SW1P 2QN ENGLAND

QUEEN'S GIFT GOES TO AID AFRICAN HOMES

At the Queen's personal request, £100,000 of an out of court settlement with the Sun newspaper for breach of copyright was donated to The Cheshire Foundation, who decided to use the money to provide six Land Rovers for five countries in Africa where Cheshire Homes do vital work for deprived and disabled children and adults.

On 12th October, these vehicles were lined up in the courtyard of Buckingham Palace so that the Queen could hand over the ignition keys to the High Commissioners of each country personally.

The Land Rovers will offer a lifeline to African Homes struggling to extend their work in the remote rural areas, and will help them to reach people who until now have been neglected and overlooked. Treatment may now be given to them in their own homes and where necessary they can be transported to Cheshire Homes or hospitals for further treatment and vital rehabilitation.

One vehicle is now on its way to Blantyre Cheshire Home, Malawi, which provides treatment for children and guidance for parents. Another went to Westwood Cheshire Home for Children in Harare, Zimbabwe, and two went to the Ugandan Homes in Katelemwa and Nkokonjeru. The Miali Home for Children in Tanzania will also receive a Land Rover as will the Cheshire Home in Swaziland.

Residents from two UK Cheshire Homes were present at the ceremony as they are 'twinned' and support overseas Homes. These were Arnold House in Enfield, which supports Katelemwa and Greathouse in Wiltshire which supports Westwood.

The Queen, accompanied by Sir David Goodall, Chairman of the International Committee, spent several minutes chatting informally with them.



Above: The Queen, with Sir David Goodall, Chairman of the International Committee, at right, talks to Arnold House Residents. Right: The Queen talks to Residents of Greathouse Cheshire Home, Kington Langley, Wilts.



A line up of the Land Rovers in the Inner Quadrangle of Buckingham Palace.

Anniversary of Lord Cheshire's death

On 2nd August 1993 a simple but moving Service of Thanksgiving for Lord Cheshire's life and work was held at the Cheshire Home in Mount Lavinia, Sri Lanka, attended by H E Mr John Field, British High Commissioner, and Mrs Field, and members of the British Wives Association. Dr P R Anthonis, Chairman of the Board of Trustees of the Cheshire Homes Foundation, Ceylon, and Mr Dennis Cooray, Chairman of the Board of Management of the Sir James and Lady Peiris Cheshire Home, received Mr and Mrs Field, who were welcomed by the Residents in the front porch. Mrs Sisila Cooray paid an eloquent tribute to the Founder speaking first in English and then in Sinhala.



Sir David Goodall, Chairman of the International Committee with Residents of the Ann Harding Home, Randburg, South Africa.

New Home Opened in South Africa

The opening of the new Cleary Estate Home on 18th September was the culmination of 17 years' dedicated work and fundraising by the Committee. Held at the same time as the Annual General Meeting of the South African Foundation, the ceremony was attended by representatives from all the Homes and dignitaries from Port Elizabeth. The Home will accommodate 40 residents when fully occupied, and has space for social activities, as well as land for development and landscaping. Sir David Goodall unveiled the plaque, and Ronald Travers, International Director and Dorothy Allott, Committee Member were pleased to join in the very happy musical occasion.

Opening of New Extension to Guernsey Cheshire Home

On 24th September The Guernsey Committee saw the fulfilment of their fundraising efforts when the new extension was opened by Sir David

Goodall. The rooms have been increased to eleven, and facilities have been added for the rise in day-care numbers – there is a new dining room, kitchen, and improved occupational and recreational areas. The Patron, Lady Dorey, wife of the Deputy Bailiff, was the guest of honour at the ceremony which was attended by all the donors and all those connected with the Home.

Far Eastern Region Training Programme

From the Malay Mail – August 1993

'For those involved in caring and helping the disabled, the latest Far Eastern Cheshire Homes video programme on the problems and situations faced by the disabled is a must. Unlike

Home for the Residents of the Selangor Cheshire Home.

Kenya – Vocational Training and Income Generation at Limuru Cheshire Home

In August Sarah Holloway and Jennifer Stevens spent a week at Limuru Cheshire Home where the vocational workshop is almost ready to open. Their aim was to extend the income generating activities already practised at the Home, identify additional art and craft skills which Residents could learn to extend their scope, equipment needs for the new workshop and further training needs.

Limuru Cheshire Home, Kenya, Benefits from Golf Tournament

The Bata charity tournament recently raised KShs 300,000 in a competition that attracted a field of more than 180 players with representation from more than 60 companies. Various companies contributed items for auction in the annual tournament, and much of the money raised came from golfers and business associates of the shoe company.

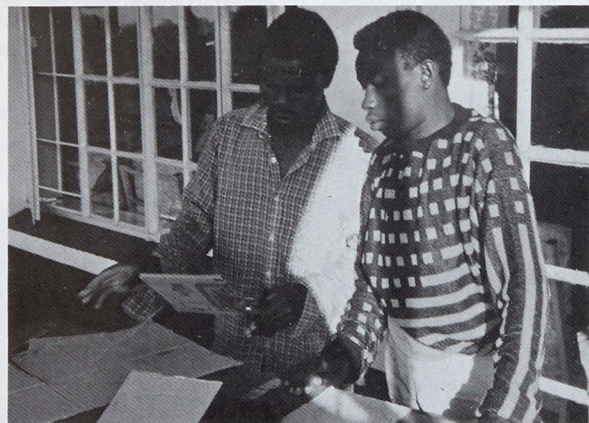
News from the Regions

Central Region

Botswana

At the recent annual general meeting, William Lee, retiring Chairman, said that the Botswana Foundation had now assisted in the rehabilitation of 422 people with disabilities. The Centre continues to expand its services – with three rehabilitation programmes including day care, residential and community based rehabilitation in seven villages. Currently 352 clients have been registered and assisted under the latter programme, including physiotherapy, speech therapy, daily living training, counselling and social work, appliances, surgery and medical treatment, vocational training and job placement, emergency relief in the form of food, clothes and shelter, and referrals to other rehabilitation agencies.

Fundraising continues to be innovative, and future plans include extending the community based rehabilitation programme early in 1994 to reach several hundred more disabled clients.



Above: Paul and David cutting card for flower presses in the Limuru vocational workshop and (Below) designing greeting cards in Limuru training workshop. L to R Magret Muthisye, Benadete Kanini, Joseph Mdieu, Peter Wombugu.



most products on the market, the "Training for All" series aims at drawing in the community at large to help the disabled.

Selangor Cheshire Homes President, Datin Seri Rosmah Mansor said the videos will be marketed as a package, and four topics are dealt with:

- Teaching Skills
- Disability and Community
- Community Based Services
- Approaches to CBR (aimed at teaching those with a mental handicap)

A Highly Successful Show in Selangor

Datin Seri Rosmah Mansor has been President of the Selangor Cheshire Home for the past three years, as well as being the wife of the Minister of Defence, Datuk Seri Mohd Najib Tun Razak and bringing up their four children aged from 2 to 16. She recently masterminded a highly successful Asian Designers Show, which netted M\$1.2 million for charity, part of the proceeds of which were for a new

Western Region Developments in Ontario, Canada

Several groups are interested in developing Cheshire projects in areas of need and are in the process of raising awareness of the Cheshire Homes Foundation, identifying clients interested in living independently in a Cheshire project, and negotiating with the Ministry of Housing. An English Afternoon Tea in the garden of the British Consul-General's residence in Toronto, organised by Elizabeth Davies, a supporter of Cheshire Homes, and her committee, raised over \$3,000.00.

Far Eastern Region

The Johore Cheshire Home has, with government funding, been able to start work on a new building, and by the time we go to print, the Residents should soon be well settled in their new abode, which will accommodate seventy.

Philippines – Dream House

Bahay Pangarap or the Dream House Cheshire Home was founded in 1971. It started in a very simple way with a handful of Residents, mostly paraplegics discharged from the National Orthopaedic Hospital. Residents coming into this Home are those

who have no families, and they live either in little houses nearby, or in the dormitory attached to the Home's workshop. A primary objective of the Home is to foster the development of the Residents' potential. They try to be self-supporting through working an eight-hour day, and the children's education is sponsored by some benefactors and friends from abroad.

Assignment in Ethiopia

One's first impression of a foreign country is always a vivid and lasting one, and Alan Hardwick, who departed for Addis Ababa in October on an assignment for the Cheshire Homes, wrote graphically after his first day: 'The country is very green and on my tour I saw places with deep red soil and green rich pastures that could have passed for Europe – Somerset even. However a 180° sweep of the eye reveals shocking poverty, hygiene, living conditions, malnutrition etc. definitely not Somerset. I have realised that the concepts of starvation, malnutrition and poverty are very hard to grasp until you actually see it. I find myself experiencing emotions that I don't recognise, sometimes quite depressing but mostly good feelings – that it's easy to help.



A cheerful little Resident at Anamulenge Cheshire Home, Namibia, helps to cultivate the garden.

Small tasks can make big differences. I've taken to carrying about 50p in tiny change to give to children. About 3p is enough to buy themselves some bread or grain at the well stocked markets.

'The project at Entoto (in the hills north of Addis) is very impressive. There are about 25 sectors in the city – Government health centres for monitoring health, centres for minor illnesses and referrals, most importantly vaccinations, are situated in most sectors. The Entoto project is in an area not covered by the State –

mainly a women and children centre (pregnant mothers and children up to 3 years). It is very well set up, heavily needed and used. It also acts as almost a general help centre for the area. For example, we walked on the road that had been built where previously it was a mud slush on a hill. We walked past huts that had been selected and upgraded. The people had begun to upgrade their own. There were toilets, where before the streets were the place. We three stood and cast our eyes over potential improvement areas while the gathering crowd stared, holding their breath, waiting hungrily for the next golden gift. ... I had my first walk on the streets last night. One child looked, waved and said hello. He gracefully and enthusiastically took my hand; two seconds later there were fifteen children around me. We played football, said hello about 20 times and parted with a tear in my eye. 'You come back tomorrow, yeah? Yeah? It make us very happy – oh, bring football'. Their football was a small sack stuffed with rags, but it serves. The change of life is huge so the thought of nine months comes with uncertainty but confidence.'

Progress of Seven Ugandan Homes

Mark O'Kelly has visited Uganda where he saw all seven Cheshire Homes, which are in the East of the country.

Nkokonjeru, Buluba and Madera Cheshire Homes work

Mark O'Kelly, Finance and Development Officer, with disabled children enjoying a music session in the Budaka Cheshire Home, Uganda.



mainly with elderly disabled people, many of whom have suffered from Hansens Disease. Nkokonjeru is also starting a workshop for younger people to train in leatherwork.

Help for Young Polio Victims

Katalemwa, Butiru and Budaka Cheshire Homes work with younger people with disabilities, helping them through physical rehabilitation and training to achieve independence. Polio is still a major problem in Uganda, civil disturbances and storage difficulties having prevented effective vaccination programmes. Much of the Cheshire Homes work in Uganda concentrates on helping young people with polio and other physical disabilities by physiotherapy, surgery and fitting them with calipers and wheelchairs.

Six of the Homes are supported by Christoffel-Blindenmission, which helps with the running costs as well as capital improvements and new projects at the Home.

Founder's Day

September the seventh, the date of the late Founder's birthday, was kept again, as a special day of commemoration by many of the Homes overseas, and we received several reports from India.

Everyone in the Coimbatore Home joined in a gala dinner, with Shri K Sundaram, Chairman of the Lakshmi group of companies as the chief guest.

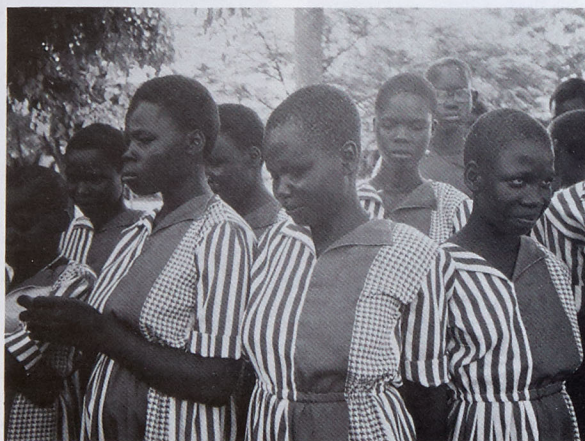
The Delhi Home had as chief guest Air Chief Marshal S K Kaul, PVSM, MVC, ADC, Chief of the Air Staff, accompanied by his wife, at its celebration.

At Lucknow, the 7th September was the date for launching an awareness and fundraising campaign.

At the Madurai Home there was a resolve of rededication to continue the mission of the late Founder.



A Resident of the Butiru Cheshire Home, Uganda, with a message for the able bodied.



Members of the choir at St Francis School for the Blind in Soroti, Uganda, and (right) a Resident of the Katalemwa Cheshire Home, Uganda, knitting.



Celebrating Founder's Day at Coimbatore.



OBITUARIES

Ray Wilson

Henry Lawrence, Administrator of Turf Hall Home South Africa writes:

'Ray Wilson, husband of Jeanne Wilson and Management Committee Member of Turf Hall Cheshire Home, died on 24th June 1993. Since the opening of our Home in November 1983 Ray was with us as Financial Adviser and gave us tremendous assistance in the preparation of budgets. We will miss Ray very much as a loyal friend and someone we love very much. He

had a great sense of humour and friendliness which made him very popular with all. As I have known Ray for many years, I have lost a true friend and colleague. He died whilst being in service of Cheshire Homes, as he was taken to hospital from the National Offices in Newlands. What a great way to go. We the Management Committee, Administrator, Staff and Residents salute you Ray.'

Margaret (Marg) McLeod

Sarah Kravetz, Executive Director of Clarendon Foundation in Ontario writes:

'For many people Margaret McLeod was the Cheshire Homes (Canada) Foundation. It started in her kitchen in the early 1970s. In fact, the original records and documents of Cheshire were first kept in her oven!

'Margaret was a teacher by profession and after raising her own children she decided to volunteer and benefit others. Volunteering at the Ontario Crippled Children's Centre,

Marg soon recognized that children with physical disabilities had no place to go other than a chronic care hospital when they became adults.

'Margaret went to England to see the Cheshire Homes model in action. When she returned she initiated the development of the first Cheshire Home - subsequently named McLeod House. Soon, the idea had grown and the Clarendon Foundation was established in Toronto.

Projects in Belleville and Streetsville followed. Margaret was instrumental in the development of Ashby House and other Toronto groups. While Marg achieved great success in promoting the development of new opportunities, she remained dedicated and true to the consumers whose interests she sought to serve and to the staff who worked with them. All of the Cheshire Organisations in Ontario exist in part due to the

dedication of Marg. They have benefited from her energy, perseverance and wonderful wit. Always ready and willing to help, Marg respected the integrity and rights of each individual with whom she worked. She lived a rich and full life. Above all else, Marg had a sense of humour, playfulness and joy for life. Margaret took her work seriously, but not her life. Marg was married and had three children who survive her.'

Foundation Leads the Way on Quality Assurance Standards

The Leonard Cheshire Foundation is the first voluntary body to achieve a rigorous International Quality Assurance Standard across its range of Services. This was recognised at the Charing Cross Hotel, London, on Wednesday, November 24th, when three Homes and one Care at Home Service (formerly Family Support) were officially presented with certificates by John Bowis, Under Secretary of State for Health.

The Achievers

The successful Homes were The Grange, in Poole, East Dorset; Bell's Piece in Farnham, Surrey; The Hertfordshire Home in Hitchin; and East Dorset Care at Home Service. They were all participants in a pilot scheme started over a year ago.

Here Richard Whitmore, The Foundation's Quality Assurance Development Officer explains the scheme and the reasons for the Foundation's commitment to it:

'Following a National Conference in January 1992, the Foundation embarked on a major programme leading towards the registration of all its Homes and Care at Home Services under the rigorous international standard of Quality Assurance ISO 9000. Also known as BS 5750 in the United Kingdom ISO 9000 is the bench-mark against which any organisation can be judged for the quality of service it provides.

Although widely accepted within manufacturing industry ISO 9000 has only recently been applied to Residential Homes and Domiciliary Care Organisations because of the increasing emphasis being placed on quality by Local Authorities and the Health Service.

Foundation Leads the Way

The Foundation is therefore at the forefront of developments in this field and because Quality Assurance is all embracing, it will provide a natural framework for a number of other initiatives the Foundation is currently involved with.

However, before quality can be assured, it must first be defined and the first stage of the Quality Assurance Programme has been to establish those standards of care which all the Foundation Homes and Care at Home Services will

need to reach, to achieve Registration under ISO 9000.

The Foundation has therefore adopted both the recent Department of Health Publication Guidance on Standards in Residential Homes for People with a Physical Disability and Standards for Domiciliary Care Services published by the United Kingdom Home Care Association as Care Service Standards, that subject to local interpretation, will apply across the whole Foundation.

Defining Unique Qualities

Each Cheshire Home and Care at Home Service are also, in conjunction with their own Residents and clients, being encouraged to define what it is that makes their own Home or Service special and unique.

A Do It Yourself Kit

Based upon the experiences of the first Homes and Care at Home Service to go through the process an Action Pack (An A-Z Guide of How to do it) has been developed to assist the 19 Homes and Services following on behind in the second phase of the programme which began in May 1993.

The Homes and Services involved are:

North Region

The Northumbria Leonard Cheshire Centre
The Orchard, Liverpool
Spofforth Hall, Harrogate
(To commence early in 1994)
Rosemont House, Hull.

East Region

Stonecroft House, South Humberside
Newlands, Derbyshire
The Manor, Brampton
Severn Rivers, Colchester

Hydon Hill, Surrey
Pound House, Dorking
Charnwood Care at Home Service,
Loughborough

West Region

North Birmingham Care at Home Service,
The Hill, Sandbach
North Devon (Westmead Care at Home Service)
South Devon (Douglas House, South Devon Care at Home Service)
Dorchester Cheshire Homes, Dorchester West
Dorset Care at Home Service, Dorchester,
Rushmoor Hart CHS
Aldershot and Greathouse Chippenham.

The Foundation's Approach to Quality

The Foundation's starting point, for the development of quality has been to involve the Residents and clients in defining what quality means to them and to then refine those definitions into attainable standards that also ensure quality.

The means of achieving those standards then needs to be documented by involving the whole staff team in the writing of clear procedures that acknowledge their expertise and pride in what they do.

Thirdly those procedures which define working practice need to be systematically checked on a continuous basis in order to assure that standards are being consistently achieved and action is taken where that is not the case.

Finally there is a need to regularly review the system in order that it continues to meet the needs and wants of the Residents and clients.

The cornerstone therefore of our approach is the belief that for any quality assurance system to be truly effective it must be developed by the whole staff team with the Residents and clients at its heart.

Editors Note: A report and photographs of the Presentation in London will appear in the April issue.