

CHESHIRE

# Smile

APRIL 1994





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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.

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## 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  
26-29 Maunsel Street  
London SW1P 2QN

## IMPORTANT NOTICE

# Smile

## UNDER NEW MANAGEMENT

The next edition of Cheshire Smile will be published on 6th June 1994. It will be edited by Paul Sample, the Foundation's Public Relations Co-Ordinator, assisted by Jennifer Card, the UK Foundation's newly appointed Internal Communications Officer. Kay Christiansen, the former Editor, will act as an Editorial Consultant to the magazine.

### THE SMILE OFFICE AT ARNOLD HOUSE CHESHIRE HOME IS NOW CLOSED.

All enquiries or requests concerning changes or additions to the Cheshire Smile mailing list should in future be addressed to Paul Sample, Leonard Cheshire Foundation, 26-29 Maunsel Street, London SW1P 2QN, or telephoned to him on 071 828 8048.

Other enquiries concerning advertising insertions and rates, or general editorial matters should also be sent or phoned, as above.

**Editorial contributions for the June issue of Smile should be submitted to the Editor for consideration no later than Monday 11th April 1994.**

## OUR COVER

Our front cover shows a big Cheshire 'Smile' which comes straight from South Africa. This joyful Resident is just one example of the disabled people of all colours and creeds who will be flying in to London for World Week to be united as part of the great International Family of Cheshire Homes.

See more 'smiling' pictures from other countries who will be represented on pages 12 and 13.



# A Date With Prince Charles at Cheshire World Week

Disabled people flown in from 190 Cheshire Homes in 50 countries overseas, including China, Russia, Japan, India and Argentina, will have the thrill of a lifetime when they meet The Prince of Wales who will be the Guest of Honour at a Royal reception for The Cheshire Foundation's World Week at The Tara Hotel, Kensington, on Thursday, 9th June. World Week will kick off on the 6th June and presents a unique opportunity for Residents, staff and committed volunteers from all parts of the globe to meet with their counterparts from UK Homes.

## Launching Creative Achievements

It will be officially launched on Wednesday, 8th June in Kensington Town Hall when the highlight of a crowded day's programme will be the presentation of prizes for winners and runners-up in the Foundation's well established Creative Activity Contest, now a bi-annual event which attracts a remarkable output of beautiful and skilful entries from Homes in the UK and overseas. There are 15 different categories in the contest which include painting, drawing, poetry and prose, computer work, photography, handwork of all kinds, woodwork and models.

## There in Person

For overseas competitors, the chance to be present at the ceremony will be a cherished experience since in most cases they receive their awards by post, distances making it impossible for them to be present in previous years. They will also have the pleasure of seeing the winning entries, proudly on display, a tribute to their skills and their amazing determination to create articles of beauty despite severe disabilities.

## Special Outings to See the Sights

On 6th and 7th June, delegates will be taken to see the sights of London, including a visit to the Household Cavalry at Knightsbridge Barracks, and a trip to the Police Training Unit at Imber Court. There will also be a Government reception at impressive Lancaster House, on Friday, 10th June, hosted by The Rt Hon Nicholas Scott, Minister for the Disabled.

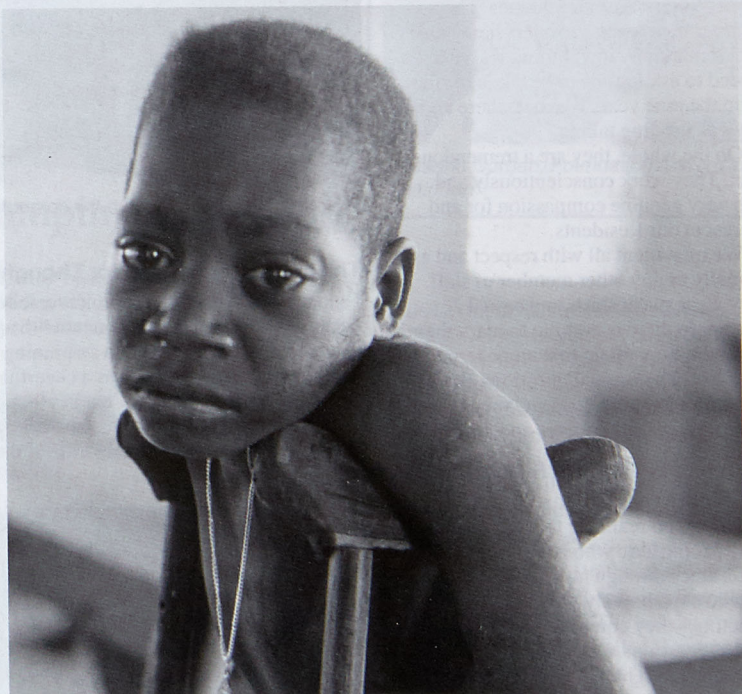
## The Grand Finale

The grand finale will be at Le Court Cheshire Home, in Greatham, Liss, Hants., when there will be a great

buffet luncheon and many exciting displays.

Commenting, Nicola Bayly, the World Week Organiser, said: 'We have received amazingly generous financial support and sponsorship for the expenses involved in the conference, not to mention much practical help with various aspects of the organisation. Companies, UK Homes and individuals are too numerous to list but please may I send a heartfelt thanks to them all.'

Delegates will depart on 13th June, although many overseas Residents have been invited to spend a week in UK Homes, thus reinforcing the links of a world-wide family.



As Cheshire World Week looms, our picture shows more eloquently than words the mute appeal of so many disabled children of all colours and creeds that need the help the Cheshire Foundation International hopes to bring to the suffering world. This little boy comes from Papua, New Guinea. We do not know his name but his tragic eyes speak for children in need everywhere.



# Prisoners Make a Positive Contribution at Saltways

## Kay Christiansen Reports

Several Cheshire Homes are doing valuable work in helping to rehabilitate prisoners from local jails by using them as volunteers on a daily basis.

Undoubtedly the pioneer in this field was The Saltways in Webheath, Redditch, Worcs. which started 17 years ago with young offenders from the nearby Hewell Grange Detention Centre. Since then hundreds of young men serving sentences for crimes such as housebreaking, car theft and fraud, have proved their worth around the Home carrying out innumerable tasks such as helping in the kitchen with food preparation, washing-up, cleaning, with painting and decorating Residents rooms, with serving elevenses, assisting at physio sessions, feeding Residents at meal times, and most important of all, with listening and talking to Residents and joining them in games and creative pursuits.

### Now an Adult Prison

Hewell Grange became an adult open prison eighteen months ago, but 'trusties' are still accepted as community volunteers with similar success.

When I visited Saltways, Head of Home Wendy Warner told me: 'The failure rate of using prisoners here has been remarkably low. I think we've only needed to ask for one to be taken off the list in the nine years I've been here and that was for drug taking.

'On the whole, they are a tremendous asset. They work conscientiously and with very genuine compassion for and interest in our Residents.

'We treat them all with respect and as normally as any other member of staff. They wear sweat shirts and casual trousers so there is nothing to mark them out, and we are all on first name terms. We don't ask personal questions although they very often do tell us and the Residents about their lives and families.

### Prisoners Gain From Residents

'I think they gain a lot from being with Residents and realising that there are many people here who have suffered misfortunes through no fault of their own but who cope bravely with their lives. Sometimes they come to us with really good suggestions which show they have given real thought to the work here. I think it helps them to regain their self respect when they are appreciated and encouraged, and above all, trusted.'

Wendy believes that everyone has a good side to their character and that working with disabled people has a positive and moral effect on their outlook.



*Prisoner Conrad helps Clare James at the weaving machine.*

### Weekend Volunteers

'Some of them like being here so much they volunteer for weekend duty as well. Although there's no prison transport then, they are allowed to come on their bikes.

'Of course the food's better here which may have a bearing on it' she smiled. 'But I really don't think that's the main reason.'

Mixing with the Residents is of mutual benefit and sometimes prisoners make a real breakthrough with one or two who are withdrawn and somewhat difficult to please.



*Prisoner Winston at right, on the computer, with Resident Alan Ullah.*

### The Home Gives Food for Thought

I spoke with Winston, who volunteered because of previous involvement with disabled people, taking them swimming and bowling. Aged 33, he has a cheerful smile and a happy go lucky nature, though the T shirt he wears proclaims his feeling: 'Born and Bred on the Wrong Side of the Tracks'.



*Head of Home Wendy Warner chats with the prisoners.*

Conrad used to own his own business. He volunteered for Saltways because he thought it would be useful work, and told me he had become acutely aware of others who were less fortunate since he had been at the Home. He spends much time talking seriously to Residents and felt that he understood the inner existence that many of them draw on because prison brought that out in himself.

'I've elevated myself to go beyond the material things I used to think so important and I've had some really interesting discussions with Residents on the strengths they have found from religion and other therapies' he said.

### A Sensitive Idea

It was Conrad who made the sensitive suggestion that some gentle classical music should be relayed in the dining room at meal time. 'Eating is such a difficult business for some Residents that it's not possible to chat in a relaxed way as most people do over a meal. It seemed to me that music would make it a more pleasant occasion', he said. Interestingly, the Residents agreed, but wanted lively pop music!

### Ex-Prisoners Keep in Touch

Pat Wilson, Chairman of the Management Committee, told me that some ex-prisoners still visit the Home regularly because of very real friendships they have formed with Residents.

### Saltways and the Future

Saltways is a small Home with only 18 Residents and is limited in space. However, it has recently launched out into respite care and day care to give hard pressed carers a much needed break. There is a tremendous demand for this in the area and the Home is inundated with requests, far many more than it can accommodate. Funds are very tight and fund raising is uphill work in an area which is not very community minded. However, plans are forging ahead to build a new block to provide offices and a much needed staff room. The ambition is to improve the Activities Room, at present housed in a Portakabin, and to provide better facilities and equipment.



## Foundation Vice Chairman Retires

Pam Farrell Tredinnick has retired as Vice Chairman of The Foundation and has been succeeded by fellow Trustee Rosanne Corben.

Pam has been associated with the Foundation for over 30 years during which time she has made an exceptional contribution to many aspects of the Foundation's work. When her first husband, a doctor, contracted multiple sclerosis she flung all her energies into working for people with disabilities and was responsible for starting Heatherley Cheshire Home, in Crawley, Sussex in 1961, and Seven Springs, near Tunbridge Wells in 1975. She also played a leading part in the development of Chipstead Lake near Sevenoaks, and Appley Cliff in the Isle of Wight. Overseas she did much

work in establishing Homes in Canada and the Caribbean.

Her work as a pioneer in the development of independent living facilities included the establishment of the Farrell Charitable Trust set up to provide holiday facilities. In 1983 she was awarded the OBE. The Trustees have unanimously elected her as Vice President in recognition of her achievements.

### The New Vice Chairman

Rosanne Corben has been closely associated with the Foundation's work in Kent for many years and she is now Chairman of the East Region. Until recently she was Chairman of the Care and Development Committee.



*Pam Farrell Tredinnick, retired Vice Chairman.*

## Farewell to Shirley after Twenty Years

Shirley Hughes, deeply respected and dedicated Head of Care at The Chiltern Cheshire Home, Gerrard's Cross, Bucks, has retired after 20 years service.

An ecumenical service to mark this event was held at St. Joseph's Church, Gerrard's Cross, and was followed by a lunch and party at the Home attended by many friends and colleagues. Speeches of thanks and admiration included those by Jill Morgan, Chairperson of the Residents' Committee, Hugh Batty,

Resident and Chairman of the Management Committee and Dr Wendy Greengross, Foundation Trustee.

For many years, Shirley was Head of Care when her husband Peter Hughes was Head of Home. They had a traumatic experience when the Home suffered a disastrous fire but courageously battled through all the ensuing difficulties, culminating in the successful completion of the new Home in Packhorse Road, not far from the old site.



*Rosanne Corben, Foundation's new Vice Chairman.*

## Happy Memories of Camping in Holland

**Eight Residents of Mote Park Cheshire Home, near Maidstone, Kent, set sail for Holland and have happy memories of their holiday at a base camp in Weinhout.**

**Alison Davis, who organised one party of four, with staff and friends helping, describes the experience:**

'The camp site was set in a wooded area, with facilities for tents and bungalows, that boasted an outdoor swimming pool, tennis courts, bar and children's play area among various other things.

'The sightseeing possibilities were endless. We went to Antwerp in Belgium as the border is only 10 minutes away. No passports were needed although you need to allow yourself plenty of time to park, and to watch out for the 'trams' that still run in the main town centre.

'Efteling is approximately one hour's drive and is an extremely large Theme Park. The facilities for the disabled are excellent and they will help all Residents on to virtually all rides. A very visual day including pixies and monsters! There were various shopping opportunities such

as Zundeert, Ellen Leur and Breda. Although we couldn't overdo it as the ferry has a tendency to list with the extra weight!



'Another good day, although a long one is Amsterdam, an eye opener to the brave. There were lots of shops including Marks & Spencers, restaurants and museums made for a good day out, without the

added extra of the infamous red light district, where you can buy most things as well as do a little "window" shopping with a difference! The place was packed with cafes and coffee shops although selling drinks is not a priority! Amsterdam is for the brave although don't be put off visiting this city as it is full of culture, street entertainers and pleasing architecture.

We all found the Dutch people very helpful and receptive to the disabled person's needs as well as being friendly, warm and welcoming. The holidays were booked through a firm called Handitravel, who specialise in holidays for the disabled and are again helpful and more importantly very informative, even giving room measurements etc. The Residents who enjoyed Holland were: Suzanne East, Maggie Florey, David Holness, Jean Wells, Renee Gibson, Ann Sandles, Vincent Batchelor and Gary Phillips.'



# Care in the Community

How is the Community Care Act working across the nation? According to a British Medical Association survey eighty-five per cent of doctors interviewed found that services had not changed or have deteriorated since care in the community was introduced. Four out of ten doctors from a cross section of 500 said that services for the elderly and mentally ill had got worse since last April.

Nearly 42 per cent found it was harder to get patients into residential care, compared with 6 per cent who thought it was easier, and 14 per cent thought that meals on wheels for patients at home were harder to get compared with 6 per cent who thought it was easier.

## Delays in Assessment

A major complaint concerned the time taken by Social Services departments to assess patients needs after leaving hospital to see whether they needed places in a nursing home, or home care with support. Three quarters of doctors caring for elderly patients complained that as a result hospital beds were being blocked by patients ready to leave but still awaiting assessment.

Dr Andrew Vallence-Owen, BMA Under Secretary said that there were delays of three to four weeks for essential assessments.

He also revealed that doctors were increasingly concerned that community care was throwing an increasing burden on carers, particularly of elderly people.

Respite care to enable a carer to have a hard earned break was becoming harder to obtain and Dr Vallence-Owen warned that the Government would face a massive increase in costs if carers were not able, or were unwilling to continue because they could not get an occasional break.

## No Time to Lose

In a survey entitled No Time to Lose, Age Concern detailed first impressions of care reforms and found 'disturbing variations' in the implementation of the Act with some authorities appearing to have made a good start while others were struggling with limited resources, major reorganisation and staff shortages.

## Complex Jargon

The report criticised the complex jargon used in so-called 'Information Leaflets' which confused people and were difficult to understand.

## Assessment Failures

In some areas older people could not obtain information about the results of their assessments and were not being informed of their rights.

# Is it Working? Is it Fair?

One correspondent stated: 'When I asked the Advice Care Worker for a copy of the assessment concerning the needs of my mother, and myself as carer, we were told that it was not the policy to provide this.' Yet a Government statement had made it clear that Authorities should share the results of assessment with users, irrespective of whether the resources were available to meet clients needs fully.

Finding out about how to appeal or complain about an assessment was also 'anything but clear'.

Strict application of eligibility criteria meant that some people approaching Local Authorities for help were told they were not eligible and thus missed out on proper assessment.

In one area a correspondent stated: 'When people telephone Social Services they are asked two questions: "Can you get yourself out of bed," and "can you make a cup of tea". If the answer to both is yes, they are told Social Services cannot do anything for them. Is that really an assessment?' Where older people needed additional support in the assessment process - for instance, when they cannot express their own views or make decisions, - there was little evidence that advocates were being used.

## Home Cleaning Services

In many areas Age Concern groups reported that day and domiciliary care had taken the brunt of Social Services cuts. In the North East home cleaning was not a priority unless it was part of a care package for service users with more needs. This had meant that frail, partially-sighted or slightly disabled people were having their home helps for cleaning phased out and were struggling to pay for it out of fixed incomes.

In this area Age Concern reported what had happened to a disabled older woman who had had her home help cleaner withdrawn. She was in a wheelchair and had an incontinence problem but was fiercely independent and struggled round the house hanging on to the furniture or the walls, going upstairs on her hands and knees. Cleaning was something she just could not do.

Another case reported was of an older woman caring for a husband suffering from dementia whose bathing service was stopped - redefined as social care when their GP became a fund holder.

## Charging for Community Services

In a survey of 64 councils by the Association of Metropolitan Authorities and The Association of County Councils, every one responding charged for day services. Fifty-three made people pay for cleaning and domestic help, with charges ranging from £1 to £40 a week according to a means test. One Authority estimated it would raise £548,000 per year from charges.

## The Cheshire Foundation Findings

A six month review of the NHS and Community Care Act by The Cheshire Foundation Monitoring Unit stated that the *initial* responses of residential Homes and Care at Home Services were highly critical of the new arrangements. Comments such as the 'Social Services Departments have failed to get their act together', and 'they are in a mess' were frequent.

During the first few months following the introduction of the Act deteriorating relationships with purchasing authorities were reported from 20% of Care at Home Services, usually because of the rapid change of staff functions and the time it takes to build personal relationships.

## Improvements Begin to Show

In July, however, Homes reported a 72% satisfaction with fee negotiations and Care at Home Services reported improvements in their relations with purchasing authorities, although some unacceptable central clauses and refusals to pay fee cost increases still remained. Since enabling people to continue living in their own homes was a key objective of the Act it was assumed that this would lead to an increase in referrals to Care at Home Services. Initially this did not happen. A number of reasons existed for this. Some SSD's preferred to refer new clients to their own in-care services, and in some instances the major part of a



Local Authority budget had been allocated for residential care, while it was noted that some SSD's were buying the cheapest service being offered by private firms. It was not known if there was any measure of service quality being made by the Local Authorities concerned, but it was clear that if this situation was not to become increasingly common due to financial pressure a standard specification setting care quality criteria and staff training requirements would be needed so that providers could compete for contracts on level terms.

However, over the months, referrals to Care at Home Services have been slowly increasing, with 73 per cent reporting working at nearly full capacity and only 9 working under capacity.

### Residential, Nursing and Respite Services

For residential and nursing home services, the period under review had been relatively static with an average

occupancy rate of 96 per cent being maintained.

Full assessments of Residents care needs were carried out for 73 per cent of the new admissions and 55 of these were given a trial period of residence to assess mutual suitability.

### Value for Money

In terms of quality the Foundation's services clearly stood out as leaders in the field, but the Monitoring Unit concludes that in an increasingly financially driven climate it would be advisable for all Homes to keep their fee increases to a minimum and to examine their cost structures carefully.

There were wide variations in fees charged by Homes, and in the case of those at the top of the scale, it was thought advisable to try to freeze current rates or try to reduce them.

The survey concludes that in an increasingly competitive environment a measure of adaptability will be required to

provide whatever services purchasers are willing to buy. Closer links between Homes and Care at Home Services would be advantageous by providing future Residents with prior knowledge of the quality of care the Foundation provides.

### A Hopeful Note from St Cecilia's

Gerry Wooding Jones, Manager of St Cecilia's Cheshire Home, Bromley, Kent, reports:

'We have made real progress in improving our fee income to a realistic level, and, together with better housekeeping and budgetary control we are now able to cover our day to day expenses from our fees. This means that all donations and legacies can be used for specific improvements to the House and its services for Residents rather than being used to make good deficits on the daily running of the Home.'

He feels that the excellent liaison with the Bromley Health Authority and Social Services have minimised the problems.

## News

### RADAR

If Only I'd Known ... Radar (Royal Association for Disability and Rehabilitation) has published an information guide to help disabled people and their carers to find their way through the maze of services and facilities. Aptly called 'If Only I'd Known that a Year Ago', it contains information on all aspects of disability - from care in the community, health services, support for carers, housing options, to mobility and holidays. The cost is £5 (inc. p&p) from Publications Department, Radar, 25 Mortimer Street, London W1N 8AD

### Holiday Study Tours

The Project Phoenix Trust arranges overseas study tours for people with disabilities. From 19-29 September 1994 the venue is Athens with excursions to places of interest including Delphi, Mycenae and a day long cruise round the islands.

From 12-19 December 1994, opportunities to visit Venice with a trip to Padova. Unaccompanied physically disabled adults eligible, with male and female helpers, and qualified nurses available.

Further details and application forms from Valerie Saunders, Secretary, Project Phoenix Trust, 56 Burnaby Road, Southend-on-Sea, Essex SS1 2TL. Tel: 0702 466412. Apply early to avoid disappointment.

## News

### Romance at The Grange

Two Residents of The Grange Cheshire Home, in Parkstone, Dorset, have married. They are Sally Bridle and Bob Phillips, who have been friends for several years. The newly weds have set The Grange considering building fully adapted bungalows for disabled married couples who wish to live independently.



### Chipstead Lake Gardening Team

The two acres of landscaped garden around the Chipstead Lake Cheshire Home at Sevenoaks, Kent are immaculately managed by six voluntary gardeners whose combined ages come to 430

## News

years. They are headed by Bill Struthers, aged 80, who set up his men in 1978. Left to right: standing John Sadler, Cyril Waite, Tony Ashforth, Seated Bob Holstead, Bill Struthers, Peter Budd.

### A Marathon Walk

Ken de la Mare is a keen runner and walker and he will need to be as he has decided to attempt to

## News

### Carers Information Pack

The first national information pack for young carers has been produced by the Carers National Association (CNA). The pack offers advice on benefits, emergency telephone numbers and key contacts. Free from CNA Tel: 071 490 8818.

### Paul 'Samples' The Caring Business

The Foundation's Public Relations Co-ordinator, Paul Sample, became a Care Attendant for a week at The Grange Cheshire Home and East Dorset Care at Home Service, in Poole, to find out more about the pressures under which staff and managers work, and to acquire a deeper understanding of the needs and aspirations of people with disabilities.

He commented as follows:

'The Experience has given me a much wider perspective of our work. I now know much better what The Leonard Cheshire Foundation is all about and understand more clearly the pressures our staff are under.'

'I hope the secondment will help when it comes to my work at Maunsel Street. I would thoroughly recommend the experience to others.'

Paul's responsibilities at Maunsel Street include liaison with national radio and television.



# "What's Cooking?"

## Delights of The Dining Table in Wales

Residents at Cartref Dyffryn Ceiriog Cheshire Home (Dolywern if your tongue falters) in Clwyd, Wales, are dedicated bon viveurs. So much so that, with great enterprise they compiled, with co-operation from the staff, their own Dolywern Recipe Book, got it printed and now sell it at £1.50 inc. postage and packing. Anyone interested please send a postal order and address it to: Roger Dawson, Head of Home, Dolywern Cheshire Home, Llangollen, Clwyd, Wales LL20 7AF.

In addition to delicious, traditional Welsh dishes, they also make home made wine from anything the hedgerows can offer – such as elderberry, elder flower, blackberries, dandelion. These, however, are not for sale, but for drinking!

Below we give a few of their favourite recipes:

### Bara Brith – Currant or Speckled Bread

Without eggs

#### Ingredients:

2lb flour  
1 oz yeast  
8 oz brown sugar  
8 oz fat  
6 oz sultanas or raisins  
6 oz currants  
4 oz candied peel  
1 teaspoonful salt  
½ teaspoonful pudding spice  
Warm milk

#### Method:

Mix yeast, a little sugar and warm milk. Rub fat into the flour, add the dry ingredients. Make a well in the centre and add yeast. Knead into a soft dough. Cover and allow to rise to twice its size in a warm place, for 1½ hours. Turn on a floured board, put into greased tins and bake in a moderate oven. Slice thinly and butter. Gas Mark 6.

### Old Welsh Gingerbread

#### Ingredients:

¼ lb flour  
½ teaspoonful bicarbonate soda  
1 teaspoonful cream of tartar  
6 oz demerara sugar  
¼ lb butter  
2 oz chopped candied peel  
6 oz black treacle warmed slightly and mixed with 1 gill of milk

#### Method:

The bicarbonate of soda and cream of tartar are added to the flour and well sifted. Rub butter into the flour, add sugar and peel, mix with the treacle and milk. Bake in a greased tin for 1½ hours.

It may seem odd to make gingerbread without ginger, but this in fact was the recipe used to make so called gingerbread at some of the old Welsh Fairs.

A good teaspoonful of ground ginger could be added with advantage. Gas Mark 3.

### Cawl Cennin – Leek Broth

#### Ingredients:

A lump of salt bacon  
Potatoes  
Carrots  
Leeks  
Parsley  
Cabbage  
Oatmeal and water

#### Method:

Place the bacon in boiling water and with it the root vegetables, cut up small. Boil for about 1½ hours.

Remove the bacon and add the leeks, together with some finely shredded white cabbage. When these two vegetables are cooked, add a tablespoonful of chopped parsley and serve. The cawl can be thickened by adding two tablespoonfuls of oatmeal mixed into a paste with cold water. This could be added at the same time as the leeks.

In the old days this made a two-course meal – the cawl itself



*In the kitchen, turning out the cakes. L to R Francis Wyatt and Activities Organiser, Audrey Barrett.*

was the first and the meat and vegetables the second course. Any cawl left over was reheated and drunk for breakfast the next day and was known as 'cawl ail-dwyn.'

### Pice Ar Y Maen – Welsh Cakes

#### Ingredients:

8oz flour  
½ teaspoonful of baking-powder  
2 oz margarine  
2 oz lard  
3 oz sugar  
2 oz currants  
¼ teaspoonful mixed spice  
Pinch of salt  
1 egg  
A little milk

#### Method:

Rub fat into flour. Add dry ingredients, then egg and milk. Mix into a stiff paste – as stiff as for short pastry. Roll out, cut into rounds and bake on a girdle.

## New Extension Opens in Belfast

A new extension to Cheshire House, Belfast, has just been opened and provides accommodation for 12 high dependency Residents. It has been named Taylor House in recognition of the outstanding contribution made to the development by Neil Taylor over many years.

Cheshire House was opened by our late Founder in 1982 and consists of 10 flats where Residents have complete privacy and maximum independence.

In 1990 the Belfast Committee, in conjunction with Oaklee Housing Association, acquired the adjacent property for the new extension. The cost was met by the Department of Environment, but the Committee raised £170,000 for furnishing and other items.



The Head of the Home is Olive Lennon, and her son Geoffrey succeeded in raising £500 by achieving a 1¼ mile sea swim, a 26 mile cycle ride and a 6 mile road run, clocking in at under three hours.

*L to R: Mary Mackerell, Resident; Geoffrey Lennon, Volunteer; Stuart Walker, Resident. Standing at rear Stanley Gillespie, Chairman; Olive Lennon, Head of Home.*



# A Home Where Each Person is Uniquely Individual

Garden House, Number 127 Peckham Rye, in South East London, has lace curtains up at its windows and from the outside looks much the same as the other houses in the terrace. However, it is different from its neighbours because it provides a home for eleven men and women with learning disabilities, one of several similar small establishments run by the Cheshire Foundation as part of its firm commitment in the mental care field. The age range catered for is from 20 to 60 years.

When I rang the bell the door was opened by Jade Leigh Carter, the 33 year old Head of Home. By her side was a Resident who shook my hand warmly in welcome and then disappeared into the nearby kitchen to arrange a cup of coffee for the visitor.

Several Residents were sitting in the two spacious, pine furnished sitting rooms watching television and wrestling with a jig saw puzzle.

The Home is a joint project with the London and Quadrant Housing Association and was opened in 1986. The homely accommodation provides each Resident with a room of their own.

Jade came there three years ago after considerable experience with Social Services in the field of learning disability.

## The Goal – As Normal a Life as Possible

She explained that Residents come from various backgrounds – some from living with their own families, some from long-stay hospitals and other institutions.

Garden House's aim is to help each Resident to achieve maximum potential and maximum independence with the aim of a life that is as normal as possible. To this end, individual programmes with set goals are drawn up in consultation with each Resident. Key workers, of whom there are seven full time and three part-time, are assigned to one or two Residents, depending on the perceived need for help, which will be gradually withdrawn in the light of progress.

## Managing Every Day Life

Residents are expected to keep their rooms clean, to wash and iron their own clothes, to shop for and cook their own meals, to cash their own benefit payments and manage their own personal spending, as well as to make decisions on their social life.

'The degree of help we give varies according to need' Jade explained. 'Some

need total help while others can manage pretty well almost on their own, providing there is a back stop in time of need.'

## Days are Active, Interests Many

Day to day activities are various. One Resident is getting work experience gardening five days a week, another is employed shelf filling at a local store, some go to adult education centres, while others have developed their own community activities.

Residents have many interests, some of which include cats, another artwork and one is mad about train spotting.

by

**Kay Christiansen**

## Not a 'Family'

Jade stressed to me that Garden House was not regarded as a family unit. 'It couldn't be that because although a Resident may form a friendship with another, there is really no common denominator. They are all so diverse with different needs and very different interests. However, Residents do see this as their home, but not in the family sense.'

## Respect for Adult Men and Women

The right of each adult as an individual and unique person to live a life of their own choosing within the limits of acceptable social behaviour is deeply respected and the staff help each person to identify what this choice is and to help them to achieve it.

For example, regular meetings for men only and women only are held so that problems particular to each sex can be discussed privately and without embarrassment. Because the right of an adult person to have a sexual relationship is completely accepted, meetings are held on the subject, with contraception and the issues involved in a sexual relationship explained. Parents, too, may be involved in case conferences and plans though sometimes there are problems in getting them to accept that their son and daughter is now grown up and no longer a 'child'.

## Out and About

Residents go out freely and many have made friends with people in the community, returning home when they

wish, though because of the close relationship with their key worker there is usually awareness of where they have gone.

## Some Success BUT ALSO REGRESSION

Jade said she did not want to give the impression that all was 'wine and roses'. 'Some Residents make quite significant advances, though to the uninitiated they might not seem great. Equally others regress in their behaviour and change. One, for instance, has now developed Alzheimer's Disease. Some also express behaviour which is challenging to our service.

'Aggressive behaviour is very traumatic for the staff and for other Residents. It requires special training and expertise to deal with it and resources are very thin on the ground. When behaviour of this sort arises we look for a reason. It may be frustration at not being able to communicate and we may need a clinical psychologist or a speech therapist. To get an appointment often takes six months or longer. In the meantime we have to try to cope.

'However, we do have our successes and these are a great joy. For example, one Resident has recently become engaged and is now living in the community with a little back-up from a social worker.

'Funding, too, can be a problem. The Home has just finished a long battle of wills between Social Services and a local council, each trying to avoid responsibility for the fees of a Resident brain-damaged by a virus. The non-payment of fees had mounted to £7,000 which put us into deep debt, fortunately now resolved.

'In order to meet the specific needs of this individual we were able to negotiate additional staff on a full time basis to offer a more intensive package of care.'

## Wonderful Back Up Support

Nevertheless, Jade says she gets essential support from her committee and from her Care and Development Officer, and despite problems, Garden House is planning to expand. Recently Southwark Council has indicated its support for facilities to provide a service for people with learning difficulties who present challenging behaviour also, and negotiations, which are in the embryonic stage, are going ahead with the ultimate aim of setting up an establishment for up to six Residents in this category.



# Pottery is my New Interest

by Peter Marshall – Resident of Agate House Cheshire Home, Ampthill, Bedfordshire

I have recently been introduced to the making of 'Slip Pottery'.

Many times previously I have tried 'Slab Pottery' but not achieved the same success as with the mould pouring method. We pour 'slip' which is a mixture of clay and water on to the mould. In order to regulate the thickness of the wall of the article the slip has to be poured out of the mould after a certain time lapse, varying from five to thirty minutes. If it is left to harden throughout it will become solid and likely to explode in the kiln. One half of the mould is removed and the article allowed to set harder before final removal from the mould. With this method and a lot of help, very professional results can be achieved, and the manufactured goods are good enough to sell.



Peter Marshall at work.

When the articles are removed from the mould this is described as 'Greenware', and are very easily broken and have to be treated very carefully until they are fired in the kiln for the first time in order to make them hard. All the articles are

glazed to varying colours and finishes. The pottery is fired first to bisc and then fired again to melt the glaze.

Many moulds are available varying from a mug to a clay duck that holds eggs, and prices vary from 50p for a mug to £7 for a duck. We order the moulds from America and they take from three to nine months to arrive. Because of this delay we would be very happy to hear from a manufacturer who could deal with this instead. Call Agate House on 0525 403247 extn. 135.

My favourite article is a specimen vase to hold a single rose and this seems very popular. I thoroughly enjoy making slipware which gives me a great feeling of being of some worth. I'm very grateful to Cindy for introducing me to it.

## News

### A 'Dramatic' Chance for Young Disabled

GRAEAE, Britain's Leading theatre company for disabled people, which aims to explore the thoughts, ideas and aspirations of disabled people in an enjoyable theatrical form to promote wider understanding and awareness, has devised an educational programme targeted at 14 to 18 year olds.

It is called The Forum Theatre in Education Project and offers a rare opportunity for young people to work with disabled actors/teachers.

The technique was developed by Augusto Boal in South America, and is widely used as an educational device allowing young people to participate fully in drama, using techniques such as role play and observation.

The programme is available to visit young, interested groups from April 18th to June 17th 1994. Teachers, Lecturers and Advisors are advised to contact Steve Mannix, Administrative Director, GRAEAE, Interchange Studios, Dalby Street, London NW5 3NQ. Tel: 071 267 1959. Fax: 071 267 2703, for further information.

### Honour for 20 Years Service

John Affleck, Vice-President of the Chipstead Lake Cheshire Home, Sevenoaks, was

appointed MBE in the New Year Honours List.

Mr Affleck, a retired Lloyds Bank Regional Director, became Treasurer of the original Appeals Committee for the Home in 1973 and was elected Chairman when it opened in 1977.

After four years leading the Home through its early years Mr Affleck continued to serve on the Management Committee in various voluntary posts and is now Vice-President. Throughout his work for the Home he has taken a special interest in the local Cheshire Shop, which is run entirely by volunteers and which has raised to date about £250,000 for the Home.

### A Day Club to End Loneliness

Alne Hall Cheshire Home in York has started a day club to cater for the needs of disabled people who live in rural and isolated areas around Easingwold.

After research it became apparent that day care resources were virtually non-existent for young disabled people in the 18-60 age group, and with the full support of Social Services a hall in a Methodist school has been hired and club meetings will be available once a fortnight, increasing as the facilities become better known.

After consultation with the fourteen or so people who are to

become founder members it was clear that social activity was what was most needed as well as a chance just to meet and talk and make new friends.

Margaret Cochrane, the Alne Hall Activities Organiser said;

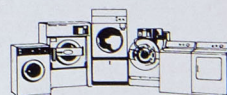
## News

'We are providing table tennis, skittles, bowls, card games and organising quizzes and debates. I think it will provide a really good uplift for people in the rural areas.'

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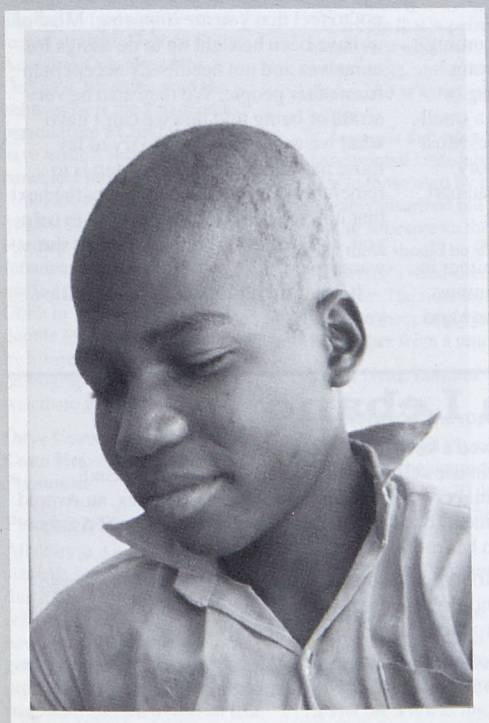




WEEK 6 – 13 JUNE 1994



AROUND THE WORLD







## 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.

Here she deals with one of the many problems experienced by people with disabilities.

### Coming to Terms With Being Cared For

#### Question:

*I am becoming increasingly disabled and I now have been told that I need some home care. I'm sure that the person who comes in will be very competent, but I am dreading her arrival. Will she be nice? Will she be critical of my home? Because I've lived alone for a long time, I hate the idea that she will be looking through my drawers and cupboards. Will she be comfortable giving me intimate care? I know all of the fears are stupid, but I can't get them out of my mind.*

#### Answer:

I don't think that any of your fears are stupid. Indeed, I think that you may have helped a lot of people by putting your fears into words. The questions about your carers and what they are supposed to do and, even more important, the things that they are not supposed or allowed to do, should be answered by the social worker who makes the assessment of your needs. It is easy to feel intimidated by some of these procedures, but you not only have the right to have answers to your questions, you also have an obligation to know exactly what you should or should not expect.

The anxieties may be more difficult to come to terms with, for many of them relate to events that have little to do with your present situation. Sometimes understanding where they come from and realising that they are no longer appropriate helps lay the ghosts. Most of us were brought up to do things for

ourselves. We were congratulated when we managed to walk or eat unaided and applauded when we could use a spoon without making a mess. Getting dressed or even partially dressed without help was a major achievement. Standing on your own two feet, implied a desirable state of independence, or at least semi-independence. A landmark on the road to being a valuable human being.

Having to admit that we can no longer do these things for ourselves, often gives us a totally inappropriate feeling of not being a valued adult member of the human race. Toileting is even more emotionally charged. At a very early age we were probably told that it was grown up to be in control of bodily functions and babyish or naughty to be 'dirty' or make a mess. This is perpetuated by a general conspiracy of silence that not only should these bodily functions be private, but also the strongly reinforced message, that we should be ashamed of them.

Now wash your hands. Don't let anyone see you either going in or coming out of the smallest room. Make certain that no-one hears the cistern flushing or heaven forbid that anyone makes a smell that someone else has to experience. Most adults live their lives as if the lavatory was something unknown, rather than part of everyone's everyday experience.

Another problem is the way these functions are referred to publicly, either in comedy with a snigger or in programmes associated with hygiene, with distaste and a need for nice people to distance

themselves from them. It is therefore hardly surprising that most people are embarrassed initially at having to accept help. Something that might help is to talk about your feelings of embarrassment about being helped with eating, toileting and other aspects of personal care with your helper. You will probably be surprised by her matter of fact approach to care that she regards as part of her job. It is an important part of training for staff to be aware of both their own feelings and for the feelings of their clients, for it is all too easy for carers to cover their own embarrassment with jokes or silly remarks that may be very hurtful. This is particularly important when carer and cared for are not the same sex.

It is nice to feel that the person who is giving you care is doing it because they care about you personally. On the other hand, an advantage of having someone outside the family to help, is that it may be easier to ask for things that you want, and not to feel that you are imposing. Most of us have been brought up to do things for ourselves and not needlessly accept help from other people. We may also be very afraid of being told that we can't have what we want. You need to try to lay those particular ghosts. One step is to remember that you need the help, the next that it is your care attendant's job to help you, and the last is that this is what she wants to do.

It is a difficult lesson to learn to allow yourself to be cared for.

---

## A VIP Visitor from Lebanon

Mrs Nazek Hariri, wife of Rafik Hariri, the Prime Minister of Lebanon, only had two official engagements during their recent 4-day visit to the UK. One was to the Victoria and Albert Museum to see the Fabergé Exhibition, and the other was to Arnold House Cheshire Home in Enfield.

The Cheshire Home was selected for her programme because of the very active interest she takes in homes for mentally and physically disabled people in her own country. Many there are filled with victims of the civil war.

Mrs Hariri spent an hour talking to the Residents in their own rooms and expressed surprise that many had their own personal furniture.

She showed a keen interest in the advanced medical equipment in use at the Home, including a computerised environmental control system by which Sue Beagles, an Arnold House Resident for 14 years, operates the lighting, television and radio in her room.

Mrs Hariri admired some oil paintings by Resident George Cherney, and Bob Moore presented her with a model duck which he produces in the Home's hobbies room.

Pictures of Mrs Hariri at Arnold House Cheshire Home were screened on Lebanese television the same evening.



# You write to us

## Informative and Interesting

A friend has sent a cheque for The Smile which I enclose herewith.

We all enjoy your Journal – very informative and interesting read – and hear many favourable comments on it.

**Sheila Rawcliffe,  
Residents Secretary,  
James Burns House,  
Bournemouth**

## Enjoyed and Admired

I have so enjoyed all the issues of The Cheshire Smile this year and never cease to admire all the people featured in your publications. I am friends with all the Residents of Spencer Lodge, New Milton and have some very happy and hilarious times with them.

**Phyllis Candler  
New Milton, Hants.**

## Putting the Record Straight

I enjoy reading the Cheshire Smile and I read with great interest about Colin Corbett's free fall parachute leap. I am not, and would not take away the courage and daring of Colin for this feat but would like to put the record straight. Daphne Solly, Activities Organiser at St Cecilia's, Bromley, said she believes he is the first disabled person from a Cheshire Home to have made a successful parachute jump.

In fact, two disabled persons, quadraplegics, from the Anne Harding Cheshire Home, Johannesburg, South Africa, made a parachute jump like Colin in 1988 with another double leg amputee who jumped by himself. To prove this I have photographs of this event as I was there to take them.

**Dave Cornish.**

## Plea for a Free Forum

All of us at Arnold House were saddened and shocked to hear that it had been decided to replace Kay Christiansen with a new editor. Kay has done a very good job over the years to produce a popular and attractive magazine and we would all like

to thank her for the work she has done. We shall miss her not coming in to Arnold House and we hope that the new editor will be able to keep up her high standards.

In reply to a letter I wrote last year, Helen Hill said in a letter published in the January 1993 issue that while the content of CHOICE was agreed by the Director General and his staff at Maunsel Street, The Cheshire Smile was an independent magazine whose opinions did not necessarily reflect the official view of the Leonard Cheshire Foundation. If the content of the Cheshire Smile is going to be agreed by the Director General and his staff at Maunsel Street, how is it going to remain an independent magazine?

We think it important that the views and opinions of residents should be freely available to all in the Cheshire Smile magazine.

**Joyce Dyer, Resident**

## A Sticky Rebuke

Here's a suggestion for deterring the fully able from using disabled drivers parking place in supermarkets.

I accept that supermarket employees who attempt to remonstrate, at the best, suffer abuse, and at worst, physical injury.

I suggest that store managers have printed large labels (similar size to those used by clampers) suitably inscribed but with very strong adhesive on the back and that these should be stuck over the driver's windscreen in his absence. The time taken to remove them might just deter him or her from a repeat.

**Dr E. Neal, London**

## Penalty for Improper Use

In California all disabled parking bays carry the warning 'penalty for improper use 10 dollars.' Why not introduce this in England?

**David Lyon, Northampton**

## Happily Cared For

Herewith a cheque as a donation towards The Cheshire Smile's postage. I always enjoy reading about the work as my two

cousins Peter (at Le Court) and Robin (at Greenhill) Harding are being cared for so happily.

**Margaret Edgington  
Ickenham, Uxbridge**

## Passes Magazine On

I enclose a donation towards the postage of Cheshire Smile. I much enjoy the magazine and it is passed on to our 'Over 60' centre where it is always read.

**M. E. C. Field (Miss)  
Midhurst, West Sussex**

## 'Thank you' From Le Court

I have read in the latest issue of Cheshire Smile, the news of the impending changes to be made to the editorial staff and in the production of the magazine.

As a former editor of Smile, I can appreciate the hard work involved in compiling this magazine. On behalf of all at Le Court, may I say 'thank you' for the work you have done in making it an interesting and

informative publication, especially with regard to news of other Cheshire Homes, both here and overseas. We are pleased to know that your expertise as a journalist will continue in your appointment as a consultant to the new editorial team.

**Frances Hopwood  
Resident**

## Always Interesting

I enjoy your magazine tremendously and as a disabled person stayed on a number of occasions at your Cheltenham Home to allow my sister who cares for me to have a rest.

There is always some item of interest in Cheshire Smile and it was nice to read of the new Cheshire Home at Cheltenham. It sounds great!

**Doris Grundy (Mrs)  
Bournemouth, Dorset**

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# Obituaries

## A Tireless Worker

Freshfields Cheshire Home, Formby, Lancs., records with sadness the death, peacefully in his sleep, of John Bickerton Lowcock, a dedicated and tireless worker for the Home since 1977.

John was Chairman of the Southport Support Group for 10 years and also served on the Management Committee for over fourteen years. He was much loved by the Residents of the Home and was never happier than being in their company and sharing news and a joke. In his eightieth year he was made Vice President for life on his retirement in March 1992 and treasured a personal letter from the late Founder, recalling that he was one of the members of the ground staff with whom he had served during the war.

John was still an active member of the Southport Support group at the time of his death, and it gave him great satisfaction to see the new building of Freshfields completed. He will be missed greatly by all who knew him.

## Sadly Missed

Mote House Cheshire Home, Maidstone, Kent, records with great sadness the death of one of its first Residents, Doris Thomas.

She came to live in the Home in 1963 and had a fund of interesting stories about how things were in the old days. In recent years Doris found it increasingly difficult to cope with her disabilities but made a great effort to be as independent as possible.

Doris had many friends in the Home and in the community. We extend our deepest sympathy to her family.

## Brave and Indomitable Spirit

The staff and Residents of Alne Hall Cheshire Home, York, are sad to report the death of one of their Residents, Dr Pamela Fay Hull, MB B CH MRCOG.

Dr Pam, as she was affectionately known, came to Alne Hall in 1987.

Dr Pam was educated at St Hugh's College, Oxford where she gained her degree of Bachelor of Medicine and Bachelor of Surgery. She continued her studies at Westminster Medical School and was awarded the class prize in Forensic Medicine and the Sturges Class prize in medicine. She also obtained a certificate of merit in Public Health. Dr Pam's main interests lay in obstetrics and gynaecology and this led to her admission as a member of the Royal College of Obstetricians and Gynaecologists in 1967 and she became lecturer in Obstetrics and Gynaecology at Sheffield University.

Throughout her medical career she had maintained her interest in ballroom dancing, music and ice skating and won many prizes in these activities.

Tragically Dr Pam's brilliant career came to an end as the result of a road traffic accident in 1969 and she was to spend the next 24 years of her life in various hospitals, and Homes until coming to Alne Hall where in her brother's words she had the best possible care.

Dr Pam will be remembered as a very brave and courageous lady whose indomitable spirit was an example to all.

## Six Very Sad Losses

Hydon Hill Cheshire Home, Godalming, writes:

Regretfully from late 1993 to early January 1994, six of our dear Residents died. Polly Lawford, Betty Hebditch, Florrie Carter, Gillian Langfield, Michael Hearne and Elsie Timperley.

On October 21st, Trafalgar Day, Polly celebrated 20 years at Hydon Hill in grand style with many of her friends, family, Residents and staff. A

remarkable lady, well-known for a good turn of phrase 'that would make a sailor blush', Polly died a week later. During the funeral service at Godalming Baptist Church, which was again a celebration of Polly's life, a close friend, Mrs Sheila Southerton gave a delightful and moving eulogy.

Within a short space, Betty, Florrie, Gillian, and Michael died leaving gaps in the 'family' at Hydon Hill. Many friends and family, some from a great distance, attended these funerals held at Guildford Crematorium.

Michael, an international lawyer with an engaging character, suffered greatly from Parkinson's Disease in his final days.

In tribute to Elsie, Mr Poole, Minister of Godalming Baptist Church, pointed out that her presence had been instrumental in changing the layout of the Church building to cater for the needs of physically disabled people. We shall miss them all.

## Two Much Loved Residents

It is with much sadness that we, at Marske Hall, have to report the

deaths of two of our much loved Residents, who with a total of almost 58 years residence between them, will be very much missed by everyone who has ever been associated with the Teesside Cheshire Home.

## Norman Dodds, aged 75

years, died peacefully at the Home on 4th November 1993. A warm, gentle and lovable man, he came to us in 1964. Proud of his roots and association with the mining community, he had a witty sense of humour and loved to share a joke with others.

Norman's broad, cheeky smile and the happiness he conveyed to others is greatly missed.

## Bob McCluskey, aged 71

years, died on 2nd February 1994. He came to live at Marske Hall in 1966.

A quiet man who enjoyed his own company, Bob spent much of his time studying racing 'form' both with his daily paper and large screen television. He was fortunate in having a large family circle, and they, together with lifelong friends, visited him regularly.

We miss his presence.

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# Quality Assurance Achievers

As reported in the January issue of Smile, The Leonard Cheshire Foundation is the first voluntary body to achieve a rigorous International Quality Assurance across its range of Services.

Here are pictures of the three successful Homes and the Care at Home Service receiving their well earned rewards at The Charing Cross Hotel, London, from John Bowis, Under Secretary of State for Health.

19 further Homes and Services are at present involved in the second phase of the programme.



**East Dorset Cheshire Services:**

Left to Right: Pat Minns, Volunteer QA Auditor; Audrey Hatchard, Head of Domestic Team; Peter King, Treasurer; Margaret Smith, Night Staff; Linda Brasier, Manager, Care at Home; Janey Jones, Manager Respite & Day Care; Nick Lawrence-Parr, Director of Services; Jan Allen, Personal Assistant; Dainne Pinhome, Care Manager; Pam Hepworth, Home Organiser; Liz Howes, Deputy Manager, Care at Home; Mary Sheppard & Matra Meston, Carers; Julie Case, Care Organiser.



**Hertfordshire Cheshire Home:**

Back Row – Left to Right: Joe Smith & Jane Hogger, Care Staff; Jane Raynor, Training Officer; Alan Dickinson, Manager; Emma Shannon, Care Staff; Ken Prosser, Administrator & Activities Officer; Bert Edwards, Vice President. Front Row – Left to Right: Leon Fish & Shirley Gaywood, Chairman and Member of Residents Committee.



**Bell's Piece:**

Left to Right: Geoffrey Fitzpatrick, Resident; John Bowis, Under Secretary of State for Health; Geoff Wallis (Head of Home); Hilary Meyer and Ian McQuine, Residents.

## BOOK REVIEWS

### Invaluable Access Guides For Intrepid Travellers

Travelling to and getting around big cities and foreign countries can be extremely daunting and frustrating for people with disabilities who want to go where able-bodied people go. Planning carefully before you go is the answer, and here a series of guides produced by the Pauline Heaphaistos Survey Projects are invaluable.

*Access in Paris* consists of 245 pages of information covering insurance, information sources, travel, accommodation, getting around in Paris, access to the major sights, entertainments – even a good loo guide of wheelchair accessible toilets. The information is not general, but very precise, with ramped routes listed, steps counted, handrails identified, and lifts and doors measured.

*Access in Israel* is similar in attention to detail, and even identifies the most accessible beach for a soak in The Dead Sea if you can manage it!

A third guide, *Access to London*, is also well worth acquiring.

The guides were researched by mixed teams of volunteers with disabled members, mainly students.

They can be obtained from **Access Project**, 39 Bradley Gardens, West Ealing W12 8HE. They are free of charge, but a donation of £5 to cover printing and postage is requested. Cheques made payable to Access Project.

#### *Saving the Suffering Children 'Joyce's Ockenden'*

Being aware of the terrible suffering of children and young people, mainly refugees, caused by the Second World War, which was none of their making, inspired Joyce Pearce to do something about it. Travelling the world, often in the company of Sue Ryder, negotiating for children in the camps of Europe, Afghanistan, Pakistan and the Tibetan

children living in exile in India, to bring back to England for care and education. Her family home 'Ockenden' became the first of many homes for her ever increasing international family.

Joyce was a remarkable woman with an equally remarkable philosophy. We can only admire her understanding of young minds and her unrelenting determination to relieve the suffering of this world, with the help of young people. She was also aware that suffering is going on all the time somewhere.

*Joyce's Ockenden* by Pamela Watkin. Published by The Ockenden Venture, Constitution Hill, Woking, Surrey GU22 7UU. Cost £6.50 plus £1.50 post & packaging.

Reviewed by Peter Reynolds, Resident Chipstead Lake Cheshire Home, Sevenoaks, Kent



# Adventure and Challenge on the High Seas

David Hassell has multiple sclerosis and is a Resident of St. Michael's Cheshire Home in Axbridge, Somerset. Despite his disability he is unfailingly cheerful and positive. He seeks challenge and adventure in frequent and enterprising holidays. He certainly found both as a member of the crew of the Lord Nelson, bound for a trip round the Canary Islands. He flew to Las Palmas and joined ship in Puerto Rico harbour where he met his 'buddy' for the voyage, Peter Davidson, who shadowed him on the trip, and the Captain and crew.

### Four Watches

That evening they were split into four watches of ten, each watch including two disabled people. There were no apparent categories of incapacity, although each applicant needed to give full details of disability when first applying to the Trust.

### Jottings from the Log Book

Here are a few extracts from David's log book:

'I was amazed how quickly the bonding of our team took place. Every watch has a muster station and ours was "Forward Starboard" (right). We collected there whenever ordered to do so. We did this three times in the first few hours – practising and practising again what we would do if there was a fire. The disabled crew members were always the first priority. This I quickly found out, when I had to beat a rapid and undignified retreat from the ablution area.

### Steering the Course

'The next morning we were on harbour watch by 8 a.m. which meant taking an early breakfast in the upper galley. Harbour watch was a fairly relaxed affair and lasted four hours, split between the watch members. Then we set sail.

'By 8 p.m. we were again on watch duty, when each of us had the opportunity of taking the wheel and steering by compass bearing. It was quite possible for any disabled person to do this, shadowed continually by a more experienced watch member. I found my concentration would not allow me to think of anything else but the job in hand.

'We dropped anchor nine hours later in Los Christianos. I stayed on deck for a good hour longer, savouring the memories of that first day at sea.

### Exhausted from Exertion

'After a quick drink in the bar, Peter and I were ready to bed down. We were both



David Hassell.

absolutely exhausted from the exertion, wind and sun. On this first night it took an hour to get me into bed, and I knew that I had blotted my copy-book badly, when I let Peter know that I snored!

'You knew when it was time to get up by the sound of cutlery on the mess tables outside. It was quite a struggle to get ready in the limited confines of the sleeping area. I found it easier to leave washing till later.

'Each of the voluntary crew were expected to undertake galley duty once during the trip. We already knew that we would be able to spend a few hours on land later and so I did my washing up duties with a light heart!

'The two dinghies were alongside, ready to take us to a hidden beach behind the harbour wall of Los Christianos. We explored the shopping area and square and then sat near the water's edge.

### On Mess Duty

'By three we were on our way back to the ship. There was work to be done, if we were to sail by four. As mess men we still had several hours work to do, laying tables, serving meals to the rest of the crew and finally clearing up. In a few minutes we had set sail and were making great progress westwards, in an ever freshening wind, towards the smallest and least visited island of Hierro. Soon the windy sea took over, and the galley area was in disarray. The orderly place settings were chaotic as the waves buffeted the ship. We all carried safety harnesses and before long my slipping wheels were secured between two stanchions. It would not take much for slipping wheels to turn into a minor disaster. I must emphasise here that the Lord Nelson was fitted with near total safety in mind. Even if it capsized with all sails set, it would still be able to right itself.

'By 10 a.m. the next morning we dropped anchor at Estaca, and were

pushed by our friends a little way along the steep solitary road leading to the provincial capital of Valverde, ten miles away. We soon stopped by a roadside cafe, when explicit hand signs and perspiring faces produced cold beers and soft drinks.

### The Happy Cleaning Hour

'Most mornings we spent an hour cleaning the ship. This was called "Happy Hour"!

'Invariably I made my way to the bar armed with clean cloths, polish and brasso. The hour passed quickly enough, and I always worked with a sense of pride. Then it was my turn to clean "Heads" or loos. I squeezed my way into the shower area and deftly applied my cleaning liquid. Quite a feat with the ship now bucking like a runaway steer. I had my head down the loo only inches from the water line, when an unexpected movement made me reach out for extra support. I contacted the flush pedal - no support there - only a stream of cold water cascaded on to my head!

'We were wallowing in the water under engine power only. We were not expecting to arrive at Mogan, Grand Canaria before midday. It was a restless night and I found it impossible to drop off into a deep sleep. I felt more like a cork in a bottle - slurp, slurp, slurp.

### "Well Done" Praise

'Arriving at Mogan, we were called immediately to muster stations to weigh anchor. Thirty minutes to reach Puerto Rico, our final destination.

'John, our Captain, was gleaming all over his face - we had done well! And I felt that this was not the normal praise; he really meant it.

### Lovely Paella

'Later that evening, our watch dined on shore. How I liked "Paella". The dish and its contents filled half the table. I didn't learn, until the end of the meal, why the others were so insistent on my finishing everything. They had placed a bet on it!

'Midnight, and Peter and I took over the harbour watch. We positioned ourselves near the wheelhouse, which had a view of the harbour. The quay was never devoid of either visiting cars or courting couples. The Lord Nelson, now lying quietly at its moorings, had quite a way of attracting the casual observer.

'What an unforgettable week - what wonderful people I had met on the "Lord Nelson" what a story I had to tell!





# International News

Edited by Lynette Learoyd  
International Secretary



**THE LEONARD CHESHIRE FOUNDATION INTERNATIONAL**

**26-29 MAUNSEL STREET LONDON SW1P 2QN ENGLAND**

## New International Director Appointed

Rupert Ridge has been appointed International Director and will succeed Ronald Travers who retires in June after 24 years of dedicated work which has seen an unprecedented expansion of Cheshire Homes world-wide in areas of great deprivation.

Rupert was previously Chairman of St Michael's Cheshire Home in Axbridge, Somerset and thus has first hand experience of the Foundation's work and ethos. He has enjoyed a very successful career with British Aerospace since leaving the army twenty years ago. Aged forty-six, he is married with four children and lives near Bristol, but will have a London base on joining the Foundation.

He commented: 'Ron's tremendous achievements over the years make his a very difficult act to follow but I am looking forward enormously to the challenges that lie ahead and to being able to contribute to the Foundation's world-wide work for which I already have the greatest respect and affection.'

Rupert will spend some time travelling to many of the Homes and Services throughout the world and looks forward to meeting all the delegates at World Week in London.

An appreciation of Ronald Travers, retiring International Director, and his remarkable contribution to the Foundation's work, both in the UK and overseas, will appear in the June issue of Cheshire Smile.



*Our new International Director, Rupert Ridge.*

## And a New Assistant International Director

Mark O'Kelly has been appointed Assistant International Director. Since joining the International Office as Finance and Development Officer in October 1990, Mark has travelled to many of the overseas Homes, primarily in Africa and India, to gain first hand experience of their financial and development needs, which enables him to approach funding agencies for support. Often these requests are for equipment or capital projects vital for the Homes' continuance and the Residents' well-being.

## Rosemary Leitao Awarded MBE

We were very pleased to hear that Rosemary had been given an MBE in The Queen's New Year Honours List. Rosemary, a school teacher by profession, has devoted many years to charitable work and in particular to the establishment of the Cheshire Home, La da Boa Vontade, in Carcavelos, Portugal. She has remained a stalwart supporter of the Home, which started in 1963, and was one of the prime movers behind the successful construction of purpose-built premises, inaugurated in 1986, which enabled the Committee to increase the number of Residents cared for from 12 to 32.



*At left, Mrs Catherine Wall, wife of the British Ambassador to Portugal, pictured with Rosemary Leitao, MBE, at Lar da Boa Vontade Cheshire Home, Carcavelos, Portugal.*



*Ron Travers, retiring International Director, with an overseas Resident.*



## Helping the World's Refugees

Father Kevin Doheny is well known as our Liaison Officer in Africa. He founded the International Refugee Trust four years ago with Mother Teresa of Calcutta as Patron.

He reports that one in every 130 people on earth has been forced into flight by persecution, human rights abuses, war and ethnic violence.

Effective action means working with many other agencies and at present the Trust is able to target specific groups of Refugees in five areas:

### War-Torn Bosnia

Groups in Ireland collect food for Bosnia – this is sent out in trucks driven by volunteers, and the food is handed to Caritas for distribution on arrival.

### Somalis in Kenya

There are many Somali refugees in Kenya and the Trust supports the education and health programmes being run by UNHCR.

### Food for Baghdad

Convoys of trucks take supplies of food into Baghdad from Jordan – the last consignment consisted of 100 tons of rice, 33 tons of sugar and 21 tons of cooking oil.

### Help for Cambodia

A local priest co-ordinates re-settlement work in Cambodia; in December 1993 a Technical Training School was opened. The dangers in the situation are high-lighted by the fact that the staff had to return to a Thai border town at night to sleep in safety.

### And Sierra Leone

In Sierra Leone many refugees from both Sierra Leone and Liberia are being reunited with their families.

Father Kevin was invited by the US Congressional Committee for the National Prayer Breakfast to join them in Washington in February. The objective of the Breakfast is to share in the spirit of friendship through love of God and concern for one another. For the past 41 years the President of the US has joined guests with representatives from over 90 countries. Justice Badruul Haider Chowdhury, Chairman of the Bangladesh Cheshire Home, also attended.



Alice Bradley, Training Consultant for LCF International, (centre), during a visit to Katpadi Cheshire Home, India with Residents and staff. At left, Brigadier PK Nandagopal, Vice Chairman.

## Vital Training Programmes Reach More Areas

### In India:

Alice Bradley, International's Training Consultant, visited India as part of extending the training programmes now established in the Far Eastern Region and recently started in southern Africa. Proposals for workshops and filming sessions at several Cheshire Homes were discussed to enable as many staff members as possible to participate.

At Vellore Alice met Residents, committee and staff members and spoke about

improvements to the Home's industries.

### In Southern Africa:

In November the final phase was reached in the development of the Leonard Cheshire Foundation International's video course 'Learning Together' and two dissemination workshops were held – one in Lusaka, Zambia, the other in Harare, Zimbabwe. The course leaders were Sarah Holloway, Training and Rehabilitation Adviser, and Liz Lee, Consultant Staff Trainer, and in Zambia the 34 participants came both from the Ministry of Health and Education as well as from Cheshire Homes in the

region. In Zimbabwe, where the video course had only been field tested previously, it represented the introduction of a totally new concept and approach to staff training. In addition to Cheshire Homes staff, there were many professionals from other established rehabilitation services in the country, and a group of mothers who have children with cerebral palsy, and who co-ordinate and run mothers' groups in urban areas of Harare.

Altogether a total of 38 attended, and the workshop, raised issues crucial to family support and staff training, and provided the opportunity to discuss these together for the first time.



Wire and basket making by Residents at Manapakkam Cheshire Home, India.



## A Staff Workshop

While in Zambia, a separate workshop for senior Cheshire Homes Staff was held, to exchange information and share experiences of running Cheshire Homes and staff training programmes; to introduce the International Training Plan and training materials developed to date; to examine the different ways of implementing services for children with special needs and their families, and their implications for staff training, and to identify staff training needs of the Cheshire Homes. This workshop had been held at the request of the Cheshire Homes, reflecting a growing need for information and development of a co-ordinated service response and staff

training programme across the region. Aspects covered included ways of working with families, and staff training; programme participants designed the contents for two of the training courses relating to children with disabilities; each Home drew up an individual action plan with short and long-term goals for a 12 month period – relating either to community involvement, parent involvement or outreach work. The draft handbook 'Quality of Care' series was introduced and participants worked through these and were able to ask questions; all participants prepared presentations about the workshop for their management committees and staff members before leaving.



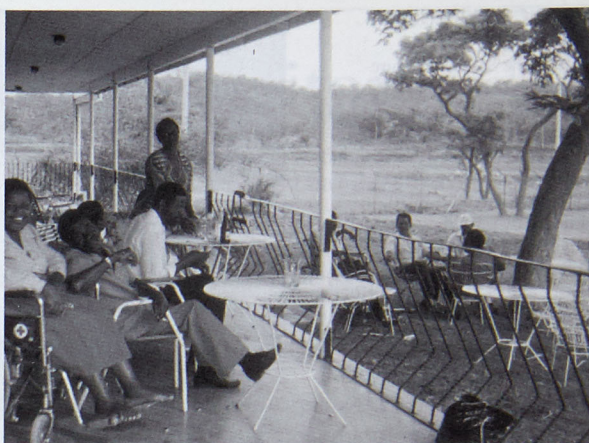
*A workshop in the sun of Zambia.*



*A presentation under the tree.*



*A pause from the training papers to pose for a snap.*



*Residents and staff of Masterton and Westwood Cheshire Homes, Harare, Zimbabwe, enjoy a day out at beautiful Chinro Lake.*

## Foundation Chairman Visits Hong Kong and Kunming

Sir Geoffrey Howlett was able to visit both the Hong Kong Homes recently, where he met many of the Residents and saw the activities carried out, and had discussions with the Chairman, Dr Peter Lee, members of the local Committee and senior officials in the Health and Hospital Departments on the future of the Homes.

In Kunming Sir Geoffrey saw the vocational training activities of the Residents who return to their towns and villages after their stay in the Home. They are also given simple physiotherapy exercises which can be continued after their departure. Sir Geoffrey met the Chairman of the Home, Mr Guo Zhi Qiang, and Mr Liu Jing, Vice Governor of Yunnan Province and other officials, and they talked about the need to expand the work for people with disabilities in China.



*Residents, staff and committee members of Kunming Cheshire Home, China, with Foundation Chairman Sir Geoffrey Howlett, and Diana Khoo, Regional Staff Training Officer.*



*Chairman Sir Geoffrey Howlett, kneeling, with Residents of Shatin Cheshire Home, Hong Kong. At left, Dr W. C. Ip.*



## Sabah Cheshire Home, Malaysia

In 1974 the Sabah Cheshire Home Association was registered, but because of lack of funds and general support the Association decided that it would help a small government Home for severely handicapped children by providing two staff and fundraising for special needs of the Home. This had a two-way effect, in that the Cheshire Home Association became well-known through its fundraising, and also that the Government became aware of the work of the Cheshire Homes in general. As a result of their work, the Government donated a 3 acre piece of land just outside Kota Kinabalu, and made substantial grants available to the Home once it was established. It opened in January 1983, with an extension added in 1989. It cares for 34 Residents, and has just launched the first issue of a News Letter for its Members, under the editorship of Margaret Fong. Margaret pays tribute to Datuk Simon Sipaun who has been President of the Home since 1978 and who, for the past 15 years, has brought the Home to its present status of being regarded as one of the best run welfare institutions in the State of Sabah, and often chosen for visits by royalty and other VIPs. Datuk Sipaun has devoted much of his time unobtrusively to the welfare of the Home's Residents and has inspired others to do the same. Owing to his substantial work commitments Datuk Sipaun has had to relinquish the Presidency and we are all indebted to him for his selfless commitment to the Home during his term of office. Mr Patrick J. Lai, Director of the Welfare Services Department in Sabah and previously a member of the Sabah Home's Council of Management, has now taken over from him as President.

### The Residents

Two of the Residents have completed a computer course and one of them, Jatin, is employed at a local hotel; other Residents help the staff in the cleaning of the Home. Suzanna, who attends the Home once a week, was born with severe cerebral palsy; she did not receive any formal education and taught herself English from a weekly half-hour programme on television and reading extensively. It has taken her two years to learn to type with her right foot as this is the only limb she can control. A piece by Suzanna in the News Letter mirrors what many of her co-Residents must feel:



*Lavender Patten, Patron of the Hong Kong Cheshire Homes, pictured during a recent visit with a Resident and her dog Soda.*

### 'Walls and Friends'

Most times when I reflect upon the events of each day in my life, I wonder why I'm such a coward when it comes to reaching out to people or making new friends. Even if I made some friends I tend to drift away.

There are walls around me, walls that I build and break and build again. Also walls that others built, thick and hard to break. Transparent like glass cocoons enveloping me. So often I am a stranger in a crowd of friends.

The time has come for some changes of outlook and attitude. Like other people I need the bonds of good friendships to brighten my days. Little by little I'm chippin' away the walls that surround me, yet I fear of losing my protective shields.

### Visit to Nigerian Homes

Robin Story used to be Field Director for VSO in Nigeria and when he visited there recently we were fortunate that he was able to visit all five of the Cheshire Homes during the trip, albeit with difficulty. The visit took place at a time of economic, constitutional and political crisis in Nigeria – shortages of petrol and diesel fuel meant queuing up for three or four days and nights. Despite the economic problems, the Homes continue to function,

although in some cases the numbers of Residents are reduced due to the lack of recurrent funding. At the Port Harcourt Home there is an excellent choir among the Residents, and eight of them participate in sport; several have travelled to the UK to take part, and one has won a gold medal in 1992 at the Cairo International Meeting.

### Youth Helps Out in Japanese Homes

Two young students have been helping severely disabled Residents in Japanese Homes and experiencing a completely different culture.

The first is Nicola Thompson from Suffolk who raised £1,100 to take the position through the Berkshire based Group Activity Projects specialising in youth exchanges.

She has been based at Hanshin and then at Harima. A crash course in Japanese before she left England has helped her to make excellent progress in the language.

The second is Natasha Walton, who aspires to be a journalist and wrote this account of her experiences:

'Before leaving the UK I read several issues of your magazine. I found them fascinating as they explained so well the running of

Cheshire Homes all over the world!

'I am 18 and have been working for almost 5 months as a volunteer in the only two Cheshire Homes in Japan. I wanted to do something completely different, that would be challenging and rewarding, before going to University – Bristol – to study biology.

'I was posted to Hanshin Home first. This was opened only 8 years ago for 50 Residents who are severely handicapped, both mentally and physically. Harima Home was opened 12 years ago, and houses 60 Residents, with slightly less restricting handicaps.

'I am now finishing my assignment in Harima and am preparing to return to the UK soon, to spread the word about the fantastic living environment that Cheshire Homes provide!

'As you can imagine, Japan was indeed a tremendous culture shock to a naive 18 year old student, and coupled with the fact that I had never really even communicated with a handicapped person before coming out here, I got what I wanted; an incredible challenge (and a bit of homesickness!).

'However, looking back on my time spent amidst lovely people living in such an interesting culture, I realise how much I have gained from my experience.

'One thing I have certainly gained is weight! Japanese food is varied and delicious and definitely not all raw fish as people imagine it to be. The food at both Homes is excellent, as are the facilities and equipment. With 5 different work shifts every day, and about 50 full time staff, the Residents are well cared for. Those at Harima Home, and also at Hanshin Home, but to a lesser extent, are constantly involved in innumerable activities – painting, cookie making, paper making, weaving, shopping trips, restaurant meals, concerts, flower arranging are but a few. Our work involves feeding, bathing, toilet care, as well as household tasks, sheet changing, cleaning and so on. More rewardingly we also get time to communicate on a one to one basis with Residents, helping them with their personal needs. Necessity induced me to pick up basic Japanese quite rapidly!

'I hope this will enable you to appreciate how much there is to be gained from working in a foreign Cheshire Home, as well as how much an individual can give to such a worthwhile, loving and caring establishment.'

Sayonara!



# A Farewell from the Editor

**It is with more than a little sadness that I now step down as Editor of The Cheshire Smile after eight enjoyable and challenging years in the Chair.**

I must first express my gratitude to all our readers, both within and outside the Foundation, who have given me so much verbal and written encouragement, as well as responding to pleas for donations to keep the magazine going on an increasingly tight budget, which necessitated reducing its appearance from bi-monthly to quarterly.

As essentially a 'one woman band' I can only hope that I have succeeded in delivering what I promised in the first issue which was to produce a journal that was readable, informative, and entertaining and which would act as a mirror to reflect the work of the Foundation, its readers, their activities, views and aspirations, without fear or favour. My editorial independence was a condition of my acceptance of the job and I can say that in eight years this has not been challenged.

Now that plans are well in hand to expand the magazine in line with the Foundation's rapid growth, there will be an advisory panel under the Chairmanship of James Stanford, Director General, with a Managing Editor and an Internal Communications Officer who will travel the world where the overseas Homes are located to promote a closer understanding of their problems, successes and needs, and firmer ties with the UK.

I have been asked to remain as editorial consultant and hope very much that I may be able to make a useful contribution to the success of the new magazine in this capacity.

I cannot end without expressing my gratitude to a number of people for their unfailing loyalty and support.

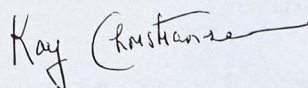
The first is to Ben Howorth, my invaluable part-time secretary from 1987. Sadly Ben suffered a stroke in 1992 but happily is now making a slow recovery. He has been missed greatly. The second is to Florence Doddimeade who stepped into the breach and has adapted rapidly and efficiently to the demands made on her.

Thirdly I must offer warm thanks to two regular contributors Lynette Learoyd and Dr Wendy Greengross, who despite extremely busy lives have never failed to meet my deadlines, and to the many others who responded to my frequent requests for information, articles and photographs.

On the production side, I must also mention John Anderson, who retired in 1992 as Production Editor, a task he performed with great expertise based on years of experience, and John Cheney, the printer, who with his team at Banbury, has always done an exemplary job in printing and distributing the magazine, and latterly in also laying out the pages. All have given far, far more than the call of duty out of interest in the work the Foundation is doing on behalf of people with disabilities.

My heartfelt thanks to the Chairman, Head, Staff and Residents of Arnold House Cheshire Home, Enfield, who have not only provided Cheshire Smile with a delightful office at a peppercorn rent, but have been unfailingly kind, generous and co-operative throughout our stay.

And last, but not least, to our Honorary Treasurer, Robin Fletcher, who controlled our small budget throughout my term of office with efficiency, patience and firmness.



Kay Christiansen signing off as Editor