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CHESHIRE *Smile* INTERNATIONAL

THE OFFICIAL MAGAZINE OF THE LEONARD CHESHIRE FOUNDATION

IN THIS ISSUE

London Marathon

Latest news on the race of the year, following the Foundation's selection as official sponsored charity



Miles of Smiles

Mental health in the UK, plus features on Singapore, Toronto, Namibia and Bangalore

Speak Out

Do disabled people have enough say in the running of The Leonard Cheshire Foundation?



EDITOR'S



COMMENT

While much of the world awaits the year 2000 with baited breath – as the symbol of a new era in human evolution – we at the Foundation can safely declare 1994 to have been the start of our own “new era”.

For, in addition to our many other achievements, this was the year which brought together almost a thousand of our members and supporters from all over the world for a truly spectacular World Week.

But new eras do not just create themselves – they take a lot of work and determination, not only to launch them but to then keep the momentum going with a constant stream of developments and events.

So the recent news that we have been selected as official charity of the 1995 NutraSweet London Marathon could hardly have come at a better time. The London Marathon is not just a good opportunity to raise money for the Foundation. Even more importantly, it gives us the chance to publicise our name and work to millions of people all around the world via TV, satellite, radio and the written word.

Wherever you live and whatever your connection with the Foundation, you can use the Marathon to help promote our work. Work which includes providing for people with mental health problems in the UK, changing the face of residential areas in Toronto, and encouraging the integration of disabled people into Indian society – all of which are covered in this issue of *Smile*. With everyone's help and involvement, we can turn the London Marathon into yet another great milestone in the history of the Foundation.

Jennie Taylor

Jennie Taylor
Editor

NEWS

International News 4-7

Foundation Wins Marathon Race 5

A True Cheshire Pioneer 6
The amazing story of UK volunteer Anne Layton

News on the Arts 8

All Aboard! 9
On the crew of the Lord Nelson tall ship

FEATURES

Miles of Smiles 13-26
Features on our Homes and Services around the world

The Other Face of the Foundation 14
The development of mental health services in the UK

Reaching for the Heights 18
Bangalore's efforts to integrate disabled people into Indian society

Jewel of the Orient 20
The incredible story of Singapore Cheshire Home

Independent Living in Toronto 22
How this Canadian metropolis is moving towards full integration with the help of its Cheshire Homes Foundation

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To make a donation, please make your cheque payable to The Leonard Cheshire Foundation, and send it to The Editor, Cheshire Smile International, 26-29 Maunsel Street, London SW1P 2QN, England.

The Leonard Cheshire Foundation promotes the care, general well-being and rehabilitation of people with physical, mental and learning disabilities, through more than 320 Homes and Services around the world.

Front cover: Taking control of their own lives are Joanne Fisher and Paul Dorrington, residents of Layton House in London, England.

Contents

Making a Little Go a Long Way 24

Cheshire Homes Namibia proves that even a tiny organisation can make a huge difference to people's lives

From Eyesores to Ideal Homes 28

How a Yorkshire Cheshire Home turned a burden into a blessing

REGULARS

What's New 10
The latest on technology, equipment and information

Global Kitchen 12
Oriental recipes from Singapore

International Diary 27
What's on in the world of disability

Announcements 31

Window on the World 32
View from the Lake District Cheshire Home

YOUR SAY

Speak Out 11
Do disabled people have enough say in the running of the Foundation?

Letters 26
Your views, comments and experiences

Pen Pals 30
Your chance to join our international letter-writing network

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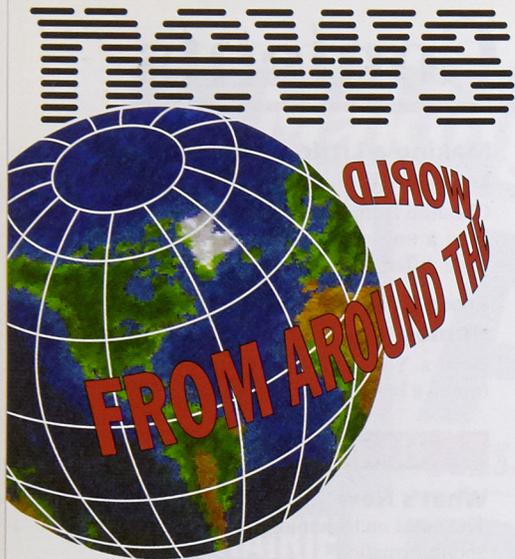
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Foundation Turns Autumn into Spring!

This Autumn turned out to be a season of new beginnings and growth for the International Foundation, as it saw the opening of several major new homes.

Recipes for Success

Cooking (and eating!) are pastimes which can be enjoyed by most people – which helps to explain the popularity of our regular *Global Kitchen* page.

However, for those of you hungry for more than three recipes per issue, The Leonard Cheshire Foundation has now produced its own complete cookbook.

Edited by Local Committee member Sue Baker, *The Red Feather Recipe Book* is made up of contributions from residents, users, staff, volunteers and trustees in Homes and Services across the British Isles.

Its contents, however, span all national boundaries and include such

The latest – on Wednesday, 19 October – was that of China's second Cheshire Home, at Wuhan in the eastern province of Hubei. No less than 200 representatives from all over the Far Eastern Region attended the opening of this seven-floor modern block, which will mainly be used for training and rehabilitation. The Home was unveiled with the release of 190 red balloons – one for each Home in the International Foundation – followed by the cutting of a ribbon by Foundation Chairman, Sir Geoffrey Howlett, and the President of China's Disabled Persons Federation, Deng Pu Fang.

Meanwhile, some 11,000 kilometres away, South Africa's 16th and newest Cheshire Home was rapidly establishing itself following its official opening on Saturday, 17 September.

Merewent Cheshire Home – a converted police station in the suburbs of Durban – is situated conveniently close to a carpentry and sewing workshop, which will

mouthwatering dishes as Melting Brie Salad, Pheasant in Gooseberry Vinegar Cream Sauce and Rhubarb and Orange Meringue. One dish definitely not to be missed is "The Director General's Favourite Picnic Dish", which turns out to be an intriguing variety of hot dog!

The book is conveniently divided into sections covering every eventuality, such as "Tea Time" and "The Unexpected Visitor", while its compact size and ring-binder format make it extremely practical.

What's more, thanks to the commitment of Sue Baker and sponsorship from Shell International, every penny of the cover price will go straight to the Foundation!

The Red Feather Recipe Book is available at £6.95 per copy (inc. P&P) from PS Mailings, The Old School

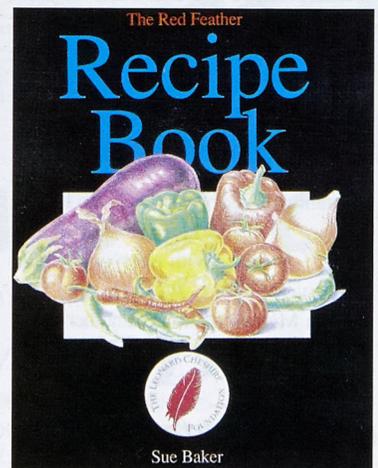


Rupert Ridge unveils Durban's new home, with the help of its Chairman – Professor Fatima Mayet

provide paid employment for its 40 residents. It was opened by International Director Rupert Ridge with a formal ceremony, followed by a party and an evening of multi-racial entertainment at the SCDIFA Home in nearby Chatsworth.

The very next day brought yet another momentous occasion for the Foundation, when **Soweto Cheshire Home** opened its second phase. The new building, which was only started a year ago, now provides large single rooms for a maximum of 40 residents within easy reach of a sheltered workshop.

Rooms, Long Street, Sherborne, Dorset DT9 3BS. Anyone wishing to receive the book from outside the UK should add an extra £2.50 for postage.



Foundation Wins Marathon Race!

One of the best pieces of news for the Foundation this year was the discovery that we have been chosen as an official charity of the 1995 NutraSweet London Marathon.

The London Marathon takes place

every Spring and covers exactly 26 miles, 385 yards through the streets of England's capital city. Next year's event, due to take place on Sunday 2 April, will involve some 40,000 runners and will be broadcast live to

millions of people around the world.

The Marathon presents us with a fantastic opportunity, not only to raise funds, but even more importantly to raise our international profile.

Particularly exciting is the fact that world-class athletes Sally Gunnell and Tanni Grey have agreed to be the co-patrons of our "Cheshire Team" – the group of runners who will be raising money for the Foundation and for individual Homes and Services.

Tanni has already competed in three London Wheelchair Marathons, winning the women's race in 1992 and 1994 with a best time of two hours, eight minutes and 26 seconds. She also competes in all major international sports championships and was the star of the 1992 Paralympic Games, winning gold medals in all her events and setting a new World Record in the 100 metres.

Tanni's co-patron, Sally Gunnell, is a world famous athlete who won the Gold medal in the 1992 Olympic Games 400m hurdles. She also holds a number of British, Commonwealth and World Records, and was Britain's 1993 Sports Personality of the Year.

In order to promote both our own organisation and disabled sport as much as possible, we are working closely with the British Sports Association for the Disabled (BSAD), who are responsible for organising the Wheelchair Marathon. A special Marathon Office has been set up to co-ordinate our role in the event, and calls are already flooding in from potential runners and supporters across the UK.

If you would like more information on the NutraSweet London Marathon, please contact the Marathon Officer, Brigitte Marulli de Barletta, on 071-931 9393 or 071-828 1822 ext 231.



Photo: Allsport

Canadian Self-Funding Gets the Go-Ahead

People with disabilities in Ontario, Canada can now employ their own attendants, thanks to the State's formal approval of Self-Directed Funding.

The good news was announced earlier this year at Woodenden '94 – a consumer conference co-hosted by Cheshire Homes Foundation Canada.

Delegates had fought hard for the new system, which will give disabled users the right to organise their own care according to individual lifestyles and needs. The aim is to give people greater freedom and control of their own lives, and encourage full participation in community life.

Self-Directed Funding will be launched with a pilot project, to be administered by Ontario's Centres for Independent Living (CIL). Executive Director of CIL Toronto is Vic Willi, who is also a member of Cheshire Homes Foundation Canada and a tenant of its **Three Trilliums** apartment block (see feature on pages 22/23). Under his leadership, CIL Toronto will ensure that disabled people are responsible for all research, decisions and implementation, as well as for identifying the most effective model.

A True Cheshire Pioneer

Following an incredible 40 years of dedicated volunteer commitment, Anne Layton recently retired from active involvement in the UK Foundation.

A true Cheshire pioneer, Anne can look back with pride at the rehabilitation facilities for ex-psychiatric patients which she helped to establish at Wimbledon in London. These have now developed into the Wimbledon Group, which comprises **Layton House** – a purpose-built rehabilitation hostel opened in 1984 – plus ten apartments and four residential houses designed for independent living.

Anne Layton's interest in The Foundation began, as it did for so many people, with her profound admiration for Leonard Cheshire. She first met him as a young radar mechanic in the 1940s, when he was in command of the legendary 76 Squadron. Then, after the war, she and her husband were so impressed with Leonard's humanitarian work that they made contact with him and immediately became involved in setting up two Cheshire Homes.

Energy and determination

When Leonard Cheshire told Anne he wanted to start a London unit for people recovering from mental health problems, she set about the



Photo: J. Taylor

task with characteristic energy and determination – despite having two young children to care for and few resources.

"All we had was a few hundred pounds and a lot of optimism," she remembers. "We opened in 1957, having scrubbed the filthy floors and painted and re-papered the walls. I remember the wallpaper was so cheap I had trouble getting it to stick to the walls!"

In 1962, another unit was opened to meet the ever-growing demand for places. Residents had to get a job within six weeks of arrival and were expected to pay £4 a week for their keep (£3.10 for women because it was assumed they ate less!)

A legacy for the future

Things have changed a lot since then, but the determination to treat people as individuals and equals remains as strong as ever.

It is this which has given Anne most satisfaction in her work.

"When I see one of our ex-residents walking in Wimbledon, head held high with dignity and self-esteem restored, it does give me pleasure. I remember one particular nursing sister who had been a resident but couldn't return to her profession. Her joy when she finally found a job in a college and was given her own desk was wonderful to see, and she has never looked back."

It is successes such as these which form the true heart of the Foundation and justify the penniless struggles of those early days. As Anne herself says: "My experience over the years has taught me that the most important thing is to treat people as individuals in their own right and respect them as unique personalities.

"Whatever else we lacked, our attitudes towards mental illness were right and the feeling of unity we had as one group working together with a common purpose was no bad legacy for the future."

Leaders of the Future

In many countries throughout the world, it is now acknowledged that disabled people are capable of full or part-time employment in a wide variety of jobs. But there is still very little encouragement for disabled people to become leaders in their field – a situation which is demoralising for some and downright frustrating for others.

Disability organisations in the Philippines therefore broke the mould this year, when they held a two-day seminar workshop on Leadership Training. Some 26 students from **Bahay Biyaya** and **Bahay Mapagmahal Cheshire Homes** in Quezon City attended the live-in seminar, which was sponsored by the

Wheelchair Disabled Association of the Philippines and the University of the Philippines Oblation Core. The event consisted of lectures on the various aspects of leadership, by specialists from seven different disciplines, and was aimed at improving delegates' awareness of social, financial and management issues.

The workshop looks set to be the first in a series designed to provide disabled people with a continuing education programme. What's more, its sponsors have signed an agree-



Cheshire delegates enjoy one of the seminars in the recent leadership training workshop

ment to make the programme available to residents of local Cheshire Homes for the next five years at least.

It looks as though the country's Cheshire Home residents could soon hold the monopoly on management positions!

Games Give Everyone a Sporting Chance

This year's Commonwealth Games in Canada marked the beginning of a new era, as the first international championship in which disabled athletes competed alongside able-bodied people.

In spite of the controversial remarks of one Australian official, all the athletes received a rapturous reception at the opening ceremony, before going on to prove that disability is no bar to sporting achievement.

Ironically, it was Australian swimmer Melissa Carlton who took the first gold medal of the Games, by beating a previous record in the 100m freestyle. It was also an Australian, Paul Wiggin, who took the title in the Marathon, with England's Ivan Newman bagging the silver.

Affectionately known as the "friendly" Games, it was fitting that most organisers and spectators were supportive of disabled sport and integration. The general mood was summed up by president of the organising committee George Heiler, who stated his belief that: "Athletes with a disability are showing the way".



David Holding of the British Paralympic Squad, winning the silver medal in the 800m.

Photo: P.A.

Germany Bans Discrimination

Discrimination against disabled people in Germany has been officially outlawed, thanks to a new clause in the country's revised constitution.

The draft constitution originally stated that there should be "no discrimination based on race, language, nationality, social origin, beliefs, religious or political opinion." Following months of lobbying by German disability groups, an extra sentence has been added to say that: "Nobody shall be discriminated against because of a disability".

Although the clause will only serve to reinforce existing practice, it is seen as a significant victory by those involved in the long-running campaign for its adoption. They faced substantial opposition from several members of the ruling Christian Democrat party, including Chancellor Helmut Kohl, who claimed the cost implications of the extra clause were prohibitive.

Disability groups throughout Germany are now campaigning for the introduction of a more comprehensive anti-discrimination law.

Throwing Art into Relief

Blind and partially sighted people across the UK can now "see" art exhibits, thanks to the recent introduction of special touch panels by National Touring Exhibitions.

The touch panels, or "thermoforms", are plastic representations of paintings in relief – rather like art in Braille. Each panel deals with a different section of the painting, so that the work can be explored in detail, and is accompanied by a table and magnifying lamp, large print notes and an explanatory audio tape.

Although there are no plans as yet to extend the exhibition outside the UK, the idea and techniques involved could certainly be applied anywhere in the world. The panels



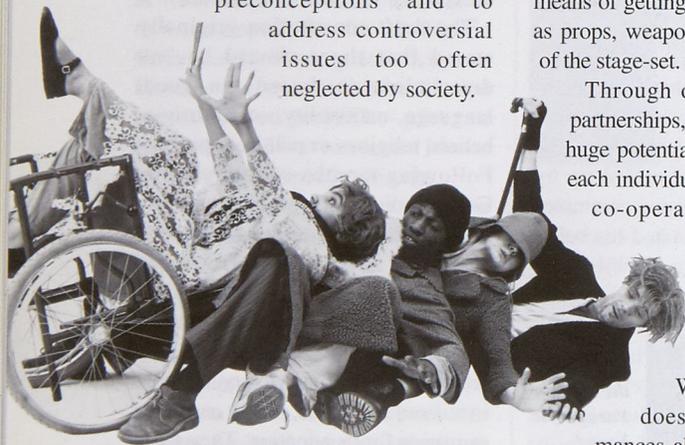
Photo: BT Pictures

A blind art lover explores the touch panel of Francis Bacon's "Study for Portrait of Van Gogh"

could also prove invaluable for people with learning disabilities, who may enjoy being able to "feel" a painting, as well as for those with multiple disabilities.

It's all in the Dance

Since the very beginning of civilisation, dance and drama have been used to challenge people's prejudices and preconceptions and to address controversial issues too often neglected by society.



Ideal mediums, then, for challenging the prejudices associated with disability – which is exactly what the London-based Green Candle Dance Company sets out to do.

Founded in 1987, Green Candle is an integrated dance company comprising both disabled and able-bodied artists. In all performances, the aim is not to hide or deny the disability, but to

use it as part of the overall pattern and structure of the dance. Wheelchairs, for example, become more than just a means of getting about – they are used as props, weapons and even elements of the stage-set.

Through one-to-one or group partnerships, the dancers show the huge potential which is released in each individual via integration and co-operation. The overall message is that this potential lies in everyone, and does not end at the stage wings.

While the company doesn't yet give performances abroad, it is hoping to do a tour of Canada, Europe and Australia in the spring of 1996. Until then, it will continue to appear at theatres, schools, community centres and residential homes across the UK.

To find out when the company will next be in your area, contact Katy Spicer, General Manager of the Green Candle Dance Company, at 309 Aberdeen House, 22 Highbury Grove, London N5 2EA, England.

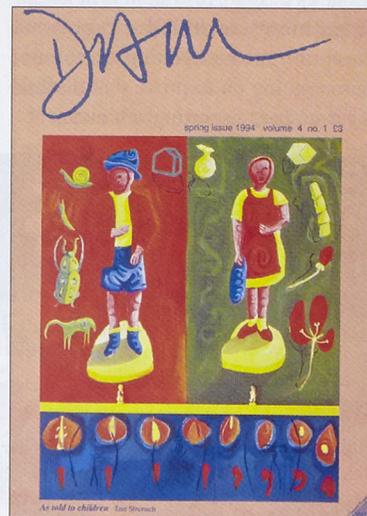
The Art of Equality

Another initiative on the British disabled arts scene is *DAM* – a superb new magazine which showcases the art of disabled people alongside authoritative articles on disability culture.

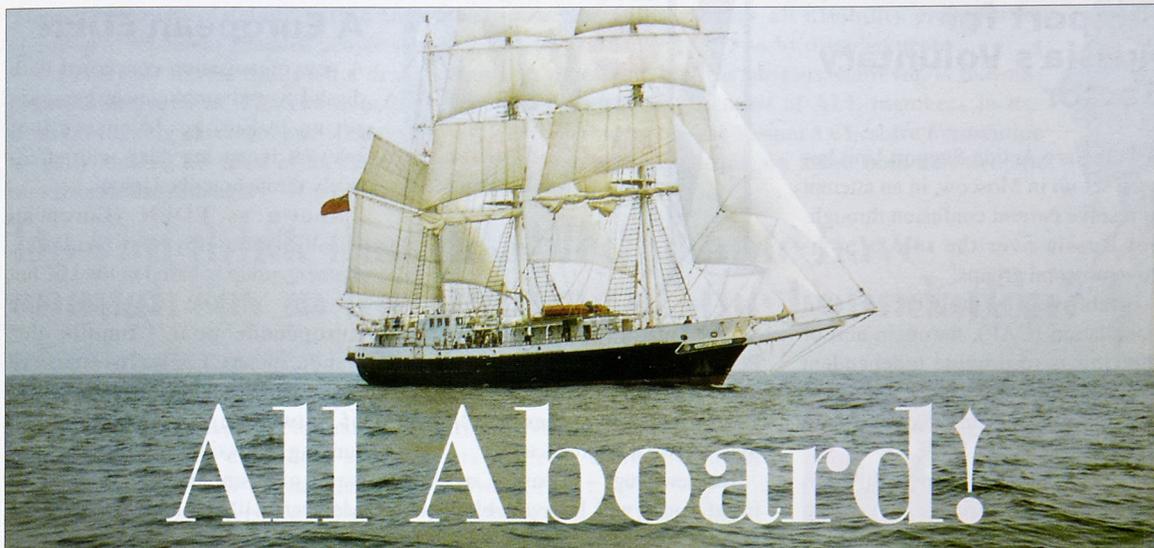
Each quarterly issue of *DAM* (which stands for *Disability Arts Magazine*) features a wide range of works by both professional and amateur disabled artists – from poetry and short stories to full-colour reproductions of photographs and paintings. In addition, it carries a critical rundown of disability arts events around the UK, with reviews on cinema and television, dance and drama, literature and the visual arts.

But *DAM* is not purely a collection of pictures and reviews, for it also sets out to tackle controversial issues as they relate specifically to the arts, such as access, employment and the representation of disabled people.

Available in print, large print and unabridged audio-described cassette, a free trial copy of the magazine is available to anyone in the UK by writing to *DAM*, Dept P, 10 Woad Lane, Great Coates, Grimsby DN37 9NH. Tel/Minicom: 0472-280031.



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All Aboard!

The magnificent Lord Nelson, on her way back into Southampton

One innovative project which has captured the imaginations of many Cheshire residents and users, is the Lord Nelson Tall Ship – a 400-ton sailing vessel, purpose-built to be crewed by a mixture of disabled and non-disabled people.

The Lord Nelson is proving so popular that its owners, the Jubilee Sailing Trust, have announced their intention to build a sister ship by the year 2000. This latest project will be a living, working shipyard, involving volunteer teams of physically disabled and able-bodied people, led by a core group of professional shipbuilders and skilled artisans.

One person who is extremely supportive of the new project is Jenny Tolhurst, who lives at **The Grange** in Dorset. She enjoyed her first voyage on the Lord Nelson – in 1993 – so much that she repeated the experience earlier this year.

It was for a return trip from Southampton to France that Jenny and her friend Joan joined the ship's 50-strong crew for the second time. As on every voyage, the crew consisted of 10 professional sailors, 20 able-bodied people and 20 people with physical disabilities – of whom up to eight can be wheelchair users.

As the Jubilee Sailing Trust explains: "The aim is to give everyone the chance to stretch themselves to their limits and achieve a new sense of confidence, while at the same time fostering a greater understanding between all members of the crew".



Jenny hitches a lift up the sail in her manual wheelchair

But a voyage on the Lord Nelson is no plain sailing, for conditions are far from luxurious and everyone is expected to work extremely hard.

The whole crew is divided into four watches of 10 people each, with each watch responsible for keeping a look-out, filling in the log book and taking the helm – even at 4am! Everybody is expected to help in the kitchen and the first task of the morning is to clean the ship from top to bottom. Even when "off duty", members of the crew can be called on deck at any time to pull the sails up, down, to port or to starboard.

Despite this, Jenny is adamant that there is also plenty of time on board for relaxing and socialising. "When you aren't working, sleeping or eating, you're drinking, chatting and singing in the bar. Not only do you learn something about sailing a tall ship, but you also learn a lot about each other," she says.

The Jubilee Sailing Trust is based at Test Road, Eastern Docks, Southampton SO1 1GG. Tel: 0703 631388/631395.

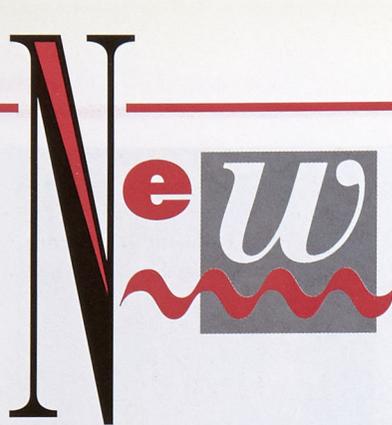
Support for Russia's Voluntary Sector

A Voluntary Action Support Unit has been set up in Moscow, in an attempt to resolve current confusion throughout Russia over the role of non-governmental groups.

Established by the Charities Aid Foundation (CAF), the main aim of the Unit is to provide independent assistance to voluntary organisations and to help create an effective voluntary sector.

This will be done through workshops, seminars and research projects, which will help not only to encourage non-governmental organisations, but also to identify those individuals and groups likely to benefit from their services.

The Unit will draw on parallel groups in the European Union for financial, technical and training resources, with overall funding provided by EC TACIS (Technical Assistance to the Commonwealth of Independent States) – an organisation created to support economic and social development in the Republics of the former Soviet Union.



New Drugs for MS

People with Multiple Sclerosis may have access to a range of drugs by 1996, following successful clinical trials on two new products.

The new drugs – Copaxone and beta interferon – will be available as an alternative to Betaseron, which is currently the only approved treatment for MS. Instead of being produced by genetically engineered bacteria, the new drugs use mammal cells to create a substance chemically identical to that found in the human body.

While none of the drugs provides a cure for MS, all appear to slow down the disease's progress quite dramatically. The advantage of the new products is that they seem to have fewer side effects, while their introduction could help to increase the availability of MS treatments worldwide.

A European EDEN

A new organisation concerned with disability and employment has been set up in Europe, to ensure that relevant issues are dealt with effectively throughout the Union.

Known as EDEN (European Disability Employment Network), the new group is based in the UK but is part of the Confédération Européenne pour l'Emploi des Handicapés (CEEH). Its aim is to make Europe and all its benefits of networking, information and funding accessible to voluntary and non-governmental organisations. Members will, in turn, be encouraged to take part in a non-exclusive European environment.

Further information on EDEN is available from Maurice Press at the Disability Resource Team, Third Floor, 125-133 Camden High Street, London NW1 7JR, England. Tel: 071-482 5305.



Toying With New Ideas



Wheelchair, ramp and 'friend'

Photo: The Little Tikes

It is often said that the simplest ideas are the best, and that's certainly true of this latest addition to the toy world.

It is the first ever toy wheelchair, complete with its own access ramp and doll and designed to be used in conjunction with a doll's house. Launched by pre-school toy company The Little Tikes, its admirable intention is to raise awareness about disability among the under-fives.

It is certainly a step in the right direction, and will hopefully be followed by the launch of a fully accessible doll's house. In the meantime, it will be interesting to see if any ingenious toddler manages to get the wheelchair through the front door and up the stairs!

Impulsive Surgery

A new operation to help people with spinal injuries is to be carried out in Europe for the first time next year.

Surgeons at Salisbury District Hospital in England will implant tiny electrodes into the arm muscles of patients who currently have no hand movement.

By shrugging their shoulder, patients will control a joystick which activates electrical impulses through the arm – thereby stimulating the muscles and making hand movement possible.

If successful, the operation should allow people with spinal injuries to perform even quite complex tasks, such as feeding and washing themselves.

There is a growing debate within the voluntary sector as to whether all disability organisations claiming to represent disabled people should themselves be headed and run by disabled people.

Not everyone agrees that such a drastic change is necessary. What is obvious, however, is that an organisation such as ours can benefit enormously from the involvement of ALL members in its decision-making processes and strategy formulation. To find out if The Leonard Cheshire Foundation is really making the most of its huge store of knowledge and experience, we asked both disabled and non-disabled members:

Do you think that disabled people have enough say in the running of the Foundation?

Empowerment, not Tokenism

Historically, the Foundation has not engaged people with disabilities as effectively as it could have done. This has been recognised in recent years and there have been attempts to rectify the situation. For example, more and more Homes now have residents and users on their Management Committees.

However, I am totally opposed to tokenism and believe we need to put a lot more thought and effort into the process of empowering people. It is not enough simply to add a disabled person onto a Committee – we need to ensure that we are using their skills and experience effectively.

To this end, we must look at more imaginative ways of gaining the opinions of our residents and clients and of other organisations in the disability field. The process of empowerment has been set in motion, with the Foundation as a whole accepting that disabled people have a key role to play.



In terms of achieving it, though, I think we still have quite a long way to go.

Peter McDonald
UK Foundation Trustee
– Devon, England

Slow but Sure

No! Currently, residents and clients don't have enough say in the running of the Foundation. This is not to say they are excluded – the issue of user involvement is high on the Foundation's agenda and initiatives are afoot to involve them more. One

example is the recent appointment of three residents and clients to our Central Advisory Group, which reports directly to the National Executive.

Through my work at Central Office, I am conscious of the need to involve residents and clients in policy creation and decision making. At the end of the day, it is THEIR Foundation and consequently they should have a say in how it is run and where it is going.

One note of caution, however. The logistics of opening things up takes time – bear with us if it appears slow, because things ARE happening!

John Knight

Foundation Policy Development Officer – London, England

We Live to Serve

Yes, and their views and experiences help us to understand the needs and situations we face. We serve them, and they help us in that service by giving their views and suggestions on improving services and administration.

But some residents make too many demands and, while we can meet needs, wants are more difficult to fulfil. Still, residents have their say and listening with tolerance and open-mindedness can enable us to improve our Homes and Services. Each side must understand the other's position – one in need of help, the other trying their best to give and take with a "Cheshire Smile".

Kael Singh Hans

Local Committee Member – Johor Cheshire Home, Malaysia

Speak

The Art of Listening

In general, I don't think disabled people have enough say in anything – from the running of their own lives to the running of The Leonard Cheshire Foundation.

For too long now, people with disabilities have not been taken seriously, but it is vital that our ideas and views are listened to.

Things are changing, but slowly and there is still a long way to go. After all, we are individuals and have the right to be treated as equals. We could become colleagues, volunteers and consultants, rather than simply clients and residents.

It is vital that disabled people and their families are given the opportunity to express their views. After all, who knows better how to cater for our needs?



Bob Elliott
User Member of LCF Regional Council West – England

The March issue of **Smile** will ask:
Is positive discrimination for disabled people a good or bad thing?

Please send your views (not more than 150 words) to the Editor by Friday, 23 December 1994.

Through her selection of recipes, Mary Kaw of Singapore Cheshire Home has tried to reflect the tremendous variety of dishes and cuisines which have been brought together over the centuries by immigrants to Singapore.



Fried Vegetable Rolls (Chinese)

Ingredients

2.5lbs/1 kg turnips – washed, skinned and sliced thinly
10oz/250gms French beans – sliced diagonally
8oz/200gms cabbage, sliced
2oz/50gms mushrooms – soaked in hot water until soft, then sliced thinly
1 carrot – scraped and sliced into thin strips
10oz/250gms tofu (soya beancurd) – drained and cut into thin strips
1 tbsp soy sauce
1 tsp sugar
1 stockcube
4 garlic cloves, chopped
1 packet filo pastry
large amount of cooking oil

Method

Heat a little of the cooking oil in a wok and fry the tofu strips until golden brown. Drain the tofu and put onto a plate. Fry the garlic with the soy sauce until soft, then add the sugar, stock cube and all the sliced vegetables. Mix well, then stir in half a cup of water and simmer gently until all the ingredients are soft. Place in a dish to cool.

Put a few sheets of the filo pastry on a plate and scoop about 2 tbsps of the

vegetable mixture in a row near the bottom edge of the pastry. Fold over and seal with water. Repeat this process until all the mixture is used.

Heat a large quantity of cooking oil in the wok and fry the rolls for 2-3 minutes until light brown. Drain and serve hot or cold with salad.

1 tbsp tomato ketchup
1/2 tsp salt
2 tsp light soy sauce
2oz/50gms peas
1 potato – boiled and diced
1 egg, beaten
cooking oil

Method

Heat 3 tbsps of oil in a wok and gently fry the tofu until golden brown. Drain and put to one side. Fry the onion until golden brown, add the noodles, tomato, sauces and salt and fry gently for a few minutes. Stir in the cabbage and beansprouts and continue to fry. Add the beaten egg and leave to set for a few minutes before stirring. Finally, mix in the potato and tofu.

Serve garnished with watercress.

Mango Jelly (unique to Singapore!)

Ingredients

3 mangoes
3 tbsps sugar
8 tspns gelatine/agar agar
8oz/200gms evaporated milk
1 cup of hot water
1 cup of cold water
1 egg yolk

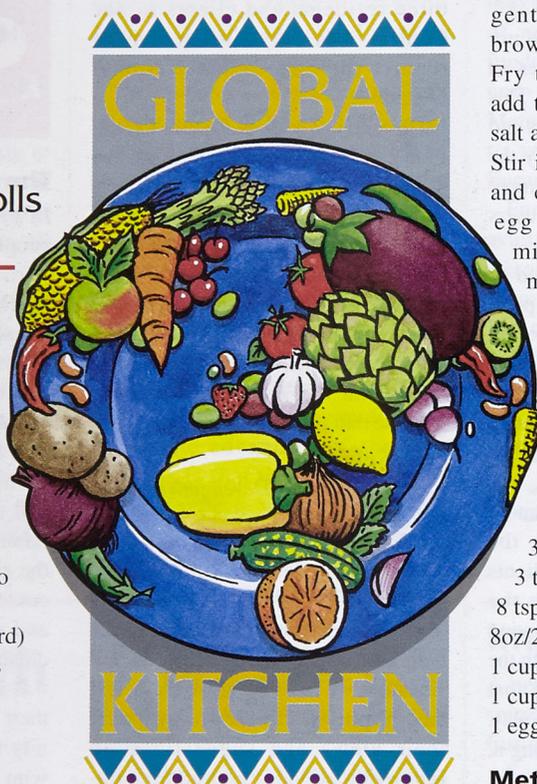
Method

Blend two of the mangoes and put the other to one side. Dissolve the sugar and gelatine/agar agar in hot water. Beat the egg yolk, then beat in the evaporated milk and blended mangoes.

Combine the two mixtures and stir until evenly blended. Add the cold water.

Cut the remaining mango into small pieces and add to the mixture. Leave to cool and set in the refrigerator. Serve cold.

Please note: Unless otherwise specified, all recipes are for four people. Quantities are approximate.



Mee Goreng (Malaysian)

Ingredients

10oz/250gms tofu
1 chopped onion
12oz/300gms noodles – soaked in hot water for 10 minutes then drained
1 large beef tomato, cut into small wedges
6oz/150gms sliced cabbage
1 tbsp chilli sauce
1 handful of beansprouts

MILES OF SMILES

■ Western Region ■ Central Region ■ European and Northern Region ■ Eastern Region ■ Far Eastern Region

This stunning smile reflects the independence and motivation of residents at Bangalore's Cheshire Home in southern India, which is covered in detail on pages 18 & 19. Also featured in this issue are the Foundation's mental health services in London, independent living in Toronto, the development of the Foundation in Namibia, and the amazing story of Singapore's Cheshire Home – which was established by Leonard Cheshire himself 40 years ago and is now a leading light for care provision in the Far East.



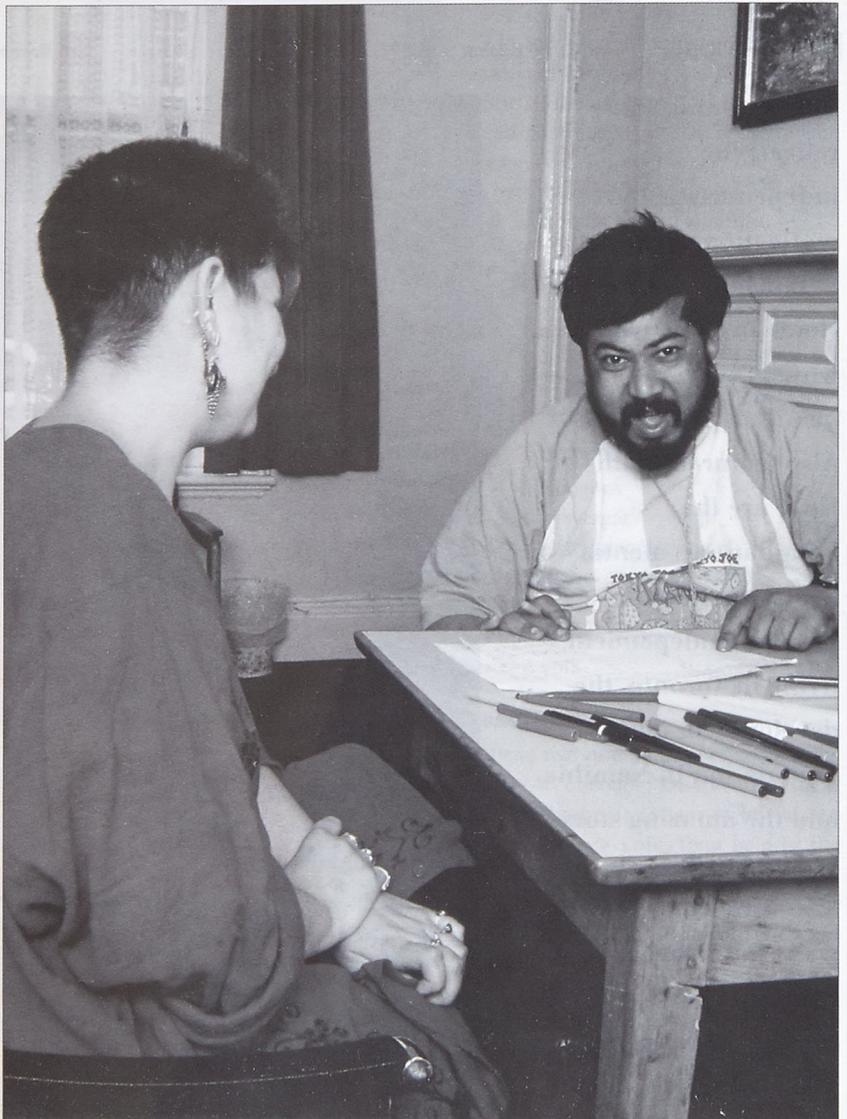
Photo: Kate Buchanan

The Other Face of Foundation

While many are familiar with the UK Foundation's work with disabled people, few are aware of its small but growing number of services for those with mental health problems.

And yet these services have existed since 1957 and now cater for some 78 clients from all over the country, through three separate Cheshire 'groups' based in and around London.

Jennie Taylor visited all three to find out exactly how each is working to meet people's needs, in the light of new legislation and changing attitudes.



Former Nicholas House resident Sharif Suleman takes time out for recreation, with his key worker Michelle

Photos: Eddie Ryle-Hodges

of the

Any one of us
can have a mental
health problem
at some point in our
lives, for mental illness
is no respecter of age,
class, intelligence
or race.

Miles of Smiles

Asked about the main strengths of the UK Foundation, many people would put "flexibility" at the top of their list. This flexibility applies both on a personal level, with Homes and Services designed to cater for the individual, and on a general level, as the Foundation adapts to meet changing needs within society as a whole.

It is this willingness to take on new challenges and fill gaps in existing provision which has led to the creation of three Cheshire 'groups' for people with mental health problems - Nicholas House, Hillingdon Homes and the Wimbledon Group.

Overcoming Prejudice

One fundamental problem faced by all the groups is public fear and misunderstanding of mental illness - reinforced in recent years by media sensationalism. This has propagated the "them" and "us" mentality, rather than the bare reality that any one of us can have a mental health problem at some point in our lives, for mental illness is no respecter of age, class, intelligence or race.

In fact, one in four people in the UK will have a mental health problem at some time. While mental illness comes in many different forms, its subjects all have one thing in common - vulnerability. This means that, if services are to be successful, they need to be particularly sensitive to the individual and their personal needs and wishes.

Nicholas House

This is certainly the case at Nicholas House, which provides short or long-

term rehabilitation in a residential setting. Since opening in 1966, it has had to adapt constantly to keep pace with changing attitudes and systems - most notably, the recent implementation of Care in the Community.

One person who is working very hard to effect those changes is the Home's manager Jamis Watkins, who recently emigrated to England from Maryland in the USA.

He explains that the Home's main aim is to enable residents to achieve their personal goals, by providing as much hands-on support as possible. When a resident first arrives, staff at the Home discuss with them what they feel their needs to be. Together, they develop an Individual Rehabilitation



Programme in consultation with the social worker and psychologist.

"It is a team approach in which the individual's needs and opinions come first. Our primary aim is to empower the resident as much as possible, so it is imperative that we base each Programme around their personal wishes," says Jamis.

Each Programme concentrates on three or four areas which need particular attention, such as social skills, communication, personal hygiene and cooking. In addition, residents are given the opportunity to take part in something of their own choice outside the Home, via the weekly activities group. Popular activities include going swimming and visits to museums and community centres. As Jamis says:

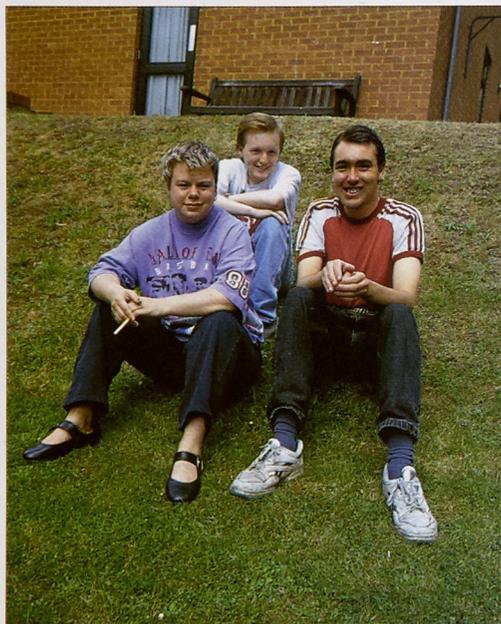
"They are things which may not seem that amazing but are a part of normal life. Many of our clients are agoraphobic, so it's a big achievement for them to go out and do something positive."

Nicholas House is now looking to expand its range of services, by providing a number of self-contained flats in the community. Occupants will live as indepen-



Hutchings House is just like any other family home for residents Jack Miller and Brian Carter

Miles of Smiles



Layton House residents Joanne Fisher, George Jackson and Alan Eden take time out for a chat

dently as they wish, with continued support from a range of Foundation specialists including key workers, a vocational officer, a social skills officer and a part-time mobility trainer. In addition, each flat will be a "home for life" – in other words, the level of support and care provided by the Foundation will change, rather than the occupant.

Small Group Homes

Another area which Nicholas House hopes to move into in the next few years is the establishment of small group homes. These have already proved extremely successful at the Foundation's other two mental health groups – Wimbledon and Hillingdon.

Hillingdon Cheshire Homes, just outside London, consists of three small group homes with a total of 18 residents. The largest of these, Hutchings House, was opened in 1977 and now has eight residents. In the early years, it provided a uniquely desirable alternative to the large psychiatric hospital nearby. With the permanent closure of that hospital, local need for such services grew and the Committee decided to

purchase two family houses – at Cowley Road and Myddleton Road.

Thanks in part to their size, all the Homes give the impression of a small and fairly close-knit family, in which individuals co-operate and depend upon each other. The Committee is very much an extension of this family, managing to maintain an atmosphere of informality and personal freedom, while ensuring that the administrative side runs smoothly and that, most importantly, residents have a say in the running of their home.

The feature which makes Hillingdon unique in the whole Foundation is that it has no paid staff whatsoever. Instead, it receives a great deal of support from the local community, in the form of three dedicated Community

Psychiatric Nurses, Social Workers and the local policeman who regularly pops in for a cup of tea and a chat!

In order to ensure that residents have as much control as possible, each Home holds a monthly support meeting to discuss problems, complaints and suggestions with Committee members. Jack Miller, who has lived at Hutchings House almost since it opened, believes this is one of the features which has helped it to improve and become more like a real home. "It has certainly changed a lot and is even more caring than it used to be," he says.

Twins

Hillingdon's latest move is to twin with another Cheshire Home – **Santa Teresa del Niño Jesus** in Argentina, which caters for five adults with physical disabilities. The hope is that, in addition to building friendly links, Hillingdon will be able to raise money to support the Santa Teresa's work.

It is a development which has already proved popular with the Wimbledon Group in South West



Breakfast time at Layton House for Alan and George

The overall aim is to help people to become more independent by promoting their life skills, community participation and choice.



The beautiful garden of one of Wimbledon's small group homes reflects the pride taken by its residents

London, which is twinned with the only mental health Home outside the UK – Kumasi Cheshire Village in Ghana. General Manager Karen Lane believes the twinning adds an extra dimension to the Group's work and to the experiences and interests of its residents.

The Wimbledon Group started life in 1957, as a single rehabilitation centre and the UK's first ever Cheshire Home for people with mental health problems. Its focal

point is Layton House (named after the Group's founder Anne Layton – see news, page 6), which can take up to 20 residents at any one time. While this may sound a lot, the Home is given a very friendly and informal atmosphere by being divided into three wings, each with its own dining room, kitchen and TV as well as single, furnished bedrooms for each resident.

The overall aim is to help people become more independent by promoting their life skills, community participation and choice. From the start, each resident is involved in putting together their own programme and identifying their personal needs. In addition, everyone is actively involved in the running of the Home – meeting with staff each week to discuss how their own unit could be improved.

Most residents stay for around two years and may then move into one of three small group homes, or into one of the eight (shortly to be 10) self-contained, single flats opened in 1993.

Flat residents are enabled to live as independently as possible, with the help of two housing support workers who assist with such things as benefits and maintenance, as well as providing emotional support. In order

to minimise the risk of some residents becoming isolated, the Group helps them to get involved in their local community. In addition, since four of the flats are located in a single converted house, residents still have the sense of being together. "The residents have struck up a good relationship so they really have the best of both worlds – independence, but with friendship and support," says Karen Lane.

The Provision of the Future

The fact that self-contained flats and small group homes can provide the "best of both worlds" means they are becoming widely recognised as the provision of the future.

It is a natural progression for the Foundation's mental health services, which have consistently worked with one aim in mind – the support and promotion of individual needs and wishes.

Jamie Watkins from Nicholas House puts it succinctly. "Our users are valuable people who need support and care. We need to empower them and give them the responsibility of making their own choices. Our responsibility is to respect and support them in those choices, and to provide an environment which is conducive to growth." ■



Reaching for the Heights

Since its humble beginnings in 1961, as a small converted house with just a handful of residents, Bangalore Cheshire Home has constantly expanded to meet the growing needs of local people. The Home's main aim is to enable as many disabled people as possible to be integrated and accepted into Indian society. In view of the numbers involved, they may appear to have set themselves an impossible task. But as reporter Kate Buchanan discovered, their determination, co-operation and sense of justice are so great that even the most ingrained prejudice and discrimination seem to have met their match!

On the main road out from Bangalore, tucked unobtrusively between a petrol station and India's National Aeronautical Laboratory, a bumpy driveway leads to the town's Cheshire Home for disabled women and children.

Turning into this driveway is like entering another world. Suddenly, the endless noise and chaos of jostling rickshaws and pedestrians seems a million miles away, to be replaced by a wonderful sense of peace and tranquillity.

As the visitor comes into view of the Home, the peace is not so much

broken as complemented by the crowd of children who rush out to greet them with a chorus of "Hello Auntie" or "Hello Uncle", accompanied by infectious giggling and evident happiness.

An equally warm welcome is extended by the staff and adult residents, who take great pride and enthusiasm in showing you around their home. It is a pride generated by a common sense of ownership and belonging, for everyone here refers to the others as "their family".

A great deal of emphasis is placed on team effort, which means that everybody gets involved in the practical aspects of running the Home. This includes taking it in turns to help out in the kitchen, where four meals a day are produced using fresh ingredients from the market.

Although the Home itself couldn't be described as plush, what it lacks in luxury, it makes up for in attitude. This is in no small part thanks to the philosophy of its Honorary Secretary, Veronica Das, and Head of Home, Delma Evarts, who both believe in enabling each resident to live as 'normal' a life as possible. This means that everyone at the Home is treated in exactly the same way as others of their age, being encouraged to attend school, help out with chores and get a job.

To this end, roles and duties within the Home are allocated to specific individuals, in order to heighten their



Bangalore's Honorary Secretary, Veronica Das, picks the best vegetables from the local market

Photos: Kate Buchanan

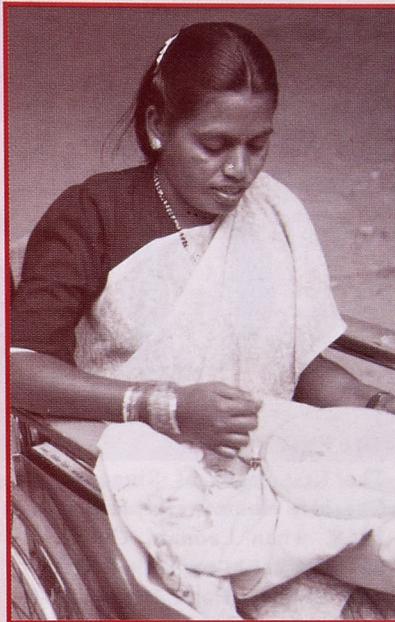
sense of identity and purpose and give them the chance to constantly push themselves.

Many of the children at Bangalore have polio, so one of their first tasks of the day is to strap on callipers before donning their school uniforms. They then assemble in front of the Home and cross the road to the local Seventh Day Adventist School. Meanwhile, many of the older residents also set out for the day – several are employed locally, while others are in full-time further education.

Those who do not leave the Home work in its craft centre, learning and teaching skills such as dressmaking, needlework and embroidery along with other disabled women from the local community. All the items made in the centre are then sold direct to the public, which helps to boost both the finances and the profile of the Home.

It costs an average of £8 a month per resident to keep Bangalore Cheshire Home going – which may seem nothing by Western standards, but is a considerable sum in India. This means that the whole Home is run on a shoestring, with the majority of funds coming from individual and corporate donors. Thanks to them and the sheer hard work of everyone involved, its residents live in conditions far superior to those of many Indian families.

But Bangalore Cheshire Home refuses to rest on its laurels and is constantly looking for ways of improving the lives of its residents and of disabled people in general. For example, the Home already has close links with the local community through its Sheltered Workshop. This gives disabled people from outside the Home a chance to earn a much-needed wage by carrying out piece-work for a nearby factory. In



Shanta Brabha came to the Home seven years ago, after she contracted polio. Now 33, she enjoys embroidering garments and linen to sell in the shop and is also taking English lessons from fellow residents.

addition, the Home administers a number of small cottages for elderly ladies in nearby Whitefield.

As far as residents themselves are concerned, the long-term aim is to enable as many as possible to return to the community as wage-earners and integrated members of Indian society.

As with many other Cheshire Homes in the world, each resident has a home for life if that is what they wish. But Bangalore believes that, if India is to change its attitudes to disabled people, then as many as possible must lead integrated and ordinary lives in the community.

It's certainly a tall order, but the Home is determined to press ahead by challenging attitudes and prejudices relating to every aspect of life. One plan currently under consideration is the use of a marriage guidance

service. Although the residents all receive sex education, so far only one has married and started a family. Since Indian society revolves around arranged marriages, residents must have access to this system if they are to lead 'normal' lives.

There are also plans to start fundraising for a sickroom and additional staff. As Mrs Evarts says: "We want to have the time and space to be able to look beyond the next day and broaden our horizons."

She is as conscious as everyone else of just how broad those horizons could be. For local need is so great that even the fantastic achievements of Bangalore's Cheshire Home hardly brush the tip of the iceberg.

Nevertheless, residents, staff and volunteers alike refuse to be disheartened by the enormous task ahead of them. Could it be that they take their inspiration directly from one of Leonard Cheshire's most memorable quotes, now pinned to the Home's noticeboard? "Never think you have reached your goal. Keep on reaching for more and more heights." One thing is certain – there could hardly be a more appropriate motto for Bangalore's Cheshire Home. ■



A winning smile from one of the Home's youngest residents

Jewel of the Orient

Anyone visiting Singapore's Cheshire Home for the first time could be forgiven for thinking it has always been the modern, accessible and well-equipped place that it is today.

However, just as Singapore itself has metamorphosed from a typical colonial town into the Far Eastern equivalent of Manhattan practically overnight, so too its Cheshire Home has undergone massive changes since its creation 40 years ago on a derelict old gun site.

The history of Singapore Cheshire Home is a series of problems and challenges, of peaks and troughs which make for fascinating reading. But it is also a success story, for it is the Home's determination to adapt and evolve which has secured its glowing reputation throughout the country and the Foundation. This is the story of that success...

The Past

The first seeds of Singapore's Cheshire Home were planted in 1955, when Leonard Cheshire himself went to see if there was a need for such a Home. He arrived at a bad time – Singapore was in the grip of a bus strike which rapidly erupted into violence, in the shape of the famous Hock Lee Riots. When the riots became uncontrollable, Singapore's Government announced a blanket curfew which made it very difficult for Leonard to go anywhere or meet anybody!

Nevertheless, by the time the curfew ended, he had already decided that there was indeed the need for a Cheshire Home and he immediately set out to find a suitable location. His unlikely choice turned out to be a derelict old gun site

whose owners – the British army – were requesting a high rent for its use. Undeterred, Leonard accepted and started forming a Committee to take over the Home. This was a fairly easy task, thanks in part to his RAF connections, but also to the

fact that his father was a law don at Oxford and had personally taught most of Singapore's legal profession! So it was that Mr Justice Tan Ah Tah became the Home's first Committee Chairman, while

the Chief Justice's wife chaired its Appeals Committee. Other members included Dennis Murphy – a member of Leonard's flight crew during the war – and his wife Maggie; the well-known author Han Su Yin; and Leonard's cousin Pamela Hickley (who is still a Committee member).



All the bedrooms open directly onto the Home's lovely garden, complete with palm trees and aviary

Photos: J. Taylor

In 1957, Leonard's optimism paid off when the gun site was bought by the Singapore Government, which generously let it to the Home for a nominal \$1 a year! This gave the final go-ahead for RAF personnel and local civilians to set about converting the derelict old buildings into a Home. Starting on 8 June 1957 and using their own materials and tools, they worked so rapidly that the first two residents moved in just before Christmas of the same year. Amazingly, one of those residents – Joseph – still lives at the Home, almost 40 years on.

The Home's first living quarters were a converted Nissan hut and its first qualified Matron arrived in 1959. She was Mrs Georgina Ferguson – a memorable character who, having started her new career at the age of 72, devoted the next 18 years of her life to the Home and refused any payment whatsoever. It was only when she reached 90 that she finally retired, remaining as an honoured resident of the Home until her death in 1984.

In 1976, the Home was forced to find new premises after the Government decided to build a new international airport on the site. For the next seven years, the Home was based in temporary quarters at Changi Creek before coming to its present purpose-built premises in December 1984.

The Present

The result is a beautiful and extremely well-designed Home, where all the bedrooms look onto a small central garden and are within a short distance of numerous facilities, including therapy rooms, computer and study areas, the dining room, and areas dedicated to gardening and other outdoor activities.

Nowadays, the Home has 63



Mary Kaw has established a thriving business, making beautiful imitation Bonsai trees from beads and twisted wire

residents plus seven places for respite care. Despite this large number, it has an informal and tolerant atmosphere where everyone is encouraged to do their own thing. The main aim is to promote self-determination and personal achievement, with many of the residents employed either in private companies or in sheltered workshops, while others work at the Home doing crafts, piecework or studying. There always seems to be something going on – from sessions in occupational and recreational therapy, to swimming, horseriding and training



A resident gets on with his typing, totally oblivious to a television crew who have come to film the Home for national TV!

for Singapore's annual disabled Sports Meet. In addition, the Home boasts several talented singers who are frequently asked to perform at external fundraising concerts, plus an enthusiastic group of Chinese Chess players – one of whom recently won second prize in a world championship event.

The Future

But the latest, and most exciting, addition to this hive of activity is Phase II.

Opened in September 1992, Phase II is a modern block comprising a Day

Care Centre, lecture hall, staff offices and living quarters, and five independent living flats.

It is these flats in particular which show just how quickly Singapore's Home is adapting to changing needs and expectations. Designed for small groups of either two or four people, they are totally accessible and self-contained. Their purpose is to enable users to learn or revive essential skills such as cooking and cleaning, in order to prepare for independent living in the community. The flat's first occupants are due to move in over the next few months, and will come from both the Home itself and from the rehabilitation units of local hospitals.

Phase II is just the latest in a long line of inspired developments, which are giving more and more local people access to accommodation and facilities which suit their personal lifestyles. Looking at Singapore's Cheshire Home today, the one question which springs to mind is: "Where will they go from here?" The answer is clear... Forward! ■

The next issue of *Smile* will include a feature on Malaysia's five Cheshire Homes.

Miles of Smiles

Independent Living in Toronto

The number of Cheshire Homes and Services operating throughout Canada has mushroomed over the last few years, and perhaps nowhere more so than in its eastern city of Toronto.

The keynotes of Toronto's Cheshire Homes Foundation are self-reliance and individuality, which means that no two services are the same. Brigitte Marulli de Barletta visited just a few of its many projects, to find out what difference they have made to people's lives.

It is now more than 20 years since a small group of disabled Canadians started to look into the possibility of creating independent living schemes, as an alternative to the more traditional residential homes. Their organisation – The Independent Living Movement – is now a proactive civil rights/advocacy group whose views are respected and widely subscribed to across Canada.

Indeed, it is thanks in part to the efforts of this group that Canada's authorities have come to realise the advantages of independent living. These include the division of housing and service delivery costs and, most importantly, the ability to place financial control firmly in the hands of the disabled person.

Inspired by the idea, three former residents of a chronic care facility set out to establish their own independent living project. After much wrangling over funds between various government bodies, the Cheshire Homes Foundation agreed to support the project and, in 1980,

Three Trilliums Community Place was born.

Three Trilliums

Three Trilliums Community Place is situated right at the heart of downtown Toronto – but you'll have to look hard to find it. For, like its many sister projects, it consists simply of a number of separate,

accessible living units which have been integrated into an ordinary apartment building.

The most exciting and unique aspect of all these apartment projects is that they use – rather than provide an alternative to – ordinary housing in the community.

The Cheshire Homes Foundation has developed a quite ingenious method for obtaining and adapting suitable flats, by liaising with planners and architects even before the first brick has been laid.

In each case, the Foundation's Executive Director Bob Webber approaches the manager of a building project at planning stage, to suggest the integration of a number of wheelchair-accessible flats and the adaptation of the building's overall structure.

He then asks the relevant Government agency for the necessary funding, and gets the two bodies together to agree on strategy.

Simple and unobtrusive changes to the interior design of each block ensure that everything is as accessible as possible for all tenants – whether they have a disability or not. What's more, because the adaptations are made at the initial planning stage, they entail little extra cost. Special features include such things as low-level electric points, accessible storage space, low-level



Foundation Executive Director Bob Webber enters Three Trilliums, using its electronic door opener

Photos: B. Marulli de Barletta



Three Trilliums resident Christine Rowntree finishes the washing-up at her low-level sink unit

hobs and sinks, roll-in showers, and sliding doors. In addition, the apartment blocks are fitted with large electronic buttons, which open and hold entrance doors from the street and underground car park.

All these features combine to give the residents of Three Trilliums maximum independence and control in an ordinary residential setting. And in case you're wondering, a "trillium" is the variety of Canadian wildflower which used to grow on the block's present site!

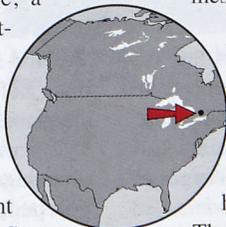
Rotary Cheshire Apartments

Another of the Foundation's highly successful projects is Rotary Cheshire Apartments (RCA), which are 16 self-contained units specifically built and designed for independent adults who are deafblind.

As its name indicates, this is a joint venture between the Toronto-Don Valley Rotary Club and the Leonard Cheshire Foundation, and is the first project of its kind in North America.

Located in Willowdale, a suburb of Toronto, the apartments are close to amenities including excellent shopping and transportation services.

One resident is Iris Jones, who lives in a bright and spacious one-bedroom flat. After emigrating from Wales at the age of seven, Iris lived with her family before going on to spend



many years in residential homes for elderly people. As a young and energetic woman she found this particularly frustrating, and always longed to have a place of her own where she could lead an active and independent life.

Her ambition has been made possible thanks to the RCA, and these days Iris hardly has a moment to spare. Although now unemployed, Iris worked

as a cook for the Canadian National Institute for the Blind (CNIB) for 22 years. Ironically, she had to retire when her sight deteriorated, but continues to knit clothes and toys to sell at CNIB fêtes. President of the



Intervention - Iris Jones communicates through touch and uses a pager to give her vital information at home

Toronto Deafblind Association, she communicates with others via an electronic keyboard which transmits messages in braille.

To the casual observer, Iris's apartment looks perfectly ordinary. However, closer inspection reveals the technical adaptations which enable her to live independently.

These include thermostatically controlled heating and air conditioning, a self-cleaning stove, a frost-free refrigerator and her electronic

keyboard machine. In addition, Iris wears a small pager on her wrist which makes different vibrations when the door bell or telephone rings, or in the event of a fire alarm.

RCA also provides a range of communal facilities, including a laundry, roof terrace, a large common room and a craft/exercise room. Everyone in the block has access to an extensive computer system with text scanner, braille and large print displays.

However, the *pièce de résistance* of RCA is its 24-hour provision of a service known as "Intervention".

Intervenors help deafblind people to communicate with others, by providing them with auditory and visual information through the medium of touch.

They therefore constitute a vital lifeline but, because of the cost

involved, most of those deafblind people who live in the community only receive an average of half an hour's intervention a day. Residents of RCA, however, receive up to four hours a day, which means they are considerably more independent and in control of their own lives than if they lived in a privately-owned flat.

For this is what Toronto's Cheshire Homes are all about - providing people with the support, equipment and services to transform their lives in the most unobtrusive way imaginable. ■



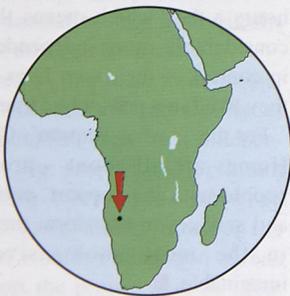
Photos: Ian Spark

Children dancing in the grounds of Anamulenge Cheshire Home

Making a Little

For anyone looking at a map of Africa, Namibia may appear to be a relatively small country. In fact, this newly-independent southern Republic covers an area of 825,000 square kilometres – more than twice the size of Germany. With less than two million inhabitants, it is also one of the most sparsely populated countries in the world, having an average of just two people per square kilometre (compared with, for example, 235 people in the UK).

David and Ian Spark recently visited the country, and sent this report on Namibia's Cheshire Homes.



It is only in recent years that the Foundation has started to operate in Namibia, with its first Cheshire Home opening at Anamulenge, near the Angolan border, in 1987.

Based at the town's Catholic Mission, the Home was created with the help of the Archbishop of Windhoek – Namibia's capital city. It

is run by three local Catholic Sisters and caters for 28 young children with severe disabilities, many of whom are victims of the recent war of independence.

Most families in this sandy area of the country are farmers specialising in livestock and the growing of *mahangu* (millet). This means that they live in separate homesteads many miles apart, making the walk to school too long for a disabled child. The Cheshire Home was therefore set up to enable disabled children to attend school and receive physiotherapy and hydrotherapy during term time, before returning to live with their families during the holidays.

The overall aim of the Home is to encourage children to develop their independence, self-esteem and personal skills. Its high rate of success in this area has now provoked the call for a second Home, this time in the far North East of the country.

Katima Mulilo

Also based on the premises of a Catholic Mission, Katima Mulilo Cheshire Home is due to open in January 1995. It is located in Caprivi – a small but important region, which is shaped almost like an island, connected to the main part of Namibia via a narrow corridor. This means that its population of about 30,000 is somewhat isolated from the rest of the country – a problem exacerbated by torrential rainfall at certain times of the year.

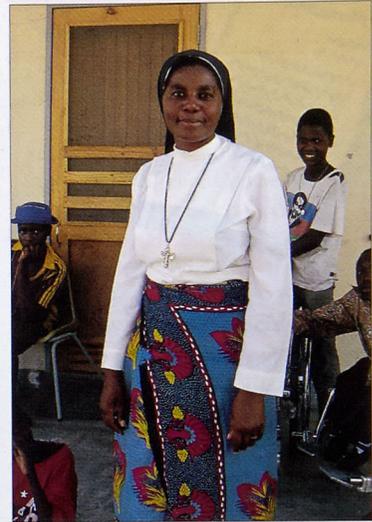
Katima Mulilo itself is situated some 1,200 kilometres from Windhoek and, as the only big town in the region, houses all of the region's main business, administrative and medical facilities.

The main aim of its new

therefore have a greater chance of being accepted and becoming independent.

Filling the Gaps

However, it is not just the region's young population who are in need of Cheshire Services. A recent Government survey identified nearly 1,495 disabled people in the Caprivi region alone – most of whom have leprosy or polio or were disabled in the war. Despite such large numbers, there are no rehabilitation programmes for disabled people and only a small community-based primary health care scheme in operation. The Home is therefore planning the implementation of an outreach programme, in which extremely needy cases will be identified and



Head of Anamulenge Home, Sister Clementine, with some of the Home's older children

Go a Long Way

Cheshire Home will be to provide physical, social and educational rehabilitation for physically disabled children. It will do this by providing residential care for approximately 30 children at any one time, with priority given to those who are able to attend the neighbouring primary and secondary schools. An additional 20 children who live near the Home will have access to day care facilities, where parents will be encouraged to take part in order to ensure continuity of the exercises at home. The hope is that, by enabling as many children as possible to stay with their families, they will continue to be integrated into their own community and



Above: Albertina Nepembe (left) has an artificial leg as the result of being pecked by a bird

provided with appropriate day care.

Cheshire Homes Namibia faces a huge challenge in that, while its potential number of clients is not as great as in India or Ethiopia for example, the area it covers is both vast and sparsely populated. However, by working in conjunction with existing services and

authorities, the organisation is setting out to reach as many people as possible with a tiny number of staff. In order to produce maximum results with minimum resources, it is making use of the "domino effect". For example, in addition to training the families of disabled children, there are plans to establish a short-term basic training programme for community-based health workers in the region.

Cheshire Homes Namibia may be a relative newcomer to the International Foundation, but it is already proving its worth. Its stated aim over the next few years is to consolidate and expand its services, in order to improve the lives of even more people across the country. ■



★★★★★ STAR LETTER ★★★★★

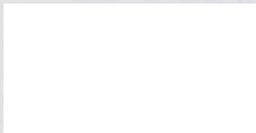
Thank You

Many thanks for generous donations towards the production costs of *Smile*, received from: Mrs U.M. Beales, Mrs S. Brooker, R. Brown, Cheshire Homes in South Africa, Coomb Cheshire Home, Miss M. Doyle, Dr & Mrs G. Dutton, Mrs B. Elsdale, Miss M.E. Field, Mr Geddes, Mrs R. Gibb, P. & C. Heywood, Ms Jonson, J. Keenan, Limuru Cheshire Home, Marske Hall, Mrs Moore, Audrey Shepherd, C. Singleton, R. & B. Statt, Miss R. Stucky, Miss Trueman, Sir H. Walker,

Orange Badge Misuse

Dear Editor
As a one-time Orange Badge holder, and now a badge-holder's passenger, I am interested in the recent correspondence to *Smile*. Some able-bodied drivers do not remove the badge when they are driving without the passenger, which is obviously unfair.

Nor is it enough to have "Grandma" sitting in the car as a sort of mascot, while the able-bodied driver uses a reserved space at a supermarket, unless "Grandma" herself gets out to shop. The badge is for her benefit, not the driver's. This is clearly stated in the rather lengthy conditions of holding the badge. If the offender is reported, the badge can be confiscated and a heavy fine incurred.



On Good Terms

Dear Editor
I think I may be opening up the "terminology debate" again, but I feel I must respond to Lady Brewis's letter (*Smile*, Autumn 1994).

There are many issues around the use of particular words like "dustman" and "sanitary officer". Sometimes, as in those cases, we adopt euphemisms – usually to disguise something we feel is unpleasant. Sometimes, it is to alleviate discrimination or raise status. Sometimes, words are changed according to fashion (whoever hears anyone say "Gee whizz" nowadays?) Also, people react with extraordinary violence to words which have become denigrated through misuse. For example, the words "spastic" and "cretin" originally described particular medical conditions, but their use as derogatory terms means they can no longer be used at all.

However, there is a distinction in the use of the words "disability" and "handicap". They do not mean the same, any more than intelligence and education mean the same, and so are not interchangeable.

Disability is the condition you have – be it blindness, multiple sclerosis or deafness. Handicap is the extent to which an individual is limited by that disability. The handicap may be different for the same person in different situations. For example, my handicap is minimal in my own home as everything is geared to my needs and I can be independent. When I am on board a sailing boat, however, my handicap is enormous as I cannot reach anything or move anywhere at all on the boat by myself. What's more, two people with identical disabilities may have totally different levels of handicap according to their personality, the extent to which they feel their lives are restricted by the disability, their emotional response to disability, and their level of coming to terms with the situation.

I hope these comments will help people who wonder why we do not want the word "handicap" to be used inappropriately. As for being disabled, I am quite happy to accept that that is what I am.



Each week, the winner of our Star Letter competition will receive a stunning Foundation sweatshirt and baseball cap.

Taking Haggis to the Caribbean

Dear Editor
As is universally known, we Scots tend to be modest and withdrawn in our opinions. Well, I am going to indulge in some loud boasting concerning our Home's good fortune in having a wonderful group of kitchen staff who provide imaginative food, which is always splendidly prepared and cooked.

I make these compliments following the recent visit of our four lovely guests from Trinidad and Tobago,

who left intent on introducing porridge (made with salt, of course), haggis and other Scottish delicacies to the Caribbean!

I would also like to express my appreciation of our other staff, who help us to enjoy such an excellent lifestyle with regular outings, concerts and so on.



Addressing the Issues

Dear Editor

I was greatly impressed by the organisation of this year's World Week, which ensured that everything went smoothly right from the start. Looking after some 1,000 delegates from all over the world was an extremely difficult task which was nevertheless carried out admirably. Speaking as someone who has attended three consecutive World Weeks, I would say that 1994 was by far the best. I hope that the same organisers will be around to handle the next one!

I would like to address two salient points made during the delegates' discussion on The Spirit of the Foundation.

Firstly, the need to get more young people involved in the Foundation. We must adopt strategies to capture the attention and interest of youth clubs and organisations. Young

people have a major role to play in the growth of the Cheshire movement, and our ability to harness their potential and energy will largely depend on the ingenuity of local management committees.

Secondly, the need to create greater public awareness of the Foundation's work. The death of our founder has caused an identity crisis, because during his lifetime he served as a symbol of the organisation. To the uninitiated, the Foundation's name and logo do not convey its purpose or aims. In my view, we need a new name and logo if we want the organisation to thrive in the 21st century – for example, "The Leonard Cheshire Foundation for Disabled Persons".

It is now my earnest hope that some positive action will be taken to address these issues and others raised during World Week 1994.

Dato' Khoo Keat Siew
Chairman, Penang Cheshire Home
Babington Avenue
Pulau Pinang
Malaysia

Lifting and Handling

Dear Editor

I am seeking advice and comments from other readers who may have come across the same problem as myself.

Although I weigh very little, I recently seem to have become a victim of the Lifting and Handling Act. Formerly, and after years of rehabilitation, I was able to do a "standing transfer" with the help of one person (not a difficult task once learned). I have now been told that this is not acceptable, as it is too high a risk for the carer's back to lift me this way. A hoist must always be used when lifting me, from bed to chair and chair to toilet or whatever the transfer may be.

This has come as a real blow to me and I am still finding it very hard to come to terms with. I have always regarded my ability to stand as a great blessing, although I have very little

Items for Sale

Lightwriter SL30 communication aid. Two years old, hardly used. Ideal for people who cannot speak. Paid £700. Will sell for £400 ono. Contact Miss Teresa McCarrick at **Ardeen Cheshire Home**, Shillelagh, Arklow, Co. Wicklow, Ireland. Tel: Ireland 055-29143/29294. Fax: 055-29170.

muscle power in the whole of my body. Everything needs to come into play when I want to stand up, so it keeps me mobile. Since using a hoist, however, my body has become more stiff and aching, and I feel that my ability to stand will eventually be lost.

I can understand that it may be necessary to make rules regarding lifting, but where do our needs fit in? I would very much like to hear of other people's experiences in this area.

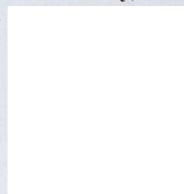
The writer's name and address have been withheld at their request. Any responses should be sent to the Editor at the address below.

Anthology Deadline

Dear Editor

I am now in the final stages of my Anthology of the Foundation, which is a compilation of stories and accounts from people who have been influenced and inspired by Leonard Cheshire over the years.

If anyone would like to contribute, I would be grateful if they could write (or fax me on 0534 - 617968) **before Wednesday, 1st March 1995.**



Please send your views, comments and ideas to The Editor, 26-29 Maunsel Street, London SW1 2QN, England.

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From Eyesores to Ideal Homes

by Kay Christiansen



Before: A side view of White Windows' derelict cottages, just before conversion work began.

Four former eyesores have been transformed into modern independent flatlets by White Windows Cheshire Home, at Sowerby Bridge in West Yorkshire.

Work began on the dilapidated 18th-century cottages last October, after they had been declared unfit for human habitation due to dry rot and rising damp.

It is just the latest stage in the fascinating history of White Windows. Built in 1768 by the famous York architect John Carr, the Home's basement was used during the Luddite Riots as a secret hideaway by the English cavalry. The adjoining cottages were originally a stable block servicing the great house, until the 1920s when they were converted into four L-shaped dwellings for local people.



According to Gordon Stead, Chairman of the Home's Management Committee, these cottages presented the Home with an intractable problem. "They constituted a real headache to us because, like the entire estate, they're covered by a Grade II listing. This meant that we couldn't demolish them even if we wanted to, nor could we alter their essential structure. Equally, we couldn't just let them rot," he says.

Fortunately, White Windows has access to a tried and tested firm of architects. Together with them, the Home formulated a plan to turn the cottages into fully-accessible flats for disabled people who wish to live



The Home's basement was used during the Luddite Riots as a secret hideaway by the English cavalry



independently. However, finding a way to achieve this and still comply with Grade II was far from easy – especially as even the trees on site are protected by a Preservation Order.

After much discussion, the Home opted to have the cottages converted into four flats – three double and one single – plus a sleep-over unit for visitors.

Chief architect Philip Hawdon says it is one of the most interesting and creative challenges he has ever undertaken.

The first stage was to strip down the cottages, leaving only the shell of their outer York stone walls. When the slate roof was removed, it was discovered that many of the timbers were rotten and a modified support beam had to be constructed to replace them. All the window frames had to be replaced with copies in the original style, but with the additional feature of push buttons for easy opening. Front doors have been replaced with copies of the



During: The building's lift shaft, specially designed to blend in with the original structure

originals, with the door-frames being slightly widened to permit wheelchair access. In addition, sound-proofed concrete floors have been installed in place of the rotting boards and a long wheelchair path has been laid from the lift to the car park.

The project's architects have also used their imagination in other areas. For example, by making full use of

the cottages' hillside location, they have ensured that each flat has direct access to the garden in addition to being accessible via the main entrance hall.

Now that the cottages have been completed, all that remains is to find suitable tenants for them. As Valerie Kingdon, Head of Home, explains: "We haven't yet acquired tenants for the flats, although two of our residents have taken a keen interest in the building and sometimes say they might like to try independent living. We feel it is better to wait for completion before trying to interest local tenants as they will then have a much

clearer picture of what is on offer. We rather hope that the two-bed flats will be attractive to couples, where one partner is disabled and the other able-bodied."

Combining, as they do, full accessibility, independence and historical interest, it shouldn't be too long before the cottages incite a great deal of interest! ■



After: The cottages as they are now

*Congratulations
To~*

Sarah Holloway –
International Training and
Rehabilitation Adviser – and
her husband Graham, on the
birth of their baby daughter
Rebecca Helen on Saturday,
24 September.

Peggy and Jeff Sanderson
of Stonecroft House in South
Humberside, England, who
celebrated their Golden (50th)
Wedding Anniversary earlier
this year.

Leonard Cheshire's daughter,
Gigi, who has been awarded
a Marjory Murray
Pre-clinical Scholarship –
one of the most prestigious
prizes for pre-clinical
mature students.

Obituaries

The Committee, staff and residents of
Glamis House in England wish to
record their appreciation of **Mr James
Gibson**, who sadly died on Friday, 17
June:

"Jimmy was our handyman/
gardener/driver for five years, during
which time he did an excellent job. His
loyalty, willingness to help and above
all his sense of humour and ability to
make people feel special are qualities
for which he is especially missed. He
has gone from our Home, but not from
our hearts."

Douglas House in Devon, England,
reports the sudden death this June of
Gordon D. Wroe at the age of 74.

Gordon became involved in voluntary
work for Douglas House in 1980. He
went on to become the Home's
Honorary Treasurer and then, from
1985 until his recent death, its
Chairman. In this capacity, he set up a
Research Group to consider how the
Foundation in South Devon should adapt
to meet the challenges of the future.

He is greatly missed, but the forward-
looking work which he began will be a
lasting memorial to him.

Marske Hall in Cleveland, England
informs us of the deaths of three
residents:

Brian Iley died on Sunday, 12 June
at the age of 54. Fiercely independent
but finding it hard to cope on his own,
Brian came to live at Marske Hall for
the last 18 months of his life. Regularly
visited by his son, Brian loved music
and was a keen and talented amateur
photographer.

Pamela Kirkpatrick died on
Saturday, 2 July at the age of 56.
Following a successful career as an
Information Scientist, Pamela came to
Marske Hall in 1986 to be closer to her
very supportive family.

She was a warm, gentle and genteel
lady with a lively sense of humour. We
miss her and the friendliness of her
visiting relatives.

Honor Paethorpe died on Monday,
26 September at the age of 68. Unable
to hear or speak as a result of her
illness, she was an inseparable compan-
ion of John Nicholson, who became her
ears and voice. Despite her difficulties,
Honor had no problems making herself
understood and her strong personality
and demonstrative manner endeared her
to everyone. We will all miss her.

Margaret McQueen writes of the
terrible shock to everyone at **Three
Forests Cheshire Home** in Essex,
England, following the death of resident
Duggie Siggins.

"Duggie was a very popular person,
with a wicked sense of humour that
drew everyone to him. We will all miss
him very much. May God bless him and
let him rest in peace."

The residents, staff and management
of **Green Gables** in Derbyshire,
England wish to mark their appreciation
of founder member **Mark Hewitt**, who
has died at the age of 89.

Mark's involvement with the Home
dates back to its planning stages in the
1960s, and he served as Honorary
Secretary since its opening.

Chairman Gladys Wraith said: "He
was a wonderful man and a great
support in so many ways. Green Gables
became part of him just
as he became part of
it." As a tribute to
him, the Home's

new assessment unit has been named the
Mark Hewitt Suite.

Chipstead Lake Cheshire Home in
Kent, England reports the death of
much-loved resident **Jean Harrison**
on Sunday, 14 August at the age of 33.

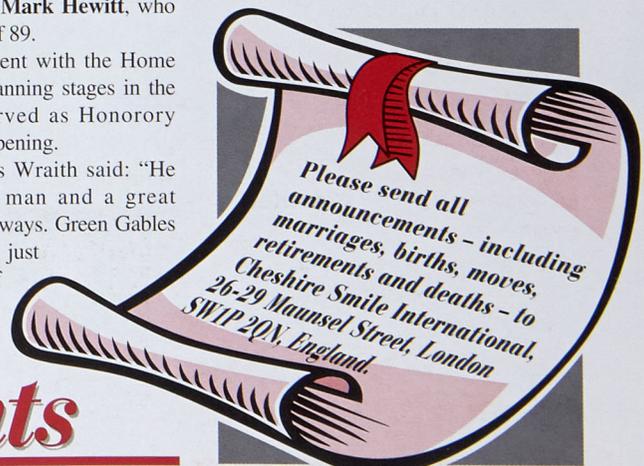
Jean was well-known locally as
Chair of the Residents Committee and
editor of the Home's newsletter.

After moving to Chipstead Lake in
1989, she gained much support from
her membership of the local church, St
Thomas's.

Alne Hall in York, England reports
the death of **Brian Jefferys**, who
recently died at the age of 58. Before
coming to Alne Hall, Brian was a
businessman in nearby Easingwold and
was well-known and respected in the
local community. Administrator Peter
Robertson says: "He was a very
likeable person who will be sadly
missed by us all. Our deepest sympa-
thies go out to Brian's family."

Kath Neville writes from
Greenacres Cheshire Home in Sutton
Coldfield, England with a tribute to
one of its first residents – Sqn Ldr
Don Richardson, who died on
Monday, 19 September at the age
of 74.

Don was a well-respected member of
Greenacres and was determined to live
as active a life as possible. A voracious
reader, letter-writer and theatre/
concert-goer, Don and his wife Gill
celebrated their Golden Wedding last
year. Remembering him, Mrs Neville
says: "So many people's lives have
been enriched by having known Don,
and the memory of his generous and
happy personality will always remain
with us."



Please send all
announcements – including
marriages, births, moves,
retirements and deaths – to
Cheshire Smile International,
26-29 Maunsell Street, London
SW1P 2QN, England.

Announcements

Window on the World



The view from Lake District Cheshire Home, overlooking Lake Windermere in Cumbria, England