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**CHESHIRE**

# Smile INTERNATIONAL

THE OFFICIAL MAGAZINE OF THE LEONARD CHESHIRE FOUNDATION

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Shiso home is  
officially opened



### UK National Conference

Queen delighted by  
Foundation success

### Miles of Smiles

Report from  
Canada, Ireland,  
Indonesia, Uganda  
and India





**A**s we all know, people's attitudes to disability are very wide-ranging – as wide-ranging as disability itself.

The spectrum of reaction can run from horror and fear, through spite, ridicule and indifference to pity, compassion and love.

But the fact is that there is no more need to "know" how to react to a disabled person than an able-bodied person. Unease, fear, ignorance – all of these can prompt any of the above reactions.

Even the best-intentioned are failing to respect the rights of a disabled person if, generally speaking, they speak for them, pity them, or show compassion for compassion's sake. Too often this is based on people making assumptions about a person and his or her disability.

The thousands of people throughout the world who use our services do so because they need to, and it is true that some need a particular type of service far more than others.

However, whatever the level of need, and whatever the level of help given, all disabled people have a right to live their lives the way they want to – something even the most attentive carer can sometimes be in danger of overlooking.

Listen to what people say – don't think you know what comes next. Each individual is the only person who can truly say what he or she is thinking – and who truly knows how he or she wants to live his or her life.

**Peter Taylor-Whiffen**

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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: Jackie Street, a resident at Ireland's Richmond Cheshire Home enjoys a pint of Guinness – watched eagerly by her dog, Dinky. Photo: Martha Robinson

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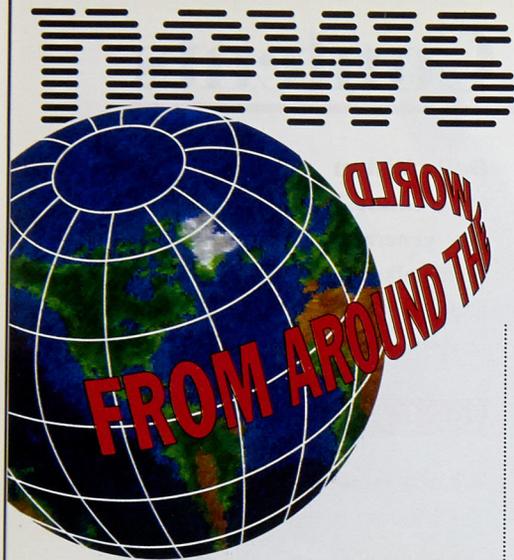
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## Derek's 35 happy years at Hovenden!

Derek Crane enjoys living at Hovenden House, Lincolnshire – it's been his home for 35 years!

Derek, who was born in Littleport, Cambs in 1924, moved out of his family home when his father was no longer able to care for him, and had to move into residential care at the age of 34.

He learned about Hovenden House when he came for a two-week holiday, and then stayed on, on a day-to-day basis while one of the residents was in hospital.

When another resident moved to a home in Dulwich, Derek was offered the place, and has been there ever since!

"I was thrilled with my new home," says Derek.

Times have changed a lot since the early days – Derek recalls the annual St Raphael Club outing to the seaside, but has since taken several foreign holidays.

Derek was residents' committee chairman for 23 years and Hovenden's band secretary for ten years – having taught himself to read and write.

"I've made many good friends here," he says. "But above all, I have had lots of laughs."

# Youngsters pen disability stories

Youngsters in Fife, Scotland were challenged to demonstrate their perception of disability in a recent writing competition.

The competition, organised by Glamis House in Glenrothes, attracted a wide variety of entries focusing on a range of disabilities.

The winning entry came from Lorraine Cowan, a pupil at Glenwood High School, who wrote about the panic of somebody losing a blind friend in a crowded street.

"I started walking up the street, hoping to see her," Lorraine wrote. "All I could think of was what could happen to her if I was not there.

"I realised just how hard it must be for her – steps here, roadworks there and people just about everywhere."

The essay ends with a joyful reunion at home, and the reader learns the true identity of the friend.

"I ran up to her, and jumped up, putting my two front paws on her chest. My tail was wagging so hard."

Joanne Hutchinson won second prize for "The Eye of the Beholder", in which she wrote about the discomfort of being continually stared at because she used a wheelchair.

Chris Kerr, who was placed third, wrote about a man's sorrow and fear as his wife is diagnosed as having MS, and his gradual realisation that it is far from the end of the world.

For copies of the winning entries, contact Mary Reilly at Glamis House in Glenrothes.

## Training the trainers

Training the trainers was the theme when representatives from some of the Foundation's Caribbean homes met for a special workshop.

Foundation international trainer Connie Schill led Dawne Richards, Patricia Worrell and Pamela Chance from Guyana, Barbara Caesar from Trinidad and Tobago and Janice Smitten and Phyllis Forde from Barbados, as they looked at the type of services each place offered and discussed ways of improving the lives of residents.

The primary goal was to train participants as

trainers using the Foundation's teaching videos, enabling them to provide continuous training of staff and management committee members.

The women learned new craft ideas that could be used to raise



# Joanne gets into training!

Joanne Martin is the Foundation's new International Training Manager.

Joanne, who took up her post just before Christmas, will be co-ordinating and supporting training programmes worldwide.

"I am very much looking forward to it," she said. "The Foundation is a very widely-respected organisation throughout the world."

Joanne began her career as a psychiatric nurse, and then became a medical anthropologist. She has worked for a number of organisations, including charities such as the VSO, Unicef and the World Council of Churches, in countries including Uganda, Somalia, Kenya, the Sudan and, most recently, Rwanda.

She says her key role at the Foundation will be to support programmes. "It is very important that training takes place on a local level with local people," she says. "We are not here to lead, we are here to support."

"I am very impressed with the set-up at the Foundation," she adds. "There is a very small base in London, co-ordinating the international training programmes. That is as it should be – I would have been quite concerned to find a huge

international staff at the central office."

Joanne says the Foundation's international training programme has been established on four levels.

"The first is the care of people with disabilities, the second is more specific training, to teach people the variety of skills needed to help people with certain disabilities, and the third is the training the trainer programme," she says. "These programmes are all established, and we are now focussing on the fourth stage – training managers of services. This takes the process further, with the emphasis on attitudes to individual disabled people and their needs, with regard to empowerment and advocacy.

"Each region has its own specific training needs, but we can all learn from each other and I am keen to exchange ideas across boundaries."

Joanne's role replaces that of Sarah Holloway, who left the Foundation at the end of 1995 to pursue a Masters Degree in Education.

International Director Rupert Ridge paid tribute to Sarah's "many years of dedicated service," adding: "I am sure everyone would want to wish Sarah every success for the future."

## Zambia homes

A feature on the Foundation's projects in Zambia, which appeared in the last issue of Cheshire Smile International, included some captions being matched to the wrong pictures.

We apologise to the residents, staff and volunteers of the homes for the error.

Captain Dennis Cooray has asked us to point out that the Sir James and Lady Peiris Cheshire Home in Sri Lanka was not the couple's private home, as was suggested by an article in the last edition of Cheshire Smile International. The founders bought the land and put the building up for charitable purposes.

## Winners receive their certificates

Mary Kaw Lian Geok, from Singapore Cheshire Home, recently received her certificate for winning the Leonard Cheshire Foundation International's Christmas Card Competition.

Certificates have also been presented to second prize winner Paul Keane of St Laurence Cheshire Home in Ireland and the three runners up – the residents of Liar Bonanova in Barcelona, Spain, Purificacion Canada Fuente from Residencia 'Pia d'en Boet', Mataro, Spain and Vishao Gopal from Lucknow Cheshire Home in India.



Purificacion Canada Fuente's 'Nativity Scene' painting is pictured above, and 'Flowers' by Vishal Gopal, is pictured below





# Queen 'delighted' with Foundation's success

**I**t was a right royal day for 650 residents, users, staff and volunteers when they attended the UK Foundation's National Conference.

For one of the highlights of the event, held at Ascot racecourse, was the closing address by Her Majesty The Queen.

She told delegates she was "delighted" to hear of the Foundation's continued growth and success.

And she said the development of Homes and Services and their benefits to people with disabilities was "a tribute to a man with firm determination and confidence in the human spirit".

The Queen, who gave a short



address to close the Conference, said she had frequently enjoyed opportunities to visit Cheshire Homes and Services on her visits throughout the Commonwealth and elsewhere.

"I am always struck by the feeling of co-operation between volunteers, staff and residents, and the conviction that nothing is impossible," she said.

"I frequently see inspiring examples of individuals, often with the most incapacitating disabilities, who prove to me that whatever one's disability, life holds immense hope and promise for each of us."

Delegates from almost every UK Home and Service had discussed the theme of Hard Choices and Real Opportunities, listened to speakers and watched video presentations.

The words of Leonard Cheshire set the tone for the day, as an extract

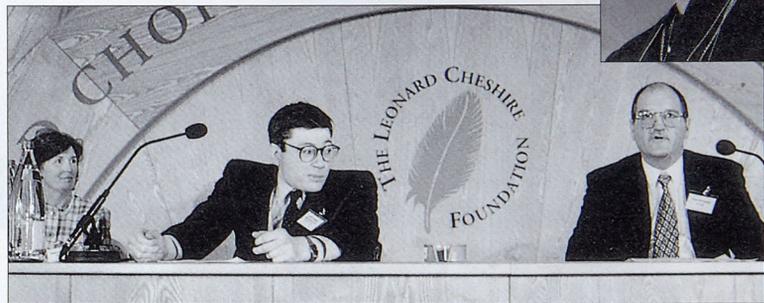


*The Art of the Possible – Bob Webber, Executive Director of Cheshire Homes Foundation in Ontario*

*Baroness Ryder of Warsaw received a tree for the Cheshire Grove*



*Hard Choices and Real Opportunities – Sir David Goodall, Chairman*



*Being seen and heard – John Knight, Policy Development Officer and Peter McDonald, Chairman West Regional Council*



from his video, "Thoughts for the Future", played to a hushed conference hall.

"I hope that the Foundation always will be forward-looking, outward-looking," said the Founder.

"That it will always be reaching out to see what else it can do in its own district and in its various ways.

"That it will use its resources, public standing and everything it's got to go out and provide some other service... or perhaps look to the developing countries and see what it can do there."

UK chairman Sir

David Goodall told delegates of the benefits of working with neighbouring homes and services.

"We must be aware of the needs of the wider community – in our own county, in the country at large and in the Leonard Cheshire Family throughout the world," he said.

Bob Webber, the Executive Director of Cheshire Homes (Ontario) told the Conference to "ask, listen and make hope a reality" when considering the views of disabled people.

He said: "There is no secret to success, but there is a method.

"I challenge you to ask all people with disabilities how they want to live, and I challenge you to listen."

The day also included presentations on the views of the Foundation's service users and the public about the Foundation and disability.

# Shiso opens in Japan



Shiso Cheshire Home opening, Japan

Representatives from the Foundation's Far Eastern region gathered in Japan recently to celebrate the opening of the country's latest Cheshire Home.

Brigadier John Regan, representing the Foundation's international committee, was among 250 guests, including representatives from Singapore, Malaysia, Hong Kong and Thailand, as well as relations of would-be residents, for the grand opening of Shiso.

John, Board Chairman Shizuo Imai and the

Governor of the Prefecture performed the ceremony, which also included messages from International Chairman Sir Patrick Walker and Lady Ryder, and the presentation of the Founder's portrait.

The new Home was built on land donated by Mrs Kazuko Okada, the

widow of a former Governor of the Prefecture. It is divided into four parts, two for 10 residents each and two for 15 each, with residents' rooms, bathrooms, lavatories, a dining room and a small kitchen.

The first residents moved in on October 1, and future residents were due to take their places within the next few months.

"It is a splendid building, magnificently equipped and laid out," said John. "The event showed the great strength of support for Cheshire

Homes in Japan.

"There may be a Home, but that Home is a truly significant part of the community. Both Shiso and the Harima home are regarded as essential to the communities they are part of."



Guests gather and meet residents and families at the opening of the Shiso Cheshire Home



## Leading the way into the community

Forging links with the community was the theme of a recent workshop held at Selangor Cheshire Home in Malaysia.

More than 50 people gathered for the event on community-based rehabilitation (CBR) in Rawang and Selayang.

The CBR project was only started in Selangor in 1990 – before that, disabled people were sent to live in institutions.

Hajah Samsiah Abdul Rahman, Director of Selangor's Social Welfare Department, told delegates: "Children's education became restricted. Those who could not get admission to the institutions remained at home.

"Parents can also be overprotective, and do everything for the child, so he or she will not realise his or her potential," she added.

"We believe in helping parents too. The earlier the children are taught, the more opportunity they will have to maximise potential and be independent."

The Selangor Cheshire Home is a member of the Gombak District CBR Co-ordinating Committee, and was one of the first to respond to the call to introduce community-based programmes.

"This programme provides an opportunity to move beyond physically disabled people, to also serve those who have a learning disability," said honorary secretary Puan Khatijah Sulieman.

"The programme also allows people to move beyond the Home and work directly in the local community.

"There is an opportunity to expand the scope of the Selangor Cheshire Home, especially alongside existing services, day care programmes, social clubs, home visits and local community participation."

## Active Awareness Week!



Residents at South Africa's Queensburgh Home enjoyed a range of activities to mark Cheshire Awareness Week.

The Home, the first to be established in the country, hosted events including a chess challenge with

local schoolchildren and a performance by the orchestra from the local school, Geloft Hoërskool.

Residents are pictured enjoying the entertainment in the company of some senior citizens from Flame Lily Park.

## Meet the women who made history



This historic picture shows the very first nurses who came to work at the very first Cheshire Home.

The picture, taken at Le Court in Hampshire in 1948, was sent in by Mr R. B. Rayner, and shows Mrs Nancy Mills (right) and Mrs Taylor, whose

first name Mr Rayner cannot remember.

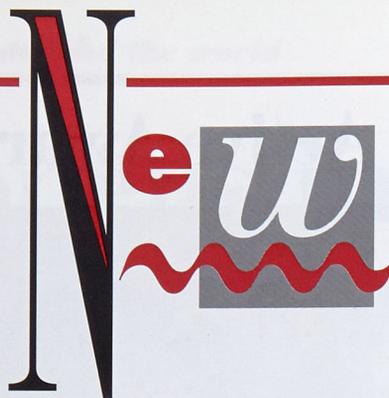
He recalls: "Before these two ladies came to help us we had to rely on the occasional visit from the district nurse. We did have a trained nurse as a resident, Miss Anne Fisher, but she was unable to help us with the care work.

"Most of the residents had to fend for themselves and help with the work as well as they were able."

Mr Rayner has a particular memory of Mrs Taylor's first morning.

"I borrowed GC's car and went down to Greatham Church to meet her off the Longmoor bus. As she entered the porch, she caught her foot on the step and shot headlong into the hall! Fortunately, only her dignity was shaken!"

If you know Mrs Taylor's first name, or would like to share early memories of the Foundation's work at your Home or Service, please write to Cheshire Smile International at the address shown on page three.



## Working world's welcome

Ninety-four per cent of people who work for UK companies would expect the quality of products or service from disabled people to be as good or better than that from able-bodied people.

But only two-thirds say they would be happy for their companies to employ people with disabilities.

These are just two of the findings of a recent survey by Remploy Ltd, the UK's largest employer of people with disabilities.

"It is clear that most people would welcome greater integration of disabled people in the workplace," says chief executive Tony Withey.

"However, many employers are unnecessarily cautious about offering jobs to people with disabilities, mistakenly believing that mobility limitations will cause problems."

Remploy, which holds a Royal Warrant to the Queen as Manufacturer of Knitwear, employs nearly 9,000 disabled workers in its 95 factories throughout the UK.

## You can cook it yourself!

People who find cooking a pain, a bore, difficult or in any way intimidating may be helped by a new publication.

That's the view of Michelle Berriedale-Johnson and Anne Davies, co-authors of "Cook It Yourself - Cooking With a Physical Disability".

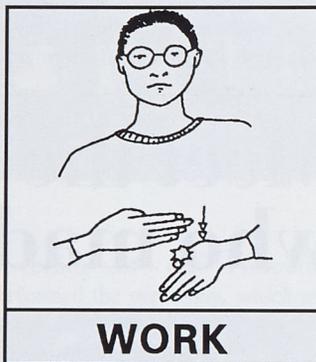
The book features more than 70 easy-to-follow recipes,

as well as hints on planning and adapting kitchens, and advice on how to handle or use kitchen gadgets more easily.

"The reasons people find cooking intimidating may range from a lack of time or experience, to a physical disability such as arthritis in the hands or having to use a wheelchair,"

say Michelle and Anne. "Whatever your problem, we reckon there is a way to minimise it."

The book costs £3.99 plus 55p postage and packing, and is available from Berrydales Publishers, 5 Lawn Road, London NW3 2XS.



## A sign of progress

The Signalong Group has just published a new manual of BSL-based signs to help people with learning disabilities to enter the world of work.

"An Introduction to the Workplace" contains 229 signs for starting work, and includes sections on questions and equipment, health safety and hygiene, the canteen and the warehouse.

The manual is the first in what is hoped to be a set of three books - the introduction, and separate manuals for industrial and service occupations.

The publication, which is illustrated, includes full signing instructions and training services are also available.

Manuals are available, priced

£11.50 plus £1.50 postage, from The Signalong Group, Communication and Language Centre, All Saints' Hospital, Chatham, Kent, ME4 5NG.

## Advice on Euro holidays

A new guide to European holidays for disabled people may be just the ticket if you're planning a trip abroad.

More than 30 countries are covered in a new guide which offers information on accessible transport, specialist services and tour operators who can cater for disabled visitors.

There are also details of a range of holiday accommodation which may be suitable for disabled guests, including hotels in cities and resorts, self-catering cottages, youth hostels and holiday centres.

"European Holidays and Travel 1996: A Guide for Disabled People" costs £5 and is available from the Royal Association for Disability and Rehabilitation (RADAR), 12 City Forum, 250 City Road, London EC1V 8AF.

## Helping you make that move

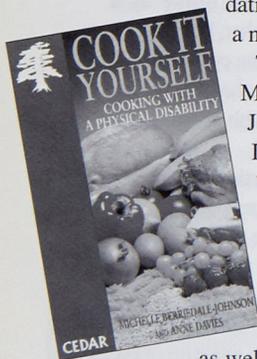
Moving and handling people is the theme of an information pack recently published by the Disabled Living Foundation.

The Handling People pack, which is fully illustrated and presented in loose-leaf format in a ring binder, contains advice on moving people, including information on equipment.

"In the health services, approximately 70 per cent of workplace accidents are associated with the handling of people," said the DLF's head of marketing and publications, Rosemary Good.

"These result in back injury and pain for many employees, and the vast majority of these could and should be avoided."

Anyone wanting further information should call the DLF on 0171 289 6111.



Contemporary art often claims to reflect the everyday experiences and lives of different people. But does it? Does television, film, music, dance and fine art represent people with disabilities or does it ignore them? To find out more, we asked artists and art critics:

# “Are disabled people fairly represented in the arts?”

No. Even TV programmes like the BBC's "Disability Today" are on early in the morning and are hard to catch without a video recorder.

A lot of American television programmes tend to highlight disability issues more than British ones.

Soaps like "Eldorado" and "Emmerdale" include disabled characters and in a sense are leading the way for other TV programmes. They have a large catchment audience and have the potential to make people aware of disability.

Able-bodied people's attitudes are the biggest obstacle to disabled people becoming fairly represented in the arts. The general public has got to be on our side for things to change.

## Eddie Smith

*Eddie is a regular user of the Glenburn Day Centre in South Molton, Devon*

I think disabled people have a reasonable input in the arts in the UK, but not as much as on the continent, particularly in countries such as Germany.

## David Mitchell

All too often there is no question of disabled people being fairly represented in the arts – our almost complete absence from novels, plays, films and television series and the lack of opportunities for disabled artists shows how we are largely excluded

from the arts.

Beyond that, many of the characters with disabilities that do appear are little more than stereotypes that reinforce negative views of disabled people.

Things are changing with a growing number of disabled people involved in the arts and media who present strong images of disability and challenge the old stereotypes, but there is a long way to go.

## Michael Turner

*Michael is a freelance journalist and film critic for "Disability Now" newspaper*

The broad answer to this question is "no". Historically, disabled people are often cast in the role of the bogeyman or villain. Film, television and literature are littered with examples – from Victor Hugo's "Hunchback Of Notre Dame" to Stanley Kubrick's "Dr Strangelove".

The list is endless, the stereotype persists. As the black and women's movements strive to rid themselves of the shackles of prejudice through bad representation, so too do disabled people.

Disabled artists attempt through disability arts to alter the balance. Through cabaret, poetry, painting, sculpture, theatrical performance and other art forms they state the case for themselves.

Disability artists challenge perception and call to account those who persist in giving disabled people the role of villain. I am sure there are

# Speak

some disabled people who are villainous but only in as much as anyone else is evil in this world. To be cast as sinister just because you have an impairment of some sort is reprehensible.

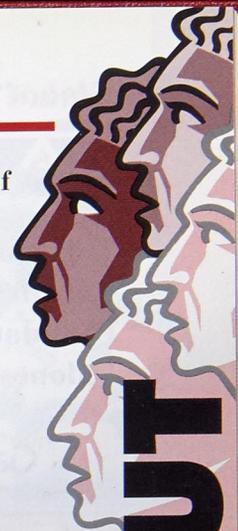
But disability itself is sorely misunderstood by the arts generally. It is known, for example, that some filmmakers, seeking to have disabled representation, can only think of a wheelchair-using actor or actress to perform in their drama. This is absurd as only three per cent of registered disabled people in the UK actually use a wheelchair.

American film and TV, on the other hand, is proving to be quite interesting these days. Recent examples have included disabled people just being incidental to the plot. Just being extras, just being themselves.

On the other hand, both Maude and Don in "Coronation Street" who are supposed to have a disability are played by non-disabled actors. This brings into the arena the whole question of whether there is enough available training for disabled actors (there is very little and most film and drama schools are inaccessible).

## Kit Wells

*Editor, DAM (Disability Arts Magazine). DAM is available in large print and on tape from Keith Pearson, tel: (01472) 267707.*



This month's recipes come from some of the Foundation's projects in Indonesia.

### Gado Gado

Vegetable Salad with Peanut Sauce

#### Ingredients

- 100g (3 1/2 oz) long beans, cut and blanched
- 1 cup beansprouts, blanched
- 100 g (3 1/2 oz) spinach, blanched
- 1/4 small cabbage, chopped and blanched
- 1 medium carrot, thinly sliced and blanched
- 4 squares hard beancurd, deep fried and sliced
- 4 hard-boiled eggs, cut in wedges
- 2 tablespoons fried shallots

#### Peanut Sauce:

- 500 g (1 lb) deep-fried peanuts
- 4 cloves garlic, peeled
- 10 bird's-eye chillies, sliced
- 8 cm (3 in) kencur, peeled and chopped
- 3 kaffir lime leaves
- 1/2 cup sweet soy sauce
- 2 teaspoons salt
- 1.5 litres (6 cups) water
- 3 tablespoons fried shallots
- 1 tablespoon lime juice

#### Method

Prepare the sauce by blending first four ingredients until coarse. Put in pan with all other ingredients except fried shallots and lime juice. Simmer over very low heat for 1 hour, stirring to prevent sticking. Stir in lime juice and shallots just before use. Arrange all vegetables on a dish and pour over the sauce. Garnish with beancurd and eggs, sprinkle with shallots and serve with deep-fried krupuk.

### Otak Otak Pipih

Fried Fish Cakes

These Javanese fish cakes are well flavoured and have the added advantage of being able to be prepared several hours in advance, provided they are refrigerated, before the final deep frying. Spanish mackerel, snapper, or any other white fish can be used.

#### Ingredients

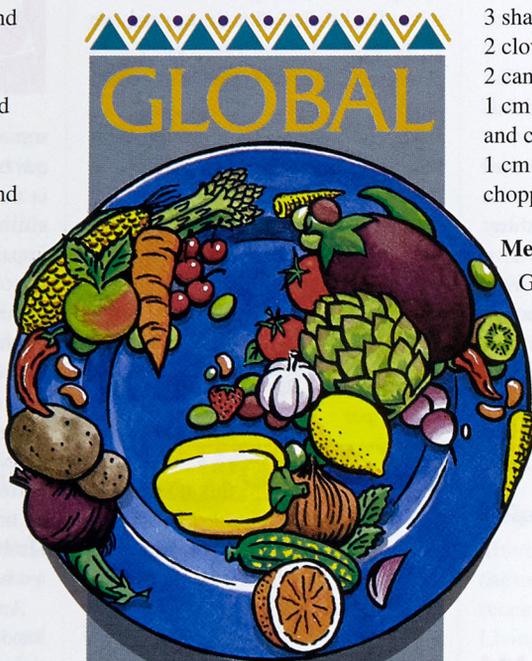
- 600 g (1 1/4 lb) boneless white fish fillets, skinned
- 1 teaspoon sugar
- 1 teaspoon salt
- 2 eggs
- 1 cup freshly grated or desiccated coconut, fried until golden
- 1 cup thick coconut milk
- oil for deep frying

#### Spice Paste:

- 3 shallots, peeled and chopped
- 2 cloves garlic, peeled and chopped
- 2 candlenuts, chopped
- 1 cm (1/2 in) galangal (laos), peeled and chopped
- 1 cm (1/2 in) ginger, peeled and chopped

#### Method

Grind or blend the spice paste ingredients finely. Add the fish and process until fine, then put into a large bowl and stir in all other ingredients except oil. Shape the mixture into cakes and deep fry in hot oil until cooked and golden brown.



#### Substitute ingredients

- Kencur – *Dried sliced kencur or kencur powder*
- Coconut milk – *instant coconut milk*
- Candlenuts – *macademia nuts or raw cashews*
- Galangal (laos) – *jars of sliced galangal in water, dried laos, or powdered laos*



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

# MILES OF SMILES

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

This month's features focus strongly on change.

They cover a range of services in a range of areas, but all of them point to changing attitudes and how Homes and Services have led, and followed, these changes to provide better services.

In Canada, Ireland, Indonesia, Uganda and India, as across much of the rest of the world, people's attitudes to disability are changing all the time, and this is reflected in the Foundation's constantly improving services featured in the following pages.



Residents at the Wisma Cheshire Home in Indonesia enjoy a tennis training session

# Normal service

“Giving an adult with a disability the opportunity to make decisions, take risks, experience successes and failures helps that person to define their self.”

Bob Webber’s address to the recent UK National Conference was “The Art Of The Possible” – and, as Peter Taylor-Whiffen discovered, nowhere does fulfilment of personal potential seem more possible than in Bob’s home city of Toronto.

**T**oronto, and its Foundation-connected projects, is redefining perceptions of independent living. There seem to be ramps everywhere, it’s not a problem to call a suitable taxi, or get into



*Dick Wong tunes in the TV with the help of a special remote control unit*

buildings.

Furthermore, people in clubs and restaurants talk to disabled people. Obviously, you might think.

But these people don’t talk past Bob Webber, they don’t talk tokenly at him, they don’t joke uncertainly with him. They talk to him.

Bob, who became a wheelchair-user following a car accident in 1972, is the Executive Director of Cheshire Homes (Ontario).

He lives in an apartment building in downtown Toronto. Some of the flats are designed to accommodate disabled people – and disabled and able-bodied neighbours get on as well or as badly as any other neighbours.

“Everyone lives their own lives,” he says. “Most of us nod to each other as we pass in the hallway, but we have our own lives, our own friends, our own interests.”

On our way out to visit some of the Foundation’s projects and service users, we encounter one of Bob’s neighbours, Wendy Wilson, leaving for work at the city’s Dominion Bank.

Her taxi-driver, from the WheelTrans service, is waiting for

her. He pushes the button to bring the ramp down, helps her into the cab, and she’s off to another busy morning.

No fuss. No bother. That’s the way it is.

Bob drives to the first port of call, The Gage, a “halfway-house” which helps people learn the skills required for independent living, but with back-up if necessary.

While this is not a Foundation project, the Foundation advises on design and many of its service users go on to Cheshire projects elsewhere.

“The Gage is a chance for people to discover and develop their level of capability,” says Community Services Co-ordinator Hazel Self.

“We help people who want to move towards independent living by teaching them a range of skills. These can be household chores like shopping, cooking, cleaning etc, but anyone living independently needs to learn a variety of social skills.”

These might include learning how to make decisions – and learning the consequences of the wrong choices.

“Able-bodied people who decide they want to live independently,



*Bob Webber in his apartment*

usually at about 18-20 years old, have much to learn, but they have learned a lot already," says Hazel, who is a wheelchair user. "They know what clothes to wear, they know what is expensive and what isn't. For many disabled people it's very different. They have, until now, always had every decision made for them."

Bob agrees. "Do you remember going to the grocery store with your mom when you were a kid? You learn where things are, and then comes the day you're allowed to go by yourself, and you know what to do."

"A lot of our clients got left with someone when mom went to the store, and now the thought of going shopping is terrifying."

Hazel's clients spend, on average, 18 months to two years at The Gage.

"It's quite a short time in which to pack in a lot of learning," she says.

"But we are here to help and advise if things go wrong."

Tobias House is the realisation of the dream of independent living for 18 individuals.

The building is owned by the Canadian government, but 24-hour care is provided by the Tobias House Attendant Care Inc, a Foundation project.

Dick Wong moved into Tobias House in the summer. He uses an electric wheelchair and had lived in his own apartment until two years ago.

An illness left him dependent on a ventilator and, consequently, requiring 24-hour attendant care. Because there was nowhere else he could go, he ended up, at the age of 28, in a children's hospital.

"Until I moved to Tobias, I lived like a patient," he says. "I ate hospital food and made do with what little

privacy a shared hospital room provides.

"The lack of privacy wasn't so bad, but not being able to prepare my own meals was more difficult to tolerate, as cooking was one of my passions."

Tobias House has returned Dick to an independent living environment – and his own way of life, which includes an arts and science college course and playing defence for The Leafs' team in the Canadian Electric Wheelchair Hockey Association.

"I come and go as I please – the two situations just don't compare at all. If I know I'm going to need help for anything, I simply book one of the attendants."

"In the physically-disabled community, Tobias House's reputation is unequalled, as far as I'm concerned."

Brad Allen is vice president of Tobias House's Board of Directors.



Wendy Wilson heads for work, with help from taxi driver John Dufort

Now 25, he was in the children's hospital for 15 years.

"One of the best things about this place is that people listen to you," he says. "Staff know what you're talking about – you only have to explain things to them once. Other places I've been, you could explain something in the morning and the same person would come back again and need you to tell them again – and again."

"This was a learning experience – I was a terrible cook, but now I just about get by."

"This is my life, and I'm running it the way I want to run it."

"The worst place I've been in was a chronic care hospital for people aged 85 years-plus. Get 'em up, feed 'em and put 'em in front of the TV. You can't begin to describe the difference."

There is still a very, very long way to go for Canada, Toronto and the Foundation.

Dick Wong says when he books a ride on the WheelTrans service, he can't be guaranteed a return trip. "To put it politely, that's always lent any trip an air of adventure," he says.

Brad Allen says the Tobias House services could be a bit more flexible. "I can have someone put me to bed at 11pm – or at 2am. There's no inbetween," he says.

And Bob Webber told the UK Conference of his life and the contrast with someone at the other end of the street, who still lives, with many, many others, in a chronic care hospital.

"Apartments like mine are at a premium," says Bob, who concedes he is one of the lucky ones.

"There are 180 people who want to live there – 180 people waiting for me to die!"

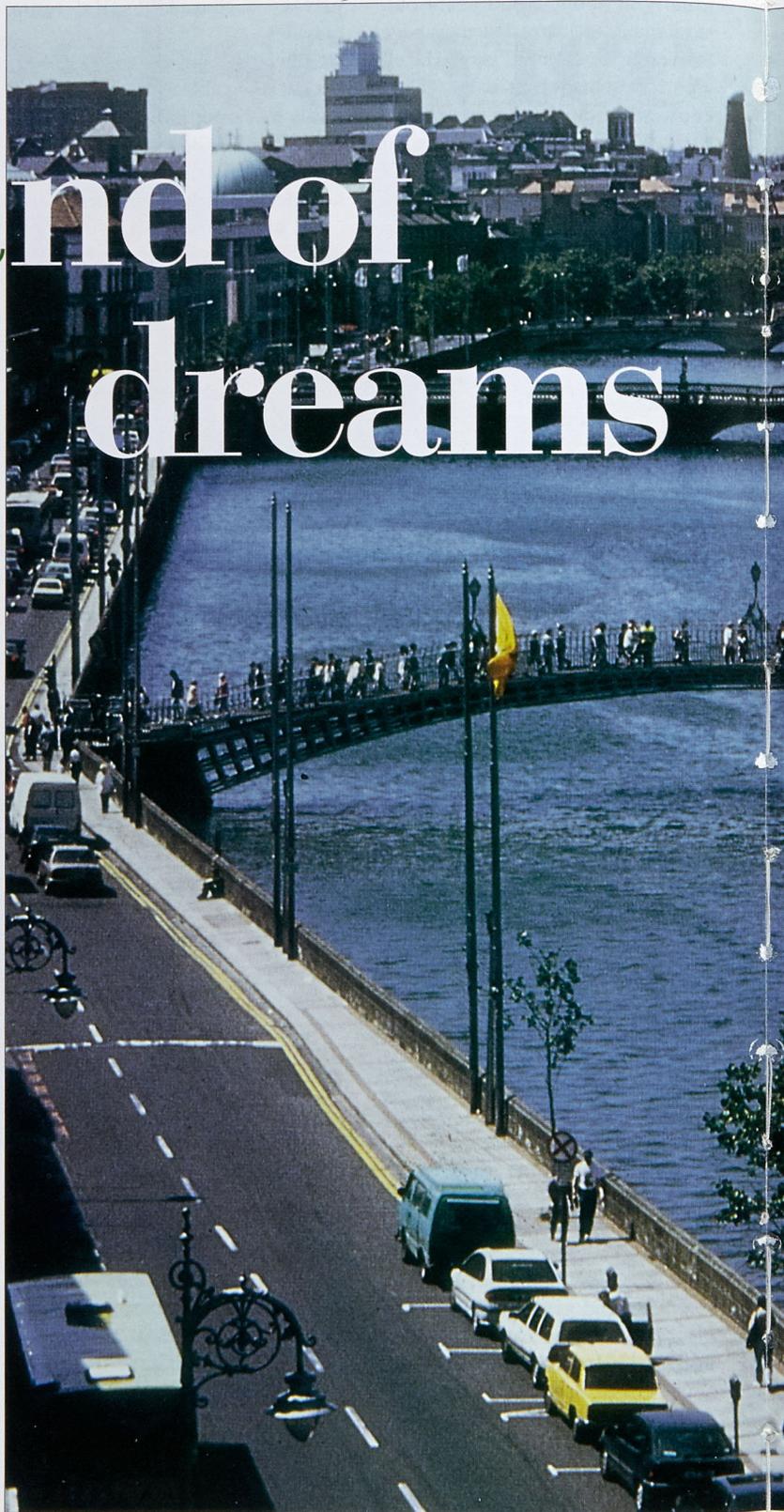
As Bob told the conference, no matter what has been achieved, there is still so much more to be done until disabled people in general can really take control of their own lives.

But Toronto and its services are so far ahead, so much an example to follow, that the phrase "integration" almost comes across as patronising.

These are simply people getting on with their lives – and some of them happen to have a disability. ■

# Ireland of dreams

Care in the community, independent living and user empowerment – Martha Robinson reports from Dublin on the changing environment and new developments in Ireland



The past 15 years have been a time of change for the Irish Foundation according to Chief Executive, Mark Blake-Knox. "Residents have been given more say in the running of Homes, the quality of accommodation has improved, as have attitudes throughout the organisation."

Change is still on the agenda. In 1994, the Foundation began a nationwide research project, asking residents and service users what they thought of the services provided and how they would like to see them developed. The same questions were put to staff and managers this year. The combined results are due in April 1996 and will give the Foundation its direction for the future.

"We wanted to find out what people want rather than assuming we already know," Mark explains. "Residents have expressed a desire to live more independently and we are responding to that."

New independent living projects have been set up in Sligo, Letterkenny, Killarney and Galway.



*Richmond Cheshire Home in Monkstown, Co Dublin opened in 1992 and is home to 18 adults with varying disabilities*

*Miles of Smiles*

Barrett Cheshire Home in Dublin has set up a training department to train residents for independent living. Two self-contained apartments have also been constructed behind the Home.

"The idea is that people can move from the training department to 'observed' independent living," says Derek Bell, Director of Services at Barrett Cheshire Home.

Barrett also operates a small Care At Home Service. "It is something there is a demand for, but we have not got the resources to expand the current service from four clients," explains Derek.

There is an increasing emphasis on care in the community in Ireland with Irish health authorities looking closely at what is happening in the UK. As a member of the Government's Commission on the Status of People with Disabilities, Mark Blake-Knox hopes to initiate change.

"I think our health service will have to do a lot of soul-searching and go through a lot of changes in order to transfer money from residential care into the community," he says.

"There will be changes, but I do not think there will be the same degree of legislation as in the UK."

Changes are needed according to Marie Scully, a resident at Cara Cheshire Home in Dublin. "I would like to live in the community again, but the support system available in Ireland at the moment is appalling. I would be scared to risk it. Particularly as the waiting lists for Cheshire Homes are so long. If I gave up my place at Cara, I would not get it back if things did not work out."

John McGuire would also like to move out of residential care. He is a resident at Richmond Cheshire Home in Monkstown, Co Dublin. "I would ideally like to move out into the community, cut all ties with the Foundation and employ my own personal assistant. The only way I can hope to do that at the moment is to win the Irish lotto."

*Patrick Lenihan is a resident at Cara Cheshire Home*



*Maggi Grant runs a playgroup for local disabled children at Richmond Cheshire Home. "I wanted to give the children some fun - for a lot of disabled children their disability comes first and their childhood second."*



*"I would like to live in the community again... but I would be scared to risk it," says Marie Scully, a resident at Cara Cheshire Home in Dublin.*



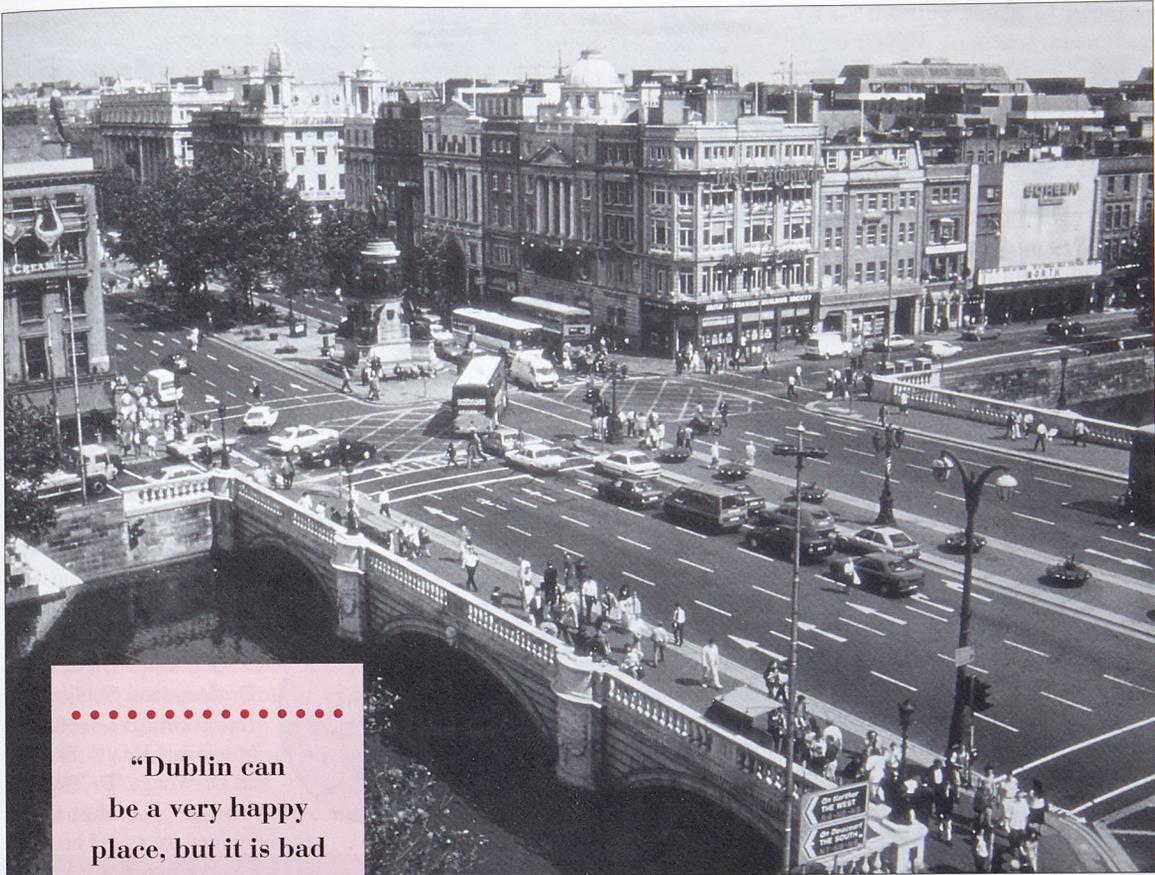
*Jackie Street and her dog Dinky*



Barrett Cheshire Home has a waiting list of 200 people. "There is no comparison with the UK and what is happening here," says Derek Bell. "There is still a great need for the type of residential accommodation we are offering."

This demand reflects both the desire and need of some people to live in residential care and the lack of alternatives for people with disabilities in Ireland.

Jackie Street is a resident at Richmond Cheshire Home and



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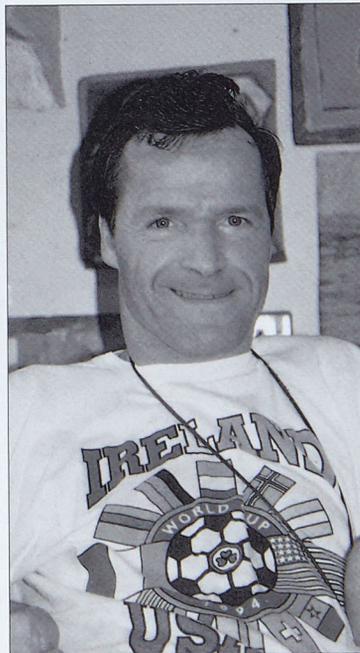
“Dublin can be a very happy place, but it is bad for people with disabilities – many places are not accessible.”

.....

Gerry O’Dowd,  
resident at Barratt  
Cheshire Home

believes that independent living could pose problems for her. “I would like to live independently, but as my disability is progressive I need the security of knowing that round-the-clock support is available, particularly as I get older.”

Life for people who opt for residential care could be made easier, according to Marie Scully. “At the moment I receive £10 a week pocket money and £37 a month mobility allowance. If I was living in the



Gerry O’Dowd, a resident at Barratt Cheshire Home

community I would receive benefits to buy clothes, toiletries etc. Because I live here, that money is taken away from me and I have to rely on friends to buy me clothes.”

Like many residents in Ireland, Marie has become increasingly involved in the running of her Home and has been a member of its management committee. The Foundation is looking to establish a national residents committee, comprising residents from its various management committees.

It is through such initiatives that Mark Blake-Knox hopes the Foundation will continue to listen and respond to what service users want. “There are limited opportunities available to people with disabilities in Ireland. That is why the Foundation must be seen to be constantly moving and geared towards people’s choices.” ■

# Indonesia

## comes of age

**The Foundation's work in Indonesia recently celebrated a landmark – its 21st birthday.**

**Dina Soetjitro, who has been involved almost from the start, recalls the Home's beginnings and reviews its progress.**

**I**t was exactly 21 years ago when I met Mrs Peggy Cody by chance.

Sometime in early 1974, as I was coming back from my morning walk, I saw a lady with four or five kids trying to paint an old, dilapidated, small house.

The lady, who was standing on the roof giving instructions, was Peggy Cody, wife of the Airforce Attache with the British Embassy. The paint-spattered children below her were from the Joint Embassy School in Jakarta.

Peggy told me they were preparing the house for some disabled people

in Indonesia. I went home thinking what a wonderful way to use one's time, energy and skill.

I went back the next day, expressed my eagerness to join them and was welcomed.

So we continued the work to build a Cheshire Home in Indonesia. There I met

Dr Soepdami Soetjipto, a representative from the Municipal Health Service and Dr Wonga. Dr Tayib, a renowned orthopaedic

surgeon joined us, as did his wife Yati, who became our secretary. All worked tirelessly.

Fatmawati Foundation gave us a plot of land, Wisma Cheshire was registered with the Department



*International Director Rupert Ridge pictured during a visit to Indonesia*



a long way since then. We now have 34 residents. There are three individual wings in the Wisma, one for the 14 women and another for the 20 men. The third is for those who are ready to leave the home and live independently.

of Social Affairs as a private charitable organisation, and funds were raised by a committee through voluntary donations.

A grant was sent from the Foundation in London and a Home was built and officially opened on November 23, 1974, by Leonard Cheshire.

We had four residents then. Karna was the first resident, blind and abandoned by his family. He was operated on and his vision was restored.

It is 1996 now, and we have come

We have people from all over Indonesia, all of whom are permanently disabled.

There is an admissions committee which oversees the admissions process. Preference is given to people who come from very poor socio-economic backgrounds. Once they are admitted, Wisma tries to give them a very informal home environment and training in a trade. It is the residents who choose what they want to learn, depending on their educational background, their degree of disability and their aptitude.

This training works as occupational therapy first, and when they learn a trade or complete a diploma, it gives them the opportunity for a full and productive life.

Those who want to return to school are encouraged. There are regular English language classes, yoga classes and various other programmes.

The handicraft and woodcraft made by the residents speaks for itself. The determination to be as independent as possible makes them learn skills quickly and efficiently.

Some residents participate in sport – a few of them have gone abroad to take part in tennis tournaments.

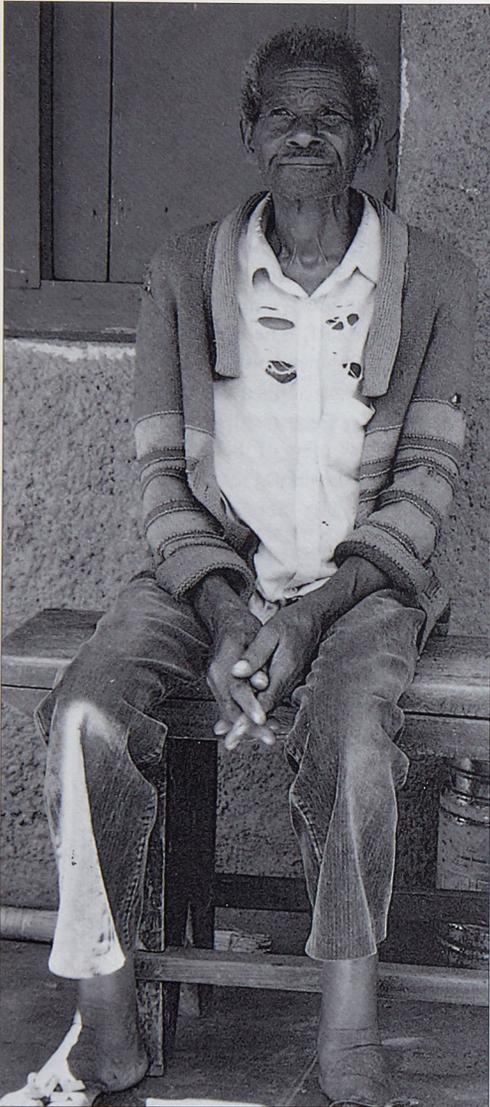
Mrs Sri Sonot, who is still our



matron, manages the home aided by three domestic helpers. She does a splendid job as matron. Dr Soepdami is still the doctor on call for the home. Her help and advice are available at any time of the day and night for the people of Wisma.

Our limitations mean improvement is quite slow – but thanks to the volunteers and committee members who give their all, after 22 years we are going from strength to strength. ■

**Dina Soetjitro**  
Chairman of  
Wisma Cheshire Home



*Nkokonjeru Providence Home*

**W**hen asked how many children he had, Robert's father always said: "Six." He never counted Robert.

For Robert has polio. He could only get around by crawling, and was considered useless by his family.

But a combination of Butiru Cheshire Home in Uganda, and the ten-year-old's own determination to succeed, tells a remarkable story.

Robert received treatment at the Home, and was fitted with callipers and crutches, which enabled him to walk.

# Hope for the future

After years of uncertainty, bloodshed and political upheaval, Uganda has steadied itself and can look forward to the future with hope and optimism.

As can the country's Cheshire Homes, as Rupert Ridge and Mark O'Kelly discovered during a recent visit.

They still enable him to walk. The two-mile journey to school is very slow, hard work. But he gets there and, painstaking though the journey is, it's worth it. Robert's first term maths result was just three per cent – just one term later it is 73 per cent.

The Butiru Cheshire Home is reflecting the success of Foundation projects all over Uganda, a country gradually steadying itself after enormous political upheaval over the last 20 years.

The country's seven projects, all based in the south-east of Uganda, have also undergone major changes, with the emphasis now more on rehabilitation than accommodation for permanent residents. As a result, more disabled people benefit from their work.

Butiru, where Robert goes, is a rehabilitation centre for young people with physical disabilities. Children from the surrounding area attend the

Home for short periods while they receive treatment, fitting with callipers and crutches, physiotherapy and surgery at Kumi Hospital, about 100km away.

The Home includes a tailoring school, which was built three years ago by Christoffel Blindenmission (CBM), the main source of funding for most of the Homes.

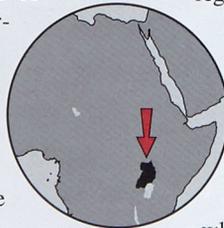
CBM also supports two physiotherapists, Wendy Saville and Andrea Donner, who are based at Katalamwa but travel to all the Homes, helping them develop their services and giving specialist advice.

Budaka Cheshire Home is Butiru's sister school, and has also become a rehabilitation centre.

Head of Home Sr Florence and her team travel by bicycle to visit their ten regular outreach patients. These

include Jaria, a three-year-old who has had a successful operation to correct her club feet, and Lilian, a 13-year-old girl with hydrocephalus.

Previously, she spent the whole time lying down, but can now sit for short periods with support – once she has sufficiently built up her muscles, she will be fitted with a wheelchair.



## Miles of Smiles



Buluba Cheshire Home is attached to St Francis Leprosy Centre, on the edge of Lake Victoria. It presently has 48 residents, 24 men and 24 women, all elderly people disabled by leprosy.

Thanks to modern medicine, leprosy is no longer a major problem to treat, and the centre's administrator, Sr Jane Frances Nakafeero is currently expanding the work of the Home, to include follow-up of all former leprosy patients in the district, who number about 400.

Madera Providence Home, too, caters mainly for elderly people disabled by leprosy. The residents contribute according to their ability – some help to clean and cook, and others make handicrafts.

The Home, run by Sr Dina of the Little Sisters of St Francis, has been a scene of great rejoicing over the last few months. All 21 residents were separated from their families during the years of conflict, and so far, 19 have been reunited with relatives who presumed they were dead.

Next door to the Madera

Home is St Francis School for the Blind, which currently has 112 blind and partially-sighted children.

Sr Serafina of the Little Sisters of St Francis is in charge of the school, which provides primary and secondary education.

The plan is to reduce the number of partially-sighted children at the school, integrating the more able ones into Madera primary and secondary schools.

Nkokonjeru Providence Cheshire Home has been looking after destitute old and disabled people for many years, but two years ago a leather workshop was opened to train nine young disabled people.

The courses last for one year, during which time the trainees stay at the Home, making shoes and briefcases.



Budaka Cheshire Home

elderly people – although it is hoped some of these will be resettled with their families.

Nkokonjeru has several new hen houses, and a bakery is being built. There are also plans to build a physiotherapy room, and during his recent visit, international director Rupert Ridge officially opened a new staff house, funded by the States of Jersey and St Bridget's Cheshire Home.

Eleven young disabled people are currently staying at the Home for short-term rehabilitation, and there are also 26

The Home also operates an Outreach programme and, since it started last year, 263 people have been registered.

Katalemwa Cheshire Home is situated a few miles north of Kampala, and offers short-term rehabilitation to a maximum of 50 residents, some of whom stay here when they need operations at the nearby Mulago Hospital.

The Home is run by Sr Mary Theresa Nayiga of the Good Samaritan Order, and two former residents now work here – George Makombe is the secretary and Bernard Semmu is a part-time teacher.

During their visit, Rupert and Mark met the British High Commissioner, Edward Clay, who took an interest in the Homes. They also met Joe Morrissey, the CBM's special education consultant in Uganda, who runs a school for deaf children. He has been on the Katalemwa management committee for many years and been a great support to the Cheshire Homes in Uganda.

Rupert and Mark's visit revealed how well Uganda and its Foundation projects have steadied themselves following the country's years of uncertainty.

There is still a need for much help, but there is a great optimism, and much hope that the continuing development of outreach programmes will help more and more people with disabilities.

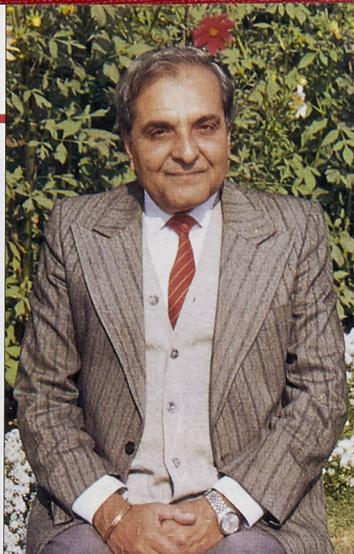
People like Robert, now hoping to do even better as he starts his third term at school.

And incidentally, when asked how many children he has, Robert's father now says: "Seven." ■

*Rupert and Mark would like to thank all those who welcomed and entertained them at the Homes they visited. They would particularly like to thank Andrea Donner for driving them to all of the Homes and acting as their guide.*

*Miles of Smiles*

*General Dhody (in Delhi)*



**Major General KM Dhody, the Secretary General of Cheshire Homes India, talks about his hopes for the future of the country's projects, and how they are helping to fulfil residents' potential**

# KM turns on the Delhi vision

**E**veryone we work with has their own aims and objectives. I get satisfaction from helping disabled people to achieve their goals – but it's not a question of doing them a favour just so I feel good."

Major General KM Dhody is keen to get across his point. "It's not about

what I want. Whatever we do must be to improve the quality of life of the individual. It is our role to help people build a sense of purpose in life."

The Secretary General of Cheshire Homes India, or "KM" as he prefers to be known, has been involved in

the organisation for six years.

"In that time I have learned that you must always have the end product in mind, the purpose of a project. But the question of who takes the credit is unimportant."

KM was invited to work for the Foundation by Major General Virendas Singh, who helped to found some of the early projects in India.

Through him, KM was inspired by the work Leonard Cheshire had already done in India and throughout the world.

"The Founder was a remarkable man," he says. "An extraordinary man. He was very charismatic, and he could inspire. He was and is loved and respected throughout India."

KM, who worked closely with GC during the last three years of his life, said his personality "could immediately win hearts.

"He taught me the lesson of the three Cs – in crisis, courage and compassion. He certainly showed that during the time I knew him.

"He came to India in 1992, knowing it was his last visit. His health was very obviously failing.



*St Michael's Cheshire Home, visited by KM Dhody*



One of the residents assembles pens in Delhi

“Yet never once, in all the time he was there, did he mention his health, or his illness. He would only talk about homes and projects.”

KM was speaking during his most recent visit to England, when he attended the National Conference at Ascot and then visited Danybryn, Greenhill House and St Michael’s Cheshire Homes.

“I was extremely impressed with them – they are hygienic, clean and the importance attached to quality of life is paramount.

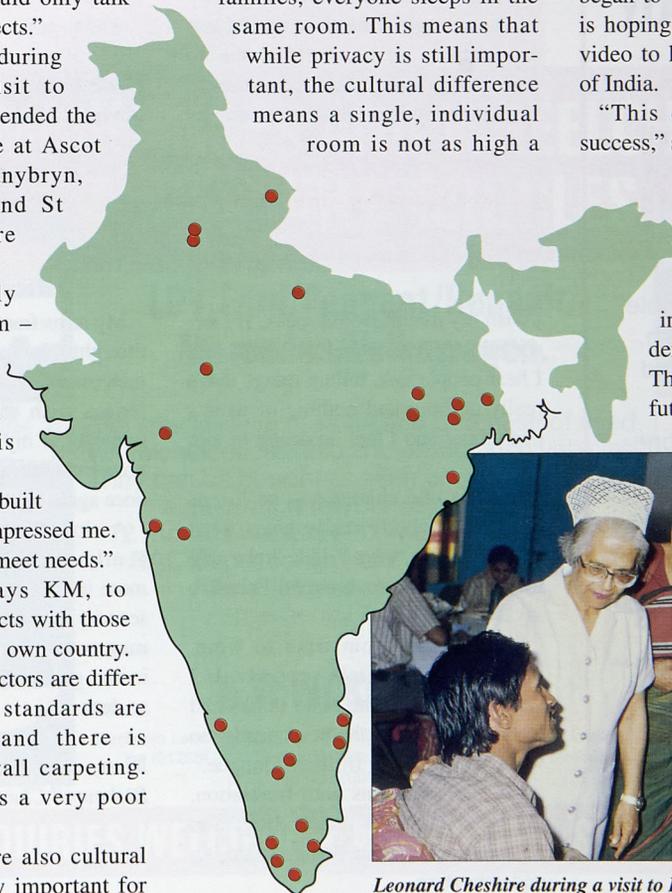
“They are purpose-built – that is what most impressed me. They are designed to meet needs.”

It is difficult, says KM, to compare British projects with those he helps to steer in his own country.

“Socio-economic factors are different. General living standards are different. In England there is gadgetry, wall-to-wall carpeting. India by contrast is a very poor country.

“However, there are also cultural differences. It is very important for

most English people to have their own rooms, but in many Indian families, everyone sleeps in the same room. This means that while privacy is still important, the cultural difference means a single, individual room is not as high a



priority to someone in India as it is in England.”

But KM can see some similarities. “There is very much the same standard and spirit of care and dedication. The enthusiasm and commitment of staff and volunteers in both countries is very strong.”

KM is very clear about the next stage of the Foundation’s projects in India.

“We want to develop choice,” he says. “It has to be within the context of the culture – India is a very poor country – but there is a huge potential within every individual person.

“There must be a process and a procedure for recognising ability.”

This is already underway in the form of the Cheshire Development Centre, which was outlined by the Founder on his last visit to India.

Just over a year ago, a programme began to “train the trainer”, and KM is hoping such skills will be put on video to help projects in other parts of India.

“This centre has been a huge success,” says KM.

“This is a place completely focused on development.

“Without such occupational therapy and training, the community is being denied such a large potential. That potential is the key to our future.” ■



Leonard Cheshire during a visit to Delhi

# Your Letters



## Smile thanks:

Miss R.J. Stucky  
Mrs J. Watt and Mrs S.C. Watt  
Mr R.F.N. and Mrs M.L. Taylor  
Coomb Home  
Mrs H.H. Griffin  
Mary C. Barber  
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## ★ ★ ★ ★ STAR LETTER ★ ★ ★ ★

“And what, may I ask, have we here?” snorted my art teacher, who didn’t like me.

“I’m jabbing, Sister,” I replied, knowing well she had absolutely no interest in my answer.

I most certainly didn’t like her, but she was a nun and she had my mother’s ear. I was a schoolgirl and could only lay claim to my mother’s heart.

“If you jab with the brush, Sister, it looks more like brushes or trees,” I added hopefully.

The class was alerted to my ‘style’ of art as something to be avoided. As I was by her until, aware of her grip on my Mum’s ear, I stopped ‘jabbing ...’

Since I came to live in the Barrett Cheshire Home about two years ago, I have resumed my jabbing. It has helped me to contend with Parkinson’s Disease. I grew up in a village near the sea

of Wexford, and my ‘palate’ reflects the muted yet rich colours of that environment. I feel as if I absorbed these through my skin.

For their support and encouragement, I would like to thank the Barrett Cheshire Home; Martin Snr, without whose research I wouldn’t have known that such a haven for disabled people existed; my family and friends; and to acknowledge above all my 13-year-old son and five-year-old daughter’s unconscious support in coping so bravely with a new and difficult situation.

I will always regret not having been there for their growing, but am keenly aware of how lucky I am that their dad is there to care for them.

And to you, Jacintha, thank you.



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

I wish my mouth would speak. If I say something, I cannot get the words out. I hear people talk, telling things that’s really nothing and nothing of what’s everything and I feel no desire to join them.

In their idle chatter no-one listens carefully, nobody really hears what I’m not saying, what I’d like to be able to say and what for survival I need to say.

I get angry from time to time, because I cannot talk properly. If I want to say what the mind thinks and the soul feels and the heart needs, no words fall from my frustrated tongue.

My brain screams with frustration, my inner thoughts and feelings and my eyes pierce your being, imploring understanding.

My arms frantically try to mimic my thoughts, but at times these too are misconstrued. Once again, my body tenses with anger as I pray you’ll understand my muteness. But somehow I decline to try anymore, beaten once again by the idle chatter of others.

A close friend stands near by and gently touches my hand. I become more inward and feel that perhaps my security and my need to communicate may not be found through words, but in the gentle silence found with one so dear.

**Disease Disarmed**

Into my life,  
 my bed,  
 my skin he came.  
 Because  
 of him  
 the very blood in my veins  
 runs toxic.  
 My waking, sleeping,  
 moving, speaking  
 are subject to him.

Drugged  
 I claw back some

But cry the cost:  
 Never, no more  
 myself.  
 Except within myself.  
 I totter tumble down the days  
 Balance dancingly evades  
 playing peek-a-boo.

Free no  
 never:  
 He slumbers only,  
 A great python  
 coiled in a dark cavern

beneath my rib cage.  
 I watch warily for warning  
 of his wakening.

But seem what may,  
 I am me.  
 And hope I do,  
 Now more than ever  
 Because of the delight of your desire –  
 its memory is a rainbow in my blood.

I am Christina  
 I am a Cheshire cat  
 I am

I am, Parks old pal,  
 I can live with you.

Swallow that, old python,  
 If you can.

**Chris Delaney**

and talking.  
 Do you remember?  
 And sometimes  
 we went to the chapel  
 because it was warm there  
 and we were happy.  
 Do you remember?

And when you got your first bicycle  
 it came too.

And I didn't want that, as I felt it  
 would somehow change things.

But you were sensitive and sensible  
 and brought it but stayed close to me.

I realised then that things change  
 whether we like it or not.  
 Everything, even love changes.

But our love for you will never die.  
 Always remember that: No matter  
 what or how things change, no  
 matter how you change, we will fill  
 your cup to the brim with love.

**Chris Delaney**

**Walks With My Young Son**

I remember  
 when you were a small boy  
 going for a walk

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# Centres of attention

The new year brought new services under the Foundation's wing as Derbyshire County Council handed over the management of four resource centres.

The centres, in Chesterfield, Long Eaton, Alfreton and Derby, all offer very different services to a variety of different clients, and their acquisition is part of the Foundation's growing commitment to provide a wider range of services to meet the needs of disabled people in the UK and throughout the world.



Foundation Vice Chairman and Trustee, Roseanne Corben, and Derbyshire County Council Chairman, David Allen, cut a cake to mark the official hand-over of the service

Wendy Ashworth, acting manager at Cressy Fields Resource Centre in Alfreton, is looking forward to working as part of the Foundation.

"I worked for Derbyshire County Council for 23 years and was very happy to do so," she says. "But the Foundation will give us – has already given us – much more scope to build on the success of the centre."

Cressy Fields, which has places for 75 people with physical disabilities every day, offers a wide range of facilities and services.

Centre users, who are all aged between 16 and 65, can use the centre simply to meet socially, or to learn a new skill.

"There is a wide variety," says Wendy. "We run courses – staff from Nottingham University come in to teach, and we have health and beauty classes, computer classes, art and craft. We have an excellent woodwork room, which is well used by men and women – in fact some of our clients used it to help them build a canoe, which has just been successfully launched!"

Another of the centre's successes is the We Can Dance wheelchair dance group, whose members meet at Cressy Fields and have just raised the money to buy their own specially-adapted tour bus.

"We are also a base for social activities," says Wendy. "We have a thriving women's group, who as we speak are heading to Mansfield on one of their regular shopping trips."

The main thing the Foundation has already brought to the centre, says Wendy, is freedom. "We were tied to county services, and that meant whatever we wanted had to be not only approved by county, but could only be bought from the county at a fixed price. That even included things like food.

"You can imagine just how much freedom we have now, and how strange it is to suddenly be in the position to make our own decisions and shop around."

.....  
“We have always been client-led,” says Wendy. “But now we can do so much more to respond to ideas and suggestions from the people who use the centre.”  
.....

The freedom from the county constraints will result in huge benefits for the clients.

“We have always been client-led,” says Wendy. “But now we can do so much more to respond to ideas and suggestions from the people who use the centre.”

The feeling is much the same at the **Rycote Resource Centre** in Derby, where manager Meryl Shelvock is keen for the service to move forward.

“We are very keen to develop the partnership between staff and users. It is a partnership that exists already, but we hope that we will be able to further it with our freedom – and the knowledge that user-involvement is a major factor within the Leonard Cheshire Foundation.”

Rycote has 181 people currently on its register, and can take 60-70 a day. Its range of activities includes craft, art, drama and printing, as well as help and advice on skills that will help people move towards living independently.

“We are also here as a place simply for people to meet,” says Meryl. “They can come and have a cup of tea, or a smoke, or whatever, and just talk. Many of our clients have been disabled by, for example, a stroke or a heart attack, and it can be difficult to come to terms with. We can help them rebuild their confidence.”

Jim Frost, manager at the **Granville Avenue Resource Centre** in Long Eaton, says the emphasis is very much on the individual. “We are

not really a place that says ‘we offer this facility’. Our emphasis is on the individual’s choice, and how we can support them and help to meet their needs.”

About 35 people a day currently come to the centre. “We’ll provide meals, and there are activities such as a woodwork room, but much of our work doesn’t happen in the centre at all.

“Part of our work is to visit some of our users in their own homes and make a full assessment of their needs, which we can then meet with the appropriate day services. One of our clients might want to learn how to cook, or learn another skill that could help them on the road to independent living.”

Jim also believes the Foundation’s experience will offer the Resource Centre more scope. “This move will give us a greater potential to provide even better support to disabled people. It is essential we constantly listen to users, so we can constantly assess their needs and provide the support to enable them to make the choices they want to make.”

Independent living is a goal David Spray often comes across in his role as manager of the **West Street Resource Centre** in Chesterfield.

“People see others ‘going out into the world’ and want to achieve the same things – and that’s what we help them to do,” he says.

“We help people to cope physically, and we help them with very personal needs, such as going to the toilet or with meals. But with our help, they also set out their goals,

.....  
“People see others ‘going out into the world’ and want to achieve the same things – and that’s what we help them to do.”  
.....



Foundation Chairman Sir David Goodall pictured with Derbyshire Social Services Director Bruce Buckley

and independence is quite often very high on the list.”

The help comes in different forms at West Street – users can be advised and assisted to apply for a place of their own through Housing Associations, and to work out 24-hour care packages with Social Services to enable them to enjoy supported living.

Many want to work. “The North East District Council in Derbyshire has a marvellous 13-week scheme called Breakthrough To Work,” says David. “A disabled person can work alongside an able-bodied person in a genuine working environment, but at their own pace and without undue stress. This helps to build confidence, and many’s the user who has gone down that road and has done so well that they have been able to find work and we haven’t seen them again.

“We will always be here to help people – we have a tremendous staff – and we will always be happy to help, however long people need our assistance. But we all feel a tremendous satisfaction when somebody comes in and says ‘thanks for all you’ve done – but I don’t need you anymore’.” ■

**Clarence Hawkins**, who represented **Katpadi Cheshire Home, India**, at the 1994 World Week, died recently after a brief illness.

Clarence, who was 77 and unmarried, will be greatly missed.

**Spofforth Hall Cheshire Home** in England has lost two of its stalwart supporters within three weeks.

**Peter Cotton**, who had been the Management Committee Chairman until his resignation through sudden ill health a few months ago, died in October.

He had been on the management committee for eight years, firstly as its treasurer and then, for the last two years, as its chairman.

He had seen the Home move from a precarious financial position to a stage where it is now able to plan actively for new premises.

Peter was 64.

Later in October, **Freddie Critchley**, who had been involved with the Home since 1981, died suddenly after a short illness.

He had served on the management committee for many years, and in his retirement he was a regular visitor to the Home befriending residents. Freddie had a charming disposition and was a favourite with residents and staff alike. Freddie was 81.

### Obituaries

**Cynthia Taplin**, a resident at **Chiltern Cheshire Home** since 1972, died recently.

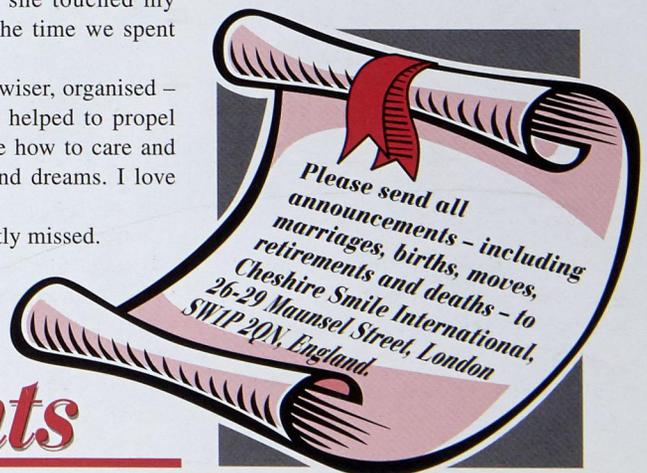
Always active, Cynthia's interests ranged from dressmaking in the early days to a discovery that she pursued almost to the end.

Cynthia organised the voluntary drivers and always found time to listen to and help anyone with problems.

Of the tributes from many of the young people whose lives she had touched, one wrote: "I thought of Cynthia and how she touched my heart and life in the time we spent together.

"She was older, wiser, organised – all the things that helped to propel me. She taught me how to care and strive for ideals and dreams. I love her very much."

She will be greatly missed.



*Window on the World*



*A snow-sprinkled view of Moscow, near the city's Cheshire Home*