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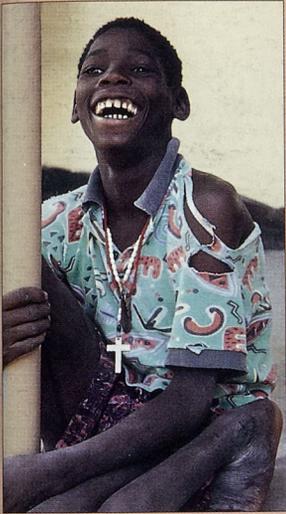
# CHESHIRE *Smile* INTERNATIONAL

THE OFFICIAL MAGAZINE OF THE LEONARD CHESHIRE FOUNDATION

## IN THIS ISSUE

### **Namibia**

A special report



### **Run in the sun**

Runners brave the heat of the London Marathon

### **Dear diary**

The diary of a volunteer





**O**ne of the highlights of this issue of Cheshire Smile International is the feature about Nicola Golding's experiences as a volunteer in the Harima Cheshire Home in Japan.

19-year-old Nicola has had, by her own admission, a "sheltered life and a privileged background" and was attracted to the thought of doing something a little different "to give something back".

Much of the article is taken from Nicola's diary, which she kept during her six-month stay in Japan – a fascinating account which enables us to experience with her the uncertainty of such an undertaking.

Through the diary, we see not only Nicola's gradual realisation of the work and dedication needed to be an effective Leonard Cheshire Foundation volunteer, but also her acceptance of disabled people as individuals.

I'm sure many volunteers will relate in some way to Nicola's experiences and find they can identify with her.

Make no mistake, volunteering can be, as Nicola discovered, hard work – but as many volunteers know, it can also be very rewarding.

I would like to take this opportunity to pay tribute to the thousands of Foundation volunteers across the world who continue to put in hour upon hour of unpaid work to give each disabled person with whom they work, the opportunity to live life as he or she chooses.

To all our volunteers everywhere – thank you!

**Peter Taylor-Whiffen**

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Cheshire Smile International is supplied as a free service to all Cheshire Foundation Homes and Services. Because of this, we do try to keep costs to a minimum and are extremely grateful for any contributions made towards the running of the magazine.

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 and learning disabilities, through more than 320 Homes and Services around the world.

Front Cover: Fujiwara-san, a resident at Harima Cheshire Home in Japan  
Picture by Nicola Golding

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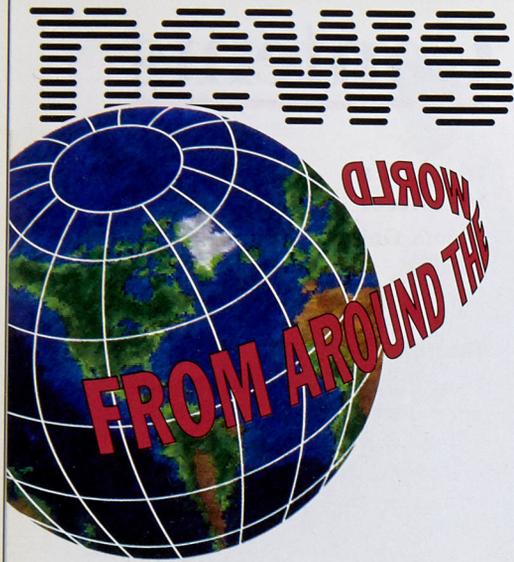
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*Flying the flag – American Marines Chief Mark Feldbrugge and Lieutenant Dean Scott were among those taking part to make it a real red-feather day*

# It was a real red



*“Good news! Not only have I finished – I’m getting a massage as well!”*

The sun shone, the temperature touched 28 degrees and it was a glorious day for the London Marathon – if you happened to be watching it!

For the Foundation’s 130 runners, however, the hottest day in the race’s 16-year history added a further problem to what was already going to be a challenge.

The temperature, already in the mid-twenties when the athletes started at Blackheath and Greenwich at 9.30am, rose steadily throughout the morning, and by noon the capital was enjoying its hottest day of the year.

The Foundation’s runners were easily identifiable among the 28,000 starters, many wearing headbands sporting our distinctive red feather logo.

And there was plenty of support along the route, with the crowds responding to all runners wearing something a little different.

Some athletes coped with the heat better than others, not least 24-year-old Jamie Jones. But despite being the first Foundation runner into the Mall, he was disappointed with his

time of two hours 47 minutes.

“I must admit I didn’t have a very good time,” he said. “I got caught up in the crowd at the start, which meant I ran the first mile in about eight minutes instead of my anticipated five-and-a-half.

“I spent the rest of the first half of the race going too fast to try to regain that lost time, and in the second half I folded.”

Jamie may have been the first Foundation runner to finish, but he was more than an hour behind the first Foundation athlete.

David Holding stormed through the tape in the men’s wheelchair race to become the first athlete to win the title three times – and the first Foundation athlete to cross the line!

David’s time of 1:44:48 was his fastest over the London course, where he also won in 1989 and 1994.

“I’m delighted to win, both for myself and for the Foundation,” he said.

“It was quite a tough race, as the heat affected us as much as it did the runners.”

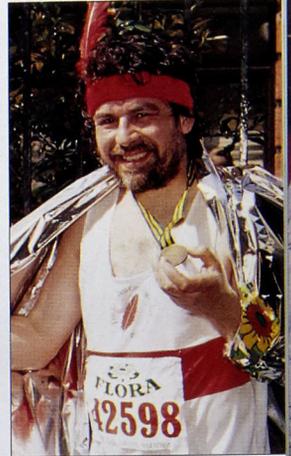
Tanni Gray won the women’s wheelchair race in just over two

hours – also for the third time.

As the first athletes were finishing, Foundation staff and volunteers were already preparing to welcome tired runners at the post-race reception.

After their 26-mile journey, the athletes had to drag themselves only another few hundred yards to Great Scotland Yard, where they were rewarded for their efforts with sweets, chocolates, drinks, fruit and even physiotherapy.

Four physios, including Jenny Ashtead from Seven Springs and Joanna Bernasinski from Three Forests, were on hand to help exhausted runners get their legs moving again.



Birds of a feather – just three of the 130 Foundation athletes who completed the 26.2-mile journey through the streets of London

# feather day!

“It was a marvellous day,” said Joanna. “A lot of people came to us for help, and we had a letter from one runner who said he wouldn’t have been able to walk if it wasn’t for us – so we’re delighted to have been so well received.”

The physios worked through from 1pm to 5pm, treating a steady stream of stiff thighs, knees and ankles.

“We didn’t see anything that

surprised us,” said Joanna. “Most of the runners had the same problems, and we used ice and massaged oil into aching limbs.

“But although the symptoms were all similar, we heard a lot of unusual stories!

“We offered physiotherapy, but St John Ambulance was close by if runners had any other problems such as blisters.”

But Joanna said they ensured all runners had a packet of crisps before they left.

“It was such a hot day that runners’ salt levels got very low,” she said. “We insisted they all ate crisps while they were with us – even if they didn’t like them!”

Joanna paid tribute to the organisation and the facilities. “Everything was laid on for us and organised extremely well,” she said. “It made our job a lot easier. I’m already looking forward to next year!”

Director General James Stanford praised all who had taken part in the day.

“All our athletes were magnificent – it takes real dedication to train for such a demanding event, and although the sunshine made it a glorious day for spectators, it made the race doubly difficult for those taking part.

“I would like to thank them and all their supporters, from all Homes and Services and beyond, for their tremendous effort on behalf of the Foundation and the people who rely on our services.”

He added: “I would also like to thank everyone who turned out to man the reception.

“It was a long day, but a very rewarding one.”



Everyone a winner – the Foundation’s General Secretary Graham Faulkner congratulates some of our athletes at the Civil Service Club reception



There was just cause for celebration in the Philippines, when residents, staff and volunteers marked the tenth anniversary of the Tahanang Walang Hagdanan Cheshire home in Vigan, Ilocos Sur with a special parade.

## Sir Geoffrey donates his savings



The Foundation's former UK chairman, Sir Geoffrey Howlett, made an unusual presentation to LCFI at a recent committee meeting.

Sir Geoffrey has spent years saving his five pence pieces in a bottle – which, when it was finally full, he found contained more than £400!

Sir Geoffrey decided to donate his unusual savings to an international project, and is pictured presenting the gift to international chairman Sir Patrick Walker.

## Selangor home earns top award

Rumah Amal Cheshire Selangor has been awarded Malaysia's prestigious Prime Minister Quality Award.

The Home faced competition from social welfare organisations from all over the country before being awarded the honour in the socio-economic category.

Among the award criteria were:

- leadership and volunteerism based on commitment, having plans and visions in the objectives of the organisation
- strategic plans for continuous programmes

- system for planning, information and management

- resource centre

- excellent production for services – individual input, output, process and the outcome of services involved.

- innovation and independency – creativity towards the International level

- other principles and values.

The Home received a trophy, RM30,000 and a certificate, and can now use a special quality symbol on its letterheads and correspondence.



Pictured at the presentation are the Home's secretary Puan Hajjah Khatijah Sulieman, vice president Tuan Hj Mustafa Albakri Mohd Amin and president Datin Seri Rosmah Mansor, deputy prime minister Datuk Seri Anwar Ibrahim and chief secretary to the Malaysian government, Tan Sri Ahmad Saji.

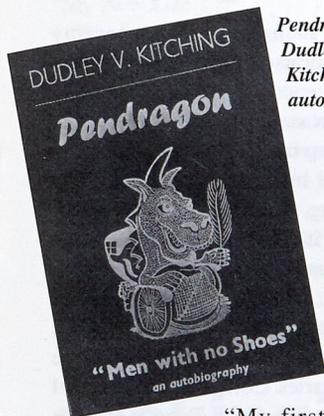
## Dream may come true for Dudley

Dudley Kitching, a former resident at Kenmore, West Riding, is to have a wish come true – two years after his death.

Notes that Dudley made throughout his life about his disability and his battle to overcome it, have been collated by his carer, Robert Girling, in a special biography.

“Pendragon – Men With No Shoes” is the fulfillment of a wish Dudley made more than 30 years ago in the autumn 1963 edition of Cheshire Smile International, when he was interviewed as the magazine’s north regional editor.

*Pendragon – Dudley Kitching’s autobiography*



“My first love is writing,” he said. “I would like to be able to write something really worth reading – not for the money, but to satisfy myself that I could do it.”

He continued: “Next to this, my first love is my desire to serve my fellow disabled people, either through the Cheshire movement or some other, and thirdly to travel ... travel and travel – talking to people and making friends.”

Anyone reading “Pendragon” will not take long to realise he achieved the last two ambitions.

The publication of the book is in itself a realisation of the first.

£6.99, from WG Marketing, 12 Elm Row, Selkirk, TD7 4DT, England.

# Madurai marks its 25th birthday



Guests in prayer at the 25th anniversary celebrations

Residents at the Foundation’s Madurai unit in India enjoyed a double celebration when they combined Founder’s Day with their 25th anniversary.

The event began with the lighting of Kuthuvilakku (a brass lamp) by

Sister Mercy Jacob, Mother Provincial of the Mysore Tarbes.

Guests, who included the managing director of leading South India company The Metal Powder Company Ltd, Mr A. Vairaprakasam, and acting rector of the Pallottine Society, Tirungar, Revd Father Immanuel, heard tributes to Leonard Cheshire and a history of the home.

One of the residents, Miss Eswari, praised the honorary secretary, Mr S. Chidambaranathan and presented him with a shawl on behalf of all residents, and all the residents and staff were presented with new dresses by management committee member Mr N.M.R. Jambunathan.

A particular highlight of the day was the presentation of a van, which was donated by MIVA, Switzerland and Pallottiner, Germany.

The vehicle, acquired with the help of the Archbishop of Madurai and Revd Father Immanuel, will be used for serving the rural areas.



Girls from the Sitalakshni Higher Secondary School enthralled residents and guests with their dancing

## Melrose wins special award for services

Melrose Cotay, the administrator at the Freetown Cheshire Home in Sierra Leone, has received a special award for services to disabled people.

Melrose, who has worked with disabled people for more than 26 years, was honoured by the Chairmen of the Heroes Day Award at a special ceremony at Freetown city hall.

She has also recently received another honour – she was appointed to the National Board of Education.

### Also making the news...

- Mrs Gita Viswanathan, joint honorary secretary at the Madras Home, has been appointed to serve a three-year term as chairman of the Tamil Nadu State Social Welfare Board.
- The Foundation's former UK chairman, Sir Geoffrey Howlett, and Sir John Robson, were co-opted onto the International Committee at a recent meeting of the Foundation's National Executive.

### Annual review is published

'Everyday people... everyday lives' is the theme of this year's Foundation annual report, which has just been published.

The document, which outlines the Foundation's recent achievements and future plans, highlights individual disabled people and how particular services have enabled them to have greater choice and opportunity.

The report is divided into sections such as leisure, family, and choice and opportunity – the things that make up everyday life.



## Pupils' essays win prizes

Talented youngsters from all over England were at Stowe School recently to receive their prizes for winning the school's annual Leonard Cheshire Essay Competition.

The school, which the Founder attended during the 1930s, established the competition in 1994 as a challenge to the pupils of Britain's independent schools.

This year the title of the essay was taken from Leonard Cheshire's book, 'The Hidden World': "We are all involved, all needed, all organically part of one human family as a leaf is of a tree."

Stowe's headmaster, Jeremy Nichols, praised the standard of the entries.

"This was not an easy theme for such young minds to tackle, and I was impressed by the quality of not only the writing, but also the thinking that went into it," he said.

The winners were Sebastian Allen (not in picture) and Ramanan Krishathasan, who is pictured with runners-up, Alice Wheeler, Alice Brett, Charles Collicutt and Michael Leslie, together with Jeremy Nichols and the Foundation's Director General James Stanford.

## Laurie windsurfs for St Cecilia's – at 85!

Laurie Locke is preparing to ride the crest of a wave – to celebrate his 85th birthday!

Laurie will take part in a charity triathlon which includes swimming, walking and windsurfing – and his energetic efforts will be raising money for St Cecilia's Cheshire Home in Bromley, England.

"It should be a fun day," said Laurie, who takes part in the event this summer.

"It all helps to raise money for a good cause.

"I'm in training for the event – all I want now is for lots of people to turn out to watch me and to support the event."

## Domingo tells his story of two wives

A resident at one of the Foundation's Homes in Spain presented a copy of his autobiography to Sir Patrick Walker during the international chairman's recent visit to the country.

Domingo Blanco met Sir Patrick at the Benedetti Home, and presented him with a copy of "Una Vida Incansable", which tells of his philosophical approach to a disability that means he has to be on oxygen for most of the day.

Domingo, who has set up an Association of Disabled People, also wrote the following article entitled "My New Life":

"Since I left the hospital, I depend on two machines – it is as if I married two women at once.

One is the ventilation machine, who is a very possessive wife. I always have to have my mouth closed, or I lose air.

I have to be with her 12 hours a day – eight at night, and two each in

the morning and afternoon. She is installed in my room.

The other is the oxygen wife. She is more liberal, because when I am with her, she allows me to talk all I want. However, she does not allow me to use the telephone, because the wire does not reach while I am attached to her.

They do not discourage me, however. I take my life, with a lot of philosophy, as it comes. Although at the beginning it was hard to adapt myself quickly, I took the view that I had to master the situation.

I did not surrender to my wives – sometimes I rebel a little, because I am frustrated they have taken away my liberty. My life has experienced a tremendous change – no longer do I have the freedom I once had.

But it's an ill wind that blows nobody any good – it may be a blessing in disguise. Thanks to my wives, I may be able, God willing, to live for many years."

## Mary donates prize and helps to build a roof

Mary Kaw Lian Geok, the Singapore resident who won last year's international Christmas card competition, has donated her prize money to a Cheshire Home in Zambia.

Mary, whose painting of flowers was chosen as the design for the LCF International's Christmas card, won a holiday to a Cheshire Home anywhere in the world.

However, unable to travel, she asked international director Rupert Ridge if she could donate the money that would have been spent, to a Home in Africa.

Thanks to Mary's generosity, Chipata, which provides rehabilitation for up to 40 disabled children, is well on the way to obtaining a much-needed new roof.



Mary's winning design was seen on Christmas cards around the world

## What's cooking?

Residents at Calcutta's Tollygunge Cheshire Home were able to show off a new skill recently – baking!

The Home received special equipment from the country's Goodrickes Tea Company, whose chairman is Peter Leggatt, a member of the Foundation's international committee.

The bakery was officially opened recently by the Foundation's international chairman, Sir Patrick Walker and, to put the icing on the cake, guests enjoyed cakes baked on the premises by residents, who had been trained by the Spastics Society of Eastern India.



Residents and guests enjoy the benefits of the new bakery



*The Sir James and Lady Peiris Cheshire Home's Buddhist chaplain chats to American volunteers from the Church of Jesus Christ, who visit residents twice a week*

## Sri Lankans mark 30 years

It was a time of celebration in Sri Lanka when the Sir James and Lady Peiris Cheshire Home recently celebrated its 30th anniversary.

The event, which included a special Service of Thanksgiving, was given extensive coverage in a feature in the Sri Lankan newspaper Weekend Express.

The article, headlined "Home built on love and laughter", included an interview with management committee chairman Dennis Cooray and pictures of residents, staff and volunteers.



*The local Methodist minister lights the oil lamp prior to the Service of Thanksgiving*

# Timothy looks to independence

Timothy Ang does his own laundry and can cook his own meals. Soon he will be able to mop the floor of his flat.

Timothy, a 40-year-old bachelor, has become the first person to enter a new Training In Independent Living (TIL) programme by Singapore Cheshire Home.

He moved into the Home 11 years ago, and has already gained a degree of independence – but will be one of the first to put the Home's five new customised Housing Board flats to the test.

"When I was living with my family, I had the tendency to rely on my siblings all the time," he says.

"Coming here, you find things are so well adjusted, you try to do as much for yourself as possible."

"Now I can dress myself and bathe myself – in fact, at the moment, I do most things on my own. I am basically as independent as any other person."

Timothy, who is a data entry clerk in a property company, will live in the flat for two years to prepare to live independently.

Occupational therapist Nick Reyes said there were a number of special tools to help people with everyday tasks.

"We have adapted instruments to help people with tasks such as dressing," she said.

"We also have activities to help fine-hand co-ordination, so people can do things like buttoning shirts and applying lipstick."

Among the everyday tasks Timothy will learn are budgeting his finances and managing his time.

"I think the main obstacles will be interaction with my neighbours and budgeting," he said. "I don't want to go home and depend on my family all over again."

"I look forward to being really independent on my own, totally and completely."



*A youngster at Butiru Cheshire Home, Uganda, puts across a powerful message*

# David flies out to see his dream come true



**D**avid Hassell has worked tirelessly for two years to provide a bus for a Cheshire Home in the Philippines.

So when he got the chance to fly out to Manila to see his dream come true, he seized the opportunity!

David, a resident at St Michael's Cheshire Home in Somerset, England, first began to think of a way to help St Michael's twin home, Bahay Liwanag, in late 1993.

He was further spurred on at the Foundation's World Week the following summer, when he discussed his plans with delegates including Bahay Liwanag resident Romy Garcela.

David set to work and, together with a group of fellow volunteers, raised £13,000 to buy a bus/ambulance, a water-purifier and dental equipment for one of his contacts, dentist Angelita Gillego.

But while David was delighted people had given so much support, the culmination of his fundraising efforts was a trip of a lifetime to the Philippines to see exactly how the

money had been spent!

David travelled with volunteers Richard and Madge Best and their daughter Alison, but all did not go quite as planned, as illness put David in hospital for the first six days of the two-week trip.



However, he was still able to visit Bahay Biyaya, which provides accommodation for disabled students while they attend college and the Tahanang Walang Hagdananan home which provides accommodation for young children and employment in manufacturing units for more than 150 workers.

He also visited Bahay San Jose, the Pangarap Home and Bahay Mapagmahal 1 and 2, but one of the

main highlights was handing over the keys of the bus.

"I gave the key to Romy Garcela, wishing the residents well and hoping the bus would give them long service," said David. "After the presentation we went into the Home, where we had the opportunity to chat to residents and to take part in discussions about the use of the bus."

At Pangarap, David also saw residents' gratitude for the new water filter.



"One of the residents, Ray, was not able to speak clearly, but tears of joy ran down his face."

David returned in better health, and is determined to go back to enjoy again the welcome he found in all the Philippines homes. ■

The bright lights beckon as British wheelchair troupe We Can Dance prepare for a major gala – and aim to show the public how they live up to their name.

**Peter Taylor-Whiffen met them at rehearsal at the Foundation's Cressy Fields Resource Centre in Derbyshire**



# Lead

You feel there should be italics in the group's name – but you're not quite sure where you'd put them. *We can dance* – *we can dance* – or *we can dance?* Every one of those emphases suggests a statement which boldly challenges so many perceptions of people with disability.

Wherever the italics go, the statement is undoubtedly true. *They can dance*. Whether it's line dances, romantic duets, Scottish reels or 100 miles-an-hour rock 'n' roll, the 20 members of the troupe can do it – and can do it well.

"This group's ability is limited only by the bounds of imagination," says group leader Les Stacey. "We've performed routines as trees, chariots, you name it – somebody telling you you are unable to do something is only a barrier if you believe it yourself."

Les is speaking during a break in one of the group's regular Thursday rehearsals at the Foundation's Cressy Fields Resource Centre in Alfreton, Derbyshire. "We've really developed in the last year or so, and our variety of dances has increased enormously," he says. "Every time we perform something new, it shows people something else disabled people can do."

Among those impressed today is the assistant director of Derby Playhouse. Pete Meakin was invited to officially hand over the keys of the troupe's brand new minibus, but has been so impressed by the dancing that he has issued an impromptu invitation for the troupe to perform at the theatre's gala night.

"I am aware of the abilities of people with disability," he told them. "I came here today expecting something good – but I never

# ing a merry dance

realised until today how graceful, elegant and beautiful wheelchairs can be."

However, he is keen to stress that the invitation is not tokenism.

"This gives everyday theatre-goers an opportunity to see the professionalism of those involved in the disability arts field," he maintains.

"This gives the dancers a stage on which to get their message across, but we haven't invited them because they're disabled – we've invited them because they'll put on a quality show."

The gala will be the group's biggest opportunity so far to reach out to the general public. It was formed as an activity group at the day centre some 20 years ago, and soon became a member of the Wheelchair Dance Association, competing against other teams.

"We did reach quite a good standard of competition," says Les, who became the group's leader just under two years ago.

"One year we won everything, but the bounds of competition meant we were having to do more and more set routines."

This put a lot of restrictions on the type of dances the group was able to do, as members found all their rehearsal time was taken up getting technical details right for competitions.

"In the end, we stopped entering the competitions," says Les. "As a result, we are able to put a lot more expression into our work, and we have a lot more freedom.



"This gives us the chance to explore many more ideas."

And the ideas are plentiful – planning the routines is very much a group effort, with everyone having their say and making suggestions and improvements.

"We start with a piece of music we like, and build around a pattern of different basic steps," says Les.

"I choreograph the routines, but it is essential that everyone chips in with their contributions, either because of the practicalities of manoeuvring a wheelchair, or from an expressive point of view."

And the possibilities do seem endless. Some formations can take into account symmetry of electric and manual wheelchairs, and the group's programmes also feature several "PHAB" dances, for a group combining disabled and able-bodied dancers.





**'Whatever dance an able-bodied dancer can do, a wheelchair dancer can do, either on his or her own or with an able-bodied or disabled partner'**

"In short, whatever dance an able-bodied dancer can do, a wheelchair dancer can do, either on his or her own or with an able-bodied or disabled partner," says Les.

However, the group is far from complacent and feels there is always room for improvement. Heroes include the Candoco dance troupe, one of Britain's foremost wheelchair dance groups.

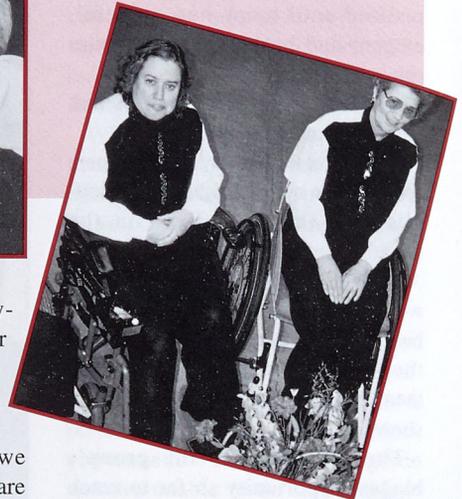
"They are phenomenal," says Les. "We went to see them, and they are a



real inspiration. They do everything. Dancers leap out of their chairs – it's extraordinary to watch. It will be a long time before we're in their league, but we pick up ideas and are always looking at ways to improve."

However, We Can Dance are good enough to make prospective members feel uncertain about asking if they can join the team.

*We Can Dance recently received the boost of a new bus, thanks to grants from the Cressy Fields Amenity Fund, Amber Valley Borough Council, the National Lottery and Derbyshire County Council. Dancers Anne Elliott, Clare Revill and Les Stacey are pictured with Derbyshire Playhouse's assistant director Pete Meakin and dance development co-ordinator Tracey Smart.*



"I sat on the sidelines watching for ten years, and always wanted to ask if I could have a go," says Anne Elliott, who finally plucked up the courage about a year ago.

Now Anne is a vital member of the team, having followed the paths of other members who became involved after turning up to watch.

"We are keen to welcome any new members and introduce them to the world of wheelchair dance," says Les.

"This is beneficial for them, as it opens up a whole new world of expression. A new member is always good for the group, as we like to hear new ideas.

"But most importantly, the more people that are involved in our group, the more chance we have of getting the message across – that whether our members are disabled or able-bodied – we can dance." ■



*Nicola Golding swapped life as a student for voluntary work at Harima Cheshire Home in Japan. Martha Robinson talks to her about her adventure*

**W**hen offered the chance to study at Cambridge University in Britain, most students would pack their satchel immediately. But not Nicola Golding.

"I have had quite a sheltered life and a privileged background. I wanted to experience something other than the British education system and to give something back to people of a less privileged upbringing," explains 19-year-old Nicola.

After studying for A Levels, she decided to spend a year out of education before becoming a history student at Gonville Caius college in Cambridge.

"I applied to GAP - a sort of clearing house that arranges voluntary work for students overseas. I asked for care work in a developed country and was given a placement at Harima Cheshire Home."

Nicola had not heard of the Foundation before. "I did not know quite what to expect. I thought the Home would be quite regimented, but it was not. I had not expected it to be such a happy place. There was so much going on all the time."

Nicola made a lot of friends during her stay at Harima Home. A number of residents plan to visit London this summer and Nicola hopes to meet up with them again.

"A lot of the residents could speak

**"I have made many friends and learned so much"**

some English and five could speak the language fluently. I had not expected that, which was quite stupid of me," she says.

"My time in Japan was a great experience. I can see why the Cheshire spirit is thriving in Japan. It



*Nicola and Harima resident Tsurefuji-san*

is not only the dedication of the staff in the Homes, but also because Japanese people are willing to absorb what they see as the best of Western culture and then do it their own way."

"I have made so many friends and learned so much - I can even steer an electric wheelchair now without running over my own foot! But most of all, I have learned that a person with a disability can have dignity even if you are doing everything for them."



*Harima Cheshire Home in Hyogo, Japan is home to 60 residents aged 19-50 years old*



Using extracts from her diary, Nicola Golding gives an account of her voluntary work at Harima Cheshire Home in Japan

# Dear diary...

### Tuesday 31 August

Panic! Tomorrow I am going to Japan for six months to work in the Harima Cheshire Home near Osaka. I am so nervous. Will the people be friendly? Will I be able to communicate? (I know how to say "I am a student" but that is about it).

All my friends are off to university this year. I hope I am doing the right thing in taking a "gap year".

### Sunday 3 September

Still in a daze from the jet-lag, and the heat and humidity do not help. I am staying at Hanshin Cheshire Home until September 5.

Today I watched some videos about The Leonard Cheshire Foundation – I did not realise how large and diverse it is. I also learned how to push manual wheelchairs up and down steps and had a go at driving an electric one – it is harder than it looks.

### Tuesday 5 September

I was driven to Harima today. It took two-and-a-half hours because two of the three main Osaka-Kobe roads are still closed owing to the earthquake last January. There was a lot of blue plastic sheeting covering damaged houses and open space where buildings had collapsed.

Harima is absolutely beautiful. It is a little way up a mountain surrounded by pine trees. The Home itself is large and modern.



*Mizogami-san*

The residents all gathered in the dining room to greet me and the other GAP volunteers. We had to introduce ourselves in Japanese.

### Wednesday 6 September

First working day. My work consists of acting as a helper to the permanent staff – feeding, cleaning and washing residents, leading activities, etc.

I fed residents their breakfast and then went shopping with a resident at a big department store in the small town near the Home.

### Saturday 16 September

Today was a party to celebrate the opening of the Shiso Cheshire Home, the third in Japan. A bus-load of Foundation VIPs came to Harima for a traditional Japanese supper followed by a karaoke party.

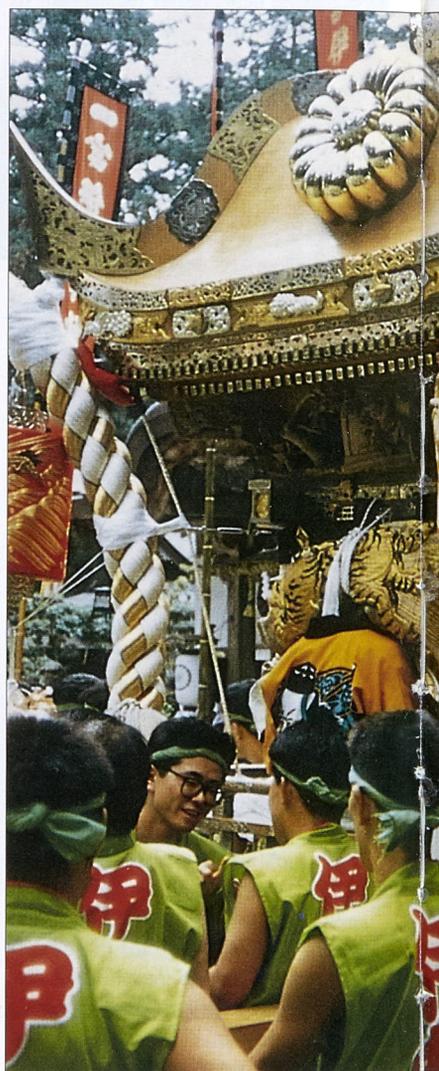
The Home has its own karaoke

machine and the staff seemed quite surprised when I said it was no longer popular in the UK.

Being a typically self-conscious teenager, I was afraid of being asked to sing and so was very pleased to get away with a mass rendition of "Auld Lang Syne".

### Tuesday 26 September

Movement class today was odd! We all lay in a line on the floor and the person at the end of the line crawled over us to the other end while everyone else rolled over and attempted to be a human conveyor belt. I think I preferred pottery yesterday – fewer bruises.



**Friday 6 October**

The whole Home was fumigated to get rid of ticks. This meant that the residents had to stay outside all morning. Some of them went to the supermarket which is 40 minutes away by electric wheelchair. I was pleasantly surprised to find that the staff at the checkout spoke to the residents and not to me.

**Saturday 14 October**

There was an earthquake (well, a tremor) last night at 2.06am! It was a very odd feeling, my insides shook and I thought I was dreaming. The residents did not even mention it the next day. Considering several of the

staff lost their homes in the Kobe earthquake, I can see why a tremor does not call for any comment.

**Sunday 15 October**

Sports day. I thought it would just be wheelchair races but the competitions were much more ingenious than that. The staff put carpet out in the courtyard so that the residents could all get out of their wheelchairs and do things like obstacle races.

There was even a sumo screaming match, in which the least mobile residents put on hairbands to look like sumo wrestlers and competed to see who could scream the loudest.

**Monday 16 October**

At 8.30am men dressed in loincloths and bright green waistcoats carried a portable shrine into the car park of the Home. It was gorgeously decorated and contained four drummers, all making as much noise as possible.

All the residents came out to watch the men dance with the shrine on their shoulders. In the afternoon some dressed in kimonos and went down to the town shrine to see all the portable shrines meet up.

It was quite a sight - four portable shrines dipping and swaying. The thunder from the drums combined with the shouts of the shrine-carriers

made the ground shake.

This was all to celebrate the equivalent of Harvest Festival.

**Sunday 29 October**

The Halloween party went without a hitch. I spent yesterday helping some of the residents make and paint Halloween masks. They proved a bit too realistic for one lady, who screamed at the sight of them and ran out of the room!

**Monday 30 October**

First day of a two-day trip to Okayama with four residents. We are staying in a ryokan (a traditional Japanese hotel) so had a traditional Japanese supper with lots of unidentifiable but tasty things, all washed down with green tea.

After supper we went to the hot spring baths attached to the hotel. It was lovely - so hot and relaxing.

We then went back to our rooms and had beer, sake and nibbles. By 12.30am, one lady could no longer sit up and just lay on the floor waving her legs in the air and giggling (too much sake!)

**Tuesday 5 December**

Some residents and I spent the morning shopping in Osaka. One of the shop assistants refused to answer the resident I was with and started speaking to me in English. He was most surprised to find that the resident speaks fluent English.

**Monday 25 December**

My first white Christmas! Thirty centimetres of snow fell last night and it has been snowing all day.

The Head of Home found us sledges in the garage and on my first run I ended up headfirst in a snowdrift!

**Monday 1 January**

I am looking forward to returning home and going to university, but I will be sad when I leave Harima. I've made so many friends and learned so much. ■



*Ikeda-san (left) and Yamada-san*

*At 8.30am this morning men dressed in loincloths and bright green waistcoats carried a portable shrine into the car park of the Home*



based rehabilitation visits is Katima Mulilo Cheshire Home, opened in September 1995 and a stone's throw from the Zambezi river.

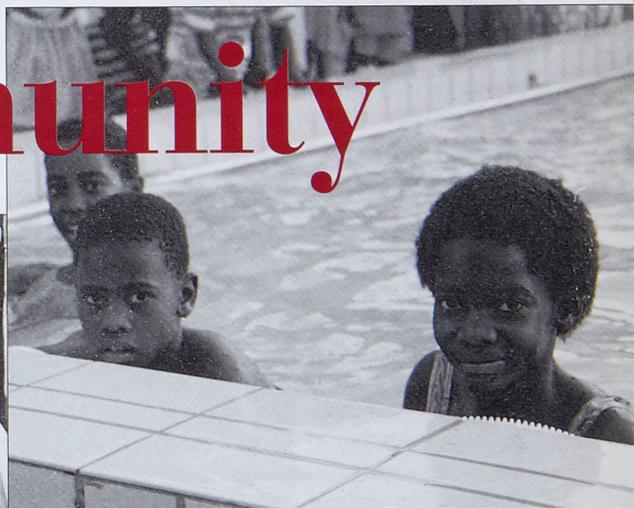
The home is used as a hostel for 17 disabled children, enabling many of them to attend the local school – something which would otherwise prove impossible, given the school's distance from villages, the bad roads and the lack of public transport.

While at the Home, the children also receive physiotherapy and some of the older children attend a vocational training school, which will soon be expanding its range of subjects, which currently include tailoring, and secretarial skills.

Namibia's first Cheshire Home, Anamulenge, is run by Sister Clementine and is also looking to further its community work. It was opened in 1987 to provide accommo-



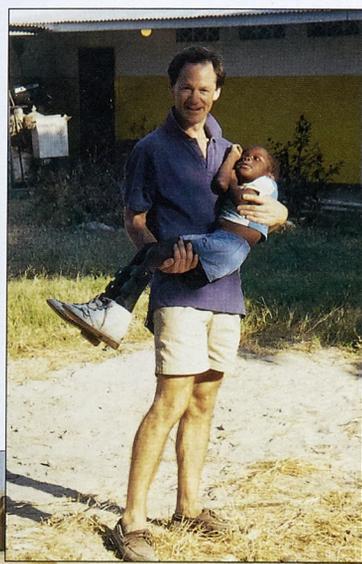
# the community



*The children make the most of the new hydrotherapy pool at Anamulenge Cheshire Home (above), while others prefer to stay on dry land (left).*



Visitors Rupert Ridge and Mark O'Kelly got to know the staff and children during their stay

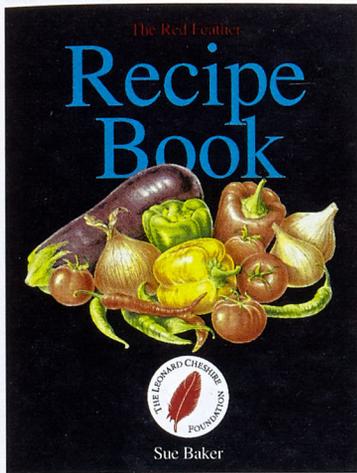


dation for disabled children attending primary and secondary schools, but is now looking to place more emphasis on the rehabilitation of disabled children.

This involves many of the children staying for shorter periods, the idea being that once they are in the education system, their families can continue to send them to school. In the past, several pupils have gone onto university, one has started a small vegetable garden and others are employed elsewhere.

One of the highlights of Rupert and Mark's visit was the opening of the Home's new hydrotherapy pool, which provides the children with enjoyment as well as therapy. The official opening included singing, dancing and hilarity – particularly when the local priest, Fr Ndumbu, was thrown in! ■





# The Red Feather Recipe Book

This month's recipes come from The Foundation's Red Feather Recipe Book. The book is compiled by Sue Baker and includes recipes from Foundation trustees, residents, clients, staff and volunteers from around the UK.

## Orange and Tomato Soup

### Ingredients

2 pts/1200ml stock  
2lbs/900g tomatoes or  
2 x 14 oz cans chopped tomatoes  
1 onion, chopped  
1 carrot, sliced  
1 bay leaf  
1 tablespoon sunflower oil  
3oz/75g plain flour  
2 oranges, juice and grated rind  
salt and pepper

### Preparation

Bring stock to the boil, add tomatoes, onion, carrots and bay leaf. Simmer for 20 minutes and blend.

Put the oil in a pot, add flour and stir over a low heat for a few minutes. Slowly add the tomato mix and bring to the boil. Add the orange juice and grated rind. Season to taste. Serve with french bread.

## Spiced Fillets of Salmon in Ginger

### Ingredients

4 salmon tail fillets  
olive oil  
1 teaspoon of grated, fresh ginger  
a dash of soy sauce  
lemon juice

### Preparation

Marinate salmon in all ingredients for several hours. This is best done by sealing them all together in a polythene bag in the fridge.

Cook fish on a buttered tray in oven at 230 degrees C/475 degrees F, moistened with marinade.

Bake for four minutes only and serve on hot plates with an accompaniment of relish made of equal parts grated ginger and grated horseradish.

## Coffee Cream Refrigerator Cake

### Ingredients

1/4 pt strong black coffee  
3 tablespoons brandy  
28 crisp sponge fingers or boudoir biscuits  
1/2 pt double cream  
2 tablespoons milk  
pistachio nuts, blanched

The Red Feather Recipe Book costs £6.95 (plus £2 p&p). Please send a cheque or postal order for £8.95 made payable to 'The Leonard Cheshire Foundation' to: The Red Feather Recipe Book Offer, The Leonard Cheshire Foundation, 26-29 Maunsel Street, London SW1P 2 QN

### Preparation

In a shallow dish combine coffee and brandy.

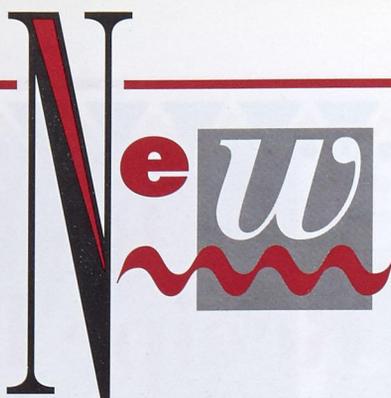
Dip sponge fingers one at a time in the coffee and arrange seven side by side on a serving plate.

Whisk 1/4 pt chilled cream and one tablespoon milk together until it just holds its shape.

Use a little of the cream mixture to layer over the sponge fingers. Repeat using the remaining sponge fingers, all the coffee and the cream using seven sponge fingers for each layer. Chill in the refrigerator, covered, for several hours. Whip remaining cream and milk as before. Spread over the top of the layered sponge fingers. Decorate with halved pistachio nuts. Chill until required.

*"This is one of my favourite cookbooks. Real recipes tried and tested by real people in real kitchens on real families"*

*Prue Leith*



## Books and tapes

**Coping with Pain** is a tape produced by The Pain Relief Foundation's Pain Research Institute.

Based on a pain management programme pioneered at The Walton Centre for Neurology and Neurosurgery in Liverpool, the tape aims to teach people suffering from chronic pain various pain management techniques.

The techniques taught by the programme include learning how nerves carry pain messages, how the pain can be controlled through relaxation and exercise and how improving self-esteem and assertiveness helps fight pain.

"It is not a cure for pain, but a valuable contribution to pain relief," says Dr Chris Wells, a pain consultant who features on the tape.

*The tape costs £7.55. Send a cheque, payable to WLAP Ltd, to Pain Tape, PO Box 1, Wirral L47 7DD, tel: 0151 632 0662. The complete Pain Management Programme on tape (back pain, headache/migraine and general versions) costs £26.99.*

**Care For Carers** is a new information guide produced by the Holiday Care Service.

The 40-page booklet focuses on holiday and short break accommodation particularly suitable for carers, either travelling alone or together with a disabled companion.

*The booklet is FREE. Send four first class stamps (not on an envelope) to The Holiday Care Service, 2nd Floor, Imperial Buildings, Victoria Road, Horley, Surrey RH6 7P7, tel: 01293 774535.*

**The Reel Guide** is produced by Artsline, London's information and advice service for disabled people on arts and entertainment.

The guide details access in London cinemas, giving information on number of steps, wheelchair spaces,

induction loops and guide dog admittance.

*The guide is £2 and is available in print or on tape from Artsline, 54 Chalton Street, London NW1 1HS, tel: 0171 388 2227.*

**Information for Visitors with Disabilities 1996** is the 19th edition of the National Trust's free annual booklet.

It lists many new provisions for disabled visitors across all types of Trust property from historic houses to gardens and countryside.

New facilities in 1996 include walks and accessible viewpoints on the Isle of Wight, at Polesden Lacey in Surrey, and on the Slindon Estate in Sussex.

Visitors with visual impairment will find a number of objects and surfaces in the Trust's historic buildings that can be enjoyed by touch, and braille guides for adults and children at an increased number of properties.

*The guide, also available in large print and on tape, can be obtained by sending a stamped (second class stamp) addressed envelope to Valerie Wenham, The National Trust, (Dept PA), 36 Queen Anne's Gate, London SW1H 4AS, tel: 0171 447 6742/3.*

**Telecommunications for All** gives a general overview of issues related to accessibility of telecommunications equipment and services for disabled and elderly people in the following countries: Austria, Belgium, Croatia, Denmark, Finland, France, Germany, Greece, Hungary, Ireland, Italy,

Malta, Netherlands, Norway, Portugal, Spain, Sweden, Switzerland and the UK.

It looks at available and forthcoming telecommunications equipment and services, identifying some of the existing accessibility problems.

*Free, from Dr Jan Ekberg, COST 219, Stakes, PO Box 220, Siltasaarekatu 18C, FIN-00531, Helsinki, Finland.*

## Courses

**Artability International Art Course** will be taking place during 15-29 July in Hampshire.

The course enables able-bodied and disabled people to develop their creative ability and make new friends.

You will have the chance to experiment with painting, drawing, printing, sculpture and to attend life drawing workshops.

The course is run at the Lord Mayor Treloar College which is purpose built for disabled people. All the participants are housed in Gloucester House, which is a single storey building within the grounds, adjacent to the main College.

All facilities including artrooms, bedrooms, bathrooms, swimming pool and launderette are accessible.

The course costs £695. There are no extra fees. The cost covers full board, accommodation, tuition, materials and all sports and excursions (including either the theatre or cinema).

**The Drake Music Project** enables disabled adults and children to make music.

The project runs weekly music workshops which are held in concert halls, schools and day centres. These

offer tuition, normally on a one-to-one basis to small groups of students.

In addition to regular weekly workshops the project offers: one-off training days to prospective students, schools and community organisations; one-off training sessions, short

called the Mekong, was featured in a BBC programme about the awards, and the viewing public has been asked to cast their votes for the best design featured on the programme. The results will be known by the end of the summer.



*Dig this - Peta UK's Fist Grip are designed to relieve stress on the hand and wrist*

courses and residencies for disabled children and adults, professionals, carers and families; touring productions; and presentations at conferences and seminars.

*For more information contact The Drake Music Project (Head Office), 3 Ure Lodge, Urebank Terrace, Ripon, North Yorkshire HG4 1JG, tel: 01765 604993.*

## Equipment

**Motivation**, which has set up workshops to produce **low-cost wheelchairs** using locally available materials in developing countries, is one of the companies shortlisted for this year's BBC Design Awards.

One of Motivation's inventions, a wooden three-wheeled wheelchair

Motivation has worked with the Wisma Cheshire Home in Indonesia, where it set up a workshop in 1994.

'Mekong' chairs are currently being successfully produced and distributed throughout Cambodia, and production is increasing.

**Sheepskin medical pads** are available by mail-order from The Real Wool Company.

The pads can be made to fit a bed or wheelchair. They are made out of specially sanitised sheepskin that allows repeated machine washing without shrinkage.

Wheelchair seat pads, £21 (plus £2 p&p), a complete wheelchair cover or bed pad, £43 (plus £3 p&p).

*To place your order, contact The Real Wool Company, High Redlish Cottage, Duck Street, Greenhow,*

*Pateley Bridge HG3 5JJ, tel: 01423 712503.*

A **Fist Grip** handle adaptor which enables garden tools to be converted for use by people with disabilities has been launched by Peta UK.

The slip-proof handle adaptors are clamped on to existing tools at right angles and keep the wrist in a comfortable position while the tools are being used.

They may be fitted to long-handled tools such as rakes, hoes and brooms so that work can be carried out in an upright position, thus preventing back strain.

The Fist Grips can be plugged into an arm support for use by people with frail limbs. Made out of moulded plastic, the arm support removes pressure on the wrist and hand and gives greater control of the tool.

An alternative version has a soft wrap-around cuff which is held firmly in place by Velcro pads.

*The tools cost between £3.95 and £15.95 and are available through a mail order service. Contact Peta, tel: 01245 231118.*

An **Optical Typewriter** has been developed by the Tana Trust.

The electrical typewriter can be used by people unable to use their hands on a standard keyboard.

It comprises a modified Brother AX20 typewriter, a headlamp, an optical keyboard and an activating switch.

The operator directs the headlamp onto the required key of the optical keyboard located over the typewriter and activates the switch. The typewriter responds by recording the characters on display. At the end of the line the machine types out the characters and moves on to the next line.

*£694 plus VAT, from Hartana Developments Ltd, 61 Warnford Court, Throgmorton Street, London EC2N 2AY, tel: 0171 920 0514. ■*



## Smile thanks

Miss C.M. Chase  
 Gillian Hall  
 E.W. Harries  
 Mrs K.M. Hearn  
 Mrs Barbara Hopwood  
 M. Kaye  
 Mrs J. Levenson  
 R.B. Rayner  
 I.M. Smithson  
 D. Taylor  
 Sir H. Walker



*Delia Taylor is pictured as the wicked witch during an early Le Court pantomime. The picture was sent in by Mrs Frances Jeram, who remembers Mrs Taylor doing 'almost permanent night duty' and being 'a very welcome lady with her torch'*

# Early memories of the first Home

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**(Brochure available)**

After reading about the first two nurses to work at Le Court Cheshire Home, I thought you would like to share an early memory that I have.

I spent my childhood in a children's home in London, and during the school holidays, I went to stay with my grandmother who lived in Petersfield.



*Mim Ellis today*

At the bottom of my grandmother's garden was Petersfield Hospital, where Arthur Dyke was a patient before moving to spend the rest of his days at Le Court.

Little did I know that as the years went by, and I qualified as a nurse, that I should eventually come to work at Le Court. I have worked here since 1968, and am still working here some 28 years on!

**Miriam 'Mim' Ellis**

## 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.

### The story in the spring Smile

With reference to the photograph of Mrs Taylor in the last edition of Cheshire Smile International. My husband and I worked with Mrs Taylor in the old house at Le Court.

We knew Mrs Taylor as Dell, but think her name was Delia, because at the annual fete she used to dress up as a gipsy and tell fortunes.

Then she called herself Madam Delia!

**Peggie Roberts**

*Petersfield, Hants, England*



# 'My job is to foster a feeling of family across the world'

**S**ir Patrick Walker could have been unwittingly training for the chairmanship of LCF International all his life. Born in the Far East, he worked as a District Officer in Uganda in the years immediately preceding independence, enjoyed years serving various British governments in a successful career in the Security Services, and retired to play a valuable role in a charitable organisation.

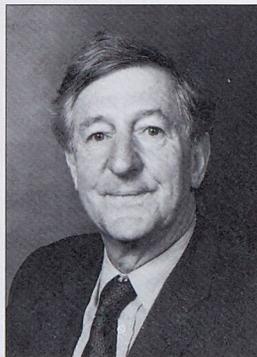
And when he was asked about the position by a man he'd known since their days at Oxford together, it all fell into place.

"Sir David Goodall, who was then international chairman, contacted me two years ago to ask if I would be interested in doing something in a voluntary capacity for the Foundation," he recalls. "It was the opportunity I'd been looking for.

"When I was first approached,

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## LCFI chairman Sir Patrick Walker talks about what he can offer the Foundation



obviously I knew the name Leonard Cheshire, but I had little idea of the remarkable range of services the organisation provides to meet individual needs of disabled people.

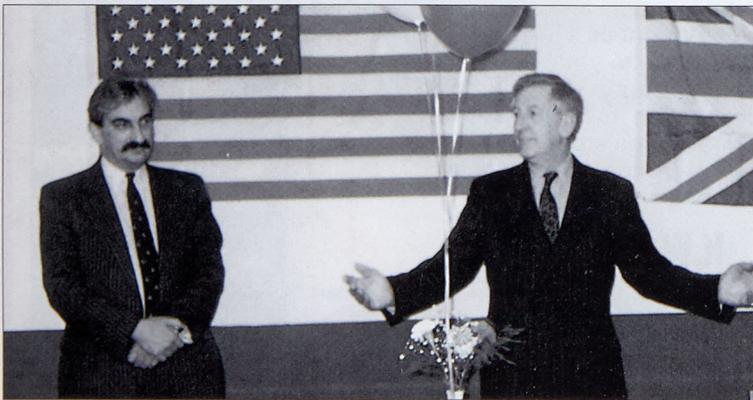
"It was an opportunity to involve myself with some extremely worthwhile projects. And I was to learn how much the Foundation does throughout the world, including Africa, which for me is special as a continent for which I have a deep affection, having spent much of my early life there."

He was born in 1932 in Kuala Lumpur, Malaya. His father had gone to Malaya before the Great War to work for the FMS Railways; his mother was a nurse. Sir Patrick does not remember much of the country, as his father was transferred to Nairobi when Sir Patrick was three.

"Kenya was a marvellous country in which to grow up; there was such a free and open life for a young boy." At prep school he was sporty from an early age, enjoying cricket, hockey and soccer. He has just revisited his school, Kenton, in Nairobi, and found it flourishing.

After a trip back to England, which included the Munich crisis of 1938, and to South Africa during the Second World War, Sir Patrick and his mother returned to England in the last months of the war by travelling down the Nile to Egypt, from where a troop ship took them the rest of the way.

Sir Patrick's new school was King's, Canterbury, where he also



Sir Patrick pictured in the USA with international director Rupert Ridge



*Sir Patrick lends a helping hand at Nkokonjeru Cheshire Home, Uganda*

enjoyed the sport – he became hockey captain and vice captain of cricket and rugger – and the music. But he was also successful academically, being awarded a history scholarship to Trinity College, Oxford, in 1951.

“University was highly enjoyable,” he says, adding that he received “an appalling degree as a result of almost no work, at least at my degree course.” His father was slightly disappointed but understanding.

In his last year at Oxford he met Susan, whom he was to marry in 1955.

After university, he changed jobs a couple of times before applying to join the Overseas Civil Service.

“I’d always said I wouldn’t go back to Africa, but the attraction was too strong. So much was happening there at that time. I asked to go to Uganda as the settler problem made me decide not to apply for a posting to Kenya.”

The next few years saw him working as an Assistant District Commissioner in Soroti, where his duties included organising the last general election in the district before independence.

“There was no hostility,” he recalls. “In fact, if Uganda had been allowed

a bit longer to gain experience of government, it might not have experienced some of the awful problems it was to face in later years.”

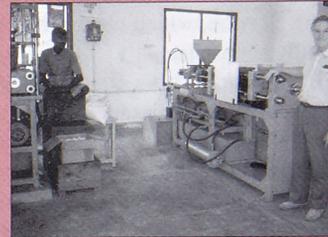
But Sir Patrick’s time in Uganda and Kenya wasn’t without its traumas. Both of his sons fell ill – “I’m sure one of them survived only because of antibiotics, which had only just reached Uganda” – and, having seen the country through the election in 1962, Sir Patrick felt it was time to come home.

“I was 30, we had two children of school age for whom we wanted a settled life. I was asked to stay in Uganda, but if I was to start a new career, this was the time.”

After interviews with commercial firms and government organisations, Sir Patrick was offered a post in the Security Service, where he was employed for the next 30 years – working his way up to become Director General during his last four years.

It was a period in which he saw many changes of government and in the world – not least the eruption of violence in Northern Ireland and from Middle East terrorist groups and, at the end of his career, the collapse of the Communist regimes

## Where in the world?



*Madras, India*



*United States of America*



*Budaka, Uganda*



*Kyrenia, Cyprus*



*Dehra Dun, India*

## Profile

in Eastern Europe and the Gulf War.

"I can't say much about my time in the Security Service, for obvious reasons. The work was extremely interesting and rewarding. A particular pleasure was the agreeable people in the Service, which always had a friendly atmosphere."

It was during this time that he renewed his acquaintance with Sir David Goodall, who was working at the Foreign Office.

Retirement came in 1992, but not rest – since becoming LCFI chairman, Sir Patrick has visited more than 30 homes outside the UK, and as a Link Trustee to the Leicestershire Home (Roecliffe Manor) and Services and a member of the East Regional Council and National Executive, he is very involved in the Foundation's work in the UK.

But where does he think his chairmanship can help?

"I believe my role as international chairman is threefold," he says. "Firstly, I identify any problems or concerns at the homes I visit and find out how the LCFI can help. In this I work closely with the International Director and his staff. Homes should and do make their own decisions, but the LCFI is there to offer support by way of advice, training, and in many cases financial aid by way of grants.

"Secondly, I must help to find opportunities to extend the work we are already doing all over the world.

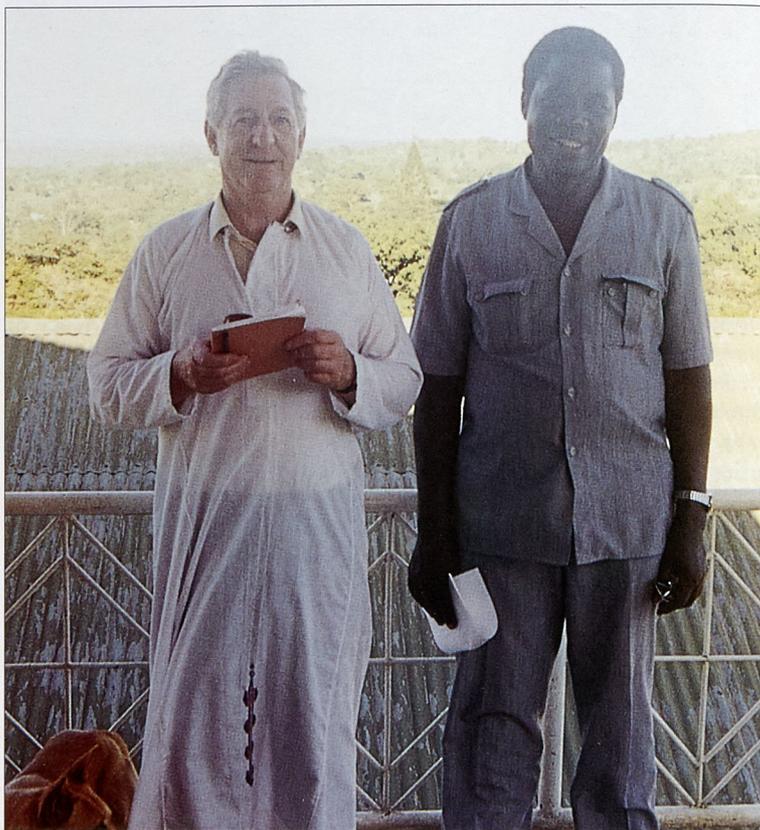
"Finally, I think it is essential to reinforce the interest UK homes have in other projects overseas.

"The need in some countries, is enormous. Many UK homes have the resources to enable them to help homes in other countries, and a number do so already. But more could be done.

"My job is to help foster a feeling of family in Homes and Services across the world." ■

*Sir Patrick pictured at Kampala, Uganda (above) and, below, with staff and committee members outside the Home in Mauritius*

**'I think it is essential to reinforce the interest UK Homes have in projects overseas. Many of them have the resources to enable them to help Homes in other countries.'**



## Obituaries

Foundation Trustee **Muriel Taylor** died on Boxing Day.

Muriel, who was 64, became a resident at **James Burns House** in 1977, and for the next 18 years played an important and influential part in the development and improvement of the Home.

She was utterly devoted to her work and to the ethos and ideals of the Foundation, and was instrumental in the wording and implementation of the Leonard Cheshire Charter.

Muriel had a fine mind and was a highly intelligent, shrewd and perceptive person. She was very gentle and had a winning smile and, as the only disabled woman Trustee, the value of her input was incalculable.

**Edward Footring**, a vice-president of the Foundation since 1992, died suddenly on February 21, aged 84.

Edward became involved with the Foundation when, after retiring, he became a fundraiser for the Park House Hotel.

He became the Foundation's honorary appeals director and became chairman of the Athol House local committee in 1989.

Edward was a man of calm leadership, warmth, friendship, encouragement and unflinching interest.

**Ronnie Owen Swift**, a resident at **Marske Hall Cheshire Home**, died suddenly on December 23, 1995.

Ronnie became a resident at Marske Hall in June 1963, within a few months of its establishment as a Cheshire Home.

He took responsibility for the bookstall at many of the residents' fundraising events.

Ronnie was a softly spoken, quiet and gentle man, small in stature, but large in life.

**John William Nicholson**, also a resident at **Marske Hall**, died suddenly on 10 January, 1996.

Born and brought up in the village of Margrove Park in East Cleveland, John experienced the rigours of ironstone mining during his youth. He became a resident at Marske Hall in February 1983 as a consequence of a spinal injury.

He was very popular among other residents and loved to play a part in the worship services held at the Home.

**Professor Sir John Golding**, OBE, OJ, died in **Jamaica** on March 23, 1996.

He became involved with the work of the Foundation in 1964 when Lt Col Nigel Watson visited Jamaica to explore the possibility of establishing a Cheshire Home on the island.

Together with Sammy Henriques, John conceived the idea of a **Cheshire Village**. They designed a series of bungalows where disabled and able-bodied people could live together on four acres of land near the Mona rehabilitation centre and the university. Today, the village houses nearly 100 people in the complex of 20 houses, 70 per cent of whom have a disability.

Golding was known throughout Jamaica as the "gentle giant". He spent the last morning of his life visiting terminally ill cancer patients.

**O'Neil Bryan** was involved with the **Foundation in the USA** from its very early beginnings and was its first Chief Executive.

He set up the first office and in 1980 was instrumental in setting up the first Home in America, Polly Morrison Cheshire Home in Arlington, County Virginia.

**The Lake District Cheshire Home** mourns the sudden loss of **Tom Ingham**, who served for 12 years on the management committee as the Home's treasurer.

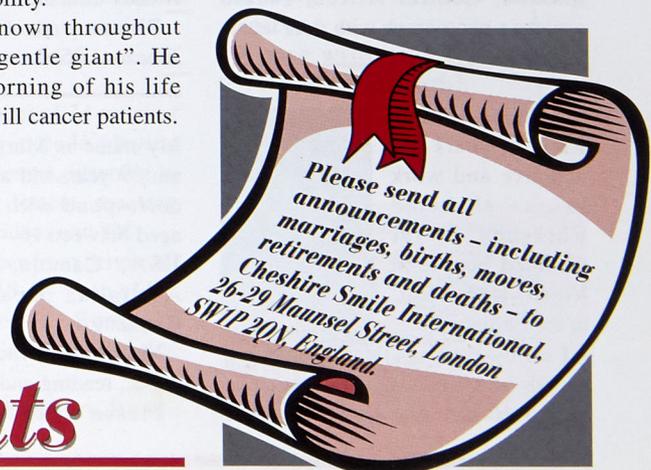
Disabled himself, Tom was much more than a treasurer, he was a friend to many of the residents and a staunch member of the Thursday domino club.

**Margaret Beall** was one of the founding members of **Glamis House Cheshire Home** which opened in 1984.

Originally from Kirkcaldy, Margaret had a number of jobs during her working life. Her artistic abilities were put to use when she worked as a photographic assistant.

Although she was very quiet and self-effacing person, one could not fail to be impressed with her courtesy and good manners.

She was a much loved member of the congregation at the Church of Christ. Her pleasant happy personality will be greatly missed at Glamis House.



# Announcements

*Window on the World*



*The view of Mlali Cheshire Home, Tanzania*