

Cheshire Smile

THE OFFICIAL MAGAZINE OF LEONARD CHESHIRE

INTERNATIONAL

World Week

Thousands flock to London for the Golden Jubilee

South Africa

The resident who dreams of starting his own Cheshire Home

Our trends in the north

The revolution that's sweeping Newcastle

JULY 1998

Creating opportunities with disabled people

LEONARD CHESHIRE



Enabling disabled people to take control of their lives

Leonard Cheshire provides a range of high-quality services for physically and learning disabled people, people with mental health problems and support for their carers in the UK and a further 50 countries throughout the world.

In the UK, Leonard Cheshire provides support for more than 8,000 people with a wide range of disabilities and their carers, through its care at home, residential and nursing services.

In addition, it is involved in the

development of independent and semi independent housing schemes.

It also offers respite care, day services and rehabilitation, carries out assessment and provides counselling and training.

In total, there are more than 350 Leonard Cheshire projects in more than 50 countries around the world, providing support services to disabled people.



OUR MISSION is to assist people with disabilities throughout the world, regardless of their colour, race or creed, by providing the conditions necessary for their physical, mental and spiritual well-being.

WE BELIEVE that each person, whatever his or her disability, is a uniquely valuable individual and that people with disabilities should have personal freedom to pursue their aspirations and take their own place in the world.

OUR AIM is to offer to those with disabilities:

- Unquestioning recognition of their full human rights
- Standards of excellence in all aspects of care from staff and volunteers
- The support of a forward-looking and responsive organisation, aware of their needs and those of their carers.
- The opportunity to take an effective part at every level in running our services
- Partnership in a continuing endeavour to help others, wherever the need.



WE OFFER AN EXPERIENCED, PROFESSIONAL, FLEXIBLE SERVICE IN THE FIELDS OF:

- Domiciliary care
- Independent living
- Respite care
- Day care
- Day centres
- Counselling
- Rehabilitation
- Training
- Hotel
- Semi-independent living
- Residential homes

Creating opportunities with disabled people

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INTERNATIONAL NEWSDESK



ENERGY BOOST: Leonard Cheshire staff in Edinburgh receive a cheque from British Energy

Tobias Friends raise money at the double

FRIENDS of Tobias House, in Toronto, Canada, have more than doubled their fundraising achievements in the last year.

During the first eight months of this financial year they had raised more than \$47,000, compared with \$18,000 the previous year.

Projects on which the money has been spent include a new van, three ceiling lifts and track assemblies, as well as helping four clients with purchases of 'assistive devices' and sponsoring eight clients to go to a medieval dinner and show.

Tobias House Attendant Care Inc serves 65 individuals with more than 94,900 hours of direct personal support every year.

Cash energizes Edinburgh project

OUR services in Edinburgh, which were featured in January's edition of Cheshire Smile International, have received an energy boost!

Employees of British Energy's

Edinburgh-based headquarters make tax-exempt donations directly from their payrolls into a charity scheme, and voted to donate the money to Leonard Cheshire.

Scott Crawford, deputy general manager for Leonard Cheshire Services at Edinburgh and Glasgow, said: "We're extremely grateful for the contribution British Energy employees have made. One of our new developments will accommodate people with profound multiple disabilities and this contribution will help us buy very important sensory stimulation equipment."

Still time to sign up for Uganda

THERE are still places available for anyone who wants to get 'on your bike' for a sponsored cycle ride around Uganda later this year.

The event, which was featured in January's Cheshire Smile International, will take 120 riders 250 miles, visiting seven of the country's Cheshire Homes en route.

Each participant must commit to raising £2,500 – £250 when you register, and the remainder

by August 1, 1998. The ride takes place in October.

British sailors refurbish Manila home

BRITISH sailors aboard HMS Fearless took time out during a recent voyage to refurbish a Cheshire Home in Manila in the Philippines.

Mrs Lynne Turner, who works as a care assistant at Leonard Cheshire Services in Sheffield, received the following communication from her son, via a signal from HMS Fearless and the Sailors and Families Advice Bureau:

"We had a request from the British community in Manila to help renovate a home for disabled women.

"For three days – and in their own time – a group of our men and women set off to convert what was a dank, drab, dilapidated and dingy communal hall into a bright, gleaming and clean place that is good to live in.

"Their tireless efforts completely transformed accommodation that was tired and unappealing into a home, and it wasn't just the building that was transformed.

"The severely disabled residents were changed too by the inexhaustible good humour and can-do attitude of our

people, and I am extremely proud of them."

Central office is on the move

LEONARD Cheshire has a new central office.

Leonard Cheshire now occupies the fourth floor of an office building which stands between the Tate Gallery and the Palace of Westminster on London's Millbank.

Leonard Cheshire is subletting the offices from the Electricity Association, which lets the building from its owners, Legal and General.

Central office staff made the move into the new office, which is less than a mile from Maunsel Street, at the end of May.

Fellowship honour for Penny

PENNY DOUGLAS, who was instrumental in the founding of the Swaziland Cheshire Home Day Centre, has been awarded a Fellowship of the Chartered Society of Physiotherapists.

Penny, who received the award in Edinburgh in September, was also honoured with a presentation at Leonard Cheshire's central office in London.



WELL DONE: James Stanford congratulates Penny Douglas on her Fellowship at Leonard Cheshire's central office

Hong Kong Jockey Club donates \$1.1m

Residents can have wheelchair training

PEOPLE who stay at the Shatin Cheshire Home in Hong Kong can receive specialist wheelchair training, thanks to a \$1.1million donation from the Hong Kong Jockey Club Charities Trust.

The home, which includes short-stay hospital facilities for people who become disabled through accidents

or strokes, has built an outdoor training track, where residents or patients can learn manoeuvring techniques, wheelchair features and safety precautions.

The track also incorporates various obstacles that wheelchair-users will come across in daily life, such as curves and different types of floor. At the end of the track is a car, which enables people to practise transferring from a wheelchair to a car.



Penny opened a day centre in temporary accommodation in the Raleigh Fitkin Hospital in Manzini in 1982. She was chairman of the steering committee until 1985 and is still an active member of the management committee.

In 1993 the centre received a Landrover from Leonard Cheshire International, purchased with funds donated by HM The Queen.

Rise of the Phoenix

THE PHOENIX Project, a Leonard Cheshire scheme which supports people who have become disabled through illness or injury, has won a top award.

The project, set up by the Portsmouth Care At Home Service in Hampshire, England, was awarded our Muriel Taylor Innovation in Disability Award.

Portsmouth CAHS manager Wendy Boggust was presented with the award by actress Jane Asher.

The awards, which are judged by disabled people, honour Leonard Cheshire UK services



INDIA'S Cheshire Homes secretary general KM Dhody is pictured planting coconut, guava and mango seedlings during a recent visit to the Katpadi Home.

whose innovations have made a difference to the lives of disabled people.

While this award was only opened to Leonard Cheshire services, the 1998 honours, to be presented at the House of Lords in December, will be open to everyone, including statutory and voluntary organisations, who works with disabled people.

Princess visits Chiang Mai

HRH Princess Maha Chakri Sirindhorn learned about Chiang Mai Cheshire Home in Thailand when she paid residents a visit.

The Princess donated gifts including a computer and learned from residents about the home's handicrafts, chicken farms,

fisheries, vegetable plantation and plant nursery.

Rose launched in Australia

A ROSE commemorating the life of Leonard Cheshire is being grown for the Ryder-Cheshire Foundation in Australia.

The red rose from Meiland, the international rose breeders who gave the world the Peace Rose, will be launched in Australia by Ryder Cheshire national patron The Hon Sir William Deane.

For further details write to: Mrs Margaret Blaber, Secretary, Ryder-Cheshire Foundation (SA), Unit 25, Cornish Street, Stepney, South Australia 5069.

Founder has seen 1,001 full moons

FOUNDER'S Day celebrations took on a special significance when residents, staff and volunteers of the Madurai Home in India marked the occasion.

The recent event commemorated the 80th anniversary of the birth of our



Life in the Caribbean



LCI CHAIRMAN Sir Patrick Walker recently visited a number of services in the Caribbean – and found the spirit of Leonard Cheshire thriving.



Clockwise from top left, residents of the Cheshire Village in Jamaica; the Cheshire Village; Jamaica; the Thelma Vaughan Cheshire Home, Barbados; San Fernando Rehabilitation Centre, Trinidad; the Sir Durward Knowles Cheshire Home, the Bahamas; the Father Hilarion Cheshire Home, Grenada.



Founder – and an 80th birthday in India is considered very holy. “It has a special significance,” writes Madurai’s honorary secretary Mr S. Narayanan.

“People who celebrate their 80th birthdays have seen 1,001 full moon days in their life and are rich in experience.

“The event is called ‘Sadhabhishegam’. Had Leonard Cheshire been alive, we would have had gala celebrations.”

Volunteer returns after 14 years

A VOLUNTEER who worked at the St James and Lady Peiris Cheshire Home in Mount Lavinia, Sri Lanka 14 years ago recently returned and joined the residents for their annual outing.

“It was a heartwarming experience visiting my old friends,” writes Doris Corea, who lives in Neuwied, Germany.

“One resident held the fort while everyone else came on the outing to the seaside town of Negombo.

“Young and old enjoyed themselves a lot!”

Stirring up trouble – in a good cause!

WHEN UK staff went to the kitchens at the London central office and couldn’t find any tea or coffee, they knew something was brewing ...

For all the tea, coffee, milk, sugar and even cups, saucers, spoons and kettles had mysteriously been stolen.

It soon became clear that if you wanted a cup of tea in central office to warm you on a cold January day, you’d have to pay for it.

Public affairs department staff were responsible for the tea ‘heist’, and held all the equipment to ransom on a stall in the reception area until people donated money.

The event was part of TEAbility, which is asking people all over the world to volunteer to hold a tea party – and



Margaret Sims tries to wrest a teacup away from fellow trustee Bob Balfour during the tea heist at central office.

the more parties Leonard Cheshire services can hold, and the more unusual they are, the better!

Funds raised by the central office tea heist will go towards

the two central fundraising projects, Workability and the International Self Reliance programme. Read more about the Golden Jubilee celebrations on pages 14-17.

vocational programmes”.

The new wing also houses several Leonard Cheshire business offices and has

advantage of a free afternoon during a recent business trip to Ghana to visit the country’s Kumasi Cheshire Home.

During his visit, David learned that the home, a halfway house for psychiatric patients, needed a water-pump.

At dinner that evening, he mentioned this to his business colleagues – who promptly had a whip-round and raised the necessary £400.

Duke opens new facilities

HRH The Duke of Gloucester did the honours when St Bridget’s Cheshire Home in West Sussex,

England unveiled a new range of facilities.

Service-users worked alongside staff to develop the home’s new computer room, physiotherapy centre and purpose-built reception area, which will be run by the residents.

“I think we managed to include everything the residents asked for – which is probably more than they thought they would get!” said former chairman Major General Tony Boam.

Following the official opening, the Duke toured the home, visiting the physiotherapy room, the occupational therapy assistant and the games area.



RISE OF THE PHOENIX: Wendy Boggust, manager of the Portsmouth CAHS Phoenix Project, receives the Innovation in Disability Award from actress Jane Asher

Florham Park extension opens

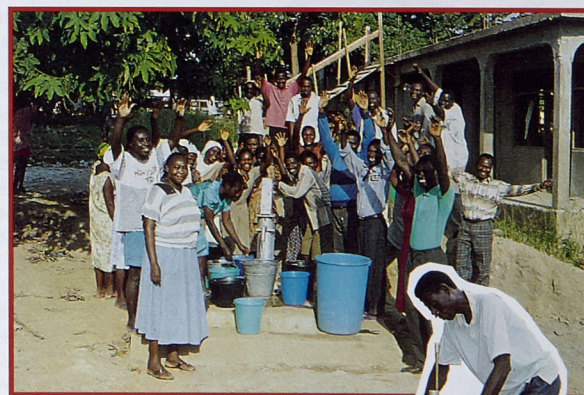
EMPLOYEES of the Cheshire Enterprises mailing business, run by residents at Florham Park, New Jersey, have a new site after an extension to the home was opened recently.

The team is based at the Community Resource Center, described as “the hub of the home’s educational and

eliminated the need for off-site premises, which have all been closed as a result.

Kumasi receives pump from businessmen

DAVID Hopton, Leonard Cheshire trustee and former chairman of Alne Hall Cheshire Home near York, England took



Residents at Kumasi Cheshire Home, Ghana, try out a water pump paid for by a group of visiting British businessmen, prompted by David Hopton, former chairman of Alne Hall Cheshire Home near York, England

**DO YOU HAVE A STORY FOR SMILE?
SEND YOUR NEWS TO CHESHIRE SMILE
INTERNATIONAL, 30 MILLBANK,
LONDON SW1P 4QD, ENGLAND**

Bryan Dutton CB CBE recently took over from James Stanford as Leonard Cheshire UK's new director general.

Cheshire Smile International talks to both men about Bryan's hopes and plans – and James's achievements

'It's been an immense privilege to serve the people we support.'

WHEN you realise that James Stanford's time as director-general has included such momentous events as care in the community, a restructuring of the organisation, a name change and, most significant of all, the death of Leonard Cheshire, you can understand why he has 'mixed feelings' over his departure.

James, who is retiring after seven years in the job, hands over the reins to Bryan Dutton at the end of this month.

"It's time for a new pair of hands on the steering wheel," he says.

"It is no platitude to say how much of an immense privilege it has been to serve this organisation and the people we support."

Reflecting on the last seven years, James singles out events which have irreversibly changed the organisation.

"Unquestionably the death of the Founder (in 1992) was one of the lowest points," he says.

"I was extremely privileged to know him, albeit slightly – after all, he knew many other people and had many other



things that concerned him.

"I'll never forget the occasions when I met him – he was gentle but mesmeric and everyone I've met throughout the world, who had the honour to know him, would agree."

Leonard Cheshire's death stunned the organisation. "The Foundation, as it was then, went into mourning. Although we didn't stand still, I think it took us a good two-and-a-half years to begin to recover."

However, other memories are happier. "I believe at last we're beginning to give service-users the recognition and status they should have. I'm thrilled with the resolutions made by the trustees for increasing and strengthening the level of service-user participation."

James is quick to credit volunteers and staff for moving the organisation forward.

"I've learned of the enormous contribution that volunteers make. It's not hyperbole, it's fact, that there are thousands of unheralded people across the country, putting in thousands of hours, day in, day out. It's support which is often in danger of going unrecognised, but it is fundamental to Leonard Cheshire's work.

"I would like to thank all the people over the years who have been so supportive and given me wise counsel."

However, there is still work unfinished and James says the organ-

isation still has "a long way to go" with its level of public awareness, marketing and fundraising.

"We're still living on a reputation and the admiration people had for our founder," he says.

"We're no longer seen as a sleeping colossus but as a well-focused organisation. However, there are still too few people who see the true nature of our work, particularly the range of our work in the UK and the

'I would like to thank all the people over the years who have given me wise counsel.'

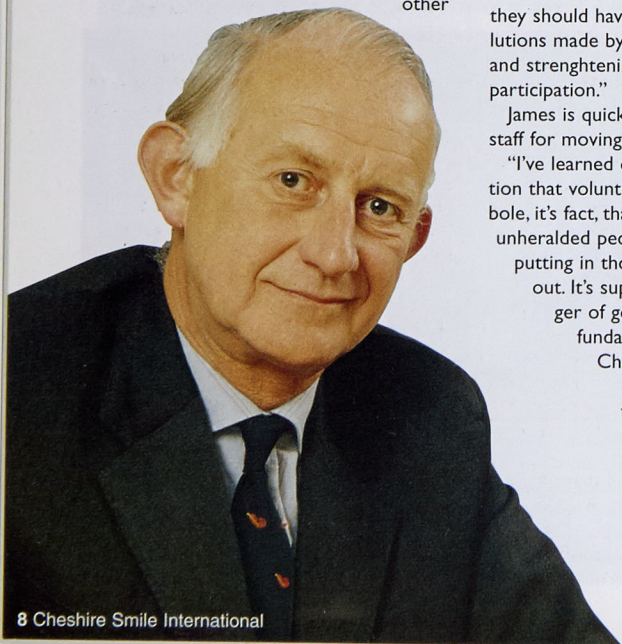
enormity of our work overseas.

"If I could dream of Leonard Cheshire's standing in another seven years, I would list the following. It's a very simple menu.

"I would like us to be better known and our voluntary income generation assured. I'd like to see a range of services evenly spread demographically across the UK, and I would like us to focus our energies more on more highly-populated areas, and increasing our services in areas such as brain injury.

"I would like us to be seen, like Barnados or Mencap, as the leading organisation in our field.

"There's a part for everyone to play in the future. We have established good strategic plans and good policies. Everyone can take Leonard Cheshire forward."



'I need to listen an awful lot. I want to meet everyone as soon as possible.'

AT first glance it's difficult to believe that Bryan Dutton has led the life he has. Polite, softly-spoken, with an easy manner, he's someone you find yourself talking to quite comfortably. And he's quite clearly made his first priority to listen to people.

"I need to listen an awful lot," he says. "I'm aware I have a very steep learning curve ahead of me. The emphasis will be on hearing what people have to say, and learning from it."

"One of my first priorities will be to meet as many people as possible as soon as possible and I would like to have visited every single UK service within a year."

"My job is to make things as clear as possible. That means I've got to get out and talk, understand and see what is happening."

Listening to and working with people has been a part of Bryan Dutton's life since he joined the army 35 years ago. Retirement to join Leonard Cheshire came at the end of an extraordinary career, which saw him direct public relations for the British army during the Gulf War and culminated in a role as the last Commander of British troops in Hong Kong.

"I'm very proud of the things I've done, but I think they've merely prepared me for the job that lies ahead," he says.

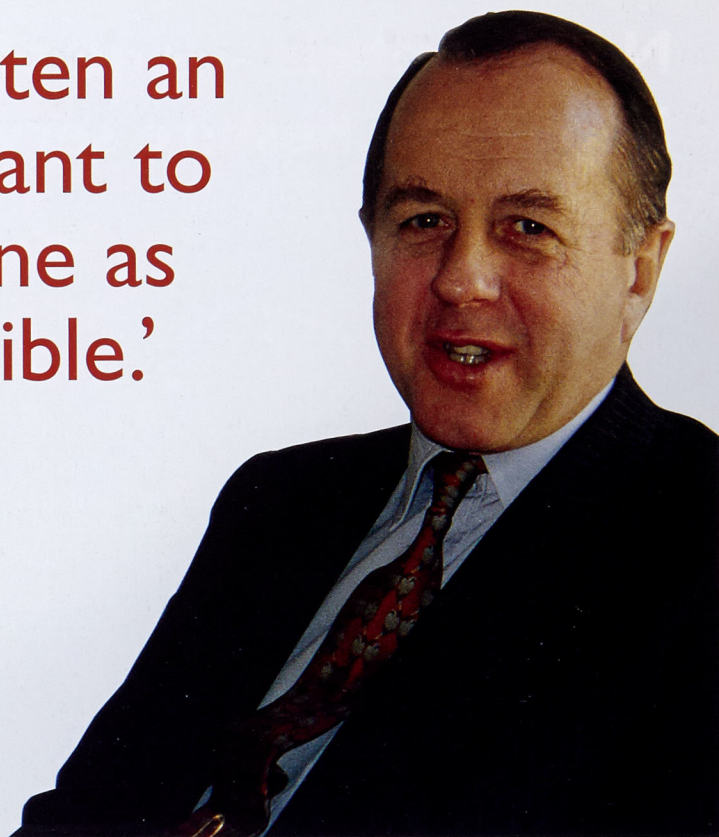
"Firstly, the military is in many ways a life of service and you're required to put other people ahead of your own personal convenience. That's what Leonard Cheshire's all about."

"My background has given me relevant, practical skills, such as experience of management of large organisations and large budgets, as well as experience of leadership in a large number of different situations, and that's not all just 'follow me'. I've worked with large numbers of civilians, families and different nationalities."

"I've had to give sensitive leadership in organisations that were closing down, like Hong Kong, or changing, like the Infantry. My whole existence for 30-odd years has been dealing with people in different, sometimes stressful situations."

Bryan is also keen to downplay his rank – Major-General.

"I'm proud of the things I've done and honoured to have been given the opportunities, but from the day I started at



Leonard Cheshire, I became Bryan Dutton."

So who is Bryan Dutton? Well, he's a West Countryman, having grown up in Devon, Dorset and Wiltshire and went to school in Warminster.

He was going to be a doctor "but then I decided I was disinclined for further learning – I wanted to get out into the world and get on with life".

'I'd like to be at the head of a happy, focused organisation. I'm sure I'm joining one.'

And so he joined the army which gave him, among other things, his first experience of Cheshire Homes.

"Thirty years ago I was running a army youth team, whose role was to support youth organisations in Devon, such as the Scouts, etc."

"Cheshire Homes were not part of our charter, but we used to visit the Devon homes and did demonstrations – fencing, unarmed combat, canoeing, climbing, trampolining and archery, and gave residents the chance to take part. I was very impressed with the organisation, and have been since."

Bryan's most recent work with disabled people helped to resettle 100 Gurkha families with disabled children back into Nepal, following the reduction of the number of Gurkhas in the British Army.

"Disabled children born to British Gurkha families were very fortunate. Whereas in

their own country they would have died, they were brought to Hong Kong and given the best medicine, kept alive and given a life.

"When we left Hong Kong all the Gurkha families were having to return to Nepal, an environment where the facilities were not readily available. There is a Gurkha welfare trust which provides care, but the Army felt it had an obligation and we spent a lot of time making sure that proper provision was made for every single individual family."

Having returned to England, Bryan and his wife of 25 years, Angela, a physiotherapist "who keeps me on the straight and narrow" are currently in the process of buying a house in London.

"When time permits, Bryan's hobbies include offshore sailing, ski-ing and "country pursuits is probably the best way of putting it – I enjoy fly-fishing in particular and occasional shooting". He's also a keen wildlife enthusiast – "I'm not a 'twitcher' but I know what I'm looking at in a wood."

But for the moment, all his energies are concentrated on Leonard Cheshire.

"I'm 100 per cent committed to the challenge and Leonard Cheshire will get my very best efforts in the coming years," he says.

"A major challenge is public awareness and I'm aware that work is ongoing – I'm just joining a bus that is already on the way."

"The key is to raise our public awareness and then to improve our fundraising which is essential if we are to continue to maintain the quality of services. I'd like to be at the head of a happy, focused organisation. I'm sure I'm joining one."

Northumbria – one of the most exciting Leonard Cheshire services in the world



Not so very long ago, if you had cause to mention Newcastle – and let's be honest, you probably hadn't – the name would conjure up bleak images. Ship yard closures, ill-fated Jarrow marchers, unemployment. Little opportunity, seemingly, for anyone.

Mention it now – and people do, rather more often – and there's talk of Alan Shearer, the Metro Centre, Robson Green and Our Friends In The North. Newcastle recently beat London, Paris, New York and countless others to place eighth

in an American travel agent's list of the world's best 200 party cities. The word 'exciting' even springs to mind.

Nowhere is this rejuvenation, reinvention and new-found opportunity more amply demonstrated than in the local Leonard Cheshire service. For LCS in Northumbria, based in the Jesmond district of Newcastle, is carrying out a revolution of its own – and is carrying the city with it.

For LCS in Northumbria is not just about its residential home, its care at home service, or its day service. It's not just about its unique Access To

Leisure And Sport (ATLAS) project (see panel), its brokerage scheme, nor even its housing project.

No, what makes LCS in Northumbria special is its attitude – or rather, its lack of it – towards disabled people. Its staff are almost reluctant to talk about a disabled person having the same choices and opportunities as any other person, because it's not an issue – it goes without saying and always has done.

"Our work is not about treating a disabled person as an individual in his or her own home, because you don't 'treat' a dis-

abled person any differently from any other person," says services manager Fiona Holliday. "If you truly recognise that right, you work without thinking to develop the society in which we all live to make it accept and work with disabled people as individuals."

Services for disabled people tend to reflect the values of the environment in which they operate. In terms of access for disabled people – not just to buildings, but to education, the arts, leisure, employment, sport, you name it – it's a painful truth that the UK is at least 20 years behind the United States and

Our trends in the north

Canada. The Canadian services offer more choice to their clients because they reflect a more progressive society.

But in Newcastle, they are offering that level of choice in spite of UK society and attitudes. In Newcastle, the LC services are changing the city to meet needs, not waiting for society to catch up.

"We're not content to adapt into the society that already exists," says Jenna Taylor, manager of the service's ATLAS project. "Leisure, for example, should be accessible to everybody, whoever they are – if it isn't, let's change the attitudes

which prevent that happening.

"The people who use our services, whether they are Minorities residents, CAHS clients, or whoever, are integral parts of the community. They are exercising their right to say how their community is run. They are changing it."

So what does LCS in Northumbria actually provide?

■ The Minorities, a residential home. So far, so traditional – although as its residents live in the middle of a bustling city, The Minorities has an energetic atmosphere not shared by many other residential homes.

■ A care at home service.

Newcastle, like any city, has its social problems and staff have to foray into the more dangerous areas in pairs to ensure their safety.

■ A day service, which caters for clients from all over the city and forms part of the ATLAS project.

■ A cafeteria, which is separate from the rest of the home and offers meals to residents and people who live in the surrounding streets.

■ A brokerage service, which enables disabled people to identify and purchase the support that is right for them.

■ A housing initiative which is

developing more than 30 independent living units across the city. LCS Northumbria has formed a three-way partnership with Hanover Housing Trust and Newcastle City Council. The former provides the capital, the latter has provided the land and Leonard Cheshire provides the support services.

■ ATLAS – a leisure project which aims to create opportunities for disabled people to have the same range of leisure choices as anyone else. This is one of the most exciting Leonard Cheshire projects anywhere in the world – read more about it over the page.

THERE should be more services like ATLAS. In two short years, the Access To Leisure And Sport programme, run by LCS Northumbria, has simply blown away established ideas of "organised activities" and, by doing so, has created unprecedented scope for Newcastle's disabled people to, well, enjoy themselves.

Many services have recognised that numbered are the days of so-called 'compulsory enjoyment', where the choices are that you can sit and play Scrabble with 20 other people – or not. Many services' activities organisers are branching out, enabling clients to go out, to the theatre, to restaurants, sporting events, offering more choice than ever before.

But ATLAS is fundamentally different from all of these. "This isn't about baby-sitting," explains project manager Jenna Taylor. "It's about asking individual people what they want to do with their leisure time, and then listening to what they tell us. We let people know what's available. We help people to access leisure facilities, we give them the opportunity."

Within the last three years Newcastle has undergone a sporting revolution – under the financial influence of Newcastle United chairman Sir John Hall, the city's football, rugby, athletics, ice hockey and basketball teams are all among the best in the country. Now Jenna Taylor is planning another revolution – with even greater ambition.

"We want to open up sport and leisure for everyone, so no-one is restricted about where they can go and what they can do. We want to make Newcastle better not just for our clients, but for all disabled people.

"We have researched every leisure facility in the city to establish its access and attitude to disabled people," says Jenna. "Every facility knows about ATLAS, and about Leonard Cheshire."

They now have a comprehensive list of facilities, which helps people such as the blind person who contacted ATLAS to ask where he could do archery – Jenna was able to instantly direct him to an archery club which welcomed blind members.

But that's just the start. Existing physical access is one thing, but ATLAS is working with several leisure venues to help them improve their facilities.

"We are working with a leisure pool to improve its accessibility," says Jenna. "At the moment, they have a poolside hoist for disabled people. Many disabled people are self-conscious about being hoisted in front of everyone, and that lack of dignity is a reason why some people do not like going. We're working with them on building ramps into the pool itself. Soon people will be able to go straight into the pool in shower chairs, which means they can get in and out of the pool as easily as anybody else."

Integrated sport is another key area of ATLAS's work. "A lot of disabled organisations

ATLAS opens brave new wo



have had to block-book leisure facilities, but none of them should," says Jenna.

"So we've been working with leisure centre staff, offering them training in etiquette, language, handling skills, etc, and we've been helping them to look at their policies and procedures to help bridge the gap and enable integration in sport.

"Many staff and management have been very keen to learn. As a result, our clients can now go to many places when they feel like it, and are hopefully opening doors for other people to do the same."

And it's not just about sport. "Leisure encompasses everything – our day service works with people on a one-to-one basis, some of whom perhaps are preparing to go to work. There are some so-called traditional activities – some clients do cooking, some like quizzes, some just sit and read the paper or watch television.

"And there are social clubs at the Minorities, because our clients have asked for them. They

run them, they've elected all the committees, the treasurer etc. Sometimes they meet, sometimes they don't.

"Newcastle has many cinemas, theatres, restaurants, shopping centres, which we are also working with. Residents at some homes go on shopping trips and all have lunch in McDonalds, like it's a big outing. We don't do that. A lot of our clients do go shopping at the same time, if they want to, but while they're out, one might eat at McDonalds, a couple might go to the pub, another might go to a coffee shop. It's only any of our business in as much as we're enabling them to go wherever they want to go.

"For example, leisure often involves transport, so we're looking at how we can work with our clients and local transport services so they can travel more freely and have more choice in how and when they get somewhere.

"The idea is that all our clients have access to all the information. Some of them are doing things they've never done before, simply because it never occurred to them that it was possible."

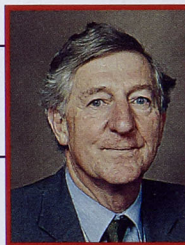
Partnerships play a key role in the success of

World Week

July 6-12, 1998

SIR PATRICK WALKER

Chairman, International Committee



I'm delighted and honoured to welcome you all to London for Golden Jubilee World Week.

World Week is always a wonderful occasion, an opportunity to make new friends and renew old acquaintances. It is a gathering of people from different countries and different cultures, but all driven by the vision of our late Founder to create a better world in which disabled people can live to their full potential.

Most importantly of all, I look forward to us seizing this opportunity to learn from each other, to listen to and to build upon the enormous, worldwide breadth of experience that we find in the Cheshire family right across the world.

We will certainly enjoy the celebrations – but we can also take the experience and the inspiration of those we meet in this Golden Jubilee World Week, and return home resolving to enable disabled people within our own communities to enjoy an even greater level of freedom to pursue their aspirations. I am sure you will agree there is surely no better tribute to our late Founder.

Patrick Walker

International Committee: Sir Patrick Walker KCB

Philip Allan, Robert Arbuthnott CBE, Ferdinand Berger, David Constantine, Air Chief Marshal Sir Christopher Foxley-Norris GCB DSO, Sir David Goodall GCMG, General Sir Geoffrey Howlett KBE MC, The Hon Mrs van Koetsveld, Peter Leggatt MBE, Charles Morland, Sir John Robson KCMG, Derek Roff.

Creating opportunities

Leonard Cheshire has been leading the way in service provision for disabled people for 50 years.

This is a remarkable achievement and our celebrations this week are a fitting tribute to the vision of an extraordinary man.

Among all the celebrations, however, it is an appropriate time to assess the state of our services around the globe.

Much has changed since our Founder took the first resident into his own home at Le Court, Hampshire, in 1948. Society's provision for disabled people, attitudes towards them and respect for them as individuals has



changed immeasurably in that time.

If we are to truly continue to carry out the Founder's vision, we must re-examine our mission and ensure that our services reflect these changes and ensure disabled people have every possible opportunity to take their place as individuals in society.

The theme of this year's conference is 'Creating Opportunities With Disabled People'. We must ensure that we are doing that – putting disabled people in control of their lives.

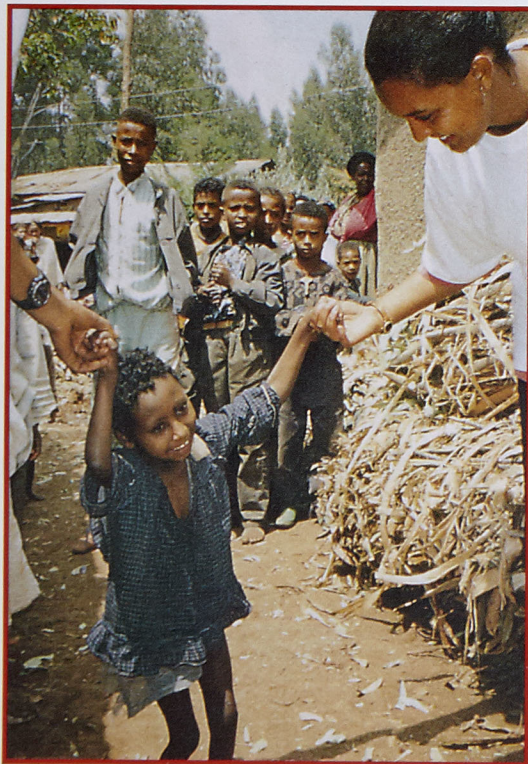
As we approach the millennium, people are understanding the needs of disabled people better than ever before, and respecting them as individuals. It is our role to make sure that this continues to happen.

Historically, across the world, disabled people have been segregated, even hidden, by society. Because of this, disabled people have been prevented from having the rights that the rest of the population enjoys – the right to attend school, have access to employment, the right to choose their own friends, the right to marry and have a family.

The situation is changing and it is the responsibility of every one of us to ensure we are playing our part.

During this week, we will be examining our mission statement, The Leonard Cheshire Charter, looking at the values contained within it and how we translate them into our everyday work to fulfil that mission.

We will be discussing such



with disabled people

themes as choice and opportunity, empowerment and disabled people's inclusion both in society and in how we run our services, for it is only by continuing to listen to disabled people that we can provide the best and most appropriate services.

Delegates will be examining their approach to the disabled people with whom they work and, most importantly, service-users will have a platform from which to speak their views.

At the end of the week we will have taken a close look at ourselves and together will have identified ways of moving Leonard Cheshire services forward – and how we can put these ideas into practice in our own countries.

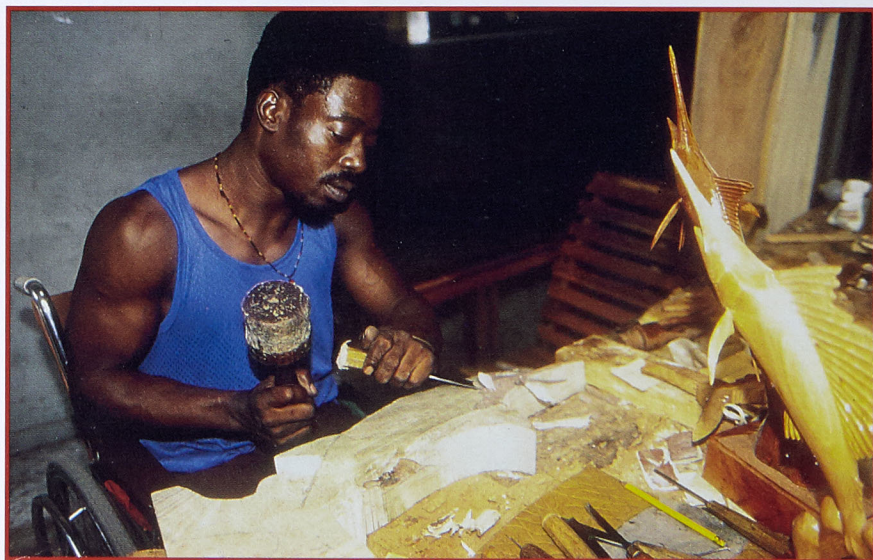
A key element of any conference is the shared experiences that delegates bring and this is especially true of



World Week, which has always been an opportunity for people to make new friends, renew old acquaintances and, vitally, learn from each other.

Leonard Cheshire International, too, will be learning – learning what it can do to support services as they take the experiences from this conference back to their own communities.

After half a century, some aspects of our work have changed. However, while we maintain our Founder's commitment and continue to promote the right of disabled people to live as *they* choose, we can look forward with confidence to leading the way in the provision of services for disabled people through the next 50 years and beyond.



Meet new friends – and have some fun!

Enjoy World Week to the full with our programme of events



WORLD WEEK, with its 300 delegates converging on London from all over the world, is always a great occasion, but this year's event, falling in the middle of Golden Jubilee year, promises to be extra-special.

Service-users will be among the speakers from across the world, addressing topics including choice and opportunity, empowerment and advocacy, self-reliance and service



development.

But while the future development of Cheshire services and the disabled people we support will be the focus in the conference hall, World Week also brings an excellent opportunity to meet new people, renew old acquaintances – and have some fun!

The highlight for many delegates will be a visit to the first ever Cheshire Home.

On Sunday, July 12, following morning church services, delegates will visit Leonard Cheshire's former home at Le Court, which is hosting Golden Jubilee Day as the climax of the week's celebrations. Among the guests of honour will be our Founder's





daughter, Gigi Cheshire.

We are honoured that in this week of very special occasions, our Golden Jubilee patron, HRH The Prince of Wales, will host a royal reception for us at his official London residence, St James's Palace.

The Prince's attendance at the last World Week is fondly

remembered by the many delegates who met him, and his involvement will be the second Leonard Cheshire royal reception within eight days. Just a few days before World Week on July 1, HM The Queen and HRH The Duke of Edinburgh will attend a reception in Edinburgh.

World Week delegates will

also be invited to attend a reception hosted by the UK's Secretary of State for Health, The Rt Hon. Frank Dobson MP, at Lancaster House and there will also be receptions at the Tara Hotel, where the majority of delegates are staying, and the London Transport Museum.

Another highlight will be a barbecue for overseas service-users held at the Maria Assumpta Pastoral and Education Centre in Kensington Square.

And naturally, there will also be time for delegates to see the sights, with guided tours of London among several other options.

Make sure to look out for details of all these events during the week!



Monday, July 6

Arrival and registration of delegates

Tuesday, July 7

Arrival and registration of delegates
Organised sightseeing tours

1815 Reception at Lancaster House hosted by
Rt Hon Frank Dobson MP, Secretary of State for Health

Wednesday, July 8

0700 Breakfast

0845 Leave for Kensington Town Hall

0900 Registration

Coffee

BT Melodians Steel Orchestra

1000 **Opening Ceremony**

Addresses by:

Baroness Ryder of Warsaw – President of Leonard Cheshire

Chief Anyaoku – Commonwealth Secretary General

Sir Patrick Walker – Chairman, LCI Committee

1100 **Introduction to Conference**

Chaired by **Sir Patrick Walker**

LCI review and introduction – **Rupert Ridge**

Training and Development Programme – **Joanne Martin**

Launch of the Self-Reliance Programme – **Jeremy Hughes**

1230 Lunch

1345 **Regional Reports**

Chaired by **Sir Patrick Walker**

The Regional Structure – **Rupert Ridge**

Southern Africa – **Justice Silungwe**

East & North Africa – **Aloysius Bakkidde**

European and Northern – **Dr Amparo de Fabra**

Caribbean – **Sir Patrick Walker**

West Africa – **Mark O'Kelly**

Latin America – **Roger Brown**

USA – **Rupert Ridge**

Canada – **John Owen**

Far Eastern Region – **Dato' Khoo Keat Siew**

Eastern Region – **Maj. Gen. Virendra Singh**

Summary – **Rupert Ridge**

1998 Programme

Wednesday, July 8 continued

- 1615 UK Report**
Bryan Dutton, UK Director General
- 1645 Tea
Return to Tara Hotel
- 1930 Dinner hosted by Tara Hotel

Thursday, July 9

- 0700 Breakfast
- 0830 CHOICE AND OPPORTUNITY**
Chaired by **Professor Roy McConkey**
Introduction by **David Constantine**
- 0845 From residential care to community support**
Sri Lanka – **Dennis Cooray**
Selangor, Malaysia – **Puan Khatijah Sulieman**
Chihota, Zimbabwe – **Susan Kambari**
- 0950 Empowerment and Advocacy**
Introduction by **Alice Bradley**
The experience of empowerment
Southern Africa Federation of Disabled People's
Organisations (SAFOD) – **Alex Phiri**
Indian Spinal Injuries Association – **Shivjeet Raghaw Singh**
Empowering service-users in the UK – **Clare Evans**
- 1110 Self Reliance**
Round Table
Inclusive education – **Sister Dolores**
Vocational training – **Melrose Cotay**
Paid employment
Family life and work
- Summary by **Professor Roy McConkey**
- 1230 Lunch

Thursday, July 9
continued overleaf

Thursday, July 9 continued

1400 SERVICE DEVELOPMENT

(In two groups)

Service-users' perspectives

Service-users **only** are invited to attend

Facilitated by **Shivjeet Raghaw Singh, Alex Phiri** and **Agnes Chishawa**

Service providers' perspectives

Staff and committee members and interested service-users are invited to attend

Chaired by **Charles Morland**

Planning for development – **Graham Faulkner** (UK)

Funding for development – **Mrs Sekgabo Ramsay** (Botswana)

Income generation – **Sister Jane Frances Nakafeero** (Uganda)

Other fundraising strategies:

Local funding agencies – **Negussie Wolde Sellassie** (Ethiopia)

International funding agencies – **Mark O'Kelly**

Publicity and marketing – **Jeremy Hughes** (UK)

Brighton Ncube (Southern Africa Training & Development Team)

1630 Tea

1815 Evening Reception at St James's Palace hosted by HRH The Prince of Wales

Friday, July 10

0700 Breakfast

0845 PLANNING FOR THE FUTURE

Summary of previous afternoon

WORKSHOP

Groups of delegates to discuss the development of Leonard Cheshire services

12.30 Lunch

1400 Feedback from morning discussion

Chaired by **Rosanne Corben**

Summary by **Rupert Ridge**

1998 Programme

Friday, July 10 continued

- 1530** Summary of the conference
Sir Patrick Walker
- 1600** The spirit of Leonard Cheshire
Sir David Goodall
- 1630 Tea
- 1830** Reception at London Transport Museum
-

Saturday, July 11

- 0700 Breakfast
- Organised sightseeing events and shopping
- 1900** Barbecue for residents and service-users at the Maria Assumpta Pastoral and Education Centre, Kensington Square
-

Sunday, July 12

LEONARD CHESHIRE GOLDEN JUBILEE DAY

- 0700 Breakfast
- 0900** Church services
- 1030** Depart for Le Court
- 1200** Leonard Cheshire Golden Jubilee Day Celebrations
Including marching bands, dance troupes and a Golden Jubilee balloon release
- 1615** Depart from Le Court
- 2000 Dinner at the Tara Hotel
-

Monday, July 13

Delegates depart to Cheshire Homes or to other destinations

How far we've come to be here today ...

Leonard Cheshire's own personal account of the beginning of LCI

THE sequence of events that was to take me abroad started with a letter I received in 1953.

It was from a Scotsman living in the Nilgiri Hills of South India who said he had a great desire to do something for disabled and destitute people but that, as he was neither a doctor nor a missionary, he could not find any way of becoming involved. He had heard of the homes in England and wondered whether there was any possibility of doing something similar in India.

Neither the six homes then operating in Britain nor the central trustees thought very highly of this expansion. What possible good, they



asked, could be served by abandoning the struggle here and taking on an even bigger challenge halfway across the world?

But would not the very fact of being a broadly-based venture in the process of expansion attract more, rather

'I began to learn how careful we must be to respect other people's ways of doing things and to stop thinking that ours are necessarily better'

than less, support? And would it not draw attention to the universal needs of disabled people?

If India was a land overflowing with poor and deprived people, it was also a land filled with a great awareness of its responsibilities towards them and with a friendliness and a generosity of an astonishing depth.

For me, India was the school in which I learned many lessons about how to work in another people's country. I first discovered how utterly different, and yet how essentially the same, man is the world over, and how innumerable are the





ways that he can take to reach the same human goal. I also began to learn how careful we must be to respect other people's ways of doing things and to stop thinking that ours are necessarily better

At every stage the initiative came not from ourselves, but always from the locality itself. A person from another country might visit one of

'If there is an enthusiastic reaction and the people you have spoken to commit themselves to the challenge, then you can be certain that they will never let go.'

the homes, or learn of their existence, and would then write asking for information as to how he or she should set about establishing one locally.

Since it is a local committee that from the very beginning has to undertake full responsibility for financing and administering the home, we have always felt it to be absolutely essential that the decision to start must be taken by its members of their own free will and without any undue prompting from ourselves.

If you go anywhere with a sizeable sum of money in your pocket and say to people that you would like to see a home started and ask them to assist, there is little doubt that enough men and women will be found to join the venture.

But once the money runs

out or the home falls upon difficult days, the local group will inevitably turn to you for help.

If, however, you come with nothing, or virtually nothing, and say, "Look, here is a need. Here is Michael, or Subash, or Ivy, unable to walk, left alone in the corner of a room all day until the family comes back from work. Don't you think we could do something about it?" the relationship is entirely different.

If there is no response at all, then you have failed; but if there is an enthusiastic reaction and the people you have spoken to commit themselves to the challenge, then you can be certain that they will never let go.

Such, at any rate, has been my experience.

Leonard Cheshire
The Hidden World 1981



Disabled people in control of their lives

The Leonard Cheshire International Self-Reliance Programme

A CENTRAL aim of Leonard Cheshire's work in any of over 50 countries where we have services, is to enable disabled people to take their own, valuable, individual place in society.

In many countries, the fact that someone can work for a living not only increases his or her own sense of self-worth, but it establishes him or her as someone who can play a very individual, valuable role in society – and increases his or her chances of, for example, getting married and having a family.

Moreover, in many countries, there is no state sup-



port and people must work in order to survive.

Leonard Cheshire International's Self-Reliance Programme aims to give grants to support:

■ **Disabled people who wish to attend training centres**

Existing vocational training centres can be cheaply adapted with ramps and lower work benches etc.

The grant would also provide disability awareness training for staff at these centres, and course fees and transport allowance for disabled individuals.

■ **Business start-up costs**

This will provide the initial capital to set up a small

business. Prior to receiving the grant, the applicant will have to do some training in small business management and this will either be conducted at a local centre or through one of LCI's regional offices.

■ **Provision of training and facilities at existing Cheshire services**

This grant will provide equipment and materials; instructors' fees; adjustment to existing buildings and, in exceptional circumstances, new buildings.

For more information about the programme, please speak to any member of Leonard Cheshire International staff during World Week.



up a rld ...



ATLAS. As well as teaming up with local individual leisure services to provide better access, ATLAS works with Newcastle's City Leisure, part of the city council, to explore further opportunities. They have formed a link with local rehabilitation charity Ability For You, they tap into the local branch of St John Ambulance to help with transport and they are currently working with local colleges and so-called special needs schools – "a term I hate," says Jenna – to explore ways in which disabled children can progress to the next level of education.

As an organisation, ATLAS's jewel in the crown is its annual Kielder Challenge, a competition which joins able-bodied and disabled people in a series of outward-bound, literal and lateral-thinking and physical challenges which have included boating and abseiling.

"The key to all of our work is that everybody is aware of all the options and each person uses his or her leisure time how he or she wants to," says Jenna. "We just help to facilitate it. The important thing is that whatever any individual person wants to do, they know we can help them to do it."



At last the

Leonard Cheshire celebrates 50 years of supporting disabled people

LEONARD CHESHIRE services around the world have a golden opportunity to spread news of their work to more people than ever before.

This year sees 50 years since the opening of the first Cheshire Home at Leonard Cheshire's own home in Hampshire, England – and everyone connected with the organisation is celebrating the milestone in a big way!

Our Golden Jubilee year is an excellent opportunity for us to become better-known than ever before, which in turn means raising more money than ever before, to provide more support to disabled people than ever before.

One of the main publicity drives of this year is our TEAbility project. We're holding hundreds of tea-parties around the UK to raise awareness of the name Leonard Cheshire. You may very well find there's one near you! If you do, please go along and support it! If there isn't, you could organise your own! Whether or not you live in the UK, the more TEAbility tea-parties we hold, the more people get to hear about us – wherever they are in the world!

We are also taking the time to reflect and give thanks for the 50 years since Leonard Cheshire welcomed Arthur Dykes as the first Cheshire home resident. We are holding several thanksgiving services and here, too, is a chance for you to attend a local one or to organise your own.

Of course, the end product of everything we do is to enable us to create the best possible opportunities for every disabled person with whom we work to live their lives as they choose.

In this Golden Jubilee Year, there are two main focuses for our fundraising. In the UK, we have launched Workability, an initiative which aims to give 10,000 disabled people access to computers, creating opportunities for them to enter the world of work. In an ever-more technological world, the computer is bringing down more and more perceived barriers between people of all abilities and this project, we hope, will make the most of this new technology to give disabled people opportunities they have never before had.

In the rest of the world, we have launched our International Self-Reliance Programme.



HOW FAR WE'VE COME:

Le Court, the first Cheshire Home, is pictured (above) during the early days of the organisation. Right, our Workability project shows the range of our services 50 years on.



This, too, is linked to the world of work, as the scheme will give people the opportunity to, again, gain access to jobs or to make their own living. In many countries, having a job means independence, status and a value in your community.

Golden Jubilee events are taking place across the world throughout 1998, but the main focus of our publicity will take place in July, when our international conference, World Week, takes place.

Hundreds of delegates from our services all over the world will descend on London

for the conference, which takes as its main theme the Leonard Cheshire Charter and how its values are applied across the world.

A special preview of World Week and a round up of major Golden Jubilee events will appear in the next edition of Cheshire Smile International.

For more information on the Golden Jubilee and ideas on how you can become involved, contact your local Leonard Cheshire service, or contact Lucy Hampton or Nicky Stacey at Leonard Cheshire, 26-29 Mansel Street, London SW1P 2QN.

1998 show



Conference set to be a week to remember

THREE hundred delegates representing Leonard Cheshire services from all over the world will descend on London this summer for World Week.

Held between four and 10 years apart, these are always a much-anticipated occasion, but this

particular World Week, falling in the middle of Golden Jubilee Year, promises to be extra-special.

Service-users will be among speakers from across the world, addressing topics including choice and opportunity, empowerment and advocacy, self-reliance and service development.

Conference organisers are keen to stress that the work covered during World Week will be taken forward in terms of developing international services in the future.

During the week, workshops will encourage delegates to think about how Cheshire services can be developed in the next five years and how Leonard Cheshire International can support delegates to achieve this in their own countries.

However, it's not all work – for many delegates the highlight will be a royal reception hosted by our Golden Jubilee patron, HRH The

Prince of Wales, at St James's Palace. As well as World Week delegates, representatives from services in the south of the UK will be invited.

The Prince's involvement will be the second Leonard Cheshire royal reception within eight days. On July 1, HM The Queen and HRH The Duke of Edinburgh will attend a reception in Edinburgh, to which representatives from UK services from the Midlands northwards will be invited.

It will be Her Majesty's third Leonard Cheshire engagement in a few months – in February she visited Park House, Sandringham, and recently visited Chennai Home in India (see report page six).

A full round-up of Golden Jubilee events will appear in the June issue of Smile, which will include a special preview of the issues to be discussed at World Week.



Be different to make

TEAbility

Put the kettle on – and help us to support disabled people

L EONARD CHESHIRE'S services across the UK are hoping to raise £125,000 this year – just through drinking tea!

TEAbility is sponsored by leading tea company Twinings and aims to host 2,500 tea parties, with each raising a minimum of £50.

And organisers of parties are being encouraged to be different to make a difference. The more unusual or outrageous the party, or the theme, or the venue, the more attention it will attract, and the more money it will make!

It's not only Leonard Cheshire services themselves that are hosting the parties – it's support groups and people outside the organisation, including local WIs and other community-based organisations.

Find out from your local service if there is a TEAbility party near you. Whether or not they are hosting one, there's nothing to stop you holding one of your own!

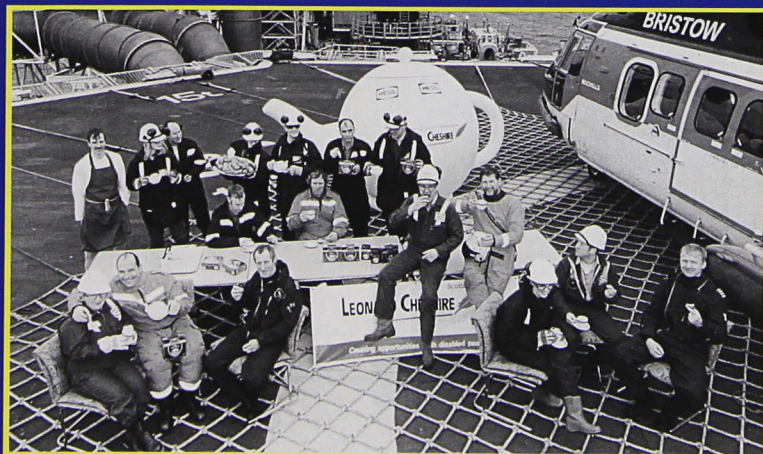
Leonard Cheshire is holding competitions for the most unusual party and the one that raises the most money – and there's still time for you to get involved!

If you'd like to hold a party, contact our Golden Jubilee Assistant Nicky Stacey at central office. She will send you a pack, which will include tips on how to organise your event, and special posters to help you advertise.

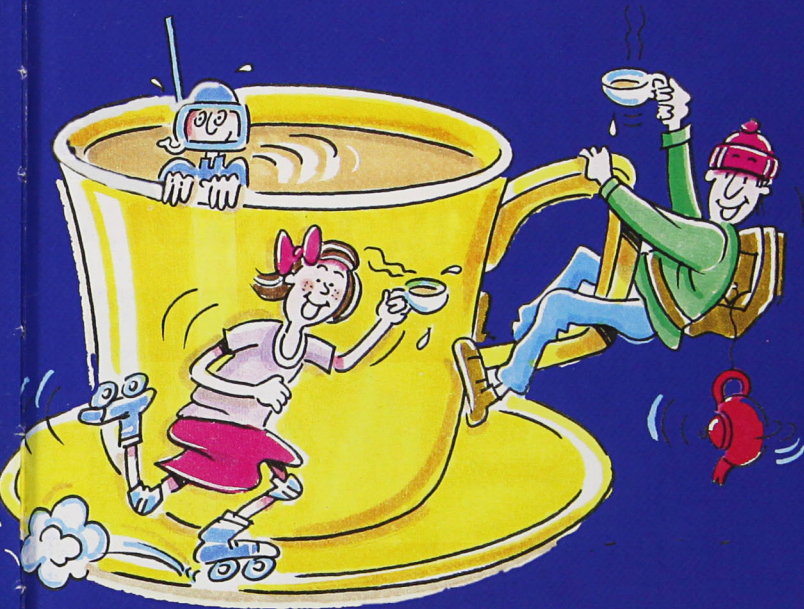
You can contact Nicky at central office on 0171 828 1822.



FUNDRAISING TO A TEA: Leonard Cheshire trustees get into the spirit of TEAbility as Margaret Sims is pictured trying to wrest a teacup away from Bob Balfour during a 'Tea-heist' on the day of a trustees meeting at central office in London.



e a difference



How to make your party go with a swing!

In terms of what you do for your party, there are no boundaries – the more distinctive you can make your event, the better!

In other words:

■ **Be daring!**

Make your event stand out from the rest and hold it somewhere a little unusual – for example, on a mountain, at a zoo, in a police station, in a graveyard – wherever you can!

■ **Be adventurous!**

Plan your event around a theme, such as a Mad Hatter's tea party, beach tea party – maybe even a G and T party!

■ **Be bold!**

Invite as many people as possible! The more you invite, the more money you raise!



You can make the most of your party by raising funds in the following ways:

- Charge an admission fee
- Set a charge for each cup of tea sold
- Sell home-made cakes
- Have a bring and buy sale
- Obtain gifts from local businesses for raffle prizes
- Ask local people to sell their craftware and donate a percentage of their profits.

T is for Twinings – by Royal Command

'TWININGS is proud to put the tea in TEAbility, ensuring the best blends for the best occasions.'

Sam Twining OBE

Twinings first opened its doors to the public in 1706, when Thomas Twining acquired Tom's Coffee House in Devereaux Court, just off London's Strand. Over the years



PROUD: Sam Twining

the business flourished as Twinings teas were acclaimed far and wide.

It was in 1784 that Thomas's grandson Richard persuaded the Prime Minister, William Pitt, to reduce the punitive tax on tea, making Britain the tea-drinking nation it is today.

In 1837, the first year of Queen Victoria's reign, Twinings was granted a Royal Warrant for every successive British sovereign to this day.

The famous shop continues to trade at 216 Strand, London, and Twinings Teas are now exported to 96 countries worldwide.

Independence

Residents discover a new way of living in South Africa

I thought my life had come to an end, and now I was going into a home," says John Legolie. "Just that phrase had such negative connotations – I felt I was half-dead already and now I was going into a home."

John has lived at Turf Hall Cheshire Home in Capetown, South Africa since he had a car accident in 1985. It was the end of his world.

Or at least, he thought it was. "Then one day the guy in the next bed asked me why I couldn't do anything for myself.

"I was quite shocked – it was quite a direct question. I told him I couldn't and he said: 'Have you tried?'"

John had to admit he hadn't. There was no point, surely. But the man in the next bed persisted.

"He knew I didn't want the staff to see me making a fool of myself, so he challenged me to wheel myself to the dormitory door – out of sight of everyone but him.

"I was sure I wouldn't be able to do it, but he kept encouraging me every inch of the way and I was amazed when eventually I got there.

"It was the same with eating. I wouldn't pick up my spoon and he told me to try. Darn thing fell on the floor. I tried again – and it fell on the floor again. And again. But eventually I got the knack. From little things you discover you can do more.

"It horrifies me to think the state I would be in if the guy in the next bed hadn't said: 'Have you tried?'"

"People who use wheelchairs tell me they did things before they became disabled," he says, "so why not do them now? The brain and the body slowly die if you do nothing with them."

John is so impressed by the philosophies of Leonard Cheshire that he wants to create a 'mini Cheshire home' for six residents and has set up a committee to raise funds.

"It's difficult to raise the money [an estimated 500,000 South African rand] at the moment, especially with the rand melting like a snowman in a sauna," he says.

"But it's important. What I am today, I am because of Leonard Cheshire. That's why I don't want



my own place. I want to help run a mini-home. Leonard Cheshire is a wonderful, excellent organisation. I don't want to divorce myself from it."

The Cheshire ethos is alive and well in South Africa. This is a society living out a legacy with problems like no other nation anywhere in the world. But Leonard Cheshire and its projects have resolutely maintained the principles of equality and basic human rights, whatever the circumstances – and whatever a person's race.

The South African homes vary enormously – from those in towns and affluent city suburbs, which are well supported by a network of well-connected people to homes in black townships and among country farming communities.

B u t

though the circumstances and the settings are as diverse as in any country with Cheshire Homes on its map, the principle is unfailingly consistent.

"The care here is wonderful," says Dianne Kirwan, who lives at Queensburgh Cheshire Home in Durban.

"I am respected as an individual – far more so than I was at home.

It's wonderful to go to the doctor's without mummy holding my hand. It's things like that that I've always wanted. It's good to know I can paint the ceiling of my room black with white spots if I want to.

"I have independence here," she adds. "Yes, a lot of things are done for me, but even if every physical thing was done

ence Days

ew nAfrica

LOOKING TO THE FUTURE:
Joseph Ngomana (facing
page), who became disabled
after being stabbed, is now
administrator at the
Mpumalanga Cheshire Home

for me, I would still be independent. Independence means decision making."

Joseph Ngomana, a resident at Mpumalanga Cheshire Home, a rural home near the Swazi border for 18 months, says the home has encouraged him to think positively about life.

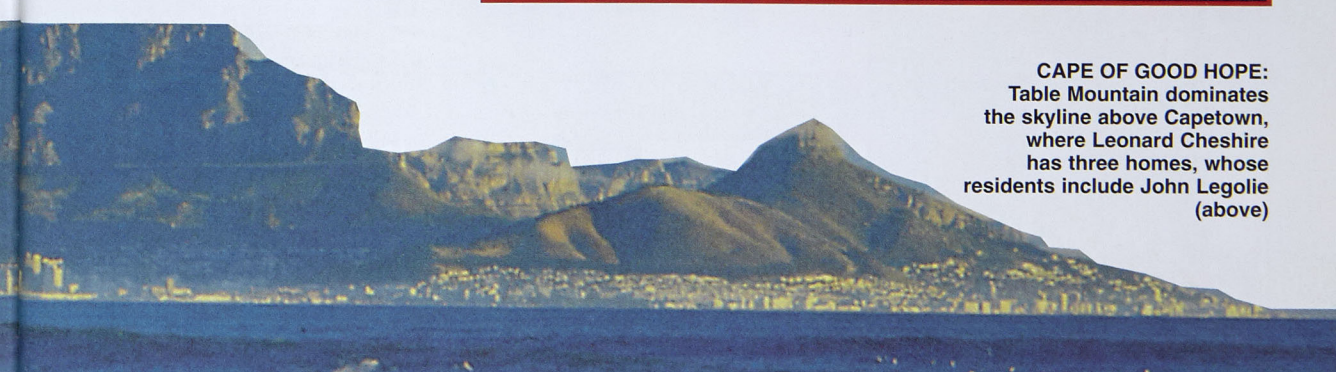
"A lot of people who become disabled think of it as the end of the world, but I know I can do a lot of things," he says.

"I was offered the job of the home's administration clerk, which I am really enjoying.

"I was a security guard (he became disabled when he was stabbed during an armed raid on a garage where he worked) but now I have learned about finances and correspondence and I take minutes at meetings."



CAPE OF GOOD HOPE:
Table Mountain dominates
the skyline above Capetown,
where Leonard Cheshire
has three homes, whose
residents include John Legolie
(above)

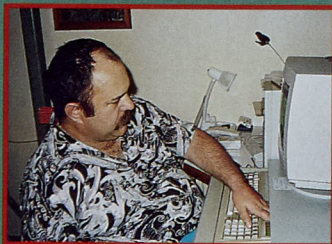




South Africa's Cheshire Homes



South Africa has a wide variety of homes covering a wide variety of communities of all races. The Leonard Cheshire projects range from established, traditional residential homes in Johannesburg, Durban and Capetown to community projects in the more rural areas of the Transkei and Mpumalanga



Proof of the importance of attitude to disabled people, rather than just providing a home, is seen nowhere more clearly than at Merewent Cheshire Home in Durban.

The home is a former prisoner of war barracks and the residents' rooms are former cells, but Mbongwa, who is chairman of the residents' association, is happy here simply because "I feel secure and safe. There was too much violence in my home town – this is home now and I am very happy here."

Along the corridor from Mbongwa is Tholani Hlongwane, who talks with much enthusiasm about her new surroundings, having spent 28 of her 33 years in a hospital bed.

"It's a wonderful place," she says. "I have my own room and can close the door and be on my own."

'Yes, a lot of things are done for me, but even if every physical thing was done for me, I would still be independent. Independence means decision making.'

"At the hospital I could never make friends. It wasn't worth it. They'd come and go – I saw a lot of people pass through in 28 years.

"But this is seen by all who live here as home – they're here to stay and so am I."

Merewent has also given Tholani, and many other residents, the opportunity to take evening classes. She admits she found the course very difficult, but persisted and was rewarded after eventually graduating, by being given a computer of her own.

"Now I would like to get a job," she says. "When I first had polio I was paralysed and could only move my head. Now I can move my arms and hands. I feel I am achieving things.

"I can work a computer – I'd like to be an office clerk. Or perhaps a switchboard operator, as I like talking. Actually, I talk too much!"

Independence, then, is the key. Everywhere you go among South Africa's 16 homes, whether you're in Durban, Johannesburg, Capetown, Port Elizabeth, Mpumalanga, Soweto, or any one of the other varied locations, Leonard Cheshire's vision of enabling disabled people to take control of their own lives is being made real – not as a high ideal or an achievement, but as a matter of course.

John Legolie certainly believes in the vision.

"I've never met a man as humble as Leonard Cheshire," he says, and it is undoubtedly the view of many people. But as far as the South African Foundation is concerned, the Founder could be excused just a little pride.



WRITE TO REPLY

If You have any news or views YOU would like to share, please send them to:

Write to reply, Cheshire Smile International,
26-29 Maunsel Street, London SW1P 2QN, ENGLAND
OR fax on (0044) 0171 976 5704.

World's learning disabled population is 'overlooked'

A day to remember

THE BIG day had arrived! After months of waiting I was off to a garden party at Buckingham Palace to see the Queen.

My driver Paul came to collect me and my escort Liz Miller at 10am and we drove down the M4 to London and the Leonard Cheshire central office.

We were entertained with an excellent lunch and met two other ladies from Cheshire Homes, who were also joining me and 8,000 other lucky people at the garden party.

We arrived at the palace at 3pm and after Liz and I were searched by a policeman - I enjoyed that bit! - we were escorted to our place on the Great Lawn.

Then a buzz - "She's coming!" The Queen was wearing a pale blue dress with a matching hat, Prince Philip was in naval uniform

and Prince Charles was in a morning suit and top hat. They moved among the crowd, stopping to chat here and there. It was a very special moment.

Then came thunder and lightning - I'm sure many people read in the papers of the two people being struck by lightning at the garden party. They were standing very near us and it was very frightening. We were moved to another area while they were treated for burns and shock.

Then it was time to leave for the long trip home. It was a very long day for me, but one I shall always remember. My special thanks to Liz, Paul and everyone else who helped to organise it.

And please can I go again!

I HAVE a mild form of cerebral palsy which affects the left side of my body.

In conjunction with this I have a perceptual disorder (ie a learning disability) as well as a seizure disorder which is controlled by prescribed medication.

I'm a college graduate with a BA degree in philosophy and I'm fully employed, although my work experience has been very negative.

It has been my experience that the needs and concerns of mildly disabled and learning disabled people often go unanswered or even ignored by society.

We are often made to adjust to our circumstances, without any reasonable accommodation, and are not taken as seriously as those with more severe disabilities, despite the fact that every disability is severe to the person who has it.

This situation can lead to feelings of frustration and isolation -

and feeling like an outsider in both the disabled and able-bodied communities. This feeling of isolation is also felt by the learning disabled community.

Although I'm writing this letter in New York, the issues I'm discussing are universal topics. The world in general needs to be educated on the plight of the mildly disabled and learning disabled populations. Our voice must not be silenced, but must be heard and considered.

I was wondering if this is the perception towards mildly disabled people in the UK? All disabilities should be embraced.

Presently all disabled people are excluded from society in general, but we are excluded most of all.

This perception must change. Nobody should be excluded.

Being an OT is rewarding work

IT is now two years since Le Court Cheshire Home employed me as a full-time qualified occupational therapist. I hope this article will explain my work with the young physically disabled adults who live in the Le Court residential/nursing home.

Occupational therapists look at and use activities to increase independence, satisfaction and enjoyment of life. Activities include the mundane everyday tasks which we normally take for granted, such as eating or moving around and also therapeutic tasks which are motivating and keep someone's interest while they use particular skills.

The fact that residents require residential or nursing care assistance means that some basic tasks have become difficult to do - perhaps getting dressed takes an impractically long time, or so exhausts the individual that no energy is left for more rewarding activities. Because of this, OT focuses on activities which the resident will find enjoyable, which are stimulating and will improve safety and comfort.

All the residents at Le Court use wheelchairs to move about. Comfort and good posture are essential for anyone forced to sit all

Jane Stuttard gives an illuminating insight into her role at Le Court Cheshire Home

day. Seating assessments are carried out with the physiotherapist. Trying out different types of cushion or accessories and liaising with the NHS wheelchair service can take quite some time. A good position can improve a resident's abilities by freeing their hands for other activities, providing a better line of vision which can make communication easier, or by improving comfort and so enhancing concentration.

The safe and comfortable moving of a disabled person between bed and wheelchair, toilet or bath is another area involving OT. With the physiotherapist, I am involved in training care staff in moving and handling and completing moving and handling risk assessments for each individual resident. This identifies the safest method of moving and ensures the appropriate equipment is available.

Another important aspect of OT is to encourage residents to develop new skills and interests which will enhance self-confidence

and self-esteem. Le Court is fortunate to have a computer room and a full-time computer manager. Investigation has been done into technologies which allow use of a computer by those unable to cope with a standard keyboard.

The Activities Centre provides a venue for many groups, where residents can socialise, have some fun and use their skills. Activities on offer include baking, art, games, scrabble, bingo, quizzes, a social skills group, videos and a darts tournament. These activities can be stimulating and allow practice of skills such as memory, observation, grip, creativity and team work. Other staff and volunteers help to run groups. Some residents attend local adult education classes while others are working towards taking up more independent lives in the community. I enjoy using a wide variety of occupational therapy skills in my work at Le Court. It is satisfying to be able to get to know individual residents over a longer time scale than is possible in most healthcare settings. Working towards achieving mutual objectives is also rewarding.

Regional ties continue to grow

In the December 1997 issue of the Cheshire Smile I wrote of our plan to launch the new Southern African Region and this we did, with great success, in February. It was an excellent occasion allowing people from nine different countries to meet, many for the first time, and to exchange experiences. Although we got through a good deal of business, electing officers, agreeing a constitution and so on, it was at a personal level and in the increase of knowledge of one another's work that we really laid the foundations for future work and growth in the Region.

I was very glad that every country was represented; Botswana, Lesotho, Malawi, Mauritius, Namibia, South Africa, Swaziland, Zambia and Zimbabwe and we were extremely well looked after by our South African hosts under arrangements made by the Gauteng Branch. Justice Silungwe, a distinguished and long-serving member of the Cheshire family from Zambia and now in Namibia, was elected Chairman, Enzo Rossi, Chairman of Cheshire Homes Zambia, Treasurer, and Penny Mharapara, the Regional TDO, Secretary. The Regional Office is in Harare.

I am delighted to be able to welcome a new

by
RUPERT RIDGE
Director
Leonard Cheshire International



member to the London team of Leonard Cheshire International. Roger Brown joined us on 1 May as Assistant Director (Development of Services) and will lead our move towards a presence in countries where there are currently no or few Homes and Services. Roger recently retired as the UK Consul General in Sao Paulo, Brazil and with extensive knowledge of Central and South America he will start by pursuing opportunities there.

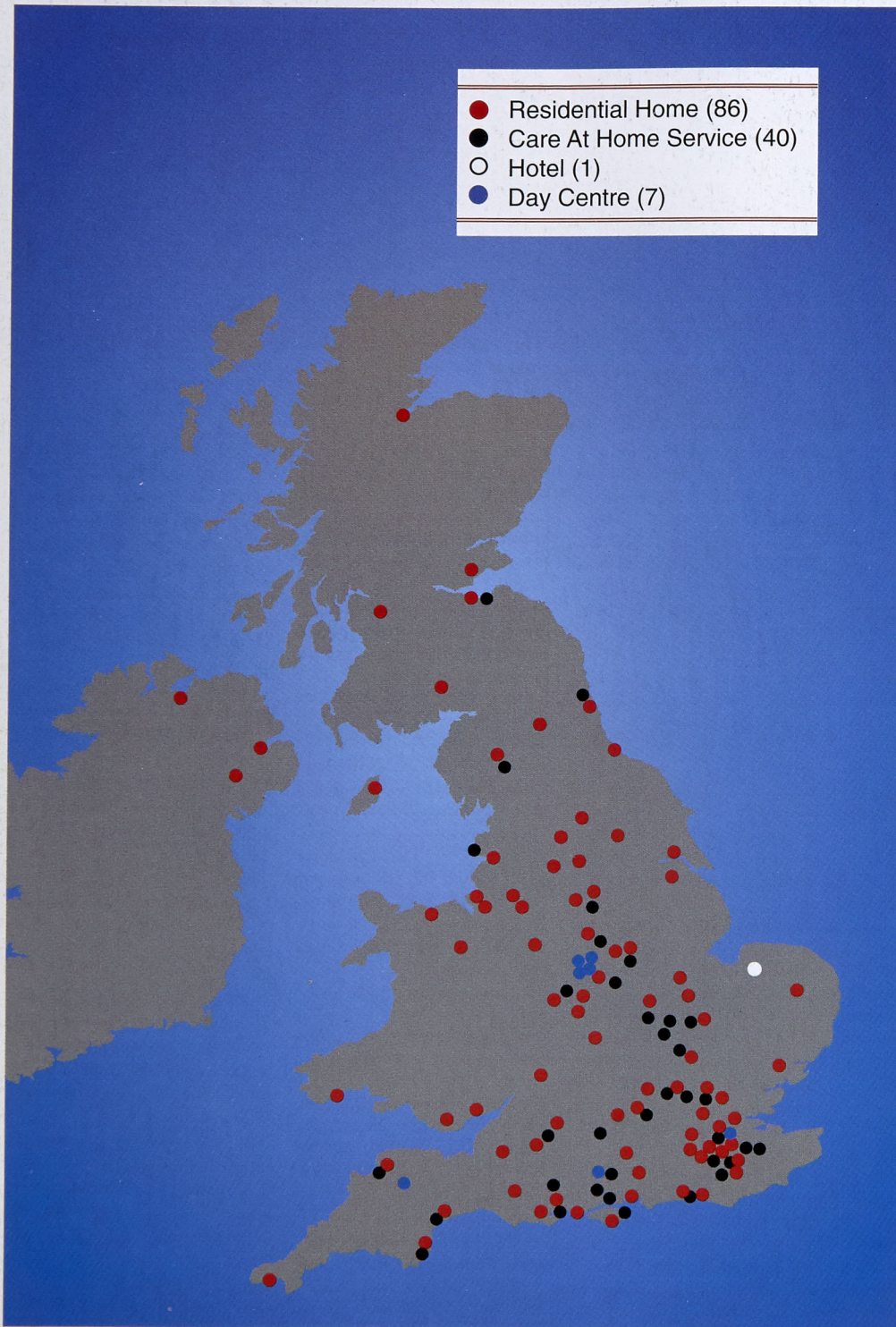
We have now established a small and informal grouping of those who wish us well – the Leonard Cheshire International Association. Friends, new and old, who are not in a position to serve on committees or to help us in other ways

are invited to join, to receive news and to report on opportunities and so on. Limited to 50 members there is no intention that the Association should cut across the existing lines of communication or interfere in any way with the tremendous work being done throughout the world.

World Week is fast approaching and this issue of Smile has fuller information of the content of the week. There has been an overwhelming response and we have unfortunately had to limit the numbers attending to four per Home or Service. Among other events for the delegates will be a reception hosted by the Prince of Wales at St James' Palace.

After World Week I'm afraid we have to face up to the retirement of Lynette Learoyd, the International Secretary, who has been at the heart of all that is being done by the International Office since 1981. Lynette is known by an enormous number of people throughout the International family and has won the respect and affection of us all. She will be greatly missed and I should like to record our very great gratitude to her for all she has done and, on behalf of us all, to wish her well.

Offering Choice and opportunity to people with disabilities



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- Bahamas
- Bangladesh
- Barbados
- Botswana
- Brazil
- Canada
- Chile
- China
- Cyprus
- Eritrea
- Ethiopia
- France
- Ghana
- Grenada
- Guernsey
- Guyana
- Hong Kong
- India
- Indonesia
- Ireland
- Jamaica
- Japan
- Jersey
- Kenya
- Lesotho
- Liberia
- Malawi
- Malaysia
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