

CHESHIRE SMILE

The Quarterly Magazine of the Cheshire Homes. Price one shilling



10th Anniversary Issue



In the beginning

was a small light-hearted magazine with a whimsical name. That was the *Cheshire Smile* when it was first launched in December 1954. It was a 20-page roneoed effort, and something like two or three hundred copies were run off. Sydney Radford (seen below), editor until his death in August 1956, had conjured up the name of the new magazine — a name that has obvious associations with Alice in Wonderland. These Lewis Carroll associations were featured on Jim Best's cover design for the first two years' issues.

Reproduced alongside is the cover of the third issue, which was a special number celebrating the visit of H.M. The Queen Mother to Le Court—an event that became known in the Foundation as the first Family Day.

The magazine, still bearing the same name, has for many years moved away from being merely a parochial, amateur affair. But it endeavours to maintain the same sort of close personal touch with the life of the Homes that characterised it in those early days.



Cheshire Smile

The Quarterly Magazine of the Cheshire Homes

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Contributions to *The Cheshire Smile* are invited from all readers. Opinions put forward in individual articles do not necessarily represent the official view of the Cheshire Foundation. It is our aim, however, to encourage free expression of ideas.

Publication dates fall roughly in the middle of March, June and September, but early December.

If you would like to ensure that you receive *The Cheshire Smile* regularly, we should be glad to put your name on our mailing list.

PEOPLE AND PLACES

By the Roving Reporter

A round-up of topical items about interesting people, and places of note

One of the most interesting recent developments, I think, is the sign that other organisations are feeling their way towards us with a view to co-operating in some new field lying between those normally covered by our organisation and theirs. I am thinking particularly of our new residential centre in Bethnal Green, where the Psychiatric Research Association will soon be operating. John Wilder, the P.R.A. Secretary, and Mrs. Gwyneth Ross, one of its Committee members, showed me round this exciting new project in Old Nichol Street a few days ago. It will be modelled to some extent on Miraflores, but will also contain other features besides residential accommodation for men and women discharged from mental hospitals. There will, in particular, be a sheltered workshop. The hope of John Wilder and his Committee is that eventually they will be able to build up strong links with the neighbourhood, so that residents may be able to move into lodgings close by when they come to move on from the hospital.

The house reminded me of so many Cheshire Homes I have seen in their early days before they opened — volunteers cleaning and painting, much furniture and fittings given by friendly supporters, and all the signs of true association through hard work which usually ensures the success of these efforts. A number of P.R.A. patients from their work-centres have already done sterling work in a number of

the rooms, and I met an enthusiastic neighbour who was helping in the boiler room. Which augurs well for the future. Else, the Assistant Warden, is already installed, and is for the moment in charge of the organised chaos which understandably prevails. They still need towels, carpets and, if I remember rightly, blankets. Ted Gibbons, who was for many years in Lisbon and did much to get the Cheshire Home going there, is Chairman of this enterprise. We must wish John Wilder and his Association the best of luck. The address: 3 Old Nichol Street, London, E.2.

Anne Thomas, who pioneered the Children's Home at Bethlehem, and who, since those days, has been Matron of the very much larger Home in Amman, the capital of Jordan, was in England during August on well-deserved leave. I missed her, which was a disappointment for me, as I have known her some time, first of all in 1956, when she was Matron at Alne Hall.

Writing of Bethlehem reminds me that Madame Pandit, sister of the late Prime Minister of India, recently opened the extension of Bethlehem House, the Cheshire Home in Bombay. This Home is always of special interest to me as it was the first Cheshire Home I ever visited. Only three patients were there then, with the G.C. nursing them. Now, with the extension, there must be getting on for fifty.

Lincolnshire is in the news with an interesting story of a car competition recently

organised in the county, half the proceeds of which were to go to Hovenden House, and half to the Cheshire Home in Addis Ababa. The total amount raised by the competition came to the magnificent figure of £1,000. The cheques were handed over at Hovenden House on August 6th, and the Second Secretary at the Imperial Ethiopian Embassy in London was present to receive one for £515 on behalf of the Home in Addis Ababa. Such a sum would of course be particularly appreciated in what is still a fairly new overseas Home.

North Lincolnshire, the Lindsey Division of the county, is soon to have its own Cheshire Home, thanks in no small degree to the energetic spade-work of Commander Wells. I went up to Scunthorpe, to the Appleby-Frodingham Steelworks, of which he is the Managing Director, some months ago, to talk with him about the plan. He showed me round the works, and then flew me back to London in the Company's aircraft. At that time, he and his Committee had not found a suitable house, but now they have alighted on a lovely house at Barnetby, near Brigg. I believe it is an ideal building for a Cheshire Home, but negotiations are not yet complete. We must wish this new project the best of success. Rather appropriately, the moving spirit in the early days of the South Lincolnshire Home, Hovenden House, was Dick Worth, who had been an Air Commodore in Bomber Command. Now it is the turn of the Navy.

Talking of new projects, a group of enthusiasts in Middlesex have been authorised by the Trustees to set up a Middlesex Cheshire Home project. The pioneer in this group is David Barnard-Smith, who for some years has been opening and running the Endeavour Clubs for the disabled in Middlesex. He and his friends are looking for a suitable property and we hope very much that they will soon find one that will not require too much expensive adaptation.

There have been a number of visitors from overseas passing through London recently. Two of these were Mr. Byrne and Mr. Leckie, who are both connected with the Hong Kong Home. John Leckie who was Chairman of the Home, said: 'I

gather that this year's typhoons have been harsher to the Home than in previous years.' The Homes at Mauritius and Hong Kong will always be exposed to the risks of cyclones and typhoons during the seasons when these dreadful tropical storms hit these islands. Talking of Mauritius, May Cutler, who has pioneered the Mauritius Home, will shortly be leaving Tamarin House for Kenya, where she will help to get the first Cheshire Home started there, at Likoni, on the outskirts of Mombasa.

Among the recent visitors from abroad was Air Marshal Sir Francis Fressanges from Nakuru in Kenya, who is the Chairman of the Cheshire Trust in that country. Mr. J. Alexander, who is also one of the Kenya Trustees, called at Market Mews the other day to talk with the G.C. I was lucky enough to be able to have a few words with him. I remember showing the Pathfinder Film several times in Nairobi two years ago, so it was pleasant to talk to someone who is now getting down to a new project there.

Mrs. Wilfrida Hill, whose husband Jock Hill was the G.C.'s wireless operator in 4 Group, Bomber Command in the war, and is still in the R.A.F., is to be the G.C.'s London Secretary. She has been in Singapore recently, where her husband was stationed, so she will also be dealing with correspondence concerning the Far East. Captain Andrew Duncan has just left for Africa, where he will be seeing Margot Mason in Durban (one can't yet get used to thinking of her as Mrs. Gibb). Miss Nichols, known as Nicky at Market Mews, a very staunch voluntary helper, also went to South Africa some time back, and hopes to see Margot. So we should be having some first-hand news of her soon.

Moving nearer home to the Mediterranean, Elaine Mayes tells me that Mr. Luke Baker, Captain of the good ship 'Mons Calpe', which ferries between Gibraltar and Tangier is an indefatigable worker for the Tangier Home. If you have seen the G.C.'s film of the Tangier Home you will remember the shots of Margot Mason on the deck of this steamer. Mr. Baker seems to have mobilised the whole population of Gibraltar into helping, in one way or

another, the children in Morocco. A benefactor of the Tangier Home in England, who wishes to remain anonymous, hearing that the children would greatly appreciate a TV set, gave £100 to buy one.

To round off the overseas news, here are some brieflets. The G.C. is due to visit Pakistan next month, where he hopes to start a Home in Lahore; a Norwegian lady, Mrs. Dacre Watson, is looking into the possibility of starting a Home in Norway. On the other side of the world, Colonel Nigel Watson, is doing the same, in respect of mentally retarded children, in Chile.

The overseas work is now being looked after in London, at No. 5 Market Mews, by Mrs. Scott-Hill and Capt. Andrew Duncan, O.B.E., Joint Hon. Overseas Administrators, and Mrs. Barker.

I feel a little guilty that so much of this quarter's 'People and Places' refers to overseas Homes and personalities. It just happens that we in London see more of the friends from abroad than of the many others in Britain. If any of you should ever feel like writing to me, c/o the Editor, with any news of people in or near your own place — and about the place — we should both be delighted.

RAJKUMARI AMRIT KAUR

In the sudden death of Rajkumari Amrit Kaur in New Delhi on February 6th, 1964, the Foundation has lost an eminent Trustee and a most faithful supporter. A close disciple and friend of Mahatma Gandhi she carried the burden of office as the first Minister of Health of independent India. In addition to many other reforms she was responsible for the current and highly successful anti-malaria drive that is now under way in India. From the beginning, she embraced the cause of our Homes in India, opening the door for the Group Captain and his helpers to enter the country, and in addition, making premises available for a Home in Delhi itself. Her passing will leave us the poorer, as it will the country to which she gave her whole life.

DAY OF PRAYER

The next Cheshire Homes' Annual Day of

Prayer is to be held on Sunday, January 24th 1965. This date has been chosen because it was felt, as before, that the most appropriate time for the Day of Prayer should be during the Week of Unity that begins each year on January 18th.

We hope that as many Homes as possible will hold suitable services on this day, and that all our many Friends outside will join with us in intercession. As last time, it is suggested that we make our intention primarily for unity. Perhaps we could also direct our prayers specifically towards a better understanding of suffering in order that we may become better Christians, and thus play our part in the fostering of peace in the world.

On this day, the (R.C.) Family of the Cross have arranged a Day of Recollection at The Convent of Our Lady of Sion, Bayswater, London.

Annual Conference 1964

As reported in our last issue, the Annual Conference of the Cheshire Foundation Homes was held this year on Saturday July the 11th in the Lecture Hall of the Roscoe Building, Manchester University. This was made possible through the good offices of Dr. Beswick (Honresfeld Committee), and by the kind permission of the Bursar.

Report on the past year and plans for the future

THE Chairman (Sir Edmund Davies) welcomed all the delegates, some of whom had come from very considerable distances. 28 Homes were represented and also present were delegates from areas where it was hoped to have Homes. He added a special word of welcome to Mr. and Mrs. Akinyemi from Nigeria who had come to learn about the work and he expressed the hope that they would go back to their home with the resolution to do something of the same kind.

Sir Edmund said that having our first Annual Conference out of London was by way of an experiment, and he invited delegates to indicate what they thought about the general idea of having the Conference not always in London. He went on to thank the University authorities for the privilege of being allowed to hold this year's Conference in their lovely building. At the same time, Sir Edmund, from the chair, thanked Dr. Beswick for having initiated the whole project.

Changes in Administration since the Conference in June 1963

Sir Edmund said: 'The first matter that has to be mentioned of course is the departure of Doctor Cheshire from the

Chairmanship of the Foundation. He was, as you all know, in the birth of this. He might almost be described as the midwife of the whole movement. He has rendered the greatest service—we all know that. When he undertook the Chairmanship from Lord Denning he made it quite clear that he was doing it only on a temporary basis. With typical modesty he said 'I'm just a stop-gap'. Well, he's worked so hard that when he said he really wanted to depart from the Chair there was nothing for it but reluctantly to let him go, but only as far as the Vice-Chairmanship. We would not let him depart from the Trustees altogether and we are to have the great advantage of his ripe experience and wisdom in that capacity. So he and Dame Mary will be working for us in the future as they have in the past.

He has been succeeded very hesitatingly by one of his oldest pupils. I recall the old days in his lovely home in Oxford and seeing there a bright-eyed boy in short trousers. He's still bright-eyed. Sometimes I think he is still very much of a boy. He has become of course that practical visionary we all know, and welcome to see here today. I refer of course to Group Captain Cheshire.

I have undertaken this Chairmanship with the utmost diffidence. I have stressed my inadequacy and when I did so to the Professor he said to me 'Relax, Edmund, relax.' I shall do all I can within my power to emulate Lord Denning, first of all, and then Professor Cheshire, in the Chair.

Another change that has been made in administration headquarters is this. The detailed work which arises in connection with the very large number of Homes in this country, not to mention any overseas commitments, is now so vast that no Chairman, no matter how leisured (and I'm not leisured), and no matter how hard-working (and I am hard-working), and however willing (and I am most willing), could possibly do it all. And so we have hit upon the idea of creating in this country a new post, that of Managing Trustee. We have appointed to fill that post Lord Sinclair who, being York Herald at the College of Arms, is in London for the greater part of the year and is fortunately available virtually for day to day consultations on matters as they arise, and we greatly look forward to his assistance.

One thing I would ask you. Please don't address letters to me personally or to Lord Sinclair. Address them always to the Secretary. This does save a great deal of time.

There have been two changes in Trustees in the course of the year. Alderman Pickles who did great work for us in the North-East, retired in 1963 and Mr. Emmett who has been Joint Treasurer — Joint *Honorary* Treasurer of course — of the Foundation since 1959, was appointed a Trustee last year.

And now I must introduce a note of sadness, though to speak of sadness and of Margot Mason in the same breath is difficult, for she is one of those rare beings who contrive somehow to combine deep piety and great gaiety of spirit in one and the same person. We've lost her. She has departed, having married Wing Commander Gibb of Durban, to live in Natal. But we're quite sure that her interest in the Foundation is totally unabated, that she will there be with those quick eyes of hers, looking around the whole of the Continent for further avenues of service.

I would like somebody before this Conference ends today to get up, if he or she thinks it right so to do, and authorise us to send from this Conference to Miss Mason a letter of gratitude and of good

wishes. Her general happiness, which she dispelled, cannot be replaced but several of the functions which she performed we are seeking to have discharged by certain changes we have made in administration. One of her greatest tasks was that of investigating and vetting new Homes. That service will now be performed by Mr. Taylor, who is Bursar of Exeter College at Oxford. He has been our Honorary Surveyor since 1960. Since then he and Margot have visited a number of homes offered to the Foundation and reported on their suitability. He has now accepted our invitation to take on the supervision of new Homes in the event of there being no local steering committee, and he will supervise until such time as the Committee is able to take over and manage the new Home. Where there is a local group or committee already existing who would like his expert advice, not merely as a surveyor of ripe experience and high qualifications, but one with specialised knowledge of the unique needs of a building which is intended to be a Cheshire Home, he will gladly make himself available to travel to almost any part of the country. Next year he retires from the Bursarship at Exeter College and then his time will be more ample than it is now to do that work. And may I say this. He's worked for us in the past, his work for us in the future is likely to be greater and heavier. We thought it right to offer Mr. Taylor an honorarium. We did about a month ago. He wrote back and said 'Thank you very much. No honorarium for me. I'm glad to do the work.'

Two other functions of Miss Mason were the periodic visiting of Homes and public speaking, and generally spreading what might be called the message that we are seeking to propagate. We hope in some measure to repair those two losses by appointing more Foundation Trustees. The Articles of Association have recently been altered so as to enable a maximum number of 25 Trustees now to be appointed, instead of the existing 15, and we plan to appoint more Foundation Trustees from areas so geographically spread as to cover virtually the whole of the country. Those Trustees, it is hoped, will make themselves responsible for one or more Homes in their area but with considerable flexibility as to how they should operate within their particular area. It has to be admitted that the system of Regional Trustees which was initiated a few years

ago, has not been an unqualified success. It was meant to bring Homes and London nearer together. In some instances, despite the best will in the world, it has operated in the opposite direction. Hence this new idea of appointing, as I say, Foundation Trustees from a very wide area.

New Homes

The need as always is very real and very urgent. Despite the Welfare State, the dragons of disease and poverty and loneliness lurk just outside the camp fire for a very large number of people and we must do all we can to see that they are kept at bay. And that brings me as I think, logically to the recent television appeal made by the Group Captain. All the Homes will by now know the absolutely magnificent result of that appeal — over £53,000 net. It is the best practical proof of the impact of the appeal made upon many people in many areas, people of the most diverse type, and we are deeply grateful in the Foundation to you, Leonard, for the enormous care taken in the most delicate presentation of something which could so easily have gone wrong. And if I may say so, we are also very grateful indeed to Lennie Dipsell, and also to the Market Mews staff who worked like slaves, for the correspondence involved was enormous, and to the large number of voluntary helpers who came in and gave a great deal of time in order that the necessary correspondence could be dealt with. And the appeal has transformed our financial position for the present. How long that present will last only the good Lord knows!

Since the last Conference there have been 3 new Homes. The Warwickshire Home at Sutton Coldfield — the first patients are just being admitted there — at Christleton near Chester, our second Home for mentally handicapped children has been opened, the first being as you know in Dorchester, at Hawthorn Lodge. Then thirdly, at Bethnal Green, there's a hostel for the rehabilitation of ex-mental patients just started up, and to be run on the same lines as the two Wimbledon hostels.

Extensions to existing Homes

This is vitally important for much can be done in several directions to this end in several Homes. Some Homes have managed this on strikingly economic lines. If I may mention, as I do, Dolywern in Denbighshire as a quite outstanding example of

this, I do so merely to indicate one amongst many. Extensions have been effected at Cann House in Plymouth, at Danybryn near Cardiff, at Greathouse near Chippenham, Greenhill House, Bath, The Grove, Norwich, Holme Lodge in Nottingham, Llanhennock in Monmouthshire, St. Anthony's in Wolverhampton, and Spoforth Hall. As a result additional places for 66 people will be provided. And that of course is extremely good, although it's but a start and more needs to be done and it is felt can be done in this way.

Overseas

The picture is far different and much darker. It's a picture that none of us should turn our backs upon, because here we are merely a small part of a very much larger family, and in many ways we of course are by far the most fortunate part of that family. In this country we have the financial backbone of maintenance grants; overseas there is nothing of that kind and the degree of disease and degradation of the human personality is far greater and far darker than we find generally here. Such people must not be forgotten by us.

We have vigorous ideas, and many vigorous spokesmen. We hope that such ideas as you have will be vigorously expressed today. I hope that whatever our differences we may continue to work on in a spirit of true brotherhood and of Christian dedication, realising what the goal is that we are all aiming at.

TALK BY

GROUP CAPTAIN CHESHIRE

Ladies and Gentlemen. I think I've spoken at every spring conference there has ever been except in 1958 when I was in India and I inflicted a tape recording on you.

First and foremost I would like to join myself to Sir Edmund's welcome to all of you. This Conference means a very great deal to us as Trustees, and particularly to me, because as I see it our great problem is to balance the autonomy and individuality of local Homes and local groups with the necessity of being a unified, co-ordinated whole. That is rather a delicate balance to strike; to know to what extent individual groups of Homes should have an entirely free hand and to what extent there should be some central co-ordination to preserve the general principles and aim.

Secondly, I would like to welcome our new chairman, Sir Edmund Davies, and

associated with that, even though perhaps it is not quite the thing to do at this time, to express my deepest thanks to my father, because he came right at the beginning, and it was not at all clear what was going to happen then, except that we were heading for trouble — that was clear — and the greatest thing of all that he did, apart from encouragement, was to form the Trust. It was entirely thanks to him that the Trust was founded, that Lord Denning became our first Chairman, and that we are all here together today.

There are a few things that I would like to say before, as I hope, we have a discussion. One is my own personal part, if that's the right way of putting it, now that we have grown so much bigger. In the early days I had a very close and personal contact with the Homes. There were few Homes, and I spent most of the time with them, of course, also endeavouring to get new Homes going. Now that we have grown larger, it is difficult to maintain that personal contact, not just because there are so many Homes to visit and only a limited number of days in the year, but also because there are other things to be done in connection with the Homes and the whole Movement, which we call the Mission for the Relief of Suffering, as a whole. Therefore, I feel that the sensible thing is to try and decide what are the main points that I, as an individual, or as the Founder, can do, and to concentrate on those. I think inevitably my eyes are a little on the future because I want to ensure, so far as any individual can, that the aims and principles, the way that you have all gone about founding your Homes, are preserved for the future, and not forgotten.

One looks round at the various charities and organisations in the world, and tries to learn as far as possible from their experience and a number of things strike one. Perhaps the first is the amount of hard work and sacrifice that one encounters throughout the world in different organisations and individuals, and in a great variety of ways. I find it very easy to be locked up in one's own little circle; to think that the whole world is this little world of our Homes; more difficult to see oneself as just a very small part of a much bigger world.

When we started we used to get help from other organisations that were already established and the day, I suppose, is soon arriving when the position will be reversed. Therefore, we should perhaps be more

open to other people who are struggling with their first beginnings, and be willing to help them in some small way. I do think it is important to keep our eyes on other people, to learn from their example and not be too inward-looking. Another thing that strikes one is that some organisations as they get going accumulate a good deal of money, and I think that once an organisation accumulates a certain amount of money and can invest capital, it is in danger of losing something of its spirit. I am quite sure we would all agree that the essential spirit that one needs in this sort of work is to be economical, to be willing to make do with what one has got. One wants to have people who are willing to do things, to take their coats off and work, rather than sit down and make decisions and invest money. The strength that your Homes have comes from the fact that you have had to struggle so hard from little beginnings to build something up and I think my greatest wish for the future is that that should always be so. Once any particular Home has complete security and can foresee the future in terms of financial security and so on, it *must* lose something of its spirit. I think that applies to the patients too, because the need of the patients is a human need, not just that they need nursing and caring for, like an acutely ill person in hospital. They have their lives to live and it is not good for any of us to have too much of material things. That therefore holds good for the patients in a Home, as well as for us as an organisation.

As you know, I began all this with a community of ex-Servicemen hoping to re-settle ourselves into civilian life, but we had no object other than ourselves and we failed, and I am convinced that a community that has no aim other than just organising itself will never really achieve anything very great. Therefore, we must always be looking outwards, and I think I can say that it logically follows from that, that there is more to be achieved in helping the sick and the needy, than merely helping them to help themselves. We live in a world which has many divisions, many misunderstandings, but I am completely convinced that one way in which we can help reduce those barriers and misunderstandings is by going to the help of those in need. Because, just as human need is universal, so is the desire to help those who are in need. That is universal. And whatever the political beliefs or other

beliefs a man may have, he is still at heart a human being, and when one appeals to his better nature to help someone, to a greater or lesser extent he will respond. And if the Forgotten Allies, my wife's organisation, can work so freely in Poland and Yugoslavia where normally it is difficult to work, or certainly was a few years ago, then I think one can say that there is no country that is really barred when it comes purely and simply to the relief of human suffering. And therefore I think that we should see that behind all this work is the long-term goal of bringing different countries and different communities closer together.

One of the things to which I would like to devote a certain amount of my time, is the making of a few more films, because in films I see an excellent medium for putting across a message. At the moment I am just beginning to try and make the best film we can on the English Homes, because we do not really have anything that puts across the message of the English Homes. The first part of it I am going to take at St. Teresa's, because that was the second Home that did start from very modest beginnings, and I think has the true spirit of the Foundation to put across. It would normally be better to film Le Court as the first Home, but it has been filmed in different ways so often that it is difficult to start with a new approach. St. Teresa's has not. And after that, if that is successful, I would like to come to some of the other Homes and do a second part to it, so that we can leave behind something that shows what it is that we in this room, and those whom we represent today, are trying to do.

Now about overseas. It goes without saying that money is very urgently needed for the developing countries, but we are trying hard to make the overseas Homes self-supporting and not dependent upon help from England or elsewhere. By and large, I think we can say that that has been achieved in many countries. Other than a little bit of money at the beginning, the Indian Foundation has never asked for money. Neither, I think, has West Africa, Singapore or Hong Kong; they may have been sent two or three hundred pounds, but that is about all. We are not trying to build up an organisation pivoted and centred on one place. We are trying to delegate as much as is humanly possible. All the overseas countries have their own Trusts just as in England, and these, instead of being made responsible to Lon-

don, we are gradually trying to break down into regions. In Singapore, we are just starting our first Market Mews, so that the Asian Homes will look to Singapore rather than to London.

I have just been abroad visiting the Indian and Asian Homes. I do not think I spent more than three days in any one Home, except for a happy three weeks with my wife at Raphael, the Asian headquarters of the Mission, which she and I run ourselves. Except for those three weeks, I had five months travelling, as I say, never spending more than three days in one place and it took me all that time to get round those Homes.

I thought you might be interested to hear a few words about the newest country in which we have a Home — New Guinea. New Guinea is something entirely new in my experience. It is a country that is virtually completely tribal, and there are at least five hundred different languages in the country, non-understandable one to another; superstition and magic are rife. A great number of those who live there literally have nothing at all other than what they get out of the jungle. Many of them don't know money, don't use it and don't know how to make cloth, or anything like that. We were asked by the Administration there if we would do something for mentally retarded children. The Bishop has given land and a new Committee has been formed which is making a start in Port Moresby with a first Home. They are going to be supported financially from Australia, not from England.

During the tour, I did my best to raise Support Groups in Australia and New Zealand in order to help Sue and myself run the International Settlement of the Mission, Raphael, in India. The purpose of Raphael, in part, is to provide an anchor for the Homes in the Far East, something that sets a pattern, something over which we have some control. We united the resources of the Forgotten Allies and ourselves, the Foundation, to build up and run the settlement, and there are now 200 patients living there. We are just beginning to build a little hospital to give the specialised treatment to the chronic sick which in India is not available. In order to take the burden off England, we have raised these Support Groups in Australia and New Zealand who now have undertaken to provide six months' maintenance in the year for Raphael.

Proposal from the floor

Mr. Bagnall, Chairman of St. Bridget's, proposed that a letter of appreciation and good wishes be sent to Margot Mason by the Chairman on behalf of the Conference. Carried unanimously.

Address by Dr. Margaret Agerholm, M.A.,

on 'Helping the Disabled to live to Capacity'. Her speech is published at the end of this Report.

Points from the Homes

Uniform collecting boxes. The feeling of the meeting was that it would be very desirable to have a uniform collecting box for the Cheshire Homes easily identifiable throughout the country. The proposed box was for permanent display in Homes, shops, public houses, etc. It was not intended for use on flag days and house-to-house collections. The label should have space for the name of the local Home to appear on it. The Chairman said that enquiries would be put in hand by the Foundation.

Twice-Yearly Conferences. The meeting favoured one Conference a year only, the date to be fixed well in advance.

Distribution of the Cheshire Smile and Pictorial Record. The Homes were asked if they would help to increase the circulation of the Cheshire Smile, and with the sale of the Pictorial Record. It was suggested that a resident member of the Committee of each Home might make themselves responsible for doing this within their own area.

It was reported that the size of the magazine was going to be increased in March 1965, and that the cost would go up to 1s 6d a copy.

HELPING THE DISABLED TO LIVE TO CAPACITY

Dr Margaret Agerholm, M.A.

The principal address delivered at the Annual Conference in Manchester in July. The discussion on the address that followed is also briefly reported.

Mr. Chairman, Ladies & Gentlemen,

First, I should like to say that I feel this is a great honour and compliment to be asked to speak at your Annual Meeting. I very much appreciate being asked to come, as I have, with many other people, a tremendous admiration for your Foundation, and for what it is trying to do to help the sick and disabled members of the community. Particularly, I admire how it manages, unlike a number of other organisations, to stick to its original ideals, while at the same time showing great flexibility in their expression, and continual expansion. I, myself, have a great fear of 'enlargement' in human affairs: its dangers have obviously been recognised, and so avoided, by this Foundation.

I have been in the rehabilitation field for thirteen years, and I am very aware of how much harder our work, and the lot of the disabled people with whom we have been concerned, would have been if your Foundation had not been there to answer our often quite desperate appeals for help. From Oxford must have come some of the loudest protests when the suggestion was made last year that there were already enough Cheshire Homes, and that the demand for your work was now satisfied! In fact, I believe that there is still an enormous undiscovered need of which we still know far too little. This need is like an iceberg — most of it is out of sight.

I should like to use my time, first, by telling you briefly how I personally came into the rehabilitation field at all, because I think it explains the particular bias our work at Oxford developed over the years: then I would like to analyse, or rather classify, the 'disabled', since I feel their great diversity necessitates some classification, before one can proceed to discussion of their needs and problems; finally, I should like to discuss the subject you have set me — viz. how to help the disabled to live to capacity.

I have to admit that I did not come into this field of rehabilitation with any set purpose, or any glowing ideal of helping the disabled live a fuller life. I was simply pushed into it by the disabled themselves, who found me in a useful position to serve their own ends, namely, doing 'research' on poliomyelitis in an orthopaedic hospital. At that time, the severe epidemics of poliomyelitis, which had reached this country in 1947, had led to a tenfold increase in the number of new cases occurring every year. We were faced with an appalling accumulation of severely disabled, but still alert and enterprising, people, for whose problems standard rehabilitation practice was not always adequate. The higher age incidence and associated greater severity of the disease and the higher survival rate obtained by newer and more successful methods of treatment in the acute stage, combined to make the rehabilitation problems of its victims more difficult of solution.

Many of these people had total paralysis of all four limbs as well as total paralysis of their respiratory muscles, and were therefore both helpless and dependent on breathing machines, which could themselves present difficult problems. But they came from some of the most active and resourceful sections of the population; young adults, often with young families dependent on them; they included sportsmen and pioneers of all kinds who had been attacked by the virus far from this country, particularly in Africa, and the Near, Middle and Far East, where they were soldiering, flying, sailing, engineering, mining and growing vast crops of tobacco, coffee and tea.

These were not the sort of people to take anything lying down, let alone lie down for the rest of their lives. They drove themselves mercilessly, and they drove their relatives, their nurses, their physiotherapists and their occupational therapists; they drove their doctors too. They would not consider dying, though they had very little left with which to keep alive; they would not stay in hospital; they would not take any form of 'second-best'; they would not take 'no' for an answer from anyone. They would live, and they would leave hospital; they would take their

respirators with them, if they could not live without them; above all, they would retain their right to choose their own risks, and, within their new limits, they would continue to live their lives to capacity. Indeed, many seemed determined to live fuller lives than they had thought of living before.

In the face of this enthusiasm we had no choice. The best rehabilitation ideas were usually theirs, and they worked out in incontrovertible detail their own practical solutions to their own practical problems. We had only to say 'yes', to write letters asking for—sometimes insisting on—facilities for them, and to learn to manipulate the many permissive powers of the Welfare State—as they are intended to be manipulated—to the maximum advantage of its citizens.

In the end, of course, we became as enthusiastic as the patients who had so remorselessly impelled us, and were prepared to accept, with them, risks which were of their own carefully considered choosing. Indeed, I am convinced, as they are, that the mere fact of disability—that a person is disabled—does not give us the right to deprive him of his right to decide for himself what risks and hardships are acceptable, and so continue to determine his own fate like his able-bodied fellows. If a severely disabled person does not want to live in a hospital, which is a safe but to him unacceptable background to life, but prefers to live more happily, though to some extent more dangerously, outside, then I believe that, if the immediate practical difficulties can be overcome, it is our duty to respect his wish and help him to take the course with the greater risk, which he feels offers the greater chance of happiness. Current medical and social practice tends sometimes to pay too much attention to mortality rates, and too little to the important but less easily measured 'quality' of the life we help to prolong.

I should like to quote the story of a delightful Scot, a tobacco planter in Nigeria, who was totally paralysed by poliomyelitis in 1955, and spent nearly three years in our hospital. Throughout that time he was constantly planning how to restart his life outside, although with total paralysis of trunk and limbs and permanent dependence on a respirator, the difficulties and dangers would be much greater than if he stayed in hospital. Eventually he succeeded; he stole one of our best staff nurses to become his wife,

and his firm bought him a bungalow in a village 10 miles away. Although he had not been out of hospital since his transfer from Nigeria, his rejection of my suggestion of a ward-wedding was characteristically humorous and wholly crushing, and, sure enough, he had a church wedding (no second best for him and his wife) on the way home. When, after two years living happily at home, he died in his sleep, he left a spiritual vacuum not only in his immediate family, but amongst a wide circle of friends in and beyond the village in which they had settled. No one could doubt the 'quality' of the life they had gained outside hospital had justified the risks he and his wife had taken to achieve it.

It was people like this who helped us to develop principles and standards of rehabilitation which have, I hope, helped us to help others since. But, in saying this, I must add that not all people can, or need, be as spiritually unconquerable as they; in some, through no fault of their own, the body may be a good deal stronger, and the spirit a good deal weaker. Nevertheless, the principles and standards we learnt remain as useful guides in the field of rehabilitation of the severely disabled.

This brings me, logically, to the second part of my talk, the 'diversity' of the disabled. Most of you would, I believe, agree that too often the 'disabled' are talked about as if they are one group or type of people, whereas they are, of course, as diverse as the rest of the community, having only one feature in common, physical disability, which itself can take many diverse forms. They differ in the kind, and degree, of their disability; in age; in education; in social background; and in their virtues and vices. Indeed, a more diverse group can hardly be quoted. Some classification would therefore seem essential to avoid that shadowy figure, ageless, faceless and without physical or social characteristics, who otherwise haunts discussions on the welfare of 'the disabled'.

I am going to offer two classifications of the physically disabled which I find useful in my own work, both in analysing the problems of the individual, and in planning more general solutions to more general problems. These two classifications are not alternative, but complementary, and in my view are the minimum equipment with which one can work in this field. The first classification is of *types of disabled person* (which, as you will see, is really a combination of type of disability and type of

person); it contains five categories which I denote by numbers 1-5:

Classification by Type of Disabled Person

1. *The young adult* who, having had an able-bodied upbringing becomes disabled in a finite way. His condition will not deteriorate; he knows his disability, and can build up his life around it. Examples are teenagers and young adults who are disabled by poliomyelitis, or injuries to their spinal cord.

2. *The person disabled from birth or early childhood*, who has never known an able-bodied life, and has probably had 'special' schooling (often, in the past, inadequate, but nowadays considerably improved). Examples of this group are children born with defects of their limbs or spinal cord, spastics, and children affected early by rheumatic and related conditions. Members of this group often have great 'hidden potential', and blossom wonderfully in a favourable environment.

3. *The person disabled in middle or old age*, who has less adaptability and incentive to adjust to his new disability. This group contains the hemiplegic, the rheumatoid, and a variety of degenerative and post-operative disabilities. They often reject anything but the simplest rehabilitation, feeling — often rightly — that they may not or do not wish to live much longer, and resenting their own poor performance in the rehabilitation tasks they are set. Such people are often best offered only strictly utilitarian disabled-living rehabilitation to restore a measure of their independence and so their self-respect, while recognising their lesser resilience and tolerance of the fatigue from which so many of them suffer.

4. *Persons disabled by a progressive disability at any age*. Cases of disseminated sclerosis, and some muscular dystrophy and syringomyelia cases predominate in this group. Like the previous group, they sometimes suffer from too great rehabilitation enthusiasm. An essential preliminary is psychological adjustment, with acceptance, without resignation, of their disorder. This is of course not always easy. They should always be rehabilitated ahead of their disability, for it is unkind to teach them techniques and skills which they can only just manage to perform, since only too soon they will fail in these too as their disease progresses. Instead, they should be encouraged to do not what is difficult but what is easiest. Good arms are often

better used in enjoying wheelchair independence while it is still easy enough to be a pleasure, instead of struggling to support their weight on crutches until in the end the arms are too weak even to give wheelchair freedom. We must always avoid rehabilitation for its own sake, but be prepared to look ahead in any programme to decide from the disabled's own point of view whether, when he looks back, he will regard the efforts we recommended as having been worth-while or merely a tiresome distraction, and perhaps a waste of the time and effort which to him were too precious to waste in this way.

5. *A miscellaneous group* (inevitably) of diverse disorders affecting the individuals at any age. In this group come people who have two or more lesser disorders not normally associated, and each of which interferes with the management of the other, though either could have been managed alone: also, those who, in spite of considerable disability, have for years lived successfully in a suitable environment provided by family and employment, and who only face a serious threat to their independence when age reduces their effort tolerance, or the environment itself breaks down.

This classification has not dealt with severity of disability at all, and therefore it is necessary to have a second classification based on *severity*, as tested by *impairment of independence*. Again, there are five categories which I denote by letters A-E:

Classification by Degree of Disability (assessed by independence)

A. People with severe disorders without severe disability, who in fact hardly belong in the classification at all. Examples are people with one totally paralysed or amputated upper limb, or people with lower limb amputations fitted with satisfactory appliances. Their disorder is obviously considerable, but their disability is minimal; they retain their independence and considerable mobility, have still a wide choice of employment, and are precluded only from sports and more active employments.

B. People with considerable restriction on their activities, without actual loss of independence. Examples are ambulant people with deformity and paralysis, wearing braces and calipers, and people with severe cardiac lesions. Such people find life slow and tiring; but they are independent, can earn their living, run

their homes and take part in social life. Their biggest disability is, perhaps, the danger that some inter-current disease or a fall with a fracture and consequent immobilisation may increase it just enough to tip the balance against complete independence, and pass them into groups C or D. *C. People who are so severely disabled that they retain their independence only in the right environment*, in which they may be wholly independent, earn a wage, and run their home. In this group are the wheelchair users with useful upper limbs. Their wheels demand special architecture at home and at work, and special transport facilities in between. Their architectural needs are of one-level living in the home and at work, with doors, passages, toilet and kitchen facilities of sufficient width for wheelchair manipulation. Their transport needs are met in this country by the Ministry of Health's powered tricycles and car modifications. With such architectural and transport facilities the disabled in this group are wholly independent: without them they must fall into groups D and E. One of the most rewarding exercises in the rehabilitation field is to help a disabled person to secure these facilities and so recover his independence, and dispense with our help.

D. People who are so severely disabled as to be 'intermittently dependent' on the help of others. People in this group usually have bilateral upper limb defects either alone, or combined with trunk and lower limb disorders; people with amputations, or severe congenital limb defects or deformities of the upper limbs; rheumatoid cases; polios; people with high spinal cord lesions; and muscular dystrophy cases. All these fall into this group because of their need for help with any of the following activities — getting on and off bed, toilet or chair; dressing, washing and bathing; eating and drinking; writing, reading, drawing etc.; using switches, cooking and cleaning the house. The lack of, at least, one good upper limb encroaches on the personal independence of even the most determined disabled person, while those with lesser upper limb disabilities may still require help with the housework and shopping. The 'intermittance' of their independence puts these people into a borderline position. Many, in fact, manage to live for years, even for decades, by themselves, in their own rooms or flats, because a daughter or another relative, supplemented perhaps by neighbours, comes in to help for short

periods at regular intervals through the day. Only when this minimum, but often very personal, help fails, does the disability become a social liability, and the individual finds himself compelled by it to enter an institution, whose full facilities he neither needs nor wants.

E. People who are wholly dependent on others for most or all their daily living activities and perhaps for some nursing care, too. In this group are those who cannot move their limbs because of severe stiffness or paralysis, and those whose locomotor disabilities are complicated by problems of incontinence, colostomies, tracheostomies etc., or who are wholly or partly dependent on respirators. For these people, too, it is surprising how much independence can be regained by the provision of the most suitable equipment (including the recent 'control boxes', which enable them to control any number of electrical devices through one movement only), and by good 'time and motion' study of their routine care. A former land agent I know, who is totally paralysed by poliomyelitis and dependent on a respirator, likes to have three or four hours without interruption, so that he can get on with his writing on an electric typewriter with a mouth-stick, leaving his attendant free for other duties in the house.

I have now offered two different but complementary classifications of the 'disabled' — by type of disabled person, and by degree of disability as assessed by loss of independence. I hope they may prove useful as a shorthand guide to this large and diverse group of people. It is now time I passed to the real subject of this talk — 'Helping the disabled to live to capacity'. But still one more preliminary remark is needed. I am concerned only with those who wish for 'capacity living'. Some people will undoubtedly prefer to be left alone to enjoy their own thoughts without visible activity, and their choice should be respected. Inactivity and contemplation are highly respected virtues in some civilisations!

There are, I believe, two basic essentials for successful 'capacity living'. 1, Streamlining daily living and all 'care' activities so that these take up the minimum time and effort; 2, A social background as private and as flexible as possible in order to ensure maximum individual choice of activity, and its distribution through the day.

Daily living activities and general care of the disabled are streamlined by improving the techniques and equipment used. The attendants of the disabled, nurses, physiotherapists, occupational therapists etc. have an important duty to keep up-to-date with disabled living techniques. Quite simple techniques, requiring little or no equipment, can often restore some independence, e.g. for getting on and off a bed or for feeding.

In the matter of equipment, we have, I hope, now passed the stage when the mention of equipment inevitably elicited head-shaking and murmurs of 'expense', with stories of unsuitable 'gadgets'. The expense of a piece of equipment can be assessed, not by finding its price, but by considering whether it will pay its way financially, e.g. by reducing staff requirements, which are one of the major overhead expenses in the care of the sick and disabled. I can think of equipment which costs several hundred pounds but which, by reducing the demands on staff, will have already paid its way after only a few months.

Here I should like to digress and refer to a point made by a speaker earlier this morning. He asked that the Homes in this country should limit their own demands for equipment and other aids, because the needs of the Homes overseas are so much greater. His plea has our sympathy, but I should like to qualify it by pointing out that I personally have always felt that the facilities offered to the disabled and sick should approximate as closely as possible to the living standards of the community in which they live. The fact that Homes in under-developed countries are struggling with primitive arrangements does not necessarily mean that the Homes in this country should lower their standards of care, and divorce their residents still further from the life around them.

A few examples of 'streamlining' equipment might perhaps be useful. A variety of *beds* have recently been introduced to simplify the care of the sick and the disabled; they reduce the user's discomfort and simplify the attendants' work; often they also reduce the danger of bedsores, by making the small changes of posture necessary to relieve pressure-areas quick and effortless for user and attendant alike. The 'wind-up' bed, of which the head can wound up and down by one handle and the knees by another, prevents the user

slipping down the bed when in the sitting position, and virtually removes the need for several pillows to support the sagging trunk and neck. The time saved when it is is no longer necessary to heave the patient up the bed by the armpits and readjust three or four pillows (sometimes more) every time he is approached, is itself a great contribution to the nursing of the severely disabled. A general practitioner, impressed with the value of this design in cases cared for at home, went one stage further, and added a motor with press buttons for control by either occupant or attendant. Such a bed (the *Egerton bed*) can, in fact, restore considerable independence, and (particularly) can remove the need for night attendance and so sometimes for institutional admission. It is of course always best that the proposed user try it first, since not every disabled person will benefit from its use. The *Campbell bed*, with its adjustable centre section to allow a bedpan to be inserted under a disabled or sick person without lifting him, has similar advantages, since it enables a heavy person to be 'bedpanned' single-handed. Mention should also be made of the recently-introduced *sheepskin*, which has been so helpful in reducing bedsores and increasing the patients' comfort.

Lifting devices, notably 'hoists', form a further group of equipment which can pay their way, when properly selected and used. Unless supported on the ceiling, they should be powered, if they are really to reduce exhausting effort in patient-transfer. An *electric hoist* has enabled a number of severely disabled people to manage their own transfer between bed, toilet and wheelchair without assistance. 'Oh the joy,' said one person who had been disabled for fifty years, 'of going to bed when I please!'

The *bath and toiletry* field has also shown useful developments recently. The *bidet* has never been sufficiently exploited in this country, except recently in disabled schools. A further refinement is the *electric toilet*, which washes the perineum with warm water, and dries it with warm air, and so greatly improves the aesthetics of disabled toiletry. This is a subject which one must not be too refined to mention, since it is important to ensure the best arrangements for any individual or institution. After all, what is unacceptable today may be normal practice in twenty years' time; with the introduction of the electric toilet, toilet paper may, like the privy at the bottom of the garden, soon be regarded as an

affront to civilised living. Already St. Dunstons has installed electric toilets in the private houses of a number of blind people with associated upper limb disabilities. Institutions in which the severely disabled are grouped would seem to deserve similar priority for this useful innovation.

'Streamlining' can also be applied to individual activities such as feeding, writing, etc., but here I should stress that they should not be imposed on those who regard the effort excessive, since they tend to be time-consuming for attendants at least when first tried, and must carry some satisfaction to the user if they are to be regarded as worthwhile. The 'control units' which I have already mentioned have enormously widened the range of possible activities for the severely disabled—from controlling light and heat to copy-typing and literary composition; from 'ham' radio transmissions to self-education by teaching machine. The possibilities of these devices in contributing to 'capacity living', earning power and education have not yet been fully exploited.

Finally, the background against which disabled people can best carry on their lives must be considered, for if it is uncongenial, full capacity will certainly not be attained. The severely disabled need primarily two conditions, both of which your Foundation offers—**security** and **care**. But we know that in accepting these, however gratefully, in a residential community, they only too often feel they are giving up two other conditions which they also value highly—**privacy** and **integration** with the able-bodied community.

In the context of **privacy**, one can only say that the mental wear and tear of permanent life in an institution can probably only be fully appreciated by those who have experienced it with all the disadvantages of physical dependence preventing even brief physical escape. So many people have expressed this to me that I feel bound to voice it here, even though I am well aware that there are good practical—usually financial—reasons for the loss of privacy. The need to get away from the crowd sometimes; not to eat every meal in company, even not to eat every meal; to read, write, paint etc. without interruption, and to be able to leave books, papers, etc. undisturbed and unscrutinised until one's return—the need, in fact, for **privacy**—is a recurring theme when the disabled

discuss their own views on institutional care, and would seem to merit serious consideration in future planning. I certainly believe that one communal meal a day is enough for any group of people living permanently together!

In the context of **integration with the able-bodied community**, I should like to state my own belief that the able-bodied need their disabled fellows as much as the disabled need them, and that no community that removes from its midst, and then largely ignores, its disabled, elderly and orphaned members, can successfully thrive. This belief was strengthened recently by the depressing series of articles on 'Loneliness' published by the 'Observer' about a year ago. In it, disabilities of the able-bodied, without family or friendship commitments, were vividly described, and the need for their integration into the community stressed. Provision of accommodation for such able-bodied folk without dependents and disabled folk without independence under the same roof might solve the problem for both groups and so restore greater health to the community as a whole.

In fact, such a solution has in a way been tried—with considerable success—in Copenhagen, where a special block of single and family units, with special facilities for the disabled, was built to accommodate disabled and able individuals or families, in the proportion of one disabled to two able tenants. Both the able, and all the disabled who can, go out to employment as from any other block of flats, but in addition there are special facilities for those who require communal social life within the building, and 'room service', canteen and personal attendance on an 'intermittent' basis as required. In this way, security, care, privacy and integration with the community are obtained for the disabled, while the 'lonely', taking single room accommodation, will soon get drawn into the community by its social activities, and so acquire their integration and correct their own equally distressing and real disability—lack of family and dependents with whom to take their recreation when they return from their day's work.

My suggested solution may not be the right one, but I do believe that we shall be on the right track if we aim to add **privacy** and **integration** with the community to the other conditions which the Cheshire

Foundation Homes already offer to the disabled.

The *Chairman* offered the Foundation's deep gratitude to Dr. Agerholm for her speech, and asked for questions from the floor.

The representative from Cann House asked about the Egerton Bed. The Home had been given one of these, and it was now waiting for someone to come who really needed it. Dr. Agerholm said that this illustrated her earlier point that such equipment was justified only if it earned its keep. 'The fact that your bed is lying idle is a terrible thing, as I know there are people for whom such a bed would make a wonderful difference, although to others it is useless. Could it not be passed on to another Home where there is someone who could use it?'

Answering another question, about the Hewitt Watson ceiling hoist, Dr. Agerholm said she had not meant to condemn this form of hand-operated hoist, in which the weight was taken on the ceiling; she thought it a good hoist. She was criticising the hand-operated floor hoist, in which the hand-winding was too heavy on the attendant, and some form of power assistance, usually hydraulic, was essential. She went on to say that the only way to get the staff using a hoist is to have them shown the different techniques by someone who already has experience in their use. The best method for hoisting most people was with two slings, one under the arm, and the other under the knees, with the patient's bottom dropping through. The patient himself usually learnt on which links the sling should be hung and could tell this to changing members of the staff.

A representative from Marske Hall asked, in view of Dr. Agerholm's remarks, how far a Cheshire Home was justified in going deeply into the question of equipment and physiotherapy. Dr. Agerholm replied that residents in Cheshire Homes should be able to take advantage of out-patient facilities available for other people living at home, and so use the local hospital for this kind of thing. But if the Homes felt obliged to provide their own treatment to help their people with pain and stiffness, then one part-time physio on two or three afternoons a week would, in her view, be sufficient. As regards the provision of occupational therapy in the Homes, she thought an occupational therapist could do an enormous amount of good if she saw

her job as teaching disabled residents more efficient methods of dealing with the activities of daily living and helping to set up suitable equipment for them. She did not think the occupational therapy of baskets, leatherwork, and woolly balls had much purpose, but felt that in saying this she might not be representing the views of the medical profession as a whole.

Mr. Peace, of Athol House, Dulwich, said they had found that using occupational therapy just to keep people quiet was really a degradation. They have a workshop, and some of the work done there has been put on a commercial basis, particularly the typing and duplicating side. Jewellery can also be sold, and things like that. More by accident than design, a system has been worked out whereby all the residents benefit from this work; whatever they make, one third goes to the Home, while two-thirds goes into their own pool. The money does not go entirely to the person who has done the job of work. They have also worked out a system by which anybody who helps in the Home, in any way, gets paid for it. Somebody can do a little light dusting; she gets paid 2d an hour. Someone else does some washing-up and gets paid for that. The money comes from the pool, which had been built up by the residents themselves.

Dr. Laycock, of White Windows, asked Dr. Agerholm when she was coming to Yorkshire. He felt that all she had recommended was necessary to White Windows. What was of particular interest to him was the electric toilet. He had been talking about it for years. Dr. Agerholm said she would be very happy to visit White Windows in the near future.

To a questioner who asked about sources from where people could learn about the whole range (or ranges) of available equipment, Dr. Agerholm mentioned first the 4-volume 'Equipment for the Disabled', prepared at the Nuffield Orthopaedic Centre and published by the National Fund for Research into Poliomyelitis and other crippling diseases, at 6 guineas. She had wondered whether the Foundation might care to buy a copy, and send it on loan round the Homes. A revised version was being prepared (Ed. the original edition was published in 1960). Anyone who has bought the old version will be able to interleave the revised pages. The loose-leaf form of these volumes was chosen in order to allow such revisions

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SUMMING UP

Group Captain Cheshire concludes this series of 'The Role of the Residents' debates with the following remarks:

The debate has run through the last four issues of the *Smile*. It has undoubtedly done good by giving vent to feelings of repression, and by revealing the deep strivings of some people's hearts. At the same time, I am bound to say that it has been a disappointment to me, in the sense that the debate developed more or less on the lines of a monologue centring round one single point.

The point in question is — 'Why aren't patients appointed to the Management Committees and to the Trust?' And behind this question, as has emerged from conversation, lies the thought — 'Why can't the patients run the Homes themselves?'

This is a question that was once in my mind too, particularly in the early days when there was virtually no-one at Le Court but the patients. From time to time, I used to try giving some of them a certain responsibility in the management of the Home, but somehow it never really seemed to work. Either their condition suddenly — though perhaps only temporarily — deteriorated, so that it was very difficult, sometimes embarrassing, to decide whether they were still fit to continue; or the burden of responsibility proved too much for shoulders already bowed down with disability; or some of the other patients, whose views might happen to be different, objected to the so-called superior position and authority of one of their own members. Again, we found that where selected patients were given a say in admissions, a criteria applied very soon became compatibility or like-mindedness with themselves, and no longer need — a development that jeopardised the first principles of the Foundation.

This is not to say that there are not

some patients more than capable of running the communities in which they live, where the community consists of like-minded people who accept their authority. But the Foundation was brought into being for more severely handicapped people than these, and the latter must therefore always remain in the minority.

Neither is it to say that the patients should not be consulted by the Committees and the Trustees. It is of the utmost importance that they should. Indeed, not only consulted, but intimately associated with the running of the Foundation. To this end, many Homes have established patients' Committees with the right of access and representation to the Management Committees, and it is to be hoped that all the others will follow suit very shortly. The Trustees themselves appointed Dr. 'Ginger' Farrell — a man eminently qualified to speak on the behalf of the disabled — as a special adviser to themselves.

In the East Midland region, a start has been made on Area Conferences of patients with powers to make a recommendation to the Trustees. All these things are signs of the first gropings towards the creation of a proper collective vehicle whereby the patients may not only express their experience and recommendations, but contribute actively towards the running of the Foundation.

In this all-important question, the role of the residents — or rather, I would say their God-given vocation — we are still only learners and beginners, and need every help we can get. I sincerely hope that anyone who has further views to express will write in and say whatever he wants, for there is much still to be said.

FAMILY DAY AT HONRESFELD

EACH Family Day varies in character, depending on the Home organising the event and the atmosphere created. This being so, one could say that this year's gathering of the various representatives of the Homes met in an atmosphere of happiness. This in fact was the opening remark in Group Capt. Cheshire's address in the afternoon.

The day started with the reception at 11.30-12.30 when the visitors were registered and taken for coffee in the dining room. Here they were able to circulate and meet representatives from other Homes, having informal discussions, meetings, and taking the opportunity to inspect the Home itself.

At 12.30, coaches arrived and conveyed everyone to the canteen of a local textile manufacturers, where the Littleborough Support Group had laid on lunch. This proved to be very enjoyable and met with universal approval. At 2 o'clock, the coaches transported everyone back to the Home in readiness for the afternoon's meeting.

The proceedings of the afternoon were opened by Mr. Arthur Fairbrother, Vice-Chairman of the Home, who was deputising for Mr. McGrath — on holiday. He briefly welcomed everyone to the Lancashire Home, and in particular Group Captain Cheshire, his wife, Lord Sinclair, and the other Trustees and Civic Dignitaries, along with Mr. J. A. Leavey, M.P. for the local division of Heywood & Royton. Amongst the visitors were some from Nigeria.

Mr. Fairbrother then introduced Group Captain Cheshire, who, first, recalled the day in April nine years ago when the Queen Mother visited Le Court, and various representatives of Cheshire Homes throughout the Country were gathered together to discuss common interests. It was to this occasion that 'Family Day' owed its name. The Group Captain spoke of previous Family Days, and said that he did not think any of them had been happier than this one. 'My wife and I have visited Honresfeld quite often, but this is the first time I have visited it when the sun has been shining,' he remarked.

Praising the efforts of Mr. Arthur Fairbrother, the Chairman for the afternoon and the architect for the new extension, Group Captain Cheshire said it was a

very beautiful Home and an outstanding example of how to build an attractive and useful extension on to a comparatively old building. The G.C. went on to say that he liked to think of the Cheshire Homes being a Family in two senses — first and foremost, that the Home itself was a Family; that those who lived there and came and helped there did so as if they were members of one family. The patients who live there, probably for the rest of their lives, want to be in a Home where they could feel it was a real Home — could live a full life. Those who came and did something there, whether to give money or to paint a wall, were inclined to think it was they who gave something, but in fact the Home could give something in return.

It is clear that whatever we do in life has to have not only its immediate end, said Group Capt. Cheshire, but also its long term end, and we have all come to think, in the Homes, that the field of human need and suffering is a field in which all the world can be drawn closer together.

Those who have a burden of suffering to carry really have the greatest contribution of all to make to the world. Any of us who suffer are sharing in the suffering of Our Lord, and therefore in the redemption of the World.

Concluding, Group Captain Cheshire said that, as people knew, they had a lot of Homes overseas in the poorer countries, and if in England they had 35 Homes, and in addition a waiting list of 800 known applicants, one could imagine what the problem was overseas. Obviously the solution is not sending a lot of money or nurses. 'We have found that roughly speaking the way in which the Homes are run here suits many other countries, and that given a little help and a few nurses they can tackle the problem quite well. Hospitals had to be run by doctors and trained medical staff, and not by laymen, and therefore in the poorer countries there was an even greater need for Homes of this kind to be set up so as to ease the burden of the few hospital facilities that were there.'

My message or request for the Family Day at Honresfeld, added Group Captain Cheshire, is that I ask the residents of the Home to join together and see if they can



Group Captain and Mrs. Cheshire examine the hand-embroidered table cloth together with the Matron of Honresfeld and Madam and Lady Chairman of Littleborough U.D.C.



Group Captain Cheshire discusses cameras with Honresfeld Committee Members

raise some money for Homes overseas.

Mrs. Cheshire, formerly Miss Sue Ryder, O.B.E., then spoke about some of the work which she and others had done in Eastern Europe during and after the second world war.

A hand-embroidered tablecloth was handed to Mrs. Cheshire, together with a bouquet of flowers. Tea was served after-

wards, and visitors to Honresfeld were free to wander round the Home and meet the patients.

And so, about 4.30 p.m., Family Day was over for another year, and the representatives from the various Homes returned, having seen something of how another member of the Cheshire Organisation operates.

A.F.

RALLY - HO!

Report of 1964 Rally at The Grove, Norfolk
2.30 p.m. Hockey? What? Me, in my state
of health?

2.45 p.m. GOAL!

THIS dialogue was heard on June 13th at the Grove, East Carleton, our lovely Norfolk Cheshire Home and signalled the beginning of our second annual rally for handicapped people from all parts of Norfolk.

We know that 'G.C.' urges residents in Cheshire Homes to turn their minds outwards towards other people and at the Grove, we do this in a practical way by inviting the voluntary organisations to bring all their disabled friends along to a sports rally on a Saturday afternoon in summer.

Our visitors came from Bishop Herbert Hostel in Norwich, St. Raphael Club, Norfolk Association for the Care of the Handicapped, Red Cross Clubs and the Invalid Tricycle Association Holiday Home at Ashwellthorpe Hall and this year we had 200 guests.

Tea was laid on at a small charge per head but everything else was organised by volunteers. The local Red Cross Cadets, members of the Management Committee, the local rugby club, Senior Scouts and many other willing friends lent a hand and 10 separate competitions were arranged so that everyone, however disabled, could compete in something.

A very kind chocolate firm gave us dozens of small prizes, the remainder of which were presented as parting gifts.

We are fortunate in having a large lake and a beautiful lawn on two levels with a slope leading from one to the other. This is quite steep in places, so we use it to roll down balls of all sizes to all kinds of targets such as bowls to skittles, golf balls

through archways (like bowling for the pig), croquet balls to a quoits court with numbered squares, and bowls with 2 jacks. All the players have to do is to start a ball off—a poke with a stick will do and the slope does the rest.

Other games were Aunt Sally with tins, a Wheel of Fortune (a bicycle wheel on the roulette principle), a fish pond with magnets on fishing rods, 12 scrabble letters for word making in 5 minutes, darts and bagatelle boards, making 10 competitions in all.

The most exciting activity was wheelchair hockey on the tennis court with Shinty sticks and a large white rugger shaped ball—no goal posts but lines across each end—over the line was a goal. The members of the rugger club really came into their own here and the referee's whistle was boldly blown by a well-known friend, to wit, John Clarke.

If it had not been for the gentle drizzle during most of the afternoon, it would have been a really gorgeous do. However, not even the weather could dampen the spirits of the competitors whose happy smiles and eager participation showed how worthwhile the effort had been.

Although not quite up to Stoke Mandeville standards, I think the Grove Games have come to stay and I strongly recommend other Homes to throw open their gardens in the same way.

In addition to the Rally, the Management Committee have sent an open invitation to all the local voluntary bodies caring for the handicapped to come and make use of the garden for picnics during the summer months.

Most handicapped people do not live in the pleasant surroundings of a Cheshire Home and residents should be only too pleased to share their good fortune, at least once a year, with their fellow disabled.

Incidentally, Chloe the Pyrenean used her inquisitive nose to start the first croquet ball down the slope and to her infinite satisfaction, she scored 9.

Sheffield Four-year Search Rewarded

*Condensed from a report in the
Sheffield Telegraph*

Four years of patient searching are over for Sheffield officials of the Cheshire Homes. They have at last found their ideal home.

The Cherry Tree Home for Children at Totley, founded more than 100 years ago and one of the country's oldest orphanages, now needs a different type of home. The trend today is to house children with foster parents in smaller, more family-sized groups.

The children at the Totley home will soon be moving out, and the building, with its long corridors and rooms all on the same level, will be ideal for the disabled people that the Cheshire Homes cater for.

'We are delighted', said the Cheshire Homes Committee Chairman, Mr. H. Flint, a city solicitor. 'But it is going to mean hard work for our Support Groups. If we are to use the first floor of the building, a lift has to be installed for wheelchairs. This is bound to be costly. Over the past few years, with fashion shows, coffee mornings, dances and so on, we have raised several thousand pounds. During the next six, nine or twelve months, we have got to double, or even treble, this figure.'

The new Cheshire Home was full before it even opened, said Mr. Flint. There had been a long waiting list for some years. It is intended that the Home will house 35 patients.

The Cheshire Home and the Cherry Tree organisations have more plans for co-operation. When the Cherry Tree Homes, who have been raising money themselves—a £10,000 appeal was launched last year—complete a community hall they intend to build, both groups will use it.

Regional Family Day

for residents of East Midland region

THURSDAY, September 17th saw the second annual residents' Family Day arranged by the East Midlands Regional Committee. The idea is that residents from the various Homes should have the opportunity of getting together, both socially and in order to compare notes. The East Midlands started the scheme last year at Hovenden House, and this year it was the turn of Staunton Harold to act as hosts.

Our guests started to arrive just before lunch, and we all congregated in the marquee specially erected for the occasion. We were pleased to note that parties came from Hovenden, Ampthill, Holme Lodge, and the new Home at Sutton Coldfield, which, although not in our region, is sufficiently close to us to warrant an invitation.

A wonderful lunch of turkey salad was enjoyed by all, after which we were 'turned loose' to mix freely together in the grounds, while the tables were taken away and the tent cleared, ready for the afternoon activities.

These consisted of entertainment by three residents, Mary Currey of Staunton, who played her piano-accordion, and two ladies from Holme Lodge, who gave recitations; there was also a conjuror from Derby, and records played by one of our local friends. His seven loud-speakers gave a wonderful tone and quality to the music.

One of the most interesting features of the afternoon was the display of handicrafts, which had previously been entered for the East Midlands Region Handicraft Competition. The quality and diversity of the work staggered many people.

The Cup for the Home which collected most points in the competition was presented during the afternoon by Mrs. Clarke, Chairman of the Regional Committee, to 'Taffy' Wright, who is Chairman of the Hovenden Residents' Welfare Committee.

An informal tea of all sorts of sandwiches and cakes, a little more chatter, and it was time for our guests to start off on their long journey home, which they reached no doubt a little tired, but, I hope, happy.

As Chairman of the Staunton Harold Residents' Committee, may I say how wonderful it was to meet all the many friends who accepted our invitation. It is

certainly to be hoped that they thought the afternoon well worth the effort they had to make to attend. We were very sorry that our friends from Seven Rivers and The Grove were unable to attend, but we quite understand that the distance is very great, and do not blame them in the least for deciding that the journey might be too tiring.

Finally, may I thank the wonderful band of helpers from all the Homes, without whom this get-together would have been impossible. I hate singling out any one person in such a great team-effort, but I feel that everyone would wish me to say a sincere 'Thank you, and well done' to Mrs. Margaret Shaw, on whose shoulders fell most of the organisation.

Tom Gair

PORTUGUESE DIARY

Extracts from the latest Newsletter received from the Cheshire Home at Oeiras, near Lisbon.

The Lar da Boa Vontade is one year old. On 31st May 1963 it opened its doors to admit Carminda Silva Dias as the first member of the family. Now we have six incurably handicapped girls for whom hospitals can do no more. Here they have their own home, with a life as close as possible to that in any other small family home. We have no subsidy from any state, foundation or trust, and no capital.

We have lots of friends visiting us, lots of music, we sing together quite a lot. On the second and fourth Thursday in every month we have a tea party at which all our friends are welcome.

A day we particularly remember was when Commander Evans brought along projectors and colour films and slides, which kept us out of bed until the early hours.

As if one sailor wasn't enough, we had eight come to visit us when the American fleet anchored in the Tagus. Arranged by the 'American Women of Lisbon' through the courtesy of the U.S. Naval Attaché, the Captain of the U.S.S. 'Springfield' sent a working party of volunteers to spend a day doing household repairs and decorating which we had not been able to do for ourselves. A shining example of international co-operation.

The 'American Women of Lisbon' earned our gratitude when they organised a bingo session and gave us the proceeds (\$2,000) to buy plastic floor covering for our corridors.

One of the best things that has happened to us is the tuition so generously and patiently given to three of our girls by Mr. F. H. Brunton of Cascais in the delicate technique of repairing porcelain. These girls have now reached a high degree of skill, which is enabling them to occupy their time to good effect, and earn much-needed funds for the 'Lar' and pocket money for themselves.

One of the facts which forcibly strikes a foreign visitor who can read the Portuguese papers is the prominent part that toothpaste plays in the contraband cargoes

seized by the Guarda Fiscal from time to time. The first time they go into a chemists' shop to buy a tube they know the reason why. Toothpastes — along with other toilet and pharmaceutical goods — are expensive; they are quite a burden on our very inadequate income. When friends ask what they could do for the Lar, and whether there is anything we especially need, and we reply 'Toothpaste!' they usually look disappointed and wonder whether we are joking.

LITTLE ALBERTINA. You may be suffering from a slipped disc, or have had the painful experience of lying in a hospital bed for weeks recovering from a serious operation. But can you imagine what your life would be like if you had spent 24 years in bed, lying on your back, not able to sit up, nor even to turn over. This is what life is like for Albertina Quaresma Gomes, the newest member of our family.

Before she came here she lived with her mother in a rented bedroom in Lisbon. But the mother who had cared for Albertina ever since she had been struck down with rheumatoid arthritis, had to go out to work to earn money for the two of them. True, the landlady was a good woman who attended to Albertina's essential needs during the day. But then her mother would come back from work, and the evenings together would compensate for the long and lonely day. This went on until six months ago when death took Albertina's mother away.

It is probably impossible for us, in our comfortable lives, to imagine what Albertina's feelings must have been at that time, stricken, alone, helpless.

A good friend of the Lar da Boa Vontade heard, through her parish church, of Albertina's plight. Now, Albertina is one of the Cheshire family, sharing a room with Antonia, with her own dressingtable, pictures and familiar belongings around her. She has a home.

Always patient and with a ready smile for everyone, Albertina is an insatiable reader — there is nothing else she can do to occupy the endless hours. A friend of the Lar has bought her a reading desk to fit over her bed and so make it easier for her to hold a book.

SNIPPETS

News for Disabled Drivers—

Excerpts from 'The Magic Carpet'

Ministry Announcements

As a first feature in the Autumn 1964 issue of *The Magic Carpet*, Mr. O. A. Denly, Chairman of The Disabled Drivers' Association, wrote of July 14th as a date to be remembered by all Disabled Drivers. It was the date in 1964 when the Minister of Health, Mr. Anthony Barber, announced important extensions in the provision of transport for the disabled.

The Minister announced that cars instead of motor tricycles will be made available to two further categories of disabled persons:—

(1) those people, outside the armed forces and civil defence, who were severely disabled in air-raids and compensated under the civilian scheme.

(2) married couples who are both dependent on tricycles will be given the opportunity of surrendering their tricycles for a car. Sympathetic consideration will also be given where one partner of a marriage is eligible for a tricycle and the other is blind.

The Minister also stated that the present arrangements for supplying tricycles or cars will be extended to people whose disabilities do not prevent them from walking, yet who are almost unable to walk. Those who have lost both arms, or suffered equally grave disability, will be considered for a vehicle.

Drivers of motor tricycles will be pleased to hear that heaters are being supplied with all new vehicles, and arrangements are

being made for fitting them in all existing vehicles.

The Minister's final announcement, he said, affected the most seriously disabled of all — 'those patients who are not only unable to walk because of a disability affecting their legs, but who, because of weakness in their arms or hands, are also unable to propel themselves in a wheelchair. I am making arrangements for electrically-propelled indoor chairs to be provided for such of these unfortunate people who can be helped by this means to achieve some measure of independence — perhaps 2,000 people.'

The additional cost of all these proposals is estimated, in the first year of operation, to be about £1½ million. There are at present about 20,000 invalid vehicles — 16,000 invalid tricycles and 4,000 motor cars. These new proposals will add probably another 6,000.

Those who consider that they are entitled to benefit should, if they are war pensioners, get in touch with their Artificial Limb and Appliance Centre; or, if they are N.H.S. patients, they should arrange, through their own doctor for an appointment with a hospital consultant.

Other extracts

The Polio Research Fund have made a grant of £6,000 for research into new kinds of car controls. The aim is to provide the simplest kind of powered control and ultimately to incorporate into a standard car a system by which complete control of driving, steering and braking may be carried out by one hand. The Fund, following up the Wheelchair Symposium held last Autumn, has granted £25,000 to the Loughborough College of Technology for research into the design, development and use of wheelchairs.

Mr. Denly reports on two new lightweight wheelchairs — an Everest and Jennings model from Zimmer Orthopaedic, and another from Vessa Ltd.

The first announcement is made of a new electric indoor chair — the 'Power Drive' — from Zimmer Orthopaedic Ltd. There are two electric motors, one on either side, with belt drives to the main rear wheels, and a single control knob which merely needs a simple push in the direction the occupant wishes to turn or travel, micro-switches inside the control box do the rest. The control box can be fitted to the left or the right of the occupant. There are two

speeds in both forward and reverse. The price of the chair, including the 12-volt battery and charger, is £150.

Another Money-Raiser

The Foundation recently received a donation from Mr. and Mrs. Smith of Salisbury, Wilts. Their daughter, Gillian, earned the money in her summer holidays. It was voluntarily given, in various amounts, for feeding cats, birds, etc. whilst their owners were on holiday. Gillian's parents thought it might be worthwhile mentioning this in the *Cheshire Smile*, as quite a number of young people might like to help Cheshire Homes in their holidays, and this is one way of doing it. Gillian found that many people preferred their pets to be fed at home rather than put them into strange surroundings.

Correspondence Clubs for the Disabled

Heinz Muller is the originator of the Correspondence Club for the Disabled. Being greatly disabled himself, he is devoting his time to the task of helping his fellow handicapped. With the help of others he collects names and addresses of chronic sick and disabled, and able-bods who are interested, and puts them in touch with each other. The motto of the Club is 'Write to another.' Recently we have succeeded in making contact with disabled people in Switzerland, Austria, France, England, U.S.A. and Australia.

The Club has been formed without any outside help. It stands as a proof that suffering binds people together, and that communication often lightens the burden. The ways of bringing joy are numerous — writing letters, exchanging books or tapes, discussing a TV programme. Many such letters are printed in the Club's magazine, 'Correspondence for the Disabled'. Each correspondent takes part in the fate and fortune of another. It is quite amazing how this helps.

'We would like to say to your readers: "Do you want to join our Club? Help us to continue this work, so that our common fate and burden will be lightened. If you have any knowledge or faith to offer, it is always more than welcome, and can bring much joy to the disabled".'

Write to: RBK Briefgemeinschaft, 7418 Metzingen, Benzstrasse 2, Germany.

We have also been asked to mention the International Correspondence Service, which is run by Dudley W. Kerlogue, Hollins Close, Holloway, Matlock, Derbyshire. This, similarly, aims to promote international goodwill through personal correspondence, and to help lonely people and 'shut-ins'. They have a fund for providing free membership to those in need. A news sheet and a small magazine are issued as well.

Adoption by Support Groups

From: Dorothy Gooderham, The Grove, Norwich.

In answer to 'Wondering, Leics.', I would like to describe how we at the Grove have approached the question of adoption.

It was put to us collectively, and we all agreed that those who had no, or very few, close relatives should be the first on the list. Our scheme has brought real pleasure to more than a few, although we still have some to be adopted.

When our family was fewer in numbers, we were often invited out to tea in a small garden or the house of kindly folk, but the larger we become the fewer the outings, and they were sadly missed.

Now, it is a real change to spend the day in the company of a small family. I think all residents will agree with me that, however much we like our Home, it is nice to go out sometimes on our own.

Adoption also means that most of the beds are provided with new linen, and sometimes blankets, from time to time.

I can safely say that in this Home no one feels left out. It is entirely up to the individual whether he is adopted or not, and it certainly hasn't caused any break in the solidarity of the Home.

Help the Disabled Week, October 4th-10th, 1964

The BBC devoted its 7.50 a.m. programme 'Lift up your Hearts' to the Disabled during the week this year. On the Monday, there was a talk by the organiser, the Rev. W. W. Simpson, Chairman of the Greater London Association for the Disabled. Mr. Cyril Smith, the pianist, who has lost the use of one hand and is noted for his book, 'Duet for Three Hands', was

interviewed on Tuesday, and then on Wednesday a discussion took place on the accessibility of public places for the disabled. Later in the week, Mr. O. A. Denly, Chairman of the Disabled Drivers' Association, spoke, as did the Rev. A. H. Bull, who is paralysed from the waist down. Finally, on the Saturday, a panel of young people discussed ways in which they had been able to help the physically handicapped.

Here and There

Reproduced from 'The Cord'

On May 14th, traffic in Rome's principal streets was disrupted when more than 3,000 disabled civilians from all parts of Italy demonstrated for better medical attention, vocational training, and pensions. Leaders of the demonstration were received at the Chamber of Deputies.

Lord Snowdon, who is a council member of the Polio Research Fund, has tried out a small Citroen car which has been adapted so that at the touch of a button the rear of the car tips backwards to enable a disabled driver to enter the car in his wheelchair. Once in the car, the wheelchair is locked into position, the driver presses another button bringing the car onto an even keel, and then drives away still sitting in his wheelchair. The car has a 600cc engine, is capable of over 60 mph, and has seats for passengers. We await with interest further developments.

Government Reluctance

From the Annual Report of The Civilian Maimed and Limbless Association, 1962/3, Australia

Over the years, we have observed a reluctance on the part of the Government and of the community to give physically handicapped civilians the same rights and privileges as are extended to other groups in the community. It is very difficult to understand why, but apparently there is some significant psychological reason. We have our theory, but, whatever the reason, we must continue to exert all our efforts towards making the community accept all handicapped people as being completely normal and potentially useful members of society.

Holidays for the Disabled

This organisation announces that, through the generosity of Mr. T. Watson, their annual holiday for 1965 will be held at Caistor-on-Sea Holiday Camp, near Great Yarmouth, Norfolk, from Friday, 7th May, to Friday, 14th May.

The price of the holiday will be £6 5s. 0d. for adults, and £3 5s. 0d. for children under twelve, inclusive.

There will be no limits but children under twelve must be accompanied by an adult.

There will be some accommodation available for able-bodied members of families and individual disabled holidaymakers are encouraged to apply to bring their families with them when it is best that they should holiday together.

Organisations sending parties are asked to include at least one escort for every five disabled. They are also asked to send in all their applications at one time and not piecemeal.

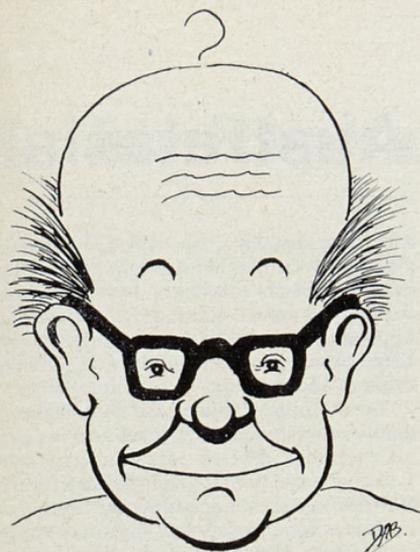
The final date for applications is 28th February, 1965, but the number that can be taken is limited and early application is encouraged.

Full payment for the holiday must be received by 1st April, and you are requested to send this without a reminder. After this date no substitution of one holidaymaker for another can be accepted.

Application forms and medical forms can be obtained from the Secretary:

JOHN CLARK,
76 EALING VILLAGE,
LONDON, W.5.

PRACTICALITIES



THE BOFFIN

IN RESPONSE to many requests it is now possible to include a regular feature on gadgets and appliances. We hope the articles will be of interest not only to those who use and need such gadgets, but to 'able-bods' as well so that they may cooperate in inventing and producing these aids to independence. This will be *your* feature — please use it freely!

The Boffin will be glad to have reports about any special appliances which are in use at your Home; any gadgets which you have devised; ideas for gadgets which we may be able to invent, or anything else of interest.

In the Autumn issue of the *Smile* Miss C. E. Morris, a Trustee of The Cheshire Foundation, suggested we should pool our knowledge of new inventions. We can do so through this feature. Write to The Boffin, for the things *you* know about may be of great service to others!

The 'Salud' Exercising Machine

Miss Morris said that some Homes are excellently equipped with up-to-date apparatus, which other Homes would like to have if only they knew of its existence. A case in point, she said, is that Holehird has lately bought a 'Salud', which is proving invaluable. She had been asked whether

any of the other Homes had one, and could only say 'Do the other Homes even know what it is?' Well, we have unearthed as much information as we could find about it, and we thought it appropriate to open the series by describing this apparatus. Of course, this is an expensive piece of equipment, but the Boffin will be just as interested in the simplest gadget.

The 'Salud', a Swedish invention, is a therapeutic exerciser specially designed to exercise and rebuild weak muscles. It consists of a chair mounted on a framework which carries a pedal mechanism and hand cranks, co-ordinated through a chain transmission. The machine is so designed that the weight of the legs assists the movement of the arms and shoulders, while the weight of the arms compensates the weight of the legs. A brake attachment, fitted with a counter-weight and adjustable for two positions, gives varying resistances up to 55lbs maximum or 110lbs maximum equally distributed over the whole body.

Orthopaedically correct, the chair is adjustable in all positions, making access easy for seriously disabled persons. Straps hold the feet on the pedals and special gloves can be provided for those who cannot grip the cranks. Other accessories include a belt for supporting the very weak, an adjustable neck support and a hydraulic motion for raising or lowering the chair.

When the patient is placed in the chair with hands and feet in position on the cranks and pedals, very little effort is required to work the 'Salud'. By adjusting the balance weight on the brake lever, resistance can be increased in accordance with the degree of strength gained. For those who lack the muscle power to use the machine an electric motor can be fitted. This is controlled by a plastic contact operated with the tip of the tongue, thus allowing the patient to direct his own rehabilitation.

'Salud' Machine for Sale

If any of our readers are interested, we have been informed that a second-hand machine is being offered at £75 by the English distributors, Scanglo Industries Limited, 55 Brown Street, Manchester 2. They cannot, however, guarantee that this apparatus will not have been disposed of by the time this note appears.

*Miss Barbara Coleman,
General Secretary to
the Cheshire Homes
India Trust, was
on leave in Australia
at the beginning
of 1964, and helped
to prepare for
Group Captain
Cheshire's visit.
We have compiled
the following report
on the visit from
her notes.*

Australasian

THE organisation of Group Captain Cheshire's visit to Australasia earlier this year had been inevitably hurried. There were the usual devastating crises and apparently insuperable problems, but all these were forgotten afterwards in the blaze of success.

The Group Captain did not have a great many contacts out here, and we owe an enormous debt to Mrs. Colleen MacLeod, who has been living in Sydney for the last few years, but has now left with her husband for Singapore. She had been in Bombay during the pioneering days in India, and since coming to Sydney has worked with remarkable zeal and perseverance to arouse interest in the Ryder-Cheshire International Centre, Raphael at Dehra Dun. Richard Pape, author of 'Boldness be my Friend', also did a lot to organise the G.C.'s week in Sydney.

The actual arrival day was April 14th, but after only two days in Sydney he set off by plane for New Guinea where a



Help for Raphael

really comprehensive itinerary had been arranged by Mrs. Renata Cochrane. By the time he returned to us in Sydney about five days later, a Committee had been set up in Port Moresby intent on starting a Home there for mentally handicapped children. A report by Mrs. Cochrane on this Home in New Guinea appeared in the last issue of the *Cheshire Smile*.

Adoption Scheme

Before launching into an account of the Group Captain's tour around Australia, it might be as well to explain the Raphael 'Adoption Scheme', which is having such success out here. This is a scheme whereby the Indian children at Raphael are adopted or sponsored by interested people or groups in more prosperous countries. Each sponsor is put in touch with a particular child through a photograph and a little of the child's history and progress.

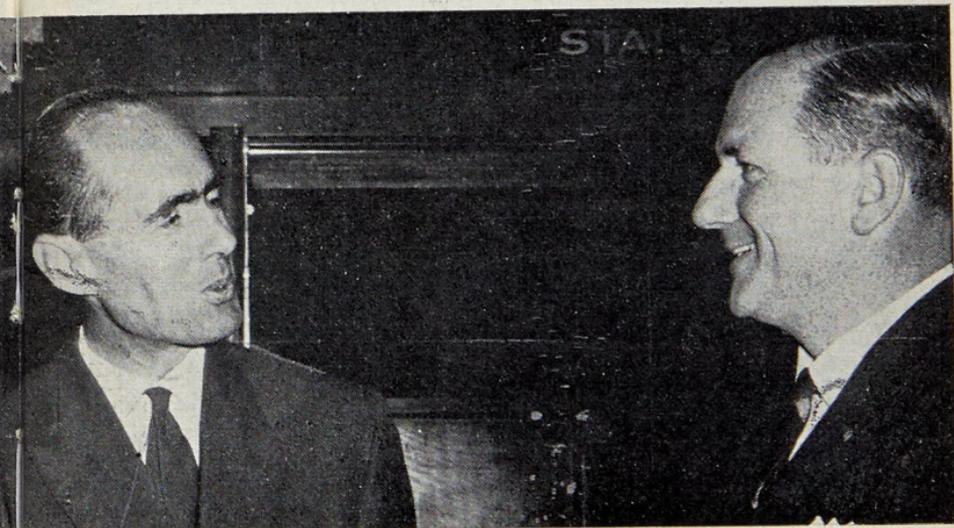
The children at Raphael live in the simple manner of their people. They are

mainly mentally defective or retarded children, but many of them respond to the slightest sign of encouragement or affection. It is for this reason that we encourage adoption; the children can share in the goodwill extended to them and perhaps feel more secure as a result. Many families join together in this, the children sending little gifts, used toys, clothes, and bright pictures cut out of magazines.

It takes £30 to £50 per year to support a patient, depending on his or her age and condition.

In Sydney, several schools have each adopted a child, arranging to pay £50 a year. In another suburban area, all the people in one street have adopted another child. The story is the same in other cities and towns in Australia.

G.C. and Mr. Burrowes, Chairman of Committee in Geelong (Vic.) and Miss B. Coleman (Hon. Sec. for Cheshire Homes in India.)





Some of the 1,400 school children listening to the G.C. during his visit to Geelong (Vic.) on May 6th, 1964

Sydney

The Group Captain arrived back in Sydney in time for ANZAC Day, which is a very important occasion in Australia. He was one of the guests of honour on the official dais during the very moving ANZAC march through the streets of Sydney, in which many ex-servicemen take part. Afterwards, he spent a few hours at lunch with members of No. 5 Group Bomber Command—his own Group. During the luncheon a collection was made for Raphael, and I believe an ice-cream cake depicting a bomber was raffled.

A member of the Sydney Committee sends the following:—

'Leonard Cheshire's visit will be an unforgettable memory for many, and his quiet, moving appeals for Raphael have produced more than immediate material benefits. They have inspired goodwill, interest, and the determination that his appeal will not go unheard. His coming has rekindled the flame that he lit when he was here in 1959, and which Colleen MacLeod and her band of Epping ladies worked to keep alight.

'The Ryder-Cheshire Foundation Committee in New South Wales, which was formed in Sydney in May, has set itself the difficult task of raising £1,600 annually in order to support Raphael every June and January. Vice-President of the Committee is Arthur Kell, D.F.C., a member of 617 Squadron. The Hon. Secretary is Rolande Miles, who was Hon. Personal Secretary in India from 1956-60.'

One day the G.C. visited Lithgow, about 100 miles from Sydney, which is the home town of Mary Joseph who worked at Raphael in 1960.

Melbourne

On May 1st the G.C. flew down to Melbourne to spend a week in Victoria. The morning he arrived was spent with the Press, radio and TV people, after which he was entertained to lunch by the Ryder-Cheshire Committee which had been first formed when the G.C. and his wife were here in 1959. We were delighted when, a few days before the G.C. touched down, the Chancellor of Melbourne University, the Hon. Sir Arthur Dean, consented to be Chairman of the Committee in Victoria.



Miss Josephine Collins explains to customers the meaning of 'Raphael' and the Cheshire Homes during a display of the G.C.'s Photographic Exhibition in a department store at Ballarat (Vic.)

The week was hectic. The Committee organised a reception, to which the Governor was invited, and over £700 was raised for Raphael from that one evening.

Ballarat

In the course of the next week, the G.C., accompanied by Miss Josephine Collins (who worked for a period at Raphael in 1952) and myself, set off for Ballarat, about 80 miles from Melbourne. Over 1,000 people came to the City Hall to hear the G.C. speak and see the film show, and now a very staunch and active Ryder-Cheshire

Support Group exists. At least 16 patients at Raphael have been adopted by groups, schools and individuals in Ballarat. A school for mentally handicapped children in Ballarat has adopted Dolly, one of the mentally handicapped children at Raphael. This we feel is very touching, and expresses exactly the spirit we hope to nurture. Dolly's photograph is on the wall in the school, and though most of the children cannot understand what it means, who can say how much of the idea does get through?

Geelong

The G.C. next went to Geelong, where Mr. Burrowes, the Chairman of the local Ryder-Cheshire Committee, had organised a full programme. There was a Rotary luncheon for the combined clubs of Geelong, and a large meeting in the local cinema. In the evening there was a huge subscription dinner for about 300 people. The G.C. visited Mr. Burrowes's sheep station just outside Geelong. 'You should have seen Mr. Burrowes's face,' said one of G.C.'s party, 'when G.C. feigned surprise and said he thought Australia imported all her wool from England. It took Mr. Burrowes quite a minute to realise he was having his leg pulled.'

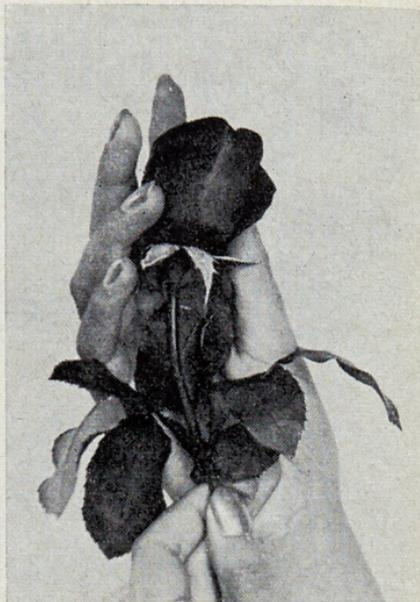
According to present plans, Sydney is expecting to maintain Raphael in January, Melbourne will be doing it in May, Sydney, again, in June, Ballarat in July, and New Zealand in August, September and October.

New Zealand

On May 8th, Group Captain Cheshire boarded a plane at Melbourne for New Zealand. He visited Auckland and Christchurch amongst other places, enlisting more support for Raphael.

Barbara Coleman

Cheshire Smile Photo Contest



Here is another photo from Neville Thomas of Le Court for the Contest we have been holding this year. It is entitled 'Cradle for a Summer Rose'. By the way, there is still time for entries to be sent in; the Contest does not end until December 31st. Perhaps we should remind readers that the theme is 'The Seasons', and that any number of photos from one to five can be entered during 1964. Scoring will be on a points basis, and the winner gets two guineas. See our December 1963 issue for full regulations. For the sake of your photos, be sure to put some cardboard strengthening in the envelopes in which you send them.

A Most Useful Manual

Designing for the Disabled: A Manual of Technical Information. By Selwyn Goldsmith, M.A., A.R.I.B.A. Technical Information Service, 1963, 50s.

Reviewed by T. A. Taylor, Bursar of Exeter College, Oxford, who has had a lifetime's experience of managing all forms of landed property, and is honorary adviser to the Foundation on all questions relating to land and buildings.

IT IS, I think, quite possible that, in general, Architects suffer from a lack of information about the problem of designing buildings for the disabled, and when in 1961 the problem was discussed by the Director of the Polio Research Fund and the Royal Institute of British Architects, it was decided to promote a research project with the object of publishing a manual of technical information. The result was the publication of 'Designing for the Disabled', a most useful manual, not only for Architects but for all concerned with the care and welfare of disabled people.

Many disabled people, in addition to their physical handicaps are further handicapped because of architectural barriers both in the home (considerable space is devoted to disabled people living at home) or in hospital or public buildings, and this applies particularly to staircases, narrow passages and doorways, heavy door springs, lift controls and electric points out of reach.

The manual emphasises the necessity of level approaches or graded ramps for varying levels necessary not only for wheelchair patients but also semi-ambulant. Where possible passages should be a minimum width of five feet, doorways three feet with easily operated doors, preferably in the case of corridors double acting, with a peep hole for clear vision of the other side. In no case should they require a greater pressure than eight pounds.

Where lifts are provided the doors should provide a clear opening of at least 2ft 8in with a height of 6ft 8in, and should be so designed to give accommodation for a wheelchair and attendant and where possible, two wheelchairs, with

internal dimensions of 5ft 2in by 3ft 9in with the controls at a height of 4ft 5in.

An important section deals with cloak-rooms and bathrooms with recommendations as to size and position of equipment. The bathroom should be of a size to enable wheelchairs to circulate, with provision for electric hoist, or floor socket for portable hoist. No bath should be of a greater depth than 1ft 3in and should have a flat bottom to prevent slipping, 5ft 6in in length, with a platform at one end to facilitate transfer of patient from bath. For semi-ambulant patients a horizontal grip rail should be fixed about 4 inches above the rim of the bath with a vertical rail extending to five feet above floor level.

Though a certain prejudice exists in some places against the use of showers, patients who have difficulty in using a bath should be provided with shower cubicles where bathing would be easier and more practicable, particularly if the special type of wheelchair for use under a shower is used.

A further section deals with windows, recommended height from ground level of two feet to provide wheelchair patients with a view from the inside of the room. They should not be so large as to give a sense of exposure, and double glazing is a great advantage.

Though the principle emphasis of the Manual is on domestic accommodation for disabled people, and perhaps it can be said that we are familiar with many of the recommendations, there is much that deserves careful study, and a copy in every Home, I am sure, would be of great value and be much appreciated.

The Next Ten Years by Paul Hunt

A frequent contributor takes a look at the 'Cheshire Smile', and offers some views on its future. As always, the opinions put forward by an individual contributor are not necessarily those of the Foundation.

'To read the back numbers of the *Cheshire Smile* is to trace the history of a social movement.' I think this phrase of Barbara Beasley's gives some indication of the job the magazine has done over the past ten years. Due largely to the work of Frank Spath we now have a most valuable record of the growth of the Cheshire Foundation both in Britain and abroad. And of course the magazine has not only recorded progress and events, but has also had a great deal of influence on the Homes by linking them together and helping to create a sense of common purpose throughout the Foundation.

We must hope that Frank Spath will still be editing the *Smile* in another ten years' time — and it is these coming years that I want to take a look at for a moment. Now seems a good moment to take stock of the magazine and touch on the question of its future. What sort of journal should it be in 1974?

Firstly, I will assume certain things. (1) That the Cheshire Foundation will continue during the next ten years much as we know it today, perhaps doubling the number of Homes in this country and with many more throughout the world. And (2) that the *Cheshire Smile* (under a different name I hope) will remain the magazine of the Foundation, with especial reference to the Homes in Britain. I know these points are debatable, but they appear probabilities to me and provide some sort of background for the remarks that follow.

What about the present role of the magazine? One obvious function is the reporting of news in order to keep the widely scattered units in touch with the work of the Foundation as a whole. Then there is the printing of information from 'headquarters' as a way of helping to maintain contact between the Trustees and the various Homes. Also the magazine provides a link with the Cheshire Homes abroad and with the other autonomous Foundations that make up the Ryder-Cheshire Mission. And the *Smile* presents the Homes to the general public, telling of

the work being done, of needs and problems, of how people can help.

All these functions are important ones, but there are two more which in my opinion are vital for the future healthy growth of the Foundation. The magazine can be a powerful medium for educating people (all of us) about disability, showing in a thousand ways that sickness and handicap do not affect the basic dignity and worth of anyone and that devaluing pity is the last thing needed. And the *Smile* can also act as a forum for debate within the Homes of all the questions that have to be raised and honestly discussed in any organisation like ours. It seems to me that these two functions are essentially bound up together. We can only 'educate' the public if at the same time we are educating ourselves by a constant examination of our situation and a process of free exchange of ideas amongst everyone in the Foundation.

I believe these last two functions of the *Cheshire Smile* are going to be of increasing importance, and I should like to see much more emphasis placed on them in the coming ten years. Up until now there has been virtually no debate of the kind I mean in the Foundation; certainly the back numbers of the magazine show little sign of it (although the recent 'Role of the Residents' controversy was an encouraging straw in the wind).

As an organisation we are in danger of losing sight of our real purposes, of becoming too much absorbed by questions of finance, and bricks and mortar, and the prospect of more and more Homes. Our internal development is not keeping pace with the magnificent outward expansion. Understandably enough, when faced with an imperative need for more buildings, more beds, people are impatient of theory and want to get on and do things. But it is essential for us to realise that unless we are concerned with quality as well as quantity we shall fail to achieve anything really worth while. It is not enough to get people out of chronic wards and into comfortable and pleasant surroundings;

as soon as they are there a host of new problems arise — in a sense the problems that always arise when a reasonable standard of living is attained. It is of little use telling those in the Homes to be content with their lot and to try to help others less fortunate than themselves. However good this advice may be, simply to reiterate it as the answer to all difficulties is pointless. It is no kind of substitute for the reflection in depth that needs to be done all the time about the purposes of the Foundation and the ways in which those purposes can be fulfilled in the actual conditions of life in the Homes.

Part of the concern with quality that I speak of will show itself in the encouragement of discussion at every level, even when this seems inconclusive and time-wasting, as part of a process of growth without which the provision of Homes for people is almost worthless. We need a developing body of thought about the basic issues of our existence as an organisation. And we can't create this without continual debate, criticism, thesis and antithesis. Gradually out of such an open dialogue will emerge a clarification of issues, a synthesis, a body of tested and valid ideas of our own. Of course this elaboration of thought is only a part of the whole process of life in the Homes. And any written debate in the magazine is only a fraction of this again; but still it is vitally important in a widely dispersed organisation like the Cheshire Foundation.

Even those who agree about the need for such debate in the Homes may still feel that the *Cheshire Smile* is not the place for it, on the grounds that public criticism and controversy will mean confusing our supporters by raising issues that do not concern them. I would agree that not every point is suitable for discussion in the magazine — although much depends on how the thing is done. But I believe the objection to public debate rests on a basic misunderstanding of the place of criticism in a society, and an inability to see that it is precisely through such an honest and open clash of minds that truth is attained.

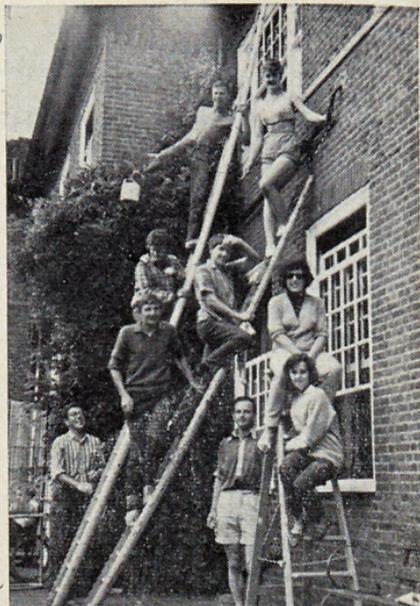
Interested 'outside' readers of the magazine could contribute much to our discussions. We depend for continued existence on the support of the public, and in our search for the truth about ourselves as an organisation our friends

and helpers should be included, kept informed and have their opinions welcomed. Also, the disabled people for whom the Homes exist need to be in constant relation to 'normal' society, need contact with the ordinary world if they are to find their true role in life.

Another objection to my plea may be that all this is too 'intellectual'. The average person in the Foundation has a practical turn of mind, and is working things out pretty well anyway. He wants a light-hearted journal — not a brains trust that he wouldn't read anyway. Well certainly I am not asking for a magazine full of long abstruse articles on 'The Theory of the Cheshire Homes.' It is quite possible to combine the two approaches — intelligent debate and informal reporting and comment — and there is no reason why serious discussion need be stuffy. I hope the *Cheshire Smile* will become at least a monthly and will develop a large and lively correspondence section. Many people have points to make in a letter that they wouldn't know how to develop into an article. Their different views will be put forward, discussion can take place, and readers know that they are able to contribute to a vital aspect of the development of the Homes.

So I would like to see the *Cheshire Smile* take the lead in fostering that growth of thought in depth that the Foundation needs; and then in another ten years it will have fulfilled the promise of its first ten.

WORK PARTY AT ATHOL HOUSE



FROM 29th July till 12th August Athol House, the London Cheshire Home, was alive with more than usual activity. A casual visitor might perhaps have been surprised to catch sight of a girl fleeing at speed from a boy armed with a paint brush. Such a visitor, again, might well have wondered at the youthfulness, agility and obvious fitness of one or two wheelchair occupants. Our visitor, however, must not be too surprised. At the end of July a work party, organized by the Student Christian Movement in Schools, descended upon Athol House. The party's official objective, which was realized in so far as time permitted, was to decorate the exterior of the Home. But no work party, for all its hopeful title, was ever so engrossed in its work as to find no time for play. The scenes encountered above show that the Athol House party was no exception to this general rule.

This is, however, to anticipate somewhat. There must be many readers for whom the initials S.C.M.S. are meaningless. It seems convenient, therefore, to give a short account of the purposes and activities of the Student Christian Movement in Schools. The S.C.M.S., then, is a Christian interdenominational body which exists to promote discussion on the Christian faith and on its relevance in the world today. This it does both during the school term

and in the holidays. In term, the activities of S.C.M.S. are twofold. First, the movement gives its support to individual school groups which may meet for discussion etc. as often as once a week. Secondly, the movement organizes inter-school day and residential conferences. In the holidays, the main concern of S.C.M.S. is with work parties. Groups of young men and maidens come together for about a fortnight to do some act of voluntary service for the community. Work camps are seen as a means of expressing the Christian message through action rather than words. Such is the theory. It shows quite clearly why, if a work camp is to prosper, the work undertaken must be satisfying. When 'workers' first arrive at a site, they must feel that the projected work NEEDS to be done; they must sense a desire on the part of their host organization to see the work completed. A work party without a worth while project is pitiful indeed.

Such comments lead us back to Athol House. Here, indeed, was an excellent project. First, there was no doubt whatever of the NEED. The sun had played effectively on the paintwork at the rear of the house, and in many places the wood was bare. Fresh paint was an obvious necessity. Secondly, the interest of the residents in the projected face-lift was too apparent for words. In such situations 'workers' cannot fail to respond, and respond they did.

Work camps, however, as we learnt some time ago, allow time for more than work. Off-duty hours are spent in various ways. In the present instance, London offered many possibilities. Some workers took life seriously and disappeared to see sights. Others preferred to visit swimming baths or to consume surplus energy on the football field. Some, even, stayed at home and waited their turn for a domestic bath. But workers must learn early that personal hygiene and work camp life do not go too well together. Often, in the evenings, playing cards would appear, or serious and purposeful discussions arose. Subsequently, the communal saying of prayers would technically bring the day to a close. But it is strange how at bedtime workers always acquire a second wind.

Perhaps one of the happiest and most rewarding aspects of work camp life is the opportunity offered of meeting the persons of the host organization. At Athol House a worker, absent without leave, was often to be found in conversation with a resident

of the Home. Apart from these informal moments, there was, too, a memorable Sunday evening when residents and workers sought to put the world to rights in long and arduous debate. Perhaps yet more memorable for some were the festivities of the final evening, when residents were 'at home' to workers. Such memories will linger, no doubt, long after the Home has lost its present coat of paint. They also provide a fitting setting for an overdue, but thoroughly sincere, comment 'thanks from all the workers to all the host'.

Jack Ind (Work Party Leader)

P.S. In 1963 a work party visited the Raphael Cheshire Home at Godalming, Surrey. Any person interested in learning more about S.C.M.S. work parties should contact:

John M. Crosby
S.C.M.S.
Annandale
North End Road
London, N.W.11

Housing need for severely disabled

Donna McGwinn

(One of the Disabled Editors of
Toomey j Gazette)

*Reproduced, with permission, from
Toomey j Gazette*

I MUST NOT worry about who will take care of me if something happens to my parents, I said to myself. I must not think about how I will pay the rent, or where I will go if I can't, or who will take care of me, or how I will eat, indeed, if anyone will want to feed me. Nobody really has to feed me, or care for me, and I understand that, and in understanding I am frightened, because I really want someone to care whether I live and I know it is hard to care for a burden. No, I do not feel sorry for myself, I just understand how strangers might feel about me.

However, I do not sell myself short. I am attractive, good natured, compassionate, intelligent and occasionally have good ideas, and by these attributes I consider myself a desirable member of society. And I want to contribute to society. If someone helps me to handle the essentials of existence, I do contribute.

Of the basic essentials, the one that troubles me most is a place to live, and I mean by living, to grow, to develop, to discover, to create. I do not think I would thrive in a nursing home, for most of its inhabitants are elderly and have already lived, are resting now and might even object to my energetic, youthful presence. I should not want to disturb them, nor would I want them to discourage me.

There are two alternatives to nursing homes. One, of course, would be a home of my own. That is out of the question for me, for I am not married, my parents will not leave me a fabulous inheritance, and I do not have the required income. Those quadriplegics who are married often cannot afford a home of their own and the help they need. And that brings us to the second alternative. Co-operative homes for the physically handicapped. This is thus far the idea that is most promising.

England pioneered the idea with the Cheshire Homes. Several similar projects are sprouting in the United States, but more are needed to take care of the growing need. The problem is growing because medical science has, by solving other problems, added to this one, of people young and healthy, but physically handicapped.

Speaking as one who will eventually be in need of a home, I feel qualified to enthusiastically, energetically, exuberantly,

and without the smallest reservation, state that co-operative homes for the disabled are necessary and desirable. Necessary because thousands of handicapped human beings are now or will be without a place to live that will allow them to develop their potential in an atmosphere of hope and promise. This is impossible when we must continually direct our minds to the essential problem of, Where will I live? Will I be able to find anyone to take care of me? If I do, how will I pay them? How will I pay rent? And buy food?

Co-operative homes are desirable because they are the best idea to humanly and economically take care of handicapped men and women who will in turn contribute to their benefactors. We will devote our minds, made more alert in compensation for the handicaps of our physical bodies, to learning about, educating, and entertaining our common society. And we will be grateful, most grateful, for the opportunity of demonstrating and distributing our talents.



CORNER

POETS

To Those Who Suffer

From suffering mankind has come this plea
Why am I part of this miserable life?
For what reason has God created me?
Not just to live in perpetual strife
To bear in this life vicarious pain
And to live my life in separation
From those who in this world have all to gain
To whom shall I look for inspiration?
I look to Christ, who in his suffering
Has taught all men to suffer gladly.
Oh why is it, Ground of my being
That I should think and react so badly?
My dear child, it is no fault of your own
I too have had to suffer, all alone.

D. Lockyer

Hospital Music

The music of the hospital
Is not the cry of pain
Nor the trolley wheeled from ward to ward
Like the moving of a train.
It's not the cups or plates or spoons
As they arrive or go
Nor the noise of sticks or crutches
With tempo very slow.
But the buzz of conversation
The patients' oft told jokes
The nurse converse with sister
While doctor prods and pokes
That patients getting better
Can then go home today
Is music worth the hearing
The sort to make one gay.
With visitors in plenty
The kiss and well grasped hand
Makes hospital music
So good to understand.

The Bad Bard

Little Things

Oh its just the little homely things
The unobtrusive, friendly things,
The 'Wont you let me help you' things
That make our pathway light.
And its just the jolly, joking things,
The 'Never mind the trouble' things,
The 'Laugh with me its funny' things,
That make the world seem bright.
So here's to all the little things,
The done and then forgotten things,
Those 'Oh its simply nothing' things,
That make Life worth the fight.

P. M. Young

A House on the Hill

'Le Court' view is rich and grand
The whole world lies below.
And from the trees around the grounds
The birds fly to and fro.
There's not a sound except the wind
Which sighs and whistles in your ear,
While overhead, the sky
So blue, so clear.
Escape is grand if you can reach
This little hillside rest,
Oh may you find within yourself
The Peace, which is the best.
Though back to town you must return,
Where life is never still.
I Pray you, take away the Joy
From 'Le Court' on the hill.

P. M. Young

THE MUSIC BOX
music
music music music
music music music



CLASSICAL MUSIC—
THE GREAT MASTERS

2. Tchaikovsky

So often, when a woman is asked the name of her favourite piece of music, she will say a Tchaikovsky suite. Nutcracker, Swan Lake, Sleeping Beauty, they are all well loved.

Tchaikovsky's first studies began with a governess named Fanny Durbach, who had been hired to instruct his six-year-old brother and cousin. But Peter begged to be allowed to join in the lessons. This was finally allowed.

Fanny soon recognised unusual qualities in her youngest pupil. When the piano was kept from him, he drummed out his tunes with his fingers on a window pane. Once when he had been allowed to stay up for

an adult's concert, Fanny found him sitting up in bed crying and holding his head. When she asked him what troubled him, he replied 'the music, oh save me from it', he indicated his head, 'its there' he exclaimed, 'it will not let me rest.'

So few people know that in the 1812 Overture the course of the battle can be traced by the volume of the music. When the French are winning, the Marsellaise dominates, but eventually, God Save the Czar drowns all other noises.

Len Hobden (Seven Rivers)

POP MUSIC—

FOLLOW THE STARS

The Beatles

The Beatles—four young men all from Liverpool—first swept up the pop-music charts to the coveted No. 1 position in 1961, with their own song 'Please, please me.'

It was with their next record, 'From me to you' that they brought out their first long-play, which went straight in at No. 1 in the L.P. charts, and stayed there for about nine months.

Before all this happened, the Beatles—virtually unknown—had been playing at night clubs in Germany. In those days, there were five of them—John Lennon and Paul McCartney, and George Harrison (these are still there), Stuart Sutcliffe, who met with a tragic accident, and Pete Best, on drums, who had left to form a group on his own. In place of Pete Best comes Ringo Starr.

After their next single 'She loves you', they did a 'Sunday Night at the Palladium' and went on a three-month tour of America. When they came back to Britain they made a rush single, 'I wanna hold your hand', and were off again, this time to Australia and New Zealand. While they were out there, another L.P. came out called 'With the Beatles'.

After Australia, they spent several months on a full-length film, from which 14 songs were taken for a third L.P. Two of these were released as singles, 'Money can't buy me love' and 'A Hard Day's Night', and both were No. 1 hits, here and in America.

David Watts (Seven Rivers)

U.K. NEWS



EAST MIDLANDS

Regional Editor, T. M. Gair

I suppose the biggest single item of news from the East Midlands this quarter was the Residents' Regional Family Day, held at Staunton Harold in September. It is reported elsewhere in this issue.

I have had a few requests to put all the news from each Home together, instead of grouping news of similar sorts from all the Homes, as has been my practice. So I will try it that way for this time, and see which way the readers prefer.

Staunton Harold has once more held a record-breaking Fête, when, on September 5th, about 6,000 people attended and enabled us to pass our target of £3,000 profit. For the first time in ten years, the official opener was a resident, George Barnes, and he made what was generally acclaimed to be one of the best, and most sincere, opening speeches ever.

It was, perhaps, fitting that George should be given this honour at this particular time; he had been ill for some while, and only the week before, had felt bound to give up the position of Chairman of the

Residents' Committee, a post he had held with distinction for about four years. George's resignation has led to a reshuffle of the Committee, which is now as follows: Chairman, Tom Gair; Vice-Chairman, Doris Garton; Secretary, Bessie Cooper; Treasurer, Charlie Jensen; with Hilda Ramsell, Cyril Camplin and Harry Houghton.

September saw the end of our first full year of the 'Holidays for All' scheme, and I am glad to report that it was a great success. Every resident who wished, and was physically able to travel, has spent a holiday by the sea some time during the summer, with expenses paid by the special Holiday Fund. I think this is a good place to say 'thank you' on behalf of everybody to those who contributed to the success of the scheme, either with money or personal service. It has proved to be one of the greatest morale-builders ever introduced into the Home.

Seven Rivers are firm believers in the exchange system of coping with the holiday problem. Several of their residents have been to other Cheshire Homes in return for some of their people. This is, I know, another kind of co-operation of which the Group Captain is in favour. There would appear to be quite a lot of scope for its extension.

The Home broke all records at their Fête, when they raised a profit of £1,155. One of the features of this fête was the judging of the Regional Handicraft Competition, and everyone in the Home was proud of the fact that they were placed second. It was a very good achievement, as the standard of work was indeed high.

Seven Rivers is one of the Homes which has accepted the challenge, put out to all of us in the Region, to adopt a child in the Bethlehem Home. The residents are busy raising money in all sorts of ways for this purpose. The idea, originally G.C.'s, I believe, is now being sponsored by Mrs. Clarke, our Regional Chairman, who has circularised all the East Midlands Homes about it, and is willing to visit any who would like her to give a talk and show slides on the subject.

I have found it impossible this time to include all the outings enjoyed by the Homes in our Region. But everyone, throughout the whole Region, thanks those many kind souls who have provided them. I feel however that I must mention one thing here—the loan of a bus for the disabled for a week by the Southend

Toc H. Full advantage was taken of this, and parties went out every day, driven by Eastern National Bus Company drivers who willingly gave up their days off for the purpose.

Amphill is another Home which has been able to send every resident who so wished for a holiday by the sea, and by the time of writing (beginning of October) this has been successfully accomplished.

Two of Amphill's highlights of the summer were, again, I believe, annual events — the visit to London Airport, and one to Whipsnade Zoo.

In the last issue of the *Smile*, mention was made of the *Salud* machine. Amphill have had one on trial, and are so impressed with the exercise it has given to everyone who has tried it that the Residents' Welfare Committee has decided to go all out and buy it. (*Ed.* The 'Salud' machine is described on page 31).

Hovenden House were very jubilant at winning the Regional Handicraft Competition. As reported elsewhere, the Cup was presented to 'Taffy' Wright, the Chairman of the Residents' Committee, at our own Family Day. It was well and truly filled at a celebration party the following Sunday by Mrs. Clarke, who, as well as donating the Cup and being Chairman of the Regional Committee, is also a member of the Hovenden Management Committee. Congratulations Hovenden, but on behalf of all the other Homes, look out next year! We do not intend to let that Cup stay in any one place for more than twelve months.

Hovenden is another of the Homes that have undertaken to try raising £120 a year in order to adopt a child in the Bethlehem Home.

The 'highlight' (quite literally) of Hovenden's recent activities was the visit to Skegness illuminations. (Excuse the pun!) This evening seemed very successful, and ended, as all good British evenings should, with a fish-and-chip supper.

Holme Lodge is yet another Home reporting a successful Fête, although, unfortunately, my informant does not mention figures.

Their building extension has been slowed down by labour shortages, but is gradually progressing. It is hoped that the extension will be in use by Christmas.

Three staff departures are reported. Matron Sanderson, Sam Bailey, who has joined the staff of a Spastics Home in Buxton, and Jane Bray, who has gone to visit relatives in America. Best wishes

from everyone go with each one. Mrs. Poyser is looking after the Home until the arrival of the new Matron, Kathleen Draper, who is coming from the Society of Friends' Nursing Home at York.

I am very sorry to say that the 'grapevine' with Norwich has broken down this quarter. I have had no news from them, and, owing to illness, I was unable to send them a reminder.



SCOTLAND

Regional Editor, Amelia Bruce

It is nice to be writing to the *C.S.* once again. We were unable to send a bulletin for the autumn issue because Bernard McLoughlin was in Ireland. Since then, he has decided to return to us, but will resign as Regional Editor. (*Ed.* We are glad to welcome Amelia Bruce, who has taken on the job).

Two **Mayfield** residents have left the Home recently. Elizabeth Jamieson has been given a small house of her own. She can now travel to and from her work at a local hospital in her Invacar. Robert Hunter has exchanged with Taffy Edwards from St. Cecilia's. We wish them all the best for the future.

On 4th September, the house was awakened at crack of dawn. Zimmer lifts, nurses and residents, all combined at great speed to be ready, loaded on our bus, and away by just after 9 a.m. to see the Opening of the Forth Road Bridge. There was a thick 'haar' near the coast, but fortunately the sun managed through before the opening began. Our wheelchairs were placed about 24 yards away from the ceremonial stand where the Queen made her speech. Yes, it was quite a day!

Holidays are over, and our classes have commenced. A teacher is sent by the local Education Authority. Those of us who are interested join in the classes of English, Arithmetic, French and Italian.

We are hoping to start sports, such as skittles, table tennis and snooker during the winter. Stoke Mandeville, beware!



WEST MIDLANDS

Regional Editor, Tom Dugdale

That was the summer, that was! And very nice too. We are surrounded by farms here at **St. Anthony's**, and we can see the whole cycle of the farmers' year from a ringside seat. We even seem to have got into the ring in a small way, as we have about an acre of ground under cultivation, and since July we have been almost independent of the greengrocer. For the kitchen garden, and the development of the grounds, we must congratulate the Gardens Committee, and thank those kind firms who gave us seed, and Mr. Ratcliffe jnr. for his expert advice.

As we come near to our third birthday as a home in being, we residents can see much on which to congratulate the Management and Finance Committees, together with their loyal fund-gathering field-force, the League of Friends. Their reward will come in a month or two, when our extension is completed, and the size of our home and family almost doubled. The enlargement of the family will of course bring headaches (apart from financial ones) to the Committees and the Staff, and there can be no doubt that we residents will view with some misgivings, the inevitable changes in our daily routine. The manner in which we accept the changes, and in which we help our new residents to settle in will determine how ready we are to support the Group Captain's view that the residents' role is to help each other to live as full a life as possible, making allowances for each other's deficiencies, and helping to the best of our capacity in the running of the Home.

We feel that it is time we asked for a few lines in the *Smile* to thank all those who give up their precious leisure time to help at the home. They include all age groups and denominations, and they carry out every sort of service for us, often intimate and menial. They have become our very close friends, and without them, life would

be greyer, in spite of the very friendly staff we have. With the enlargement of the Home, we will need them more than ever — and more like them.

We welcome Miss Sylvia Jones who has taken up residence with us, and we have said hallo, enjoyed the company of, and waved goodbye to twenty-three others who have spent holidays with us. We have learned of the great need of those chronic sick who are nursed in their own homes, for a holiday, and we realise that in offering these holidays, we are giving the nursing relative (often aged) a well-deserved rest. It is good for us too, to see new faces and make new friends, and if we have helped to give them a pleasant time, then we too are pleased.

From the Chairman, Management Committee, **The Hill**, comes the following note— 'The Management Committee and various Sub-Committees have been grappling with the problem of increasing our numbers from 15 to 26 or 28. In our early days, we thought this would follow a line of natural progression, but this is not quite so easy when one tries to cope with the administrative, financial and staffing problems which are common to all Cheshire Homes. We have had an expansion in the numbers for the Home, and have suffered a contraction in our bank balances.

Our grateful thanks, however, are due to the hard working members of the Committee and Secretary. One volunteer they say is worth ten pressed men (and women), but the cheerful way in which endless Committee Meetings are accepted is an inspiration to me.

The happiness of members of any Cheshire Home, and this one in particular, can never be achieved in a light-hearted and casual way, because their problems are not capable of easy solution. The harder the challenge, the greater the effort and the more wonderful the achievement.

We look forward to a busy autumn and winter programme, and the prospect that the forthcoming year will prove better, and more satisfactory than any we have yet experienced. A fond hope? A matter of faith? Of course, but this has always been the case, and the results to date must prove something.'

During the summer months at **The Hill**, besides welcoming several other holiday visitors, Annie Sanders came from Seven Rivers in exchange for our Rose Boone. This was the first exchange holiday for any of our residents, and we hope that more will

be possible next year. Both Annie and Rose said how glad they were to get back to their own Homes — which is perhaps as it should be.

In the last few days, we have been joined by Elsie Butler, Tom Holt, and Jim Hough. We hope they will be happy with us.

R.E.L. (Sutton Coldfield) writes: After what seemed like endless months of thinking, planning, talking, and letter writing; of pulling down walls and building them up again; of ripping up floors and laying down lino; of collecting loads of second-hand furniture; of sorting through bundles of blankets, sheets, table linen, cutlery, cups and saucers, plates and dishes; after carefully but sadly going through the dozens of applications which seemed to arrive from everywhere, for the few places we should have to offer; after hopes being deferred again and again, dawned at last Wednesday 29th July when the **Warwickshire Cheshire Home, Greenacres** became a living part of the great Foundation.

From the earliest days, before such a Home was even a pipedream, before even the nucleus of a Committee, let alone a site or suitable house was thought of, a few of us realised that we had a responsibility to such members of the local Fellowship of the Handicapped as Joan Atkinson, a M.S. who could no longer be looked after in her own home or the local hospital; of such men as Ernest Allen, another M.S., and Bert Hicks, who had been admitted to the Star and Garter Home at Richmond, miles and miles away, far too far for his wife and daughter to visit him with any regularity. These and others were our concern.

What a thrill it was then when Joan Atkinson together with Winnie Lucas took up residence in our Home on that day. Miss Ibberson, so well known and loved in many of the Cheshire Homes, took charge for the first few weeks. Her experience and her help were invaluable, and we shall always be indebted to her for her wonderful example, and her devotion and the inspiration she gave to us all.

We now have four 'girls' in residence — Joan, Winnie, Eve and Ruby; we have a splendid staff, and several groups of voluntary helpers. A team of boys from the Borstal Establishment near Lichfield have done a marvellous job of work. We have all been amazed at their enthusiasm for tackling all kinds of jobs from concrete mixing, to scrubbing floors. We are holding

a party for them on their last night with us, after which several of them will get their discharge. They were all grand lads and we wish them well as they make a fresh start in life.

And now for the future. We have tons of money to raise, lots of lessons to learn and plenty of obstacles to overcome, but we feel a good beginning has been made. We still have a long way to go, but we are confident that 'Greenacres' as our Home has been named, will be a Home which will fill a need in our society, and one of which the Foundation will have good cause to be proud.

From **The Green**, Christleton, we hear that about 30 children have been admitted and discharged since May. The Administration is now trying to make the Home, and its purpose, more widely known. It is short-period, not permanent, accommodation that is provided here for mentally handicapped children.

Much essential work has been done, but there still remains much to do in the future. They are working on the laundry at present, as an estimated count of ten clean garments a day is required for each child. With a full complement of 20, you can imagine the mountain of washing.

Like most Cheshire Homes, they are trying to get on to a sound financial footing. Towards this end, several efforts are being made on their behalf, gifts of all kinds have been most generously given, and they are grateful to all who have helped in any way.



LONDON AND THE SOUTHEAST

Regional Editor, Norman Whiteley

On August 24th, **Athol House** had the great pleasure of being entertained by the Rafter Players, a group of young Shakespearean actors whose ages ranged from fifteen to twenty. They produced 'Twelfth Night', for which they made all their own costumes.

Saturday, 12th September saw the opening of our Garden Fête by Miss Honor

Blackman of TV film fame. The fête was organised by Rotary, Inner Wheels and Friends. Miss Blackman herself raised £14 by signing autographs. Mr. Templeman, one of the chief organizers, said afterwards that more than £700 had been raised.

A raffle run by the residents in aid of the Children's Home in Tangier raised a total of £59 15s. 0d.

The highlight of this quarter at **Mote House** was the annual 'May Fayre' which was held on May 2nd, being our third anniversary. We had a very successful day in spite of the bitterly cold weather and succeeded in raising £1,100, for which we would like to thank all the Friends of Mote House who supported the Fayre, especially the Committee and voluntary workers who worked so hard to make it a success.

Our new stage was put to good use when The Willington Players christened it by performing an excellent revue for us. On various other evenings we were entertained by the Methodist Players, The Meredin Variety Club, Kingswood W.I. and the Boxley Youth Club.

Two groups of visitors have been shown over the house recently: a party of Royal Naval Friendly Union of Sailors' Wives from Chatham and a group of schoolgirls from The Convent of the Sacred Heart at Tunbridge Wells.

At **St. Cecilia's**, the highlight in the last quarter was, of course, the Garden Fête which resulted in a net profit of £320. We were delighted to welcome the Mayor and Mayoress of Bromley, Councillors Mrs. L. M. Price and Mrs. D. Marriott, and it also gave us great pleasure to see so many of our friends. The Bromley Youth Club's Beauty Contest was judged with great care. A novel idea was introduced by the Bromley and District Wrens' Association in having everything on their stall in new colours of blue white and gold, and Farnborough Engineering put up a very good show as always. As many patients as possible were holding their own stalls and we were gratified to hear the flattering comments on the quality of the goods they made. We hope that everyone who helped and gave such wonderful things enjoyed the day as much as we did.

Our Ex-Service people move in very exclusive circles at times. Half a dozen of them went to a Garden Party at Buckingham Palace in July. We have tried to get an account of what they said and did, but they maintained a dignified silence. How-

ever, we gathered they had a most interesting time.

We have happily welcomed many visitors this Summer, and one Mr. Carolon, an executive of one of the largest electrical organizations in England must have been favourably impressed by what he saw for we have now received through him, a latest model transistor set, a magnificent Ferguson television set and an electric Denafriq. All most welcome. We have also been given a new set of bed covers, thirty-two in all, one for each resident's bed.

In September last we had our 10th Anniversary Party to celebrate our birth in 1954, and a happy and successful evening resulted in over £90 to our funds. Not bad for a three-hour party!

We see that T. M. Gair, Regional Editor for East Midlands, is asking for claims as to the oldest resident! St. Cecilia's has a good claim with Miss Lovatt (Aunty) who at 95 is still able to dress and feed herself and enjoy a day's outing!



SOUTH OF ENGLAND

Regional Editor, Rosa I. Searle

Le Court's activities during the past three months were simply fantastic. They have been overwhelmed with people coming and going. Never a dull moment, or fear of stagnation! Outings too have been varied. They give special thanks to Iris, who has undertaken the formidable task of arranging transport, organising meals, and coping with all the paperwork involved with these outings.

The Home is still forging ahead with its gadgets, which help so many badly disabled residents towards little acts of independence. Among their many friends, they must have some extremely observant, understanding, clever people, who contribute so much to their welfare. These people are indeed to be blessed, along with the Horndean Support Group, who have provided an electric powered hoist for one

of the lavatories. This type of equipment is beyond value to any of our Homes.

The Royal Navy certainly seems to have taken Le Court under its wing, with H.M.S. 'Collingwood' electrical apprentices visiting each week to cope with various odd jobs. And H.M.S. Ark Royal's Arkaid providing a number of canvas safety belts for use in the bus and cars.

In October, the family celebrated the 10th Anniversary of moving into the new building. This they thought merited something special, which became a Fancy Dress Party. Once the idea caught on the enthusiasm was overwhelming with friends coming to their aid with costumes and dressing-up paraphernalia, supplying eats, and decorating the Home. 270 guests were invited, and Lady Doris Blacker, Chairman of the Management Committee, cut the beautiful three-tier cake, which had been provided in honour of the occasion. A beat group, under the auspicious name of 'Them', helped to swell the volume of sound during this large and highly successful party.

Support Groups of the Home are still coming into being. With one starting at Emsworth, and another at Portsmouth, the total has now been brought up to ten.

Heatherley's residents too have been taking full advantage of the glorious weather we have had this summer, by spending many lazy happy hours out of doors on the lawn, beneath the shade of several grand old trees.

There have been several coach outings. Mr. & Mrs. Williams of Withyham again invited the family to tea at their lovely home. The whole family also went to Sir Harold Webb's home at Merstham for tea; this outing spread over two days, both being bright and sunny, showing his lovely flowers and gardens to their best advantage. Major Hicks of Dormansland was host to several residents, and their pushers, who spent a day at Brighton. Other trips have been to Jack & Jill, two renowned windmills, a Sussex beauty spot; to Newhaven for the sea breezes; and to the Devil's Dyke, our favourite venue.

The proceeds of the Garden Fête, held in the grounds of Copthorne House, by the kind permission of Mrs. Harold Brown, brought the Copthorne Group of Friends' contribution to the Home up to £5,000, a wonderful achievement in four years. It is an achievement on which Mr. J. Bently, their late Chairman, and the Committee, are to be congratulated, and for which we

are extremely grateful.

In September, Mrs. P. Farrell, Chairman of the Management Committee, participated in two 'Silver Lining' programmes on the BBC. She read, in two parts, an interesting article written by her husband, Dr. Rowland Farrell, who is a resident at Heatherley.

With the autumn here, the family once again enjoyed the privilege of joining the Copthorne people at their Harvest Supper.

Dr. Haward, a member of the Management Committee, along with several Friends of Heatherley, are busy making Christmas Cards, which are being sold on behalf of the Home. The Doctor himself has already made several hundred.



NORTH OF ENGLAND

Regional Editor, Dudley V. Kitching

The *Holehird* 'Herald', in its August issue, welcomes the appointment of Mrs. C. Neill as Matron, in succession to Miss W. E. Burton (known to *Cheshire Smile* readers as 'Barty') who has gone to live in the south of England.

In a message to her new family, Mrs. Neill writes: '... coming as I do from a busy general hospital into the "family" atmosphere of Cheshire Homes, I am aware of the spirit of comradeship which is apparent at *Holehird*.'

Mrs. Neill concludes the message with a sound piece of advice which is applicable to many Cheshire Homes: 'Looking to the future, I would like to see us turn outwards from ourselves, and take our place in the community of Windermere and district. Perhaps we can be ambitious and think about tackling some form of light industry in the future, or visiting old people who may not have anyone to see them. In this way, we of *Holehird* can become, *not* a closed community, but an essential band of people taking their place in a normal way of life.'

The Chairman of the Residents' Committee, Bill Postlethwaite, writes of trips to the seaside, and to Ravensglass, the latter proving popular with its miniature railway to Eskdale. Bill remarks on the generosity of local people and organisations, and describes some of the ways this help has been given to Holehird — coffee mornings; a gala; a barbecue at Holehird itself, to which were invited the Stick and Wheel Club of Windermere, and at which the entertainment was provided by a team of Scottish dancers and bellringers; and a visit to Levens Hall where the family were entertained to a delicious tea by Mrs. O. B. Bogot and her daughters.

Throughout the summer, Holehird has enjoyed the company of several people for holiday periods, many of them from other Cheshire Homes.

From our correspondent, Sheila Ridley, comes news of **Marske Hall**. 'On 7th September, the bus, which Saltburn and District Round Table have adapted for us, was officially presented, and was soon in use for the first time when about half of our residents went to a charity concert organised by the Multiple Sclerosis Society of Middlesbrough.

An appeal for drivers met with a wonderful response. Apart from 50 individual offers of help, the men of the United Bus Company of Redcar have drawn up a rota so that two drivers are available whenever we need them. In addition, Middlesbrough Corporation bus drivers have offered their services.

One of our excellent cooks, Sheila reports, has recently married, and from both the staff and residents was presented with a chromium tea service. We are all pleased that she is to continue to cook for us as well as for her husband — lucky man!

An aspect of the usefulness of Cheshire Homes in giving young people an insight into nursing is highlighted by Sheila reporting that Eunice, who started going to Marske Hall as a Red Cross Cadet, and later joined the staff as a 'nurse', has now left to begin her training proper at the Middlesbrough General Hospital.

From correspondent Joseph Twist, at **Spofforth Hall**, comes news of much activity. The Leeds Skyrack Lions Club invited members of the family to a performance of the comedy 'Mary, Mary', given enjoyably by the White Rose Company in Harrogate's Opera House. The following week, the Club gave the family a sumptuous high tea.

A happy day for Spofforth Hall was a visit from Miss C. E. Morris, a Foundation Trustee.

Generous help came from the people of Knarborough, where a Red Feather Day was held. It realised £68.

In September, the Residents' Committee organised its first outing; the venue being Fleetwood. Lunch and high tea were taken at the Marine Hall, where the facilities for disabled people are excellent. The time between meals was spent enjoying the amenities of this seaside resort, and many thanks must go to the staff who joined them and acted as 'willing pushers.' Joseph writes of the return trip being made via Blackpool, where they did a full tour of the illuminations.

After a year's lapse, the Garden Fête was revived. The attendance and financial results were, however, disappointing, and several fund-raising efforts are to be held in the future to try reaching the target set by the Fête Committee.

The annual Harvest Festival was conducted by the Vicar of Wetherby. With the commencement of the classes for choral music, embroidery, rug making, and drama groups, many residents have suddenly become very active.

Bill Butterworth, Editor of the **Kenmore 'News'**, sends the following report: 'Our trip to Bridlington duly went off as planned by our very efficient resident secretary, Willy Shaw. Following that, we had two lovely trips round some of the most beautiful of the Yorkshire Dales in a convoy of cars, owned and driven by our good friends of Cleckheaton and District Rotary Club, to whom we owe many thanks.

During August and September, we were very busy completing our preparations for the Residents' Autumn Fayre, which on Saturday 26th September realized almost £150 towards the Residents' Welfare Fund. Sir William Fenton, accompanied by Lady Fenton, opened the Fayre. Sir William, head of British Belting and Asbestos Limited, in his opening speech, made a plea to firms that have suitable work which residents at Kenmore could do, to send it to the Home. Any firm which had such work would be serving a very useful purpose by allowing the Kenmore residents to do it.

In October, Kenmore residents travelled again, this time to Blackpool to see the lights.'



WEST OF ENGLAND

Regional Editor, Bob Hughes

Cheltenham. £265 was the excellent sum realized at our first outdoor event which took the form of the Residents' Own 'Bring & Buy' Sale. Except for a light shower which helped to boost tea sales, we had lovely weather. Lady Dowty, our Patron, was amongst the many friends who patronized us.

Four of us joined the Ampleforth College Pilgrimage to Lourdes in August. The flight from Gatwick was made memorable as Florence Tobin, Jean Price and Margaret Franklin were airborne for the first time. Now flying is a must! It was a marvellous experience, and we are united in praise of the arrangements and help given, as well as the privileges afforded at the Shrine.

Always a Red Letter Day is our Birthday Party held annually on September 12th. On this fourth anniversary we had over a hundred invited guests. Janie Williams and Joan Norman cut the cake assisted by Matron and Sister Notman. The music was supplied by Fr. Boyd's Youth Club Group from Innsworth R.A.F. Station which added to the gaiety of the evening.

Through the kindness of Janie Williams we had our second visit to Peter Scott's 'Wildfowl Trust' at Slimbridge. Tea was partaken with our R.A.F. friends, and Mrs. P. Barrett and members of the 'Group of Friends' who acted as pushers.

During the 'Indian Summer' early in October, our Conservative Candidate, Mr. A. D. Dodds-Parker, who was M.P. for Banbury in the former Parliament, canvassed us. We found that he had been a fellow student with our Founder in Oxford, but they hadn't met since.



THE SOUTH WEST

Regional Editor, Pamela Harvey

Many of **St. Teresa's** residents have been fortunate with their exchange holidays to other Homes, and there have been several more venturesome among them who have been to places like Italy, Banneaux, and the Scilly Isles.

Among entertainments much enjoyed was a visit from the Nankersy Singers, and an invite to the Fête at Helston, organised by the wives of personnel of R.N.A.S. Culdrose. Here, Len was asked to judge the 'Prettiest Ankle' competition, an invite I am sure he did not hesitate to accept.

The highlight of **St. Teresa's** this summer was the visit of G.C. and his son, Jeremy. It was not entirely a holiday for G.C., because he, with the valuable assistance of Miss Cooper, spent much time taking film shots of **St. Teresa's** and also of Predannock. This, I understand, is the first part of the story of **St. Teresa's** from its beginnings way back in May 1951 up to the present day. G.C. is returning to **St. Teresa's** in October to complete the shooting of the film.

A note of regret. 'Pop' White, the very first resident to enter **St. Teresa's** in May 1951, passed away in August. He will be sadly missed by everyone who knew him.

At **Cann House**, many of us have been away for a holiday with friends or relatives, and Doris was really venturesome, thoroughly enjoying her trip to Lourdes with the pilgrimage in September.

Amongst many outings, we went to the annual Garden Party arranged by the wives at the R.A.F. Station Mount Batten.

We have had several old friends back for a holiday during the summer, including Ken Garrett, Victor Shearing and Sid Hyatt. And we are pleased to welcome Ernie to **Cann House** and hope he will enjoy many happy years with us.

Lastly, work has now commenced on our extension and alterations plan, and we look forward to seeing these materialise.



WALES

Regional Editor, J. O. Davis

Llanhennock's great day was September 19th. It was the day that Group Captain Cheshire came to lunch with us. We were so glad that the sun came out to show off our bit of Monmouthshire.

Our garden is like a builders' yard at the moment, but the extension is almost complete. The men at work on the building, not to mention all of us at the Home, were most anxious to meet the G.C. Whilst being received at Newport Station by Mr. Lysaght, Chairman of the Management Committee, and various members of the House Committee, the G.C. was able to see a group of Monmouth disabled people going off to Paignton for a holiday.

We were delighted when Mrs. Sue Ryder Cheshire opened our Home in 1962, but we have had to wait two years before meeting the Group Captain. His visit passed much too quickly, and the time came for Mrs. Trump to take him off to Danybryn. We have many snaps to recall that happy day.

Activities at **Dolywern** during the past three months have ranged from successful art classes to outings far and wide. For some residents, a lifetime's ambition was realised when a party of us went to Old Trafford, Manchester, to see the Fourth Test Match between England and Australia. During the visit, John Arlott, the BBC commentator, came across to speak to us. Lancashire County Cricket Club were very hospitable, giving us seats in the Members' Enclosure.

There was also a trip to the Music and Flower Show at Shrewsbury, where the residents were pushed around by members of the Shrewsbury Round Table, and entertained to lunch and tea by lady members of the Shrewsbury Soroptomists, who are a supporting group of the Home. We have also had outings to visit the Zoo at Chester, and trips to Wrexham to see the local football team play.

We take the following from the Liverpool *Daily Post*: 'The long arm of the law reached out to Dolywern Cheshire Home to give a helping hand to the physically disabled, and at the same time to help Denbighshire police cadets in their training. Believing that cadets should learn something of human problems as well as the routine tasks of keeping law and order, Mr. Arthur Rees, the Chief Constable, has arranged for them to be attached to the Home as voluntary helpers.'

'The first two, Gareth Jones and John Capper, spent two weeks at Dolywern in October. Both cadets found the work rewarding. John said "It has taught us a great deal. We did not realise what a Home like this means to the disabled. You can read about it, but you have to see it for yourself to realise its value."

'Gareth had this to say: "What has impressed me is the attitude to life we have found here. It is remarkable how cheerful the men are, although some can hardly do a thing for themselves".'

CHRISTMAS GREETINGS

Owing to the perennial shortage of space, we felt we just had to cut out the Christmas Greetings which the individual Homes and Regional Editors included in their news bulletins. On their behalf, we would like to convey cordial greetings and best wishes for Christmas and the New Year to all other members of the 'Cheshire Family', not forgetting our many Friends.

DEADLINE FOR NEWS

All news items for the March 1965 number should be received by the Regional Editors not later than January 4th. Regional Bulletins, letters to the Editor, etc. must be received here at Le Court by January 18th. No further notice of these dates will be sent to the Homes, so please make a note of them in your diaries.

NEWS FROM IRELAND, ARDEEN

By Barney

The past summer has been anything but dull at Ardeen. During the months of April, May and June, our concert party toured the Wicklow countryside, performing in about six villages and towns, and raising £400 for the Welfare Fund. The party comprised some residents and staff, with Mrs. Shephard. Although just a crowd of amateurs it was said to have taken to the stage like real troupers. The means of transporting the chair-bound entertainers was perhaps rather new. One of Lady Olive Fitzwilliams's horseboxes, familiar sights on Wicklow roads, was converted to take wheelchairs instead of those magnificent animals. Lady Fitzwilliams's chauffeur was often driving us home in the small hours of the morning, and never grumbled although his charges must have seemed strange at times.

Little Nicky, Nicholas of Ardeen, collected a few prizes at various dog shows. We were really proud of his gaining a first in the show at the Mansion House, Dublin, which was in aid of the Cheshire Home. Nicky is the pet of Joan Horan, our Olympic gold medallist. He helps to brighten her life with his winning ways, especially earlier this year when she was confined to bed with pneumonia.

Joan was among the prizewinners in other fields too. Her handicrafts, embroidery, pokerwork, etc., were exhibited at many local agricultural shows. James Brennan, despite being deaf and dumb and blind, was another winner at these shows. He got 'Firsts' with his basket and his stool. We believe that no-one makes baskets like James and his brother William Brennan.

Dennis McCallion, from Donegal, our resident poet, wrote a ballad, 'The Wicklow Romance', which twice won prizes at local talent contests. Orderlies Tony Hennesy and Liam Tallon sang the song in the talent show at Coolboy, and were both winners because of Mac's ballad.

About half the residents had a holiday in Mrs. Connel's house at Greystones, which is a seaside resort near Bray. Some residents went home for a week or two. Pat Tobin was, as usual, lucky. Matron and her family, (or, as they are known to us, Mam, Pop, and the kids) took him with them on a lovely holiday in Cork at the end of September.

We have had residents from Homes in

Wales and Scotland over here on holiday; both of them were good Irishmen! We also had a few students on working holidays. Among them was Niall Horan, Joan's son.

BRICKBATS and BOUQUETS

A selection from our mailbag

From: Francis Horton, Le Court, Hants.
May I offer the following comments in response to your appeal:

Cover. In my opinion they differ too much. Why not have a fixed design — a permanent cover that can be easily recognised? A coloured one, with a photograph chosen by a Cheshire Home resident.

Layout. I think there is far too much space being wasted in the last few issues. Is it lack of material? If not, why don't you use the wasted space?

Title Headings. They are far too heavy to look at, at least some of them are. I would suggest hollow or outlined letters.

Features. 'Letters to the Editor' should surely be a 'must'. And why have you had so few profiles of residents recently?

From: A. Fairbrother, Oldham (Vice-Chairman, Honresfeld Management Committee)
I read your recent copy of the *Cheshire Smile*, and was very impressed by the presentation form and the quality of the articles. You are to be congratulated on producing such a high standard of magazine, and I am sure this will be the opinion of all your readers.

From: Dorothy Gooderham, The Grove, Norwich

I do sympathise with you when you say there is a lack of interest in providing articles for the *Cheshire Smile*, and I agree that the residents are not wholly to blame.

I wouldn't recommend an increase in price until the magazine can be improved. How exactly to do it, I don't know. But the increase won't be popular as it is. We have submitted poems, short stories and photos, but have not had them published. It certainly has not been for lack of space. I have never seen the *Cheshire Smile* so spaced out as it has been recently. Surely it would be better to reduce the pages, say to fifty, and have a full book.

One thing is certainly needed, and that is humour. We have come to feel that you are too 'selective'. Relent a bit! I am sure that those who read the *Smile* will make allowances for any failings.

Please let me know if there is any way in which we might be able to help you. I do understand how you must sometimes feel your job is unrewarding.

From: Mrs. J. H. Warburg, Liverpool
May I say 'Thank you', a big one, for your magazine. It goes from strength to strength, becoming more interesting each time.

From: Dr. B. Kiernander, London
I am writing to tell you how impressed I am with the development of the *Cheshire Smile*. I would like to congratulate you on your first-class layout and interesting articles.

From: Miss Lily Burrill, Middlesbrough
I see in the last magazine you say, 'For heaven's sake, write.' Your words have inspired me to do just that. I always look forward to the *Cheshire Smile*. I think you are doing a grand piece of work.

Now I will get on with the object of my writing. I have just had a fortnight's holiday at Marske Hall. After living fourteen years alone, this was for me something out of this world.

The kindly welcome that Matron Turner and her husband gave me on arrival made me feel quite one of the family at once. The friendliness of the residents, and the goodness of the staff — no task was too great for any of them! — all this made me feel that I belonged with them. I must not close this letter without a word of praise to the cooks and all who helped to serve those nice and varied meals I so enjoyed.

I know that Marske Hall is a new Home, but I feel sure that a lot of hard and unseen work has gone into it to make it into such a pleasant place. So I wish to say a big 'Thank you' to one and all who made it possible for me to have this lovely holiday.

From: Miss Sheila Ridley, Marske Hall
Now that the 'Role of the Residents' debate has been concluded, I hope G.C. Cheshire — who opened it — will give us his comments on the letters.

Regarding Paul Hunt's contribution in the Autumn issue, I think it is significant that in the New Horizons project the initiative and drive have come from the disabled themselves. The same must happen if progress is to be made in this country, but I have little hope of this occurring in the Cheshire Homes. It is all too obvious that the 'rebels' are in the minority.

HELPING THE DISABLED TO LIVE TO CAPACITY

(continued from page 20)

A way of finding out if such a scheme is practicable here, would be to transfer some of these rebels to a new Home and let them put it to the test. No doubt the first mistake they made would be pounced on with gloating, 'I told you so's' — though even fit people do make them sometimes, after all — it could be an exciting and valuable experiment.

It would be tragic if the Cheshire Homes — begun with such high hopes and ideals — were to dwindle into mere glorified chronic wards.

P.S. Please take no notice of the suggestion from Cheshire Homester that the *Smile* should become a general interest magazine; there are hundreds of these on the market.

From: Mary Ping, Portland Hospital, Dorset

Although I am not one of your 'Smilers' I see it occasionally, and always enjoy it. But I would like to see a few more items of non-disabled character.

I am myself a polio (perhaps we could start by trying to get another name; who wants to be called a 'measles' or an 'influenza'?) of 53 years' standing. I contracted it at the age of seven months.

Having helped with the production of our own British Polio Fellowship Bulletin I know how difficult it is to please the readers. I always feel our own magazine is too narrow in interest. But it seems to be what the members like — local branch activities, and gadgets for certain disabilities.

Could not the *Cheshire Smile* produce something better? Your members haven't all one type of disability, and they must have wide experience.

I have just completed 18 months in hospital recovering from another kind of illness, and I hope to go to a Cheshire Home when I leave here. I have been fortunate in having a wonderful home until my parents died. I hope to pass on that good fortune when a Home can be found.

to be made, for we are learning so fast in this field that we feared anything that we prepared would be out of date almost before it was published.

In addition, the Central Council for the Disabled is starting a permanent reference index of all available equipment for the disabled. Photostats of any particular items relevant to a problem will be sent to an enquirer, and solutions will be sought to wider problems set them. Later, a range of pamphlets may be prepared. The Council has already published an interesting 5/- book 'Towards Housing the Disabled', in association with an exhibition on the subject at the Royal Society of Health. In it, you will find many ideas about houses adapted for disabled living, although most of it is for domestic housing and not for Homes or institutions.'



FRED SAYS: if the next ten years show as much progress as the first ten years, the *Cheshire Smile* will become a serious rival to the *News of the World*!



"If you REALLY wanted to buy a present for someone you LOVE,
why didn't you buy yourself a NEW PIPE?"

Mission for the Relief of Suffering

Founders: Sue Ryder, O.B.E. and

Group Captain G. L. Cheshire, V.C., D.S.O., D.F.C.

Out of the combined work of the Sue Ryder Forgotten Allies and the Cheshire Foundation Homes for the Sick there has evolved the concept of an association—or family—of separate and autonomous organisations, each devoted in its own way to the relief of suffering, but all sharing the same ideals and principles. The function of this Mission is, on the one hand, to strengthen its member-organisations by virtue of making them part of some larger entity, and, on the other hand, to extend their opportunity of doing good by the possibility of joint and concerted action. Application for membership from any charitable organisation is always welcome.

The Raphael Settlements

As one step towards this goal, the Forgotten Allies and the Cheshire Homes have pooled some of their resources and experience in order to establish a series of International Settlements in different parts of the world, the primary aims of these being:

- (i) to supplement the work of the two Foundations by taking those specialised cases which neither of them are able to admit;
- (ii) to safeguard and develop the spirit of the Mission as a whole;
- (iii) to test out new ideas.

Dehra Dun, U.P., India. (Tel. Dehra Dun 901)

Beautifully situated in the foothills of the Northern Himalayas, the first Raphael is the Far Eastern Headquarters of the Mission. Beginning with only tents in April 1959, it today houses 96 leprosy patients, 50 mentally retarded children, and 20 other children who, although fit, come from unsatisfactory home circumstances. Raphael is planned as a whole village of Homes for many different kinds of people in need.

Hon. Sec.: Mrs. Ava Dhar.

Hon. Welfare Officer: Mrs. D. Rawley.

Hydon Heath, Godalming, Surrey, England. (Tel. Hascombe 383)

More recently opened, the English Raphael provides accommodation for the older age groups, and for married couples (both young and old) who might otherwise be forced by their disabilities to separate. It will shortly have a 12-bedded wing for the heavily disabled.

Warden: Lt.-Col. R. Taylor, M.B.E.

SUE RYDER FORGOTTEN ALLIES TRUST

Founder: Sue Ryder, O.B.E.

Hon. Adviser: Sir Eric Berthoud, K.C.M.G.

Personal Assistant: Count George Baworowski

Personal Secretary: Miss P. Bains

Secretaries: Miss M. Towers, Miss C. Brookes, Miss A. Grubb

Hon. Treasurers: S. Poole Esq., H. Ince Esq., T. Siddall Esq.

Hon. Medical Advisers: Dr. Grace Griffiths, M.B., M.R.C.P., Dr. M. Ryder, M.B.

Hon. Press Officer: J. Thurlby, Esq.

All enquiries about Sue Ryder Forgotten Allies Trust should be made to Sue Ryder Home, Cavendish, Suffolk. (Glensford 252).

Following the relief work started in 1945 in many camps, hospitals, and prisons for the victims of Nazism, there is today still much individual case-work throughout Germany, in addition to the following:

Sue Ryder Homes for Concentration Camp Survivors. Cavendish and Melford, Suffolk. 140 Forgotten Allies are brought each year from the Continent for a complete holiday and to join those permanently there.

Sue Ryder Home for Sick and Disabled Forgotten Allies, Hickleton Hall, near Doncaster.

St. Christopher Settlement. Grossburgwedel, Hannover.

Secretary: Mr. Jerzy Neumann.

Eight homes and several flats, built mostly by international teams of volunteers for those whose health is broken, and for others released from prison and in need of rehabilitation and help.

St. Christopher Kreis. Berlinerstrasse, Frankfurt a.m.

Chairman: H.R.H. Princess Margaret of Hesse and the Rhein.

Since 1945, Sue Ryder has been personally responsible for the visiting, after-care, and rehabilitation of the homeless boys of eight nationalities in German prisons.

Homes for the Sick in Poland

Chairman: Director Rabczynski, Ministry of Health and Social Welfare, Warsaw. Prefabricated buildings, each containing forty beds and costing £7,000 are sent from England to relieve the distress of the Forgotten Allies. Fourteen Homes have been established at Konstancin, Zyrardow, Naleczow, Helenow, Pruszkow, Radzymin, Bydgoszcz, Zielona Gora, Gdynia and Gora Kalwaria, etc.

Homes for the Sick and Disabled in Jugoslavia

Chairman: Dr. Kraus, Ministry of Health, Belgrade.

Three Homes have been established for 120 patients on the outskirts of Belgrade, and a further four Homes are at Pristina, Pec, Travnik and Kragjevac.

Home for the Sick and Disabled in Greece

Chairman: Mr. Theologos, Institute for Research and Development of Vocational Rehabilitation of Disabled, Athens.

One Home has been established near Athens.

THE CHESHIRE FOUNDATION HOMES FOR THE SICK

Registered in accordance with the National Assistance Act 1948

Caring for the incurable and homeless sick (mostly in the younger age-group), they are autonomously run by local committees within the general aims and principles of the Foundation. In each country there is a central trust which owns all the properties, presides over the Homes, and is the source of the committees' authority. Average number of patients when Home complete: thirty.

United Kingdom

Patron: The Rt. Hon. The Lord Denning

Chairman: The Hon. Mr. Justice Edmund Davies, LL.D.

Trustees: Dr. Margaret Agerholm, M.A., Dr. G. C. Cheshire, F.B.A., D.C.L. (Vice-Chairman), Group Capt. G. L. Cheshire, V.C., D.S.O., D.F.C., Dame Mary Cheshire, D.B.E., Mrs. Sue Ryder Cheshire, O.B.E., Mrs. M. M. Clark, J.P., R. G. Emmett, Esq., The Earl Ferrers, His Honour Judge Rowe Harding, The Lady St. Levan, J.P., H. E. Marking, Esq., M.C., Miss C. E. Morris, M.B.E., B. Richards, Esq., W. W. Russell, Esq., The Lord Sinclair, M.V.O. (Managing Trustee)

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Enquiries to: 7 Market Mews, London, W.1. (GROsvenor 2665)

	Tel. Nos.	
	Office	Residents
Alne Hall , Alne, York	Tollerton	295
* Amersham , Bucks		
Amphill Park House , near Bedford	Amphill	3247 3173
Athol House, London Cheshire Home at Dulwich , 138 College Road, S.E.19	Gipsy Hill	3740 6770
Cann House , Tamerton Foliot, Plymouth, Devon	Plymouth	71742 72645
Carnsalloch House , Kirkmahoe, Dumfries	Dumfries	1624 2742
Coomb , Llanstephan, Carmarthenshire... ..	Llanstephan	292 310
Cotswold Cheshire Home , Overton Road, Cheltenham, Glos.	Cheltenham	52569 —
Danybryn , Radyr, Glamorgan	Radyr	237
Dolywern , Pontfadog, Wrexham, Denbighshire	Glynceiriog	303 —
Greathouse , Kington Langley, Chippenham, Wiltshire	Kington Langley	235 327
Greenhill House , Timsbury, near Bath, Somerset	Timsbury	533
The Grove , East Carleton, Norfolk, Nor. 94W	Mulbarton	279 —
Heatherley , Effingham Lane, Copthorne, Crawley, Sussex	Copthorne	2670 2735
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Honresfeld , Blackstone Edge Road, Littleborough, Lancs.	Littleborough	88627 880651
Hovenden House , Fleet, Spalding, Lincolnshire	Holbeach	3037
Kenmore , Whitcliffe Road, Cleckheaton, Yorkshire	Cleckheaton	2904 2724
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Mote House , Mote Park, Maidstone, Kent	Maidstone	87911 87317
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		Tel. No..	
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St. Teresa's, Long Rock, Penzance, Cornwall ...	Marazion	336	365
Seven Rivers, Great Bromley, Colchester, Essex	Ardleigh	345	463
*Sheffield			
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Warwickshire Cheshire Home, Greenacres 39 Vesey Road, Sutton Coldfield, Warks.			
White Windows, Sowerby Bridge, York- shire	Halifax	81981	82173

Mental Rehabilitation Hostels

Miraflores, 154 Worple Road, Wimbledon, S.W.20	Wimbledon	5058
Gaywood, 30 The Downs, Wimbledon, S.W.20 3/5 Old Nichol Street, Bethnal Green, E.2. ...	Wimbledon	9493

Homes for Mentally Handicapped Children

Hawthorn Lodge, Hawthorne Road, Dor- chester, Dorset	Dorchester	1403
The Green, Christleton, near Chester... ..	Chester	35503

Eire

Ardeen, Shillelagh, Co. Wicklow	Shillelagh	8
St. Laurence Cheshire Home, near Dunkettle, Cork		

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(for burnt-out leprosy patients).
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Cheshire Home, Wester Seaton Farm, Negombo, **Colombo**.

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Cheshire Home, P.O.B. 3427, **Addis Ababa** (for mentally retarded children).

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The Cheshire Home, P.O.B. 100, **Bethlehem** (for crippled children).
Amman, Box No. 1710.

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*Likoni, Mombasa
*Nairobi

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Hon. Secretary: Mrs. E. W. Barker.

Hon. Treasurer: H. K. Franklin, Esq., A.C.A.

Enquiries to 10b Chulia Street, Singapore (Tel. 93210).

Johore Cheshire Home, Jalan Larkin, **Johore Bahru.**

90 Nicoll Drive, Telok Paku, Changi, **Singapore 17.**

Rumah, 'Amal Cheshire, Selangor, **Kuala Lumpur.**

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Chairman: Percy Chatterton, Esq.

Cheshire Home, Box 1058, Boroko, Port Moresby (*for mentally retarded children*)

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Chairman of Trustees: Federal Chief Justice Sir Adetokunbo Ademola.

Oluoyole Cheshire Home, c/o Mr. Chukura, P.M. Box 681, **Ibadan.**

Cheshire Home, **Enugu.**

Lagos, 177 Agege Motor Road, Mushin.

Obiomo Cheshire Home, 6 Onwenu Street, **Port Harcourt.**

(*all for crippled children*)

Portugal

Lar Da Boa Vontade, Rue Candido dos Reis, 38 Oeiras (near Lisbon).

Sierra Leone

Chairman of Trustees: The Chief Justice, Sir Salako Benka-Coker.

Sir Milton Cheshire Home, **Bo.**

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(*both for crippled children*)

Thailand

*The Cheshire Home, **Bangkok.**

**In Preparation*

Overseas Homes are generally known by the names shown in bold letters.

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Cheshire Smile New Size New Price

MOST readers will now know about the impending changes in the size and price of the magazine. With the March issue, we shall be introducing the 'Smile' in an enlarged and more attractive format, which will, we think, enable us to present much more effectively the work of the ever-expanding Cheshire Foundation in the U.K. and overseas.

At the same time, we shall be raising the price from 1s. to 1s. 6d. per copy. It should be noted that this is the first increase since 1956, when the magazine was still a duplicated affair with only a 1,000 circulation.

The subscription rate (to anywhere in the world) is to be raised *as from this (December 1964) issue* to 7s. 6d. a year, post free. All subscriptions paid for at the lower rate will be honoured, until the subscrib-

ers have received their four issues. It may be easier for many people to take out a three-year subscription for 21s. (again post free). Others may find it more convenient to make out a Bankers' Order for the remittance to be sent regularly to our bank (Barclays, Petersfield, Hants.) every year without any bother to themselves.

It has always been our policy to allow discount (1d. in the 1s., or $8\frac{1}{3}\%$) on bulk orders from the Homes, the discount to be channelled to the Residents' Welfare Fund as an inducement for them to boost sales as much as possible. Along with the other changes, we are stepping up slightly the rate of discount to $12\frac{1}{2}\%$ (on all orders of 12 or over) from the March issue onwards. This means 2s. 3d. on every twelve sold.



Two Matrons (The Cheshire Homes in Asia)

Above, Assistant Matron, Ceylon Home; below, Matron, Delhi Home, India

