

Cheshire Smile

The Quarterly Magazine
of the Cheshire Homes

Spring 1973

Price 10p



The Goldfinch

No. 1 of a series of 6

The Chairman's Page

Though I am writing this at the beginning of 1973, and it will appear in the Spring edition of the Smile, I want to first look back to 1972. This was a year of expansion with no less than 5 new Cheshire Homes opening in the U.K. and 4 Overseas, as well as various extensions to existing Homes to increase the number of places for disabled people.



A Foundation Feature by our Chairman,
Lord Justice Edmund Davies.

This represents a great deal of hard work, over many years, by our friends and support groups to raise the funds. At a time of escalating costs it is the personal involvement of so many local people that is the backbone of Cheshire Homes, wherever they are in the world. If we were engaged in industry or the world of entertainment I suppose we would be considering making an Award for the best design, the best performance or production during 1972. If such awards were made by the Foundation, it would generally have a very difficult job indeed. But not quite so difficult in 1972.

We have received so many commendations of Mrs Marjorie Clark for the Report of her two-year Survey of Cheshire Homes (completed last year) that her placing would be of the highest. We owe her a deep debt of gratitude. Her Report has been the main subject of Trustees' discussion during the past months, and I have no doubt that Management Committees have also found its contents worthy of a deal of consideration. The Report is being made available to Residents, and we very much hope that they too will find it most useful. It is a document that will inevitably become the basis of discussion in the coming years as to the best means of ensuring that Cheshire Homes keep pace with modern standards and facilities. May that discussion yield fruitful results!

Edmund Davies

RED FEATHER

As agreed at the Annual Conference 1971, the Foundation have selected this design to be the standard Red Feather for Cheshire Foundation Homes.

No agreement could be reached from the designs submitted by the homes and, after some other fruitless ideas, Nicholas Dimbleby produced this design which has received general approval from the Trustees.

We hope you will find it attractive.



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Cheshire Smile is edited and managed by disabled residents at Greenacres. Contributions to the magazine are invited from all readers. Opinions put forward in individual articles do not necessarily represent the official view of the Cheshire Foundation, but it is our aim to encourage free expression of ideas.

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Cover: Drawing—'The Goldfinch', original design by
Brendan P. Carey. First in a series of 6 bird pictures by
Mr. Carey, donated to *CHESHIRE SMILE*.

H.R.H. The Duchess of Kent talks to Hilary and her parents
in the Royal retiring room at the Royal Albert Hall after the
Concert.
(Photo: Michael Cooper)



VIEWPOINT

'A cold coming we had of it,
Just the worst time of the year
For a journey, and such a long journey'

(Journey of the Magi by T. S. Eliot)

Why wasn't Hilary Pole's journey to London last November headlined in all the newspapers? Why wasn't it featured on T.V. and the radio, preached about in churches, a subject of general conversation in bus queues? For amid all the messages of death that flooded our eyes and ears and sickened our imagination, Hilary's demonstration was of life.

There can be few readers who have not heard of Hilary, 'the most severely disabled person alive'. She is completely paralysed; i.e. she cannot swallow, open her eyes, breathe without a machine, speak or move any part of her body except, fractionally, one toe. To retain even that atom of muscle power she has to have injections every few hours. For many years in hospital Hilary had a bell attached to her toe, and communicated by this method (so many rings to each letter) with her nurses and family. One might suppose that such exchanges would be laconic, at least on Hilary's part, on the lines of 'drink' or 'move hand'. But no, Hilary usually incorporated a polite 'please' into her requests, and she did more than signal only those. She 'rang' the verses of the poetry she had composed in her head, and the letters she wanted sent in answer to the many received.

The advent of Possum emancipated her. Now she was independent for such things as the radio, tape recorder, typewriter and alarm bell. Later she went home to a specially designed flat in her parents' house. Friends formed a rota of helpers to supplement the nurses and her family who looked after her.

This intricate arrangement has continued, culminating in Hilary's visit to London in November, to attend the Concert at the Albert Hall in aid of Possum Equipment. On the same day her biography 'Hilary' was brought out (Reviewed on page 32); Hilary went to the launching party for this too. Both visits were against medical advice. Hilary appreciated the danger, but the risk seemed to her one that should be taken. She was Possum's most sensational success, and her presence put the seal on the performance. The Albert Hall was full, and Possum Users Ass. received about £5,600. Roger Jefcoate's appeal in the interval, when two of Hilary's poems were read, raised £1,300.



It is clear that Hilary is an unusually intelligent and brave girl. (If the 'Honours' List lived up to its title it could not have come out in 1973 without her name.) But it is also clear that she needed the medical knowledge of many people, and also the devotion of her family and friends to sustain her. And perhaps most decisively she needed the good fortune to be alive at a time when Possum and other technical skills were available.

However, these achievements, marvellous as they are, are not the kernel of the message which should be shouted from the roof-tops. There are other brave people. But what Hilary illuminates with an almost dazzling clarity is the power of the human spirit to resist every encumbrance of the body and to remain itself, free, a reason for belief in immortality. It shows what man is capable of when he is on the side of the angels. Perhaps now as never before we need this reminder.

Have You Any Photographs of the Young Le Court?

Or *old* Le Court, if you prefer it that way! The Group Captain is anxious to obtain photographs of Le Court's and therefore the Foundation's early days for a historical film he has been making. If you have any, please send to him c/o 5 Market Mews, London, W1Y 8HP.

It would be a good idea, G.C. thinks, for all homes to keep records of their early days. These, like those of any family slip by so soon, but it is both interesting and instructive later to look back to that almost fabulous 'beginning'.

LETTERS TO THE EDITOR

Letter from Hilary:

I decided to go to London without medical backing, which meant I couldn't stay in a London Hospital – we went twice – fabulous! The Concert was superb – music, soloist, conductor everything. We left Walsall at 1.30 p.m. stopped at Toddington 4.00 p.m. for coffee and petrol then onto Junction 5 to pick up our Police escort. We arrived at the Royal Albert Hall at 6.00 p.m. After the concert, I met the Duchess of Kent and the whole Possum Committee – got home at 4.30 a.m.

On Tuesday I was off again to the Oriental Club, a reception to launch my book; it was an exciting evening. We met the Duke of Edinburgh who was charming. I was able to meet many friends I had only written to. Got home at 2.30 a.m.

On Friday Dorothy Clarke Wilson was with us. We had a very successful autographing party. Now we are concentrating on the Christmas Sale.

From F. D. Clarke, Worthing.

Complete Democracy in Homes not possible

I should like to take up some of the points made by Paul Hunt in "As I See It".

The basic fallacy of his argument for complete democracy in the Homes, is the assumption that the Residents are suffering *only* from Physical Disabilities. I worked for 9 years in a large variety of Cheshire Homes and found many Residents who suffered from Diseases which affected them mentally as well as physically – rather obvious examples are Disseminated Sclerosis and Parkinsons Disease. Does Paul Hunt seriously suggest that a mentally disabled person should participate to the full in the running of the Home? I suggest that very many Residents in Cheshire Homes have not the slightest interest in running them or in electing the Committees.

Where I think I do agree with him is that there is so often in the Home, very little contact between the Rulers, the Ruled i.e. The Committee on the one hand and the Residents and Staff on the other. Certainly, I as a member of the Staff, was never encouraged to make any suggestions

as to how the Home should be run. There should definitely be far more contact and communication between the Rulers and the Ruled on an informal basis. Too often the Committees are only seen at Christmas time and then are not in a mood for any serious discussion.

So although I am very much in favour of more personal contact between the Committee and the people on the spot, I regard Paul's advocacy of complete democracy as completely unpractical.

From Bob Hunt, St. Anthony's.

Day Centres

In the Autumn Edition of the *Cheshire Smile* there was a letter entitled 'Cheshire Homes or Day Centres'.

First let me say that I whole-heartedly agree with what Tom said.

Surely those people who want to turn Cheshire Homes into Day Centres are forgetting the Group Captain's idea of a Cheshire Home.

As Tom so rightly says, we are repeatedly told, this is YOUR home.

Then why if this is OUR HOME should we be subjected to this?

From Robert Graham, Honresfeld.

With Grateful Thanks

I am a resident at this Cheshire Home, Littleborough. I would like to say that I have been here for close on thirteen years, and in this time I have done very well for myself, and been quite happy, especially during the past eight years since I became engaged to Annie Doe, one of the other residents here. She was in a chair, just like myself.

Unfortunately Annie died just before Christmas, and I have missed her tremendously. But I would like to thank all the members of the staff at Honresfeld who have looked after Anne during the nine years she was here.

The Staff here do a grand job in looking after all of us. I feel sure that they must find it difficult at times, but I would like to assure them of my appreciation and know Anne would have agreed with me had she been here.

Letter to the Group Captain

From Fr. Brugman, Catholic Church, Burnpur, India.

Dear Captain,

P.C. Your visit has done many of us great good with all its facets: Church, Home, Club (without omitting the short Appetiser at the Directors' Bungalow!).

Here are a few photos you will surely cherish, and I may send more if you need them for *Cheshire Smile* or such publications.

The three aunties and all 26 girls (inc. Mohan!) are still beaming with joy over the memories of your visit. Did you hear that Mrs Shanti Sanad took very bad the evening of the club meeting? A crisis of asthma saw her in hospital, under oxygen, saline . . . and between life and death, but she is quite alright again, working and going out to town, Thank God.

Trust I shall pray for all your intentions, encourage the Burnpur C.H. and remain,

Yours sincerely, in O. Lord . . .

G.C. at Burnpur.



Children's Mass at Burnpur

A special Mass was arranged by the Parish Priest at St. Anthony's Church, Burnpur, West Bengal, when Group Captain Cheshire arrived there recently. He says it 'was a lovely occasion, with breakfast at the tiny little presbytery afterwards'. The picture above shows children from the Cheshire Home and parishioners with the Group Captain.

The University of Liverpool Honorary Degrees 1973

Honorary Degree of LL.D. (Doctor of Laws)

GROUP CAPTAIN (GEOFFREY) LEONARD CHESHIRE, VC, DSO, DFC., Founder of Cheshire Foundation Homes for the Sick; Co-founder of Mission for the Relief of Suffering; and his wife SUE RYDER, Found of the Sue Ryder Foundation; Founder member of Mission for the Relief of Suffering.

'Home' Escorts for the Disabled

I think there should be a scheme whereby an able-bodied person could look after disabled people away from their usual help: for example, a disabled person going to stay with his own family who cannot cope with lifting, etc.

I would like to stay at home with my father, but he could not put me to bed, get me up, dress me or put me on the toilet. My friend Dora has the same problem. Today for instance, she was going on holiday for a fortnight and had asked someone to go with her. Unfortunately it happened that that person could not go, so she had to find someone else.

This idea would be a great benefit for the disabled. There might be some who would have to have a qualified nurse because they need injections, or for other reasons, but usually this would not be necessary.

Obviously the escort and holidaymaker would have to meet beforehand to get to know each other a bit; perhaps six to eight weeks before they were due to leave. I am sure no-one would mind contributing a little money towards such a scheme.

I suggest that there should be a Committee to select the right person for the job and that this Committee should include disabled people, with a Doctor to advise on medical problems.

Someone I discussed this with said we have got a lot of holiday hotels; but that defeats the object of my plan - I did not mean that sort of holiday, but one with your *own* family! When you live in a Community it is better to have a break from routine and come back refreshed. I may be wrong but that is my own personal opinion.

Betty Hill, Mote House

How Do We Care?

by James A. Loring

This article by Mr Loring, Director of the Spastics Society, is the Introduction: 'Residential Care and the Adult Spastic' to the recent book 'Personal Relationships, the Handicapped and the Community' edited by Derek Lancaster-Gaye, published by Routledge & Kegan Paul, in association with the International Cerebral Palsy Society at £1.25 including postage, and based on papers presented at the International Cerebral Palsy Society Seminar in 1971 (Reviewed on page 31). Other articles from the book, on the Swedish, Danish and Dutch pattern of residential care will follow.

Readers will remember Paul Hunt's letter in the Christmas Cheshire Smile about alternate methods of care for the disabled, other than the institutional. These articles will give some of the European answers. Are they relevant for us?

It is sometimes said that the handicapped person living in residential care is the least desirable of a number of alternatives, and that living with the family and in the community is to be preferred. This proposition should, I think, be carefully examined before it is accepted because it is based upon little or no evidence. We are living in a post-Freudian age in which life in the community and with the family is highly valued, where close personal relationships are thought to be of supreme importance, but in which the actual quality is seldom assessed objectively. Many of us both handicapped and non-handicapped have had familiar experiences which range from happiness to extreme misery.

One of the main ambitions of most adolescents and adults is to leave the family and very often the community in which they were born, which they regard as institutions to which they would not want to conform; they seek in fact another milieu in which they can develop in greater harmony. We often assume it should be an objective to keep the handicapped within the community and within the family. It would certainly cost the state less, but it does not follow that living in that sort of setting is considered by the handicapped person to be desirable.

It should not be assumed that living in the community will necessarily provide the optimum life for a handicapped person. Living in a residential home can in some circumstances be far more enriching; but it will be a world that he will not be able to structure. He enters what Erving Goffman calls a staff world: a world that can present itself to the outsider as a rational organisation operation to achieve officially avowed and approved ends, but these ends will

probably amount to the objectives of the staff rather than of the handicapped person. The staff of institutions have objectives and products on which to work and these objectives and products are people. There is a very real danger that people in institutions may assume the characteristics of inanimate objects and be treated as such by the staff.

Surprisingly there is a significant lack of literature and published research on the subject of residential care for the disabled, whereas there is a plentitude of literature about special education. This is an area in which a substantial amount of research has taken place. There is also some published material about school leavers and their problems, and there has been research in this field. Similarly there is also much published work about institutionalisation, but very little about the important work of caring for the adult handicapped outside his own home. It is also worth noting the lack of philosophy in this field and in particular a lack of objectives. In the field of special education there is much discussion about the objectives and about what the underlying philosophy of educating handicapped children should be. For example, some people believe that education should be for its own sake, others that education should have a strong vocational bias, or that the school curriculum should be laced with special programmes to help attune the children to the outside world so that they can better adapt themselves when they leave school. But if one were to ask even the most enlightened who are responsible for adult care, what objectives are pursued in their centres, the answers would almost certainly be vague. For example, many adult centres have workshops attached to them and it is implied that doing a day's work in the work centre is itself a social necessity. But upon what is this assumption based? Not all disabled people get pleasure from working with their hands and the endless monotony of producing objects in which they have no interest for communities about whom they care nothing can be soul destroying. The profitability of these centres is sometimes marginal and the majority are run at a loss, yet centre residents who are unwilling to go to the work centre are regarded as an 'awkward squad' and possibly in the need of psychiatric treatment. It is not so much that taking part in work projects is looked upon as an objective, but rather that the physical structure of the centre has provided a workshop and the belief in the Protestant ethic, 'The devil finds work for idle hands', operates. In fact, there is nothing particularly moral about making baskets or putting nuts on bolts. A great deal of this sort of activity stems from an authoritarian and puritanical structuring of leisure patterns. A handicapped person might be happier reading, pursuing a hobby, listening to the radio or learning a new skill which would make his

restricted life more pleasurable. Unfortunately, schools for handicapped children too often regard ultimate employment as the only acceptable objective.

All too often in the field of residential care we find a lack of opportunity to facilitate personal relationships. Whilst many centres are enlightened in this matter the vast majority of institutions for disabled people are so constructed as to make a close personal relationship with another resident extremely difficult. Whereas unhandicapped people seldom find it difficult to make love in private, for handicapped people in a residential centre it may be very difficult indeed, and privacy of any sort is almost impossible, with the result that personal relationships remain undeveloped or if developed have a slightly coarse and comic quality about them. The claim of a medical superintendent of a large institution well illustrates this point. One morning he was approached by one of the residents who was in great distress. When questioned she told him that she had been in the institution for thirty years and she had had a steady relationship with a male resident. For most of that time they had slept together at night in a disused boiler room, but the man had died suddenly and now she was beside herself with grief. On investigation it was discovered that although the staff had known that a friendship existed between the two, none would admit to knowing that this long-standing intimacy had existed. It was an institution for subnormal people which had been grossly understaffed for decades and the staff had no time to interest themselves in emotional problems unless these exploded in violence. It is not only important that all new residential centres should contain adequate facilities for privacy but even more vital that the old ones should be adapted to produce it.

Large institutions provide three major disadvantages. Firstly, they offer a system of block treatment – that is to say a regime whereby all the residents have to do the same thing at the same time. Secondly, they insist on a rigidity of regime – that is to say a regime which is imposed from above and operated by hierarchy and can only be varied or altered to suit human needs with great difficulty. And third, they generate depersonalisation – the treatment and care of human beings without regard to their personalities and often without regard to their human dignity.

One must not assume that such conditions are necessarily insuperable; it is possible to reorganise large institutions in such a way that these three characteristics do not operate to any important extent. This has been demonstrated by research in the United Kingdom by Tizard, King, Raynes and Yule, in their account written in 1900 *'Investigated Management of Children who are inmates of residential institutions'*.

What then should be the objectives of residential care? In the case of those with a moderate handicap they may be quite plain, particularly when rehabilitation is possible, but where no substantial rehabilitation is possible and where the prospect is life-long containment in an institution what should the objectives be? Should they be to occupy the handicapped person? Should they be simply to care for and maintain him? A popular reaction could well be that the best objectives should be to enable the handicapped person to lead as enriched a life as possible, but what is a rich life? Ideas will differ and in a residential centre with 100 people ideas will be even more varied. The issue here revolves round the problems of objectives and stems to a great extent from our regarding ourselves as being responsible for solving the problems of the handicapped, forgetting that we ourselves are part of the problem. Before one can begin to decide upon objectives, one must surely consult the handicapped to find out what they consider those objectives should be.

One must consider too the matters of architecture and design. Residential homes for the disabled should not be designed primarily on the basis of supposed physical needs. The width of doors and the gradient of ramps are very important but they have only a marginal influence on people's lives and a preoccupation with them can cloak the real issues that determine success or failure. Human relations are critical matters and it is the quality of these relationships that count and determine whether the centre is a good one or not. Superficially the residents in a centre for the disabled may appear to have many of the same characteristics but in practice they are very different people and staff should encourage that differentiation. Civilized society strives to enable all its members to attain their full potential and this should be an aim for the disabled. They should not be expected to play a submissive and passive role although it is very easy in an authoritarian structure to force them to do so.

Four primary needs that are common to everyone are:

1. The need to be accepted in family or community as a human being.
2. The need for security and position.
3. The need to enjoy the confidence and respect of those about us.
4. The need to exercise ability and self-expression on an individual basis and not to live as a stereotype.

Bricks and mortar can help to satisfy these needs but only an enlightened and compassionate staff can ensure their fulfilment. Too often we are expected to express surprise and approval of architectural wonders by persons in charge of new buildings but as we are taken around it becomes

painfully obvious that at the personal and emotional level the scintillating design has already become a mausoleum of human aspiration. The human spirit is held as if a fly in aspic. We must never become bedazzled by gadgets and electronic devices. If only a small proportion of what is spent on these and bricks and mortar were devoted to staff training and the evolution of a career structure such as that which exists in education and medicine there would be a great accretion of happiness to the disabled.

The problem is one about human beings. It is only about the problems of the disabled in the sense that we, ourselves, are part of that problem. It is about the potential that exists in each one of us, able or disabled, about the ways in which we can use this potential. Those of us who work for the disabled are very fortunate indeed because the opportunities for giving and caring, for developing our potential for loving others less fortunate than ourselves, are so much greater than if we were in ordinary occupation, but the authority we have over other human beings is great and its power very frightening. We must examine how we are to use it and to re-examine our own roles and objectives and our motivation.

Become Involved

by John Roarty

(Reproduced from 'Talkabout', Royal Ryde Homes, N.S.W. Australia).

If this article offends or hurts anyone who reads it, I am sorry. I hope it will help some invalid to a more dignified and fruitful life.

Most people who are born with a physical disability are fortunate in being cared for by their family, but in some instances are pampered and over protected by them. When their parents are no longer able to care for them the bottom seems to drop out of their world. This also applies to many able-bodied people who through an accident have become permanently invalidated. They generally think they are very badly done by and become discontented and self centred.

Firstly, one must realise that one is NOT alone in this situation. There are many around often worse off. It is up to the individual to make an effort to use any ability, physical or mental that he possesses. I assure you that the world will seem a better place.

You may think: 'What can a physical wreck like me do?' Well! A good example can be found in the life of Miss Susan Schardt, the founder of the Royal Ryde Homes, of whom you can read in the article 'History of the Homes'.

Yet another shining example was Helen Keller, who overcame her own disabilities and travelled the world to lend encouragement to people like herself.

There are many groups of people working for the benefit of invalids in N.S.W. They are doing a great job, but to my knowledge, very few of them have physically handicapped people taking an active part even in an advisory capacity in their organisations. This is very sad, because only the invalid knows the frustration and indignity with which he has to cope.

I do not condemn able-bodied people; what I am trying to do is to encourage invalids to take a more active part in their own affairs, to be prepared to make sacrifices in time and energy and to become more involved in planning their own welfare. All too often business and professional men give their time to committees and boards formed to better conditions for the invalid, while he sits apathetically and accepts any benefits bestowed upon him.

Becoming involved in a self-help programme has many benefits - For example, man is a gregarious being and if he joins a group to work for his particular kind it gives him a great sense of belonging, and this is extremely important, especially for accident cases, who feel very much alone and suddenly thrust out of society.

Collectively a great deal can be done. In the United Kingdom, the physically handicapped were instrumental in getting a 'Bill of Rights' for themselves passed through Parliament. A section of the Bill states that every new public building, theatre, hotel, shop, etc., should have a rampway for wheelchairs and specially large doors to toilets, etc. This Bill took a lot of lobbying and hard work by those concerned and I think was a wonderful achievement.

Some invalids may consider it not 'quite nice' to join a so-called pressure group to advance ideas. But they should have no qualms about this, no matter what walk of life a man is in, Workers Unions, Professional Organisations, the Church, all seek conditions for their own particular group. There is only one thing to do - join a group yourself!

Even if you are living in your own home you will find comradeship and satisfaction in meeting other invalids or corresponding and reading literature reporting what is being done to help the handicapped.

I am writing this article partly from my reading from here and there, but mostly from my own experiences and what I have seen around me. I have always been a reasonably happy person, but since I became involved with the production

of 'Talkabout' and even more since our Board of Directors kindly granted us permission to form a Residents committee, I feel I am leading a very full and satisfying life. I am trying to make use of any talent I might have for the benefit of others like myself and I hope this article will encourage some of you to become involved and achieve happiness and satisfaction in living.

Some Holiday Prospects for 1973

CAISTER HOLIDAY CAMP: September 29th-October 6th. Apply to Mr George Houghton, Central Council for the Disabled, 34 Eccleston Square, London S.W.1.

ASHWELLTHORPE HALL HOLIDAY HOTEL: The holiday centre in Norfolk designed for the disabled. It is now open throughout the winter (from October to April inclusive). The new winter holiday 5 day week - Monday to Friday - with full board costs £6.75.

Ashwellthorpe Hall is owned and administered by The Disabled Drivers' Association. A lovely, moated country house, parts of which date back to Tudor times, it is delightfully situated in acres of well-wooded parkland, with paths and lawns accessible by wheelchair. This freedom to wander at will, the good food, excellent service and the genuinely friendly atmosphere, are perhaps the greatest of Ashwellthorpe's attractions. There are also the more usual hotel amenities typified by the cosy oak-panelled Elizabethan Bar, large comfortable lounge and wide-screen colour TV. Very popular too is the brand-new 12-seater Minibus, recently presented to The Hall by the Wymondham Branch of 'Lions International', already in full use providing jaunts to the coast or trips around the countryside for those disabled holidaymakers without transport of their own.

Some folks use Ashwellthorpe as a base for touring, being conveniently near to The Broads, the coast, and with many pretty villages and small towns worth visiting nearby. Others find the marvellous peace of The Hall and its grounds a tonic in itself and scarcely stir from the place doing nothing more energetic than feeding the ducks on the moat or playing a gentle round of golf, (yes, even from wheelchairs). Winter evenings pass happily in the comfort of the rosy-lighted Elizabethan Bar, with a glass of something warming in the hand, listening perhaps to tall tales of the supposed Ashwellthorpe 'ghost'!

Access for the disabled has been achieved with unobtrusive good taste through flat or ramped entrances, a lift to all floors, and spacious

bathrooms, lounge and dining room. There is hot and cold water in each bedroom, with central heating throughout the Hall. *All disabled and their families or friends are welcomed.* Bookings, for either Winter or Summer holidays, should be sent to The Manager, Ashwellthorpe Hall Holiday Hotel, The Hall, Ashwellthorpe, Nr. Norwich, NOR 89W, Norfolk (Telephone (STD) 050-841 324).



Mr & Mrs Leslie Wilding.

(Photo Wrates Studios)

Honeymoon at Sea Breezes

Mr & Mrs Leslie Wilding met a year ago at Ampthill (where Les has been a resident for four years). They were married on November 10th, 1972 at St. Andrews Church, Ampthill, and spent their honeymoon at 'Sea Breezes', the holiday hotel for the handicapped in Skegness.

Miss Sidebotham, the Manageress, sent this photograph of the bridal couple. If you are thinking of spending *your* honeymoon or an ordinary holiday at 'Sea Breezes' the full address is:—
41 Scarborough Avenue, Skegness, Lincolnshire,
Tel: Skegness 4168.

Filming for a Cause

by Chris Clough

(Reproduced from 'Yorkshire Achievement').

One of the advantages of University life is that one meets a great many people with all types of interests while also having the facilities with which to indulge in those interests. Myself and three others thus were linked with a common interest in films, with enough equipment to make a good film but without the basic finance with which to back the venture. Charity films are an ideal way of breaking into film-making as basic costs can be afforded but not the salaries of professionals. These then are usually the stamping ground of the amateur and we were extremely fortunate in being invited to make a new Appeal film for the Yorkshire Association for the Disabled.

The project began by going through the previous film to study their basic approach and to decide what angle we would take. Making an appeal film is rather difficult as the customer desires to make it emotional, to inform and to encourage active interests in the future of the charity. We were then presented with a detailed list of what it was thought necessary to show. With some manipulation and linking of themes we were able to embrace most of the items on the list.

Having studied a number of charity films my conclusions were that they seemed to lack good scripting, tended just to be a glossy tour of Homes or places and had a boring tendency to place the camera pointing to an indeterminate position. It was not possible to get to know the characters involved in the film, individuality was non-existent and the cold hand of charity slipped in and imposed itself.

My first introduction to disabled people was at St. George's House, the residential home in Harrogate and headquarters of the Yorkshire Association. My preconceived ideas were soon shattered, I had anticipated meeting humourless people concerned with upholding 19th century institutory standards, I found the very opposite. The disabled residents were as diverse a group of characters as you would find anywhere and the society in which they lived differed little from that of the rest of the world. The whole atmosphere was cheerful and there was no lack of help or co-operation. This will not seem odd to anyone who has had contact with the disabled but to many who have not had that experience, the sight of a wheelchair erects a barrier and closes the shutters of communication. One resident poignantly expressed her feelings when she said 'I wish some people would realise that just because you're disabled does not mean you are a lunatic'. No doubt the sight of a severely disabled person can put an able person off guard, it may evoke

pity, compassion or a desire to patronise. It seemed that few people treated the disabled as normal human beings. This appeared to be a good starting point for our film. We wished to establish the lively normality of the disabled when given the opportunity of expression.

In the first instance we decided to concentrate on a few residents, showing them in various situations and with their differing reactions and comments while at the same time trying not to leave everyone else out. With luck the future audience will appreciate that the disabled do not differ mentally from any other section of society. Having decided on the script we allocated two weeks of our summer vacation to the actual filming beginning at a sports meeting held at Lodge Moor, Sheffield. On visits to St. George's House I noted how important participation in sporting events was but I had never realised how much energy was expended in the competitions. The sports field was a hive of activity with track-suited disabled contestants moving from one event to another. One large muscular competitor was lying on his back on the ground lifting a weight of 390 lbs, others were fencing, playing basketball, sprinting in wheelchairs, putting the shot, shooting in the archery. The sport of archery, being the trend setter to outdoor activities, holds a place of importance. Each competitor adapted according to their ability, some using their mouths, some their hands, and some their feet. One could only be amazed at the amount of time, energy and ingenuity put into the effort. Anyone falling out of a wheelchair during the course of a game just scrambled back in and carried on. This incorporated much of what we wanted on the film and it was a marvellous way of starting. We managed to borrow a wheelchair and take part in one of the races. The cameraman sitting in the chair being accompanied by the sound man and the tape recorder. One of the nice things about filming is that everybody thinks you're absolutely mad, dashing around with all sorts of contraptions and climbing all over the place in order to get the shots you want.

Having satisfied ourselves with the sports we returned to Harrogate to film the numerous activities there. Due to the recent extension of external activities, clubs and societies, we recorded these in order to emphasise the County role of the Association. I do not know whether it's because the residents are used to being stared at or whether they are used to being filmed but we had no problems at all with camera shyness. It was amazing how quickly they understood what we wanted and how well they co-operated without embarrassment or unnaturalness even when asked for repeat performances. The staff did not prove quite so easy to film. Much of the action being indoors we had a great battery of lights under which one soon gets very hot and we also

discovered that knocking the light stands over was easy. However it was not the disabled who knocked over the stands, without fail it was one of the film crew.

My hope is that the film will be interesting and that it will be informative about the disabled and the work being done by the Yorkshire Association. I hope it will enlighten those who hitherto have not realised what a good crowd the disabled can be. I hope the film will encourage everyone to realise we are all just people.

Handicapped Child

Into a gleaming world
Of chrome and glass
You came
To bring a heart break
And a special kind of love.

Maybe a tired world
Half mazed with moon-shots
Needed you
To cut its ego down to size.
A single daisy gives you joy
The ripple of woodland brook
Will set your eyes a dancing
Merrily.
The muted plop of ripened fruit
Entrances you.
You seem to sense when dampened skirts of
evening
Brush the grass
And smile contentedly
To listen to a missel thrush
Match his melody
Against the flung rattle of the rain.

Who knows what harmonies you hear
To which our glib sophistication
Deafens us.
Have we forgotten
Truth is simple
It is only our interpretation
That invites complexity.
Forgive us when we pity you
For your dependence
Is our redemption
And your trust
A priceless boon
A measure of our own maturity.

Kathleen M. Clarke

TALKING BOOKS

A National Library of 'Talking Books' has just been launched, with the object of giving severely

disabled people who cannot handle books the opportunity to hear them.

The equipment consists of a reproducer, with simple controls, and tape-cartridges which can be exchanged by post. The library is building up a collection of books ranging from the classics to all types of fiction, as well as biography, sport, religion, etc.



The cost of a reproducer is £36 and a year's subscription £9. Some Local Authorities, Societies and Associations for the Disabled as well as individuals are already buying reproducers, recognising the tremendous mental stimulus which books can give to the most severely handicapped. Further information from *C.M.A. Bathurst*, Director of National Library of Talking Books, 49 Great Cumberland Place, London W1H 7LH. Tel: 01-262 1966.

Possum's Potential

by Robert Bowell, Hon. Editor of 'Possability'
(Reproduced from 'Social Services').

Possum electronic control systems have been in production since 1963 but there are still a large number of people who have never heard of these marvellous controls. There are also many people,

including doctors and social workers who, although they have heard of the equipment and know it is electronic, have only a vague idea of what it can do, and why, but nothing of its true potential.

This situation is serious because it means that many of the severely physically disabled people who desperately need Possum for any type of independence, never hear of it, if among their few visitors and main source of assistance, their doctor and social worker, are lacking the knowledge to suggest an application. They may not even realise that one Possum unit is supplied by the Department of Health & Social Security to those who need it, and that applications have to come from the family doctor to the Regional Hospital Board.

The Possum unit which is supplied by the Government gives the disabled person on/off control over all electrical items. The first is always an alarm bell for emergency calling followed by a buzzer for use as a non-emergency calling device. This is usually followed by an intercom linked with the front door which enables the person to speak to callers, and then the next item is an electronic door lock to enable him to unlock the door to admit visitors. These two items mean that one can dispense with that dangerous practice of leaving doors ajar. The disabled person can then choose to have a selection from light, heater, radio, fan, bed-tilting, electric blanket, and an external alarm bell for calling neighbours, all of which can be plugged in to the sockets on the Possum control. There is also a telephone socket which enables the Possum user not only to answer incoming calls through his Possum, but to make calls himself through dialling numbers on his Possum control indicator.

These 11 electronic items can all be controlled by either a slight suck on a tube, or pressure on a micro-switch. In each case the Possum user watches the indicator white light move from its start position round the indicator while he sucks, or applies pressure to the switch. When the light reaches the name of the item he requires he stops sucking or pressing, the item is then switched on, and the name of the appliance which had a green light previously, now turns to red. To switch off the item the Possum user simply re-selects that name, the item switches off and the light returns to green. After each selection the white light returns to 'start' position on the indicator. This operation is so simple that anyone can soon master it, and its installation is normally done so that all cables are hidden from sight.

But you may be thinking that although the equipment is very clever it will not provide all that much assistance to the severely physically requiring constant attention. This is a tragic mistake many well-intentioned people make, and

from my own experience, I thought that I had little to gain by having this Possum equipment installed. After three years' use I wonder how I ever managed without it! The independence in controlling the heat of the room, whether or not one wants radio or television, being able to call assistance without difficulty, all make life that much richer and worthwhile. It has also been found that the life expectancy of many Possum users, particularly those with Multiple Sclerosis has been increased because the equipment has provided them with new hope.

There is therefore a tremendous need for more people to know and understand the potential of Possum, and unfortunately the only really satisfactory way of doing this is to see a unit actually installed and the reaction on that disabled person's face. It is particularly important for Social Workers and doctors to have this appreciation, as they meet most, if not all, disabled people at some time in their visits.

The Possum unit supplied by the Government is not, however, the only type of Possum control: almost as important are controls for adding machines, dictation machines, and electric typewriters. Of these the typewriter control systems offer the greatest opportunity for rehabilitation, as with these the Possum user may be able to undertake further education.

The Possum typewriter controls have various methods of operation which enable the disabled person to choose the type that gives him the maximum physical control of which he is capable. This may be eight micro-switches mounted in moulds for speed in operation, or just a blow pipe for pneumatic operation. For Spastics there are also other types of control each designed to harness whatever movement is best suited for the operation, however uncontrolled it might be. In many of these cases the Possum typewriter provides the first means of communication as speech may be unintelligible.

Unfortunately the Government do not normally supply Possum typewriter control systems, unless there is a complete loss of speech, or employment with a guaranteed income of at least £5 a week will result from its supply. This latter condition is often a question of 'putting the cart before the horse', as until the person has the typewriter, he cannot find employment to prove this qualification, and the Government will not provide the Possum typewriter until this qualification is proven.

In such cases, and others where, although the typewriter will be well employed, it may not be remunerative employment, that the Possum Users' Association endeavours to help. Registered as a National Charity, our Association is managed by a committee of the severely disabled Possum users, and with the help of our able-bodied

Associate members we aim to raise funds to assist any severely physically disabled person, particularly with the supply of equipment such as Possum. We issue a quarterly magazine 'Possability' (Possum providing the ability) and this is circulated to all members both Full and Associated.

In 'Possability' we try to include news of new equipment, hints of simple aids members have found helpful, information on Government action that may affect our members, and articles written by members often about their own lives. We have also devoted issues to the subjects of holidays and hobbies for disabled people, printing as much information as possible on these subjects. Our minimum annual subscription is 50p for Associate members, and 25p for physically disabled members.

A Visit to my Canadian Family

by M. M. Clark

(Reproduced from East Midland Regional News)

This year I have paid a visit to Eastern Canada for my summer holiday. I visited with my daughter and her husband and family at their summer cottage on the shores of Lake Memphramagog. It is a very lovely part of the Province of Quebec, well wooded with various trees, but pine and maple I think predominate.

I left England under grey skies and arrived in Montreal to find blue sky and hot sunshine. From the city to Beebe which is the nearest village to the cottage, is a drive of about 100 miles. After leaving Montreal you drive down the Auto-Route, a really magnificent road, very wide and passing through beautifully wooded and mountainous country. This is a Toll Road, so every so often you pass through a Toll Post, and toss your money into the basket provided. Because all the traffic is going in one direction, and there are several gates at the toll you seldom have to wait. The 'up' route is about a quarter of a mile away from the 'down' so there is no fear of a car crossing from one to the other as can happen on our motorways. About fifteen miles from the cottage we turn off the Auto-Route onto a side-road, these are not as good as our second class roads; and are called 'dirt roads', consequently they are pretty bumpy in summer, and get really very bad during the severe weather in winter.

The lake which is at the bottom of the hill on which the cottage is built is very lovely, with wooded islands, and steep cliffs rising to mountains thickly covered on the lower slopes with forest. Towering over all is 'Owlhead' whose peak is often

hidden by cloud. The cottage which is on the opposite side of the lake is called 'Owl View'.

The lake itself is a great source of sport for the families who have summer cottages along its shores. As the children come from babyhood they all learn to swim really like fish, and graduate to canoe, sail boat and motor boat more or less in that order. Motor boats speed up and down either filled with youngsters, or driven by an elder brother or friend with a girl or boy water skiing behind. Proficiency varies from the learners, to the almost expert, and there was a great deal of competition to gain expertise at this sport among both sexes while I was there.

Also during part of my visit one of my grandsons was attending an indoor Ice Hockey Skating School. The school was run by a famous Canadian Ice Hockey player now retired called Howie Meaker. This I found most interesting, as I had not seen Ice Hockey played 'live' before. The day started at 8 a.m., and the boys spent part of the time in class taking a subject of their choice, and the rest, apart from meals and a short break to relax, either doing exercises on skates, or skating practice, or actually playing the game. All this under supervision, and very hard work it was. As there were three 'sets' arranged according to age and ability, there were plenty of people to make up the various teams. The boys have to be padded up for the game, legs, elbows, head, and mouth guard. The headgear is a helmet, and the mouth guard prevents a hit in the mouth by the 'Puck' knocking out teeth or splitting a lip. It sounds horrific, and to me at times it was. The pace they went and the bangs the kids took was really something.

To go into the Rink from a temperature of 75 plus outside was also an experience, and the car was always loaded with extra coats, which one put on in layers as one got progressively colder as time went on. The lake can blow up into a fierce storm very quickly, while I was there we had several thunderstorms, and the water looked black and wild and the rain came down as if it was being tipped out of a bucket. Then suddenly it would be all over, and out came the sun and in no time everything was dry again.

I spent some time watching a pair of Humming Birds which came to feed on the nectar in the Bergamot and Petunia flowers growing round the patio at the front of the cottage. Their colourings of peacock blue and green have a wonderful sheen in the sunlight. I wasted a lot of film trying to get a picture, but they are so tiny and so quick that although I was very close to them I never succeeded. Alas the time passed all too quickly, and I arrived back in England on what my taxi driver told me was the first sunny morning for six weeks. So I had the best of both worlds, summer in Canada and England.



A shopping centre across Baslow Road at Totley Rise.

(By courtesy 'Morning Telegraph')

Totley Then and Now

By Kathie Gillam (resident of Mickley Hall, Totley)

I have been doing a little research into the origins of Totley and found it was called originally Totinglie, Totanley, Totingley and only later Totley.

At the bottom of Mickley Lane, just beyond the bottom of the old disused Totley Lane, stands 'Cherry Tree Orphanage' which was built in 1863 (a stone bearing that date is to be found by the entrance door). There is accommodation for about 40 children, who are kept there until well on in their teens when jobs are found for them. The Orphanage has now moved to new premises which were built nearby.

In 1967, after alterations had been carried out, Mickley Hall was opened by the Duchess of Devonshire as a Cheshire Home.

In 1783 there were 21 houses in Totley

In 1801 there were 48 houses in Totley with 206 inhabitants.

In 1901 there were 205 houses in Totley with 1,000 inhabitants

In 1950 the estimated population was 4,000.

In common with most old places, Totley has a dialect of its own and here I give you a few samples:—

addle — earn

barm — yeast

blethering — crying

fudge — stuff and nonsense

chunter — grumble

clarty — sticky

gawky — awkward

joram — large quantity

munna — must not

souse — dip in water

whopper — anything large

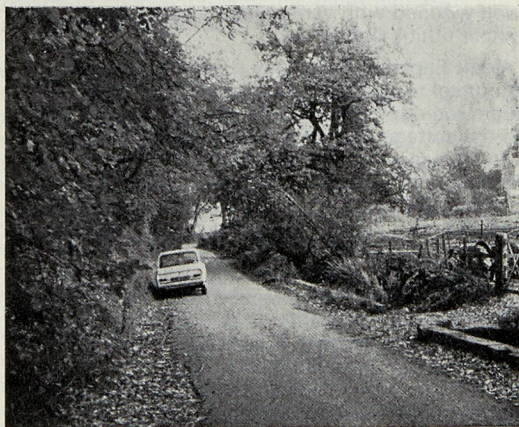
starvel — sterling (bird)

Totley is set in delightful country, and my family and I have had some walks where the scenery varies from the pastoral to huge panoramic expanses of moorland, clad in purple, where the rocks at Stanage or Froggatt Edge seem to have been cast down by giants at play.

One walk which I shall never forget was when we left 'The Cross Scythes' at Totley; a well known starting place for moorland walks. We then walked over Totley Moss which, having left the pastoral lands behind, was mile upon mile of rolling moorland, until we rejoined the main road at Fox House. We were fortunate in finding a Keeper my father knew, who gave us permission to walk over the green drive at Froggatt Edge and the views from that height were positively breathtaking; words (for once) failed me. Suffice it to say we walked past the Eagle Stone, where I eagerly looked for an eagle, but found none.

We then dropped down into Baslow, this being a large village or small country town very near to Chatsworth and it is the starting point for many walks to Derbyshire.

I seem to have journeyed a long way from Totley but it is the starting point of many country walks. The very many new houses are unobtrusively built and do not spoil the picture, set in a moorland frame of purple heather and in their season, blossoming orchards.

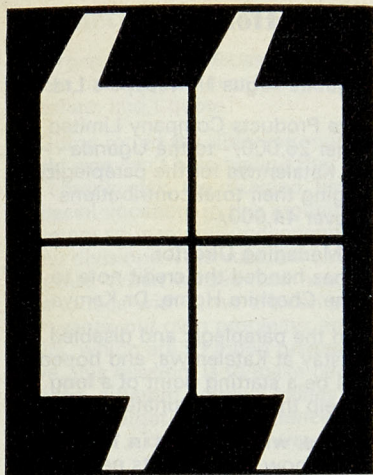


Farm, stables and peace along Penny Lane, Totley.

(By courtesy 'Morning Telegraph')

USED STAMPS: Mr R. J. Benson, East View, Grange Road, Alresford, Hants., receives and pays for used postage stamps (British).

Write to him for sack and further information.



Around the Homes

Second International Conference

The Second International Conference of the Eastern Regional Council was held in New Delhi on October 21st and 22nd 1972. The party of delegates from Market Mews included the Group Captain, Sue Ryder, Wilfrid Russell, Henry Marking, Overseas Secretary Joan Masters and Ronald Travers. Both Joan and Ron were very impressed by the Conference and thought it probably the most useful they had ever attended.

The incredible efficiency with which it was organised by the Eastern Regional Council Secretariat, under the chairmanship of Puan Sri Sardia Sardon, and her assistant Mrs Lorraine Geeraerts, was equalled only by the organisation of our personal comfort by General Virendra Singh, Chairman of the Indian Trustees, and Mr Pin Maller who had worked so hard in gathering everyone from the various parts of the region and other countries to Claridges Hotel in Delhi. It was clear what form the Conference would take from the opening speeches, and this clear-cut line of action continued throughout the three days.

The Conference was formally opened by Sri Baleshwar Prashad, Lieutenant-Governor of

Delhi, followed by the General, Puan Sri, and finally the Group Captain. After the first plenary session the 65 delegates and representatives then split up into three working groups, each headed by a chairman, to discuss the four main topics on the Agenda, mainly the revision of the Eastern Regional Council constitution, the administration of the Region, its financing, and rehabilitation. The chief fact that emerged almost at the outset was the necessity of forming another region. It became obvious that with the rapid growth of the Homes in the East it was not a practical proposition for a Secretariat based in Kuala Lumpur to cover such a large geographical area, which until now has consisted of India and all countries to the East. After detailed discussion it was agreed that the present Eastern Region would be split into two regions; India, Sri Lanka (Ceylon), and countries immediately surrounding, to be known as the Eastern Region, and countries to the east would now be renamed the *Far* Eastern Region. This region would continue to be administered by the Secretariat in Kuala Lumpur with Puan Sri Sardia Sardon continuing as chairman for another two years. The future of the new Eastern Region would, it was hoped, in time include such countries as Pakistan, Bangla Desh, Bengal and Iran. This new region was to be under the chairmanship of General Virendra Singh.

The 'off-duty' chat was, of course, invaluable in feeling the pulse of the managements and staff, and exchanging ideas. It was further decided to set up a central region. An inaugural meeting for this will be held in Addis Ababa in November of this year. It was exciting to see this clear line to the future in terms of regionalisation and eventually, decentralisation.

One evening all the delegates went to the outskirts of New Delhi at Okhla to see the splendid new Delhi Home which has been recently built with funds raised in India by the Indian Foundation. Residents from the original Delhi Home had already been transferred and soon the special wing designed for soldiers in the Indian Army, disabled in the recent war, will be opened for 30 disabled soldiers. It was good to see old friends like Lady Bankoli Jones from Sierra Leone, Sir Lewis Mbanefo from Nigeria, Ato Desta Girma from Ethiopia, and to meet new ones, such as Joseph Eremus from Papua, New Guinea, who each gave splendid reports of their Homes.

After the Conference, Joan visited the Homes at Dehra Dun, Raphael, Calcutta and Bombay, and Ron, after visting Dehra Dun, went south to Madras and visited nine Homes, finishing at Bombay. He had already called in at Ethiopia on the way and met Gillian Hall and Neil Walton, two V.S.O.'s out there, who are doing a fantastic job, and then went on to Iran to have discussions with the Empress about starting the Home in Tehran.

Both Ron and Joan are convinced of the value of Conferences such as this, and the need for communication between the various Homes. Having found out the needs of some of the Homes in the south of India, already Ron has been able to twin some of them with Homes in England who are willing to help. To think that on average it costs £5 per month to keep a person in a Cheshire Home in India and very often even this is difficult to raise. It is by talking to the people who have to raise this money that one gets close to the problem and is perhaps able to help in some small way.

R.T.

Steering Committee in Jersey

Ron Travers went to Jersey in January to set up a steering committee. The Chairman is Mr Peter Hoos, and the Secretary Mrs J. P. Beslievre, Genee Cottage, St. Lawrence, Jersey. The home will include a day centre and some allocation of holiday beds.

Uganda Cheshire Home Gets More Help

Reprinted from Uganda Argus Newspapers Ltd.

LARCO Concrete Products Company Limited has donated another 26,000/- to the Uganda Cheshire Home at Katalamwa for the paraplegics and disabled, bringing their total contributions since last year to over 44,000/-.

The company's Managing Director, Mr Benito Larco, has handed the credit note to the Chairman of the Cheshire Home, Dr Kamyia.

Mr Larco wished the paraplegic and disabled people a pleasant stay at Katalamwa, and hoped that the Home will be a starting point of a long overdue effort to help these unfortunate people.

The Cheshire Home, which started in 1968 at Mulago Hospital has now moved to its new buildings, Katalamwa, through donations received from appeals and the Larco Concrete Products Company Limited.



Newsletter from Natal

Sorting and filing tapes the other day, I came across the first one ever sent by us to Leonard Cheshire, and I quote:

'Going round the different countries of this world one can't help feeling that these people, the chronic sick, the disabled, have a special gift, a special vocation, in this modern world where there are so many misunderstandings and so many divisions. This vocation is to bring us together. When we see their need, when we come face to face with it, we are compelled to forget our wants, our own problems, and to think about theirs, which are so much greater. This gift they have, this mission, is to make people of different nations, different political beliefs, different religions, forget these differences, and work together in a constructive way to help those less fortunate'

Oscar Johansson of the Queensburgh home, with left, Frances Hopwood and right Ann Clark.

And how true that has been. Not only in this world, but here in South Africa, here in Natal, here in Durban. Proven at our Street Collection and Cake Sale, where the Indian Community was such a tower of strength, both with the organisation and with collectors. Proven again at the Queensburgh Fete, where all the local Round Tables, plus Khehlah, plus Junior Chamber, plus others, all came and worked to make it such a success. And proven (I like that word!) every day in every way. . . .

Once again Round Table Port Natal – Tony Miller and Douglas Robertson in particular, with one of our Rhodesian residents, Frances Hopwood, did a wonderful job in organising the Annual Fete at the Queensburgh Home – which this year was combined with the Opening of the Kathleen Aldrich Wing by Mrs W. B. Havemann, wife of the Administrator of Natal.

Rain on Thursday, rain on Friday, tender knees but no rain on the day itself! All the fun of the fair – portraits and trampolines; candy floss and



fortune-tellers – tombola, cakes, coconut shys, rifle range, handicraft stalls, spaghetti, white elephants, sweets, model boats, music, a mile of cents, laughter and happiness all went to raise another R2 000. (Any volunteers to help clean up next morning next year !!)

Mrs Havemann very graciously performed the opening ceremony of the new bedroom wing, which consists of ten very lovely and spacious single rooms, the 'honeymoon suite' (a large double room, furnished by the Rag Committee) and two bathrooms, two separate lavs, and all mod cons. All the bedrooms look eastwards down a valley, with a view of the Indian Ocean in the distance.

To complete the day, the Cheshire walk – 20 gruelling kilometers over the highways and byways of Queensburgh, won this year by Francis Fincham, followed by Wilton Brown and Richard Birtwhistle . . . followed a long time later by teams from the various Tables (Spectacular rise in beer consumption!).

Residents come, and residents go, but Ada goes on forever. Happy returns of Friday 13th, Ada, and many more (And, if you didn't know, Ada moved into the Home – the original cottage – on Sunday, 21st February 1964, to become the first resident of the first Cheshire Home in South Africa!

Frances Hopwood, from Bulawayo, arrived at the end of June, was immediately pitchforked into the job of Fete Secretary, and her wheelchair hasn't touched ground since! In addition, with Bernie, Cecil, George, Ann and Eddie she has got the Residents Committee going, and we're sure that this will make things easier all round. They also intend re-starting the 'Shop', which ground to a shuddering halt some time ago.

We also welcome our new residents, Molly Brown, Willie Fourie, Oscar Johansson and Pam Linscott who have moved in since the last Newsletter. And, of course, our Sally – who went into Addington hospital knocking at the pearlys, and came back 20 years younger and 100% fitter!

Arrangements are being made to have a swimming teacher come to our pool twice or three times a week now that summer's here, so we should be able to have our bathing beauty contest any day . . .

A completely 'new look' Management Committee is in the process of being formed, and in due course will take over the running of the Queensburgh Home completely. This will take a great load off the shoulders of the Executive. We're also shopping around for a new 'bus'. The Home has outgrown the Combi, so the idea is to hand that over to Chatsworth, and obtain a larger one for Queensburgh. Perhaps we can benefit from the

experience gained by the Overseas Homes as to the best buy. Can you help us, Ros? (Ros being Rosalind Chalmers – Editor of the 'Smile'.)

News of the CHATSWORTH HOME. Still the same faces, more cheerful than ever – Dennis busy on his oils; Stanley on key cases and woven rugs; Iswarlal on shining up the wheel chairs . . . Mr and Mrs Naidoo now in charge. We're busy registering their Constitution, but it seems to be a long, slow, frustrating process . . . The much needed extensions should be under way early in the new year, provided the Authorities will agree.

If all things go according to plan, Leonard Cheshire will be out here in November next year. But more news of that later . . .

Cape Town and Port Elizabeth have applied for Governments Grants to build their Homes, but, as always, the wheels of officialdom move mighty slow. Or slowly, if you prefer it that way! Of Johannesburg, no news.

And that, gentle reader, is about that . . . Don't blame me if your chips you've had!

F. A. JACKSON ('Chips')
Chairman

Tullov Topics

Well, we had, as we say, the father and mother of a party in Kiltegan College, with the Ardeenites as our fellow-guests. It was only the next Sunday, at lunchtime that fire destroyed their romantic 18th century home. Luckily the staff, firemen and Shillelagh villagers saved all the residents and their equipment. St. Patrick's proved the comforting big-sister then; our staff had 20 extra invalids and their retinue comfortably established here by tea-time. It was the most staggering efficiency! Next day our drive had the bustle of Piccadilly, with cars bringing most of our refugees to the Dublin and Limerick Cheshire Homes, sympathisers calling and vans unloading comforts on us. The warm affection the general public have for us Cheshirites was only too clear.

We have kept 7 long-term guests, and there are a few keeping the flag flying in a temporary unit in its grounds while Ardeen is being rebuilt. Maybe in the Autumn issue I'll be telling you about the great house-warming over there!

Rosemary Shevlin



Fleet Chief Colin Menzies from Manchester is seen here taking one of the Johore Cheshire Home patients for a stroll round the grounds. Colin at present co-ordinates all the Royal Navy's voluntary help for the Home.



Leading Marine Engineering Mechanic John Train from Kilmarnock is seen here giving a fresh coat of paint to the front of the Johore Cheshire Home. John has been spending a lot of his spare time helping out at the Home while he waits to join his ship HMS Charybdis.

Navy Continues Support for Cheshire Home

Sailors of the Royal Navy can still be seen most days of the week helping out at the Johore Cheshire Home in West Malaysia which is situated some four miles from the causeway town of Johore Bahru.

The Royal Navy has always had a soft spot for the Home ever since it was first established in 1960. Over the last twelve years sailors have maintained the buildings and helped to make life more enjoyable for the inmates. Upon the departure of the Far East Fleet in November 1971 it looked as though the Home would at last have to fend for itself, but the small number of R.N. personnel attached to the new tri-national ANZUK Force had other ideas. Under the dynamic leadership of Fleet Chief Colin Menzies there are still more than enough volunteers who are prepared to give a little of their time to carry on looking after the Home and its patients.



At the Reception, left to right, Princess Françoise de Lobkowitz, Yehudi Menuhin and the Duchess of Kent

(Photo Maurice Zalewski)

‘Éblouissante Soirée de Bienfaisance’

A ‘dazzling Charity evening’ in Versailles was organised recently by the Association of Cheshire Homes in France (president, Princess Françoise de Lobkowitz) in aid of the new French home. In the presence of the Duchess of Kent, the Prince and Princess de Lobkowitz, Princess Marie des Neiges de Bourbon-Parme, Prince de Polignac, Baron Thyssen, the British Ambassador and many other distinguished guests, Yehudi and Hephribah Menuhin gave a Concert of Bach, Beethoven and Brahms in the Royal Opera House, Versailles. Afterwards there was a reception in the Queen’s apartments of the Palace of Versailles.

Unfortunately, at the last moment, Group Captain Cheshire was unable to be present, owing to flu, but Mrs Sue Ryder Cheshire was there.

The aim of the Gala Performance was to make the new Cheshire Home better known in France, and it must surely have succeeded with the help of all those glamorous people!



*The new Cheshire Home on the Isle of Wight, Appley Cliff.
(photo by Joy Warren, Bembridge)*

Isle of Wight 60th Cheshire Home

An 'overseas' Home that can yet claim to be part of the U.K.'s ever-growing Cheshire family, is Appley Cliff, Shanklin, Isle of Wight, whose first residents were welcomed on December 9th.

The Island home opened exactly two years after it was but the dream of Mr Leonard Bateman, Chairman of the Steering Committee; and 18 months after the Group Captain and Mrs Pam Farrell (of Heatherley and Seven Springs) launched our public appeal.

A former hotel, Appley Cliff is in a delightful cliff top setting next to picturesque Rylestone Gardens, and we were extremely fortunate in acquiring such an ideal property for our home. Since signing the purchase contract in April, the committee have had a lift and central heating installed and the building has been completely re-wired.

At the time of going to press three residents are in occupation and we are looking forward to welcoming a newly-married couple in January. Islander Ray Kimber met his bride at Heatherley

where he went to live until our home was ready (photo on inside back cover).

Warden and Matron are Richard and Pat Rayner who have both worked at Le Court.

Island folk have really taken the venture to their hearts. Friends' Groups have been started in many towns and villages, and a host of organisations such as Rotary, Round Table, Lions, Women's Institutes and Townswomen's Guilds, as well as schoolchildren, have rallied magnificently to the call for fund-raising and practical voluntary help.

It was fortunate that shortly after Mr Bateman's Committee began meetings, Mr and Mrs Emyln Roberts (friends of the Batemans) moved to the Isle of Wight and joined us. Emyln and Dorothy both played a big part in the running of Heatherley, and Appley Cliff is benefitting from their vast experience.

A telegram was waiting to welcome the staff and residents on opening day from the Group Captain, Lord Justice Edmund Davies and the Trustees. It read: 'To the 60th Cheshire Home warmest welcome to all. Best wishes for much happiness and God's blessing on your new home. Leonard Cheshire, Edmund Davies and Trustees.'

Our official opening is due to take place in May, by which time we hope to have in residence our

full family of 12, who will be invited to move in as rooms are decorated and made ready for them. Later, when funds allow, we hope to extend the property to accommodate up to about 20.

On the eve of opening the original Steering Committee met for the last time at a brief nostalgic reception. Some will continue to serve on the Management Committee and others will help in various other ways whenever they can. But for all of us the occasion was a never-to-be-forgotten experience – of witnessing a dream come true.



First Appley Cliff residents: left, Mrs Mona Domoney, Warden (Mr Richard Rayner,) Matron (Mrs Pat Rayner), and Mrs Elizabeth Newbury.

(photo by Joy Warren, Bembridge)

This article has been removed in accordance with our Take Down Policy.

If you require further information, please contact the Leonard Cheshire Disability Archive:
archivecentre@leonardcheshire.org

Alne in the Arms of the Law

In October we spent a delightful afternoon at Police Headquarters, Northallerton, being shown the Information Room and work done by the C.I.D. We quite enjoyed being in 'the arms of the law' as they literally carried our wheelchairs up to the different floors. We were amazed by the intricacies of the work done by the Police.

We much enjoyed the visit of the Vienna Boys Choir to York Minster, and the musical members amongst us had a thrilling time. The arrangements for us to join the huge audience were made easy by the Minster authorities, and we thank them for their kind co-operation.

Instead of meeting at the local Parish Room the Alne Parish Women's Fellowship gathered here to have their Meeting with us, which took the form of a Musical evening, a very happy atmosphere being created.

Through the kindness of the Methodist Youth Fellowship in the district and friends, we now possess a large conservatory which we enter through our O.T. room. We hope to grow plants for sale and be our own gardeners. The Reverend and Mrs Eddy the instigator of the project came back from Sleaforth for the opening and a large gathering of friends and supporters attended.

Christmas in Greathouse

It is not necessary to be a linguist to appreciate Greathouse Cheshire Home activities at Christmas, but a willingness to learn helps one to appreciate the fun!

On the Wednesday before Christmas residents were joined by members of Chippenham branch of Toc H for an evening of carols and readings

Some of Stanley's Birthday party guests
(Photo. Reg Coates)

from, and in the languages of, England, France, Germany and Wales.

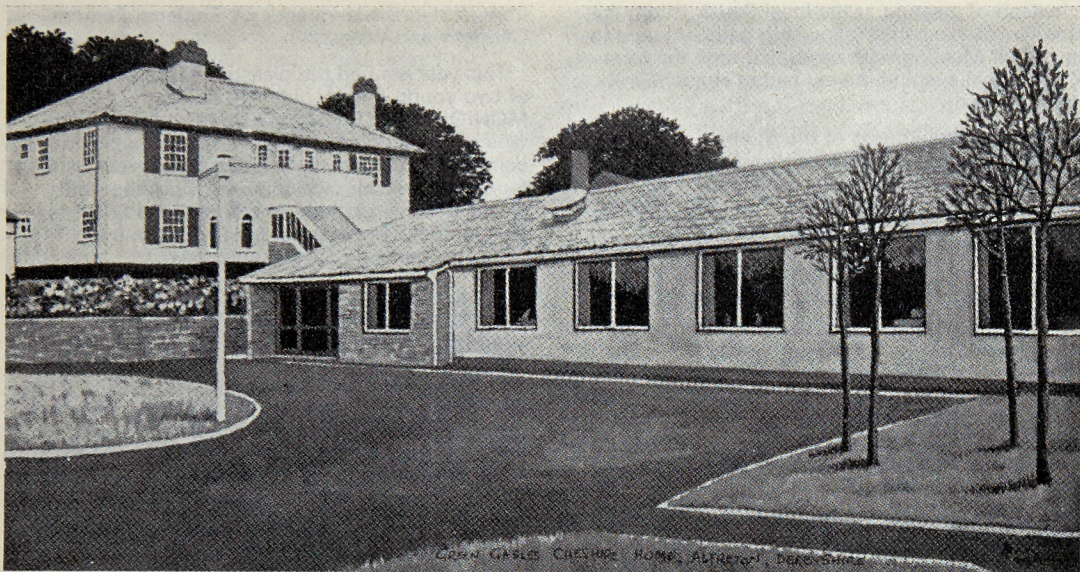
This year we had the pleasure of the company of two young French girls ANNIE MONTAGU and MONIQUE ROBERT from ST. VALLIER, a town which lies south of LYON. These two girls had come to Greathouse to help for a few weeks and found the Wiltshire welcome so warm that the weeks became months. Annie followed her sister Dominique, who with her friend Jocelyne Degache, came during the summer.

It was refreshing to hear the short extracts from Matthew and Luke spoken in our neighbours' languages including Welsh.

A new friend, Mr Peter White, who is the reporter for CHIPPENHAM NEWS and a fine musician provided the accompaniment on the piano, and on the organ of St. Andrews Parish Church, on a specially recorded tape. He also read 'A Child's Christmas in Wales', the short story by Dylan Thomas which is so appropriate for such an occasion.

The Saturday before Christmas many of the carols were repeated at Stanley Stilwell's party in Ystafell Cor Meibion Treorci (see photograph).





Green Gables

Sir Keith Joseph buying cacti from Resident Margaret Barnes, with Matron, Mr C. Raybould



New Derbyshire Home

The new Cheshire home Green Gables at Alfreton, is one of the growing number of homes to have a male 'matron' (surely an even better reason for changing this title?)

Mr Colin Raybould's last appointment was as Assistant Matron of Bevendean Hospital, Brighton, and in his spare time he was a lecturer for the British Red Cross.

A local visitor to the home – which was open for a week to visitors before the first residents arrived – reported it delightful: 'marvellously light and airy', and with separate library, physiotherapy room, etc. The bedrooms, single and doubles are well equipped and adapted to wheelchair living.

Mr Raybould Reports: Green Gables became operational on the 1st November. We admitted our first ten residents, five of them being Derbyshire people from other Cheshire Homes outside the Derbyshire area, also a married couple from Staunton Harold. At present we have 15 persons, mixed sexes, and six more ready to come in when final arrangements have been made. The full complement will be 25.

All residents have fitted in very well and are very happy. Many of them have started off in a big way in Occupational Therapy. They gave their first coffee evening to the general public on Friday 15th December, and had a bring and buy stall and raffle, making a profit of £110.

The Home was officially opened by Sir Keith Joseph, Minister of State for Social Services, on Friday 8th December.

Everyone had a very happy and cheerful Christmas with all the usual cheer, the only cloud being that we lost one of our residents on Friday, 22nd December, Mr. Michael Adams, age 34, multiple sclerosis.

The residents are now looking forward to the summer and to the time they can get out and about especially when we get our special coach, given to us by the East Midlands 'Bus Co. Ltd., which is at present being converted and a hydraulic lift installed.

Marske Hall Celebrates

Marske Hall, the Teesside Cheshire Home, has been celebrating – for two good reasons.

On 1st February it reached its tenth birthday, and happily, only a few days earlier, its £28,000 extension block had been completed. So the annual party was held in high spirits in the large hall which is the dominating feature of the new accommodation.

Hitherto there had been only two sitting rooms, and the dining room had to serve for every sort of occasion. Now, in addition to the new hall, which is 2,200 square feet, there are several smaller rooms, so that the residents can have more scope, or much more privacy, when they are so inclined.

Nearly £10,000 remains to be raised to meet the cost, and even more may be required if smoke detectors are installed. So far the residents themselves have raised £300, and the staff over £900.

Six residents arrived on the first day the Home was opened, in 1963. Of them only one remains, Mary Marsay, but there are still three of the original staff: the Matron (Mrs C. Turner), her husband, and the Home's secretary (Mrs Wells).

St. Anthony's Happiest Couple?

After an 11 year fight against multiple sclerosis, Miss Oriel Tolley, aged 34, a resident at St. Anthony's Cheshire Home near Wolverhampton, is to marry. Almost totally paralysed for five years, Oriel is pictured here with her future husband, Mr Robin Beattle, aged 28, a nurse at Powick Hospital, near Worcester. Miss Tolley met her fiancé while on a pilgrimage to Lourdes. Now she has no further use for her wheelchair.

The newly engaged couple at St. Anthony's

(Photo by courtesy 'Birmingham Post').



Two Gifts for Hawthorn Lodge

A specially constructed cardiac cot has been presented to the Cheshire Home for mentally handicapped children in Dorchester. The cot is a gift from a friend of the Home in memory of the late Herbert and Sarah Jenkins, and was handed over by the Chairman of the Dorchester League of Friends, Mrs Dorothy Holmes to the Matron, Mrs I. M. Herd.

Hawthorn Lodge has also been presented with a 'shining new £4,000 kitchen' to replace the Victorian one in use since the Home was opened.

To mark the opening of the kitchen, Mrs B. Mears, who launched the appeal when she was Chairman of the Friends, baked a special pie in the new oven.

Hawthorn Lodge's new kitchen, with Mrs Mears at the oven is Mr John Henderson, Chairman of the Management Committee. Standing from the left are Mrs Herd, Mr Jackson, Mrs Holmes and Mrs Ransom, Cook.

(photo Evan Jones)

Mote House Raises the Flag

Our new Matron, Mrs J. D. Twomey, finds her new duties very stimulating after her thirty one years of hospital work. It was during her introductions to the various friends and supporters visiting the Home that she met Lt-Comdr. John Owen, R.N., O.B.E., who asked if he could help in any way, as H.M.S. Pembroke was now very interested in the work of the Home. Matron suggested we would dearly love to have a flag of our own, showing the Red Feather emblem.

A flagmast was put in place on the 14th December 1972 and on 15th January 1973, the flag was unfurled and hoisted by Lt-Comdr. John Owen, Matron, Residents and staff then followed up with a sherry party appropriate to the season!

A gift of a chairmobile was most welcome from Mrs Shorter who gave it to the Home in memory of her mother. As there were 5 residents who could use this chair, Matron thought it a good idea to enter the five residents' names in a draw - Mrs Shorter drew the name of Doris Thomas. Doris had no difficulty in driving the chair away immediately! Matron tells us that the remaining four names were sealed away in an envelope, in the hope that another chair may be donated in the future.



Cotswold's Building Plans

Our recent AGM was made memorable when the Chairman of the Management Committee, Mr L. B. Middleton, revealed that a building fund has been started with £30,000, to provide a 'purpose-built home on one level' to replace the existing Home in Cheltenham. This amount includes legacies which the Committee had earmarked for buying land when it becomes available.

During the meeting one of our residents, Arthur Chinn, presented a £500 cheque from the proceeds of the residents' Christmas Fair.

Two chairmobiles, designed by Lord Snowdon were recently given to the Home by Mrs Braund, the author and artist who is a cousin of the late Sir Winston Churchill. The proceeds of many of Mrs Braund's works have been given to charity. Since this event, Mrs Braund has presented the Home with a further two chairmobiles.

Bob Hughes

The Poole Family at Spofforth

Wednesday the 8th November was a red letter day for us at Spofforth. Once again we are indebted to our very good friend Ray Jarman, for inviting the 'Poole family' to entertain us. I am sure you will all know they have appeared on that very popular programme on ITV 'Stars on Sunday'.

However, we did even better as we had not only the Poole children but also Father, Mother, their own pianist, compère and an excellent young drummer of 16! It was a truly splendid evening and given with such obvious enjoyment that I am sure some of *their* happiness radiated into the hearts of the whole audience. Thank you, Ray, for such a happy evening.

Wyn Reeder (and Possum)

Jeannette Harris and Arthur Chinn in two of the Chairmobiles presented by Mrs Braund (right) and Matron (by courtesy Cheltenham Newspapers Co. Ltd).





Bob Hughes (left) and Brian, a holiday resident from Coventry at the Bottle Stall of the Residents Fair, Cotswold Home.

(by courtesy Cheltenham Newspapers Co. Ltd.)



Miss Moyes (centre, behind flowers) with some of the residents and staff of Mayfield House at her farewell party (photo by kind permission of 'Edinburgh Evening News')

At Home or Away?

By Residents of the Grange.

We are not the newest Cheshire Home, but we think we are the smallest, with 16 permanent residents, and one holiday one. Although we have only been open since May 1971, we have added an extension which has been given us, extra offices and a sick room.

The Grange is ideally situated on a main bus route near the shops, which helps the staff problem tremendously, as they do not need to live in. We are very fortunate in having two nursing staff (one auxiliary and one SRN) on duty all night. We feel that Cheshire Homes of the future should be kept small in size and as near to a town as possible, also that more Cheshire Homes or Homes of this kind are needed. More help should be given to them from local councils, without their being state controlled. Should anyone be visiting this area we invite them to our home and see exactly what we mean!

We residents consider ourselves very fortunate indeed to be in a Cheshire Home and cannot speak too highly of them, at least, of ours. Without a doubt we think that to be 'away' is the best. There are certain prominent people who are trying to arrange more facilities to keep the disabled person at home, as they believe this is the best place for them. But from experience we can assure them that this is not so! We invite any of these people to change places for *just one day* with the husband or wife of a disabled person at home.

After completing a hard day's work, instead of being able to come home to a meal all ready they have first to shop for food, then go home to prepare and cook it for themselves and the sick person, after which there are dishes to clear and wash up. You might think that the evening's work is then complete, and they can sit back and relax, but Oh No! it is only the beginning. There are jobs to be done, such as washing and cleaning, etc., and all the other little chores. Having finished it is now time for bed, and the disabled person needs their full attention again. Morning comes, the disabled person has to be got up, much earlier than they would normally, but they have to be washed, dressed and fed before their partner leaves for work. The routine starts all over again, and this is day after day, year in year out. All the facilities in the world wouldn't compensate for being in a wheelchair, and having to spend hours alone at home, miserable and unhappy.

Being away in a Cheshire Home is the best, for we now have companionship, and this creates an interest once more in things going on around you. Also to see the worried and anxious look lifted from our partners' faces, because they know we are being cared for in a way they could never do, is worth the effort of parting. After all, why should *they* be penalised, because *we* are disabled? Surely if we are ourselves prepared to go into a home, the decision should be ours, and not made for us by fit people, who think as so often they do, that they know the answer to our problem better than we do ourselves. Let us have more well-managed homes, Cheshire or otherwise, in the very near future.

'Dolywern Digest'

We have just received Vol. 6 of this bright little magazine from Dolywern. It contains perceptive accounts of visits by residents to Le Court and the Green and by resident Arthur Morris to his son's wedding.

Another writer asks: 'Has this ever happened to you?' and mentions the recent occasion when a small spastic boy was refused admission to a cafe. 'Nearer home there is the contrasting attitudes between our two local pubs. At one, which unfortunately is inaccessible to wheelchairs, residents are made most welcome; at the other we are made to feel that wheelchairs somehow 'Lower the tone' of the place.

'This attitude is something which has persisted throughout the centuries, from the days when physical imperfection was associated with evil and sin, as evidenced by the following quotation from Leviticus "None who has a blemish may approach to offer the bread of his God . . . "'

The Editorial tells us that residents have now been invited onto the Management Committee for the first time, and asks whether M.S. readers have any experience or opinion about the *gluten-free diet* that is thought to have cured Roger McDougall's M.S?

A lively magazine, 'Dolywern Digest'.

BOOK REVIEWS

Holidays for the Physically Handicapped—1973

This 400 page guide is now recognised as a most comprehensive source of information about all manner of different holidays for all degrees of handicapped people, and is divided into different sections, with advice for choosing the most appropriate holiday. This year there is more information about holidays abroad.

Published by the Central Council for the Disabled, 34 Eccleston Square, London SW1, price 40p. Also available from major branches of W. H. Smith & Son.

'Personal Relationships; the Handicapped and the Community'

This recently published book, by Routledge & Kegan Paul, obtainable from the Spastics Society, 12 Park Crescent, London W1N 4EQ at £1.25 including postage, edited by Derek Lancaster-Gaye (Assistant Director of the Spastics Society) is

subtitled '*Some European thoughts and solutions*' and is based on papers presented at the first International Cerebral Society's seminar in 1971. It deals with problems of long-term residential care for the disabled in Denmark, Holland and Sweden, and by the Spastics Society in Britain. The second half of the book contains articles on personal relationships as they affect the disabled—particularly the very severely disabled. One of the most interesting of these is '*Marriage and the Handicapped*', written, so to speak, from the horse's mouth!

The three European countries, Denmark, Holland and Sweden have all made strenuous efforts to find solutions to the problems of disability, and have come up with different answers. In all cases however, they have regarded the problem as not just one of accommodation, but more of establishing a way of life for disabled people. For example in Sweden they have 'Fokus' who recognise the basic right among others of the disabled 'to live under the same conditions and with the same opportunities as the able-bodied'. Fokus provides flats, integrated in major urban areas, specially designed and equipped with any necessary 'gadgets' to open doors, adjust central heating, etc. Residents are supplied with helpers who can be reached by intercom, and who provide personal service, day and night. (In Sweden, the disabled student is also found accommodation, and supplied with a helper.) Special transport is arranged where necessary.

The Danish solution is the 'collective house' of 170 flats, of which about one-third are taken by disabled people. Again, the flats may contain the most sophisticated equipment to aid severely handicapped people. Meals may be taken in the restaurants, or sent up. The 'house' contains 'holiday rooms', reception rooms, and on the top floor a polio unit for respiratory patients. Help is summoned when required by telephone.

The Dutch version, Het Dorp, (The Village) is perhaps the best known of the European ventures. It is a complete village for the disabled, just outside Arnhem, in which every villager has his own home. Nine homes in each block of ten are inhabited by the disabled; the tenth by a helper. *Everyone in Het Dorp can choose the amount of privacy or communal living they wish.* Arnhem citizens are encouraged to use the village's facilities, just as many of the villagers visit or work in Arnhem.

These European 'solutions' are various, but they have one thing in common. They all look upon the disabled man or woman as an individual, who is capable or organising his own life. (The mentally handicapped are looked after differently). Obviously the 'solutions' are not perfect, but they deserve very careful consideration.



Roger Jefcoate talks to Prince Philip about Hilary's book at the London Reception.

'The Brave World of Hilary Pole'

This is the sub-title of the book: 'Hilary' by Dorothy Clarke Wilson, published by Hodder & Stoughton at £2.00. The book can't of course do justice to its subject, no power on earth could do that. But it goes a long way towards making us understand what sort of person Hilary is, and of how on becoming acquainted with her we want, not to weep, but to stand up and cheer.

Hilary's story is fairly well known. 'The most severely disabled person alive' she yet manages to organise her own life, with the help of Possum electronic equipment. Mrs Clarke's account tells us of her happy childhood and youth, and how some of her personality traits foretold what her later behaviour might be; for instance, her enthusiasm, her attention to detail, her fondness for people, for life.

The book is not sentimental. Hilary herself had a hand in the writing of it, although at first she had been rather against the idea. But as was her wont,

when convinced of the necessity she threw herself heart and soul into the project. Although I know Hilary's story quite well I found reading this book a most exciting experience, rising as it does to a crescendo of achievement, with Hilary at home, surrounded by her family and friends, and leading an active life through Possum which an able-bodied woman might find a little much for her. Editor, organiser of sales and fairs, correspondent, cricket fan, reader, listener to music, crossword addict, baby-sitter, chatting to friends . . . Readers of 'Hilary' will realise, with awe, that it is a happy ending, that here is victory.

As Hilary's brother Ian, who is very close to her says:— 'It just doesn't occur to me that she isn't 100 per cent physically — mentally she is so alive. Others have come to me saying the same thing. Instead of "Oh, what a terrible thing, what a tragedy!" they come out saying, "What a super half hour! I must go back and see her again soon." You don't even seem to notice that she is bed-ridden, her personality so oozes all over the room. I think she must have decided early in her illness that she wasn't going to dwell on what she had lost, but on what she had left. Thinking, hearing, feeling. She can learn. She can listen. She can teach and help others. That's Hilary!'

'On My Toes'

Maureen Smith's autobiography, published by Frederick Muller at £1.70 is a graphic but quietly written account of her life. However the lack of histrionics makes Maureen's story even more engrossing, especially in the rather emotional atmosphere at present surrounding the thalidomide children.

Maureen was born in 1943, in the pre-thalidomide days, but her disabilities – no arms, and only one rather weak leg – are similar to many induced by that drug. She was lucky in having a sympathetic and sensible family who supported her desire to lead as 'normal' a life as possible, including going to local schools. She was given no special training when young, but began naturally using her toes to hold things and to feed herself, even referring to them as 'hands'.

Later Maureen went to a boarding-school for the handicapped – because no local school would accept her – and then left for hospital, where it was hoped that with an artificial leg she would be taught to walk.

This proved not to be feasible. With the cumbersome apparatus and unfamiliar technique Maureen was even more 'disabled' than before. Her 'hands' were being turned into 'feet'! She could not even feed herself or sit comfortably in a chair. Like many of the thalidomide children she was finding that artificial limbs are not always the answer. So she thankfully returned to her 'normal' way of living.

Somewhere in her book Maureen says 'if one has to be disabled then I feel it is best to have been afflicted since birth'. I wonder: is it better to have loved and lost, than never loved?, or does the knowledge of both worlds lend a balance to one's thinking that only experience can give?

What is clear is that disabled people in both categories have made a tremendous success of their lives. It is hoped that the thalidomide tragedy will spot-light the predicament of *all* the handicapped and the necessity common to them all for a home, education and a fruitful and happy life.

'The Diabetic's Handbook'

This 'practical guide on day to day management of diabetes' is composed of a series of leaflets. It brings together, under one cover, answers to all the many questions diabetics and their families may have about the condition.

It is available from the British Diabetic Association, 3-6 Alfred Place, London WC1E 7EE for £1.10p. Each article is also obtainable individually.

The People Over the Way

by Nora Mathieson

We never troubled to get to know
The people over the way,
We thought they were rough and the children
Must never go there to play.
We said they were all untidy
And the washing was never white
And the father looked really 'down and out'
When he came home at night.
But things have changed since a speeding car
Knocked our Peter down one day
Who came to give us comfort and help?
The people over the way.
They went to see Peter in hospital
And took him fruit and toys
And the children brought him all their sweets
Three little untidy boys!
We see a lot of each other now
And the children play all day
For, the very best friends we have
Are the people over the way.

(From 'Small Poems' which sells at 15p and may be obtained from Nora Mathieson, The Grove, East Carlton, Norwich, or Miss J. Ford, Blacksmiths Lane, Ashwellthorpe, Norwich, NOR 98W).

Multiple Sclerosis Society Competition

May we through your columns publicise a competition being run by the Multiple Sclerosis Society? The aim of the competition is to obtain details of short-cuts, helpful hints and methods of performing everyday tasks which would be useful to multiple sclerosis sufferers and those who care for them. It is intended eventually to publish a booklet containing these hints and ideas which will be made available to those who would find such information useful.

The competition, although run and judged by the Multiple Sclerosis Society, will be sponsored by CIBA, the makers of the antispastic agent, Lioresal. It will be in two sections:—

- A For professional social workers, district nurses and other medical auxiliaries.
- B For non-professional persons concerned with M.S. (e.g. patients, relatives and friends).

Both Sections A and B will be awarded prizes as follows:—

- £75 — 1st prize
- £35 — 2nd prize

Entry forms and conditions of the competition may be obtained from:—

The General Secretary,
Multiple Sclerosis Society,
4 Tachbrook Street,
London SW1V 1SJ.

Please state which section of the competition you wish to enter when applying for entry forms. The closing date for submission of entries is 16th July 1973.

The Life of a Rose

Have you ever thought of the life of a rose,
Of its beauty and splendour?
Everyone knows it grows in a garden;
Tended with care,
And people are happy to see it grow there.
It's cut and bunched and sent to be sold,
To thousands of people it brings joy untold.
It goes to the bedside, its love to convey
And nobody knows what secrets it says.
Then when it dies, nobody cries,
Because they know it has done its best.
(Wouldn't it be nice, if when we die
Nobody cried, knowing we have done our best?)

Dora Howell, Mote House.

Deaths

Dolman: on 31st December 1972, GEORGE DOLMAN, age 56, resident at Springwood House since 1967.

Foley: on 26th December 1972, BRIAN FOLEY, resident at Mayfield House since 1966.

Foster: on 20th November 1972, CLIFFORD W. FOSTER, age 70, on of the first residents at Cann House in 1960.

Tobin: on 20th October 1972, PAT TOBIN resident at Ardeen (Co. Wicklow).

Mission for the Relief of Suffering

Registered in the U.K. as a Charity

Founders Sue Ryder, O.B.E., Group Captain G. L. Cheshire, V.C., D.S.O., D.F.C., and Rev. Mother Teresa, M.C.
President: Mrs Lakshmi Pandit.

Out of the combined work of the Sue Ryder Foundations 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 membership of joint and concerted action. Application for partnership from any charitable organisation is always welcome.

As one step towards this goal, the member Foundations have pooled some of their resources and experience in order to meet specific and urgent needs not falling within their respective terms of reference, and have set up the following:

Raphael

P.O. Box 157, Dehra Dun, U.P., India.
Under the personal supervision of Sue Ryder and Leonard Cheshire.

Gabriel Rehabilitation Centre

Madras.
A residential Training Centre for the disabled, including leprosy sufferers.

1 The Cheshire Foundation Homes for the Sick

Registered in accordance with the Charities Act 1960

The Cheshire Homes care for the incurably sick or permanently disabled—those for whom hospitals can do nothing further. They are run as homes, and offer the affection and freedom of ordinary family life, the residents being encouraged to take whatever part they can in the day-to-day running of the house and to develop their remaining talents. Disabled people are admitted according to need, irrespective of race, creed or social status.

The Management of each Home is vested in a Committee as representative as possible of the local community. The Cheshire Foundation Homes for the Sick (a registered charity) is the Central Trust, and has ultimate responsibility for all the Homes. It owns all the property, and acts as guarantor to the public that the individual Homes are properly managed in conformity with the general aims of the Foundation. Similar charitable Trusts have been established to control the Homes overseas.

7 Market Mews, London, W1Y 8HP
Telegrams, Cheshome, London, W1
Tel: 01-499 2665

Patrons: Dr G. C. Cheshire, F.B.A., D.C.L.

The Rt. Hon. The Lord Denning, P.C.

Chairman: The Rt. Hon. Lord Justice Edmund Davies.

Trustees: Dr Margaret Agerholm, M.A., B.M., B.Ch.(Oxon)/Peter Allott, Esq./Group Capt. G. L. Cheshire, V.C., D.S.O., D.F.C./Mrs Sue Ryder Cheshire, O.B.E./Mrs M. M. Clark, J.P./R. E. Elliott, Esq./R. G. Emmett, Esq./Air Chief Marshal Sir Christopher Foxley-Norris, G.C.B., D.S.O., O.B.E., M.A./The Earl Ferrers/Major T. V. Fisher-Hoch/J. R. Handscomb, Esq./J. H. Inskip, Esq., Q.C./H. E. Marking, Esq., C.B.E., M.C./T. Peace, Esq., M.C./B. Richards, Esq./Peter Rowntree, Esq./W. W. Russell, Esq. (Vice-Chairman)/N. R. Trahair, Esq.

Secretary: Miss C. T. Short.

Assistant Secretary: Mrs K. Harper.

Hon. Medical Adviser: Dr Basil Kiernander, F.R.C.P.

Hon. Treasurer: R. G. Emmett, Esq.

Cheshire Homes in Britain

Bedfordshire

Amphill Park House, Amphill, Amphill 3247 (3173)

Buckinghamshire

Chiltern CH, North Road, Gerrard's Cross SL9 8JT.

Gerrard's Cross 86170 (84572)*

Carmarthenshire

Coomb, Llanstephan, Llanstephan 292 (310)

Cheshire

The Hill, Sandbach, Sandbach 2341 (2508)

Cornwall

St Teresa's, Long Rock, Penzance, Marazion 336 (365)

Denbighshire

Dolywern, Pontfadog, Wrexham, Glynceiriog 303

Eithinog, Old Highway, Upper Colwyn Bay, Colwyn Bay 2404 (30047)

Derbyshire

Green Gables, Wingfield Road, Alfreton

Devon

Cann House, Tamerton Foliot, Plymouth, Plymouth 71742 (72645)

Douglas House, 33 Gillard Road, Brixham, Brixham 4787

Dorset

The Grange, 2 Mount Road, Parkstone, Poole.

Parkstone 740188 (740272)

Dumfries

Carnsalloch House, Dumfries, Dumfries 4924

Durham

Murray House, St Cuthbert's Road, Blackhill, Consett.

Consett 4000

Edinburgh

Mayfield House, East Trinity Road, Edinburgh EH5 3PT.

031-552 2037 (4157)

Essex

Seven Rivers, Great Bromley, Colchester, Ardleigh 345 (463)

Glamorganshire

Danybryn, Radyr CF4 8XA, Radyr 237 (335)

Gloucestershire

Cotswold CH, Overton Road, Cheltenham GL50 3BN.

Cheltenham 52569.

Hampshire

Appley Cliff, Shanklin, I.O.W.

Le Court, Liss, Blackmoor 364 (229)

Hertfordshire

Hertfordshire CH, St John's Road, Hitchin SG4 9DD.

Hitchin 52460 (52458)

Kent

Mote House, Mote Park, Maidstone, Maidstone 37911 (38417)

St Cecilia's, Sundridge Avenue, Bromley BR1 2PZ.

01-460 8377 (7179)

Seven Springs, Pembury Road, Tunbridge Wells.

Tunbridge Wells 31138 (20130)

Lancashire

Honresfeld, Blackstone Edge Road, Littleborough.

Littleborough 78627 (78065)

Oaklands, Dimples Lane, Garstang, Preston.

Garstang 2290 (3624)

Springwood House, Garston, Liverpool L25 7UW.

Garston 7345 (5400)

Leicestershire

Roecliffe Manor, Woodhouse Eaves, Loughborough, LE12 8TN.

Woodhouse Eaves 890250

Staunton Harold, Ashby-de-la-Zouch LE6 5RT.

Melbourne (Derby) 2571 (2387)

Lincolnshire

Hovendon House, Fleet, Spalding PE12 8LP.

Holbeach 3037 (3241)

Stonecroft House, Barnetby, Barnetby 344

London

Athol House, 138 College Road, SE 19. 01-670 3740 (6770)

Monmouthshire

Llanhennock CH, Llanhennock, Caerleon, NP6 1LT.

Caerleon 420045 (420676)

Norfolk

The Grove, East Carleton, Norwich NOR 94W.

Mulbarton 279

Northumberland

Matten Hall, Matten, Newcastle-upon-Tyne.

Stamfordham 212 (383)

Nottinghamshire

Holme Lodge, Julian Road, West Bridgford NG2 5AQ.

Nottingham 869002

Oxfordshire

Greenhill House, Twyford, Banbury, Adderbury 679 (667)

John Masefield C.H., Burcot, near Abingdon.

Somerset

Greenhill House, Timsbury, Bath BA3 1ES. Timsbury 533

St. Michael's, Axbridge, Somerset. Axbridge 358 (204)

Staffordshire

St Anthony's, Stourbridge Road, Wolverhampton WV4 5NQ.

Womburn 3056 (2060)

Surrey

Hart's Leap Children's Home, Hart's Leap Road, Sandhurst,

Camberley, Crowthorne 2599

Hydon Hill, Clock Barn Lane, Hydon Heath, Godalming.

Hascombe 383

Sussex

Heatherley, Effingham Lane, Copthorne, Crawley.

Copthorne 2232/3 (2735)

St Bridget's, The Street, East Preston, Littlehampton.

Rustington 3988 (70755)

Warwickshire

Greenacres, 39 Vesey Road, Sutton Coldfield.

021-354 7753 (7960)

Westmorland

Lake District CH, Holehird, Windermere, Windermere 2500 (387)

Wiltshire

Greathouse, Kington Langley, Chippenham.

Kington Langley 235 (327)

Yorkshire

Alne Hall, Alne, York OEG 73. Tollerton 295

Beechwood, Bryan Road, Edgerton, Huddersfield HD2 2AH.

Huddersfield 29626 (22813)

Champion House, Clara Drive, Calverley, Bradford LS28 5PQ.

Bradford 612459 (613642)

Kenmore, Whitcliffe Road, Cleckheaton BD19 3DR.

Cleckheaton 2904 (2724)

Marske Hall, Marske-by-the-Sea, Redcar TS11 6AA.

Redcar 2672

Mickley Hall, Mickley Lane, Totley, Sheffield S17 4HE.

Sheffield 367936 (365709)

Spofforth Hall, Harrogate HG3 1BX. Spofforth 284 (287)

White Windows, Sowerby Bridge, Halifax 31981 (32173)

HOMES FOR PSYCHIATRIC AFTER-CARE

London

Miraflores, 154 Worpole Road, Wimbledon SW 20.

021-946 5058

Gaywood, 30 The Downs, Wimbledon SW 20. 01-946 9493

Nicholas House, 3 Old Nichol Street, Bethnal Green, E 2.

01-739 5165 (9298)

*Residents' Telephone No. in brackets.

Cheshire Homes in Britain—*continued.*

MENTALLY HANDICAPPED CHILDREN

Cheshire

The Green, Christleton, Chester. Chester 35503

Dorset

Fairfield House, Lyme Regis.

Hawthorn Lodge, Hawthorn Road, Dorchester.

Dorchester 3403

Cheshire Homes Overseas

Secretary, 5 Market Mews, London W1Y 8HP.

Tel. 01-499 2267

Argentina

Buenos Aires

Canada

Toronto, Port Credit (Ontario), Saskatoon

Ceylon

Mt Lavinia, Negombo, Kiala Matale

Chile

Concepcion, Santiago

Eire

Ardeen (Co. Wicklow), Barrett CH (Dublin), O'Dwyer CH

(Co. Mayo), Rathfredagh House, (Co. Limerick),

St Lawrence CH (near Cork), St Patrick's CH

(Co. Carlow)

Ethiopia

Addis Ababa, Asmara (Clinic)

France

Holy Land

Bethlehem

Hong Kong

Chung Hom Kok (near Stanley)

India

(Office: Ch. Homes India, 18 Nemi Rd. Dehra Dun, U.P.),

Bangalore, Baroda, Bombay, Burnpur, Calcutta,

Coimbatore, Dehra Dun, New Delhi, Jamshedpur,

Katpadi Township, Covelong, Madurai, Mangalore,

Ranchi, Poona

Kenya

Mombasa

Malaysia

Johore, Kuching (Sarawak), Selangor (Kuala Lumpur)

Mauritius

Tamarin (Floreale)

Morocco

Marrakesh, Tangier

Nigeria

Oluyole (Ibadan), Orlu, Lagos

Papua and New Guinea

Port Moresby

Philippine Islands

(Philippines CH Inc. Manila), Sinag-Tala for Men Quexon

City, Sinag-Tala for Women Village Project 8, Quirino,

Novaliches, Quexon City (Sheltered Home)

Portugal

Carcavelos

Sierra Leone

Bo, Freetown

Singapore

CH Singapore

South Africa

Chatsworth CH (Durban), Queensburgh CH (Natal),

Fairhaven CH, Muizenberg (Cape Province), Port

Elizabeth

Spain

Las Planas (Barcelona), Masnou (Barcelona)

Thailand

Bangkok, Siri-Wattana CH (Bangkok), Soi Thongpoon

U-thid (Bangkok)

Uganda

Kampala, Tororo, Baluba, Saroti

USA

Madison (New Jersey)

West Indies

Georgetown, Barbados, Jamaica, Trinidad and Tobago

Overseas Homes include those for crippled and mentally retarded children, and for burnt-out leprosy cases.

Further information from the Secretary (address and Telephone No. above).

2 Sue Ryder Foundation

Sue Ryder Homes, Cavendish, Suffolk CO10 8AZ

Tel: Glemsford 252

Founder: Sue Ryder O.B.E. Charity Reg. No. 222291

Registered as a Charitable Foundation, completely undenominational and relying on voluntary contributions and small grants from local authorities, the Foundation was started by Sue Ryder to bring relief to any who are sick, lonely, homeless, or in any kind of need. It seeks above all to render personal service to the survivors as a small token of remembrance not only to the living, but to the millions who died and suffered and endured in our common cause. The Foundation is not restricted to helping only survivors but is devoted to the relief of suffering on a wider scale. Thus the work is a living memorial and as such strives to help adults, children of all ages who are in need, sick or disabled whoever they may be.

Sue Ryder Homes (United Kingdom)

Cavendish, Suffolk. Hickleton Hall, Doncaster. (Homes for disabled of different age groups. Stagenhoe Park, near Hitchin. (Holiday/permanent home for survivors of the Resistance and Nazi Concentration Camps and their children. Also disabled patients).

Sue Ryder Homes (Overseas)

Germany, Grossburgwedel. (8 cottages for families and single persons).

India, Sue Ryder Medical Aid Foundation, Bangalore.

(Voluntary teams of doctors and nurses). Ryder-Cheshire International Centre, Dehra Dun, U.P.

Israel, Nathanya. (Homes for girls).

Hungary, Czechoslovakia, Greece. (Individual case work).

Proposed sites in Volos (Greece) and Canea (Crete).

Poland 25 homes. Yugoslavia, 21 homes.

3 Missionaries of Charity

This Order founded by Mother Teresa of Calcutta, numbers over 500 Sisters and 90 Brothers who run a large number of Homes for the Destitute in many countries of the world. Enquiries to: Co-Workers of Mother Teresa, Corbiere, 27 Queen's Avenue, Byfleet, Surrey.

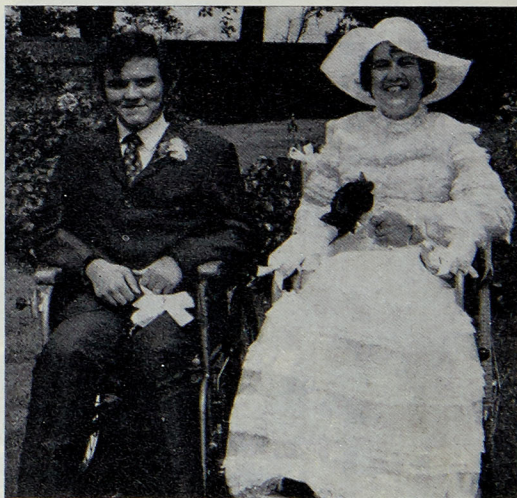
4 Order of Charity

A non-denominational and voluntary society working to bring medical aid to leprosy sufferers in all countries.

A Founder member of the U.K. and European Committees of Anti-Leprosy Organisations. Enquiries to: The Secretary 50 Fitzroy Street, London W1.



Mr and Mrs Ray Kimber.



June and Arthur Evans after their wedding last year.
They are to continue living at The Hill.

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