



# St Dunstan's Review

April 1999

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BI-MONTHLY

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**Cover pictures:** *Skiing solo in the snow! Gerry Jones takes on the Men's World Cup downhill slope in Bormio, Italy. Details on page 10.*

# From the Chairman



Some of you have been asking about the status of Diana Gubbay Trust beneficiaries within St Dunstan's. The Trust is largely funded thanks to the generosity of King George's Fund for Sailors, the Army Benevolent Fund and the RAF Benevolent Fund, all of whom also support St Dunstan's. As a result, many more visually handicapped ex-Service people, not blinded as a result of their military service, have been able to benefit from St Dunstan's facilities. Any benefits or support are being paid for in full either by the individuals concerned or by the Diana Gubbay Trust. Facilities include Nursing, Training, Respite and Holiday stays at Ovingdean, membership of Clubs and General Welfare. In this way, the Diana Gubbay Trust is using and paying for some of the spare capacity we have within St Dunstan's.

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We are very grateful to our Patron, Her Majesty the Queen, for allowing St Dunstan's to benefit from a Charity Day at Frogmore House on May 5th. Further details can be found later in this *Review*.

\*\*\*\*\*

I am pleased to announce that Lieutenant Colonel Jeremy Hinton will be joining St Dunstan's on Tuesday, April 6th to take up the post of Head of Pensions and Admissions. Jeremy served for 34 years with the Royal Regiment of Artillery.

You will also read an announcement regarding the 'two weeks for the price of one' offer in respect of holidays at Ovingdean. We are trying to make it easier for you to enjoy the benefits that Ovingdean has to offer. Please take advantage of this opportunity.

The 1999 reunion season is about to begin. These are occasions for us all to meet, to make or greet new or old friends and members of staff. I hope you will support these events, which are so much part of 'St Dunstan's family life'.

Captain Michael Gordon-Lennox, RN



## NOTICE BOARD



### HOLIDAY ACCOMMODATION CHARGES AT OIVINGDEAN

St Dunstaners and Diana Gubbay Trust beneficiaries are invited, for a trial period to March 31st 2000, to enjoy a discounted holiday at Ovingdean - two consecutive weeks for the price of one.

Exceptions to the above offer are: Widows' Weeks, Action Weekend, all Reunions, Club meetings, Cenotaph Weekend, Christmas and New Year holidays.

Although the above are excluded, the two for one offer can nevertheless be added before or after any of the above stays. Holiday bookings are for those who are self-sufficient or are accompanied by an escort. Entrance fees and meals, when on outings, are to be charged.

We hope you will take advantage of this offer. Please contact your Welfare Officer to book your holiday. We look forward to seeing you at Ovingdean soon.

### SWIMMING POOL UPDATE

In August 1998, St Dunstan's submitted to Brighton and Hove Council, a Planning Application to carry out essential work to replace the Annexe roof at Ovingdean. Under the Council's 'delegated powers', the scheme was accepted and went forward to the Planning Department with the recommendation to proceed. However, after consideration, the Planning Application was redirected to the Council's full Planning Committee. This resulted in significant delay and the building at Ovingdean being subsequently listed as a Grade II property by the Department for

Culture, Media and Sport because of its "Special architectural or historical interest".

We are appealing against the Council's delay in dealing with the original Planning Application in August 1998. We are also considering the Charity's position regarding the listing. The result of Ovingdean being a listed building means further time, trouble and added cost to the Charity whenever building works are required in the future.

We much regret this situation which is beyond our control and is depriving everyone of the use of the swimming pool.

### GENERATION 3 WEEKEND IN PARIS

Imagine Montmartre just 20 minutes or the Moulin Rouge just 3 minutes walk away; sit in a pavement cafe on the Champs Elysees watching the world go by; taste the flavour and smell the aromas of Paris!

All members of Generation 3, those whose blindness was caused by factors since 1945, are welcome to attend. Accommodation will be at the French War Blind hotel ideally situated near the heart of Paris, at a daily cost of about £20 per person. The weekend will commence on Friday, September 3rd and those who wish, can stay beyond Sunday, September 5th.

For more details, please contact any of the following as soon as possible:

Ray Hazan at St Dunstan's HQ on 0171 723 5021  
Terry Bullingham on 0121 429 2428  
Don Planner on 01202 730404  
Randall Williams on 01884 253703

### BLIND NAVIGATORS REQUIRED

The Kingston-upon-Thames Lions Club have invited St Dunstan's to take part in their 17th Annual Braille Motor Rally. The event takes place on Sunday, September 19th. Family members and guide dogs are welcome.

Each car receives the 80-mile route instructions in braille. These give the mileage to the next point and what to do when there. Drivers and cars can be arranged and it is hoped to refund travelling expenses. The organisers are trying to obtain sponsorship and a well-known personality to be involved.

It will be a fun day out with challenges and prizes! Would anyone interested in receiving more details please contact Ray Hazan at HQ.

### CAMP AT HMS SULTAN

May I remind those who are hoping to come to camp at HMS *Sultan* this year that the closing date for applications is May 10th.

The date of the camp is Friday, July 30th until Saturday, August 7th. I do hope we will have some new campers as well as old friends. Please contact me - Elspeth Grant at High Acre, Catmere End, Saffron Walden CB11 4XG or by telephone 01799 522874 - I am in most mornings or evenings. I shall look forward to hearing from you all.

### YEAR 2000 COMPLIANCE

You will hardly fail to have heard or read of potential problems, which the year 2000 might introduce into any system based on a date/time chip, such as computers and home videos.

Please watch out in the next issue of the *Review* for advice in ensuring your home computer and other equipment is year 2000 compliant.

### METRO SPORTS

The Metro Sports annual National Visually Impaired Athletics Championships will be held on June 26th. Apart from the athletics at Waltham Forest there are plans to hold a pool tournament in Kentish Town. For details, an entry form, or tickets for the Dinner and Disco contact: Derek Mileman (Games Director) at Flat 29 Gilda Court, Watford Way, Mill Hill, London NW7 2QN. Tel: 0181 203 1286. Fax: 0181 202 6196. The closing date for entries is May 22nd.

### ACTIVITIES WEEKEND 1999

This year's action packed Activities Weekend will take place at Ovingdean from Friday, July 2nd to Monday, July 5th. The standard charge for accommodation and travel costs will have to be met by participants, but all activities will be provided by St Dunstan's.

The Weekend will be composed of various fun filled activities (weather permitting) and you will be able to select from the following events: Abseiling, Windsurfing, Sailing, Canoeing, Paragliding, Scuba Diving, Fishing, Obstacle Course, Horse Riding, Dry Slope Skiing, Climbing and Golf. It will begin with a gathering in the bar, followed by a music and sports quiz. There will be another Wet & Wild It's-a-Knockout and team events in the Sports Olympiad.

Themed nights will form the evenings entertainments (so bring your fancy dress) and tickets will be provided for the more hardy to visit the local night spots in Brighton. This was a very popular event last year so book early to avoid any disappointment.

For full details contact Grant Cooper at St Dunstan's Ovingdean on 01273 307811 ext 3219 or Lynda Stringer on ext 3235.

### ST DUNSTAN'S DESIGNER LABEL

St Dunstan's casual shirts are still available. The t-shirt is 100 per cent white cotton with a centred blue logo and is available in medium and large sizes at £4.00. The polo shirt is white polyester/cotton with a left-hand blue chest logo and is available in medium only at £7.30. The sweatshirt is blue cotton/polyester with a left-hand yellow chest logo and available in medium, large and extra large at £8.50. Please add £2 to your order for postage and packing. Orders should be addressed to Public Relations Department (Shirts), St Dunstan's, 12-14 Harcourt Street, London W1A 4XB.

### DERBY SWEEPSTAKE 1999

St Dunstaners, Diana Gubbay Trust beneficiaries, widows and widowers can now apply for tickets in this year's *Review* Derby Sweepstake. Tickets are 30p each (max 25 for £7.50). Cheques should be made payable to St Dunstan's. Loose money should not be sent unless it is registered. Closing date is Friday, May 28th. Each applicant should send their name and address, the number of tickets required, and a stamped addressed envelope, to The Editor, DSS Department, *St Dunstan's Review*, 12-14 Harcourt Street, London W1A 4XB. Full details appeared in the February issue of the *Review*.

### PLEASE SUPPORT OUR TOURNAMENT STAND

This year The Royal Tournament takes place from July 20th-August 2nd, the last time it will be held in its traditional form at Earls Court. St Dunstan's is aiming to make its stand an extra-special one for the event. We urgently require items for sale, such as wooden or knitted toys, baby and children's clothes, or any other handicraft item made by St Dunstaners, widows, widowers, wives and families. Any unused and unwanted goods are also greatly appreciated. Please contact Robbie Hazan at Headquarters on 0171 723 5021 ext 2233.

### TALKING NEWSPAPERS CD PILOT

The Talking Newspaper Association of the United Kingdom has been running a pilot scheme that provides blind computer users with access to a massive range of publications - all saved on a single CD-ROM. A typical CD-ROM includes 42 daily newspapers, half a dozen magazines and 50 books culled from The Gutenberg Project.

All publications are saved on the CD-ROM as text based files and the disc also contains a few utilities to provide easy access regardless of the type of computer system being used. The pilot project finishes at the end of May, but back issues are available for £2 each. For further details and the cost of current issues call TNAUK on 01435 866102.

### BIG BUTTON PHONE

British Telecom and the RNIB have joined forces to promote the new BT Big Button telephone. This stylish phone has been developed with a number of features that will make it easy to use for people with sight, hearing or dexterity problems. It includes:

Adjustable speech amplification; inductive coupler for customers with hearing aids; call indicator light; three large 'one touch' memory buttons; and an easy grip handset.

The BT Big Button phone has a recommended retail price of £24.99 and is available from RNIB Customer Services on 0345 456457. For every phone that is bought or rented BT will donate £1.50 to RNIB to help support the new RNIB Helpline.

### IMPROVED PARROT V3

Cobolt Systems have just introduced Parrot V3 - the latest version of their Voice Organiser. Outwardly the same as the previous model this new version has a number of improvements incorporated as a result of feedback from customers. Speech quality has been improved and all functions are now spoken, including the calculator and the set up options. This new model speaks in English only. The price remains £120 and earlier versions can be upgraded for a charge of £30 if required. For full details telephone Cobolt Systems on 01493 70012.

### NORTHERN IRELAND HOLIDAY

The Blind Centre for Northern Ireland recently opened a chalet at the SHARE Holiday Village on the shores of Upper Lough Erne. The chalet is specially designed for visually impaired visitors. Guide dog owners are also welcome. The chalet can accommodate up to 12 people. The Holiday Village boasts a jacuzzi, indoor swimming pool and a fitness suite, plus a restaurant. Holiday-makers can enjoy a wide range of outdoor sports in County Fermanagh. For more information please contact Olwen McCreery, Blind Centre NI, on mobile number 0777 579 0040, or the Blind Centre, 10 James Street, Omagh on 01662 250220.

### BLIND LINKS

A wide variety of on-line information and resources relating to blind issues around the globe can be found at Blind Links on the world wide web. Internet surfers should point their browser to <http://seidata.com/~marriage/rblind.html>.

### SUMMER SAILS

An introduction to sailing for visually impaired sailors is being organised by East Anglian Sailing Trust at Suffolk Yacht harbour, Levington, near Ipswich. The weekend course will be held on June 4th-6th and July 16th-18th. Contributions of £40 are required (this includes holiday cancellation insurance). The Trust will also hold a Cruise Week on September 4th-11th. The contribution for this is £150. For further details contact Mrs Virginia Milnes, Park Lodge, Wildernes Avenue, Seal, Sevenoaks, Kent TN15 0ED. Tel: 01732 761891.

### DEADLINE FOR NEXT ISSUE

The final date for submitting items for publication in the June *Review* is April 26th.

# John Proctor Remembered

It was back in 1946 when I arrived at St Dunstan's, rather despondent and fearful for the future, when happily I met my totally blind and handless colleague John Proctor.

His calm un-embittered acceptance of severe disability gave me, and I'm sure many others, an immediate and permanent spiritual uplift.

During that early period John had ambitions of becoming a barrister and actually began training, but his hearing which deteriorated frustrated his plans.

However, quite undaunted and strongly supported by his loving wife May, he established a very successful travel agents business in Rottingdean and Brighton.

Unfortunately, in recent years John became almost totally deaf, but always remained mentally alert, informative and ever-cheerful, these attributes were

much in evidence when he attended the Handless Reunion only three months ago, accompanied by his family friend Vivian Rye to whom we are all extremely grateful.

Latterly, John was in permanent residence on the nursing wing at St Dunstan's Ovingdean where he was content and extremely well cared for. Our group extends our grateful thanks to the staff.

Our handless friend Josef Loska attended the funeral service on behalf of our Blind and Handless Group and our Chairman Gwen Obern arranged for flowers to be sent with a message of sympathy.

We shall certainly miss our friend John, especially during our Blind and Handless Reunion.

**Bill Griffiths**

on behalf of St Dunstan's Blind and Handless Group

# MOBILITY ALLOWANCES INCREASED

The War Pensioners Mobility Supplement (WPMS) will be increased on April 14th to £165 per month. Any War Pensioner whose accepted disability is assessed at 40 per cent or more and is unable or virtually unable to walk as a result may apply for this allowance.

Alternative considerations include the prospect that the effort of walking could seriously risk life or health; that the accepted disability includes double amputations through or above the ankles; or any blind War Pensioner, assessed at 80 per cent or more, who has deafness assessed at an equivalent level if they require assistance to walk outside to an intended destination.

There is no age limit for claiming or receiving WPMS. Recipients of this allowance would not be able to claim the mobility component of Disability Living Allowance (DLA).

DLA consists of two parts; a care component and a mobility component. The care component has three levels, however, the Constant Attendance Allowance element of a War Pension removes the eligibility for any of these. The mobility component has an upper

and a lower level. St Dunstaners, under 65, who have no additional difficulties other than a visual impairment (this can include partial sight) are eligible for the lower rate of the mobility component. This was increased to £56.20 per lunar month during the first week of April. There is a comprehensive form to be filled in.

St Dunstaners who receive the WPMS are entitled to use Motability to hire or buy a car or powered wheelchair at preferential rates. Blind people receiving DLA at the higher rate (now £148 per lunar month) are also eligible.

Anyone who considers they may be eligible should contact their Welfare Officer, who will help with obtaining and filling in the necessary forms.

## FIFTY YEARS AGO

St Dunstaner Ray Sheriff took part in Wilfred Pickles' *Have a Go* show and won the jackpot.

Talking Book readers started humming *The Devil's Causeway* before each chapter. Reader Duncan Carse had become the new Dick Barton on the radio.

# RADIO SOCIETY LOSES A SUPPORTER

Members of the St Dunstan's Amateur Radio Society were amongst the many mourners at the loss of His Majesty King Hussein of Jordan.

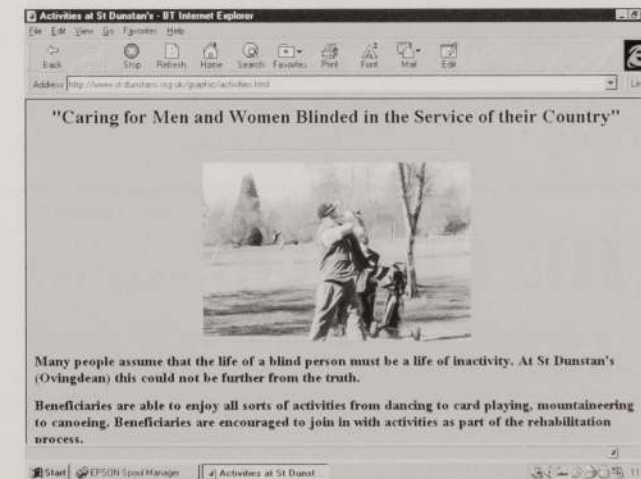
In 1989, the Society's Chairman Bill Shea accompanied by Secretary Ted John visited his London home to present His Majesty with a plaque signifying his acceptance of an invitation to become an Honorary Life Member of the Society. King Hussein, with his callsign JY1, was a great supporter of the disabled in general and St Dunstan's ARS in particular.

In June 1990, fifteen members of the society visited Jordan where they were welcomed by the King's brother and given VIP treatment. It was following this visit, that His Majesty donated a transceiver still being used in the shack in Ovingdean today.



St Dunstaners Bill Shea and Ted John presented King Hussein of Jordan with a St Dunstan's plaque.

# The whole wide world on our doorstep



St Dunstan's has a new address and it is accessible to all from Atlanta to Antigua or Adelaide to Africa. Any computer users will find the charity's foothold in cyberspace by pointing their web browsers at [www.st-dunstan.org.uk](http://www.st-dunstan.org.uk).

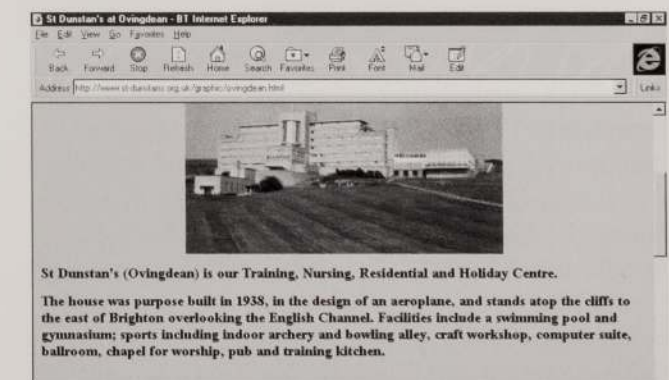
Our place on the internet was set up by Brighton University student Ed Allen as part of his degree project and is maintained by St Dunstan's own web mistress, IT Instructor Janis Sharp.

Already the site averages 400 hits a week! To put it another way nearly 5,000 people have used their computers to 'visit' St Dunstan's since January.

Visitors to the site will find a précis of the organisation's aims and ambitions, a brief history and the opportunity to contact us by e-mail.

The site has prompted enquiries from people in Australia and South Africa seeking information on late relatives. Another enquiry, from America, asked for details of achievements by blind people in the UK. It has also prompted a number of enquiries from members of the public wishing to make a donation.

Janis has plans for some more personalised entries to take their place alongside the official pages. She is hoping that St Dunstaners will adopt a hands-on approach and produce their own webpages. For further details contact her at Ovingdean on 01273 307811 ext 3297.



## Chairman John shoots for Britain



John Lilley during the spring shoot at Ovingdean.

St Dunstaners continue to make their presence known in blind sporting activities. John Lilley of Stockport, Cheshire recently became Chairman of the British Blind Sports Archery Committee.

On February 6th-8th John and fellow St Dunstaner Norman Perry took part in the French Indoor Championships. John came 4th in the partially sighted section while Norman came 8th in the totally blind section. There were 54 French and four English archers competing.

John and Norman will be taking their bows back to France in May to take part in the first ever European blind archery championships.

A report on St Dunstan's Archery Club's spring shoot can be found on page 12.

## Dr David Orr

We would like to extend our warmest congratulations to St Dunstaner Dr David Orr, who received his doctorate in December last year. The doctorate was bestowed on him by the Chancellor of Queen's University Belfast, his namesake, Sir David Orr.

David was a Private, aged 19, in the Ulster Defence Regiment, when he was hit by a car, while setting up a Vehicle Checkpoint in Northern Ireland in 1974. He suffered serious head injuries resulting in meningitis and loss of sight.

On leaving hospital, he studied for a degree in clinical biochemistry, which he then followed by taking his PhD. This took five years of part-time study. David hopes to pursue a career in research at the University of Ulster.

## LETTERS TO THE EDITOR

*Letters to the Editor are always welcome.*

*Send a letter, tape or disk to 12-14 Harcourt Street, London W1A 4XB. E-mail: st.dunstans@btinternet.com*

### From: Arthur Taylor, Isle of Wight

As many of your readers will be aware, my wife Jane went into hospital on November 1st and underwent major surgery on the following day.

She was not discharged until six weeks later, but during that period she was literally inundated with "Get Well" cards, letters, telephone calls and bouquets of flowers from the staff at headquarters and Ovingdean and also St Dunstaners and Widows from around the country. I can tell you now that all these tokens of affection were a great boost to her morale and did much to speed her eventual recovery. I would like to be able to thank everyone personally, but that would be a quite impossible task and I feel that publication of this letter in the *Review* would

have more far-reaching results. However, I must apologise for the delay in submission which, to quote a good old Civil Service expression, is entirely due to circumstances beyond my control. When Jane was discharged from hospital, we went to stay with our youngest son and his family in order that she could recuperate without the worry of running a home, but I did not have any access to typing facilities.

Finally, I would like to pay a special vote of thanks to the staff at all levels at Ovingdean who looked after me so well during Jane's absence and who showed so much concern for her welfare by means of their daily enquiries.

Thank you all from the bottom of my heart.

## The Legend of Woody's Coat of Many Pockets

By Colin "Woody" Oakes

Once upon a time, not so long ago and in a land not so far away, there lived a man called Woody, so called because he was a good craftsman but never made any money at it. He lived on his Army pension and his wits - both woefully inadequate. Woody's only claim to fame was his lack of money, he was well known for never having any.

One Sunday morning Woody and Doc were walking around a car boot sale, looking not buying, when Woody found the waistcoat that became known as Woody's Coat of Many Pockets on a clothes rack. He tried it on, liked it, but before he could ask a voice said "£10 to you."

**Woody:** "Lend me a tenner Doc."

**Doc:** "I have not got a tenner, only twenty."

**Woody:** "I'll take that then." (Removing the note from Doc's hand.)

**Doc:** "You owe me twenty."

**Woody:** "No. I only asked for a tenner."

**Doc:** "So you did."

**Woody:** "If I give you this twenty, you can owe me ten."

**Doc:** "But I do not have any change."

**Woody:** "How much change have you got?"

**Doc:** "About £2.50."

**Woody:** "Well, you buy the coat, give it to me with the £2.50 and we'll call it quits."

**Doc:** "Done."

**Woody:** "You have been."

Wearing the Coat of Many Pockets, Woody made a beeline for his local. Doc went to the hole-in-the-wall for some cash.

The landlord was surprised to see Woody because he and all the regulars knew that Woody never, but



More accustomed to coats of varnish, Woody Oakes.

never, had any money at the weekends and very little at any other time come to think of it, credit had stopped long ago. Woody ordered a pint and started looking through the pockets of the waistcoat for the £2.50. He did not find it. What he found instead was a brand new crisp £20 note! No less!

The air was still and humid. Without warning the sky lit up in a moment of fluorescence, a fistful of thunder rocketed overhead. There followed a stunned silence in the bar only broken by the sound of the floor breaking the landlord's fall. It has been the subject of many debates whether it was the shock of Woody having a £20 note or the thunder and lightning that laid low the landlord. The fact remains that the landlord had to be carried out and it took him a week to recover.

With a drink on the bar and some small change in his hand, Woody was tempted to play the fruit machine. He had no luck with the first coin he put in, but on the second one he hit three consecutive jackpots and accumulated a grand total of £45 which bought a round of drinks for the bar. The pub has never been the same since!

So began the legend of Woody's Coat of Many Pockets.

# St Dunstan's Ski Adventure Italy 1999



Gerry, Martin, Vince and Don on the Men's World Cup downhill slope some 1,600m from the finish.

## St Dunstaner Gerry Jones reports from the slopes

Four St Dunstaners, five guides and four family members arrived in Bormio, Italy on January 9th. Their aim was to ski the slopes - especially the men's downhill World Cup Course. Our group of 13 joined a party from St Agnes in Cornwall. All together we numbered 30 strong, thus securing maximum discounts with the tour company.

The guides have either served or are serving in the Army. We had Peter Zamudio, ex-RA, who has been on almost every St Dunstan's ski trip; Martin Blank, RA, a good friend to us all and nice to see him back once again after a couple of years absence; SSgt Mick Shepley REME and SSgt Vince Stone REME both on their third trip, gluttons for punishment, and Dick Vonesch, an ex-Captain who did his bit in India.

The St Dunstaners were Charlie Daly with his wife Shirley, daughter and grandson, Peter Walker with son Steve, Don Planner and finally myself Gerry Jones.

The St Agnes party were amazed by the performance of the guides on the slopes, their skill at adapting to conditions and the confidence they instilled in their charges. The guides did not stop work there but continued off the slopes to be always present making sure that we were looked after and got to where we thought we wanted to be.

I am sure that I speak for all the St Dunstaners when I thank them for making it possible for us to once again have a marvellous week of freedom away from canes and dogs, enjoying the exercise, the exhilarating air and the comradeship filled with good humour and the obligatory après-ski drink or two. Well done lads, but for you we could never have the thrill of skiing down a slope.

## Sgt Martin Blank admires the determination of the blind skier

January 1999. Gatwick Airport, 0500hrs, we meet up with the party from St Dunstan's. After the normal pleasantries, off to the bar to organise the downfall of the Italian ski resort of Bormio and the following weeks itinerary. There starts another St Dunstan's adventure and neither you or your companion knows what lies ahead!

For a blind or disabled person to ski takes more guts and determination than the Mr Average will ever be able to muster or know in one lifetime. When you think as a sighted person you know when you are moving, what the terrain is like and possibly how to handle that situation. As a ski guide I must be able to read each situation and we react as one. It is a combination that I do not think many marriages have. To ski a blind person down six kilometres of slope through a descent of approx 1,700 metres with falls or even better without falls is one of the most enthralling and rewarding things I have done. I look forward to doing it again in the future.

To see the pure exhilaration and the sense of achievement on the faces of Gerry Jones, Ray Hazan, Charlie Daly and others over the years is more than enough reward for me and the other guides.

The first morning is more of a reconnaissance to see what the mountains can offer all of our budding Franz Klammers and to get rid of the cobwebs. Like a

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## Alan Andrews retires

Alan Andrews Supplies Officer at Ovingdean retires this month after nine years with St Dunstan's. He joined the staff as a care assistant at Pearson House in March 1990 but subsequently moved to Supplies. We wish him all the best in his retirement. Alan's successor as Supplies Officer is Paul Coppard.

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## AUDIO DESCRIBED VIDEOS

*Dead Man Walking* is the latest audio described video. A catalogue of available tapes can be obtained in large print, braille or on tape from Mary Flaherty, RNIB Holiday and Leisure Services, 224 Great Portland Street, London W1N 6AA. Tel: 0171 388 1266.

well-oiled machine Gerry and I start to take the Italian men's world cup downhill run to bits.

With the wonderful help from the ski lift attendants and the admiration of all skiers came the point where myself and Gerry were skiing from the top to the bottom of the mountain. Gerry was slacking, so we took a rest when another skier skied up to Gerry and asked if he was a ski guide and which was the best way to go.

To that end I feel the above example expresses how well all the St Dunstaners can ski, are willing to listen and learn a lot more than some able-bodied people.

The standard that St Dunstaners have set is very high and a good example to pass on to any persons who have had the misfortune to become blind or disabled.

To the end of the week and the sense of well-being and fulfilment are second to none. Of course, for Gerry and Ray now starts the worry of how to get the old and new skiers away next year.

To that end funds must be made available to ensure that blind people can achieve what they have ambition to do. This project cannot be left to linger and die, we must ensure we keep this real life adventure alive.

**If you are interested in taking part in the skiing trip next year, please contact Gerry Jones on 0187 2553957 or Ray Hazan at Headquarters on 0171 723 5021.**

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## TICKET DRAW

St Dunstan's has received tickets for the FA Cup Final on May 22nd. Any St Dunstaner wishing to go should send their name and address to Carole Woodgate in the Welfare department at Headquarters by April 30th.

Any St Dunstaner or Gubbay Trust beneficiary who wishes to attend the following should contact Carole:

The Royal Tournament on July 21st (applications by June 30th) and Trooping the Colour on June 12th (applications by May 28th).

A draw will determine the final allocation of tickets. Those attending will be responsible for their own travel and accommodation expenses.

# DRAW BACK THAT BOW

Bert Wood on St Dunstan's Archery Club Spring Shoot February 15th-20th

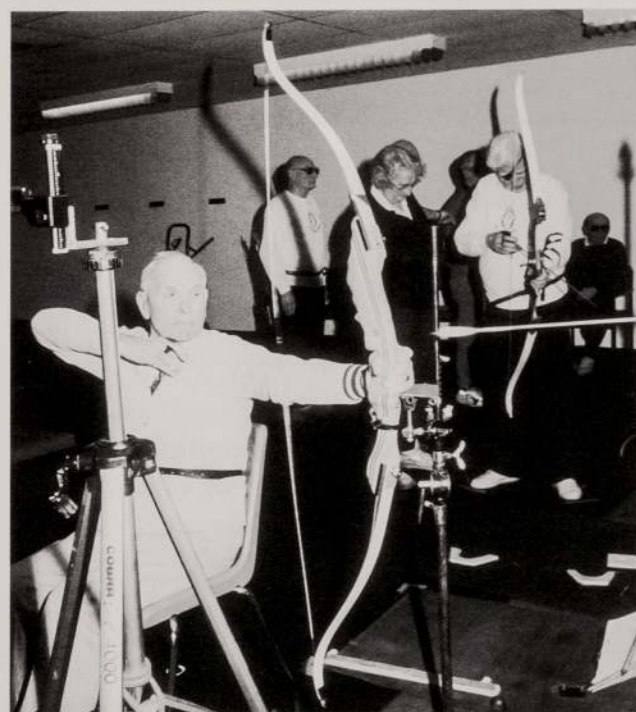
This was our first shoot in The Sports Hall at Ovingdean and was enjoyed by most. I say this with tongue-in-cheek and fingers crossed. The first four days went as normal and the fifth, a rest day was spent at a ten pin bowling establishment. Not much of a rest, but a change and that they say is as good as a rest - rubbish!

On the sixth and final day a spring match was held with Cuckfield Archers. What a disastrous day! For some unknown reason the arrows were missing, not only the targets but the bosses to boot, finishing on the floor or in the netting.

"What the hell's going on," I asked my spotter?

"Nothing that I can see," she replied! "Your equipment looks good and your stand is as firm as ever."

I groaned at such a thought, why then are we all missing the targets and doing very little scoring at this short range? Her lovely face looked tense, we were on the same wave length, something psychic seemed to be happening.



Ron Freer goes for a bullseye!

The spirit of a former member of the Bowling Club seemed to be trying to protect his precious green from damage by marauding archers and the like. "Yes," said the wide-eyed Enid with a shiver, "it could be so!"

The match finished with our usual scores being halved. I wonder if such a phenomenon can happen again?

## RESULTS

Perhaps to placate Bert's phantom, our toxophilites turned to the bowling fraternity to mark their prowess with the bow. Audrey Perfect (whose husband John had come down to Ovingdean for a spot of bowling) stepped into the traditional role of Lady Paramount and presented the archers with their respective medals and trophies.

### Spring 1999 Opening Handicaps

Bert Wood	70
Ron Cattell	84
Norman Perry	80
John Lilley	64
Eric Bradshaw	74
Tom Hart	76
Leslie George	91

### Handicap Medal 1998

Eric Bradshaw

### BBS Postal Portsmouth

February 16th

1st	John Lilley	294
2nd	Bert Wood	273
3rd	Tom Hart	213

### St Dunstan's v Greenways

February 16th

St Dunstan's 5673 Greenways 5783

### Laurie Austin Trophy

February 17th

1st	Norman Perry	1504
2nd	Bert Wood	1461
3rd	Leslie George	1452



Our Archers bold! Eric Bradshaw, Leslie George, Bert Wood, John Lilley, Tom Hart and Norman Perry.



Leslie George prepares to shoot.



Norman Perry receives the Laurie Austin Trophy from Lady Paramount Audrey Perfect.



Eric takes his best shot!

### Portsmouth Round

February 18th

1st	Norman Perry	1487
2nd	Leslie George	1473
3rd	Bert Wood	1459

### St Dunstan's Archery Club v Cuckfield

February 20th (Round: FITA 25m)

St Dunstan's 5535 Cuckfield 5770

### St Dunstan's Archery Club Committee

At the St Dunstan's Archery Club AGM the following were elected :

<b>Chairman</b>	John Lilley
<b>Secretary</b>	Roger McMullan
<b>Treasurer</b>	Roger McMullan
<b>Records Officer</b>	Philip Varden
<b>Equipment Officer</b>	Alan Holden
<b>Committee</b>	Norman Perry Eric Bradshaw
<b>Club Coach</b>	David Habgood

# A GUIDE CAT CALLED CHEVRON

by Christine Stalham

**Christine is the widow of Bill Stalham, a St Dunstaner who was held as a Far East Prisoner of War during his service with the Manchester Royal Artillery. Christine is deaf and here she tells how a couple of family pets adapted to their respective disabilities.**

Many years ago, a cat came to live with us. Half grown, she had arrived in a batch of tubes from Birmingham, emerging from amongst them onto another factory floor. She was taken to the office where she immediately sat upon the blotter on my husband Bill's desk, very much as if to say, "You take me on." He brought her across to my office in his arms, and with great aplomb she strode about the floor whilst we the typists watched her. I fell for her and both Bill and I decided that she was to come and live with us.

At the end of the working day, I carried her to our car, in which she quite happily rode home. I introduced her to the already established 'Dog of the House', Rita, who immediately asserted the 'Dog Attitude To Cats', and the little cat spat and snarled most of the evening. However, before many hours passed, they more or less called a cautious truce. They became fast friends in double quick time. Rita was also a stray found at the same factory some months previously. After a week at the RSPCA kennels we made enquiries about her and offered her our home.

The kitten, being a tabby, was named Chevron. Soon Chevron brought home her first catch, a piece of blue cloth about ten inches square. The next article was a runner bean, the third item, more appropriately, was a worm. Unfortunately, after that, her catches became more apt for her kind - mice and birds.

A few months later, we found her with what we thought was a broken back and she was in obvious pain. We thought this was the end, but no, the vet diagnosed a severely fractured leg and gave her an injection. We were given tablets to put down her throat once a day. She became the perfect invalid who meowed her hellos and thanks! I prepared a room to serve as a sickroom, a mattress was put on the floor, then covered with groundsheets,

newspapers and old rugs. Her food and water were placed near her. Oh, the hours we were obliged to work! I nipped home in the lunch hour to attend to her needs and eventually she managed to walk slowly on three legs. It was about two years before her limp disappeared altogether.

She never jumped very high, but high enough to sit on the car bonnet to attract my attention whenever she wished to come in. She rapidly cottoned on to the fact that I was deaf, so I needed to see her. She would touch me on the shoulder when she wanted more Go-Cat on the table behind my chair, out of reach of Rita's eager appetite.

Some years later, we moved to our Post Office in Yorkshire, where Chevron charmed the customers into opening the door for her, even if they had no business to execute with us! Chevron and Rita became well-known for their favourite perch, which was on the window sill of the Post Office, and their routine was established round the shop life which began at 7am and did not conclude until 6pm.

We were soon joined by a pedigree boxer, Max, a dog of magnificent strength and looks, who guarded the Post Office with great intelligence. He would warn us when it was a stranger coming in and he growled at helmeted motor-cyclists and policemen! But for the postmen he had great love - so did Rita, funnily enough. Prior to our Post Office years, and after we retired, Rita was always aggressive to postmen, but not even on the first day of business did she shoo off the postmen, who were obliged to bring us their mailbags, and the postwomen would start sorting the mail under the animals' supervision.

Christmas was a special time, not least for Chevron, Max and Rita. Indeed for several years they joined us at the table to share in the feast. They always had gifts from the tree too. Max was passionate about nuts, I once caught him helping himself to them! Chevron was no thief, but she would steal slices of cucumber out of the salad bowl. She also enjoyed melon.

Rita loved balloons, and even in midsummer, if one mentioned them she would suddenly focus her eyes

on the corner where I used to hang them. Rita was wise enough to hold balloons by the knot, and she would throw them upwards, and jump up, poking them up repeatedly. When one burst, she would look for it, then ask for another one.

Sadly, we had to part with Max when we left the Post Office as he was too strong for me to control. By then we had other problems to overcome. Bill had become blind and soon became a member of St Dunstan's. Rita and Chevron especially rapidly realised Bill's blindness and became very helpful. Chevron would sit at the front door and call out to Bill "Come on over" if the road was clear as he returned from his solo walk with Rita. She also called out if Bill was about to sit upon her as she liked his favourite chair!

When we retired, we did not arise as early as we used to; and Rita quickly taught herself to poke my side to wake me up if she heard anything or wished to go out herself.

Chevron twitched her ears whenever the phone or doorbell rang, which was useful, as then I could answer the door, or, if Chevron was looking at the phone, pick it up and hand it to Bill. If he was elsewhere, I would say to the caller, please hold on for a moment, for I could never use the instrument due to my almost total deafness.

One spring, a pair of blackbirds built a nest in the honeysuckle which grew beside our front door, the wisdom of which we queried, for we had many callers. The nest was positioned shoulder high and one could view the sitting bird. Chevron had watched them build their nest and was often on the drive. However, the cock blackbird was a great bodyguard for his mate, by luring any cats towards him, or flying at them. When he tired of Chevron's presence he tapped at the window to tell us to call the cat in! We watched the bird family and their progress and all too soon they took to the wing, an event which we did not witness. So we were thrilled, a few days later, to spot the parents leading their four fledglings past our window, as if to say "Thank you." Rita also saw this, I don't think Chevron was around at that time! We never saw the youngsters again.

Chevron used to sit on my lap between me and the tea tray, also on my lap, precarious maybe, but she never moved. If I was reading the newspaper and she was on the floor where I couldn't see her and she wished to sit on my lap, she would poke her paw

into the paper to say, "I'm coming." She would then jump onto my lap to read the paper herself or to watch television. Once a programme about blue tits came upon the screen and Chevron tried to catch them! When eventually we had colour television, she was much astonished to see colourful tropical birds, especially the birds of paradise. Both Rita and Chevron were quite literally self-taught Guide Dog and Guide Cat, also Hearing Dog and Hearing Cat for us.

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## POET'S CORNER

**The Weightwatcher's Lament**  
by Sally Slade (wife of Bill Slade)

List whilst I tell you of my plight,  
Of the extra inches ... What a sight!  
Up to the mirror ... What do I see?  
Voluminous, bulbous ... Tubby me!

Mirror mirror tell me do  
Is this all me? It can't be true  
Dare I take another peek?  
No, no, I can't ... It's such a cheek.

Gluteal muscles ... Gosh that's rude!  
And other things that can't be viewed,  
Protruding tuberosity ...  
Get back you fiend ... You can't be me.

Girdles that are world renowned  
Cannot hide this robust 'round'  
Obnoxious bulge and rolls of fat  
Told a tale where ere I sat ...

Hardy setters ... so sedate  
Used to only cogitate  
Upon the wonders of this crate ...  
And trust to luck they wouldn't break.

Even well worn scales decline  
To tell me of this weight of mine,  
They only reach just fourteen three ...  
Then they scream ... catastrophe!!

Get off before you burst a spring  
That ... and any other thing  
When pressure they could bear no more ...  
End in splinters on the floor.

Once again into the breach  
With orange, lettuce leaf and peach,  
There's hope by Twenty Zero Three  
The sylph-like figure ... will be me ...



## MESSAGE FROM THE HEAD OF FUND RAISING

# *A chance to explore Royal gardens*

by Neil Swan



*Classic tranquillity can be found in the verdant gardens of Frogmore House.*

By gracious permission of Her Majesty The Queen, St Dunstan's has been given a "Charity Day" on Wednesday, May 5th at Frogmore House and Gardens.

Frogmore House is set amid the extensive Home Park of Windsor Castle, surrounded by picturesque gardens which were originally laid out by Queen Charlotte following her purchase of the house in 1792. Frogmore has been a much favoured royal retreat ever since, and the House, Gardens and the Mausoleum, which Queen Victoria had built for herself and Prince Albert, are only open to the public six days a year, three of which are given over to charities.

All proceeds from the sale of tickets for viewing the Gardens and Mausoleum will be used to support the blind ex-service men and women of St Dunstan's.

Included with your copy of the *Review* is a general order form for you to use, should you wish to visit Frogmore. There is no charge if you are a St Dunstaner, St Dunstaner's spouse or partner,

St Dunstaner's widow(er), beneficiary of the Diana Gubbay Trust for the Blind or an escort for any of the above. However, please use the enclosed form to order tickets and strike a line through the payment details section.

### AUTUMN AND CHRISTMAS FUND RAISING CAMPAIGN

During the Autumn we wrote to 15 million people. The letter below is so typical of the many received in the fund raising office:

"As a pensioner myself (and disabled) I find it hard to manage on what I am granted from the government - like so many in the same fix. On receiving your letter I felt sad that there was no possible way I could help especially at the time I had, through my own fault, lost my pension. Being a man that won't ask for help I at that time had to do without.

"I kept your letter in the hope that one day I

would have a little bit of luck that would change things for the better. Having got myself cleared up and having a few coppers to spare I invested 55 pence on a 5 pence yankee of which three came up and had £32.95 to pick up - a small fortune to me.

"I put a bit extra on my table, bought a much needed pair of cheap shoes and have now the pleasure of sending you £5. It's not a lot, but I have a saying, a small trickle makes a river and a river makes an ocean and I will send you more as soon as I can."

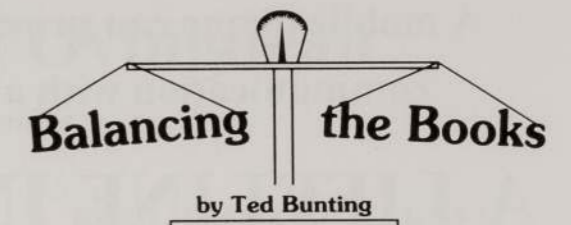
The ocean that resulted from the Autumn and Christmas campaign was well in excess of two million pounds (about 20 per cent of St Dunstan's annual non-capital expenditure). Without doubt, it is because of the success of fund raising and the continuing generosity of our supporters that St Dunstan's has been able to start re-introducing some of the benefits that regrettably were withdrawn in the early 1990's. Without the Herculean efforts of all the staff in the Fund Raising department over the last three years, this level of success would not have been possible.

Finally, we are currently distributing more fund raising packs as part of the spring campaign and I should like to reiterate the message that these packs are sent to all houses in any one road and if one should go through your door, it is not aimed at you so do please ignore it.

### NAKED GENEROSITY RIDES IN ST DUNSTAN'S INTEREST



*Terry Bullingham receives a cheque for £600 from the Coventry Building Society on behalf of all St Dunstaners.*



### Hirohito

Author: Edward Behr

Reader: Gerard Green

Duration: 18 hours 36 minutes

Catalogue Number: 7624

He's dead now, the late emperor and 'living god' of Nippon, but there are many still very much alive that firmly believe he should have been hung as a war criminal in 1945. Including Edward Behr perhaps, for this brilliant, informative and thought-provoking book of his contains indisputable evidence that Hirohito not only knew about the ruthless barbarism of the Japanese armed forces but actively encouraged it; the appalling experiments conducted in China, the inhuman treatment of prisoners of war all over Asia, and the cowardly attack on Pearl Harbour.

So where, one might ask, did the myth of the peace-loving emperor in the power of his generals get its origin? The answer, as the author also reveals, lies with Douglas MacArthur the US General who became the administrative supremo in Japan after that country had finally surrendered.

The General believed the population of Japan would be easier to govern if its figurehead was still in place and arguably he was correct. The pretence that the emperor had been impotent and unable to act made the falsehood easier for the world to swallow, and swallow it they did. More than fifty years on there is still a majority of those who imagine that Hirohito was essentially an innocent man.

Let them read this book is my advice, and they will learn that the few Japanese who were indicted as war criminals were mere minnows in comparison to the leader they revered.

They might also conclude, as I did, that a high rank in the armed forces is no sort of guide when selecting either a diplomat or a politician. What a mistake to select MacArthur. Could you imagine Bernard Montgomery as British Prime Minister?

A mobile phone can provide an easy means of emergency communication with a little thought before you buy

## A LIFELINE IN YOUR POCKET

Love them or loathe them, mobile phones have made an indelible impact on society. It might be irritating to hear someone asking the wife to put the cat out when stuck on the train to Dover but in other situations they are a definite boon. Mobile telephones are pocket-sized handsets, that can be carried anywhere since they tap into a radio-based network rather than telegraph lines. They should not be confused with cordless telephones, which also use radio waves but can only operate principally within your house or garden.

St Dunstaner Bill Shea was quite emphatic about his reasons for buying a mobile phone: "It's a lifeline! I'm living totally alone and when I'm travelling from A to B if I get stuck I've got a means of calling a cab. It means I don't have to find someone to get me to a phone."

When Bill was choosing a mobile phone he opted for a model which had buttons distinctive enough for him to feel. Phones with touch sensitive pads provided no tactile means of telling the numbers apart.

"I can't use a lot of the features on the phone but I can punch numbers in and that's the important thing," said Bill. It might sound contradictory but no company has made a 'talking' mobile phone yet, limiting their use by blind people. So until some innovative company takes the plunge on that front, a high range model will probably offer little more than extra digits on the bill.

Many dealers will give a prospective mobile phone user a basic model free of charge. Why? For your continued custom, of course! The offer of such a gift is usually attached to a commitment to sign up to a particular service provider. The cost of the phone will be offset against future line rental and air-time fees.

This isn't necessarily a bad thing, but it is worth considering how you would be likely to use a mobile phone before committing to a particular scheme. There is a great amount of competition between companies so there are plenty of opportunities to find something that is just right.

If you expect to be a heavy user you might find that a monthly line rental with low call charges is particularly economic. On the other hand light users might find that a pay-as-you-go scheme with no monthly fee but a higher call charge saves unnecessary expense.

Many of the plans with a monthly line rental require a commitment of at least one year, though recent changes in the law allow better options to change if necessary. It is now possible to take the telephone number with you if you wish.

Some schemes also require you to make calls within an allotted period, if no calls are made the credit is lost. Some will allow you to carry the surplus over, others will not. At least one service provider will calculate what would have been the optimum economic tariff for you in a given month and credit the difference against future bills. (In other words if you joined scheme A, but that month it would have been cheaper for you to be in scheme B, then they will refund the difference).

Technology might also have an effect on individual use. Like television and radio, mobile phones can now be divided into digital and analogue services. The digital phones, in principle, provide better reception and greater coverage geographically. However, some models may not be compatible with certain hearing aids, creating interference when used together. Some telephones vibrate rather than ring, so being less disturbing if used in public places.

The analogue phones will not have the interference problem, but will be prone to interruption on line and more frequent 'black spots' where it is not possible to make a call.

If you are interested in obtaining a mobile telephone, then the advice is to firstly determine how often you are going to make calls on it, then seek information as to the best tariff. Do get 'hands on' experience with the actual model of telephone you have in mind - please don't assume anything. "It's good to talk", but, please, not too loudly in public!

## Life & Times of Ovingdean

by Lynne Thomas

We always have very good entertainment at St Dunstan's, but lately some residents are taking a more active role and may some day become the entertainers themselves. Shirley Jaffe, a professional actress and drama therapist, is running a monthly drama group at St Dunstan's. She has been teaching vocal, musical and breathing exercises, one clapping and clicking fingers in tune to *I've got rhythm*. This was a new experience for most of the participants and they found some of the exercises a bit strange at first, but most are keen to continue. Who knows where this new activity could lead?

### CUBS ON TARGET

We had another visit from Saltdean Cubs in February. This time they came specifically to visit St Dunstan's Archery Club, who were in the house, and they were all really fascinated by the sport. Maybe a couple of them will be the archers of the future. It is good to have a connection with the Cubs as they are all very nice boys. Everyone here is looking forward to the next time they come.

### BOB'S PLACE IN HISTORY

Tangmere Military Aviation museum is on the site of the former Royal Air Force base and tells the story of military flying from the earliest days to present time, with special emphasis on Tangmere's role during World War II. Everyone who went from Ovingdean enjoyed the very interesting guided tour, particularly St Dunstaner Bob Ashmore who, as Corporal Ashmore, was stationed there from 1939-40. Care Assistant Avril Wilbourne now has a certificate to say that she can pilot a Spitfire - a Spitfire simulator that is!

### SLOW SLOW, QUICK QUICK, SLOW

Many people, both residents and staff, have been asking for dancing lessons for a long time now and the first lesson took place on February 22nd. We learnt the waltz, cha-cha and social foxtrot. This is only the beginning, as we'll be having regular lessons from now on. Look out for the St Dunstan's team tripping the light fantastic on *Come Dancing* in the not too distant future!

### ROLL OUT THE BARREL

The annual CAMRA Beer & Cider Festival took place late in February and as usual a group of St Dunstaners were invited to sample real ale from all over the country. Needless to say, this was one of the most popular trips of the year so far. Those who could drag themselves out of bed the next day enjoyed a performance of *The King and I* at the *Pavilion Theatre*, Worthing.

### THE BELLS CAN RING AGAIN

The handbells used by St Dunstan's campanologists recently went in for an overhaul. They have been restored to pristine condition and are now much easier to play. The bells have been at St Dunstan's Ovingdean for a long time now and actually date back to 1897, nearly two decades before the organisation existed. No one seems to know how we came to have them. Suggestions, anyone?

### THE RIDES OF MARCH

March was a good month at Ovingdean. There was a trip to France via Eurotunnel on March 11th - an opportunity to get some 'duty-free' while we still can. The "Not Forgotten" Association did another show here. The shows they put on are always excellent. All we are waiting for now is an improvement in the weather.

### Bar update

By the time you read this, the new bar which has been built in the south-west corner of the Lounge will have been 'christened' and be in full operation. The bar has been designed to compliment other features in the Lounge and is constructed of beech wood.

Much credit should go to the Head of Maintenance, Jim Faithfull, and his team who were responsible for its creation. Whilst this was a team effort, we must single out Geoff Bateman for his superb carpentry skills, which clearly dominate this project.

Mike Hordell  
Facilities Manager

# Rehab & Training Today

## News update from the Rehabilitation & Training Department

### SPORTS & RECREATION DEPARTMENT

The Sports & Recreation department consists of three staff members:

**Grant Cooper**, Member of the Institute of Leisure & Amenities Management, Diploma (Dist.) in Fitness and Nutrition, Unit Expedition Leader.

**Dave Goldsmith**, Fitness Instructor, NVQ Level 1 & 2 (Sports & Recreation), Archery Coach, Fitness Assessment and Exercise Counsellor, Open Water Scuba-Diving qualified (PADDI).

**Mike Godden**, Fitness Leader, Black Belt Karate/Ju-Jitsu Instructor, Fitness Weight Lifting Instructor (British Amateur Weight Lifters Association).

### THE SPORTS HALL

The Bowling Green at Ovingdean, like many other bowling greens in large sports centres, is now utilised for alternative activities such as archery, shooting, judo, short mat bowls, etc. The Bowling Green has now been renamed The Sports Hall and must be booked prior to any activity through the Sports and Recreation department. It may be used out of working hours and at weekends. The key can be signed out at Reception and must be returned on completion of use.

### HOT SHOTS

The Sports & Recreation department has now purchased a set of .22 acoustic air rifle shooting equipment for use in the Sports Hall, as used during the Activities Weekend and by HRH The Duke of York during the Royal Visit. This equipment will enable St Dunstaners of all ages and disabilities to shoot, as I am sure Julian Stevens will testify, when he shot the bull out of the target during a trial shoot. Alf Waters was also on target and had no trouble recognising the audible tones through his hearing aid.

If this proves to be a popular sport then further sets of equipment may be purchased with a view to forming our own shooting club and participating in a

national league and hopefully providing some marksmen for international competition. If anyone is interested in trying out this equipment please contact Grant Cooper on ext 3219.

### HEALTH AND FITNESS

The Sports and Recreation team are now able to offer full health and fitness assessments at St Dunstan's. We can also produce personalised fitness programmes on tape, incorporating cardiovascular equipment (exercise bikes and rowing machines), resistance training and relaxation for you at home. As usual contact Grant Cooper.

### PEAK PERFORMANCE

During December of last year St Dunstaner Peter Walker and Mike Godden did a 50 mile sponsored tandem cycle ride, taking in all of the highest peaks of the South Downs in the Brighton area. The guys completed the course in a remarkable time of 3 hours 12 minutes and raised in excess of £500 for the registered charity Tactile Colour. It is intended to hold our own sponsored tandem/cycle ride in aid of St Dunstan's sometime later in the year, covering the same 50 mile course. If you are interested in taking part please contact Mike Godden on ext 3219.

### ROVI ROUND-UP

Within the Rehabilitation & Training department we offer many different forms of training. Some may assist you in the field of employment, some may help you in the home and some may be therapeutic, but the aim of all the training we offer is to increase your independence and quality of life.

Lesley Styche, Lucy Roberts and Samantha Rogers are all qualified and experienced Rehabilitation Officers for Visually Impaired People (ROVI). We are always happy to discuss any difficulties you may be experiencing and look for effective solutions with you. If you have problems moving around your home safely or going outside independently we can help. If you have trouble in dimly lit rooms or you feel unsteady with your mobility after dark, then we may be able to promote your safety and confidence.

Other difficulties you experience could be connected to cookery or communications. Specialised equipment or techniques can help you overcome such problems.

Upstairs in the rehabilitation and training room, apart from the computers we have a Zytech machine which turns flat drawings into relief, making them tactile, a CCTV to magnify documents and display them on a TV screen and various memo takers, including the new 'Parrot' and 'Voice Diary'. Some of this equipment may be useful to you, some not, but if you are experiencing any problems related to your sight, or you are curious about anything mentioned here, please contact us, or drop in.

Contact **Lesley Styche** on ext 3226, **Lucy Roberts** on ext 3238 and **Samantha Rogers** on ext 3240.

### DAILY LIVING SKILLS

There are wonderful facilities in the Rehabilitation and Training department. We have a three station kitchen, one especially designed for the use of wheelchair users and incorporating both gas and electricity. Of the other two, one uses gas and one electricity. We have three types of microwave ovens, one being the talking variety; a washing machine, tumble drier and dishwasher, an adjustable height ironing board and a variety of small equipment to which you may be introduced.

**Pam Durie**, our Daily Living Skills Instructor is available from 8.45am to 1.45pm, Monday, Tuesday and Wednesday on ext 3272. Outside those hours you can always leave a message with Lynda Stringer.

### CRAFT CENTRE

The Craft Workshop, which is manned by three members of staff, **Lenie Hinton**, **Mary Scourfield** and **Edward Waller**, is a pleasant open social area where people can work and relax in many ways. The area is used by many different groups. We have Trainees, Residents, Holidaymakers, and Day Visitors who live in the area. The Trainees have a strict programme, otherwise use of the Craft Workshop is unrestricted. Even if you do not want to do any work you can drop in for a chat and a cup of tea or coffee.

We have now taken delivery of a wheelchair adaptable workbench so that no one need feel left out.

Some of the crafts practised are glass painting, painting and drawing, rug making, knitting, linoleum cutting, candle making, woodwork kits, wooden

toys, picture framing, woodturning (the Woodturning Workshop is used for training and has to be booked in advance) papier-mâché, canework, willow and rush work, chair seating, weaving, soft toy making, brass rubbing, bead work, pottery and mosaic. We take part in exhibitions and competitions not forgetting the work which is done for the Royal Tournament and the annual fete at Ovingdean.

For more details on the Craft Workshop contact us on ext 3222. Opening hours are from 9.15-12.15 each weekday and 1.30-4.00 Monday-Thursday.

### ART FELT

A Living Paintings Trust exhibition was held in the Green Room during February. St Dunstaners were able to listen to tapes describing tactile pictures, which they could touch at the same time.

### COMPUTER CORNER

**Janis Sharp** is the Instructor in the Information Technology section which is now in the new open-plan Rehab area in the Annexe. There are currently three Pentium multimedia PC systems running on Windows 95 and using mainly Microsoft software - Office or Works - and all have colour Deskjet printers. Between them there is a variety of assistive technology add-ons - including Hal 95 and JAWS screen readers, with either Apollo 2, Orpheus or Dectalk synthesisers; Lunar and Supernova character enhancing programs. There is also Cicero the "talking scanner". One of the PC's has a modem giving Internet, e-mail and fax options; and another has Talking Teletext. In addition there is a fourth PC system, currently using DOS applications but soon to be updated to Windows 95, which has a braille printer (embosser) and braille display unit. The training is (hopefully) enjoyable and relaxed, and all training is designed to meet, as near as possible, the requirements of each individual trainee, with initial discussion analysing particular needs, aims, and ability. As well as one-to-one training, there may also be group lessons where students are encouraged to work together helping each other solve problems, and they also work on their own during practice sessions.

Four times a year group courses for six to ten people are held over two days. The topic of the courses range from basic introduction to computing, to specific topics such as using e-mail to send and receive messages. There will also be a "Computers for the Curious" course at Ovingdean on April 20th-

21st. Any ideas or suggestions for future courses are welcome - if enough people are interested then Janis will endeavour to organise them.

### TAKE A BYTE

Did you know St Dunstan's has a Computer Club? It is held at Ovingdean twice a year - in April and October, organised by Ray Hazan in liaison with Janis. Anyone is welcome to attend - if you are interested then do come along; don't be afraid that it will be too 'techie' or 'over your head'. We're a very friendly bunch, and meeting and discussing with others is a very good way to learn. On the first evening we usually all meet for dinner as well. Again if there is anything particular you are interested in let Ray or Janis know as they might arrange a demonstration or talk. It's your Club so tell us what you want. This month's meeting is on April 14th-15th. For more information contact Ray at HQ on 0171 723 5021.

Finally, if you haven't been to Ovingdean for training and feel you would like to know more, then why not ring Janis on ext 3297 for an informal chat. Go on!

### DOLPHIN DROP IN DAY

There will be a Dolphin Drop in Day at Ovingdean on April 21st - contact Janis Sharp for further details.

For further information about the Rehabilitation & Training department or if you would like to come to see us for a visit, please phone Lynda Stringer, Training Co-ordinator on 01273 307811 ext 3235.

## FAMILY NEWS

### BIRTHS

#### Congratulations on the birth of:

Amber Jane and Natasha Marie on January 8th. These twins are the great-granddaughters of Mrs Mary Windley of Irlam, Greater Manchester, widow of Harry Windley.

### GOLDEN ANNIVERSARY

#### Congratulations to:

William and Margaret Bradshaw of Porthcawl, Mid Glamorgan on January 28th.

### DIAMOND ANNIVERSARY

#### Congratulations to:

Herbert and Gladys Frost of Moston, Greater Manchester on March 11th.

### SPECIAL ANNIVERSARIES

#### Congratulations to:

Joseph and Ellen Bane of Morden, Surrey who celebrated 64 years of marriage on February 5th.

William and Ivy Hain of Weymouth, Dorset who celebrated 63 years of marriage on February 6th.

### DEATHS

#### We regret to announce the death of:

Mrs Yvonne Stanley on January 21st. She was the wife of Cyril Stanley of Wrenthorpe, Wakefield, West Yorkshire.

Mrs Lily Clements on January 29th. She was the wife of Melville Clements of Rottingdean, East Sussex.

Mrs Kathleen Adler on March 1st. She was the wife of Abraham Adler of Brackley, Northamptonshire.

Mrs Lillah Wandless of Altofts, Normanton on January 8th. She was the widow of Horace Wandless.

Mrs Ida Price of Romford, Essex on January 9th. She was the widow of Lawrence Price.

Mrs Betty Robinson of Eastbourne, East Sussex on January 9th. She was the widow of George Robinson.

Mrs Mary Purser of Gants Hill, Essex on January 14th. She was the widow of Arthur Purser.

Mrs Nellie Jones of West Heath, Birmingham, West Midlands on January 20th. She was the widow of Walter Jones.

Mrs Doris Burden of Saltdean, Brighton on January 21st. The widow of William Burden, she had celebrated her 102nd birthday the previous month.

Mrs Edith Hills of Tenterden, Kent on January 22nd. She was the widow of James Hills.

Mrs Ruth Spencer of Weston-super-Mare, Somerset on February 5th. She was the widow of Peter Spencer.

Mrs Minnie Tyson of Lea, Lincolnshire on February 8th. She was the widow of William Tyson.

Mrs Phyllis Marsh of Walsall, West Midlands on February 15th. She was the widow of Ronald Marsh.

Terence Dwyer on November 5th. He was the son of Joseph Dwyer of Liverpool, Merseyside.

**Our sympathy goes to their families and friends.**

## IN MEMORY

**It is with deep regret that we have to record the deaths of the following St Dunstaners and we offer our deepest sympathy to their widows, family and friends.**

### Jack Mawson,

#### Durham Light Infantry

Jack Mawson of Sheffield, South Yorkshire died on December 9th, aged 78. He had been a St Dunstaner since 1991. Leaving the local steel works to enlist in September 1942 he joined the 9th Battalion of the Durham Light Infantry. He was with them in Normandy when he was shot in the chest. After a spell in military hospital he rejoined his battalion at the Belgian border as they crossed into Holland. During the second battle of Nijmegen his rifle section came under heavy fire and he was injured again. This resulted in a brief stay at St Dunstan's before he returned to his old steel works as a storeman until he retired. Our sympathy goes to his widow Annie, daughters Mary and Carol, son Thomas and all of the family.

### Alan Bold,

#### Royal Air Force

Alan Nuttall Bold of St Albans, Hertfordshire died on January 8th, aged 77. He had been a St Dunstaner since 1992. On leaving school he started work in the engineering distribution trade with his uncle's firm. In 1938 he enlisted with the Royal Air Force Volunteer Reserve and was accepted for pilot training. He attained the rank of Sergeant but was involved in an aeroplane crash near Dunstable. The injuries to his eyes and legs led to his discharge in 1939. Mr Bold returned to his uncle's business, eventually taking over the firm. Our sympathy goes to his widow Peggy, daughter Rebecca and all of the family.

### John Proctor,

#### Royal Engineers

John Frederick Proctor of Rottingdean, Sussex died on January 14th, aged 81. He had been a St Dunstaner since 1944. A stonemason, John had been studying to become clerk of works before enlisting in 1939 with the Royal Engineers. Attaining the rank of Warrant Sergeant he was seconded to the fledgling 1st Special Air Service, travelling with them to Palestine and Greece. During this time he was mentioned in Despatches. John was blinded on his 27th birthday while clearing mines in the Aegean

Islands. The explosion also led to the amputation of both hands and damaged his hearing. After training at St Dunstan's he set up business as a travel agent in Rottingdean. He retired in 1974. He was an active member of St Dunstan's Amateur Radio Society, call sign G3JFP and regularly attended the Blind and Handless Reunions. Our sympathy goes to all members of the family.

### Major Edward Quinn, MBE,

#### 9th/12th Royal Lancers

Major Edward Scott Quinn, MBE, of Ripon, North Yorkshire died on January 19th, aged 78. He had been a St Dunstaner since 1972. Enlisting as a boy in 1936 he worked his way up the ranks, spending a period as RSM of the Leicester & Derbyshire Yeomanry. He was commissioned and installed as Quartermaster before they were disbanded. Major Quinn was wounded while serving in Aden during the Fifties. Regimental amalgamations brought him into the 9th/12th Royal Lancers (Prince of Wales's). He was awarded the MBE in 1971, the year before he was discharged. Our sympathy goes to his widow Mary, son Mark, daughter Susan and all of the family.

### Margaret Bingham,

#### Auxiliary Territorial Service

Margaret Bingham (née Stanway) of Ovingdean died on February 13th, aged 74. She had been a St Dunstaner since December 1944. Originally from Macclesfield, Cheshire, Margaret worked as a shop assistant in a grocery store before enlisting in June 1943. She was posted to Antrim, Northern Ireland as part of the Auxiliary Territorial Service and became a despatch rider. In 1944 her motorcycle skidded and she hit a lamp-post, fracturing her skull and damaging her sight. As a result she went to St Dunstan's at Church Stretton. Margaret was an active member of St Dunstan's Ladies' Group and Gardening Club and enjoyed travel, be it within the UK or abroad to France and the Mediterranean. She used to write a diary feature about life at Ovingdean for *St Dunstan's Review* and was our regular correspondent for reports on the Ladies' Reunions and Gardening Week. In September 1975 she became Secretary of the Macclesfield Handicapped Club. Her hobbies included bowls, rifle shooting and archery. In 1977 she spoke on Radio Manchester about how she learnt these pastimes at Ovingdean. Other hobbies included various handicrafts and she won awards for flower arranging and cake-making. In 1994 she put aside her wheelchair for a sponsored walk in aid of refugees

in war-torn Bosnia. Using a zimmer frame Margaret managed 209 steps and raised £510 which was used to purchase medical supplies. Our sympathy goes to her daughter Patricia and all members of the family.

**Desmond Thompson,**

*Royal Air Force*

Desmond Foster Thompson of Exmouth, Devon died on February 13th, aged 75. He had been a St Dunstaner since 1994. He joined the Royal Air Force in 1941 as an Instrument Technician and served in India and the Middle East, at one point as part of the permanent guard on the Khyber Pass. In 1946 he was posted to 107 Maintenance Unit in Kashspirite, Egypt where he was severely wounded in an explosion caused by sabotage. After leaving the RAF he returned to his trade as an Instrument Technician. Due to deterioration of his eyesight he left this job and joined the Civil Service. He was a member of St Dunstan's Amateur Radio Society, call sign G8SBU. Our sympathy goes to his widow Molly, daughter Elizabeth and son Andrew and all other members of the family.

**Roman Donald,**

*Carpathian AA Regiment*

Roman Wladyslaw Donald of Hove, Sussex died on February 17th, aged 78. He had been a St Dunstaner since 1947. A student in Poland before the onset of war Roman Dobrowolski joined the Polish Forces in 1942. Serving as a Second Lieutenant in the Carpathian AA Regiment he was injured in action in Italy on February 22nd 1945. Roman was sent to St Dunstan's and after training worked in industry. He was naturalised in 1950 and adopted the surname Donald. He was an advanced chess player and for many years dominated the St Dunstan's Chess Championships. Our sympathy goes to his widow Irene, son Michael and all members of the family.

**Gordon Smith,**

*Royal Artillery*

Gordon Smith of Ovingdean, Sussex died on February 19th, aged 75. He had been a St Dunstaner since 1943. Having worked as a junior clerk and shop assistant, he enlisted in August 1942 and served as a Gunner with the Royal Artillery. When his sight failed he went to St Dunstan's at Church Stretton. After training to become a physiotherapist, Gordon joined the staff of St Dunstan's in November 1953. For almost 42 years

he worked at both Pearson House and Ovingdean as our own "physio extraordinaire". He regularly attended excursions organised by the Tape Recording Club and maintained an interest in cookery. Our sympathy goes to his son Nigel and all other members of the family.

**Gordon Holland,**

*Royal Air Force*

Gordon Hayward Holland of Newton Abbot, Devon died on March 2nd, aged 78. He had been a St Dunstaner since 1947. Originally a clerk with Great Western Railways he enlisted with the Royal Air Force in 1941. He was captured by the Japanese and was held as a Far East Prisoner of War from 1942 to 1945. During this time he contracted beriberi which blinded him. After training at St Dunstan's, Mr Holland returned to GWR as a train announcer. During this time he set his heart on opening a shop and his perseverance led to the establishment of two newsagent businesses before he retired. Our sympathy goes to his son Jeremy, daughters Julie and Linda and all of the family.

**Kenneth Hedges,**

*Royal Navy*

Kenneth William Hedges of Bexley, Kent died on March 3rd, aged 82. He had been a St Dunstaner since 1949. He worked as a Relief Manager for WH Smith before enlisting in 1940. During his service in the Royal Navy he was captured by German forces and held as a prisoner of war. The privations he suffered during this time caused the loss of his sight after his return to the UK. After training at St Dunstan's he ran a shop in Old Bexley. Later he opened a tobacconist kiosk at the local station. Mr Hedges kept tropical birds and was interested in music. Our sympathy goes to his widow Joan, son Anthony and all other members of the family.

**Gilbert Smith,**

*Royal Electrical and Mechanical Engineers*

Gilbert George Smith of Heathfield, East Sussex died on March 7th, aged 86. He had been a St Dunstaner since 1964. Mr Smith served with the Royal Electrical and Mechanical Engineers from February 1943 as a Craftsman but was injured in a detonator explosion before the year was out. After his discharge he returned to Dennis Bros where he worked as a storeman until his eyesight deteriorated. After training at St Dunstan's he worked in industry. Our sympathy goes to his widow Marjorie, son Philip and all of the family.