

March 2005

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ST DUNSTAN'S Review



1915-2005

90 YEARS OF VICTORY OVER BLINDNESS

FOR BLIND EX-SERVICE MEN AND WOMEN

A cough and a ski

Sniffles slow the pace on the ski slopes.
Zip over to page 20.

Cover story:

Many happy returns to St Dunstan's!

One of the best examples of "victory over blindness" was there at the start! St Dunstaner Tommy Milligan is pictured with Mary Howell, VAD as they led the dance at St Dunstan's Regent's Park in 1915. Tommy, who died in 1984, was the second person to enter Arthur Pearson's Hostel for Blinded Soldiers' and Sailors. He learnt Braille and trained in massage. During World War II he would teach Braille shorthand to St Dunstaners at Church Stretton and used his linguistic skills to teach Braille to blinded German POWs. We delve back into the past to look at the origins of the organisation that became known as St Dunstan's.

All is revealed on page 25.

Cadets put a feather in Steve's cap!

The cadets who set the pace for the St Dunstan's Challenge had a surprise for St Dunstaner Steve Finlay.
Details on page 13

Sheffield unlocked!

St Dunstan's new training centre at Sheffield opens its doors for computer classes. **Meet the team on page 8 then turn to the back page.**

Plus Noticeboard, Balancing the Books, Ten Questions, Pendleton's Pantry and more!



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Tel: 020 7723 5021
Fax: 020 7262 6199

Editor: Ray Hazan
E-mail: ray.hazan@st-dunstans.org.uk
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From the Chairman



St Dunstan's Chairman, Chief Executive and Director of Fundraising discuss the Schools Citizenship Programme with Minister for Veterans Ivor Caplin. Details on page 18.

ON MARCH 31st, members of the Charity Commission will be visiting St Dunstan's as part of their regular inspections of larger charities. They will tour St Dunstan's Ovingdean and look at many aspects of the work of the organisation including governance, policies, plans, finance, staffing and any other matter they deem important. Like most charities, both the Commission and we have an obligation to our donors to ensure our resources are spent wisely and responsibly.

If their last visit is anything to go by, it will lead to better mutual understanding of each other's objectives and an endorsement, in our case, of a developing and expanding organisation with ideas, plans and developments for the future to ensure we are meeting needs and maintaining quality.

Captain Michael Gordon-Lennox, RN

ST DUNSTAN'S Calendar

Writers' Forum	March 5th
Indoor Bowling	March 7th
Bowling (I)	March 7th-21st
Computer Club (I)	Mar 22nd-23rd
Amateur Radio(II)	March 24th-31st
St Dunstan's 90th Anniversary	March 26th
Writers' Forum	April 2nd
Indoor Bowling	April 6th
Ex-POW Reunion	April 8th-11th
Dutch Memorial	April 11th
London Marathon	April 17th
Historical 'Week'	April 17th-22nd
Indoor Bowling	April 18th
Bisley Shoot	April 20th
Masonic Weekend	April 22nd-24th
Army v Navy Rugby	May (tbc)
Celebrity Soccer Sunday	May (tbc)
Gardening 'Week'	May 1st-7th
Sportsboat/RIB Show	May 6th-8th
Writers' Forum	May 7th
VE Day	May 8th
Outdoor Bowling	May 9th
Exercise Ironman	May 11th
Handless Reunion	May 11th-17th
Arts Weekend	May 19th-22nd
Writers' Forum Day	May 21st
Archery(II)	May 27th-June 6th
Ribex	June 3rd-5th
Writers' Forum	June 4th
Widows' 'Week' (I)	June 6th-11th
Outdoor Bowling	June 9th
Outdoor Bowling	June 13th

Noticeboard

Dates for your diary and useful information



WALK ON THE RIGHT

TRADITIONAL RULE ON NEW DOORS: The new automatic doors recently installed in the entrance to St Dunstan's Ovingdean have been set up to follow a long-standing St Dunstan's tradition - always walk on the right! The sensors that open the doors when someone

approaches have been set so that one door becomes an entrance, while the other becomes an exit. If you keep to the right, you can be sure that the door ahead will open. The revolving door remains in use and will rotate with an easy push. St Dunstaners are asked to use the revolving doors where possible, particularly in cold or inclement weather.



The newly refurbished Reception desk can now be adapted to provide an accessible surface for wheelchair users while booking into St Dunstan's Ovingdean. If required, Reception staff will adjust the desk level by the clock.

Further work is being carried out on the seating arrangements at the far end of Reception. Details will be published in the **Review** as work progresses.

WAR PENSION CHANGES

PENSIONS SUPPLEMENT NOW AVAILABLE: Details of the War Pension rates that will come into effect on April 11th (an average increase of 3.1 per cent) can be obtained on request from St Dunstan's War Pensions Coordinator Niki Kokonas or her assistant Tara Hoysted. Either telephone Niki at HQ on 020 7723 5021 or e-mail her at niki.kokonas@st-dunstans.org.uk, stating if you would like to receive the document in print, braille, tape or electronic formats.

TROOPING THE COLOUR

DRAW ON TICKET ALLOCATION: Trooping the Colour will take place in June. It is possible that St Dunstan's will be allocated tickets. Any St Dunstaner or Gubbay Trust Beneficiary wishing to go should send their name and address to Caroline Payne, St Dunstan's, 12-14 Harcourt Street, London W1H 4HD by May 9th. A draw will determine the final allocation of tickets. Those attending will be responsible for their own travel and accommodation expenses.

STAND BY FOR ACTION

DATE CONFIRMED: The date for the 2005 Activities Week is now confirmed as August 22nd-26th. For further details contact Andy Alliston in the gym at St Dunstan's Ovingdean on 01273 391463.

MUSICAL JEKYLL AND HYDE

TRANSFORMED AND DESCRIBED: Bromley's Churchill Theatre will stage an audio described AD performance of *Jekyll and Hyde - the Musical* on May 7th at 2:30pm. The description is a live performance by Irene Richards. For details call the box office on 0870 060 6620.

BART'S BLITZ IN CHESTERFIELD

MUSICAL REVIVAL: A musical portrait of life in the East End of London during the Blitz of the Second World War is being staged at the Pomegranate Theatre in Chesterfield, Derbyshire on March 16th-19th. The opening night on March 16th is a benefit performance for St Dunstan's. The Young Inspiration Theatre Company have assembled an 82 strong cast with ages ranging six to 60 to revive the Sixties musical written by *Oliver* maestro Lionel Bart. Tickets are available by contacting the box office on 01246 345222.

WE'LL MEET AGAIN IN DEVON

MUSICAL REVIVAL: A charity performance of *We'll Meet Again*, Sidmouth Amateur Dramatic Society's celebration of the 60th anniversary of the end of World War II is being dedicated to St Dunstan's. Proceeds from ticket sales for this first performance at 4pm on Sunday June 12th, when medals may be worn, will be donated to the charity. The show will then continue all week at The Manor Pavilion Theatre, Sidmouth (East Devon), until June 18th, nightly at 8pm (with a matinee at 2:30pm on the 18th). Director Pam Harrison promises song and dance, comedy and tragedy, even satire. "It will be a joyous show," she said, "but tinged with the realities of war." For tickets, £6 or £8 (charity show) and information on audio described performances contact the box office on 01395 514413.

DERBYSHIRE BINS ARE A NOTCH ABOVE THE REST

TACTILE GUIDE ON RECYCLING BINS: New wheelie bins issued by Derbyshire District Council for garden waste have Braille markings and two deep notches in the lid. The move allows blind residents to tell the bins apart.

BLIND ART AT RCA

AN ART EXHIBITION YOU CAN TOUCH:

A contemporary art exhibition where visitors can touch and experience with all senses, not just sight will be held at London's Royal College of Art between March 2nd-7th. The exhibits at *Sense & Sensuality* are 60 finalists from the UK's first ever annual competition to create works of art that can be appreciated by blind and sighted people alike.

Organised and funded by the charity BlindArt, the competition was open to all artists, and works displayed include many by partially sighted and blind artists - in fact the judges were unaware if an artist was visually impaired or not. Most items can be touched and all will be for sale, with part of proceeds going to raise money for BlindArt projects.

The exhibition takes place at the Henry Moore Gallery, Royal College of Art, Kensington Gore, London SW7 from March 2nd-7th. Entry is free with full access facilities for blind and partially sighted visitors.

BlindArt is a recently launched UK charitable organisation celebrating art for, and by, the visually impaired and challenging perceptions of artistic vision.

SCOTTISH REUNION FOR ROYAL CORPS OF SIGNALS

FALKIRK IN MAY: The Royal Signals

Association is trying to trace 3,000 veterans in Scotland who served with The Royal Corps of Signals at some point over the past 60 years to invite them to a reunion that will be held in Falkirk in May 2005.

If you are interested in attending you should make contact with Jim Sloan on 01324 626173 to register your name and contact details.

TALENT FUND FOR DISABLED ACTORS

PUT YOUR DAUGHTER ON THE STAGE:

The BBC, Channel 4 and the Actors Centres have launched a new talent training fund for existing and aspiring disabled actors who want to work in television. They hope it will enable many more disabled actors to develop skills and strategies that will improve their chances in the highly competitive world of tv drama casting.

There are 25 funded training placements and applicants need to attend an open audition to perform a short piece that will be provided on the day. There will be a small panel (no more than three people) made up of casting directors and television directors.

Audition forms can be found with further details on www.bbc.co.uk/jobs/talentfund/ and open auditions will be held in Newcastle on March 10th, Manchester on March 15th and finally in London on March 17th.

SOUND OUT THE BOX

AUDIO DESCRIBED TV GUIDE: A useful guide to television programmes that are being broadcast with audio description can be found at www.tvhelp.org.uk/audes/schedule.php. Listings for each channel can be accessed daily or by the week and the website also offers tips on audio described video and DVD.

CALLING ALL CAMPERS

SULTAN 05: Any St Dunstaner wishing to attend the HMS *Sultan* Summer Camp, July 29th to August 6th should contact Dave Burrows by May 1st. Write to him at 18 Portsmouth Road, Lee on the Solent, Hampshire PO13 9AG, or telephone on 02392 550532, or send an e-mail to DAVEBURROWS808@aol.com.

BANKS FAIL BLIND CUSTOMERS ON CHIP AND PIN ADVICE

RNIB SURVEY FINDS BANKS GIVE WRONG ADVICE ON BANK CARD OPTIONS:

A mystery shopping exercise conducted by the Royal National Institute of the Blind found only one in five bank branches was able to provide correct information on the choice of Chip and Signature or Chip and Pin cards. Nearly half of bank call centres also failed to say customers with sight problems could choose to keep using signature-based cards. "Fourteen issuers of Chip and Pin cards, including High Street banks and building societies, are consistently failing to inform blind and partially customers that they can choose to continue using a Chip and Signature card if they can't use Key Pads," says RNIB. Joint-bottom of the mystery shopping exercise were American Express and The Alliance and Leicester. Third bottom was Barclays Bank. The Alliance and Leicester advised that if you have problems seeing "There is no alternative to using a Chip and Pin card". Barclays Bank said: "It's down to the shops and nothing Barclays can do." Abbey commented: "Seek power of attorney on behalf of your blind relative." Royal Bank of Scotland said blind and partially sighted people would "Have to just take cash with them when they go shopping". American Express said: "Blind people should be able to use Key Pads because they can use telephones."

Steve Winyard, RNIB's Head of Policy, said: "These results are shocking. We would have been the first to congratulate card issuers who got it right, but none have. Some card issuers have improved their performance. This shows that it can be done but far too many are still providing inaccurate information. Sighted customers would be horrified if banks failed to offer them accurate information on for example interest rates. Banks and card issuers should be offering a choice of card and advising customers that if they have a sight problem they

can continue to sign using a Chip and Signature card rather than a Chip and Pin card.

"Customers with sight problems must be provided with accurate information and an opportunity to choose the card they think is best for them. Banks who provide the wrong card to blind or partially sighted customers, because they simply failed to offer a choice, will not only create serious problems and inconvenience for customers who can't use Key Pads, they will also create chaos for themselves."

During the mystery shopping exercise, the mystery shoppers were instructed that they should either state that they were calling on behalf of a visually impaired friend/relative or were themselves visually impaired. They explained that they or their friend/relative wouldn't be able to use PINs or Pin pads and to ask what will happen to them.

'Chip & PIN', the project management organisation established by the banking industry (APACS) to implement the rollout of Chip & PIN, state that card issuers will provide an alternative to Chip & PIN for people unable to use PINs or Key Pads. The alternative system is known as Chip and Signature.

On January 1st 2005, the liability for meeting the financial cost of fraudulent use of Chip and PIN cards will shift from the card issuers to retailers. The RNIB say this will create a financial disincentive for Retailers with Chip and PIN equipment to accept signature authorisation by customers who are using Chip and PIN cards rather than the Chip and Signature Cards. Chip and Signature or Pin Suppressed Cards automatically inform Retailers that the customer will be signing and that the Issuer will, in effect, meet the cost of fraudulent use of that card. Customers who do not have Chip & Signature Cards will be expected to use PINs.

Turn to 'How do you do that?' on page 9.

Meet the staff at St Dunstan's Sheffield Training Centre

THE SHEFFIELD CREW



Back: IT instructors, David Hickey, Matthew Green and Gaye Staff with Centre Manager Keith Finkill. **Middle:** Maintenance Dave Rogers, Support Worker Dorota Biedrawa and ROVI Supervisor Julie Shales. **Front:** Centre Administrator Louise Garner and Support Worker Abby Hutchinson.

Although the team at St Dunstan's Sheffield will grow in the next few months, we are pleased to offer an overdue welcome to the following staff who have got things up and running.

Keith Finkill

Centre Manager Keith Finkill has been working towards the opening of St Dunstan's Sheffield since November last year. He previously worked for British Steel and Gap Gemini as a quality manager. He has two grown-up daughters and is a supporter of Sheffield Wednesday.

Louise Garner

Louise Garner joined St Dunstan's on January 10th as the new training centre's Administrator.

She has previously worked for Social Services in Sheffield and in NHS Physiotherapy departments. You will find her on the other side of the terraces to Keith since she is a Sheffield United supporter.

Julie Shales

Julie Shales joined St Dunstan's as Sheffield's ROVI Supervisor on December 2004. She has previously worked for the local authority in Wakefield as a Senior Rehabilitation Officer and has been working with visually impaired people for over 20 years. Counting her three children and a new puppy as her hobbies, she enjoys swimming and reading.

Matthew Green

Matthew Green joined St Dunstan's in January as an IT instructor having worked in IT for Sheffield College. He admits to an interest in cars and motorcycles.

Gaye Staff

Having pioneered St Dunstan's status as a CLAIT examination centre, Gaye Staff has made the switch from Ovingdean to Sheffield where she will continue to teach computer skills.

David Hickey

David Hickey joined St Dunstan's in November as an IT instructor. He has previously taught IT at Sheffield and Hallam Universities. He professes an interest in photography, birdwatching and wildlife.

Dorota Biedrawa and Abby Hutchinson

Dorota Biedrawa and Abby Hutchinson are the Sheffield Centre's Support Workers.

Dave Rogers

Dave Rogers has been dealing with day to day Maintenance at St Dunstan's Sheffield Centre.

More on St Dunstan's Sheffield on page 40.

New ophthalmologist at HQ | History lesson at Ovingdean

Graham Duguid MD, FRCS

St Dunstan's has three new ophthalmological consultants. Graham Duguid trained in ophthalmology at Moorfields Eye Hospital, London where he was Senior Registrar and later Vitreo-retinal Fellow. He was Visiting Scholar in the Walter and Eliza Hall Institute in Melbourne, Australia, and undertook further vitreo-retinal training at l'Hôpital Lariboisière in Paris. His main interest is vitreo-retinal surgery. He is also



Medical Advisor in Ophthalmology to the CAA and DVLA, and is an Examiner in Ophthalmology at the Royal College of Surgeons of Edinburgh. He is a Consultant Ophthalmic Surgeon at the Western Eye Hospital.

WHAT WAS A V-DISK

MUSIC ON THE MOVE DURING WWII: St Dunstaner Ernie Phillips will be talking about the V-Disk, at Ovingdean on April 21st as part of the Historical 'Week' which runs April 17th-22nd. The V-Disk was a portable recording system used by American troops during the Second World War.

So how do you do that?

If you have any tips or questions relating to dealing with everyday problems, write to "So how do you do that?", St Dunstan's Review, 12-14 Harcourt Street, London W1H 4HD.

"I often wonder how other St Dunstaners manage to write their signatures on that tiny strip you get on the back of a credit card?" asks a St Dunstaner. "I could write my name on a wall and get a nice representation of my signature, but on the back of that card I have no idea of scale, let alone where the strip is."

The answer for some St Dunstaners has been to make a template, cut from paper or card that allows them to feel the area in which they need to write. The same principle can be applied to cheques, marking out areas for date, who the cheque is payable to, the amount and finally the signature.

A ready made signature guide can be purchased from the

RNIB for 35p. It is made from durable plastic and has a cut-out rectangular window for you to sign your name within. Ref: DW42 it can be ordered from RNIB Customer Services call 0845 702 3153. However, some banks will also supply a similar device if requested.

Another option is to buy a signature stamp. Many high

street stationery shops will be able to have one made up, though prices may vary. Some of the stamps are self-inking and can be easily carried in a pocket. Similarly, if requested some banks may supply their own signature stamps if requested. They may also insist on providing documentation to indicate that the individual will be using a signature stamp.

Keep it in the family

St Dunstaner Roy Foulsham of Kingswood, Surrey has a passion for genealogy. However, since losing his sight, he has found two obstacles to continuing with his hobby. The first is that the software he is familiar with does not work well with

screen readers, the second is that many archival documents available online are saved in a graphic format. He wonders how other St Dunstaners have got round these problems?

Any suggestions can be sent to Roy via the **Review**.

LETTERS TO THE EDITOR

Letters to The Editor are always welcome. Write to the Editor, St Dunstan's Review, 12-14 Harcourt Street, London W1H 4HD. E-mail ray.hazan@st-dunstans.org.uk.

Sheffield crew are 'natural St Dunstan's'

Our taxi arrived ten minutes early, a good sign! Mick was an excellent driver and gave an extremely smooth ride. We duly arrived at St Dunstan's Sheffield to be enthusiastically greeted by Ovingdean Manager Dick Lake with camera poised for the first arrivals at the new venue. We were warmly welcomed by the staff. One is naturally wary of new faces, but the staff at Sheffield are "Natural St Dunstan's". We felt the warmth of the welcome reaching out to us. It was a wonderful feeling.

For the rest of the week, this warmth continued. Whatever



Dennis with Margaret and Arthur Beard, Security's Ken Thompson, Betty Busby and Mary Ackland feel at home.

happened the staff were there to assist and help us. The food was excellent, "Reet Cordon Bleu" to us "strangers". I have no desire to appear "gushing" but the entire staff were fabulous and it was quite a

wrench when we had to go our separate ways.

**Dennis W. Busby,
Willerby, East Yorkshire**

**More about St Dunstan's
Sheffield on page 40.**

Braille training enriches life in war or peace

I have just finished reading Tolstoy's *War And Peace* in Braille, all 31 volumes, and it has been the most enriching literary adventure of my life. With each successive chapter from the social high life of 19th century St Petersburg, through the epic battle of Boradino, to the idyllic evenings on the country estate of Count Bezukhov, I blessed and continue to bless St Dunstan's for the superb training and rehabilitation I was given at Ovingdean close

on 50 years ago. What profitable and happy days they were at Ovingdean when we trainees all learnt the basic skills of living as blinded servicemen as well as being able to develop our individual interests, in my case music! Thanks to St Dunstan's, I am as much at home on a computer keyboard as any secretary I have ever had and can read Braille, albeit with one hand, fluently. I also have some skill, sufficient to amuse myself, on the classical guitar. Without the

marvellous training I received at Ovingdean – and, of course, the unceasing support of Christine whom I poached from St Dunstan's as a VAD — I would never have made much of a success of a long academic career nor would I continue to lead such a full and rewarding life in retirement.

**Maurice Aldridge,
Huntly, Aberdeenshire**

**News of forthcoming Braille
changes can be found on
news on page 16.**

That Man was student at the University of Life

The first quiz question, in the February **Review**, reminded me that, after he retired, the late Tommy Handley came to live near my home in Liverpool. While there, he was interviewed by a bright young thing, sent by the BBC which was intending to produce a radio documentary about the *ITMA* series.

"I presume, Mr. Handley," said the BYT, "that you went to Liverpool University."

"Oh, yes," Tommy replied, "I went to Liverpool University for 14 years."

"Fourteen years!" exclaimed the BYT, "Why, that's quite remarkable."

"Not at all," replied Tommy, "My father was the caretaker and I used to take him his sandwiches every day."

**John Lappin
Wakefield, West Yorkshire**

I will never forget my day with a Guinea Pig in East Grinstead

As I listened to an item in the November **Review** about the Burns Unit at East Grinstead for Airman and others, I remembered my own contact there while on leave from HMS *Vernon* (R). I was asked to go with one of the Guinea Pigs and his CO into town for the first time. I know how hard it was to act naturally

looking straight at him yet not staring. The Townspeople were very good, the must have got used to seeing them. I never forgot. The pilot I met was shot down in flames and had to be treated again. We took a photo of him as part of the visit therapy.

**Marise Falkingham,
Worthing, West Sussex**

Thanks for a perfect patio

On behalf of my wife and myself, I am writing to you to express our deepest gratitude to St Dunstan's for the transformation of our rear garden. As we have a cellar underneath our house, the garden is on a lower level and we have to climb down a few concrete steps and a large bottom step to get to the garden. Unfortunately, the concrete area was broken, cracked and very uneven. Also after rainfall we had a large puddle which collected because of no drainage at the backyard. Now we have a lovely patio flagged area and when the good weather arrives we can sit out and enjoy our new surrounds.

Tom and Mary Thaxter, Blackpool, Lancashire

Seeking information on Minesweepers

I am hoping that you will be able to help me in my quest to discover details of my father's World War II service history. My father served aboard the Minesweeper BYMS 2028 which he boarded in Seattle, USA in July 1942 and sailed with to Malta where he served until May 4th 1944. He was then transferred back to England and served aboard MFV 717 based at HMS *Marshall Sout* (Chatham) until December 1945. I have managed to find out a little about BYMS in general but nothing that relates to the 2028 or my father in particular. The MFVs also are impossible to discover anything about. It would seem that all the paperwork relating to smaller ships such as minesweepers were destroyed after the war. This means that my only source of research is fellow crew members or family's of such. I would be very grateful for any help or information offered.

**John Beeson,
Cam, Gloucestershire**

Derek Sullivan of the 'Harry Taters' tells that the BYMS or Brooklyn Yard Minesweepers were given to the Royal Navy by the USA under the Lend-Lease programme. The BYMS28 was built by the Ballard Marine Railway Co in Seattle and given the 2028 registry when transferred to British Command.

If anyone has further details on BYMS or MFVs they can contact John via the Review.

It strikes me...

with Gog and Magog

Gog notes that despite 30 years of metrication, the **Review** leans towards using imperial measurements for weight, volume and distance. This is because, in the words of one St Dunstaner, "most of us know what an inch is, we wouldn't know a centimetre if it bit us." Those brought up on metric systems are catered for in brackets, though it strikes me that there is a generation lost to both forms of measurements as the education system juggled with the change over.

Which is Magog's cue to move in from a tangent and pick up on a comment added to last issue that Welfare Officer Pam Wait's travels were equal to travelling 20 times round the earth. Since that calculation was based on the diameter rather than the circumference, it would be more like 20 times through the earth! Even allowing for the way her car zoom, zoom, zooms about, that seems unlikely (it should have read six times around the world). Of course, getting stuck in a traffic jam on the M25, particularly on a hot day, can feel like trying to force your way through the thick magma that exists between the top mantle and the iron-nickel-uranium core at the centre of the earth.

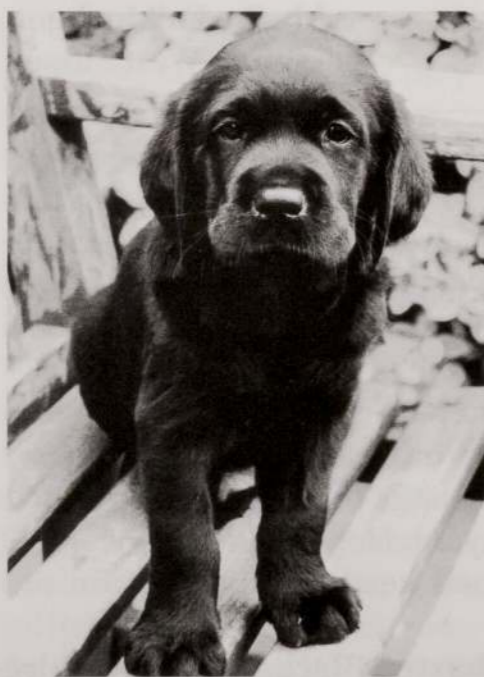
Gog welcomes Archie the Guide Dog to St Dunstan's family, but wonders if we could also see the adoption of a St Dunstan's tiger, elephant or axylotyl.

Admiral honours Navy St Dunstaner



ADMIRAL CHRISTIAN BRAC de la Perriere who heads the Normandie Mémoire 60th Anniversary Association presented Royal Navy St Dunstaner Les Gawan of Bognor Regis, West Sussex with a Normandy Badge at Chichester County Hall in October. Les, who lives in the county twinned with Upper Normandy had made a pilgrimage to Aramanches to commemorate the liberation of France.

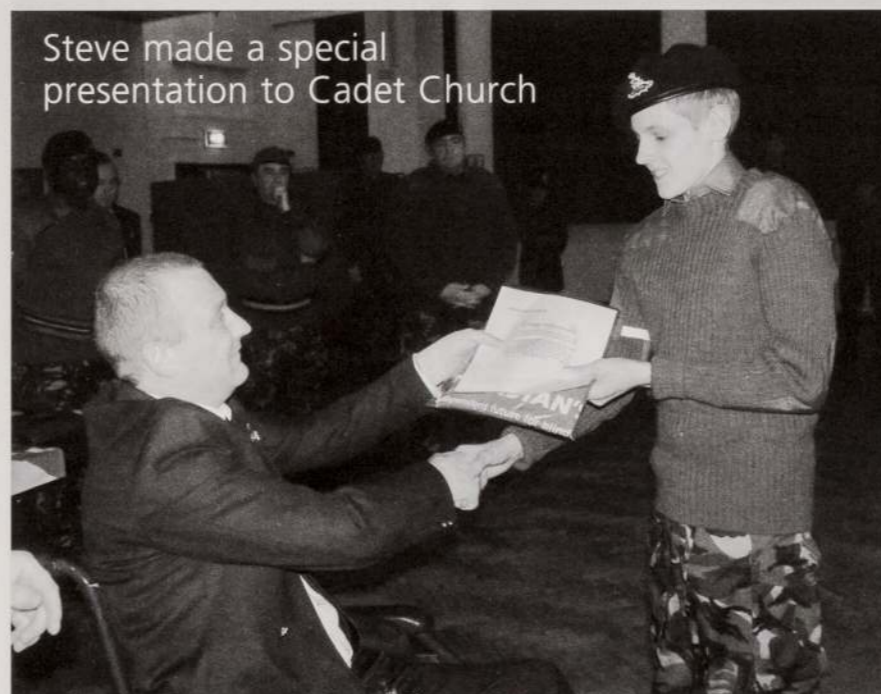
Everybody say aaahh!



PUPPY LABRADOR retriever Archie is currently in training to become a guide dog. His sponsorship was 'dedicated' to St Dunstan's by a donor who wanted to help finance the training of a dog on the behalf of the blind ex-Service men and women.

With the Guide Dogs for the Blind Association, he will undertake basic and advanced training and, if successful, will "qualify" and be matched with a prospective owner.

Cadets live up to the challenge!



Steve made a special presentation to Cadet Church

A GROUP OF cadets who raised over £2,000 had a surprise for one of the St Dunstaners who had joined them on a 12 mile sponsored walk in South London last year. During the walk on October 30th, Royal Fusilier Steve Finlay of Cherry Hinton, Cambridge mentioned that he had lost his regimental beret and would miss wearing it on Remembrance Sunday.

On January 10th, Steve returned to Woolwich to congratulate the cadets and present them with sew-on badges declaring that they had completed the St Dunstan's Challenge for 2004. After formal ceremony, the cadets from 97 Royal Artillery, 94 Royal Regiment of Fusiliers, 91 REME, and 92 Westminster Dragoons presented a delighted Steve Finlay with a regimental beret, complete with the red and white plumage that distinguishes the Fusiliers from their peers.

The cadets raised an impressive £2,096 to support the work of St Dunstan's. The first St Dunstan's Challenge was deemed to have been won by 97RA and a trophy, crafted by Steve at Ovingdean was accepted for the unit by Cadet Sgt John Langdon of Plumstead, SE18. Special mention was reserved for Cadet John Church of Thamesmead SE28 who raised more than any other walker and cadets Warner and Cricket who escorted St Dunstaners during the challenge.

Ten questions on...

The subject of Television

Goggle-boxing Quizmaster Harry Beavers tunes into the great glass teat!

- 1) Which double Olympic champion was named BBC Sports Personality of the Year in December 2004?
- 2) In the opening sequences of the series *Porridge*, which actor provides the voice of the judge sentencing Norman Stanley Fletcher to five years imprisonment?
- 3) The British TV soap *El Dorado* was set in which country?
- 4) Idris the little Welsh dragon fires the boiler of which locomotive?
- 5) "*The Crow who tries to walk like a Peacock*" was the planned Hindi title in the Indian version of which comedy series?
- 6) What is the name of the magazine circulated to all competitors of the TV Mastermind Club?
- 7) Jimmy Savile presented which 1970's series helping to make children's dreams come true?
- 8) What was the name of the spiv played by James Beck in *Dad's Army*?
- 9) Which Oscar winning singing star was the original first choice to play the television detective Colombo?
- 10) Which TV cook, a regular on the programme *Ready Steady Cook* was the godson of actor Richard Burton?

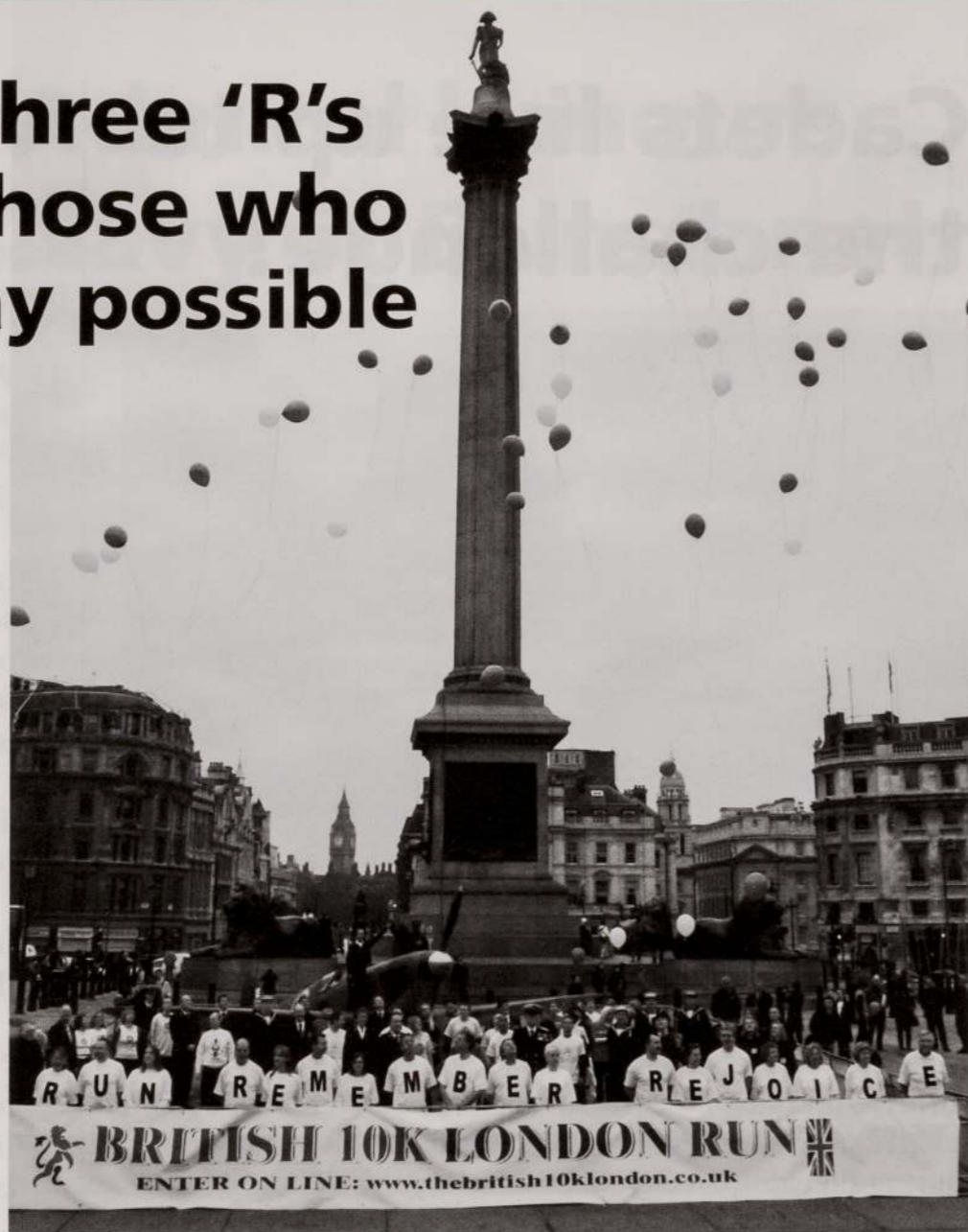
Answers can be found on page 32.

The other three 'R's celebrate those who made VE Day possible

RUN, REMEMBER AND REJOICE was the call from the organisers of the British 10k London Run on February 4th. St Dunstaner Fred Bentley of Saltdean, Brighton united with other World War II veterans, serving men from the Navy, Army and Air Force, athletes and representatives of Service charities to mark the end of war in Europe and launch the fifth 10k London Run. The road race will take place on July 3rd, starting a week of celebrations for the 60th Anniversary of Victory in Europe.

Olympic athlete, Christian Malcolm carried one of the 1948 Olympic torches into Trafalgar Square, to stand on a flying replica Spitfire with pilot Carolyn Grace beneath Nelson's Column. Fred was joined by Bond film stunt woman Sarah Donohue who will be running for St Dunstan's in July. As Big Ben struck eleven, 60 red, white and blue balloons were released into the London sky.

St Dunstan's has a number of places in the London Run which starts at Admiralty Arch and finishes at the Cenotaph. Anyone interested in participating should contact Clare Furnival at St Dunstan's Headquarters on 020 7723 5021.



As Big Ben struck 11am, 60 balloons were released into the air.



Saskia Elias, Nicki Hall, St Dunstaner Fred Bentley, Margaret Eden, stuntwoman Sarah Donohue join Carolyn Grace and Christian Malcolm by the Spitfire in Trafalgar Square.

The last founder member of RAF becomes a St Dunstaner

THE LAST SURVIVING founder member of the Royal Air Force became a St Dunstaner on January 31st 2005. Henry Allingham of Eastbourne, East Sussex joined the fledgling service from the Royal Naval Air Service, part of the British Air Services that pioneered military aviation during the First World War.

He was born in 1896, three years before the Wright Brothers began their experiments with gliders and seven years before they took off in the first powered aircraft. Now aged 108, Henry was born in Clapham, London. He started work as a trainee surgical instrument maker at St Barts Hospital but found the work uninteresting and left to join a coachbuilders.

He enlisted in the Royal Naval Air Service (RNAS) and was formally rated as an Air Mechanic Second Class on September 21st 1915. Posted to the RNAS Air Station at Great Yarmouth, he was involved in maintaining a wide range of aircraft and took the opportunity to fly.

Henry was also involved in supporting anti-submarine patrols from a variety of seaplane carriers. He preferred the Brocklesbury, an old paddle steamer, as the accommodation was much better than the trawlers, where



Henry and two other First World War veterans led the march on Remembrance Sunday 2003.

he was billeted in the fish-hold. Each patrol lasted two to three days and involved hoisting the seaplane onto and off the water with a deck-mounted derrick. In May 1916, he was ordered at short notice to join the armed trawler HMT *Kingfisher*, carrying a Sopwith Schneider seaplane. The *Kingfisher* was at sea during the Battle of Jutland, shadowing the British Battle Fleet. They subsequently followed the High Seas Fleet taking care to avoid the mines laid by retreating battleships. The crew were not aware that they had taken part in a major sea battle until they returned to Great Yarmouth.

In September 1917 Henry, by now an Air Mechanic First Class, was posted to the Western Front to join No 12 Squadron (RNAS) – formed in June 1917 and equipped with a mixture of Sopwith Pups,

Triplanes and Camels supporting the Ypres offensive.

Henry transferred to the new Royal Air Force on April 1st 1918, being ranked as a Rigger Aero, Aircraft Mechanic Second Class. Henry returned to the UK in February 1919 and was discharged to the RAF Reserve on April 16th 1919. In civilian life, he joined Fords where he worked until retirement.

He has two daughters, five grandchildren and 12 great-grandchildren.

During the Second World War, Henry worked on an effort to provide an effective counter-measure to the new German magnetic mines. He was called away from his Christmas lunch in 1939 to assist in devising an effective system to neutralise the mines and open the port of Harwich that had been closed.

Amendments to the English Braille Code

St Dunstaner **Stephen Pendleton** reviews some of the changes to Braille that will become mandatory by August

THERE HAVE BEEN a number of upgrades and amendments to the English Braille Code. All of these changes will become mandatory from the end of August 2005. I have listed below the main changes to the Code, but if you would like more information regarding these, you can obtain it from the new edition of *British Braille*, which was published in November 2004. Alternatively you can go online to the Braille Authority of the United Kingdoms website – www.bauk.org.uk.

THE OBLIQUE STROKE

This sign, which is currently dots 3,4 will from August be replaced by a two cell sign dots 4,5,6. then dots 3,4. This second cell appears straight after the 4,5,6. without a space. The reason for this change is because the current oblique stroke dots 3,4 can be easily confused with the ST sign, which is also dots 3,4. Currently you cannot start or end a line of Braille with the oblique stroke, but with this new sign, dots 4,5,6. 3,4. you will now be able to start and finish a new line of Braille with this sign.

TERMINATION OF ITALICS

There is a new rule regarding the termination of italics. This rule applies only if there are more than three words in italics. Currently, if you end a

string of more than three words, you would put the dots 4,6 preceding the last word of the italics string. Now, when you end a string of italics, you place the italics sign, dots 4,6 and then straight after that, put in a dot 3. So in short, when you end a string of italics, position the italics sign, after the last word in the string. This in turn is followed by a dot 3. This new rule is to bring Braille more into line with computer key strokes. Just to clarify this point, when you turn off italics on your computer, you do it at the end of the last word in italics, and this is how you would do it in Braille - you would terminate the italics after the last word. Obviously, if there is any punctuation mark connected to the last word in italics, then the italics sign comes after the punctuation.

APOSTROPHE THEORY

Regarding the apostrophe, it is now no longer necessary to insert an apostrophe dot 3 in Braille in the case of 1930s where the apostrophe is absent in print. Also an apostrophe is not needed in the cases of Ps or Qs where capitals are shown. This change was made so that Braille could follow modern print practises more closely.

NEW MONETARY PREFIXES

There is now a dot 4 prefix, which precedes a new group of monetary signs. These signs are for the Euro, Cent and Yen. For the Euro, dot 4E, the Yen is dot 4Y and the Cent is dot 4C.

MONEY HONEY

The contraction One, Dot 5 O. can now be used in the endings Money and Honey. Previously these words were an exception to the rule, but they can now be used.

NESS CONTRACTION

Previously the final contraction “ness”, dots 5,6 S could not be used in feminine

words, for example, lioness or governess. This rule has been changed and you can now use the final contraction ness in the feminine.

CONTRACTION HERE IN ATMOSPHERE

Dot 5H “here”. The dot 5H which represents the word “here” previously could not be used in the words “atmosphere” or “stratosphere”. This rule has now been changed, and you now can use the contraction for here in these words.

24 HOUR CLOCK

Previously when writing times in 24 hour clock, you would

separate the hours from the minutes by the use of the number sign dots 3,4,5,6. Now, you do not need the second number sign. For example number sign 22 then decimal point dot 2 then the 50, no number sign preceding the 50. All you have done is substituted the number sign for a decimal point. This change is once again to follow more closely modern print practices.

ADDRESSING E-MAIL

There is now a new sign to help you identify computer codes. This sign is the contraction for ING dots 3,4,6 with a dot 6 prefix. The reason I have mentioned this sign is

because you may come across it when reading e-mail addresses. This sign will be positioned at the start of an e-mail address and also at the close of the address.

The above is a list of the main changes to the English Braille code, with regards to Braille readers. There is a lot more information appertaining to these changes on the Braille Authority’s website. If however you do not have access to the internet, and you would like further information, please do not hesitate to phone me, Stephen Pendleton, on 01634 251429 and I will be happy to help.

Sea defences nearly restored

THE RECONSTRUCTION OF sea defences between Ovingdean and Brighton Marina is expected to be completed by the end of March. The £10 million scheme coordinated by Brighton & Hove City Council and civil engineers Volker Stevin has involved the reconstruction of over a mile of sea and splash walls originally built in the 1930s.

Major work has been undertaken on the old sea wall which was extensively dilapidated. The original Undercliff Walk was built as a job creation scheme during the recession. Designed by the borough engineer David Edwards, it cost £360,000 and was opened in 1933 by the then

Minister of Health Sir Hilton Young. The wall was made out of 150,000 flint faced concrete blocks, the space between the wall and the cliff was filled with chalk and the walk itself was laid over the top.

Other sections of the walk were renovated during the 1990s. During the current project, granite boulders from Norway weighing up to 10 tonnes were brought in by sea to shore up the defences

The start of the current work coincided with Southern Water announcing proposals for a new sewage treatment plant. When the contractors set up their compound opposite St Dunstan’s it sparked fears that a sewage works was being built on the

South Downs. The two schemes are unrelated and Southern Water have yet to make any planning application for their project further along the coast.

Brighton and Hove Council thanked St Dunstan’s, Ovingdean Residents and Preservation Society, Brighton Marina Company, Rottingdean Parish Council, Rottingdean Preservation Society, Roedean School, Saltdean Residents Association, Southern Water and English Nature for their assistance during the project.

A new cafe, toilets and chalets at Ovingdean have been built and are expected to open in due course. News of the St Dunstan’s chalet will be published in a future issue of the **Review**.

MINISTER FOR VETERANS HAS PRAISE FOR SCHOOL PROJECT

THE MINISTER FOR Veterans has pledged support from the Veterans Challenge Fund worth £40,000 to help St Dunstan's make a unique educational resource available nationwide. Ivor Caplin, MP feted a Schools Citizenship Programme developed by the charity to encourage active citizenship, build inter-generational empathy and enable St Dunstaners to actively contribute to education in the community.



Newlands School pupils, Harry Klus, Amy Chapman, Jessica Geraghty, Josie Thomas and Alice Lally, teacher Tim Hurst, Director of Fundraising Nick Ward, Minister for Veterans Ivor Caplin, Deputy Head John Newman, Chief Executive Robert Leader and Chairman Michael Gordon-Lennox.

Many charities have been involved in classroom talks and teacher's packs, but it is believed that this is the first time that a charity has provided such a direct and personal input into curricular studies. A pilot programme was launched at the Imperial War Museum on Armistice Day in 2002. Since then over 130 schools have participated in the scheme.

Conscious of its "social responsibility" in educating

young Britain as to the consequences of conflict and disability, St Dunstan's has invested almost £100,000 in researching and developing the interactive teaching module and managing the project. "We felt it was time

that we brought the history of St Dunstan's to a new generation," said Robert Leader, Chief Executive of St Dunstan's. "Working in partnership with schools allows us to bring pupils and St Dunstaners face to face for the first time as part of the National Curriculum.

"The project allows pupils to see for themselves how blind ex-Service men and women are able to live confident, independent and accomplished lives."

With the scheme currently reaching 48 schools per term, the objective is to increase that to 384 per term at a cost of £1.5 million until 2010. The pilot scheme has involved around 1,200 pupils. Currently there

are two presentations available to schools. *A World Without Vision*, aimed at 7-11 year olds, uses role-play and conversation to challenge pupils' perceptions about visual impairment. *Conflict in the 20th Century*, aimed at 11-14 year olds, tells the story of St Dunstaner David Melling and his experience as a soldier during World War I.

An early advocate of the scheme, David Salmon, Deputy Head of Ratton School in Eastborne, East Sussex said "As teachers, we are always looking for new ways to bring lessons to life for students and to present them with a context upon which to base their understanding. St Dunstan's is providing an invaluable resource – the oral history of men and women who have been through life changing experiences."

With the future development of the scheme in mind, Minister for Veterans Ivor Caplin hosted a presentation on January 20th



St Dunstaner Terry Walker with Alan Mount of Mid-Kent's Education and Business Partnerships.



St Dunstaner David Stuttard at the presentation. at Portcullis House, the recently opened annex to the House of Commons in London. It brought together MPs, educationalists, representatives of the Ministry of Defence, pupils and some of the St Dunstaners who have been leading the scheme.

With St Dunstan's seeking funding opportunities to extend the remit of the programme and cope with increasing demands from schools, the charity was delighted by Caplin's announcement of support from the Veterans Challenge Fund. The presentation concluded with a short play written and performed by pupils from Newlands School, Seaford, East Sussex. Amy Chapman, Jessica Geraghty, Josie Thomas and Alice Lally took centre stage for a saga in which a young girl learns how to relate to a blind person.

CHILD'S EYE VIEW

The project has prompted much curiosity from the children who have attended the presentations at their schools. Some ten-year-olds have been moved to ask St Dunstaners if they can see in their dreams. Others ask if hearing improves or how is it possible to participate in sport. One seven-year-old was

most concerned about the visiting St Dunstaner's ability to cross the road safely.

Others have expressed concern about the cost of adaptive technology. "I can't believe the food scanner cost a thousand pounds," exclaimed one young girl after a talk by St Dunstaner Billy Baxter.

Technology, such as talking calculators, has made an impression, but others have been struck by the simplicity of tactile aids using braille.

Also, the human dimension provided by the visiting St Dunstaner has lent a score of reality to the video and performance that makes up each module. "I think it was great to have Ray there as it states these things happen," said one pupil. "The presentation was great."

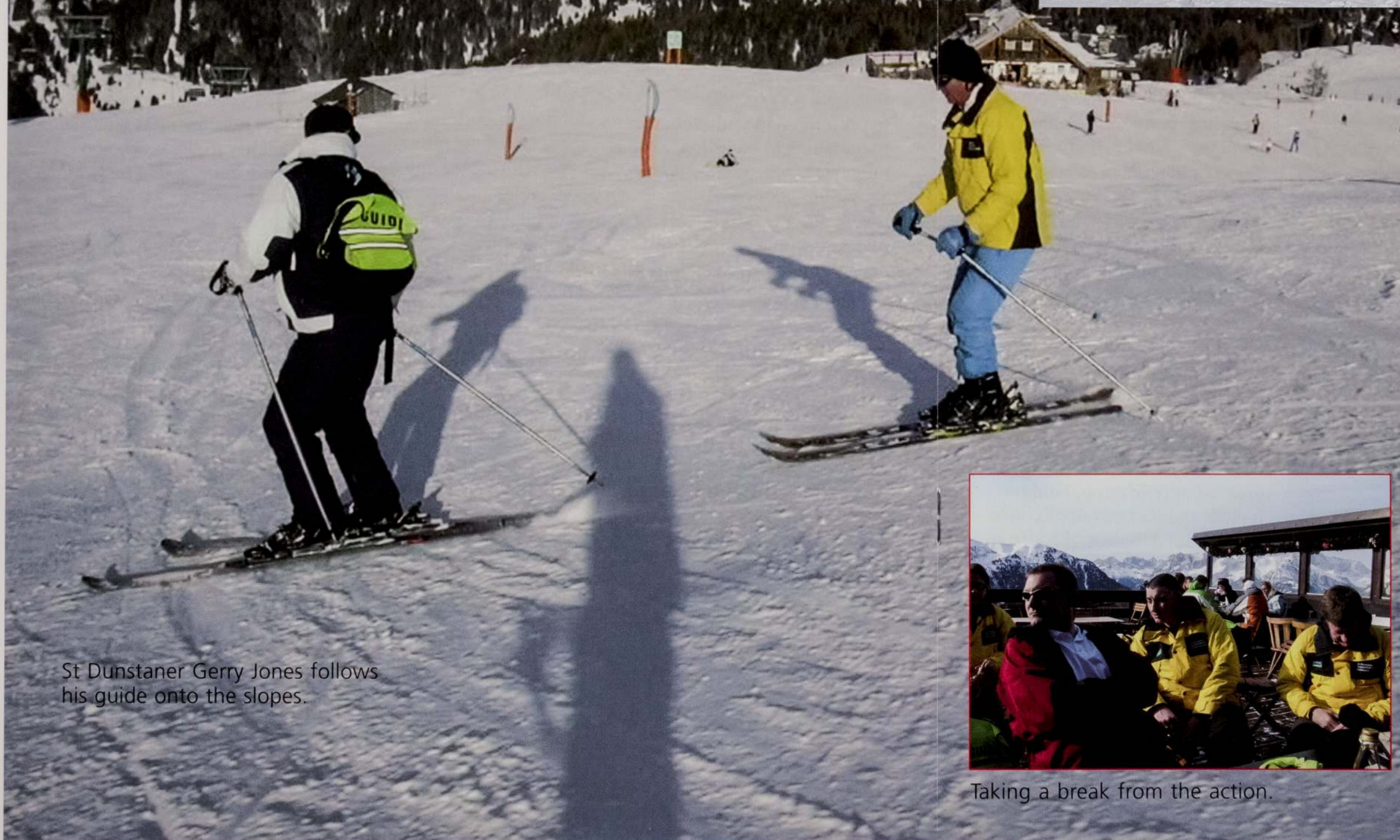
"It helped me get a clearer picture of the life of someone during the war," said another. "I really enjoyed listening to Ray's stories and experiences."



Former Government Whip Jim Dowd, MP discusses the project with St Dunstan's Rebecca Shadwell.

Cold finger

Back on the slopes, Ray 'Blotfeld' Hazan and his fellow St Dunstaners have coughs and sneezes on their skises



St Dunstaner Gerry Jones follows his guide onto the slopes.



St Dunstaners and guides team up for their annual meeting in the Val di Fassa.

THERE WAS A cough and a grunt as if from a silenced pistol; a spurt of white smoke rose from beneath his feet as he fell; a scene from a James Bond film? No, a St Dunstaner skier with flu falling in the snow! Read on and all will be made clear.

On January 15th, one of the largest ski parties left the UK for Italy. 13 St Dunstaners, 13 guides and five family members, hailing from Glasgow to Cornwall, from Leyland to London, flew into Marco Polo Airport just outside Venice. There was 'nary a hitch' in all the arrangements, organised entirely by Gerry Jones as our usual hotel was no longer dealing through a tour operator. Some wonderful half Italian, half English e-mails ensured a coach was there to meet us as well as a room and food when we reach Canazei in the Italian Dolomites after a three hour drive through sunny Italian mountain scenery.

This was our fourth visit to the resort and there were happy and effusive greetings from hotel staff and Anna Lisa at the ski hire shop. By dinner time, all were kitted out, and once more, we enjoyed the generosity of the ski lift operators with free lift passes for the St Dunstaners and half price for the guides. This saves an enormous amount of money and we are indebted to them.



Taking a break from the action.



Steady now!

The usual modest four course meal hardly touched the sides that evening and the serious business of getting to know the guides was embarked on over a glass or two, or three, or

But, promptly at nine the next morning, the 'yellow perils' left the hotel in pairs. Roly, a local St Agnes businessman and friend of St Dunstan's, together with fellow businessmen Alan and Dick, had very generously donated ski jackets to the whole group. These were a highly visible yellow with the St Dunstan's name on the front and the 'blind warning' notice on the back. We are extremely grateful to all three for this very generous gesture and although not all were able to don the jackets due to sizes not being quite right, nevertheless, to see couples with dress coordination, looked very smart and 'très chic' or whatever the Italian equivalent is!

Like two by two from the ark,

St Dunstaner and guide set out on the first day for the easier slopes of Cambach. We welcomed three newcomers; St Dunstaners Moira Meekins and Maria Pikulski and one new guide, Dusty Miller, a member of the PT Corps. A swapping around of guides, in some cases, meant the first day was spent familiarising each other with words of command, styles of skiing and drinking habits! Where a skier has a degree of guiding vision, he or she will follow the guide. A totally blind skier will be lead entirely by voice – "left turn – now", "point downhill more", etc. Where there may be hearing problems, a small radio links guide and skier and saves a lot of shouting and a sore throat!

The day was a pre-cursor to five days of successful, enjoyable and pleasant skiing. Most days, the sun shone giving a feeling of warmth, relieving the 20 degree drop in temperature as the chair-lift

entered the shade or was exposed to a chilly wind. During the night half way through the week, there was a small fall of snow, which made it feel like skiing on cotton wool the next morning. On our last day, the heavens opened and a few brave skiers set out but were defeated by the white-out conditions. In between, the snow was sufficient, the slopes many and varied and the glüwein as warming as ever!

It seemed as if the 'après-ski' antics were a little muted this year or my listening to the grapevine was muffled? No freezing rivers were forded or stranger's corridors slept in. This could have been due to a flu bug and its accompanying chesty cough, which did the rounds of the party.

Young Staveley was ever present. This is an award for the biggest 'Wally' of the day. One nominee made the classic 'faux pas' of mistaking the door to the corridor for the one into the bathroom. Easily done but combine this with being dressed only in a top, being female and locked out of your room around three in the morning and you have a situation familiar to many St Dunstaners. One contender, a member that day of the Staveley committee, who decide the winner, failed to turn up for this duty and was nearly awarded the hat and accompanying 'down in one' grappa – a vile tasting fermentation dreamt up by the Italians!

On the Wednesday evening the Hotel El Ciasel excelled in their culinary cuisine, offering us a nine course gala evening to the accompaniment of Cam's bagpipes and our two regular accordionists (local ski guides). But flu, a late start and the fact that we are hardly used to a regular diet of nine courses, meant many failed to complete the meal and one can only leave to the imagination, the picture of a frustrated Italian chef wringing his hands as his carefully prepared meal disintegrated! However, all the staff made us so very welcome, are constantly helpful and serve up meals fit for royalty! They may, after four such visits, be getting used to our antics and probably appreciate the increased bar profits, if the gift of a bottle of wine to St Dunstaners at the end of the week was anything to go by!

Once again, the rapport between guides and St Dunstaners was a tribute to everyone. Despite many feeling under the weather – and that was not necessarily self inflicted – I heard not a single grumble or word spoken in anger. Each morning, well mostly, Gerry Jones and Martin Blank would be amongst the first to leave for the cable car, followed closely by Ray Hazan and Eddie Edwards, Charlie Daly and Peter Zamudio, Colin Williamson and Nathan Jones, Billy Baxter and Bill McDougal, Marjorie Scott and Rick Jones, Gary Lomas and Dusty Miller, Kevin Alderton and Neil Graham, Steve Sparkes and Vicky Caress,

Carl Williams and Mick Shepley, Mark Brewin and Simon Wright, Moira Meekins and Ewen Cameron and Marie Pikulski and Vince Stone. Our sincere gratitude goes to all the guides, several of whom gave up holiday time and more to be with us. We also extend our gratitude to Brian and Babs Druce who continue to support the trip each year.

Nathan Jones describes the week from the guide's point of view: Once again another weeks St Dunstan's skiing comes sadly to an end. This is my third year on the trot for this particular stint of guiding. My first insight into this rewarding week was over twenty years ago as a family member accompanying "G" (Gerry Jones). A few years later, I made my first step into the unknown as a guide.

That year I managed to guide "G" off a ten-foot drop, maybe that's why it took nearly 20



years to get another invite!

I am happy to say that not much has changed over the years apart from that numbers seem to be on the increase, which is a good sign and a testament to the perseverance of the originals not to let the St Dunstan's ski trip fold. This year we almost took on an air of professionalism with the addition of matching ski jackets. We will definitely need to improve our skiing to match. As usual the same overwhelming enthusiasm is being shown by the St Dunstaners which always serves to provide great pleasure and to humble the guides as individuals every year. I think I can speak for all of those who participated when I say thank you for a very fulfilling week. As always it was a pleasure to be in such fantastic company! Long may it continue. No doubt we are all looking forward to next year already, see you or not as the case may be on the slopes! PS No flu please.

Dusty Miller writes:

Firstly I would like to thank Gerry and all the St Dunstan's team for allowing me to join you all on one of the most enlightening and enjoyable trips I have had in a while. The whole week was thoroughly enjoyable and having spent some time thinking about the trip I can't recall a single bad moment. Working with the guys here at Headley Court is great for seeing improvements in peoples ability and mental state, but spending a week guiding someone with visual impairment down a mountain on two planks safely has definitely topped the bill for me. I would also like to mention how much effort Gary Lomas put into his skiing. Despite a very tentative few hours on both our parts initially, I think he managed to enjoy himself and relax a bit more, which made for a week of great skiing.

I think the whole week was both organised and run extremely well, with very few hiccups. I cannot remember hearing anyone (both guides and St Dunstaners) moan about a single thing all week, which must speak volumes for all the work done behind the scenes.

St Dunstaner Colin Williamson adds:

Who would have thought a year had passed as we all met up at Gatwick for the annual pilgrimage to the slopes. A warm welcome awaited everyone as old friendships were rekindled and new acquaintances were made.

There were a few new faces among the crowd but in true St Dunstan's spirit these were soon absorbed into the happy band who despite the unearthly hour were so looking forward to the week ahead and definitely "up for it"!

The journey passed uneventfully and it was a tired but cheery group who arrived in the lovely village of Canazei in the afternoon sunshine.

After sorting out the rooms, unpacking and a quick shower (some were fortunate enough to have a bath and a shower in their room!) Everyone met up in the bar and gradually drifted down to the ski shop to get measured up for skis and boots.

Back at the hotel and fortified by a hearty meal (the meals for the entire week were superb) we retired to the bar to relax, as tomorrow was going to be a big day, finding those ski legs, (I unfortunately forgot to pack mine) and stretching those muscles that had been left hibernating for most of the year. What followed was a tremendous week of skiing and camaraderie. There were

plenty of laughs, (at your own and someone else's expense) and some great company.

The hotel once again pulled out all the stops and are to be congratulated for their efforts. The guides were magnificent and everyone came through the week unscathed and a better skier for sure. I am already looking forward to seeing everyone once again next year and renewing that special bond which exists amongst the St Dunstan's ski club. Thanks to Gerry, to Ray and all those who made it such a great week.

Thus another week of fresh air, sensations, snow, experiences, understanding, care, daring and, above all, those most treasured of feelings, comradeship and trust came to an end for the year. But like the supreme organiser he is, Gerry has already booked a return trip to Canazei for 2006 from January 14th to 21st. Those applying to accompany the party for the first time must provide a doctor's certificate confirming fitness to ski. The trip will cost around £500 and applications should be made either to Gerry Jones on 01872 552520 or to Ray Hazan on 020 7723 5021.



As the flame of war burned through Europe, sightless soldiers and sailors were taught that there could be victory over blindness

In the beginning ...

WHEN OLD GRUDGES, rivalries and deeply heartfelt feelings of injustice culminated in the assassination of Archduke Franz Ferdinand on June 28th 1914, the nations of Europe parried and feinted in a strange diplomatic dance that inevitably led to war. By August 14th that year, Great Britain had declared war on Germany and armies were soon clashing with unprecedented fury and a newly industrialised capacity for carnage.

Casualties on both sides were progressively high as a whole generation went to the slaughter. The use of poison, burning gasses became a new addition to the battlefield as did tanks and automatic gunfire. Private Abraham Patston of the 2nd Battalion Kings Own Scottish Borderers

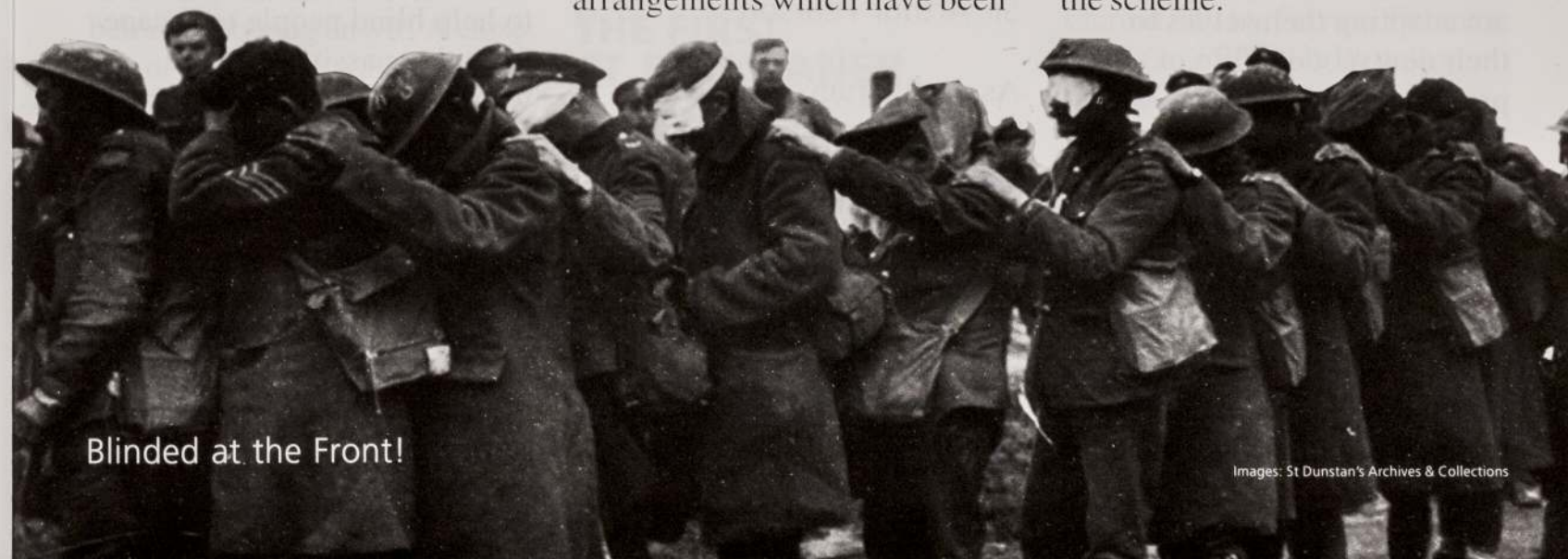
This month, St Dunstan's celebrates 90 years of encouraging blinded Service men and women to lead independent lives, but the charity didn't just spring into being. The Review recalls the people who started the "Hostel for Blinded Soldiers' and Sailors' "

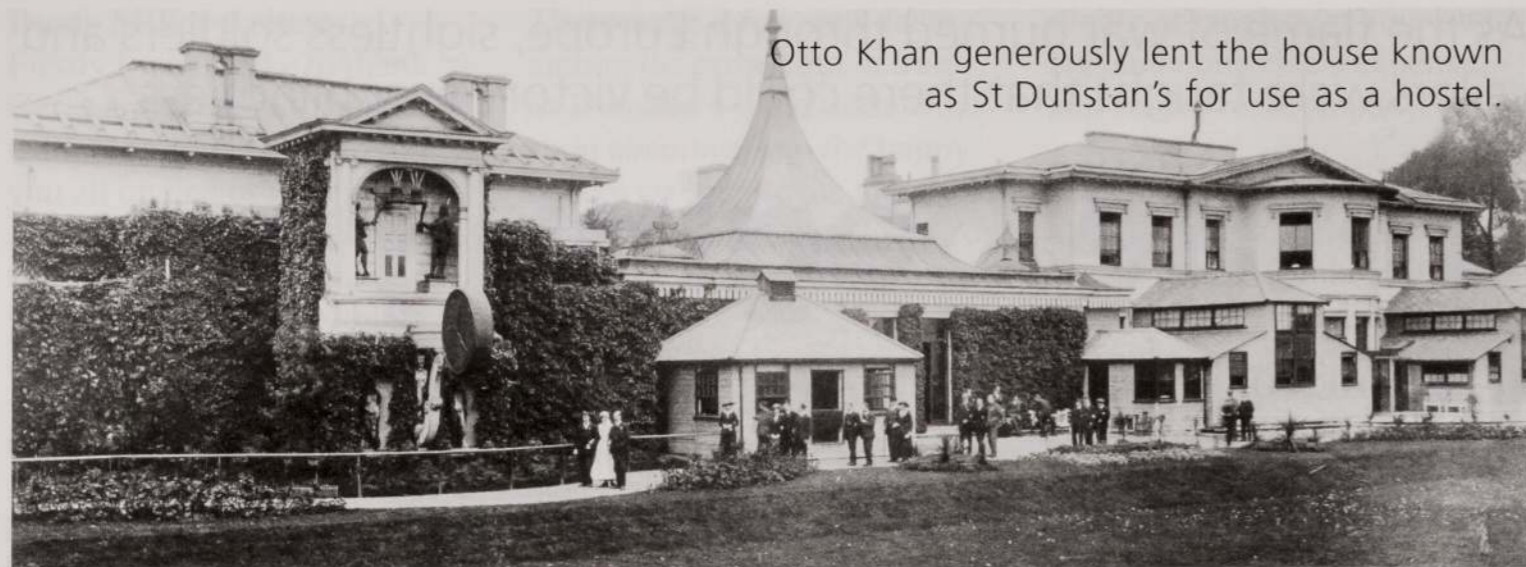
was blinded on August 23rd 1914 – possibly the first British serviceman to receive such a wound, he would not be the last.

Back in Britain, removed from the bloodletting, on February 16th 1915 *The Times* carried what seems a rather demure item titled 'The Blind Soldier and Sailor'. It was probably one of the first public acknowledgements of the consequences of war and more particularly of an initiative, now known as St Dunstan's.

"The King and Queen are showing great interest in arrangements which have been

completed to provide for the welfare of officers and men of both Services who lose their sight in the war," it said. "The scheme is in the hands of the Blinded Soldiers' and Sailors' Care Committee, of which Mr C. Arthur Pearson is chairman, and which includes the Hon. Arthur Stanley, Miss E.W. Austin, Dr A.W.G. Ranger, Mr P. Tindal Robertson, and Mr Henry Stainsby. His Majesty has sent cordial messages of approval and encouragement; the Queen has written a letter of sympathy and good cheer; and the Prince of Wales has also expressed an interest in the scheme.





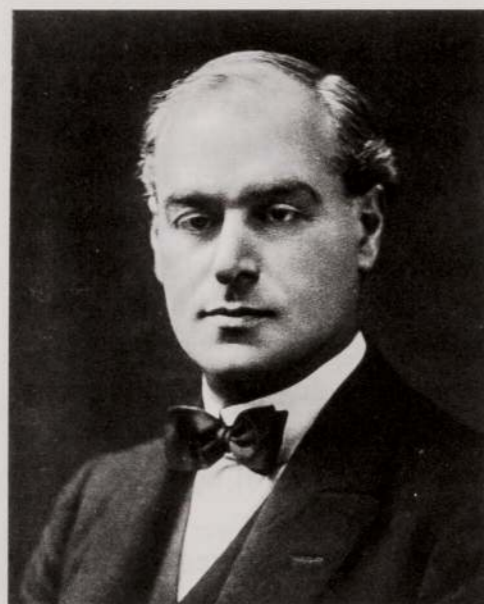
Otto Khan generously lent the house known as St Dunstan's for use as a hostel.

"Mr Otto Khan has generously placed at the disposal of the Committee, for the purposes of a hostel, St Dunstan's Regent's Park, a large house with 14 acres of gardens and grounds which open into the park. In the grounds will be installed an open-air club, where those of the men who wish to live in the country will be taught poultry-culture, garden and farm work, way-finding, marketing, and sports and games.

"The hostel will not be ready for about six weeks, and meanwhile Mrs Lewis Hall has lent No 6 Bayswater-hill, facing Kensington Gardens. Here a number of blind soldiers are already installed and with the aid of a number of cheery blind folk and others, are adapting themselves to their new mode of life. A preliminary grant of £5,000 has been received from the National Relief Fund.

"The maintenance of the Hostel is undertaken by the Joint Committee of the British Red Cross Society and the Order of St John and the National Institute for the Blind." It

added that contributions from the public were invited towards a fund, started by *News of the World* publisher Sir George Riddell with £250, for providing typewriters, writing frames, specially-devised games and other apparatus.



Sir Arthur Pearson.

As the fulcrum of this group, Cyril Arthur Pearson had first hand experience of losing his sight. Having carved a niche in publishing, having launched the *Daily Express* and kept the *Mirror* and *News* from going under, he contracted glaucoma and everything fell apart. His right-hand man approached

Beaverbrook, his successor at the *Express*, with the words "Pearson's had it!" Whether he believed it or not, Beaverbrook took the opportunity to buy the *Express* while others cherry-picked the remainder of Pearson's publishing empire. "I had been compelled to relinquish my chief work of conducting several daily newspapers," wrote Pearson. "Very quickly, however, I realised that it is the blind man who, above all, needs occupation, and that the more active, the more normal he can make his life, the happier he will be.

"I set myself to live an active and as independent life as possible and it became my ambition to do whatever I could to help blind people to escape from that passive half-life which seemed so commonly accepted as inevitable."

Pearson turned his interests towards campaigning on blind welfare issues, encouraging the National Institute for the Blind, of which he became President, to move beyond the provision of Braille publications.

Like others involved with issues of blind welfare, Pearson began visiting soldiers who had been blinded at the front. Amongst the first was a Belgian soldier, Oscar Daumont whose eyes were pierced by a bullet during the siege of Liege, possibly before Britain had entered the war. Pearson wrote that he met further with four blinded French soldiers and two British men – Sgt Selby and Private Harman. Harman died from his wounds soon after this meeting.

"I pictured these men after their discharge returning to their own homes, where, for all the love that might surround them, they would probably slip into hopeless and useless lives," wrote Pearson. "The idea developed itself of a Hostel where they could 'learn to be blind.' That phrase meant a great deal more to me than mere instruction in some industry."

Pearson became Chairman of the Blinded Soldiers' and Sailors' Care Committee with an equally notable array of colleagues. When he wasn't introducing the Prince of Wales to the thrill of ice hockey, The Honourable Arthur Stanley, CB had worked in the Diplomatic Service before becoming an MP. A close ally of Balfour, he was Chairman of the British Red Cross Society. They had mobilised Voluntary Aid Detachments or VADs – a term which would soon come to be applied to the individuals who administered care to the wounded.

Miss Ethel Winifred Austin was Secretary of the National

Library for the Blind. She had pushed forward a range of reforms for the NLB and would take charge of Braille training for St Dunstan's.

Dr Alfred Washington Guest Ranger, MA, DCL(Oxford) was senior partner in the firm of Messrs Ranger, Burton & Frost, Solicitors. He had the distinction of being the first blind man to earn a Doctorate of Civil Law. Blinded as a 15-year-old he had passed his legal examinations in a time when Braille was unknown in Britain. He was solicitor to the Salvation Army and Chairman of the NIB.

Henry Stainsby had led the group that devised the Braille shorthand system in 1899. As Secretary and Superintendent of the Birmingham Institution for the Blind, he championed employment opportunities for blind people placing early telephonists. Education and after care were also issues on which he campaigned and he later became Secretary-General of the British and Foreign Blind Association, the forerunner of the NIB. With Alfred Wayne, he designed a number of Braille writing machines.

THE FIRST ST DUNSTANER

So what of the people who would fall under the care of the Committee's hostel? As the house in Regents Park was prepared, Private John Batchelor of the 3rd Royal Sussex Regiment became the first soldier to stay at 6 Bayswater Hill.



Tommy Milligan in uniform.

Having enlisted in August 1914, he had been wounded by shrapnel at Ypres on October 30th. The shell burst in front of him as he prepared to charge destroying both eyes, breaking his jaw and losing the tip of his tongue. Pearson visited him at the Royal Eye Hospital in January 1915. He was sent home for a short while, but arrived at the hostel on February 10th 1915. Trained in mat making, he evidently enjoyed his garden – growing potatoes and other vegetables, possibly earning money by selling produce.

Batchelor was joined on the second day by Private Thomas Milligan of the 1st Battalion Irish Guards. He had been wounded at La Bassée on December 30th 1914 by a bullet passing through his head. Learning Braille, he also trained as a Masseur. By July 1916, he had taken up a post at Heaton Park Hydro, near Manchester at a salary of two guineas a week. "Your blind

masseurs are now under my supervision and their work is of a most satisfactory and creditable nature. In fact I am more than pleased with their progress," commented a doctor at the hospital.

ST DUNSTAN'S REGENT'S PARK

The Hostel for Blinded Soldiers' and Sailors' swung into high gear later in March that year when it took up residence at St Dunstan's Regent's Park. Originally known as Hertford House, the name changed when the Marquess of Hertford acquired the clock from St Dunstan's-in-the-West in Fleet Street. The clock would later be restored to the original site by Pearson's *Tit-Bits* colleague and publishing rival Lord Rothermere. Just as well, since the villa in Regent's Park was demolished by Woolworth heiress Barbara Hutton.

However, in 1915 its then owner, an American financier Otto Khan lent the property



Braille lessons at St Dunstan's Regent's Park.

carte blanche to be used for blinded Servicemen. Almost immediately, the name St Dunstan's became common parlance for the organisation that was in occupation and those training there became known as the Men of St Dunstan's. To the man on the street, it was almost certainly irrelevant that the Hostel would not actually be incorporated as a limited company under the name St Dunstan's until 1923.

The grounds of St Dunstan's were transformed by the addition of a succession of huts which would be used to develop the skills needed to keep the incoming blinded soldiers and sailors on top of the work market.

As mentioned earlier, the teaching of braille was organised by Ethel Austin of the National Library for the Blind. Under her direction, each pupil had his own teacher, usually women, often blind themselves, and nearly all unpaid volunteers. There could be over a hundred of them at St Dunstan's every day.

Mobility training had yet to become a formal "science". So although it would be some decades until the white cane became a formal symbol of being blind, some experimented with using a stick, others relied on sighted escorts or their senses.

It was common for the men to move about in "crocodile" fashion, placing a hand on the shoulder of the man ahead, long lines would move off with only god and the chap at the front to guide them. The advice of others who were blind became paramount. "There is only one way to learn not to bump your nose on the edge of a door and that is to bump it!" as one St Dunstaner is alleged to have put it. Walking contests were organised - a prize given to the men who followed the straightest line to a point where the whistle was sounded.

EIGHT TRADES AND OCCUPATIONS TAUGHT

Arguably, the most important training, certainly in a Britain where Aneurin Bevan was still in school, was that dedicated to the work place. Shorthand typing, telephone operating, poultry farming, carpentry, mat making, boot repairing, basket-making and massage emerged as subjects to be taught with the sole aim of keeping a man working, providing for his family and holding his head high amongst his fellows.

The workshops came under the control of Superintendent Charles Rose. He had a sighted

foreman in each hut and built up a system where pupils would become teachers, paid a salary to pass on what they had learnt. A beginner who might feel disheartened by his difficulties took fresh heart on learning that his expert instructor had been blinded on the battlefield only a few months before.

The carpentry or joinery was pioneered by E. Hope Atkinson who had lost his sight in Sheffield at the turn of the century. Already a skilled carpenter, he determined to continue his trade and was called in by Pearson to do some carpentry at St Dunstan's Lodge. Subsequently, he was asked to pass his skills on using rules marked by notches, laths for sawing and other tactile guides.

That said, some St Dunstaners found their own path. Private Leonard Jackson had been a barber before being blinded at Messines in June 1917 while serving with the 11th Cheshires. Although he opened his own basket-making workshop, his heart wasn't in it. As it happened, his old customers were keen to commit themselves to having him cut their hair or give a shave. Egged on by his customers, he started giving haircuts again and soon had a leading establishment catering to men and women.

The poultry farm was led by one Captain Webber who had lost his sight before the war. He had taken up poultry farming as a hobby and practice made him an expert.



Crocodile walk.

St Dunstaners often combined it with carpentry, so that they could make hen coops and gates.

It was in the field of what was then called massage that St Dunstaners came into their own. A preliminary course of instruction, studying anatomy and physiology, was taken at the hostel followed by a spell at the NIB before going for their examination. In 1919, The Association of Certificated Blind Masseurs was founded under the auspices of the National Institute for the Blind and St Dunstan's. In the

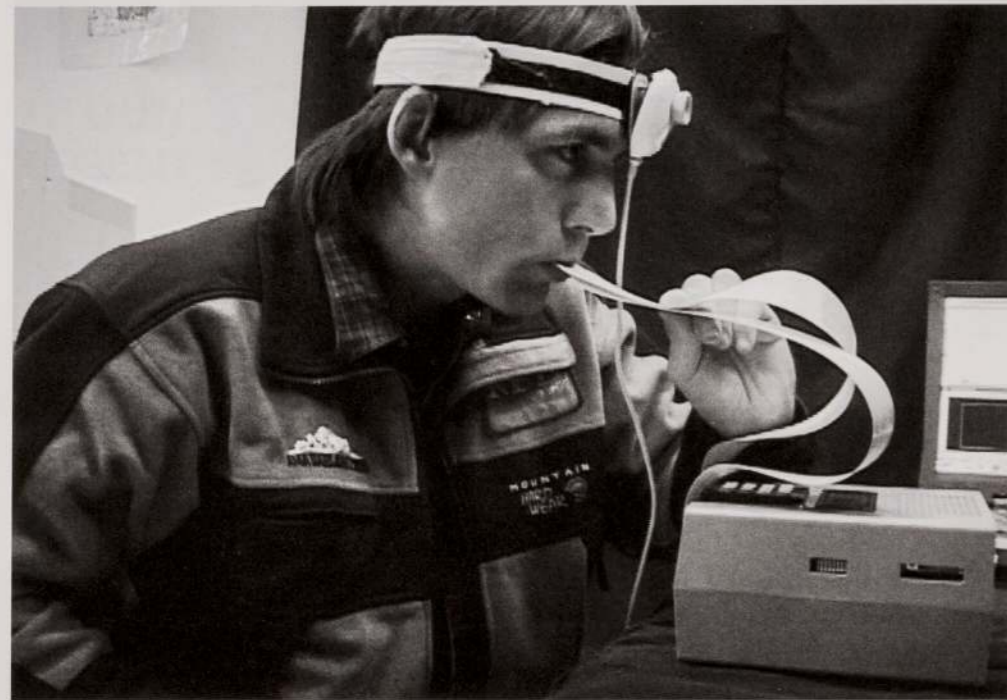
following decades, massage would become physiotherapy.

From those initial challenges of the First World War St Dunstan's has evolved and continued to provide support for blinded Service men and women through World War and other conflicts. With 90 years of experience, the organisation continues to think of the future, examining new ways in which it can help those who have been in the three Services to adapt to life without sight and maintain independent lives.



Anatomy lesson
for massage
students.

TACTILE SIGHT MAY WELL BE PART OF OUR VISION OF THE WORLD



Erik Weihenmayer, who lost his sight when 13, gained new perception of the world through the Brain-Port device which relayed sensory data through his tongue.

ST DUNSTAN'S ARCHERY CLUB have long championed a method of archery known as the tactile sight. It might sound very abstract, but the slight indication of direction provided by a boom on a tripod allows blind archers to compete with a precision that many sighted archers envy.

However, while tactile sight might sound like an oxymoron, scientists around the world are gathering evidence that our traditional theories on how we perceive the world maybe overdue for a re-think. A feature in the January 29th issue of *New Scientist* postulated that rather than

having just five senses, we may well have 20 or more springing from different bodily functions. For example, taste might break down into perceptions of sweetness, sourness, salt or bitterness. It cited the plight of people with synaesthesia, a mixing of the senses where suffers smell colours or feel aromas. A common form of the complaint has the individual seeing the world marked out with numbers. One documented case involves a blind man. Until recently, those with synaesthesia were dismissed as delusional or misdiagnosed

by Simon Rogers

with other conditions. Lately, studies have turned towards the possibility that a natural process has gone awry. Doctors in Boston have been trying to determine how Esref Armagan can paint realistic pictures that feature colour, shadow and perspective despite being blind from birth? A brain scan shows that his visual cortex is most active as he draws, but there is no response if he orally describes the object he has drawn.

A more dramatic experiment comes from Dr Paul Bach-y-Rita at the Departments of Orthopedics and Rehabilitation Medicine, and of Biomedical Engineering who has a 40 year interest in what he calls nonsynaptic diffusion neurotransmission. He argues that scientists have ignored much of the organisational nature of the brain and that current models were developed before molecular biology was possible.

Demonstrations of localised function by scientist Broca in 1861 encouraged a belief that these features were hard-wired into the brain. Evidence that the brain could adapt to different circumstances, that it had a plastic like ability to remould the way it works, was largely ignored. Bach-y-Rita cites a 1970's experiment where a kitten's eyelid was sewn up, eliminating visual input to the retina and to the

corresponding part of the visual cortex. When they removed the sutures, the kitten showed no ability to see with that eye, and remained permanently blind. However, when other doctors repeated the study in 1972 adding visual rehabilitation, they obtained morphological, physiological and behavioural evidence for recovery, showing the plasticity of the brain. "But at that time," says Bach-y-Rita, "The conceptual substance of the neurosciences did not include plasticity, and their study was rarely cited."

Early experiments of his own to show if a congenitally blind person could be trained to perceive visual information relayed to the skin from a TV

camera also met with indifference. That seems about to change!

Recent experiments have centred on sensory substitution using a technology known as Brain-Port, likened to a USB connector. Some seven years ago, Cheryl Schiltz had her sense of balance destroyed by an antibiotic. Attached to a spirit level via Brain-Port, she regained her sense of balance, an effect which continued after she had been disconnected, lasting longer each time she tried it. A further experiment saw a blind man, Erik Weihenmayer "see" through his tongue. A camera was mounted on his head and the connection made through a tingling

electrode placed on the tongue. He caught a rolling ball, played a game and, picking the device up, walked around. Curiously, the device only creates this vision-like sensation when the user can manipulate the camera, say in line with head movement. Volunteers using the device in a fixed position had no experience of vision. It is only when the camera moves that the subject becomes aware of what is around them.

Any commercial version of the device will most likely be manufactured for people with balance problems in the first instance. In the meantime, psychologists, philosophers and neurologists are debating the nature of this phenomena.

SEE HEAR, EARLY-BLIND USE VISION CENTRE OF BRAIN TO LOCATE SOUND

THE VISUAL CORTEX – the part of the brain that controls what people see - may be providing some blind people with extra ability when it comes to hearing and interpreting sounds. Musicians such as Stevie Wonder may well owe their musical talent to their lack of sight. Canadian scientists at the Neuropsychology and Cognitive Neuroscience Unit at Montreal University have carried out a study to determine if blind people "borrow capacity" from areas of the brain other than those associated with hearing.

Their results, published in the

February edition of *PloS Biology* (*Public Library of Science Biology*, website www.plosbiology.org) indicated that people who were blind from birth or had lost their sight early in life were better at identifying the location of a sound source than sighted or late-blind people.

"We carried out functional imaging studies using positron emission tomography (PET) and a speaker array that permitted pseudo-free-field presentations within the scanner," says the report. "During binaural sound localisation, a sighted control group showed decreased

cerebral blood flow in the occipital lobe, which was not seen in early-blind individuals. During monaural sound localisation (one ear plugged), the subgroup of early-blind subjects who were behaviourally superior at sound localisation displayed two activation foci in the occipital cortex. This effect was not seen in blind persons who did not have superior monaural sound localisation abilities, nor in sighted individuals."

Franco Lepore of Montreal University says this shows that the brain is utilising these areas of the brain, not accidentally activating them without purpose.

PENDLETON'S PANTRY

Blind chef **Stephen Pendleton** suggests custard with this pie!

Apple and Blackcurrant Pie

This dessert serves eight portions unless you enjoy cutting a big slice for yourself.

Ingredients:

¾ lb (337g) of cooking apples.

¼ lb (112g) blackcurrants.

2 tablespoons of water.

4oz (100g) sugar.

6oz (150g) plain flour.

3oz (75g) butter.

Pinch of mixed spice or cinnamon, optional.

Method:

Make the pastry. Sieve the flour into a medium sized mixing bowl. Break up the butter into small pieces and rub into the flour. You can add a pinch of salt if you wish, but because I use butter in my pastry rather than lard and margarine, I never use the salt. Add lukewarm water a bit at a time, mixing it in thoroughly with your hands. When the pastry comes cleanly out of the bowl, "in one lump", place it in your fridge to relax. There was a more detailed short crust pastry recipe in the February 2004 edition of the **Review**, so if you still have this you can refer back to it. Make sure you thoroughly wash your hands when handling all food stuffs. It is also a good idea to place a damp tea towel under your mixing bowl. This is to stop the bowl from moving around

whilst you are preparing your pastry and will also help to catch any food debris that may escape from your bowl.

Prepare your fruit. Wash and peel your apples. Use a paring knife for peeling the apples. When the apple is fully peeled, you will know this by the fruit's damp touch on your skin, you will easily feel if there is any skin left on the apple. The apple corer and slicer available from the RNIB is a good tool for preparing your apples. Just place this piece of equipment on top of the apple, making sure the stalk is poking up through the centre hole, then press down and the apple is instantly cored and segmented. When it comes to the blackcurrants, just pull the stalks out.

Place the fruit into the pie dish

and add the two tablespoons of water and the sugar.

Roll out your pastry and without stretching this lay it over the pie dish. Cut away the surplus pastry from around the sides of the dish. Brush the top with milk and sprinkle with sugar.

Pre-heat your oven to 220C (425F) or gas mark 7. Cook the pie for approximately ten minutes. Reduce the heat and then place the pie in a cooler part of your oven for a further 30 minutes. Remember to use oven gloves, burning your hands when moving the pie is not a good idea! Serve this dessert hot with either ice cream or single cream. "I prefer to serve mine with a big dollop of custard."

Next: Grapefruit Chicken.

Ten answers...

From the quiz on page 13.

- 1) Kelly Holmes.
- 2) Ronnie Barker.
- 3) Spain.
- 4) Ivor the Engine.
- 5) *Keeping up Appearances*.
- 6) "Pass".
- 7) "Jim'll fix it".
- 8) Private Walker.
- 9) Bing Crosby.
- 10) Anthony Worrall-Thompson.

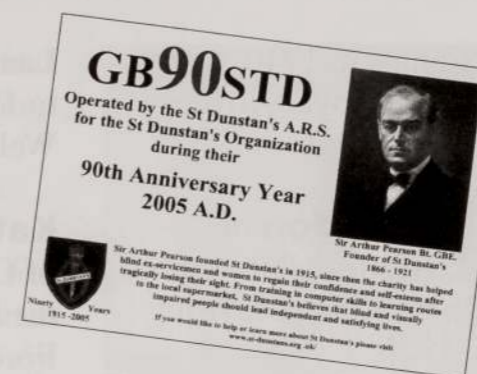
50 years as a St Dunstaner

The latest St Dunstaner to receive his Golden Jubilee badge is Peter Harry of Saltash, Cornwall. Having served as Corporal in the Royal Welch Fusiliers between 1950 and 1954, he became a St Dunstaner in February 1955. The badge was first issued to St Dunstaners during the year of Her Majesty The Queen's Golden Jubilee.

Contact has been made

MEMBERS OF ST DUNSTAN'S Amateur Radio Society made over 200 contacts with radio enthusiasts around the world in January. They were broadcasting from the radio shack atop

St Dunstan's Ovingdean and using a special call sign - GB90 STD - to mark the 90th Anniversary of the foundation of St Dunstan's. Contacts were made with the Royal Naval and Royal Signals Amateur Radio Societies nets. "Unfortunately, we did not make it with the Royal Air Force Amateur Radio Society but we have this special call sign for all of 2005, so there is plenty of time to remedy this." The Society has produced a special QSL card, designed and printed by their QSL Manager Brian Freeman (G3ITF) and requests were coming in before the week was over. St Dunstan's Chief Executive paid a visit to the shack and exchanged greetings with St Dunstaner Tom Frankland (G4INM) who was on frequency at the time. A further three meetings are planned for this anniversary year with the next one due to be held at March 24th to 31st.



Archers take gold and silver in Europe

THE BRITISH BLIND Sports Archery team competing in Italy on January 28th-30th came away with three golds and two silvers despite being the smallest team in the contest. Three St Dunstaners were in the GB team at the first International Archery meeting for visually impaired archers at Marina di Massa, Tuscony.

St Dunstaner Steve Moseley took a gold in the VI open category while Nigel Whiteley took the gold in the B2/B3 tactile male section. David Poyner took silver in the same category. Their team-mate Rogers Rees-Evans won silver in the B1 tactile male, and Sandra Nesbit won the gold medal in the B2/3 tactile female section.

Although the smallest team present, they came away with more medals than Italy or France.

BALANCING THE BOOKS

Ted Bunting on the **best** and **worst** of the Talking Books currently available

A Monk Swimming

Author: Malachy McCourt

Reader John Cormack

Duration: 9 hours, 12 minutes

Catalogue No: TB123

As this interesting but rather unsavoury book came to its abrupt conclusion, I was left pondering why it had been written? It is the memoir of an Irish immigrant living a freewheeling life in New York.

Was this stark catalogue of thieving, cheating, whoring and binge drinking designed as some kind of foul-mouthed confession of failure, I wondered? Or is it intended as a justification or an excuse?

In modern time it has been fashionable to explain almost all human behaviour in terms of genetic inheritance and childhood environment, so perhaps Malachy McCourt - the younger brother of Frank McCourt, author of *Angela's Ashes* - who knew childhood poverty when his drunken father abandoned the family, can excuse his own conduct by pointing to his personal history. But if this is true, and we have no more self determination than a Blackpool tram, not only is Malachy McCourt absolved from blame, but also so are Jack the Ripper, Harold Shipman, Adolph Hitler and Atilla the Hun.

Welcome to ST DUNSTAN'S

Carl Adamson of Runcorn, Cheshire served in the Cheshire Regiment from 1995 to 2000.

Henry Allingham of Eastbourne, East Sussex served in the Royal Naval Air Service from 1915 to 1918 and then in the Royal Air Force until 1919.

Joan Bootle of Creekmoor, Poole, Dorset served in the Women's Royal Air Force from 1943 to 1947.

Peter Bradshaw of Maidstone, Kent served as Sergeant in the Royal Air Force from 1950 to 1975.

John Brown of Old Coulsden, Surrey served in the Royal Pioneer Corps, then the Royal Army Service Corps and finally the Royal Engineers between 1940 and 1946.

Dr John Buchan of Midhurst, West Sussex served in the Royal Naval Volunteer Reserve from 1940 to 1960.

Ernest Castelow of Norton, Stockton on Tees served in the King's Own Yorkshire Light Infantry from 1951 to 1954.

Andrew Davis of Mundford, Norfolk served in the Royal Navy from 1960 to 1973.

Sylvia Giles of St Peters, Worcester served in the Women's Royal Air Force from 1951 to 1953.

Alfred Greenaway of Totteridge, London joined the

Royal Signals in 1940, then served in the Royal Artillery from 1942 to 1946.

Douglas Haydon of Watford, Hertfordshire served in the Royal Air Force from 1942 to 1946.

Percival Hayfield of Oakdale, Poole, Dorset served in the Royal Navy from 1940 to 1946.

George Hewitt of Wisbech, Cambridgeshire served as Corporal in the Royal Air Force from 1945 to 1949.

Alan Jones of Pemwortham, Preston, Lancashire served in the King's Regiment from 1940 to 1942.

Ernest Lee of Fleetwood, Lancashire served in the Royal Navy from 1943 to 1946.

Ralph Lewis of Fleetwood, Lancashire served in the Royal Navy from 1948 to 1969.

Joseph McNamara of Tottington, Bury, Lancashire served in the Royal Navy from 1940 to 1946.

John Martin of Coulsden, Surrey served in the Royal Navy from 1945 to 1953.

Rev John Moore of Grayshott, Hindhead, Surrey served in the Royal Navy from 1944 to 1948.

William Morley of Sheffield, North Yorkshire served in the York and

Lancashire Regiment from 1945 to 1946 and then the Duke of Wellington Regiment until 1948.

Katherine Noel-Johnson of Girton, Cambridge served in the the Women's Auxiliary Air Force from 1942 to 1946.

Derek Richardson of Hartlepool, Cleveland served in the Royal Air Force from 1947 to 1949.

Robert Richardson of Norwich, Norfolk served in the East Yorkshire Regiment from 1939 to 1944 and then in the Royal Army Service Corps until 1946.

Norman Rogers of Croxteth, Liverpool served in the Army Catering Corps and Royal Army Ordnance Corps between 1951 and 1953.

Leslie Seddon of Stoneycroft, Liverpool, Merseyside served in the Royal Navy from 1944 to 1946.

Jack Stansfield of Coventry served in the Duke of Wellington's Regiment, Royal Signals and Royal Army Pay Corps between 1944 and 1947.

Richard Stupples of Wrexham, Clwyd served in the Royal Artillery on coastal defence from 1947 to 1948.

Florence Willis of Burgess Hill, West Sussex served in the Women's Royal Naval Service from 1943 to 1946.

I SAW NO PATCH SAYS CURATOR

THE IMAGE OF Admiral Horatio Nelson wearing an eyepatch has been dispelled by a curator at the National Maritime Museum in Greenwich. As he prepares for the opening of a major exhibition - *Nelson & Napoleon* - on July 7th, Dr Colin White says that the patch is a myth.

"Everybody has a fixed idea of Nelson with a black patch," said Dr White. "But we are now sure he never wore one. In fact, all the images of him wearing one date from after the mid-19th century. Modern scholarship has established that the patch is a myth - and yet the myth is very persistent."

The exhibition will for the first time anywhere, display three certificates from three different doctors, each using different phrases to describe the extent of Nelson's eye injury and show differing opinions on the extent of his blindness.

Nelson's experience may seem familiar to many St Dunstaners. The Museum also has an unpublished letter from Nelson complaining that the Examining Board would not take his unsupported word about the eye injury but were insisting on evidence in order to establish whether he should have a pension for the loss of his eye.

"The letter accompanying the certificates lists his wounds - eye, stomach (at St Vincent) and arm (the most recent). It is quite clear from the letter that,



No eyepatch for Horatio Nelson, but he had to prove he had been blinded.

because the eye itself was still intact (although in fact essentially useless) Nelson had to produce extra evidence that he had lost the sight - and it made him cross that they doubted his word.

"The consensus now is that the eye was definitely very badly damaged internally and that it is unlikely that he could do more than distinguish light from dark. But in those days, before the development of ophthalmic instruments, it was impossible to gauge with any sort of precision the extent of the damage and consequent disability. This is why the three doctors' certificates, each disagreeing slightly, are so fascinating."

VICTORY STAMPS

THIS TIME THE French have got HMS *Victory* licked! A French printer has used

powdered wood from Nelson's flagship HMS *Victory* for a series of postage stamps marking the 200th anniversary of the Battle of Trafalgar.

Using an advanced printing technique, the stamps used traces of oak timbers on the surface of images depicting the ship and Nelson. The stamps mark the decisive battle with the French off the coast of Spain and are only on sale in UK territories Gibraltar and Tristan da Cunha. The Battle of Trafalgar, fought off Cape Trafalgar, near Cadiz, on October 21st 1805, pitched the Royal Navy against the combined fleets of France and Spain.

Crown Agents Stamp Bureau consultant Nigel Fordham said he bought 50kg of *Victory*'s oak timbers after the ship was refitted in Portsmouth Naval Dockyard and had "a Certificate of Provenance to prove it."

"Nelson knew he had to win in order to prevent the invasion of Britain," said Mr Fordham, a member of the Nelson Society. "The Battle of Trafalgar was one of the most decisive naval actions in British history. It established Britain's supremacy at sea and freed this country from the long-standing fear of invasion by Napoleon's armies."

The Battle of Trafalgar stamps can be purchased online at www.sovereignstamps.co.uk though some screenreaders may find navigation difficult.

The Ragged Edge guide to dealing with some everyday problems

HOW TO DEAL WITH SIGHTED PERSONS

PEOPLE WHO USE their eyes to receive information about the world are called sighted people or "people who are sighted." Sighted people enjoy rich, full lives working, playing, and raising families. They run businesses, hold public office, and even teach their children.

This article is reprinted from *Ragged Edge Magazine*, November/December 2004. It can be found online at www.raggededgemagazine.com/1199/sighted.htm.

St Dunstaners may find the scenarios vaguely familiar.

TRANSPORTING THE SIGHTED

People who are sighted may walk or ride public transportation, but most choose to travel by operating their own motor vehicles. They have gone through many hours of training, at great expense, to learn "the rules of the road" to further their independence. Once that road to freedom has been mastered, sighted people earn a "driver's license" which allows them to operate a private vehicle safely and independently.

THE TRAGEDY OF LIGHTING

Sighted people cannot function well in low lighting conditions and are generally completely

helpless in total darkness. Their homes are usually very brightly lit at great expense, as are businesses which cater to the sighted.

BARRIERS TO COMMUNICATION WITH THE SIGHTED

Sighted people are accustomed to viewing the world in visual terms. Thus, in many situations they will be unable to communicate orally and may resort to pointing or other gesturing. Calmly alert the sighted person to his or her surroundings by speaking slowly, in a normal tone of voice. There is no need to raise your voice when addressing a sighted person. Questions directed to sighted persons help them focus on verbal rather than visual and gestural communication.

HOW BEST TO ASSIST THE SIGHTED PERSON

At times, sighted people may need help finding things, especially when operating a

motor vehicle. Your advance knowledge of routes and landmarks, particularly bumps in the road, turns, and traffic lights, will assist the "driver" in finding the way quickly and easily.

Your knowledge of building layouts can also assist the sighted person in navigating complex shopping malls and offices. Sighted people tend to be very proud and will not ask directly for assistance. Be gentle yet firm.

HOW DO SIGHTED PEOPLE READ?

Sighted people read through a system called "Print." Print is a series of images drawn in a two-dimensional visual plane. Because the person who is sighted relies exclusively on visual information while reading, his or her attention span tends to fade quickly when reading long texts. People who are sighted generally have a poorly developed sense of touch. Braille is completely foreign to the sighted person and he or she will take longer to learn the code and be severely limited by the dominance of his or her existing visual senses.

HOW DO SIGHTED PEOPLE USE COMPUTERS?

Computer information is presented to sighted people in a "Graphical User Interface" or GUI. Sighted people often suffer from hand-eye coordination problems and poor memories. To compensate, people who are sighted often use a "mouse," a handy device

that slides along the desktop to save hard-to-remember keystrokes. With one click on the "mouse" button, the sighted person can move around his or her computer screen quickly and easily. People who are sighted are not accustomed to synthetic speech and may have great difficulty understanding even the clearest synthesiser. Be patient and prepared to explain many times how your computer equipment works.

HOW CAN I HELP A SIGHTED PERSON?

People who are sighted do not want your charity. They want to live, work, and play alongside you. The best way to support sighted people in your community is to accept them for who they are. These citizens are vital, contributing members of society. Conduct outreach. Take a sighted person to lunch.

FAMILY NEWS

News from members of St Dunstan's Family

BIRTHS

Congratulations on the birth of:

Carian George Taylor on January 17th. He is the first great-grandson of Josephine Cattell of New Dunston, Northamptonshire and the late St Dunstaner *George Cattell*.

Luke David on January 30th. He is the grandson of *Ted and Barbara Pepper* of Butterwick, Lincolnshire.

Ellie Jane Burton on February 4th. She is the granddaughter of Sylvia Burton of Washington, Tyne & Wear and the late *Ken Burton*.

GOLDEN ANNIVERSARIES

Congratulations to:

Peter and Margaret Logan of Radstock, Somerset on February 5th.

Robert and Marjorie Orrell of Bury, Lancashire on February 12th.

DIAMOND ANNIVERSARIES

Congratulations to:

Evelyn and Patrick Casey of Sanderstead, Surrey on February 6th.

SPECIAL ANNIVERSARIES

Congratulations to:

Bernard and Dorothy Pitcher of Okehampton, Devon who celebrated 63 years of marriage on January 26th.

Robert and Lily Wade of Morpeth, Northumberland who celebrated 63 years of marriage on January 31st.

Bill and Ivy Hain of Weymouth, Dorset who celebrated 69 years of marriage on February 6th.

Thomas and Peggy Lukes of Old Colwyn, Clwyd who celebrated 62 years of marriage on February 8th.

William and Gladys Reid of Peterborough, Cambridgeshire who celebrated 65 years of marriage on February 12th.

ACHIEVEMENTS

Congratulations to:

David Poyner of Sale, Manchester who has started work as a lecturer for blind and partially sighted students at City College Manchester. Those familiar with the St Dunstan's Archery Club website and the St Dunstaners' e-mailing list will not be surprised to hear that he is teaching IT.

DEATHS

We regret to announce the death of:

Wilma Grimsey on January 8th. She was the wife of *Gordon Grimsey* of Ovingdean, Brighton.

Deirdre Christmas on January 17th. She was the wife of *Clive Christmas* of Fareham, Hampshire.

Myra Edgar on January 20th. She was the wife of *Roy Edgar* of Winchester, Hampshire.

Madge Boyle on February 3rd. She was the wife of *Bernard Boyle* of Cleveland, Middlesbrough.

Ellen Barrett of Blackpool, Lancashire on December 8th. She was the widow of *St Dunstaner Wilfred Barrett*.

Mary Goodhead of Crosspool, Sheffield South Yorkshire on January 18th. She was the widow of *St Dunstaner Rowland Goodhead*.

Gloria Conroy of Cleveland, Middlesbrough on January 21st. She was the widow of *St Dunstaner James Conroy*.

Irene Butler of Southampton, Hampshire died last year. She was the widow of *Charles Butler*.

Our sympathy goes to their family 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 heartfelt condolences to their widows, family and friends.

Howard Godfrey

Royal Navy

Howard Branson Godfrey of Newhaven, East Sussex died on December 21st, aged 84. He worked as a shop assistant and also for OXO in London before joining the Royal Navy in 1940. After training at HMS *Collingwood*, he was posted to the Destroyer HMS *Arrow* then in the Western Approaches. In 1943, the ship was blown up in Algiers Harbour as it attempted to assist SS Fort Le Montee with fire-fighting. He subsequently served on board minesweeper HMS *Pucky* in Sri Lanka. He also served in the Atlantic, Mediterranean and Indian Ocean.

Discharged in 1946, he returned to OXO but then joined the Ministry of Agriculture, later transferring to the Inland Revenue. His interests included cricket and table tennis and he was a member of the Royal British Legion. Our sympathy goes to his daughter Catherine and all other members of the family.

Lawrence Huck

Home Guard

Lawrence Huck of Ovingdean, Brighton died on January 15th, aged 84. He served in the 32nd Battalion of the West Riding Home Guard from 1940 to 1944. In civilian life, he ran the family farm. Having emigrated to South Africa in 1970, he lost his sight in a road accident. Our sympathy goes to his daughter Rosemary, son and all other members of the family.

Brian Moon

Royal Engineers

Brian Richard Moon of Blackboys, Uckfield, East Sussex died on January 15th, aged 66. An apprentice plumber, he initially served with the Royal Artillery when called up for National Service in 1959. After two weeks, he transferred to the Royal Engineers working first as a cook and then in a railway depot. After being demobbed in 1961, he returned to plumbing, but later changed to structural engineering, specialising in paint spraying and steel fabrication. His interests included carpentry, braille reading, pony carriage driving with the Riding for the Disabled Association – he won a variety of dressage awards over the years. He also became a keen tandem rider with the Lewes Wanderers Cycle Club. Our sympathy goes to his widow Doreen and all other members of the family.

Harold Barton

Royal Army Ordnance Corps

Harold Leslie Barton of Walton on Thames, Surrey died on January 18th, aged 88. A storeman with the Midland Red Bus Company, he joined the Royal Army service Corps in 1940. After being evacuated from Dunkirk, he

transferred to the Royal Army Ordnance Corps in 1942 and was posted to Chilwell where he prepared armoured fighting vehicles for use abroad. He was discharged to the reserve in 1946. Our sympathy goes to his widow Edith, their son, daughter and all of the family.

Thomas Milne

Corps of Military Police

Thomas Edward Milne of Nailsea, Bristol, Avon died on January 18th, aged 95. He had been a St Dunstaner since 1992. Having trained as a panel beater and paint sprayer in the motor industry, he worked for a firm of taxi repairers in Hackney. In 1941, he joined the Corps of Military Police and was promoted to Lance Corporal on completion of training. He suffered head injuries in a traffic accident that would eventually cause his loss of sight. Discharged in 1942, he returned to his old firm. In 1945, he and his wife emigrated to Rhodesia where he continued to work in the motor industry. His interests included cricket and golf. Our sympathy goes to his widow Sheila, their sons, and all other members of the family.

Joseph Kelly

Irish Guards

Joseph Alfred Kelly of Garston, Liverpool, Merseyside died on January 26th, aged 85. He had been a St Dunstaner since 1993. Having worked as a labourer, he joined the Irish Guards in 1939. He was posted into the 1st Battalion alongside late St Dunstaner Fred Galway. Unexpectedly deployed to France, the Battalion fought the rearguard action at Dunkirk suffering heavy casualties as a result. Wounded and captured by the Germans, he was held in a prisoner of war camp in Poland. During this period, he suffered malnutrition and illness that would eventually cause his loss of sight. Repatriated in 1943, he was discharged in 1944. In civilian life, he worked as a receptionist and later as a toll supervisor on the Mersey Tunnel. His interests included bowls, walking and radio. Our sympathy goes to his widow Vera, their daughters Deborah and Paula, sons and all other members of the family.

Eric Hale

Royal Air Force

Eric Hale of Stourbridge, West Midlands died on January 29th, aged 88. He joined the Royal Air Force in 1940 and became a photographer, taking aerial shots on operational flights. He also maintained cameras and provided support for the Mosquito Reconnaissance Aircraft. Having completed a posting on the Dutch-German border, he was discharged in 1946. In civilian life, he was a photographer for the *Birmingham Gazette* and also formed a school for photojournalism. Our sympathy goes to his widow Joan and all of the family.

Albert Blanch

Royal Engineers

Albert Arthur Blanch of Huntingdon, Cambridgeshire died on February 1st, aged 93. As a young man, he worked for P&O and World Wide Shipping before moving to Jamaica to cultivate bananas, sugar cane, coconuts, mangoes and cattle. He returned to the UK in 1940 and joined the Royal Engineers on bomb disposal duty. He later served in Ethiopia and Kenya where he was demobbed in 1946. He then entered into wattle growing. He had his throat cut during a Mau-Mau attack and his life was saved only by the prompt action of his wife. Our sympathy goes to his sons and all other members of the family.

Charles Freeman

Royal Army Service Corps

Charles Edgar Freeman of Bowthorpe, Norwich, Norfolk died on February 10th, aged 89. Having worked in the shoe trade, he joined the Royal Army Service Corps in 1940. After training, he served as Corporal in the UK, North Africa, Libya, Algeria, and Tunisia. From there he was sent to Salerno and Monte Cassino. He finished the war in Bresica in charge of a German cadre. After being demobbed in 1946, he initially returned to work for the Portland Shoe Company but later joined the Ministry of Defence. Our sympathy goes to his widow Edna, their son and daughters and all other members of the family.

Open for business



Left: Dennis and Betty Busby were the first couple to enter St Dunstan's Sheffield. **Above:** Arthur Beard during a mobility session with ROVI Supervisor Julie Shales.

Warm welcome at St Dunstan's Sheffield

ST DUNSTAN'S SHEFFIELD opened its doors for business on January 24th, welcoming a handful of St Dunstaners for a week of computer training. The new centre will offer St Dunstaners in the north the opportunity to avail themselves of training without an arduous slog down south.

St Dunstaner Dennis Busby and his wife Betty were the first to arrive, only to be welcomed by Ovingdean Manager Dick Lake. They were soon joined by Arthur and Margaret Beard, Mary Ackland and Patrick Murphy.

"We're one big happy family here," said St Dunstaner Dennis Busby. "I'm proud to have been the first. If they carry on like this, it will go from strength to strength." St Dunstaner Patrick Murphy added that it was nice and peaceful, making it a good place to learn.

St Dunstan's Sheffield gives new purpose to a Victorian town house and, in addition to the IT

instructors, will soon have a team of Rehabilitation Officers for the Visually Impaired (ROVIs) manning CCTVs and offering mobility advice. "All the staff - at Sheffield and in the Sheffield project team - are to be congratulated for the speed in which they have turned the building around and brought it up to the standard which we associate with St Dunstan's," said Service Delivery Director Jeremy Hinton.



Patrick Murphy picks up some IT skills.

Your guide to booking and
occupying accommodation at
St Dunstan's Ovingdean



Your guide to booking and occupying accommodation at St Dunstan's Ovingdean

ST DUNSTAN'S Ovingdean
Greenways, Ovingdean, Brighton BN2 7BS
Telephone: 01273 307811
Fax: 01273 302704
E-mail: enquiries@st-dunstans.org.uk

Manager	Dick Lake
Head of Care	Jackie Greer
Bookings Coordinator	Jackie Castle
R&T Coordinator	Claire Green
Transport	David Vinall



The Band of the Royal Marines play to an audience of St Dunstaners in the Inner Garden during their annual visit to St Dunstan's Ovingdean.

Your guide to booking and occupying accommodation at St Dunstan's Ovingdean is also available in braille, on MP3CD, on audio cassette, floppy disk and via e-mail if preferred.

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All you need to know about booking accommodation at St Dunstan's

BOOKING AND OCCUPYING SHORT-STAY ACCOMMODATION AT ST DUNSTAN'S OIVINGDEAN

HOW ROOMS ARE ALLOCATED: This article is for those visiting Ovingdean for the first time but is also an important update for regular visitors, writes **Dick Lake, Ovingdean Manager**. Many St Dunstaners will make their first visit to Ovingdean when undertaking their Introduction Course with the Rehabilitation and Training (R&T) department. Others will arrive first on a holiday visit or for some form of short term or respite care. There are basically two sorts of room allocation at Ovingdean; these relate to whether or not an individual requires the assistance of staff. As indicated below, it is vital to understand which basic category you are in.

Demand is now such that there are occasions when there is insufficient in-house accommodation to meet everybody's wishes. In these circumstances, we may have to limit the length of stays or apply a priority system. Priority will always be given to those with the greater care needs and to war-blinded St Dunstaners above those without care needs. As an alternative to not obtaining a place at all, those without overriding care needs may be offered sleeping accommodation in our small close-by, off-site premises.

We must point out that the Commission for Social Care Inspection (CSCI) registers us as a care home and we have to abide by their regulations. Anyone needing any supervision, support and/or care from us must be assigned to a care room (bed). The interpretation of care is if you need assistance from us with:

- a) injections, dressings to ulcers, wounds, etc however small
- b) wheelchairs
- c) medications, oxygen, nebulisers, etc.
- d) personal care including washing, bathing, dressing, toileting etc
- e) eating or drinking

There are two categories of care allocation: Nursing Care and Residential Care.

Nursing Care is where Registered Nurses and Carers are able to help with all categories above. All those requiring the assistance for injections and dressings however small, and some cases of wheelchairs where there is a significant mobility issue or significant assistance is required when toileting, must occupy a nursing care bed.

Residential Care is where Carers are able to help with wheelchairs, medications, oxygen, nebulisers, etc, personal care including washing, bathing, dressing, toileting etc, eating or drinking.

If you do not require this assistance from the staff or have brought your own carer with you (spouse etc) so that you are effectively an independent, self-caring, mobile St Dunstaner, Spouse or Widow(er), then you may occupy a non-care 'holiday' room. However, breaks can also be taken on the Nursing and Residential wings, if necessary, on a respite care basis, which must be arranged through your Welfare Officer.

HOW TO BOOK

Rehabilitation and Training Bookings, including the Introduction Course, start from a referral to R&T by your Welfare Officer and you will be called forward in due course by the R&T Coordinator, Claire Green (01273 391461). It is important that we know if you or a person accompanying you has a care need which requires our assistance as we must then accommodate you on a Nursing or Residential Care wing.

Residential and Nursing Bookings for respite/convalescence must be made through your Welfare Officer, as must all bookings for Christmas/New Year.

Holiday, No-Assistance-Required, Bookings should be made via our Bookings Coordinator

Charges, cancellations and general booking information

Jackie Castle on 01273 391422 unless for Christmas/New Year.

For direct holiday (no staff assistance) bookings you must make a realistic assessment of your situation. Your Welfare Officer or the Ovingdean Care staff can advise you. If, on arrival or subsequently, we find that your health and mobility are not appropriate for the holiday category, there are three options:

- a) Transfer to Residential or Nursing bed (dependent on need/bed availability) and pay the appropriate rate.
- b) Return home, probably at your own expense.
- c) Transfer to the Accident & Emergency Unit (Sussex County Hospital) if your health is considered poor.

The decision of the Head of Care will be final in respect to which category of care/bed anybody staying at Ovingdean should occupy.

ACCOMMODATION CHARGES

Charges for Nursing and Residential Care stays vary depending upon the status of the visitor and the paying agency. Stays that exceed 28 days will often incur a higher rate. Stays by St Dunstaners for Rehabilitation & Training are free. Holiday rates (from April 1st 2005) are:

Adults:	£23 per day/£160 per week
Children (3-14)	50 per cent reduction
Children under 3	Free
Off-site premises	25 per cent reduction

A surcharge will be applied for certain occasions eg Christmas, reflecting the additional costs incurred by St Dunstan's.

CANCELLATION AND AMENDMENT CHARGES

In cases of non-emergency cancellation, a fee may be levied as detailed below. Cancellations,

unless for a valid reason, can spoil someone else's chance of a holiday. Amendments, likewise, cause additional work and potential disappointment. We have had to introduce a cancellation charge as follows:

1 month's notice or more	no charge
2 - 4 weeks' notice	£25
Under 14 days' notice	£50

Amendments made after a booking has been confirmed will incur a £5 fee. These charges may be waived in cases of exceptional circumstance or illness.

BOOKINGS - GENERAL INFORMATION

Bookings can be made six months in advance but will only be confirmed at about the three-month stage. Even then, it is just possible that a higher priority case may arise and we may have to postpone your visit.

All rooms in-house are ensuite but special requests for particular rooms and/or equipment e.g. Appollo baths cannot always be met. There are separate Appollo baths, Closomat toilets, walk-in showers, Arjo baths, etc. available to all on the nursing floors, on request.

Couples, unless requiring different types of care, cannot be provided with separate single rooms due to the pressure on accommodation. Unless there are overriding reasons of care need, accommodation may be offered off-site at Nevill Road (until April), Porthall (from April) or Beacon Hill rather than in-house. Please settle your bills before you leave - cheque or credit /debit card facilities exist. Failure to do so may mean that it will not be possible to offer you accommodation in the future.

MISCELLANEOUS

In order that rooms can be properly prepared for subsequent occupants, you are requested to

Guide Dogs, smoking, activities, escorts, meals and medication

vacate your room by 10am. Rooms may not be occupied on arrival until 12 noon. All linen and towels are supplied.

If these times are not convenient to your travel arrangements then, please, avail yourselves of our other facilities while you wait. Luggage may be stored temporarily at Reception.

Only emergency appointments can be made with the visiting services below. The Head of Care will decide if the situation/illness requires these services. A charge will be made for appointments other than with the GP.

GP Physiotherapist Dentist
Chiropodist Ophthalmic Surgeon

All rooms contain kettles and tea/coffee-making facilities. Hair dryers are available on request. Apart from shavers, no private electrical equipment may be used without prior testing by the Ovingdean Maintenance department.

GUIDE DOGS

We can accommodate guide dogs (but not pets) and provide suitable equipment - basket, spending area etc. Please ask us for the separate leaflet about having your guide dog with you.

SMOKING

Smoking is not permitted in visitors' rooms. Smoking may only take place inside the house in the Bar area, the Stables, and the Bullnoses.

ACTIVITIES PROGRAMME

We will always try to include visitors in the activities programme including any outings arranged for our permanent residents, subject to availability and, for trainees, subject to your R&T programme which takes precedence. Highlights of the programme can be obtained from the Lounge Desk (01273 391659) the week before you arrive if you wish.

ESCORTS

Escorts may be supplied to assist Nursing and Residential visitors to attend some trips and outings. If sufficient notice is given, we may be able to acquire the services of a volunteer to act as an escort to holiday visitors or trainees as staff are not available for those who are not staying in a nursing/residential care bed. However, our overall priority is to ensure that all, but especially our permanent residents, are cared for and have an opportunity to participate in activities, therefore the availability of escorts is limited.

SWIMMING POOL, GYM AND OTHER SPORTING FACILITIES

Visitors may use the pool subject to certifying their own fitness. To use the gym facilities, which have been specially adapted, a simple GP certificate is required (the necessary form will be sent to you on booking) together with an induction by the gym staff. It may also be possible to participate in archery, acoustic rifle shooting and sea trips on in the rigid inflatable boat (RIB). The gym staff can often arrange individual programmes (cycling, swimming instruction etc) by prior request.

MEALS ON ARRIVAL

If you require a meal on arrival but not the main choice you need to contact the Lounge Desk (01273 391659) by 18:00 the previous day to check the menu and place your order from the alternatives offered. Those who haven't made that choice will be provided with main choice of the day.

MEDICATION ETC

For holiday or R&T stays. Please remember to bring adequate medication for the whole period of your stay. If a holiday visitor runs out of medication then the pharmacist can, in

Bring your own wheelchair and travel policy

exceptional circumstances, issue a five-day supply of medications but there may be a charge of £4.85 (currently) per item issued. Normally, the visitor will meet this charge.

For Nursing/Residential stays please bring with you:

Sufficient medication (in correctly labelled bottles, not medication wheels) to tide you over for the duration of your visit. If your medication is due to run out during your stay, you will need to bring a fresh prescription (not a repeat order form) obtained from your GP, in order to obtain more tablets for the remainder of the stay. This prescription is to be filled by the Pharmacist at Ovingdean only, not by your own Pharmacist at home. It is very important to note that we can only use medication brought into Ovingdean if the medication is very clearly labelled with the name of the patient, the name of the drug, the dose and frequency of administration. Medication cannot be used if it has been put into a different box or the label adjusted in any way.

Respite care nursing and residential visitors only see our GP in an emergency, not as a matter of routine.

Wheelchairs. If you (or the person accompanying you) use a wheelchair then, please, bring it with you for your stay. If we are collecting you, you must tell us in advance that you have a wheelchair and ensure that the driver knows.

TRANSPORT / TRAVEL POLICY

A fundamental principle of St Dunstan's is to encourage independence. Thus, although travel to and from Ovingdean will normally be free, St Dunstan's vehicles will only be provided for those unable to use public or their own transport unless it is more cost effective or practical to provide a St Dunstan's car or coach. Those using their own cars or public transport will be reimbursed. Please see the cashier at Ovingdean to claim mileage

allowance or take your rail tickets or a receipt. You should make use of a disabled rail card to cover you and the person travelling with you. Ticketing advice can be sought from the Ovingdean Transport Department (01273 391704) before travelling.

In practice, it will often be more cost effective to use Ovingdean transport but only if people share the journey and so we fill the vehicle on the outward and inward trip. Sometimes we may have to adjust your booking to achieve this but there will be no charge for the extra days. For Health and Safety reasons, smoking is not allowed in any vehicle. The Transport department will decide on the route taken, the type of vehicle used, and the date and time of pick up and return and will contact you to give you details of the pickup two days before you come to Ovingdean. If you are being picked up the next day and still have not heard from your driver (usually one of our own though, just occasionally, from Travelmaster or South Coast Streamline, our contracted taxi firms), phone Ovingdean Reception on 01273 391400/307811 (the line is always manned) and check on the arrangements. Similarly, if you have to cancel your visit at very short notice for illness etc then phone Ovingdean Reception and speak to the Receptionist. Please, do not leave messages on ansaphones especially out of hours/at weekends.

Every effort will be made to make the journey as comfortable as possible. The driver will make 'convenience' and refreshment stops as required and help with mobility to and from the restaurant or toilets. However, the driver will not be able to provide 'nursing' or other intimate care. Anyone taking regular medication should carry sufficient supplies for the journey. The Transport department will liaise with the Head of Care when general transport is deemed unsuitable for those with a medical condition or requiring care support. Those who are unwilling to fit in with this practical proposition will be asked to make their own

Transport and the advantages of coming to Ovingdean

arrangements with travel costs reimbursed at the standard rate, if appropriate. Welfare Officers will be consulted in cases of doubt and travel assistance will be provided where a need is clearly evidenced. If arrangements are altered by the user for reasons other than ill health or bereavement and St Dunstan's cannot supply transport on the revised dates, the individuals will be responsible for their own travel arrangements at their own expense.

Although in most cases you won't be charged for transport, it is appropriate that there are some limitations. Thus, the stay at Ovingdean must be for a minimum of two consecutive nights and for a St Dunstan's approved purpose - using Ovingdean as an overnight hotel en route to or from Gatwick for ones holiday in the sun would not be in the spirit of the free transport provision!

On occasions those staying at or staging through Ovingdean will want travel outside of the schedule for some private purpose. This will not come within the principle of free transport normally, but Ovingdean vehicles may be used if:

- The journey is recommended by the Welfare Officer
- The individual is charged the appropriate costs (usually the St Dunstan's public transport rate or the St Dunstan's taxi account charge).
- Transport is available.

St Dunstaners may not book taxis on St Dunstan's account. This may only be done by a limited number of key staff. Provision at St Dunstan's expense will not be provided for those who have failed to utilise scheduled transport.

A SUMMARY

Holidays are for independent, self-caring, mobile St Dunstaners, Spouses and Widows or Widowers or those accompanied by somebody who will provide all the necessary assistance. However, breaks can also be taken in the Nursing and Residential wings, if necessary, on a respite care basis, which must be arranged through your Welfare Officer.

Think as if you are going to a standard hotel in the community. Would you be able to look after yourself?

The advantages of coming to Ovingdean are:

- You are safe and secure in an environment/building that you will know well.
- Can mix with friends and colleagues.
- Join in the entertainment.
- Join the outings with the permanently resident St Dunstaners when space and escorts permit.
- Use the gym, swimming pool and, by prior arrangement and for St Dunstaners only, the craft workshop. A GP's certificate is required for those using the gym; the necessary form will be sent to you on booking.
- Have good food. Meal times are:
Breakfast: 0815 - 0900
Lunch: 1230 - 1330
Supper: 1730 - 1830
- Drink at the in-house bar.
- Have a small amount of laundry free of charge.
- Have newspapers available.
- Benefit from the heavily subsidised accommodation charges.
- Have free travel to and from Ovingdean by St Dunstan's vehicle or with mileage/train fare reimbursement.

If you genuinely require assistance by the Ovingdean care staff, it is better to have respite residential or nursing care, so do let us know.

If an offer to show you around the building is overlooked, please ask and we will be delighted to familiarise you with the building. We will familiarise you with your room and the main facilities on arrival.

We hope this information helps you to understand what will assist us to provide you with an excellent, safe and happy visit. We look forward to seeing you.

A black and white photograph of a multi-story brick building. The central part of the building features a prominent entrance with a large, flat, cantilevered roof supported by two columns. Above the entrance, the words "ST. DUNSTONS" are displayed in large, bold, three-dimensional block letters. The building has several rows of windows, some with blinds. At the top center, there is a large, curved, multi-paned window structure. A spiral staircase is visible on the right side of the building. The foreground shows a paved area with a white line and a trash bin.

ST. DUNSTONS