

Swansea & District Spastic Association



Longfields

YEAR BOOK 1983-1984

EDITED BY DEREK MILLER

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A Synopsis of the Association's History

- 1952 Association formed with less than a dozen parents. First met in a rented school room in the Grove, Uplands.
- 1953 Centre officially opened 15th April, by Sir Ben Bowen Thomas, then Permanent Secretary to the Welsh Board of Education.
- 1955 'Longfields' acquired by the Association with the help of the late Mrs. F. M. Phillippe, a London philanthropist. Centre officially opened in September by the then Mayor of Swansea, Councillor Percy Morris.
- 1962 Work Centre opened by Lord Brecon, the Minister of State for Welsh Affairs (cost £10,000).
- 1967 Occupational Therapy unit opened by the Rt. Hon. Sir Elwyn Jones, Q.C., M.P. (cost £35,000).
- 1972 Local Authority provided a teacher for young children.
- 1973 Short-term Residential Care Unit completed at a cost of £12,500 and opened in June.
- 1976 Children of school age transferred to Morfydd House Special School
- 1980 Twenty-five years at 'Longfields'.
- 1981 Ladies Guild celebrates 21st Birthday.

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Swansea and District Spastic Association

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“ the aims and objects of the Association are the well-being and welfare of sufferers from cerebral palsy and its allied conditions.”

“ the general social welfare of such sufferers and advising and assisting their parents and those caring for them.”

“ taking all measures to assist those handicapped by spastic paralysis and its allied conditions to take their normal place in the community and to help them so far as is possible to become physically, socially and economically independent.”

“ to receive donations and subscriptions and to raise money for the purpose of the Association and to disburse same for the fulfilment of its objects.”

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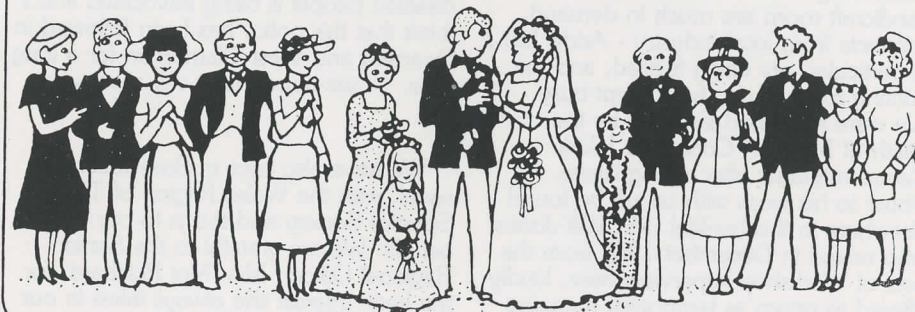
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Chairman's Report

ONCE AGAIN it is my duty and privilege to write these few lines for our Year Book — the sixth in the present series. As I said in our Annual General Meeting last November I think that the time has come for me to vacate the Chair, after occupying it for seven years. These have been rewarding in many ways despite inevitable problems from time to time.

The past year has been one of continuing effort in all our activities, with overall satisfactory results. As usual, fundraising played an important part and our organised events brought in substantial amounts - thanks to all concerned. Fortunately, our financial position is more favourable than it was a year ago although the costs of running Longfields have risen by £1494 to £83461 for the year ending 31st March 1983. The improved position is due mainly to a realistic increase in local authority grant and to a timely legacy from a local benefactress. Despite this, our continual aims must include the raising of money so as to ensure that Longfields Centre is kept going in a way that will bring the maximum benefit to those who attend it.

The various parts of the Centre are functioning well - items made in the handicraft room are much in demand, contracts from local industry - Addis Ltd., in particular, are being fulfilled, and the printing room is also being kept busy. We were saddened last May by the death of Mr. Ron Cook, our Work Centre manager after a long illness. A tribute to his work with us will be found elsewhere in this booklet. Mr. Wilf Jones, who retired in December 1981 from the post of Workshop supervisor here, kindly offered to return as temporary manager until a new appointment can be made.

We are glad to see him back in harness and are very grateful to him for his excellent work.

The Care and Therapy unit, which looks after the needs of some of our most heavily handicapped people, is carrying on as well as ever thanks to our Matron Mrs. Watts and her dedicated staff who tackle their often heavy tasks with cheerfulness and goodwill. The Residential Unit also has played a very useful part in providing short-term accommodation during family emergencies and holidays, in spite of the difficulties in running such a comprehensive service.

Our Ladies' Guild has again had a successful year as our main support group, raising a substantial sum by various efforts towards the purchase of another new ambulance specially adapted to the needs of our young people. This was delivered last May and our thanks go to them and their wide circle of friends for their good work which, I am sure, they will continue with their usual vigour and determination to do all they can for Longfields.

Increased co-operation between voluntary and statutory services for disabled people is being advocated and I think that this policy has been followed in Swansea and West Glamorgan for a long time, — we hope that it will always be so.

We have also kept in close touch, as usual, with the Wales Region of The Spastics Society and this is to our mutual benefit. We are grateful to the Senior Regional Officer, Mrs. Moi Pritchard, for the keen interest she always takes in our activities.

In conclusion, I would like to thank members of the management committee for their loyal support and our staff for their dedicated service. Longfields gives our handicapped members an opportunity for friendship, fellowship and some fulfilment in their lives, and I again

appeal to those who are more fortunate for your continuing help and support which has been so generous over the years. It is our fervent hope, for the sake of our young people, that the Association and Longfields Spastic Centre will go on from strength to strength in future years.

OWEN J. LEWIS

July, 1983



Mrs. Gwen Davies, Chairman of the Ladies' Guild hands over the keys of the 17 seater Mercedes Benz ambulance to Mr. Owen Lewis, Chairman of the Association. Looking on are Mrs. Joan Owen, Hon. Treasurer of the Guild, and Mr. Harold Austin, Hon. Treasurer of the Association.

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VALETE

The death of Mr. Ron Cook, our Work Centre Manager in May, 1983, saddened everyone connected with the Association.

He joined us in 1975 and worked here continuously and well until ill-health overtook him last summer. As a Centre Manager he was hard working, meticulous and conscientious in everything. He is sadly missed by our Trainees and fellow members of staff as well as other members of our Association, to which he gave good and honourable service.

Our sympathy is with his devoted wife, daughter and her family to whom his early death came as such a sad blow.

We will always remember him as one who helped Longfields in its service to handicapped people.

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What Happens Next?

by T. Gwyn John
Vice-Chairman and Delegate to Wales Region and Spastics Society

WE ARE NOW in our 31st year and have gone through several phases in our history.

In our early days when there were no local authority services whatsoever our main concern was to get some form of education and day-care for our children and through some tremendous efforts by a few parents who started with nothing but resolve we eventually acquired the Grove Chapel in the Uplands and transported our children from all over the Swansea district with a borrowed car and volunteer drivers.

Since then we have come a long way and the story is well-known how we established ourselves in the beautiful setting of 'Longfields', with the purpose-built Day and Work Centres and the house being used as a short-term stay residential unit and care unit in cases of emergency. You might say a fairy story come true!

Now in 1983 the question uppermost in those parents minds is what happens when they are no longer able to care for their loved ones.



The early days. April 15th 1953

I feel that we must put pressure on the Social Services, the Welsh Office, the Spastic Society, Housing Associations and any other organisations who can fund or help in any practical way to set up Residential Units, preferably in our own area and environment where relatives and friends are in close contact.

It must be said that the Wales Regional Committee have been concerned with this problem for some years and that progress is now being made in the Cardiff area thanks to some sterling work by our Senior Regional Offices, Mrs. Moi Pritchard, who is a champion to this cause. (When this Year Book is published we will have reported on the Cardiff project).

Social Services and the Health Authorities have also established excellent Units in our area.

Despite this, with the now known Government cuts, we must make this a priority and follow the progress of Cardiff through the Wales Region or alternatively through our own Group.

Because of the varying degree of handicap amongst spastic people this is a mammoth task and probably would be best served with small units.

I am sure that with the co-operation of all concerned we can overcome this problem as we did in those early days without back-up services.

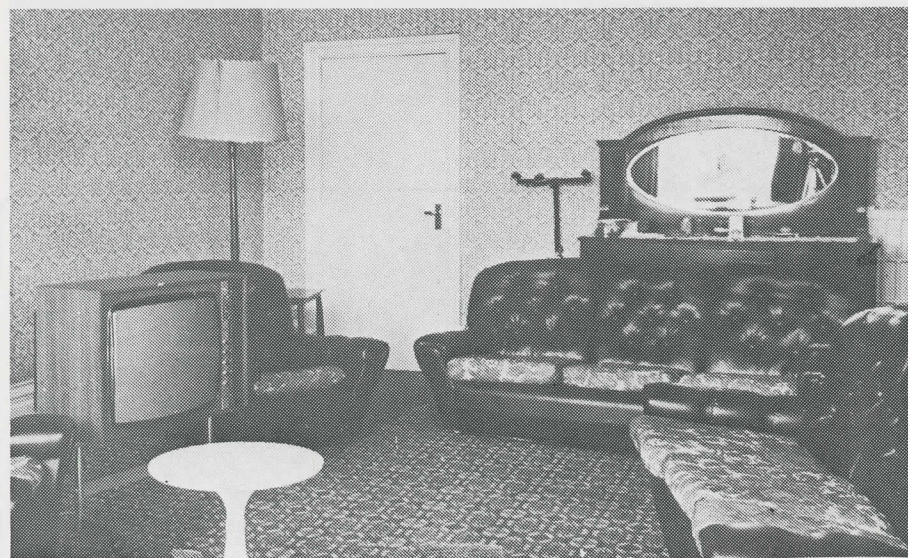
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Mr. & Mrs. Baglow (Care-takers) getting a bedroom ready in the Residential Unit.



Lounge - Residential Unit

'Care in the Community'

by June Barnes (Regional Social Worker)

THANK YOU for the warm welcome which has been extended to me at 'Longfields' and in those Swansea homes which I have visited during the past year. I admire all the hard work and time which Swansea group members give — in many instances in addition to the excellent care given to their own sons and daughters with Cerebral palsy.

Once again it has been an interesting and challenging year. As Regional Social Worker, I have got to know a number of new families in the Swansea area — some with young newly diagnosed children, and others with adults. The range of enquiries has been a wide one ranging from advice about early management to requests to look at long term care provision. Efforts to help individuals and families have involved close liaison with colleagues in the statutory services.

The emphasis of the Swansea group and other local groups has always been on the involvement of parents in improving the situation for their own children, and this is highlighted by the history of Longfields. There are currently new opportunities for parents to be active participants in looking at provision as part of the 'All Wales Strategy for the Mentally Handicapped'. While a number of adults and children with Cerebral palsy do not come within the scope of the strategy, quite a number do; these are those with a combined physical and mental handicap, who sometimes do not fit easily into existing facilities for the physically or mentally handicapped.

The thrust of the strategy is to inject extra resources into Wales over a 10 year period, in order to facilitate 'Care in

the Community' for the mentally handicapped and to prevent inappropriate hospital admissions. One of the main criteria is the involvement of parents in the planning and administration of services, and this is why there are currently so many meetings taking place in the West Glamorgan area to look at a wide range of needs. It is clear from meetings which have already taken place that a consensus exists about the need for improvement and extension of present facilities. The question which now needs to be looked at is the best way forward, taking into consideration the best possible utilisation of present facilities and resources, whether voluntary or statutory.

Of course, 'Mental Handicap' is an umbrella term which covers a wide range of disabilities and so any discussions will involve a number of interest groups. It has been an encouraging aspect of some of the meetings which I have attended so far, that while each group has represented its own particular needs (and needs are as individual as each family represented) that there has been appreciation of the needs of other differing groups. Co-operation is extremely important in these very crucial discussions if a flexible and comprehensive range of services for the mentally handicapped of all age groups is to be developed.

Change will not come about 'overnight' but suggestions which are being looked at now have long term implications. Hopefully this is the beginning of greater co-operation between voluntary groups and the statutory agencies in West Glamorgan.

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Part of Society

IT SEEMS ONLY yesterday that I was asked to write a few words for your last Year Book, but within that space of time much, as usual, has been achieved by the Swansea & District Spastic Association. The Ladies Guild have turned up trumps yet again and presented "Longfields" with a superb new mini-bus which will make the journeys of the people who use it a very much easier and pleasurable experience. The Association has continued with its care and support thus making life more tolerable for its members.

I am always encouraged by your hard work and dedication. I hope these words don't sound glib, because they are sincerely written, and having known most of you over the past seven years I realise that to work as you have all done requires a caring and loving attitude towards your fellow human beings. These two attributes exist in abundance

in the Swansea and District Spastic Association.

The attitudes of statutory authorities is beginning to change for the better towards the multiply handicapped — which most of our cerebrally palsied people are. It has, however, a long way to go before society as a whole recognises that the people we work with are first and foremost human beings, not statistics, or people that we have labelled "handicapped". I hope during the coming years that those who have the potential will be allowed to live and develop as part of society, so that we will have more time and resources to devote to our more severely handicapped people and their families, thus giving them hope and peace of mind for the future of their children.

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Senior Regional Officer, Wales

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Oh "L" it's Owen . . .

by Owen Davies

ON REFLECTION, it seems fair to say that my relationship with the Medical Profession, especially the Orthopaedic section, has been far from harmonious.

Therefore, when, at the age of 18, I was told that I would never be able to drive, my feelings were a mixture of adolescent disappointment and gross anger, although not surprised, as this was a statement of stupidity of which they were expert.

Twenty-two years later, a chance meeting between my mother and an old friend of mine from The Spastics Society, brought a change of fortune for me. During a lunchtime conversation my mother said that the one thing which still annoyed me was the fact of not being able to drive.

My friend, Ann, knowing me extremely well as a pretty capable sort of chap, was amazed by this and promised to see what help and advice she could obtain.

A mere two months passed and I received a letter from the Head of the British School of Motoring, inviting me to their offices in Chelsea for a Driving Assessment.

On arrival, mother and I, were met by Mr. Barker who was one of the top Assessment Officers for B.S.M.'s Disabled Drivers Department. Although he was one of the most charming people I had ever met, I was quickly and firmly told that his job was not just to satisfy my ambition but to ensure that I was capable of driving safely.

Just to prove his point, Mr. Barker put me through forty minutes of intense

physical and mental pressure on an Assimilator, which is a shell of a normal car with all the appropriate pedals, gears and instrument panel; the only difference being that it does not move, which is a great idea, especially for an idiot like me, who had never even sat behind the steering wheel.

After this slightly strenuous ordeal, Mr. Barker looked over the top of his spectacles, "Right, young sir, you will drive, but before I complete my report I want you to go home, get a Provisional Licence, then return here so that I can take you out on the road." At this point I smiled broadly, but poor mum turned a whiter shade of pale.

Four months later, I was back in Chelsea with Mr. Barker. However, this time I had mum and dad with me. Obviously they had decided that if I killed myself it would take the two of them to bring the coffin home on the train.

From his assessment of my previous visit, Mr. Barker had decided that I would only be able to drive an Automatic car. Unfortunately, the two Automatic Metro's which the B.S.M. had in their Chelsea Branch, were out on tuition. Therefore I had to use Mr. Barker's own car for my first drive.

We left my parents in the office while Mr. Barker and I went round to the garage at the rear. As we entered he pointed to a large red Triumph 2000. "This is it. Now, I'll take it out for five minutes, while you watch my every movement. Any questions?" I didn't reply. I just thought, if I'm going to drive, I might as well start in a big way.

That five minutes just flew and before I knew it, there I was behind the wheel, belted up and ready for off. It was truly a marvellous sensation as I started the engine, put the gear into drive and moved away. After crawling up and down some back roads, Mr. Barker chucked me in at the deep end, by ordering me to turn left. I found myself facing a massive Roundabout. He casually told me to wait for a gap in the traffic and take exit four which led into Kings Road.

With suicidal boldness I made for a small gap. I then made three circuits of that Roundabout, wedged between a Laundry Van and a lorry carrying Toilet Rolls. Eventually the Van Driver got tired of fooling around and turned off. This gave me the chance to see where I was going and take exit four, down Kings Road and back to B.S.M's Office.

After a few minutes of silence, Mr. Barker turned and beamed. "You'll do mate, anyone who can stay cool under those conditions has a ninety per cent chance of becoming a good driver. By the way does anything make you panic?"

My regular tuition began in Swansea during May '82, on a B.S.M. Metro which had been adapted to suit the needs of every disabled pupil in Wales. Unfortunately for me, the car and the specially trained Instructor were based in Newport. This meant that I always had my lesson bang in the middle of the lunch hour traffic.

For the initial four lessons my Instructor was Silent Sid, an old gent who just sat beside me and smoked one after another. He didn't actually instruct me, but merely told me which way to go.

Some may think this rather odd, but I reckon Sid was a wise old fox. Instead of cramming my brain with facts, he just

allowed me to get the "feel" of the car. However, he didn't take me on any quiet roads, because that is not B.S.M.'s policy, but through as much heavy traffic as possible. This is a good idea because it certainly keeps your concentration and reactions sharp.

The day before my fifth lesson, B.S.M. informed me that the Metro had broken down and that Silent Sid was in poor shape also. In actual fact he was finding the increase in work load a bit much and had decided to retire. Mind you I'm sure he was a little shaken the previous week, when my foot brake failed on Glanmor Hill, no need for him to flap, because I just put it into "neutral" gear and it stopped.

My next Instructor was totally different, he was just 30 and had been trained by Mr Barker, which meant that although he was a super guy to work with, he allowed me no room for errors. I knew that each time I made a mistake with Clive, he'd make me go back and do it again and again. Although this was tougher, it was rewarding, as he showed great faith in my ability, which in turn made me try even harder.

Then Clive became ambitious and introduced me to the joys of reversing around corners and three point turns. Funny thing about reversing, the car and I seemed to go our separate ways; as for the three point turn, after going backwards and forwards across a busy road, my poor brain became disorientated. Still, it brought a glimmer of humour to the Staff at Marlborough Road Chapel of Rest.

Meanwhile, my parents and I pooled our resources and bought a gorgeous Datsun Automatic in Metallic Gold, which I'm very proud of. It's smart, large and responsive, a sort of four wheeled version of Bo Derrick!!!

However, I admit that the first time I drove it I was a little timid, because all I could see was this vast expanse of Metallic Gold Bonnet. It took a while for me to keep it on my side of the road, but after a while I found driving a large car easier than the Metro.

Although I was now driving our own car at weekends, I was still having tuition with Clive on the B.S.M. Metro. He became rather concerned about my three point turn, despite the fact that I could now do it in four - well sometimes.

Knowing full well that we had just bought a new car, he came up with the idea that we should now change it for one with Power Assisted Steering, which would make every type of turn completely effortless. After finding out that it would have cost at least £1,500 to have this adaption, my parents and I went off the idea rather quickly.

By Christmas, Clive had become totally obsessed by his idea, to the point whereby whatever I did right, he would always say: "but you'd do that far better with Power Steering." After a while this became a little annoying, so after a discussion my parents and I decided to give Clive the "elbow" for a few months and concentrate on driving our car. After all, a little more effort doesn't cost anything.

Therefore, every weekend since January, my father has been giving me tuition. At this point I must publicly offer my sincere gratitude to my father, because he is an excellent teacher and so far we've not had a cross word. Occasionally he shouts but that is only to keep my concentration on the ball.

As regards taking my Driving Test, I have not fixed a definite date simply because there are still a few flaws to be ironed out, which I fully recognise and admit to. Besides, I want to be sure I pass first time, anything less will be an anti-climax, and make all my efforts completely abortive.

At present, I find driving an extremely enjoyable and very challenging experience. Having said that, I'm still furious with those certain objects who stated I couldn't drive.

After all, being without mobility for twenty-two years has made social life with people of my own age virtually impossible, thus blotting out any hope of an intimate relationship with the opposite sex.

Oh! I fully realise that the "average" disabled is not supposed to have such aspirations. On the other hand, who the devil wants to be average?



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WE STILL DO a little painting during the lunch break, but not quite as much, as other interests have taken over. A pleasing painting of the Mumbles Train hangs on the wall of the entrance hall.

One of the Trainees continues to do well with pottery and porcelain, and two very unusual pottery plaques are on display.

Regrettably we have not embarked on any outings as we did last year, but have a few plans for the future.

The money raised this year has been spent on a snooker table and this should give pleasure in the winter months.

MARJORIE K. WILLIAMS.

"One World - 1981"

I.Y.D.P. - That's what they called it
Int'national Year of Disabled
And many a Conference discussed it
And many a motion was tabled.

And Multitudes worked and assisted
To spread the proud word through the world
"They belong, they belong" they insisted
"They belong, just as you, to this world."

They preached it from church and from steeple
To help spread the gospel so clear
That disabled people are people
Who just have more burdens to bear

But now we can note the move slowing
The evidence all clear to see
We **must** stop our apathy growing
And work, still, as hard as can be.

Let's keep up the pressure where needed
Co-op'rate in one great big throng
Till our voices, concerted are heeded
"Disabled do really belong."

JIM ANDREW
Vice-Chairman (South Wales Region)

Anyone wishing to make a donation or bequest to the Association may care to use the forms below.

Donation

To: H. G. Austin, Esq.,
Honorary Treasurer,
Swansea & District Spastic Association,
'Longfields', 6 Bethany Lane,
West Cross, Swansea SA3 5TL.

I enclose a donation of £ _____
to the funds of the Swansea and District Spastic Association.

Name: _____

Address: _____

Signed: _____

Form of Bequest

To: _____
(Solicitors)

Please arrange the following codicil to my will:

I give free of duty to the Swansea & District Spastic Association the sum of

£ _____ to be applied for the general purposes
of the Association and I declare that the receipt of the Treasurer or other
proper officer for the time being of the Association be sufficient discharge of the
same.

Name: _____

Address: _____

Signed: _____ Date _____

Synopsis of Corad Report

1. The Committee on Restrictions Against Disabled People (CORAD) reported in February 1982 on discrimination encountered by physically handicapped people. The Committee (apart from one dissenting member) recommended strongly that anti-discrimination legislation should be introduced.
discrimination occurs and particularly:
employment
education
the provision of goods facilities and services
insurance
transport
property rights
occupational pension schemes
membership of associations & clubs
civic duties & functions (Rec. 3)
2. It is interesting that at the start of the Committee's work many members felt that legislation was an over-reaction to the situation and might antagonise the general public. However, three years' examination of the issue changed the views of all those initially opposed, apart from the one dissenter.
3. The Committee did not feel able, for various reasons, to include the problems of mentally handicapped and mentally ill people, or of those in long-stay institutions. But they urged that the rights and needs of such people should be investigated further, and that their recommendations should be applied or modified as necessary in these cases.
4. The Committee's recommendations extended to all areas where
discrimination occurs and particularly:
employment
education
the provision of goods facilities and services
insurance
transport
property rights
occupational pension schemes
membership of associations & clubs
civic duties & functions (Rec. 3)
5. The Committee recommended that there should be a regulatory body or Commission with powers to investigate, conciliate and, if necessary, take legal action on individual complaints of discrimination; to recommend guidelines on the reasonable affirmative action required to accommodate disabled people and to promote the integration of disabled people into society (Rec. 4).
6. The Committee made 42 recommendations in all, some of which they suggested could be readily adopted almost immediately. However they stressed that these measures would be far less effective without the support of anti-discrimination legislation.

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One of our married couples arriving at The Works Centre.



Time to go Home!

Covenant Form

I _____
(Block Capitals)

of _____
(Address)

Hereby Covenant with Swansea and District Spastic Association that for a

period of seven years from _____ 198 (this date must be after the date of the covenant) on which the first payment shall be made or during my life whichever period shall be the shorter, I will pay annually to the said Association for its general purpose such yearly sum as after deduction of Income Tax at the current rate will leave the net yearly sum of

£ _____

£ _____
(Amount in figures and words)

IN WITNESS WHEREOF I hereunto set my hand and seal this _____

day of _____ 198

named Covenantor in the presence of:
SIGNED, SEALED and DELIVERED BY THE ABOVE

(Usual signature of Covenantor)

Signature and Address _____

of Witness: _____

N.B. This form should be returned to Harold G. Austin, Honorary Treasurer, The Swansea and District Spastic Association, 'Longfields', 6 Bethany Lane, West Cross, Swansea SA3 5TL.

To give you some idea of just how valuable the Deed of Covenant method of subscription is to the Association, for each £5.00 net annual subscription entered in the Deed and paid to the Association by the subscriber, the Association recovers £2.14 Income Tax making the total gross benefit for the year £7.14 (based on a basic rate of Income Tax of 30%).

What is Active?

ACTIVE

Is an organisation which encourages the development of play, leisure and communication aids for disabled children and adults. Its aim is to help disabled people to lead more independent and active lives.

ACTIVE'S AIM

The membership comprises disabled people, their relatives, those with a professional responsibility for disabled people, designers, engineers, DIY enthusiasts and those who are interested in the well-being of disabled people. All these people contribute their skills, knowledge or enthusiasm to further ACTIVE's aim.

ACTIVE'S ROLE

The ACTIVE Panel — comprising of therapists, teachers, designers, engineers and representatives of some local ACTIVE Groups — is responsible for developing the role of ACTIVE. The approach is that of 'do-it-yourself' . . . but it includes 'getting-others-to help you'. By bringing together a disabled person with a particular need and the designer or engineer with the necessary practical skills, ACTIVE encourages the development of one-off solutions to play, leisure and communication problems. Many of the aids thus developed would never be commercially produced due to their complexity (and, therefore, expense of manufacture) or the very specific nature of their use for a particular disability.

A local ACTIVE Group has recently been formed in our area.

For further information please contact:

Derek or Judith Miller
WEST GLAMORGAN ACTIVE
Telephone: Swansea 404289

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Swansea & District Spastic Association Ladies' Guild

OFFICERS:

President: Matron G. M. WATTS
Vice-President: MARJORIE WILLIAMS
Chairman: GWEN DAVIES
Vice-Chairman: NESTA MOORE
Secretary: JOAN OWEN
Assistant Secretary: ENID SAWDEY
Treasurer: JOAN OWEN
Catering Officers: ELSIE ROWLANDS, JOYCE WILLIAMS, AMY HARRIS
and MARGARET GREY
Raffles Officer: PHYLLIS BEBELL
Savings Bank Officers: OLWEN FLOYD and
WENDY BROMHAM



Swansea and district Spastic Association Ladies' Guild held its Christmas fayre at the Patti Pavilion, Swansea, Mrs. Moi Pritchard (second right) senior regional officer for the Wales region of the Spastic Society, opened the fayre and is pictured buying from the stall of Mrs. Elaine Michael, Mrs. Marion Owen and Mrs. Lorna Schropfer. Also in the picture, on the right, is Mrs. Gwen Davies, ladies guild chairman.



Mrs. Daily Elliott presents a cheque for £500 to the Ladies' Guild Ambulance Fund. The money was raised by Mrs. Elliott and her colleagues at Swansea Industrial Components by holding weekly raffles and a sponsored walk.



Pupils of Gwyrosydd primary school, Penlan Swansea, joined forces with members of the Morriston Orpheus Choir at a Christmas Concert which raised money for local charities. Mr. A. Greaves, treasurer of the choir, presents a cheque to Mrs. Joan Owen, treasurer of the Swansea Spastics Ladies' Guild, watched by Mrs. Gwen Owen Davies, Guild Chairman.

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The Ladies' Guild

OUR YEAR began very apprehensively with membership even further depleted by illness and other circumstances, but it progressed very well, and ended on a very high note.

We held only five organised events, but these, together with members' own individual efforts and very generous donations from various sources, meant that the proceeds for the year amounted to almost £5,000.

Our thanks go once again to everyone who has helped us, either by actually raising funds, or by supporting our events.

I should like to mention first, our two biggest fund-raisers, the Christmas Fayre and the Mail Order project.

At the former there was a record number of stalls, and we were very pleased to have Mrs. Moi Pritchard, Senior Regional Officer for the Wales Region of the Spastics Society to perform the opening ceremony. It was a most enjoyable day, and realised £1,372. While this was not a record sum for this event, we all felt it was a very satisfactory result.

The Mail Order project was again run by Elaine and Evan Michael, and resulted in proceeds of well over £500. This amount is increasing every year, and Elaine and Evan feel that there is a great potential in it, and hope that, this year, even more members and friends will place orders with them.

We were fortunate enough this year to be able to hold two events at the Mansion House, a Coffee Morning and a

Sherry Evening. The opportunity to meet in such beautiful surroundings is one which we greatly appreciate.

We were also pleased to resume our annual Pancake Day Coffee Morning. This is a very popular event, and is well supported by our friends in West Cross and Mumbles. The coffee and pancakes were very enjoyable and special thanks are due to our Catering Officers for their work on this occasion.

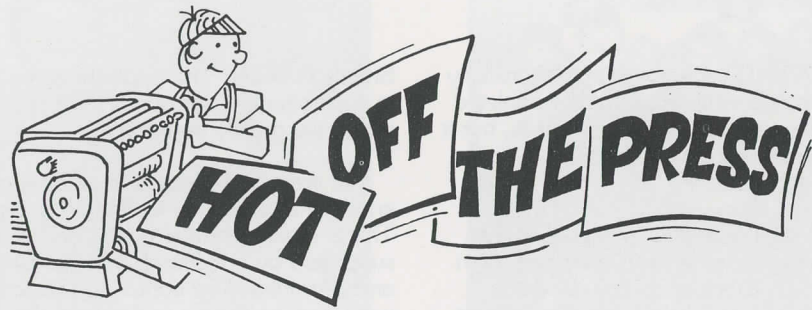
In addition to these events we also held a Variety Concert at the Velindre Sports and Social Club, which was well attended and the proceeds of the evening were £140.

It has been quite a busy year, then, but it came as a surprise to most of us to realise at the end of it, that, instead of making a contribution towards the cost of the ambulance which had been placed on order early in 1983, we were not far short of having enough money to pay for it completely.

It was a very happy day, when, on June 21st., 1983 our chairman handed over to the Association, the 17 seater Mercedes Benz ambulance which will allow more of our trainees to travel in comfort and safety. It was less than two and a half years since we had presented the first ambulance.

Whilst we do not anticipate being able to raise as much money in another two years, we are sure that we shall be able to continue to support Longfields with, as the song says "a little help from our friends."

JOAN OWEN
Treasurer and Secretary



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Seen here at the annual Pancake Day coffee morning held by the Ladies' Guild at Longfields are the Guild's Catering Officers, Mrs. Amy Harris, Mrs. Margaret Grey, Mrs. Elsie Rowlands, and Mrs. Joyce Williams, all tossing pancakes, watched by Mrs. Joan Owen, Mrs. Owen Davies and Mrs. Susan Phillips.



The Lady Mayoress, Mrs. Eirlys Lewis tries her luck at Mrs. Dilys Bailey's Tombola stall at a Sherry Evening held at the Mansion House.

What is a Grandma?

By Joyce Williams

SOME ONE WHO always has time
to listen to what I say.
Who tells me stories at bedtime
and sometime during the day,
of times when she was a little girl
and the games she used to play.
I love to listen to how things were
and how they used to be.
When grandma speaks,
it's like living in history.
For she only tells me exciting things.
Not dull old dates and such,
that's why I love my grandma
very very much.
She doesn't seem to mind if I have
mud all over my shoes.
She says it's part of growing up,
and that rugs are there to be used.
She seems to understand,
if I forget to clear my toys.
She says she is used to clearing up
after untidy boys.
And sometimes when I visit her,
and see her sitting there
looking very lonely
in her comfortable old chair
I put my arms around her
and tell her I love her so.
I wonder why she says to me
"Yes my dear I know."
Is that why she lets me
climb her apple tree,
and when I come to visit her
she makes lovely cakes for tea.
I love my mum and dad,
I know I always shall
but, grandma, well, she's different,
she's my very special PAL.

Will You Please Help Us To Help Spastic Persons In Our Area?

I will be pleased to help the Swansea and District Spastic
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3. Office or Factory Collections.....
4. By organising a Film/Fashion/Theatre Show.....
5. By running a Bazaar/Bring and Buy Sale/Jumble Sale.....
6. By organising a Coffee Morning/Evening.....
7. By organising a Whist Drive/Bridge/Bingo.....
8. By selling Prize Draw Tickets.....
9. By other means (please state).....

N.B. Please tick in appropriate box(es).

Name

Address

Phone No.

Signed

Please return to:—
DEREK J. MILLER, (Hon. Secretary)
Swansea and District Spastic Association
'Longfields'
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West Cross, Swansea SA3 5TL

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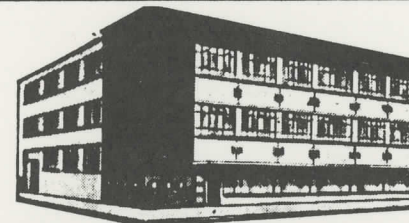


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