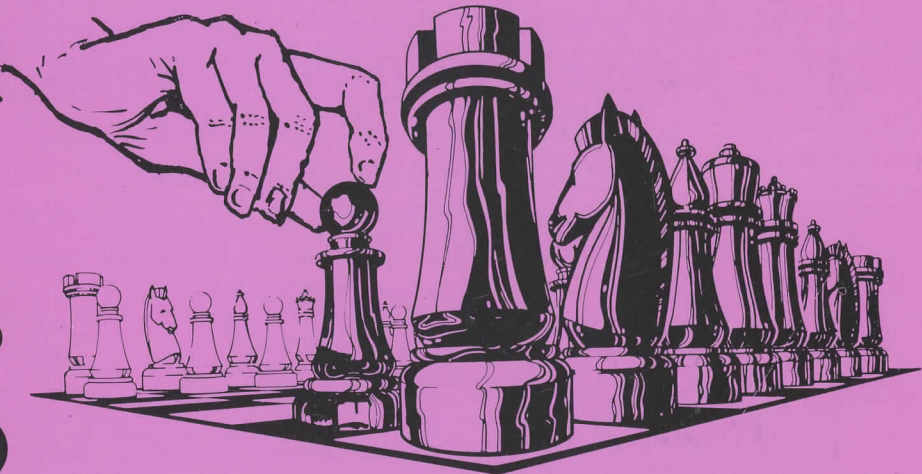


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A Challenge

by ALAN WILLIAMS, M.P.

President of Swansea & District Spastic Association

THE NEXT FEW YEARS will be particularly challenging for 'Longfields'. They will be a period of financial constraint. Yet the need for Longfields' facilities will be as great as ever — indeed, possibly greater if other organisations have to cut back on their work.

I have no doubt about the ability of the Swansea Association to rise to this challenge. The founders faced even more daunting problems but proved what can be achieved with constructive determination.

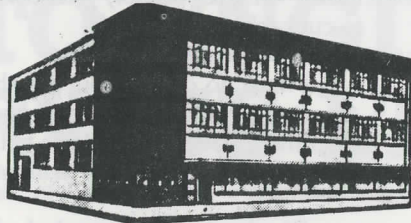
We should all be proud of what 'Longfields' offers. In my work I see the consequences of failures in other areas of need. We must not let our young people face such waste and frustration. It is in helping others to fulfil more of their lives that we can fulfil more of our own.

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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.”

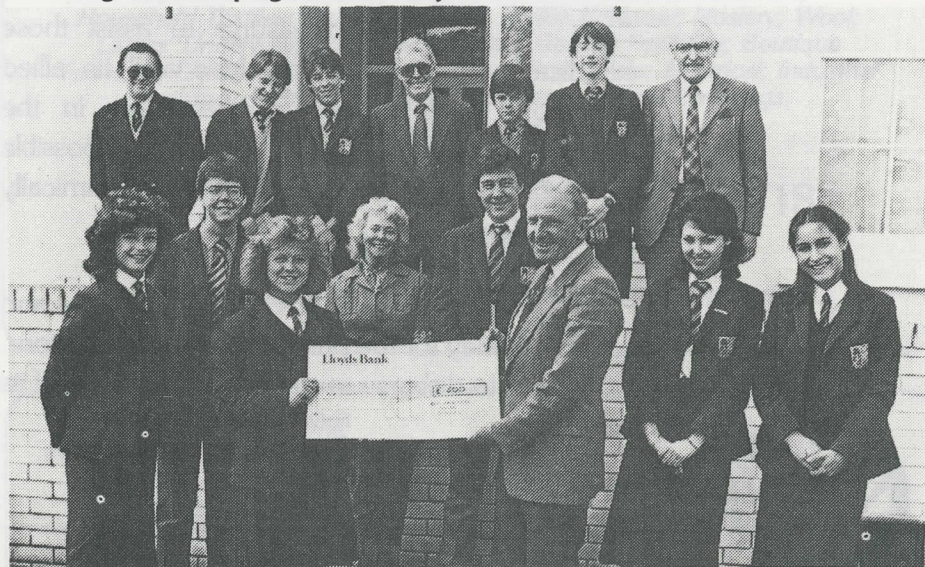
“ to receive donations and subscriptions and to raise money for the purpose of the Association and to disburse same for the fulfilment of its objects.”

BRIEF EXTRACTS FROM THE ASSOCIATION'S CONSTITUTION

Chairman's Report

IT IS NOW THIRTY years since Longfields was opened for the benefit of our handicapped children. They were then of school age but could not attend even a special school in those days because of their severe disabilities. On 6th July, 1955 the first ambulance arrived with five spastic youngsters and within two months their number had increased to twelve. Much expansion and development have taken place over the years and I am pleased to say that our Centre is still going strong. It continues to provide useful and satisfying activities, in pleasant surroundings, for some 45 people with handicaps due to cerebral palsy. They attend daily and many have done so since 1955.

The past year has been one of continuing effort and progress. Financially



Tracey Webb, a student at Dumbarton School, Swansea, presents a cheque for £500 to Mr. H. G. Austin, Hon. Treasurer of Swansea & District Spastics Association, at Longfields Centre June 1985. Included in the photograph are Mrs. G. M. Watts, Matron, Mr. T. Powell, Work Centre Manager, Mr. D. H. Aled Thomas, Headmaster of Dumbarton School with some of the pupils who raised and donated the money, and Mr. O. J. Lewis, Chairman of the Association.

we have managed to meet the highest annual expenditure yet - £94,344 for the year ending 31st March, 1985. Our main capital outlay was on converting the central heating installation in two buildings from oil to gas. This is expected to be a worth while long-term investment. The Association's thanks are due to our Ladies Guild who raised a large proportion of the £8,000 required for the conversion. Our main running costs are those of keeping our four ambulances on the road daily to bring all the Trainees into the Centre from a wide area. The organised fund-raising events during the year all produced good results - thanks to all concerned - and the Annual Fete at Longfields on 1st June was probably the best yet.

The various sections at Longfields are all going remarkably well, as usual, despite inevitable difficulties and problems from time to time. In the Work Centre contracts are carried out for local firms, handicraft items are produced to meet a constant demand, and the printing room is also kept busy. The Care & Therapy Unit is fully occupied with its fifteen members receiving the necessary special attention for their many needs from Matron, Mrs. Watts, and her staff. Our short-term Residential Unit has continued to play a very useful part for many members who would not otherwise have had a holiday or rest from caring.

The "Bath Project" started in May, 1984, has proved to be a very useful service, especially for some of our most heavily handicapped. The special 'Parker bath has proved its value and usefulness. The two persons who carry out the project were provided through the Community Programme of the Manpower Services Commission, and it is hoped to continue this most desirable service in the future.

Another Community Programme venture was participation by many of our Trainees in drama activities at the Dylan Thomas Theatre. This gave much pleasure and helped to enrich their

cultural horizons. Our Work Centre Manager, Mr. T. Powell, was closely concerned with this.

During the year a fine new greenhouse, with special features for disabled users, was presented to Longfields by the Lions Club of Swansea. It has been in full use for several months and has stimulated considerable interest by several members, so it is hoped that this fresh activity will develop in the future.

We have maintained our usual close relationship with the Spastic Society and extend a warm welcome to new members of the staff of the Society in Wales.

In conclusion, I would like to thank all Association members who have helped in any way that they could during the year, also all our staff at Longfields for their continued dedication to the work here. We are very grateful, as always, to all members of the public who have contributed so generously to our funds and trust that they will continue to do so in the knowledge that their contributions are put to the best use for the benefit of severely disabled people.

OWEN J. LEWIS
July, 1985



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Elvira Thomas presents Mrs. Jane Murphy with a magazine rack. Councillor Mike Murphy officially opened this year's Annual Garden Fete held in the grounds of Longfields. Also in the photograph are Alan Williams M.P., President of the Association; Ken Thomas, Appeals Organiser; Owen Lewis, Chairman, and Emma and Claire Murphy.

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(Usual signature of Covenantor)

Signature and Address _____

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N.B. This form should be returned to Harold G. Austin, Honorary Treasurer,
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Staff and Trainees celebrate Sandra's birthday in the Care Unit.



THE BATH PROJECT

Jane Edwards (left) and Margaret Gould prepare Christine Owen for her bath.

Longfields and the Community Programme

OVER THE PAST YEAR we have derived considerable benefit from participation in two community programmes. The first Community Programme was the Bath Project in which we were directly involved. The second Community Programme was the Commit Theatre Project based at the Dylan Thomas Theatre. I will discuss these two Projects later, but first a brief word on the Community Programme Scheme itself.

The Manpower Service Commission was set up to develop training for the ever increasing unemployed. By 1978 schemes had been established for both under and over 18 year old groups. The Youth Training Programme was further developed from the first Youth Opportunity Programme to today's successful Youth Training Scheme. Older people had also been helped, and out of the various schemes emerged the Community Programme. This commenced in October, 1982. Briefly the Programme provided a short term (approx. 12 months) training scheme for people over 18 years of age. The Recruitment criteria is slightly different for those people over 25 years of age, but the basic principle is that they have been unemployed for at least 6 months or more.

As the title implies, the Community Programme was established to help the community in general. All schemes set up must have this essential element — they have to positively be of value to the community. The number of schemes being run at this moment vary enormously: many have improved the environment, some have developed energy conservation, whilst others have

provided a considerable number of social amenities and also helped small local groups. Valuable research programmes have also been successfully launched.

The schemes are financed by the MSC. They are not the employers. The Community Programme is managed by sponsors, who may be large organisations (local authority), small groups, or special management agencies set up by sponsors to act as the employers. The MSC's prime function is to monitor the schemes, and act in an advisory and consultative capacity. The main difference between the YTS and Community Programme is that the Youth Scheme provides a training allowance, and the Community Programme pays the adult workers the national rate for a specific job. The MSC also provide funding for the operational costs of the scheme, and may also provide further training opportunities.

At Longfields, the Bath Project was organised by the Managing Agency set up by the Swansea Council of Voluntary Service. This Agency presented the scheme to the MSC, following consultation with our Association, and was then responsible for the schemes administration.

The Project itself employed two part-time members of staff directly responsible to the Matron who organised the entire Bath Programme. Their task was to bath some 15 trainees both from the Special Care Unit and the Work Centre. The centre of activity was the Parker Bath provided by the Spastics Society (Wales), and the programme was a great success from the start. An excellent relationship developed between the Community Programme staff and the trainees. Each

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bathing session seemed to become a special event, and trainees returned fresh and smiling, hair shampooed etc. — obviously having enjoyed themselves. Apart from this beneficial social contact, parents can now be assured of the projects success in also helping them. I will not dwell on the difficulties of parents who perhaps have ill-health or are of increasing years — these problems are obvious, but the Bath Project has surely played its part in individual care provision.

As I write, the Project has ended in its original form. Perhaps however, in conjunction with other proposals, a new Community Programme can be developed in which the functions of the Bath Project may be incorporated.

The Commit Theatre Project was based at the Dylan Thomas Theatre. Sponsored jointly by the Little Theatre and the SCVS, it was established to provide a base for a group to develop 'Community Theatre'. Their brief was to provide creative activities for the unemployed, and in particular to create an environment to help those disabled who have either communicative or mobility difficulties.

The first Longfields trainees went to the Dylan Thomas Theatre in the Spring of 1984. At first, we went every fortnight — but the activity proved so successful that our Theatre visits became a weekly

occurrence. Around a dozen trainees took part in the visits. The activities varied — sometimes the group had a meeting in the Theatre lounge; often they were on stage, taking part in a playlet or musical group. The Dylan Thomas Theatre has splendid facilities for the disabled. This vital fact, together with the warmth and friendship of the Theatre group and the welcome of Mr. Peter Davies, who headed the project, gave the trainees many hours of joy and laughter.

Later in the year, the Commit Project produced two plays and donated the proceeds to Longfields. During the severe winter months, our visits became restricted — the problem was solved by some of the group coming to Longfields, and running their drama workshops in the Work Centre.

The Bath Project and the Commit Theatre Project were excellent examples of successful Community Programmes. Parents and trainees benefited from both projects and the Community Programme staff are now employed at Longfields, and the Managing Agency and MSC are ready to help in further developments. One feels that these Projects enriched the lives of all participants — they will be difficult to follow.

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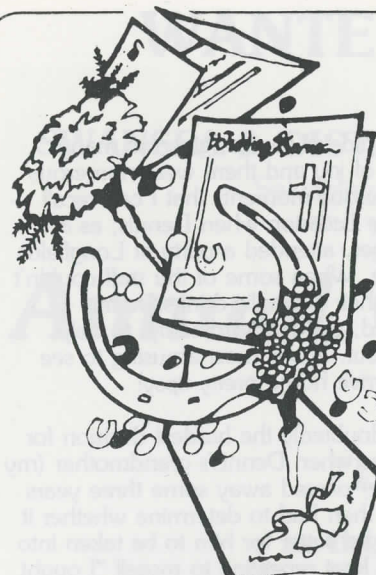
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A Mother's Dilemma

STATISTICS INFORM US that around one child in every hundred is born with some degree of mental handicap. Thirty-five years ago I gave birth to such a child — a beautiful baby boy whom I named Dennis.

Prior to his birth I had little knowledge or understanding of the term "Mental Handicap." Dennis appeared to be a healthy child. Yet, as the months passed it became apparent that my son was unlike other children of his age. Within a year my G.P. diagnosed Dennis as being mentally handicapped. That was hard to accept. Yes, very hard.

You see, being mentally handicapped means permanent brain damage. Dennis would never get better. In many ways it was a constant struggle for me and, admittedly, there were times when I, as a parent, encountered immense pressures. But also I was to learn that there existed many prejudices and misconceptions.

During those early years the situation looked very bleak. The breakthrough came when I was offered day care for Dennis at Longfields Spastics Centre. There was no "education" as such for someone mentally handicapped but Dennis came to look forward enthusiastically to his Monday to Friday visits to the Centre. And words cannot express my gratitude to the dedicated staff for their love and devotion in caring for Dennis and others like him.

Dennis was to spend a great deal of his time with his grandparents — and I have much to thank them for. His interests were confined mainly to listening to music, being chauffeured around in the car and consuming a plentiful supply of tea daily.

He did, of course, give me many hours of joy and there were numerous humorous moments that I can recall — like the occasion when Dennis, as a teenager, attended a party at Longfields Centre. When some of the staff couldn't finish their alcoholic drinks Dennis decided, quite determinedly, to help them out. It was most amusing to see him arrive home pretty tipsy!

Undoubtedly the hardest decision for me was when Dennis's grandmother (my mother) passed away some three years ago. I then had to determine whether it would be better for him to be taken into care. I kept repeating to myself "I ought to be looking after Dennis" but at the same time, "what would become of him if anything happened to me?" Like any loving parent I wanted my son to have the best care possible.

After much deliberation I placed him in the custody of The West Glamorgan Health Authority at the Handicapped Unit at Gorseinon.

During the last six years I, myself, have been employed looking after the mentally and physically handicapped, and with hindsight and having gained much experience I now feel it was a mistake to hold on to Dennis for so long. Placing him in care was the right thing to do. I have no regrets.

Immense changes have taken place since those early years. Dennis is given marvellous, unequalled and sympathetic care for 24 hours each day. My deep, profound gratitude is extended to all concerned with my son's welfare and wellbeing.

Mrs. LYNNE STALLARD

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I will remember that Holiday Home with its pathetic aim at pleasure and segregation in its quintessence.

Annual Garden Fete - June 1985



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A suggestion that might be of use to some parents.



The photographs illustrate a DATSUN PRAIRIE which has been adapted to take a wheelchair with the occupant of the wheelchair clamped down in complete safety and having an excellent view.

Update

by **T. Gwyn John, Vice-Chairman, Swansea & District Spastic Association; Vice-Chairman, Wales Regional Committee; Delegate, Spastic Society.**

THERE HAVE BEEN a number of changes in the Welsh Region in the past year with new members of staff and also their designations. The present set up is as follows:

Dell Jones	—	Regional Manager
Anna Nugent and Gill Williams	—	Development Officers
Nigel Bosanko	—	Senior Appeals Officer
Paddy Nugent	—	Appeals Officer
Geraint George	—	Appeals Officer, North Wales
Kevin Partridge	—	Information Officer
Sue Potter	—	North Wales Social Worker
Howard Kent	—	West Glamorgan & Dyfed Social Worker
Ruth Ledger	—	Gwent & South Glamorgan Social Worker
June Barnes	—	Mid. Glamorgan & Powys Social Worker.

Secretaries: to Regional Manager — Liz Roberts
to North Wales Appeals Officer — Irllys Hughes
to North Wales Appeals Officer —
to North Wales Social Workers — Yvonne Hughes.

Receptionist — Regional Office — Julie Jackson

Wales Region — 45 Park Place, Cardiff CF1 3BB (0222 30749).

I am sure that members of the Swansea & District Spastic Association wish the new team in the Region every success and that their work will benefit all spastic people in the region.

The past year has been a difficult one for the Region, one of the main problems being residential accommodation for the children of ageing parents.

The Region have faced many obstacles in their attempt to get the Prestatyn Project of long term residential care into a reality.

This issue is now being dealt with exclusively outside the Wales Regional Office.

We hope that mistakes made in North Wales would strengthen the application for a similar project in the South and have a lot more success.

We at Swansea are faced with a question of priorities, is it to be:

1. Long term residential care, or
2. Extra accommodation for the fresh applications that come to Longfields fairly regularly and are likely to keep coming in the future.

This of course, would mean building works and also extra transport and staff.

One of our main concerns in this area is, of course, the young spastic people

finishing at Dyfatty School in the near future.

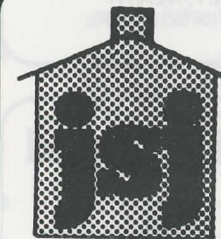
I would also like to mention the good work of Kevin Partridge at the Disabled Persons Information Centre at Regional Office and advise parents to make use of the Centre for all kinds of advice and help from Aids & Equipment, Benefits, Holidays for the Handicapped, Etc.

You can get in touch with Kevin at 45 Park Place, Cardiff. Tel. 398058 Monday to Friday 9a.m. to 5p.m.

The Spastic Society nationally continue their fight with the Government about the terrible burden of V.A.T. which reached the sum of £507,000 in 1984.

The income of the Society for your information comes from two main sources, Fees and Grants and from the public. The proceeds from appeals, legacies, donations and other incomes £10,681,000 (1984). Fees and Grants for schools and centres was £13,430,000 which shows the massive extent of the Society's work.

I must mention that Swansea is the leading Group in Wales and have more direct commitments than any other Group and I hope that we will continue to work closely with the Region and that the funds raised in The Swansea & District area will benefit Swansea Spastics. I am sure this is what the Swansea public would want.



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NSR/20

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.
- 1977** Association celebrates 25th Anniversary.
- 1981** Ladies Guild celebrates 21st Birthday.
- 1985** Thirty years at 'Longfields'.

Some Facts

- CEREBRAL PALSY 'is a disorder of movement and posture caused by damage or failure to develop normally in a small part of the brain controlling movement. Messages do not reach the muscles, and thus arms, legs or other areas of the body cannot be controlled.
- SOME people with cerebral palsy are only lightly affected. Others are totally immobilised and unable to move much more than one toe or one finger. Many people with cerebral palsy have a higher than average intelligence, whilst some may suffer a mental as well as a physical handicap. Sight, hearing and speech difficulties are common.
- THE SPASTIC SOCIETY was founded in 1952 by a group of parents who were concerned about the neglected needs of their disabled children. It is now a national organisation providing advice and support for thousands of people.
- SINCE 1952 the Spastics Society has been able to help over 30,000 cerebral palsied children and adults, and is now actively promoting the need to integrate people with disabilities fully in the community.

Dellwyn Jones – Regional Manager The Spastics Society

IN MY NINE MONTHS with the Society, this is only the second time I have been asked to contribute to a year book. The first time was four weeks after starting and was for the regional office's first attempt at producing such a book.

The results of that booklet have been significant. Accordingly, I believe I understand the importance of such books and the need for people like myself to keep our contributions short and to the point.

However, to return to a more serious note, my nine months have shown me a number of things to which I will briefly refer:

- a) The significant amount of positive work and achievement by the local groups and the Society in Wales.
- b) The remarkable achievement of the people of Swansea and the excellent results achieved through the various activities undertaken at 'Longfields'.

and c) The even now considerable work demanded of us all if we are to achieve further progress and new objectives. We must build upon past achievements and strive to achieve even more in the future.

Such remarks come easily from someone who is paid to do what he does. However, they are an acknowledgement of the past outstanding efforts of parents and volunteers alike and the need for us all to continue to attract new blood to sustain and build upon achievements such as 'Longfields'.

I should therefore like to conclude by asking all readers of the year book to consider whether they can do more for the Spastics Society and the local association and if disabled or a parent themselves whether there is more they would like the Society to do.

The Swansea Association has a praiseworthy past, an excellent present and with everyone's help and assistance a positive future.

Good Luck.

Door Knock

ONCE AGAIN, you have been kind enough to invite me to contribute to the Year Book.

The last year saw the Swansea West area covered by a House to House Collection with 366 volunteers raising the magnificent sum of £3,448.13. May I now take this opportunity to thank all those who gave so willingly of their time and energy to make this "door-knock" such a success.

My special thanks to everyone at 'Longfields' who helped in the mammoth task of counting the collection, in what proved to be a very enjoyable and productive day.

I now look forward to another year which I am sure will prove to be as successful as the last.

Best wishes,

NIGEL C. BOSANKO
Appeals Officer, Wales

T. B. Williams

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6. By organising a Coffee Morning/Evening.....
7. By organising a Whist Drive/Bridge/Bingo.....
8. By selling Prize Draw Tickets.....
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N.B. Please tick in appropriate box(es).

Name

Address

Phone No.

Signed

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Swansea and District Spastic Association
'Longfields'
6 Bethany Lane
West Cross, Swansea SA3 5TL

Please tell others about us

Swansea Spastics Ladies' Guild

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Some of the members of the Swansea Spastics Ladies Guild held an impromptu race during a pancake morning at the Longfields Spastic Centre, West Cross, Swansea. Pictured left to right, are pancake aces Mrs. Amy Harris, Mrs. Joan Owen, Mrs. Elsie Rowland, and Mrs. Margaret Gray.

Will No 8 Health & Safety
Spastic Persons In G



A tray made at Longfields Spastics Centre, West Cross, Swansea, was given to the Lord Mayor's family at Swansea Spastics Ladies' Guild Christmas Fayre which was officially opened by the Lord Mayor Councillor Mike Murphy at the Patti Pavilion. Mrs. Daisy Hughes, longest serving member gives the tray to the Lady Mayoress, Mrs. Jane Murphy and daughters Emma and Claire. Also included are Mrs. Gwen Davies, guild chairman and Mrs. Joan Owen, secretary.



Some members of the Association busy counting some of the money from a recent "House to House" Collection in Swansea, with high hopes of a big percentage coming to 'Longfields'.

The Ladies' Guild

IN THE FINANCIAL YEAR which ended on 31st March, 1985, the Ladies' Guild raised £5,182.60 which is a slight increase on recent year's results. We had no particular project in mind when our year began, but continued to work as usual in order to be able to meet any need which may arise at 'Longfields'. During the year two such needs did arise, and we were able to help in both instances. Conversion of the central heating system from oil to gas was undertaken and proved to be very expensive, and we were pleased to be able to contribute half the cost of this work. We have also, very recently, met the cost of a new telephone system, and purchased an electric typewriter for the office. Donations amounting to £5,500 were made to the Association to meet the cost of these items, all of which, it is hoped, will contribute to the more efficient and economical running of 'Longfields'.

Four coffee mornings were held during the year, one at the home of our Vice-President Mrs. Marjorie Williams and one at the Mansion House, and two at 'Longfields', one with pancakes on Shrove Tuesday, and the other combining a Pippa Dee Fashion Parade at which the models were our own members. A very enjoyable evening was spent at the Grove, Uplands (well known to us all as the first schoolroom and early meeting place of the Association), when a concert was given for us by the Excelsior Ladies' Choir, whose members include our own Chairman. The standard of their performance was highly praised by all who attended, and coffee and biscuits were served afterwards making it a very pleasant evening.

The main fundraising event of our year was, of course, as always, the Christmas Fayre. Held again in the Patti

Pavilion, now refurbished and without last year's problems, the Fayre was opened by the Lord Mayor of Swansea, Councillor Mike Murphy, who, accompanied by the Lady Mayoress and their two daughters arrived before noon and stayed for two hours, entering into the spirit of things and helping sales along on several stalls. Our catering officers excelled themselves by providing really ambitious refreshments which were much enjoyed and talked about for some time. Proceeds of the Fayre amounted to £1,501.45, and our thanks go to all who helped in any way to achieve this very pleasing result.

It seems that every year we have to say Goodbye to at least one of our members. This year we were saddened by the death of Mrs. Caroline Trew, who had been a Guild member for very many years. Mrs. Trew was a loyal and generous member, attending meetings regularly and supporting events, and we shall miss her.

We have, however, been joined during the year by several new members. This is very encouraging, and we welcome them most warmly and hope that they will stay with us for many years to come. Our Guild has really only one purpose, which is to work for 'Longfields'. That we enjoy the work and each other's company is a bonus. Again I should like to appeal for new members. If you are at all interested, please join us at one of our meetings. They are held on the second Tuesday of each month (except August) in the Friend's Meeting Hall Annexe in Page Street at 10.30a.m.

At the Annual General Meeting in June all Officers were re-elected. To them and to all members and friends I extend my personal gratitude for their work and co-operation in the past year.

JOAN OWEN
(Hon. Secretary)

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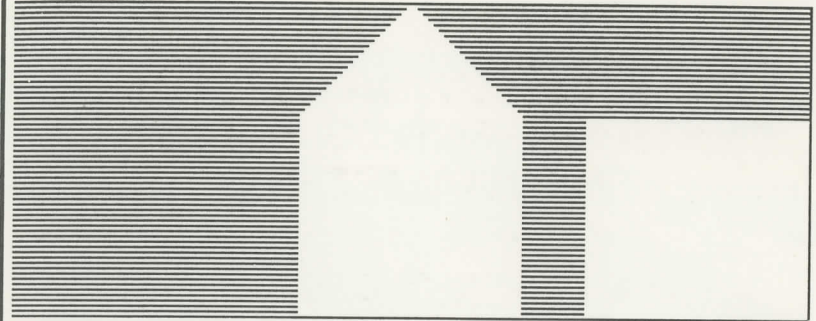
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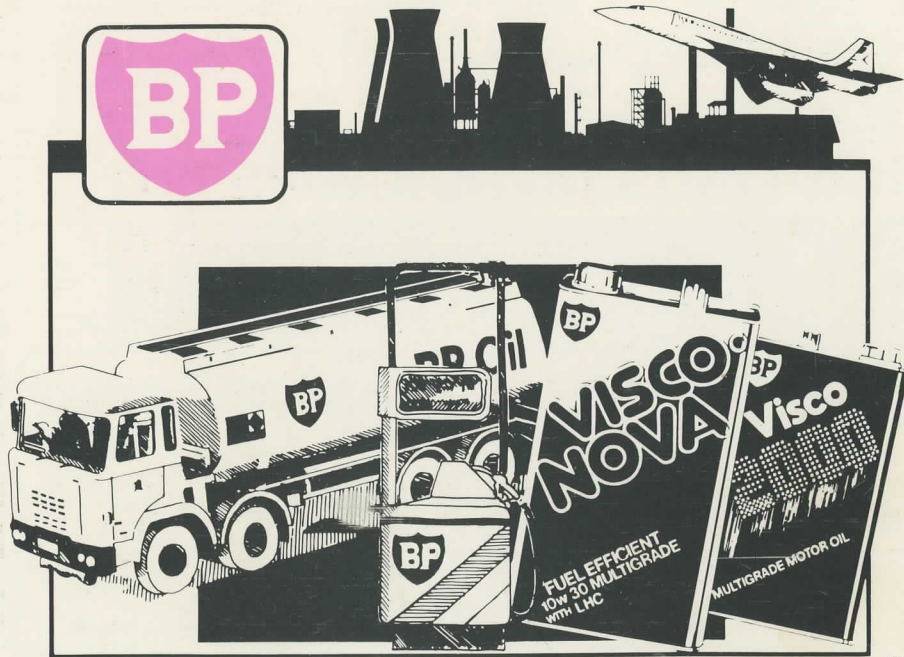
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