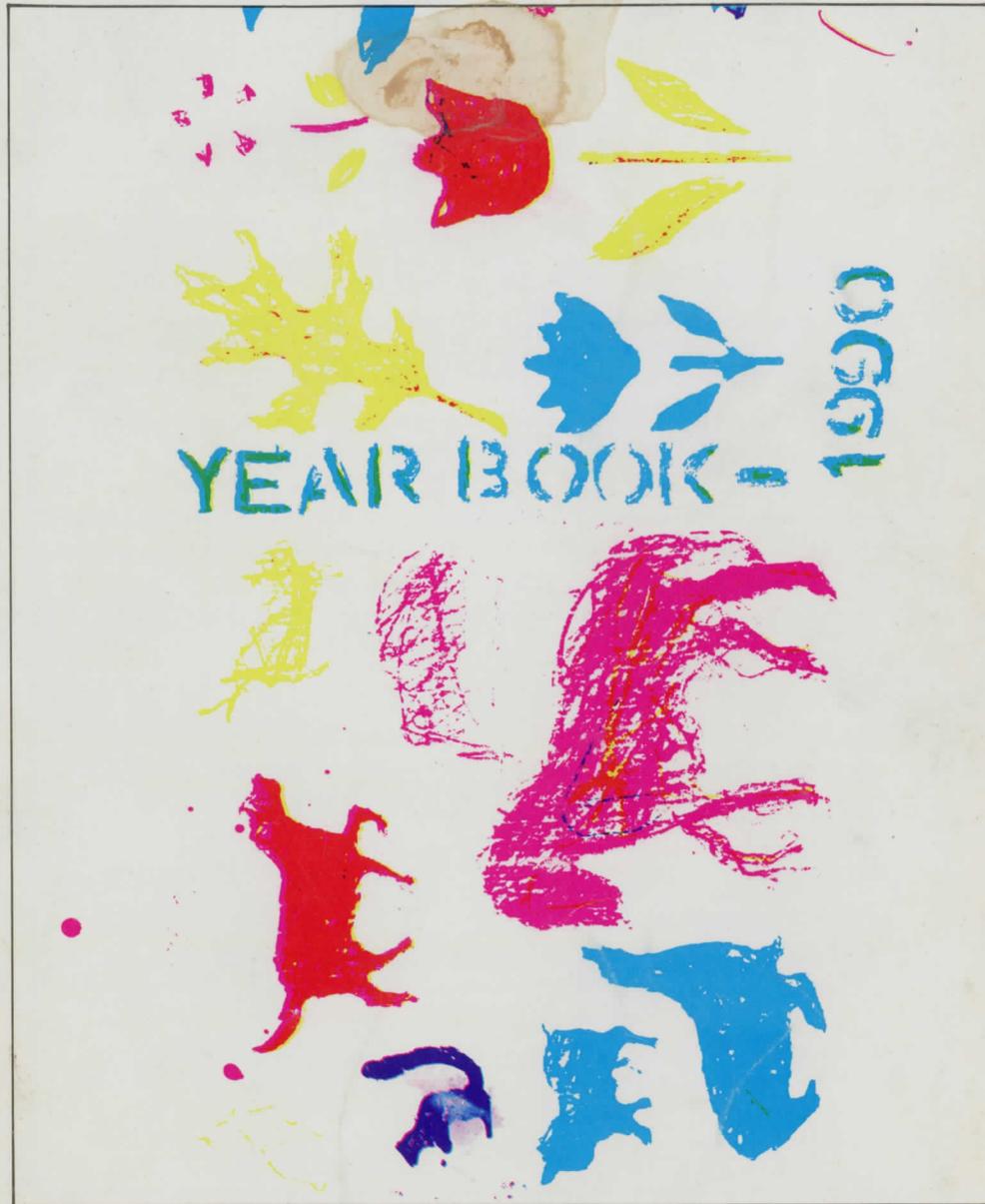


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#### **Trustees:**

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Mr. H. MENDUS and Mrs. J. OWEN

The Swansea and District Spastic Association wish to express their thanks to Lancaster Partners Limited for publishing this Year Book on our behalf without any cost to the Association.

## Chairman's Report

In July 1990, we celebrate thirty five years at Longfields. It has been a story of progress and achievement in the provision of unbroken service to our disabled members. This centre has developed over the years into comprehensive units catering for the many needs of people with varying degrees of handicap due to cerebral palsy.

The past twelve months have seen changes and improvements in the variety of activities carried on at Longfields - to include new ideas whenever possible. The emphasis is on participation and integration into the life of the community, including recreational and leisure pursuits, outings and shopping expeditions. A special event was a holiday week-end at Tenby, which was organised by members of staff and trainees, who raised funds to pay for it by holding a 24 hour, 10 pin bowling marathon in the city centre GX Superbowl. Our trainees hold their own meetings and arrange discussion with members of management regarding matters of mutual concern. In addition to all these activities work goes on in the handicrafts section, Addis contracts, and the Printing Room. Recently the Heidelberg Printing Equipment Company was so impressed with our efforts that the firm presented us with a valuable new T-offset, automatic printing machine. This will greatly enhance our printing capability and should lead to many more orders for quality printing.



Mr. Michael Shellard of Mumbles, presents a cheque for £350 to Mr. Owen Lewis, Chairman, at the Special Needs Unit, Longfields. Mr. Shellard ran in the London Marathon to raise the money. Also in the picture are (left) Mrs. Jean Powell, Hon. Treasurer, Mrs. Joan Owen, Management Committee Member and Trainees, Wendy Couch, Jane Davies, Cheryl Floyd and Ann Morgan.

The annual costs of running Longfields as a Centre attended daily by some forty cerebral palsied people has risen to well over £200,000, and much effort is required to avoid a serious shortfall. Our main organised fund-raising events were the ten mile road race in May, and the garden fete in June; both these and several other smaller efforts are well supported. One of our biggest cost items is transport, - our trainees are brought in from a radius of ten miles by our three ambulances. Earlier this year we purchased a new eighteen seater ambulance to replace a smaller and older one. This enabled us to manage with three ambulances on the road daily instead of four, thus reducing costs to some extent. Our Ladies Guild, as always, is a great support group in helping to meet our heavy outgoings.

With regard to future developments, it is hoped that it will be possible to expand the day-care facilities at Longfields, as there is an increasing demand for this service. This expansion depends on the necessary sponsorship support grants being available for the increased number of trainees. Another urgent need is more respite care facilities for our heavily handicapped members, on a permanent basis. The present three-bed unit in the house at Longfields is too limited in the service it can provide for families whose needs are greatest. A full time permanent respite care unit is envisaged for the future. We are working in close liaison with the local authority and other agencies in planning for the future. Contact is also being maintained with the Spastic Society in Wales and its headquarters in London on matters of common interest.

The good work and dedication of members of our staff are greatly appreciated. To all our many friends and supporters we again extend our sincere thanks for their unflinching support and goodwill.

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## 'Initiative Pays Off'

Every once in a while, despite other disappointments, something happens which uplifts the spirit and makes everything seem that much more worthwhile and rewarding; this is just such a story.

When Owen Davis decided to sell his beloved 1945 Heidelberg printing press, it was too good an opportunity to let pass by. Management proposed to purchase it from Owen for Longfields' Printing and Graphic Art Department and this was accepted.

Mr. Tom Gilbert, with the help of Richard Paton and Paul Lewis lovingly restored the printing press to something like its former glory and beauty. The name Heidelberg in the field of printing is synonymous with outstanding mechanical workmanship.

Naturally, Tom, Richard and Paul were proud of their restoration handywork and Reg Barter photographed the restored Heidelberg. Tom then had a truly inspired thought, why not tell the Heidelberg company what they had done and he sent them a copy of the photograph.

On receiving the photographs and details, the Company were so impressed that they featured it in their house magazine. But the good news did not end there, indeed not! The Heidelberg management decided to donate a T-Offset automatic printing machine to Longfields and this was duly presented on 27th June, this year.

To say this made us profoundly grateful and happy is a gross understatement, for Tom, Richard and Paul it meant that they were practically walking on air.

Thank you Heidelberg! and thank you Tom for your inspired idea. We know you will put the equipment to good use on behalf of Longfields.

H. R. POWELL

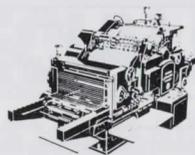


Geraldine Barter, Instructor with Trainees — Menna Lewis, Linda Angelow, Linda John, Susan Baily and Pat Bellew showing their achievements in the Needlecrafts Section of Longfields.

7

## Swansea and District Spastic Association

### Heidelberg helps out



Longfields Spastic Centre, Swansea has been presented with a Heidelberg TOM from Heidelberg.

Print instructor Tom Gilbert wrote to the company in February. He says: "We decided to let Heidelberg know that we had purchased a 1930s Platen in good working order, which is used by the trainees here at Longfields in our commercial print department.

"We were not expecting the donation, but needless to say we are extremely grateful for the wonderful gesture from Heidelberg."

We would like to thank the Managers of Heidelberg U.K.Ltd, for donating a Heidelberg T-Offset Printing Machine, for our Print-Room.

The Trainees will benefit enormously from this equipment and will provide us with a lot more scope for the future. Many, many thanks are sent from Management, Staff and Trainees to Heidelberg U.K. Ltd, for their generosity

The TOM was presented to Swansea & District Spastic Association on last month by Heidelberg's financial director, George Clarke. "I saw some excellent work on my short visit to Longfields," says Mr Clarke: "I am very pleased Heidelberg was able to help such a worthwhile organisation."

Longfields was founded in 1955 by parents of children disabled by cerebral palsy. The printing department was introduced in 1960 and runs as a commercial venture and offers a complete service to local companies and organisations.

## Swansea and District Spastic Association

Mr. George Clarke, financial director of Heidelberg Graphic Equipment Limited (left) presents a T-offset automatic printing machine to staff and residents of Longfields Spastic Centre, West Cross.

(Photo courtesy of South Wales Evening Post)



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## A Synopsis of the Associations 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. Phillipe, 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'.

## Fifth Annual Race Which Took Place on Sunday 20th May, 1990

Once again we were blessed with a gloriously fine day for this event. The 10 Mile Road Race was won by Mr. Marathon himself, Steve Brace in a record time.

Only two weeks previously Steve had won the Paris Marathon so it was a great honour to have him as a competitor and the favourite to win our event.

We owe a deep debt of gratitude to Casey's UPVC Centre for their magnificent sponsorship of the 10 Mile Road Race and the 4 Mile Fun Run.

The Holiday Inn management donated a prize of a holiday weekend for the winner of the men's race and The Oxwich Bay Hotel donated the prize for the winner of the lady's race. We extend to them our grateful thanks. A feature this year was the greatly increased prize money offered to the prize winners. This was done in order to attract a larger entry of dedicated runners.

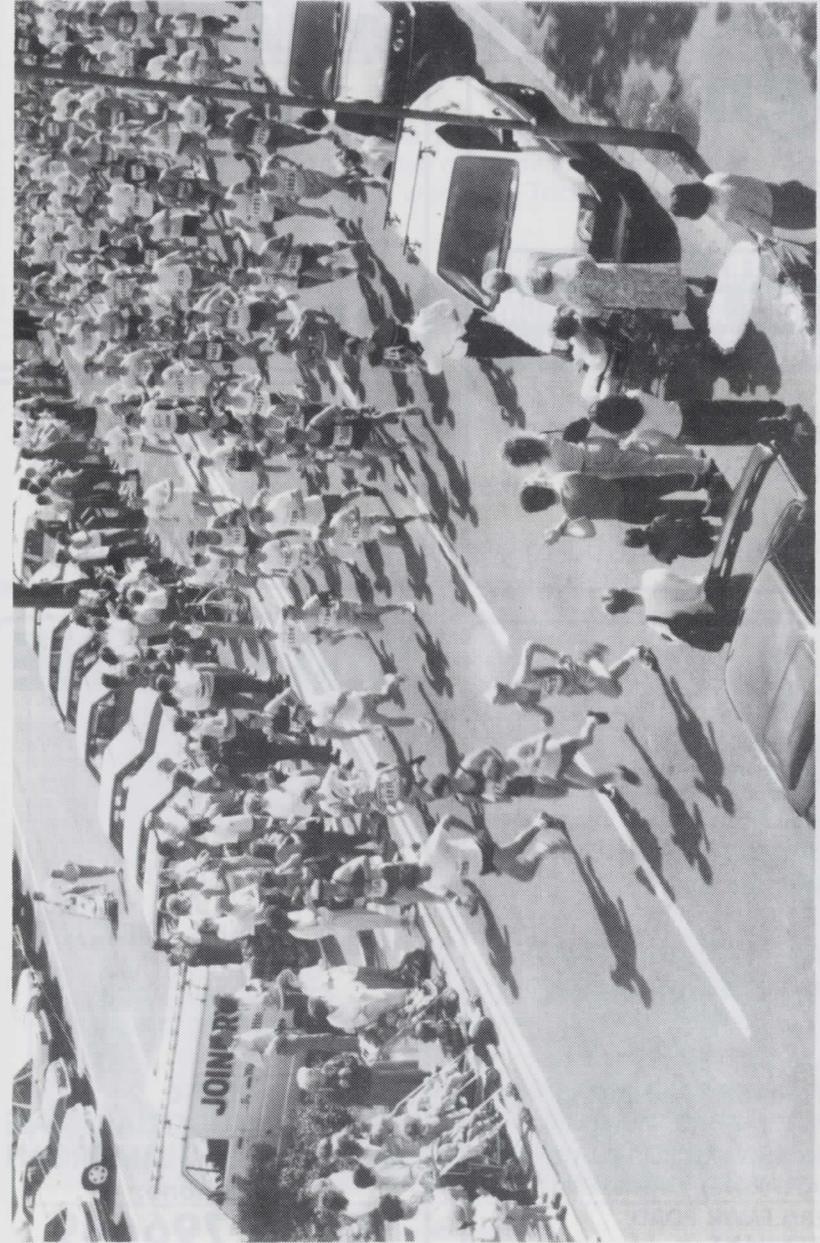
Again we thank the Committee Members of the Mumbles Yacht Club and especially Mr. and Mrs. Tony Watts for their unstinting support and help in all the arrangements particularly the facilities of the club so generously provided.

Thank you also to that faithful band of helpers who turned out on the day and all those who helped Mr. Gerry Couch the race organiser to make it yet another success story. It goes without saying that Gerry worked at his usual best to ensure the smooth running of the entire event.

H. R. POWELL



*Trainees Peter Michael and Christine Owen take part in the FUN RUN. Bringing up the rear is ALAN BATEMAN.*



*The start of the 5th Annual 10 Mile Run from Mumbles to Swansea on the 20th May, 1990, to raise funds for Longfields. More than 450 competitors took part. It was sponsored by the CASEY Roofing Company of Swansea and was well supported.*

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## Victorian Weekend

by Pauline Brayley

On Friday, 15th June, Jane Davies, David Jolly, Wendy Couch and myself got dressed up in Victorian costume to go to Mumbles. We went with four members of the staff, who were Tricia, Gary, Jane and Cathy, who were also dressed up.

We got in the blue ambulance and Gary drove us to Mumbles. When we arrived at Mumbles, we got out. Tricia pushed me, Gary pushed David, Jane pushed Wendy and Cathy pushed Jane.

We went around Mumbles and looked at the shops and we saw other people dressed in Victorian costume. We stayed for an hour or two and had a lot of fun. Then we came back to Longfields. The photograph shows me and everyone in our costumes.

*Dictated to a member of staff by Pauline Brayley.*

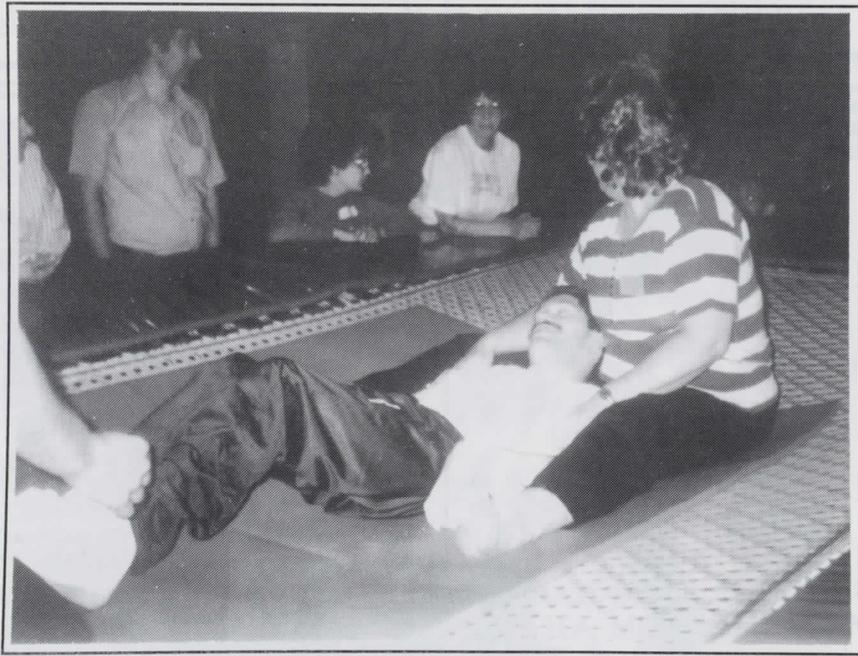


*Victorian Weekend.*

# The Day I Took Part in the Cerebral Palsy Sports Day

I went on a Saturday morning, in one of the mini buses. Gary and Julie took us. There was the castle, bean bags, swimming pool and bouncy castle. Had to throw bean bags as far as you could. Life guards in pool to help to swim. Took packed lunch. Spent all day there. Played basket ball. Friend Elvira, Jackie, Paul, Pam. Had new tracksuit to go. Had to take bathing costume. Went on trampoline. Got good at throwing bean bag with Trish. People fell on me when I was on bouncy castle. Left late in the afternoon. We got on the mini bus after a good day out. On the way home we stopped at services. I had a cup of tea. We got home after a good but hard day.

*Dictated to member of staff by David Jolly.*



*David on the trampoline.*

# Covenant Form

I .....  
(Block Capitals)

of .....  
.....  
.....

Hereby Covenant with Swansea & District Spastic Association that for a period of four years from ..... 199 (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 ..... 199

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

.....  
(Usual signature of Covenantant)

Signature and Address .....  
of Witness: .....  
.....

**N.B.** This form should be returned to the Honorary Treasurer, The Swansea & 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 £6.00 net annual subscription entered in the Deed and paid to the Association by the subscriber, the Association recovers £2.00 Income Tax making the total gross benefit for the year £8.00 (based on a basic rate of Income Tax of 25%).

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Longfields Annual Garden Fete on 2nd June, 1990 was opened by the Chairman of West Glamorgan County Council, Mr. Fred J. Kingdom C.B.E., J.P. with (from the left) RT. HON. ALAN WILLIAMS, M.P., President of the Association, Mrs. GLORIA WATTS, Fete Organiser, Mrs. Alan Williams, Mrs. Des Thomas, Mrs. Fred Kingdom, County Councillor Des Thomas, Miss Jackie Hocking, who presented a stool (made in the Handicrafts Section, Longfields) to County Councillor Fred Kingdom, Mr. Owen J. Lewis, Chairman of the Association and Miss Menna Lewis.

## Our Weekend To Tenby

by Julie Gilbert

Well, it arrived at last — our weekend holiday to Tenby, after many months of preparation and anticipation. The trainees had built up to such excitement, counting the days off on a planner on the notice board. It was now here — our very first trip away with trainees and staff — leaving poor mums and dads at home worrying if their sons/daughters were going to be all right.

Two buses, 14 trainees, eight staff, four volunteer carers, 26 pieces of luggage and nine wheelchairs — how we all managed to squeeze into two buses I still do not know — it was a miracle we ever got to Tenby! The journey was short and enjoyable and a fine welcome awaited us at our Holiday Hotel. Mr. and Mrs. Probert made us feel at home immediately. We were allocated our rooms and after refreshments at the bar we settled in and unpacked our bags.



*Our weekend to Tenby — ready for the off!*

The first major decision for the boys was: "Shall I wear a tie," and for the girls "What shall I wear for dinner." As the girls washed and dressed and make up and hair do's were finished, we met the boys for pre-dinner drinks. A nice turkey dinner followed with choice off the sweet trolley and coffee, cheese and biscuits. Some staff and trainees meandered down to the village pub and others relaxed in the hotel with musical quiz and games to fill the evening. Midnight arrived and all went off to bed very excited at sharing a room with a member of staff — some of us did not get much sleep — others did!

We were all up at 6.00a.m. and ready for breakfast at 8.30a.m. Well, I have never seen our young people eat so much — three course English breakfast was eaten by all! Mrs. Probert arrived with boxes of sandwiches, cake, fruit and squash for or picnic lunch. We boarded our two buses and off we went into Tenby. Splitting up into smaller groups we all explored the harbour, town and sights, meeting back at the bus for our picnic lunch. The sun shone and shone and Geraldine gave Susan, Geoff, Joan, myself, Pauline and Linda a guided tour. We saw parts of Tenby we had never seen before. By the time Joan had pushed Pauline up at least a 1 in 10 hill, I thought she would never be fit enough to cook us another meal in Longfields! She survived though to move on to Saturday afternoon in the Wildlife Park at Manorbier. We spent a very pleasant afternoon looking at rare birds and animals, buying small gifts to bring home and the more adventurous tried their hand at Go Kart racing. Paul Davies was given many free 'go's' by the owner and his face was a picture as the other trainees cheered him on as he tried to beat the staff to the finishing post — Karen our Care Assistant almost lost her foot in the process as Paul's Go Kart leapt towards her.

The trainees were tiring now, not to mention the staff, so we decided to return to our hotel for an hour's rest before dinner.

Susan Bailey, all spruced up for her birthday party was first down and as we all went into another lovely three course dinner, the staff from the hotel sang happy birthday and presented Susan with a lovely birthday card and brooch. After the candles were blown out on her cake and more presents and cards were opened, we all enjoyed a disco party with many of the boys displaying their expertise at dancing with the girls. A good night was had by all and I think everyone slept Saturday night through — thankfully!

6.00a.m. Sunday morning, eyes were opening, cups of tea were being made by trainees for their room mates and lots of chatter started. Another lovely day ahead of us — breakfasted and full to bursting we boarded our buses for the local market — food, clothes and presents were bought by all. Paul Davies with help from staff selected a pair of beach shorts and on our return to our hotel, donned them and gave us a fashion show. Pre-lunch drinks were enjoyed and the most wonderful Sunday lunch was awaiting us. Home made turkey soup and rolls, full salad table with meats, coleslaws, egg mayonaise, rice salads, meat loafs, quiches etc. — our trainees tried the lot!! We spent our last couple of hours walking through the village, sitting by the swimming pool or just resting in the lounge. We were all feeling sad. Half of us wanted to go home, the other wanting to stay — but sad that our weekend was almost over and the fun and friendship we had shared with each other was coming to an end.

We were finally ready at 4.00p.m., bags packed, our goodbyes said, our last photographs taken and the last of us scrambling to get into the bus. We were waved off and homeward bound. Another pleasant journey with chatter and a sing-a-long, and at 5.35p.m. we were turning into Longfields — oh what a welcome back — mums and dads everywhere — what excitement — holiday momentarily forgotten as each trainee was so glad to back home!

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## Where Do We Go From Here?

It has been said that an organisation that is content to stand still will actually go backwards. In other words, we must continually re-assess our activities and set ourselves targets for the future. The world around us is moving forward and we must not only match this movement, but improve on it. I am sure that this applies to Longfields and the Association, but what follows is a personal statement of my own hopes and aspirations for Longfields.

We have built up the Association's activities from a very small beginning to what is now a vibrant unit, serving some 40 handicapped people and their carers. Others will be writing of the achievements of the past years, but I would like to consider what we would wish to achieve in the next few years and beyond. The climate of opinion in Government and Local Government circles is such that we should be looking to see how we can be a part of the wider provision of aid and assistance to the handicapped which is being talked about.

Our aim is to serve the best interest of those with multiple handicaps, mental and physical, mostly arising from cerebral palsy, but this should also involve looking to the effect on the carers, whether parents or others, who have to look after our trainees when they are not in Longfields. As the years go by, we all get older, and the time will come when our trainees will have to depend entirely on people other than their present families, so our thinking for the future must include the idea of helping the carers.



*The staff at Longfields.*

There are many multiple handicapped people in the western part of West Glamorgan who now receive only a minimum help from Home Helps and similar services. These give little towards the improvement of the quality of life of these people. We have experience in providing day care and the training that goes with it. We should seek to increase the numbers at Longfields so that more people can receive the benefits of the training and development which we can give.

We must also widen and improve further our activities, bringing in additional expertise from physiotherapists, speech therapists, occupational therapists and others so that we can give our trainees an even better quality of life. This will include building alterations and extensions, the provision of specialist accommodation and more transport facilities.

We must also look beyond the existing situation and seek to teach our trainees to become more independent so that, when the time comes, they can move more easily into the new forms of residential care which are being brought about. This will need more co-operation from the present carers. They will not find it easy to "let go" and we must encourage them to allow each trainee to be less dependent, and to back up the training they receive at Longfields by extending the activities into the home life.

We must also consider the needs of our carers. The provision of respite care will enable them to continue longer to look after our trainees, and we, as an Association, must try to increase this facility, either by ourselves on our own premises, or better still, in a joint operation with others in a separate building, with its own staff, offering a full time service to our trainees and others of a similar and compatible nature.

One other matter I would like to include is the attitude of the general public to handicapped people. Many more are moving into contact with the public and there is need to persuade (and educate) "John Citizen and his wife" to accept and help their new neighbours. We must also try to get employers to assist us in finding employment for our trainees.

Our Association is playing its part, but there is a lot more to do and we should join with other organisations to inform the general public and get them to accept that people with a disability are not some special breed of people but ordinary people with a handicap.

All these things we are seeking to do. Most of them require money and more money. For this we look to our many helpers and associates who have been so loyal in the past. This is not the time to rest on our laurels (good 'tho they are), but we must continue to push forward into the future.

H. MENDUS

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

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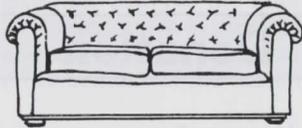
the sum of £.....to be applied for the general purposes of the Association and I declare that the receipt of the Treasurer or other proper officer for the time being of the Association be sufficient discharge of the same.

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## My Holiday in Porthcawl

On the 7th April, I went to a place called Porthcawl with five trainees and five carers. The names of the trainees were June McCardie, Vincent Cosiello, Cheryl Floyd, Jacky Hockings, and myself Jayne Vickers.

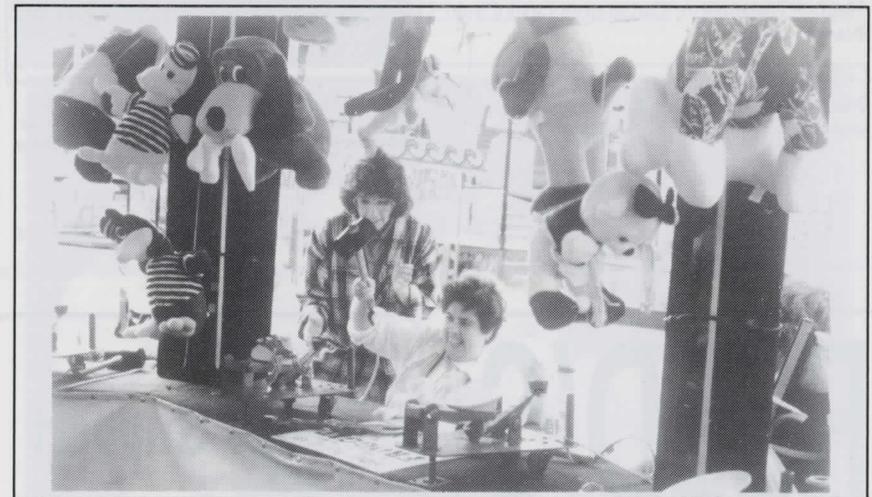
Vincent and I went into a club because we were thirsty, I had orange juice, Vincent had a small shandy, and Cheryl Floyd also had an orange juice but only a small one.

That night we went to a lovely disco, and I danced the night away. They played Vincent's favourite song because he was homesick. The song was called 'I just called to say I love you,' and he said to me "I really love you for playing that song for me, love."

We also played bingo, and I bought some postcards for the works, and some for the neighbours that live next door to me. I bought myself a new dress a nice blue one, but we had to take it back as it would not fit me. So my mother took it back as we had bought it in town before I went to Porthcawl.

Then when I came back I had a lovely surprise, it was a beautiful new jumper and skirt, because the dress didn't fit me.

JANE VICKERS



Jane Vickers at the fun fair in Porthcawl.

## Cerebral Palsy Sports Day

**June 30th at  
Carmarthen  
Leisure Centre**

On June 30th, Gary picked Pam and Paul Davies and myself up to go to Carmarthen and we took packed lunches with us. He picked us up in the Renault and Jacke Morgan was already in the ambulance and then we came to Longfields and then Gary got the blue ambulance out of the garage and Gary was driving down to Carmarthen and Michelle was driving back to Swansea. Julie, Trish, Karen and her friend, Janine, Rachel Thompson, David Jolly and Clive Harris went.

I did trampolining and Gary helped me. Michelle was looking after me and I enjoyed swimming and running.

I would like to thank Gary and Julie for taking me. I enjoyed the day.



*Gary Sparks (Instructor) with Jacky Morgan (Trainee) on the trampoline at Cerebral Palsy Sports Day, Carmarthen.*

JACKIE HOCKINGS (Trainee)

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*Some members of our Ladies Guild, enjoying a Coffee Morning at the house of Mr. Emrys Williams.*

## Ladies Guild

Time does not stand still for anyone and it hardly seems possible that a year has elapsed and here I am again writing a short summary of our fund raising and social events.

At our A.G.M. in June all Officers were re-elected with the exception of our Catering Officers. These ladies have over the years worked particularly hard and we would like to express our sincere gratitude to Mrs. Elsie Rowlands, Mrs. Joyce Williams, Mrs. Amy Harris, Mrs. Margaret Grey and Mrs. Irene Ford for their unstinting support. On behalf of the Guild thank you all very much indeed. We are not losing them entirely however as we will continue to enjoy their company at our monthly meetings.

The total sum raised by our Guild this year was over £9,000, a really stunning achievement by all concerned — you all deserve a pat on the back. We had no specific aim for our fundraising this year but did, in fact, contribute a large amount towards the cost of our new ambulance. We have also replaced such items as clocks, jugs, crockery, cutlery as well as purchasing two electric fans for use wherever they are needed. We were also pleased to help towards the cost of sending a limited number of trainees and staff for a work training weekend at Nottingham, I understand it proved to be a very successful exercise for all concerned.

Looking back we have in fact had quite a busy year starting with our Shrove Tuesday Pancake Morning at Longfields and despite gale force weather had quite a good turn out and a most successful morning. We have also enjoyed the coffee morning hospitality at the homes of Mr. Emrys Williams, Mrs. Terry Watkins, Mrs. Wendy Bromham, Mr. and Mrs. George Owen, Mrs. Mary Davies and Mrs. Joyce Williams whose husband videoed the morning to the delight or embarrassment of all. Many thanks.

Many thanks also to all the ladies who were able to take part in a collection at Sainsburys, this was a most successful venture and one it would be good to repeat. We also had a strenuous time at our IOK/Fun Run, our ladies were happy to participate either manning water stations etc., or walking!!

June saw us participating in our annual Summer Fete which was a lovely sunny day, we also enjoyed a sunny Sunday afternoon at the Holiday Inn when our new ambulance was presented to us by the Lady Taverners. A second sunny Sunday was spent at Margam Park organising a Balloon Race, credit here must go to Mrs. Roggan Brayley and Mrs. Jean Powell for a mighty effort with a big 'thank you' going to Mrs. Elaine Michael and Pete for providing very welcome cups of tea.

Our popular Champagne Lunch at Mumbles Yacht Club never fails to please all who attend and is a very social and friendly morning. Also popular of course is the Sherry Evening we have been fortunate enough to organise at the Mansion House for several years now — no problem with ticket sales for these two events.

Our Christmas Fayre was as popular as ever and we raised the sum of £2,591. This amount reflects the hard work that goes into organising this event. Thank you all very much indeed. Thank you too to our guest of honour — the Lord Mayor, Mrs. Lorna Aldrin, it was a pleasure to have her company.

A lot of hard work also goes into organising the Christmas Cards and Gifts by mail order and our commission this year was £1,046. Our grateful thanks to members and friends who supported Elaine Michael and Mary Davies with their orders. Another Christmas 'must' is organised by Mrs. Barbara Folkes for Avon merchandise, the trainees/staff and parents enjoy this morning at Longfields and our orders earned us the sum of £130, again, thank you everyone.

I know we all enjoyed the Christmas Carol Service at St. Mary's again this year, we had a good turn out of trainees, staff and parents. This has become something of an



*Time for a quick break and chat at the Christmas Fayre.*

annual event and leads us nicely into the Christmas holiday spirit. We thank Canon Don Lewis and his wife Reverend Ann Lewis for their time and for the welcome we receive.

At our Christmas Open Morning at Longfields we were very pleased to welcome the manager and some of the staff from the Financial Services Department of Lloyds Bank who presented us with a cheque for £300. They were able to tour the units meeting everyone and enjoying some of the Christmas 'eats' that were available.

The Ladies Guild were also pleased during the year to provide refreshments for various gatherings at Longfields. On one occasion we entertained the grandson of Mrs. Nesta Moore who, together with his companions, members of the British Army serving in Germany, organised a charity run along the Pennine Way, the proceeds collected of £1,000 were presented to Longfields — thank you Simon. Recently we entertained several management members representing Heidelberg Printing Machines and this too was a special and most successful occasion.

On the purely social side we all thoroughly enjoyed a barbeque held one summer evening at Longfields, the setting was lovely and the company even better. We must also thank Mrs. Wendy Bromham our Social Secretary for organising our annual trip, this year we went to Cheltenham — pity about the rain - but again, the company was fine. Mrs. Bromham also arranged our Christmas Lunch at an Italian Restaurant, we had a lovely meal but missed Wendy's company. Finally our thanks go to Mrs. Gloria Watts for a lovely lunch party held at her home which was thoroughly enjoyed by all who attended.

I would like to extend my personal gratitude to all members and friends who have worked so hard again this year and who co-operate so well together. I look forward to enjoying your company in the year ahead and I thank you for your friendship.

MOLLY BATEMAN

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## What is Your Understanding of Cerebral Palsy?

IT'S HEREDITARY

**FALSE!**

Only a minute percentage of cases of cerebral palsy are caused by inherited defects. Broadly speaking a child with cerebral palsy can be born to any family.

IT'S A CONTAGIOUS  
DISEASE

**FALSE!**

Cerebral palsy is neither contagious, nor a disease. It is a physical disabling condition or disorder.

IT'S A MENTAL  
HANDICAP

**FALSE!**

Cerebral palsy though caused by damage to the brain, is not in itself a mental handicap. However, if the damage to the brain spreads from the portion controlling movement to the portion controlling thought then some degree of mental disability will be incurred.

IT'S PAINFUL

**FALSE!**

People often believe, wrongly, that anyone with cerebral palsy is constantly fighting pain and/or illness. Cerebral palsy is not a painful condition, and people affected by it are generally as healthy as anyone else.

---

Cerebral Palsy is a disorder of movement and posture appearing in the early years of life. It is due to damage or failure to develop normally in a small part of the brain which controls movement.

No two people with cerebral palsy are alike. Some are so lightly affected that they have no obvious disability. Others may be much more seriously handicapped.

Cerebral Palsy has three main forms (Spasticity, Athetosis and Ataxia)

A person with SPASTICITY has muscular weakness and disordered movement.

A person with ATHETOSIS is affected by uncontrollable movements of limbs and muscles.

A person with ATAXIA has an unsteady gait and has difficulty in balancing.

Intensive research is being carried out but experts are still unable to identify all the causes of cerebral palsy. It is certain, however, that it is a condition that can occur in any family, regardless of sex, race, mental age or social background.

It is therefore of direct concern to us all.



*Physiotherapy Programme - Christine Owen on parallel bars. Part of her Physiotherapy Programme which is carried out each morning with other Trainees and Staff in Special Needs Unit.*

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*Tandem Riding - Pam Stent with front rider John Virgo, from In Tandem Club.*

One Christmas while I was away in Scotland on a visit to my parents, Mr. and Mrs. Marchant, who were in charge of my hostel and Ann Philips decided I should get out and enjoy myself more often. They brought up the idea of tandem riding. When I came back, we had a meeting to ask me if I liked the idea. At first I did not like the idea, and was very nervous. When I first had a go, I fell off a couple of times, but soon gained confidence and was jumping back on.

Soon I was on the bike twice a week. I usually ride across the Mumbles front or West Cross. I try to ride as often as I can, even in the winter months. I usually went after tea on a Thursday and after dinner on a Sunday. I also enjoy other sporting activities, swimming, walking, bowling. I also enjoy basket making and stool weaving.

John my front rider has now moved away and I am now looking for a new front rider. As you can see by the photograph, it is very enjoyable, so if anyone reading this year book would like to help me, please contact me in Longfields Spastic Centre, Telephone: 405398.

**Pam Stent's  
Tandem Ride**

Dictated to a member of staff  
by Pam Stent (Trainee)

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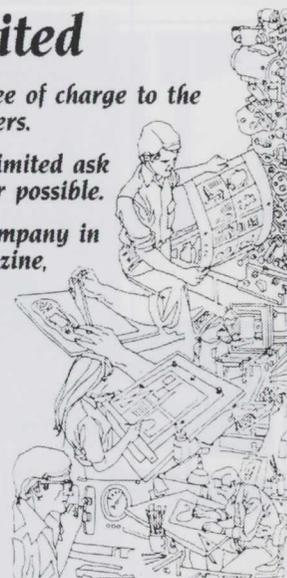
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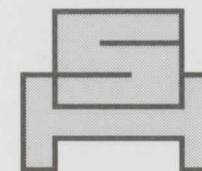
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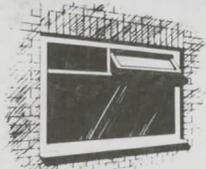
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