

WVS/WRVS Bulletin/Magazine

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WOMEN'S

ROYAL

VOLUNTARY

SERVICE

MAGAZINE



30p **ANNUALLY**
50p **OVERSEAS**

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This issue features Clothing

THE COMMUNITY....

Who Cares?

EDUCATION is provided in this country for the community by the community, financed through rates and taxes, which surely makes it a community project.

It is generally agreed that the ideal education gives every child a chance to develop into a well balanced citizen, whilst affording the opportunities for each individual to discover and develop his own particular interests and skills.

Whatever the pattern of education however, the need remains to show each child how to live in, and play its part in, a civilized society based on a highly sophisticated welfare state. It is here that the idea of community responsibility as an integral part of education could begin. This is a subject in which there need be no failures, for every individual, if willing, can make some contribution to the community.

Education ranges from pre-school play groups to Adult Education Classes, through the Universities to training and retraining groups where the style of employment has to change to meet modern developments.

Every child makes its first contact with the community through the family unit and then through peer groups—groups of his own contemporaries. This often happens for the first time when the child goes to school, though it is generally agreed that the ideal first peer group is a pre-school play group. Incidentally there is inestimable benefit to the family unit in such groups, because mothers of small children, often living in areas of high social need or rehoused in high rise flats with nowhere for children to play, can get a much needed break from very difficult living conditions. Such a group not only affords the child the opportunity to meet a number of children of his own age, but also to learn acceptable communal behaviour, to share toys and to join in group activities.

The child's neighbourhood involvement and his acceptance of responsibility towards his friends and neighbours should evolve naturally from first contacts with community groups, whether at play group or in the child's first years at school, and here, of course, teaching staff have a very important part to play. The need for their help is often heightened by the break-up of the extended family unit, through rehousing or the need for mobility of labour which is resulting in the disappearance of many neighbourhood units.

If the necessity for education to help form standards for community participation is accepted, how best can it be encouraged within the existing educational system?

Many individual educational establishments who educate students at all ages are making much progress in this direction—but for maximum results it is suggested that the efforts need to be co-ordinated and some kind of general standard agreed upon by all educational bodies concerned.

Educational Establishments?

Perhaps the provision of opportunities for undertaking voluntary service of every kind offers the best practical chance of achieving this aim.

A child who sees family and teachers concerned for other people, and particularly for the less fortunate members of the community, will learn by example. Where such examples are not to be found in the family unit, the teachers must try to bridge the gap.

If groups of small children are encouraged to make and to do things for other people the seed of personal service is sown. Quite small children can collect tinfoil sold to buy guide dogs for the blind, or help to collect salvage to be sold for funds for some charitable project. Groups of older children can undertake special projects organised through the school such as running jumble sales and sales of work, collecting waste paper to be sold for salvage, magazines for hospitals and so on. Often such work can be undertaken in conjunction with some local voluntary organisations whose members provide the necessary transport and supervision for groups of children willing to help.

Needlework classes can undertake to make garments for organisations who supply clothing to refugees or others in special need; carpentry classes can, perhaps, undertake the production of some gadget that would be useful to the slightly infirm who need special assistance in their daily lives, but do not yet require disabled aids.

There are very many opportunities for voluntary service on an individual basis, particularly for older children. Girls can work in hospital canteens, help to staff pre-school play groups, or help at Old People's Clubs. Many older people who no longer have contact with younger people through their own families particularly appreciate such a contact. The young people hear the way older people think about current problems, something of the difficulties they have to face with increasing age and infirmity, and so on. Practical help, may be offered in finding out where a form which an elderly person needs can be obtained, helping to fill it in and returning it to the issuing office. Also many older people still find it very difficult indeed to manage even the simplest calculations in decimal currency and are glad of help in this connection and, as metrication measures are gradually introduced, further problems will arise. Help with occasional tasks such as gardening and redecorating is much needed by people who are slightly infirm, but still able to manage some daily chores. This contact is often arranged through organisations who help such people in other connections, for example Meals-on-Wheels.

If talks from leading members groups of voluntary organisations are given in schools pupils absorb the basic principles of care for the community, along with details about the national and international workings of such groups. Films, slides, pamphlets, photographic exhibitions are often used to back up such speakers (very useful work can also be done by pupils who are willing to undertake the preparation of similar material for exhibitions used by voluntary organisations in connection with local projects).

Most senior forms include some studies in social science in their curriculum and pupils would come to them having had an opportunity to develop an appreciation of the practical need for each individual to feel community concern .

Many students at Universities and Colleges of Higher Education have already shown themselves to be concerned with the welfare of less fortunate members of the community, and their interest in, and willingness to work for, such people could be extended by more sophisticated awareness of the responsibilities of community citizenship. Mature students who take advantages of the facilities now available for further education through the Open University are likely also to find, through contact with the informed and responsible sources of knowledge, an increased concern for the welfare of the community.

The value of voluntary service is now accepted in our community. The question now is not—Does the country need the help of volunteers? but—How can their work be co-ordinated and the best use made of their contributions?

Perhaps the national structure of the Women's Royal Voluntary Service may be used increasingly to help provide the opportunity for voluntary service by groups and individuals, in whatever direction their capabilities and interests lie.

The individual needs the community—the community needs the individual—and everyone needs to be needed.

WRVS provide the opportunity in most communities for participation in serving need and it is, of course, a simple matter to get in touch with local WRVS Centres through the local telephone directory.

In future articles in the series COMMUNITY CARE the role of different groups will be discussed and at the conclusion these categories will be summarised.

OPEN SEVEN DAYS A WEEK



by courtesy of the Northumberland Gazette

A popular meeting place for visitors, staff and patients

In a small building opposite to the main entrance of St. George's Hospital in Morpeth is the WRVS shop and canteen.

The shelves are stacked with the usual sweets, biscuits, cigarettes, toiletries. They also stock cosmetics, tights, greeting cards and postage stamps, even costume jewellery.

At the Bun Bar, coffee, tea, sandwiches and cakes are available, and there is a counter top with high stools in front of the window—or the refreshments can be carried to one of the tables set outside on fine days.

A rota of eighty WRVS members keep it open for seven days a week for the use of patients, hospital staff and visitors. The shop was originally run by the hospital authorities who asked the WRVS to take it over in addition to their trolley shop services. As there are more than 1,000 patients and a large staff at St. George's the premises are not large enough, and the WRVS are setting profits aside towards building a new canteen and shop.

A NEW SERVICE FOR PRESCRIPTIONS

LHANBRYDE in Morayshire has no chemist's shop, and most of the villagers are attended by doctors from Elgin; recently several hundred residents signed a petition asking for some arrangements to be made for the collection and delivery of prescriptions. The WRVS have set up such a service, primarily to help old people, mothers with young children and people living alone, prescriptions are collected and taken to Elgin and the medicines brought back to Lhanbryde on five days each week. This service is proving invaluable, and the WRVS in Scotland feel they may well be asked to set up other schemes in the scattered Northern Counties.

WRVS ADVISORY COUNCIL

HEAR ABOUT

COMMUNITY DEVELOPMENT SCHEME

MRS MARY SMITH, a member of the Central Team, explained that the Government Community Development programme is part of the Urban programme and, although it is based on the Home Office it has the co-operation of all government departments. Lord Windlesham, Minister of State at the Home Office has recently been appointed to co-ordinate voluntary effort.

The Urban Programme, including Community Development, is paid for 75% by Central Government and 25% by the Local Authorities. The Community Development staff working on the project are engaged by the Local Authority with the agreement of the Home Office; thus Central and Local Government and volunteers all combine to work in the selected areas of high social need.

The places selected for the project are typical of a great many others. The first of the twelve places selected for the programme were in Liverpool, Coventry, Southwark and Glynorrwg. (Glamorgan) Batley (Yorks.) and Newham (London) now have Directors appointed. The next will be Newcastle and Cleator Moor (near Whitehaven, Cumberland). The last to start will be Paisley, Oldham, Birmingham and North Shields. The area chosen within reach of these places is quite small, generally with a population of 15,000-20,000 or less, often quite well defined by main roads, railways, etc., and with special problems such as general dereliction. The projects are expected to last three to five years, and each has a small research team linked with a University.

The projects generally have a staff of three, and in two cases the Director is a woman. The staff have mainly an educational or social work back-ground, but are drawn from a wide range of experience such as the Probation Service, Family Service Unit, Mental Health Service, etc. They include a planner and a public health inspector.

There are special problems in some places. In Glamorgan, Glynorrwg is a mining valley with the mines closed; it has a road to Port Talbot, but poor transport and little local industry. Many houses are falling down and the opportunities for children to go on to higher education are poor. In the Vauxhall area of Liverpool, clergy, teachers and residents joined in a survey before the project team arrived. Here personal social problems are not so much in evidence as those of environment—rubble, leaking roofs, lack of play space, and a general feeling of neglect. In Coventry, a shop-front Opinion and Information Centre was opened and a local resident is now in charge. This is very informal and run by untrained people, but they are trusted, and people come who would not go to a Citizen Advice Bureau or to the Local Authority. If informal advice is available, this can lead to the resident quickly getting professional housing or legal advice. Steps towards confidence must be gradual—one successful experiment which led to better relations was having class, instead of whole school, parent-teacher associations.

Mrs. Smith summed up the characteristics of the project as being work at the grass roots with residents who were often inarticulate about their needs and poor at filling in forms. In order to help, it is necessary to get to know the area well and people individually. The staff are not tied to a case load or routine duties: it is their job to get in, to find out, and to work with or to start informal groups.

Women's Royal Voluntary Service

NATIONAL PHOTOGRAPHIC COMPETITION

Entrants are invited to submit action photographs of WRVS members at work — women to be in uniform, men preferably wearing the tie or helper's badge.

Black and White prints, preferably glossy, should be 4½ x 6 in. minimum and 8 x 10 in. maximum.

The following details should accompany each entry which must be on an Entry Form (1) Sender's name and address, (2) Relevant technical details, exposure, camera, lens, film, etc., (3) Title, location or identifying caption.

Prints will be sent back only if suitable return packing and postage is included with the entry, the return envelope or packet bearing the name of the sender and appropriate stamps — loose stamps and labels cannot be accepted.

Entry forms, which must accompany each entry, are available from :

WRVS MAGAZINE,
17 Old Park Lane,
London, W1Y 4AJ.

COMPETITION OPENS 1st April, 1972.

30th September, 1972 COMPETITION CLOSES.

Mr. Richard Gee, Editor of *Photography Magazine*, Mr. John Sanders, Feature Editor of *Photography Magazine* and one member from WRVS Headquarters will form the judging panel and their decision is final in all matters. ¶

FIRST PRIZE	£10
SECOND PRIZE	£5
THIRD PRIZE	£3

Women's Royal Voluntary Service

NATIONAL PHOTOGRAPHIC COMPETITION

COMPETITION OPENS 1st April, 1972

30th September, 1972 COMPETITION CLOSSES.

I submit the enclosed photograph(s) for the WRVS National Photographic Competition and agree that the decision of the judges appointed shall be final. The copyright of the three prizewinning photographs submitted shall become the property of the Women's Royal Voluntary Service and can be used for publicity purposes without further acknowledgement.

Date..... Signature.....

Mr

Name (Capitals) Mrs.....

Miss

Address (Capitals)

.....
.....

Technical details

.....
.....

Title, location or identifying caption.....

.....
.....

FIRST PRIZE £10

SECOND PRIZE £5 THIRD PRIZE £3

Clothing Distribution makes New Contacts



by courtesy of The Blackburn Times

WRVS members deliver a rug to Mrs. Edith Phillips

IN 1971 the WRVS were given a legacy to be used to provide warmth and comfort for lonely crippled people of all ages.

One thousand two hundred warm tartan knee rugs were purchased and distributed by WRVS Clothing Departments in all parts of the United Kingdom.

"Thank you very much for the blanket you gave Philip," one mother wrote to Bristol County Borough. "He is thrilled to bits about it. It is lovely to know that there are such organisations in the world who do such good deeds. Philip is very fortunate that he can appreciate such things and on his behalf I thank you once again". Another wrote: "I am writing on behalf of my son, Tony, to thank you very much for the lovely blanket delivered to us this morning. It will be ideal for keeping his legs warm in his wheelchair. I would like the donator to know how much Tony appreciates such a nice gift."

During the distribution of the rugs, quite a number of people were found who were not on the lists of local authorities or appropriate local organisations—people were also found who were able to benefit from other WRVS services.

UNITED NATIONS RELIEF AND WORKS AGENCY

The Birth of a Refugee

THE miracle of birth is a very common miracle in the overcrowded Gaza Strip. Last year 9,300 babies were born to registered Palestine refugees living there. Yet to the family-centred refugee community, children are wealth, the birth of a son a special occasion for joy, a demonstration that the Palestinians still survive.

But the moment of birth, the painful hours of labour, is a very special women's world, a world over which the traditional Arab midwife, the dayah, has ruled for centuries. It is past 10 p.m. at the Health Centre. And in the labour room down the dark corridor Yousra, aged 28, awaits the arrival of her third child. At home, in the nearby refugee community, Yousra would have been delivered by a dayah alone. Many of her friends and relatives choose this. But Yousra has come to the maternity ward where she will be assisted by both a dayah and a trained midwife.

Suraya Awad has been a dayah for seven years, but, unlike most traditional midwives, her mother was not a dayah before her. She is a large-boned, tall woman, has easily borne eight children and is expecting the ninth in four months. Like many women in the Gaza Strip she dresses in a long flowing black robe with a white sha'al on her head. Fatimah Haniyah, the midwife, is also in her late thirties. She has been a midwife for 17 years and agrees with Suraya that her choice of a profession was in order "to help the mothers."

Carrying lamps on their heads and holding white flags, the dayahs in the Israeli-occupied Gaza are allowed to move during the 10 p.m.-4 a.m. curfew hours. Over 5,000 refugees babies were delivered at home by Gaza Strip dayahs in 1970. The dayah's work also involves home visits for at least seven days after each delivery and for some days before. Even if they will be delivered at home, virtually all refugee women have registered at one of the health centres by the fourth or fifth month of pregnancy; from the fifth month of pregnancy women receive extra rations. After registration there are monthly checks and pre-natal home visits by a senior staff nurse, or the midwife if required. Token layettes are provided for all babies and full layettes for hardship cases including multiple births and premature babies.

Cheerfully the midwife and dayah pass the time discussing birth customs, some good some bad. The Bedouin fry eggs in olive oil for the new mother, and most people serve a chicken for the mother's first meal after delivery. But a few others still put black kohol or other traditional substances on the cord and risk infecting the child.

When the pains come, one quickly following another now, Fatimah and Suraya speak urgently. "I-wah, I-wah, Yah-la, Yah-la That's it, that's it. Come! Come! That's it!", Fatimah shouts and a nine pound boy emerges into the world. It is midnight. Yousra and Yousef, 1948 refugees from near Askalon, Israel, just north of the Gaza Strip, have another son. Another refugee.

Extracts from UNRWA News-letter No. 67.

UNITED NATIONS RELIEF AND WORKS AGENCY

**Since 1960 the WRVS has sent
43,576 LAYETTES and 3,173 COT BLANKETS**

The layettes are still desperately needed, as the letter from Miss G. Karnstrom, Chief of UNRWA Nursing Division, shows:

"I wish to express to all members of WRVS my sincere gratitude for the much valued layettes, baby blankets and shawls which WRVS so very kindly have sent during 1972.

The layettes have been distributed to new born infants of families designated as hardship cases on West Bank of Jordan and also to some premature babies and multiple births in Lebanon and Syria.

The shawls and baby blankets were sent to Jordan for distribution to new born infants in the Emergency camps there."

The first 1972 consignment of layettes will be assembled and despatched to Middle East sometime during the second part of April.

A Layette consists of:

- 2 Dresses approx. 18 inches long—thin woollen or cotton material.
- 2 Nightgowns, flannelette or thin material.
- 2 Cotton vests.
- 1 Knitted or crocheted shawl or cot blanket.
- 1 Rough towel.
- 2 Cakes of soap.
- 4 Napkins.

While many people are willing to make little garments and to knit shawls, the provision of 4 napkins, a towel and two cakes of soap in each layette has become a problem. However, UNRWA has asked again "for whatever we can send". So working parties are making part layettes consisting of the first four items in the layette list.

IN 1970 24,207 token layettes were distributed in all five fields of UNRWA operations.

All mothers living in emergency camps are also provided with "hardship layettes" which normally include 4-6 diapers, one towel, two or three shirts or vests, a dress and sometimes extra items such as jerseys, socks and bonnets. Woollen blankets are included in the layettes of babies born between October and the end of April. In the emergency camps of east Jordan and Syria, 4,575 hardship layettes were distributed in 1970 through the UNRWA maternal and child health centres.

The Swedish Save the Children Federation (Radda Barnen), the Unitarian Service Committee of Canada, the Canadian Red Cross, The Women's Royal Voluntary Service in Britain and the Friends of Jerusalem in Beirut have been the most consistent benefactors of the layette programme, although other organizations have also made significant contributions.

Extracts from UNRWA News-letter No. 67.

Quick and easy Layette Nightdress

from a man's shirt



1. On a sheet of wrapping paper draw a pattern with the measurements as shown in the diagram—the sleeve edge measurement is $3\frac{1}{2}$ inches.

THE SAME PATTERN IS USED FOR THE FRONT AND THE BACK.

2. The front of the nightdress—place pattern on the shirt back—pin and cut out.
3. The right back of the nightdress—place pattern on the bottom edge of the shirt front so that the bottom of the pattern fits directly on top of the original hem, which

is thus utilised, together with the lower buttonholes in the shirt—pin and cut out.

4. The left back of the nightdress—place pattern on the bottom edge of the shirt front so that the bottom of the pattern fits directly on top of the original hem, which is thus utilised, together with the lower buttons on the shirt—pin and cut out.
5. If pinking shears are used, the pattern allows $\frac{1}{4}$ inch single seam for double seam allow an extra $\frac{3}{8}$ inch before cutting out.
6. Finish neck with soft tape or bias binding.

HOUSEBOUND CLOTHING SCHEME

"NEVER discard a grey maxi-skirt," says Miss Sarah Fewtrell "You would be astonished at how many pairs of small boys' trousers I can get from just one maxi-skirt."

Miss Fewtrell who is nearly 80 and housebound because of a heart condition, is one of the busiest women in Maidenhead. She has been working for WRVS for eight years and, during that time, has produced over 4,000 items of clothing.

She keeps strictly to office hours, starts work at nine and finishes at five, and during that time her industrious fingers never stop. She sews, she improvises, she makes over, making new garments from old. She unpicks sweaters, and knits them up again for children. She makes soft toys. At Christmas Miss Fewtrell works particularly hard so that hundreds of children she has never met will have a pleasant surprise in their Christmas stockings. "I would make lots more soft toys, but it's not as easy as it used to be to get the stuffing for them; I am grateful if people bring me some."

Has she ever met any of the children she sews and knits for? "Well, I can hardly ever get out these days" she says "But I was sitting on a park bench last summer when a little chap dashed over the grass and sat down beside me. I saw at once that he was wearing a pair of my trousers: of course I didn't say anything to him. But we did have a little chat, and I was pleased to see that the trousers looked very nice."

"Thank goodness I have so much to occupy me," Miss Fewtrell says. "Keep busy and you don't feel depressed". She has the whole thing sewn up!

Photograph and extracts by courtesy of Maidenhead Advertiser.

HOUSEBOUND CLOTHING SCHEME

Mrs. Louisa Teague and Mrs. Milly Perry live at Perranwell Station, both have knitted jerseys and rugs for WRVS for some years.

IN TRURO a member of the WRVS finds that, at seventy-five ill health compels her to spend a good deal of time at home. In her home she holds a weekly sewing party which has made many garments for WRVS distribution.

Miss Agnes Magden, who is handicapped, lives alone in Chinnor in Berkshire: she has Meals-on-Wheels delivered to her and is a member of the WRVS Darby and Joan Club. Last December she celebrated her eighty-ninth birthday and, at the same time, the completion of her two hundredth blanket made from knitted squares for WRVS. Local and County WRVS members presented her with a writing case and a special card of thanks for her work for WRVS.

Many thousands of garments for distribution through WRVS clothing stores are made under the Housebound Scheme. The wool and sewing materials are usually provided by the clothing organisers, and these are taken to the many hundreds of housebound people and Senior Citizens who produce the garments in their homes. The finished garments are later collected for distribution through clothing stores. The scheme has a double value in that it provides welcome interest and occupation for people not able to get about, and produces much needed clothing.

This same scheme is also operated by people who can only undertake such work for WRVS in their spare time, during the evenings and at weekends.

WRVS WELCOME WOOL

It is made to FIT

By people who KNIT

WOOL WINDOW APPEAL WEEK

January, 1972

Windows were dressed for the appeal for knitting wool all over the United Kingdom. Local press helped with the appeal and shop keepers gave temporary display space. In Leicester County Borough the collection totalled 2,091 OUNCES for the week.

Clothing and bedding for Bath family after the fire at their home.

By courtesy of the Bath Evening Chronicle

*by courtesy of the
Northampton Evening
Telegraph*

The tub was filled
to overflowing
many times
during Kettering's
Wool Appeal Week.

YOUR SURPLUS CLOTHES

To you are USEless

To WRVS are PRICEless

SPRING CLOTHING DRIVE

25th April, 1972

A national appeal for clothing, particularly for men and children will be made everywhere on 25th April 1972. Please take your surplus clothing and any belonging to friends and neighbours to your local WRVS office - address in telephone directory.

A recruiting day held in the new Clothing Store at Castleford.

By courtesy of the Wakefield Express Series

CLOTHING DAY.

EQUIPMENT FOR THE DISABLED

by A. R. C. Rowe,

Director of the Bath Institute of Medical Engineering.

CONTACT has been established with the Bath Institute of Medical Engineering whose work includes research into the needs of the disabled and designing and testing equipment created to meet such needs. The WRVS Welfare for the Disabled Department has already been able to suggest one more project for a feasibility study and it is hoped that more suggestions will be forthcoming when WRVS members are aware of the possibilities.

The development of a movable ramp is a good example of how an identified need is given a practical solution by the Bath Institute of Medical Engineering. The Institute was approached by the Disabled Living Foundation, who were aware that many of the 100,000 or so wheelchair disabled in this country are virtually housebound because they cannot negotiate doorsteps. Concrete ramps, which cannot be resited, or wooden ramps, which can rot or distort, are both often hazardous in bad weather.

The Institute's panel of doctors, engineers and scientists studied the problem and drew up the requirements for a ramp which would be safe, durable, simple to install or remove, and could be manufactured at an economic price. The technical team then set out to develop a ramp which would fulfill these requirements. The resulting prototypes were made of expanded metal mesh, in two widths, with a bolted hinge and an optional handrail. There have been further developments in a modular form of the movable ramp so that it can now be sited where several steps must be surmounted.

All projects accepted by the Institute have a similar pattern, and the Institute has developed eleven different items of medical apparatus and aids for the disabled in less than four years. Eight other projects are now in the research stage, a further six are under development and four additional areas of interest are being studied.

The Institute is believed to be unique in this country, but perhaps, it is the forerunner of others. An approach to "filling the gaps" in medical equipment is urgently needed with the doctor, the engineer, the scientist and the industrialist working together, drawing additionally upon the special knowledge of the social worker, the clinician and other professional and voluntary workers familiar with the needs of the hospital and the domiciliary patient.

The Institute is a Member of the National Council of Social Services and has a close working relationship with St. Martin's Hospital Bath, in whose grounds the Institute's Laboratory has been built, and with a number of other hospitals. It also works closely with the University of Bath and some of the research work is carried out jointly. Members of a large Advisory Scientific Panel give a great deal of their time and expert skills to the development and assessment of projects. Sir Barnes Wallis is the founder President.

When the Chronically Sick and Disabled Persons Act focused attention upon the many gaps in necessary aids and equipment for domiciliary care, the Institute took a policy decision to give increasing attention to research in that field. As a result, this year will see the completion of a new kind of door-handle for the disabled, a special multiple-support chair to aid the nursing and recovery of hemiplegic patients, a safe lift-up armchair for the arthritic and infirm and a push and play chair for disabled children which will easily traverse sand, pebbles or rough ground and can be folded and packed.

over

The Institute is undertaking a feasibility study of a kerb climber attachment for wheelchairs, and is considering a wheelchair brake and slope aid. In a recent postal survey conducted through the Institute a voluntary sample of just over one thousand people showed that only about one in five felt that their wheelchairs were very comfortable, and it seems likely that many users are not aware that there may be one available more suitable for their needs if enquiries are made.

This brings us back to the need for communication between all concerned with welfare of the disabled. It is essential that all findings in the research field should be made known and information about all new aids circulated—at the same time it is important to ensure that information which helps to identify the need reaches the researchers.

For this reason the Institute keeps an open door to all those whose knowledge, experience and ideas can help the development of medical aids to benefit the patient.

HERE AND THERE

BUILTH WELLS Luncheon Club went on an outing to Brecon WRVS Darby and Joan Club to celebrate the first anniversary of the opening of the Luncheon Club.

THE FIRST PRIZE for the most original container used for a flower arrangement went to the member of the Thursday Darby and Joan Club in Malvern who used an old car silencer in which to arrange gladioli and ferns.

THE WRVS CENTRE Enfield Highway were asked to arrange a free week's holiday for seventeen elderly people last summer. Three ambulance coaches, with paid drivers, from the Old People's Welfare Association transported the guests and their escorts and luggage to Cliftonville, where the young proprietors of the guest house made every effort to ensure a comfortable and enjoyable holiday. The Savings Group of a local firm generously met all expenses for the holiday.

THE STAFF and members of one of the six Darby and Joan Clubs run by the WRVS in Smethwick, Worcestershire, run a concert party. The group have given seven hundred performances since 1961—the programme is in the style of Old Time Variety, including comedy acts as well as singing. They have now been asked by the Birmingham Regional Hospital Board to undertake visits to many more hospitals in the Board's area. The group have a collection of evening dresses and suits, which their Wardrobe Mistress alters to enable them to put on well-costumed performances. Garments suitable for adaptation for their Old Tyme variety acts are always welcome.

LAST Summer Shipley WRVS Members began to plan an outing for some thirty of the people to whom they deliver Meals on Wheels. The scheme soon snowballed however and expanded to include people visited by the Book on Wheels service and other elderly house-bound people in the district.

Local volunteers provided and drove the 20 or so vehicles necessary to carry the party and accompanying helpers to Harrogate; this enabled donations given for hire of coaches to be used to pay the expenses of increased numbers, and eventually eighty people were taken to the Valley Gardens in Harrogate.

Many of the elderly people were in wheel-chairs and had not been out of their homes for months. They were pushed round to see the gardens, and everyone sat in the sun and listened to the band before enjoying a special tea in the Sun Pavilion.

Looking Back

**April 1962—WVS Bulletin No. 267
(page 5)**

UPS AND DOWNS

We are still getting our usual crowd of pathetic people in Penge, mostly with large families. One expectant mother (very young) with two other small children, was sent to us for help. The Husband was in prison for a long period, and the children's clothing was in a shocking state. She didn't ask for anything for herself, but as she was wearing very threadbare clothing, and it was a very cold day, we issued her with some warm garments, at which she broke down and cried, and said that no one had ever been so kind to her before.

**April 1952—WVS Bulletin No. 148
(page 18)**

LEICESTER C.B.

Clothing. An old client—a pensioner of 80—

was so overjoyed and over come at receiving some good warm garments of which we felt she was greatly in need, that she was most anxious to do something for them and suggested she would always be willing to run our errands!

**April 1942—The Bulletin No. 30
(page 5)**

COAT HANGERS

Many clothing depots in the regions are in great need of coat hangers which are now practically unobtainable. Most people, on the other hand, have fewer clothes to hang in their wardrobes, and have, therefore, some useless hangers to spare. The clothing depots which are in need of hangers might well appeal to local householders, while those people who have surplus hangers should offer them to their nearest WVS clothing depot.

by courtesy of the Runcorn Weekly News

A trolley shop in an old people's home in Runcorn in the North Western Region. Many hundreds of similar shops are being run in local authority homes in all parts of the country. Contacts made often lead to requests for Clubs to be run by WRVS in the homes.

NEW

WRVS CYPHER BROOCHES

and

WRVS CYPHER CLIPS

at 15p each from the Headquarters
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BOOK REVIEWS

EASY COOKING FOR ONE OR TWO—by Louise Davies.

THIS well-produced small book, with large print and good clear drawings, has far more to it than the title suggests. It is written primarily for older people, bearing in mind that some may be housebound or slightly infirm, but it should appeal to men and women of all ages who need to prepare nourishing economical meals without fuss.

The recipes were tested in Over-Sixties and Retirement Cookery Classes in many parts of the country and were selected through their recommendations. Many unusual suggestions for using basic ingredients are included, as are suggestions for using up, say, the "other half" of an egg or of a small tin. The recipes are clearly explained and range from those for non-cooks to more ambitious ideas from the Classes.

The outstanding feature of the book is the approach to nutritional values, the basis of all the recipes, and a section gives simple explanations why certain foods are important for good health and offers suggestions of ways in which people can make a good, nourishing diet out of what they *like* to eat.

Miss Louise Davies is Head of the Geriatric Nutrition Unit at Queen Elizabeth College, London University, which is carrying out specialised research into the nutritional problems of the elderly—so far the only unit of its kind in the world. This book should not only help and encourage readers to eat, and eat wisely, but should be of immense value to those working in the field of domiciliary care for the elderly.

In his foreword to the book Sir George Godber, Chief Medical Officer to the Department of Health and Social Security, suggests it is "a piece of preventive medicine." Professor Yudkin outlines in the preface some of the nutritional questions that Miss Davies and the Unit are researching, and welcomes the book as a practical way of helping the elderly overcome some of the many difficulties they have to face.

Published by Penguin Books Ltd., Harmondsworth, Middlesex at 40p.

HOLIDAY ADDRESSES IN BRITAIN 1972

THE Chest and Heart Association have published a revised edition of their booklet giving addresses of holiday accommodation during 1972 for chest, heart, and stroke sufferers.

The comfort and mobility of handicapped guests depend largely on the quality of the accommodation offered to them, and all relevant details are given for each establishment in the list: the number of ground floor bedrooms, whether there is a lift, whether wheel chair guests can be accommodated, and the type of room heating. Most establishments are prepared to provide special diets. The managements listed have undertaken to provide the extra service and facilities which are needed to make a holiday truly enjoyable and carefree for chest, heart, and stroke patients.

Addresses are given for most English resorts, London, Scotland, Wales and the Channel Islands.

The booklet gives down-to-earth guidance to patients and their families at holiday-planning times.

From The Chest and Heart Association, Tavistock House North, Tavistock Square, London WC1H 9JE at 30p.

DICTIONARY OF SOCIAL SERVICES: POLICY AND PRACTICE by Joan Clegg.

A book that may be usefully read by those new to social service work as a guide to the use of particular words and phrases by workers in this field, and as a general introduction to the legislation that governs the social services. All details of implementation of such legislation, the scales of allowances payable and so on, should be checked with the proper authorities as some may be out of date.

Published by the Bedford Square Press, National Council of Social Service, 26 Bedford Square, London WC1B 3HU price £1.50 hardback, 90p paperback from branches of W. H. Smith.

NEW TRENDS IN CATERING

A SPECIAL meeting arranged by the Electricity Council was held at Olympia on 12th January 1972 to coincide with Hotel Olympia, for an invited audience to hear papers read on the subject of Cook/Freeze techniques for high quality foods. Those present were mainly connected with catering in Electricity and Industry. WRVS Headquarters Food and Magazine Departments were represented.

Mr. R. Goodwin Catering Specialist—Electricity Council, opened the meeting and introduced the speakers.

These were:

Mr. J. G. Ransom, F.H.C.I., I.A.B.I.M., M.R.S.H.

Head of Catering, Bournemouth College of Technology.

Mr. Leto, Senior Lecturer at the College.

Mr. C. Burgess, A.C.F., Lecturer, Highbury College, Portsmouth.

Mr. H. A. Forsyth, B.Sc. (Hons.), M.I.B.I.O.L., A.I.F.S.T., Food Scientist, Catering Department, Wolverhampton Polytechnic.

Mr. A. J. Coleman, M.H.C.I., Cert Ed., Head of Department of Catering, Wolverhampton Polytechnic.

Mr. Ransom outlined the training his students receive in the specialised courses available at his College.

Mr. Leto followed, with a detailed paper on the preliminary report on research carried out at the College on Blast Freezing and reconstitution of foods suitable for the catering industry.

Mr. Burgess continued on this theme, his research covering the feasibility of using foods prepared in the Blast Freeze Unit. Examples were given of haute cuisine recipes and the special treatment required when Blast-Freezing was applied.

The paper read by Mr. Forsyth concerned the nutritional and bacteriological aspect of Cook/Freeze techniques, and noted the food sciences involved and the need for quality control.

The final paper from Mr. Coleman gave details of the intensive courses on Cook/Freeze techniques run by his College for managerial personnel in the food industry, who may be called upon to supervise setting up and subsequently be responsible for running such Units. A close investigation is being carried out to the subject, in order to provide suitable training and research facilities.

Mr. David Taylor, Food Officer at the Electricity Council Research Laboratories at Capenhurst, was available after the meeting for questions and informal discussion.

This interesting and highly technical meeting showed clearly that the Cook/Freeze system of preparing and cooking high quality food will undoubtedly be adopted by many catering establishments, especially when students and managerial staff have been trained in sufficient numbers to operate the system.

WRVS Food Department will watch closely developments in this field of food freezing and presentation which undoubtedly has tremendous potential in the catering industry. It is felt however, that, at the present time, the system is too complex and costly for recommendation for the WRVS Organised Meals Service.

An electrically heated Hotlock was on display at the meeting, developed by a private firm making Heating Equipment for Catering. This will be available for purchase in the Spring and was felt by WRVS who viewed it on the Firm's stand, that it was worth consideration for the Organised Meals Service.



Easter Catering means to many people preparing and eating the traditional fare at home with the family, but after the winter months of hugging fires the first hint of spring will bring thoughts of days out and picnics, especially during the first public holiday of the New Year.

Picnic meals need not lack variety and interest, nor need they require undue trouble and time spent in their preparation. Perhaps these ideas will help make palatable picnics!

Chicken Salad serves 4-6

- $\frac{3}{4}$ -lb. Diced cooked chicken
- 4 Red eating apples
- Juice and rind of a lemon
- A small head of celery
(use inside stalks only)
- 1 Lettuce
- 2 oz. Halved walnuts
- Mayonnaise or French dressing



Method

Prepare the chicken

Grate the rind from the lemon and squeeze for juice

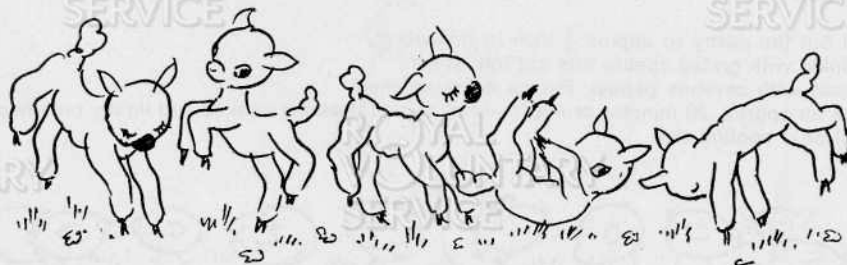
Core and dice apples—do not peel—sprinkle with lemon juice

Add the walnuts and celery—diced—to the apple

Add the lemon rind and chicken and toss altogether in the mayonnaise or French dressing

This salad can be put in a plastic container for a picnic and the lettuce carried separately in a plastic bag

For serving at home the serving dish is lined with lettuce and the salad piled in the centre of the dish.



Continental Meat Loaf serves 4-6

- $\frac{1}{2}$ lb. Finely minced pork
- $\frac{1}{2}$ lb. Finely minced beef
- 2 oz. Finely shredded mushrooms
- 1 Small cooking apple, peeled, cored and chopped in very small pieces
- 4 Green olives
- $\frac{1}{4}$ teaspoon Ground nutmeg
- Juice from 1 clove of garlic
- $\frac{1}{4}$ teaspoon Mixed herbs
- Seasoning
- 2 oz. Porridge oats
- 1 tablespoon Milk
- 1 small egg—beaten

} mixed together



Method

Mix together the meats, mushrooms, apple, olives, nutmeg, garlic juice, herbs and oats mixture
Season well
Bind the mixture with the beaten egg
Put into an oblong bread tin and level the top of the mixture
Bake for approx. $1\frac{1}{2}$ hours at 350°f or Mark 4 until firm and browned.
Ease the Loaf from the sides of the tin using a palette knife and leave in the tin for a few minutes before turning out on to a cooling tray.
When quite cold, wrap in foil
Serve sliced with salad.

EXTRAS TO FILL GAPS!

1. Scotch Eggs
2. Frankfurter in buttered baps with French mustard
3. Cheese Straws—make these with left over pieces of puff or rough puff pastry.



Method

Roll out the pastry to approx $\frac{1}{4}$ inch in thickness
Sprinkle with grated cheese and cut into strips
Season with cayenne pepper. Put on a baking sheet
Bake for approx. 20 minutes at 450°f —Mark 8 until pastry is cooked and lightly browned
Cool on a cooling tray.



Apple Courting Cake

6 oz. Sweet shortcrust pastry to line a victoria sandwich tin

Sweetened stewed apple, cooked with a little grated lemon rind.

For the sponge

2 oz. Butter or margarine

2 oz. Caster sugar

4 oz. plain flour

pinch of salt

$\frac{1}{4}$ teaspoon Bicarbonate of soda

$\frac{1}{2}$ teaspoon Cream of tartar

1 egg

Hot water to mix



Method

Line the sandwich tin with the pastry

The sponge

Cream the fat and sugar—beat in the egg.

Sift together the flour, salt and raising agents, and fold into the mixture, using a metal spoon.

Mix with hot water to a soft dropping consistency.

To assemble

Beat the apple to a fluffy puree and put into the pastry lined tin

Spread the sponge mixture on top

Bake for approx. 20 minutes at 375°F—Mark 5 until the sponge is lightly browned and springy to the touch

Leave in the tin to cool slightly before turning on to a cooling tray

The cake can be iced with lemon flavoured (grated rind) butter cream or glace icing, using lemon juice instead of water to mix.

This cake makes an ideal picnic desert.



Chocolate Mousse serves 6

4 oz. Cooking chocolate
2½ oz. Icing sugar
2 oz. Unsalted butter
4 eggs—separated
7 fl. oz. Double cream (10 fl. oz. = ½ pint)



Method

Melt the chocolate with the icing sugar in a basin over a pan of simmering water
Remove basin from the heat and beat in the butter

When the mixture has cooled slightly, beat in the egg yolks. Put aside to become quite cold
Whisk a little icing sugar into the cream and add to the chocolate mixture. Whisk the egg whites only until foamy, not stiff, and add to the mixture carefully, using a metal spoon. Pour into a serving dish or individual sundae glasses. Put into a refrigerator or cold place for an hour before serving. Decorate with chopped pistachio nuts.

For picnics, pour the mixture into individual foil cases—carry these in a plastic container.

FINALLY, FOR THE TRADITIONALISTS!

Easter Biscuits

12 oz. Plain flour
pinch of salt
6 oz. Butter or margarine
4 oz. Caster sugar
1 Egg
3 oz. Currants
Pinch of saffron, steeped for a few hours in
1 tablespoon milk,
Egg white and caster sugar for finish.



Method

Cream the fat and sugar

Beat in the egg

Add the currants and saffron mixture

Fold in the flour, sifted with the salt, using a metal spoon

The dough should be softer than for pastry, but firm enough to roll
Knead lightly and roll out on a floured board to ¼ inch in thickness

Cut in rounds, using a fluted cutter

Put on a baking sheet and bake for approx. 20 minutes at 400°F—Mark 6

After 10 minutes in the oven, remove the biscuits, brush with egg white and dredge with caster sugar

Return to the oven for remainder of baking time

Cool on a cooling tray

Store in an airtight tin.

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THE Services Welfare Department at Headquarters wishes to thank all readers who responded so splendidly to the special appeal in the December issue of the *WRVS Magazine* for magazines and games for the troops on emergency duty in Northern Ireland.

WRVS Services Welfare members attached to Northern Ireland Headquarters alone received and distributed 47,000 books and magazines in the period just before Christmas.

Final figures for the response during January and February are not yet available, but it is known that a very good supply has been maintained both through the WRVS personnel at H.Q. Lishburn and by direct despatch to the regiments.

THE NEED IS STILL THE SAME—THE APPEAL IS REPRINTED AS A REMINDER.

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Running time — approximately 20 minutes. Available through local WRVS Centres who book it from Regional Offices, Scottish Headquarters or Wales Office. A WRVS member will accompany the film.

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Running time—approximately 20 minutes. Available through local WRVS Centres who book it from Regional Offices, Scottish Headquarters or Wales Office. A WRVS member will accompany the film.