



## Slough's New Psychiatric Unit - To Be or Not To Be?

Well one thing's for sure, Slough's old psychiatric unit Ward 10 is 'Not to be'. So if we don't get the new unit at Upton we'll have no psychiatric beds left in Slough. I asked Philippa Slinger, Chief Executive of the Berkshire Healthcare Trust if she had any detailed proposals to deal with the transport problems posed by the 50 mile round trip from Slough to Reading. All she could say was that she planned to spend £100,000 a year or maybe more on it. If a business went to the bank manager for a loan and left transport details out of it's business plan saying 'Oh we'll work that out after you lend us the money' they wouldn't get far. But we're expected to support this plan before any solution has been suggested to one of it's most major problems.

The transport issue is not simply one of cost: relatives visiting patients after work will find themselves travelling 50 miles in rush hour conditions. The time taken travelling will reduce the time they can spend visiting if they come by car. If they come by public transport they may be lucky to get there before visiting time is over.

We are told that if the Upton unit is built there will have to be cuts in community services. We are not told what will be cut or by how much. Someone at the meeting remarked that 'Our community services are already rubbish, can they really get much worse.' So once our inpatient beds are gone and the government wants more cuts, will our community services be safe then? I wouldn't bet on it. They cut Ward 12, they cut Ward 11,

they'll cut Ward 10, they want to cut Upton.



Are you seeing a pattern here? They're like a pair of scissors - cutting is what they do.

If we make a stand for Slough and say again what we said at the last consultation then at least we may have something to show for it. At least they'll know we won't take it laying down. If we let them close the last psychiatric ward in Slough they'll be encouraged to make more and deeper cuts because they'll know we don't have the guts to say 'NO'.

Who decides? The trust make the final decision but if that decision opposes the will of the people of Slough there must be a damn good reason for doing so. If a judicial enquiry judges that trust's decision was unjustifiable the Chief Executive may be sacked. Who told me this? Philippa did. A very interesting answer. No doubt the trust's lawyers are already at work... perhaps we too should be preparing a case.

Philippa explained that she had to hold this second consultation because if she built Upton and maintained community services at current levels the trust would go bankrupt and there would be

no service. At the time I was shocked that a government that stops greedy bankers going bankrupt would let an NHS trust go bankrupt with all the hospital closures, death and misery that would presumably cause.

Now I'm wondering if it's ever actually happened that an NHS trust went bankrupt, the hospitals closed and people called an ambulance and nobody came.... Can't think of an example, not even under Thatcher. It would've certainly been on the news and in the papers. A government who just stood by and let that happen wouldn't be too popular. Would allowing people to suffer and die without medical care be a case of criminal negligence on their part? I'm pretty sure they didn't have this in mind when they made the NHS.

One day the credit crunch will end and any cuts to community care spending can then be restored. But rest assured, if Ward 10 is closed and the Upton unit cancelled the trust will stick to Prospect Park come what may and the next time we get the offer of a Mental Health inpatients Unit in Slough everyone reading this will most likely have died of old age. The consultations and delays around East Berkshire inpatient care have in fact been going on for many years. It's time we had equality with the West.

Ultimately the people of Slough will have their say and the Berkshire Healthcare trust will have theirs. If they both say the same thing then that can't be argued with, if they don't then it should and will be. I like to think the future is unwritten (I may of course be wrong).

# News of The SUMO - A Word from Acting General Secretary



Greetings Fellow Members and members to be. A great and honourable week in our history. Ability housing have agreed we can hold meetings at Club of Rising Sun. Details as follows:

## Meeting of Sunrise Branch SUMO



Every Monday at 1.00 pm  
At Sunrise Club

Following in footsteps of the legendary Mike Paxton, SUMO has once again established our right to see whole Mental Health Day Service contract. Copies have been sent to our Committee Members on Service Review group, now they have full details of service - all the better to review it. Service specification said nothing of personalisation, contract says nothing. Perhaps it is impossible to put into legal agreement what one does not understand and cannot describe. I still find personalisation deeply mysterious and it would appear so does management.

My apologies to those of you who did not receive news of meeting of September 13th in time to be there.

We have not elected officials or other serious stuff without you. Those who have email address were notified by email, the rest of you were sent group text but £@<#\*ing Blackberry failed with 'Network out of order' error. I have warned it that if it fails us again it must take honourable way out and be replaced by Samsung.

We agreed the following Mission Statement:

### What We Stand For:

1. Keeping Sunrise Club open.
2. Resisting any cuts to the service.
3. Improving the Sunrise Service.
4. Improving Mental Health Services in general.
5. Fighting discrimination against our people.
6. Supporting each other and sharing information thru website and paper.
7. To seek the best solution to the Upton / Prospect Park question for our people.
8. To promote a positive image of our people through the performing arts as in Warning May Contain Nuts.

If anyone wants any changes, please come along to the next meeting and let us know. Most important question is what do we do next. My thinking is we need to see the personalisation self-assessment form. I have heard it has no box to tick for 'I want to continue receiving the service I'm receiving now' or 'I want to go to Sunrise Club'. I have been told it is more about general outcomes like 'I want some social interaction' for which we might be fobbed off with a café in the High Street and told to 'socially interact' with the general public. Until we have a better understanding of how

personalisation is meant to work we can have no idea of how it may affect our lives.

We discussed how the goals of the mission statement might be achieved:

It was agreed that keeping Sunrise open was the first priority and that the methods employed to achieve this and to resist cuts could involve demonstrations, media publicity, taking up The Freemasons offer of help.

On improving the Sunrise service it was felt that there should be more activities. It was suggested that perhaps we could hire a minibus and go somewhere like Black Park on a Thursday. An offer of a free minibus from The Chicken Ranch was mentioned. This offer was made some time ago but if it still stands could be extremely valuable. Enquiries will be made on this question and Ability informed if the offer still stands.

On improving Mental Health Services in general, it was agreed that the first priority was better staff for in-patient wards.

Fighting discrimination against our people was thought to be tough but necessary. While it would be difficult to challenge every person who thinks we're 'Norman Bates' we need to fight it when for example, our own NHS trust bans ex-patients from visiting their friends on Ward 10. This battle was fought and won some time ago and we are honoured to have the man who won it in our union.

On the question of sharing information it was said that we should make sure our members and the management should be aware of our message - through our website, through this paper and any means necessary. For all the fine thoughts in the world have no meaning until they're spoken and acted upon.

(Continued on Next Page)

On the Upton / Prospect Park Issue a majority favoured building Upton but feel free to voice your opinions at the next meeting.

The involvement in performing arts was felt to be a good idea though defending our rights and services should come first. Mind you though, nothing gets your message across quite like a catchy protest song on YouTube.

We came up with a few ideas on fundraising:

Apparently Sainsbury's is a good firm to approach for charitable donations. Furthermore when the Freemasons offered to help keep Sunrise open it seems they also talked about raising some funds for us. Perhaps Ability should investigate these possible sources of additional funding.

There was and is some uncertainty about the future after March 2011. A number of shadows cloud the future:

The unknown effects of personalisation, the institutional bias against building based services in current mental health thinking and the low attendance at Sunrise on some days of the week. While we know there will be another tender process, this time for a 3 year service contract, the question is what kind of service will it be.

It was suggested we should elect some officers and register as an official group.

Anyone wishing to stand for office should email their name and post they want to stand for to [SUMO@sloughmental.co.uk](mailto:SUMO@sloughmental.co.uk) or come along to a meeting and apply in person.

The posts available are:

Chair  
Vice Chair  
Treasurer  
Secretary

This is an election for the Sunrise Branch of SUMO so you must be a member of Sunrise to stand for office.

## I Have A Dream

We stand at the beginning of a long road, the road to equality, the road to truth, justice and the mentalist way. We have a mission statement, we have our tribe and are about to elect some chiefs.

What then does the future hold? Well I've no crystal balls but in the words of the great Martin Luther King 'I have a dream'.

That one day a man (or woman) will not be judged by the colour of her (or his) mind. That truth shall prevail and the lies of bigots shall be proved to be false. That all men (or women) be treated equally and justly regardless of the colour of their mind, their skin, their sexual preferences or other features of their person.

But that's a long way down the road... Now we've established a branch of SUMO at Sunrise Club I propose we establish branches in the community, Langley Drop-in, New Horizons and other places. People feel comfortable holding meetings in their own surroundings where they can discuss the issues that affect their lives with people they know, this is the benefit of the local branch. I then propose that these local branches send representatives to a Slough wide general meeting to discuss areas of common interest where they can support each other in the manner of a trade union. One venue that immediately comes to mind for such a meeting is the Slough Open Forum. Here we can raise our issues, meet together and discuss the issues either before or after the questions and answer session

with the management. We could of course hold the meetings anywhere. The Quaker Meeting Hall on the Windsor Road is looking to provide facilities for local voluntary groups and if we were to hold community branch meetings there then representatives from other branches could also attend. I have made enquiries to Trevor Lyalle who will ask the Quakers if we can hold meetings there.

In this time of cutbacks and threats to public services it is more important than ever that our people stand together and support each other:

The future of Sunrise is uncertain after March 2011, officers of the Berkshire Healthcare Trust announced a visit to Langley drop-in recently (possibly with a view to saving money and making cuts), there will probably also be more cuts for New Horizons and community services in general. Make no mistake here - we stand together or risk falling alone.

Apart from supporting each other in times of need it would also be cool to organise sporting and social events between branches. Pool tournaments, ping pong, discos, karaoke, maybe a Slough version of the Reading Open Mike where we can entertain each other with poems, song and comedy - kind of like Britain's Got Talent.

Our tribe numbers in the thousands in Slough yet we meet so few of them. It is too easy to become isolated in your own home. This must change, many things must change.

Sometimes when The Breath of the Tiger is on your neck  
It is best to mistake it for A Summer Breeze...

But do not Forget, You Cannot Hide Your Head In the Sand  
When it Has been Bitten Off.

# Upton Hospital Vs Prospect Park - A CPN's View

I talked to local Community Psychiatric Nurse, Chan Toofanny, Dip IAM, BSc Hons, Social Science and Politics, about where the Mental Health Inpatient Unit should be. He had some answers I've not heard from the Berkshire Healthcare Trust:

1) *When the original decision was made 5 years ago to build the Upton unit, the trust had a public mandate and presumably had the money but they never laid a single brick. Upton was supposed to have opened in 2011-2013 but the buildings that were to be demolished so the unit could be built are still standing today.*

2) The trust's idea to move all inpatient services to Prospect Park is purely based on Economics. The trust do not have the £200,000 that it's going to cost to build the New unit at Upton Hospital in Slough. They do not seem to have considered having Upton build by a private company under PFI (Private Finance Initiative). Does it matter who builds it? The important thing is it would be in the easy reach of Slough, Maidenhead, Windsor, Ascot and Bracknell. The trust has the opportunity to build one of the most modern units in the country using the latest technology and design. It would be closer for patients and relatives and everyone else. Many hospitals have been built by PFI, so why not consider this option.

They are already paying rent to Wexham and Heatherwood Trust rent for inpatient services so this would be no different.

3) Centralising all mental health inpatient into one unit may be financially viable for the trust but not the right thing on the reality of individual choices and the complexity of care and the needs of Slough and East Berkshire. There is much talk in the NHS about patient choices and personalisation of care. Patients, The community, Mental Health Groups, Psychiatric ward staff, CMHT, Fiona McTaggart MP for SLOUGH, Teresa May MP (Home Secretary) and other MP's are against the move to Prospect Park and want a local mental health unit for East Berkshire. If the trust ignores the public, it makes nonsense of choice. It would be a complete and utter failure under every definition of choice, individualisation and personalisation. Mrs Thatcher famously said she wanted treatment, when she wanted it, where she wanted at her time of choosing. Tony Blair said care must be individualised and personalised to suit individual needs.

4) Fiona McTaggart had a meeting with Philipa Slinger and she made it clear she was very unhappy about the decision she was taking. She was told there would be a public consultation. We

already know what that means. This is a PR exercise when we know the decision is already in favour of Prospect Park.

4) If the trust goes ahead against public opinion then the public has got the right for a judicial review. An injunction may be served against BHFT until this review has taken place.

5) Apart from the cost and hardship inflicted on patients and relatives, the trust will find themselves paying for higher and higher transport costs for police cars and ambulances used to transfer patients as inflation increases over the years to come.

6) Upton will be a 21<sup>st</sup> century hospital with single en suite rooms conducive to the patient's well-being. Possibly this project could be totally scrapped if the new government goes ahead with cuts in the NHS.

7) Lastly the trust has not considered the demographic of East Berkshire. It serves a very, very wide population. Prospect Park Hospital serves the West well, but it would not serve the East as anticipated by the trust. It would be a big mistake. Therefore the trust should seriously consider the PFI which might cost £5 Million to 8 million to rent per year for the next thirty years. It is better than finding £200 million now.

## Obtaining Money By False Pretences?

If I set up a charity raising funds to build an orphanage but actually spent the money on my own wages, fatcat consultants or other expenditure I'm pretty sure I could be prosecuted for 'Obtaining Money By False Pretences'. Now suppose an NHS trust was to obtain funds from the government to build a new mental health unit at Upton Hospital but in fact spent the money on other expenditure and never built the unit: would they not be guilty of the same offence?

Now I'm no lawyer, I just take a keen interest in legal matters but if you're reading this and you are a lawyer or maybe a police officer, judge or other legal expert perhaps you'd like to comment on the legality of what the Berkshire Healthcare Trust may be about to do should they implement the Prospect Park option. Answers to editor@sloughmental.co.uk.



## Anyone For Cards ?

You may now be aware of the 'Well Done' cards handed out by 'Inspirations' for achievements ranging from getting out of bed in the morning to passing your driving test or getting a PhD in Astrophysics. These are available by application from New Horizons.

You may not be aware of the SUMO card... Laser printed in cheerful colours of roses and sunshine the card reminds you that you're mentally outstanding, that you're a member of SUMO, you're not on your own, you have friends prepared to help you. Laminated and hand cut by skilled artisans to fit exactly into your wallet with all the precision of finest Swiss craftsmanship it says you're not just a member, you're a valued member.

Where can you get these cards? Simply fill in an application form to join the Slough Union of the Mentally Outstanding and you'll get a free card and a badge.

Fed up with being a 'Mental Health Service User'? Ready to be mentally outstanding? Come and join us.

Ask Danny, Nigel, or Naveed at Sunrise Club or email [SUMO@sloughmental.co.uk](mailto:SUMO@sloughmental.co.uk) for an application form.



## SUMO Leadership Elections

As SUMO grows from a group of like minded individuals to a well oiled machine capable of great deeds we will need to elect a number of dedicated men and women to organise things.

We will shortly be holding elections for the following posts:  
Chairman or woman  
Vice Chairman or woman  
Treasurer  
Secretary

Anyone wishing to stand for election may notify us at a SUMO meeting (held every Monday, 1pm at Sunrise Club) or by email to [SUMO@sloughmental.co.uk](mailto:SUMO@sloughmental.co.uk)

Closing date will be November 10th 2010, the election will be held at the SUMO meeting at 1pm on Monday November 15th.

You will need to be a Sunrise Member and a member of SUMO

to stand in this first election. In future elections where we have members outside Sunrise it will only be a requirement to be a SUMO member.

To those of you who stood for election to the Service Review Group and really want to get involved in representing our people here's your chance. Anyone else fancy a go? Feel free to volunteer.

## Fascinating Facts

The largest flower in the world, the rafflesia arnoldi, 15 pounds and grows only on the Sumatra island of Indonesia. Its petals grow to 1.6 ft long and 1 inch thick.

Of about 200,000 kinds of flowers in the world, the smallest is the duckweed, which can only be seen with a microscope.

Planting a flag on the moon does not mean owning it or any part of it. The United Nations Outer Space Treaty (long name: Treaty on Principles Governing the Activities of States in the Exploration and Use of Outer Space, Including the Moon and Other Celestial Bodies) of January 27, 1967 states that "outer space, including the moon and other celestial bodies, is not subject to national appropriation by claim of sovereignty, by means of occupation, or by any other means."

**When will  
Governments  
And  
Bureaucrats  
Learn  
That Secrecy  
Only  
Breeds Distrust?**

## John The Forunner Speaks

With a government targeting the disabled and the others playing pass the parcel where the music never stops we are given permission to hold meetings at the Sunrise Club but with the added threat that our provider reserves the right to stop us having meetings. Let them try!!

At the LIT meeting of 24th September after preparing my questions and news I was told I could only make one point and make it quick. Two years or so ago Frank Toner remarked at the LIT that he was proud that service users were present and reminded

the heads of departments attending that this meeting once a month for 2 hours was about service users and here we are being short changed again.

As regards SUMO, there was no encouragement, help or funding offered by the management. Back to normal then, bad treatment of the mentally ill, smoke and mirrors. Considering we are meant to pass on what is said at the Pre-LIT to the LIT process and then to the service users this is poor treatment which I intend to raise with my MP when she visits us.

## Report from SUMO Meeting of 20/09/2010

One item on the Agenda:

Questions for Tracy Cartmell (Personalisation Lead) SBC for Meeting of 29/09/2010

Questions 1 to 3 already asked. Questions 4 to 15 were raised at the meeting:

1. Will personal budgets be funded from the Adult Social Care budget or the Mental Health Day Service budget?
2. Will personalisation be compulsory?
3. Will it be means tested?
4. Did your previous experience of personalisation involve Mental Health Clients?
5. How did personalisation go for your previous clients?
6. How did their lives change?
7. Can we see the personalisation assessment form used in your previous work?
8. Is our self-assessment form ready yet? Can we see it?
9. Considering personalisation is meant to be about choice did the government or the council decide personalisation assessments be compulsory? (Previously, Direct Payments were optional).
10. In the current economic climate where will the money for personalisation come from? Extra spending or cuts elsewhere?
11. When will personalisation happen?
12. Who pays for staff training in this highly complex scheme?
13. Who pays the brokers?
14. How will budget be paid? Lump sum or instalments?
15. Bearing in mind that some will receive considerably more money than others will this not cause resentment?

Watch this space for any answers.

## Update On SUMO Election

Nominations so far:

Chairman:	Danny Savage:
Vice Chairman:	Nigel Oliver:
Treasurer:	Angela Kidd
Secretary:	No nominations as yet

Closing date for nominations for any of these posts Midnight  
November 10th

Election will be held  
MONDAY NOVEMBER 15th at the 1pm SUMO meeting

## You Never Really Lose Until You Quit Trying

## Gold Mentalists

Is there anyone you'd like to nominate for a 'Gold Mentalist' award or maybe a 'Hero of Mentalism'.

Us mentalists do some really great stuff sometimes but get little thanks or credit for it. Perhaps we could hold our own awards ceremony along the lines of the Oscars and hand out 'Gold Mentals' to deserving folks. We could design some little statuettes and spray them with gold paint.

## Poet's Corner

### Hell or Tesco's

To Tesco's I must now set sail  
Come Heaven or come Hell  
To do or die  
And buy a pie  
Oh, and some milk as well.

### Apathy

Let's have 1 cheer for apathy  
We can't be arsed with 3.  
Hip Hip. Oh well...  
Just please yourselves.  
Let's all go home for tea.

### Duffy Flucks

I wish I was a duffy fluck  
For duffy flucks have fun  
I wouldn't give a duck  
Until they got me with a shun.

For wature it is nunderful  
It soothes the mubbled trind  
So find yourself a duffy fluck  
When life has been unkind.

### Short Poem

Poe

## Word From The Hatman - Poetry vs Karaoke

Another day in Gotham City...

A guy's gotta learn from his mistakes as the hedgehog said climbing off the scrubbing brush. Having tried to start a Creative Writing Group at Sunrise Club I discovered it's a lot easier to write stuff than to persuade people that writing stuff is fun. In the end I had to persuade myself that trying to persuade people that writing stuff was fun was fun. I failed. It was then that I came up with Plan B: Karaoke. Quite a few people at Sunrise tend to burst into song spontaneously so this seemed a better idea. The first session was quite a good laugh, I enjoyed myself, quite a few people had a go. If this is the first you've heard of it here's the details.



problem is it's in Reading and many people, including myself are not too keen on that 50 mile round trip. It would be pretty cool if we could start a 'Slough Open Mike' event. We now have a couple of mikes and a karaoke machine. There's no reason you can't use a karaoke as an amp and do stuff like poetry & comedy. Maybe the guitar group could get involved. But this is looking into the future a bit, one shouldn't try to fly before one can walk - it makes the landings tricky.

Have a go at the karaoke, if you can sing that's great, if not then maybe that's even better. Sometimes the worst singers get the most cheers and applause, if you've ever been to a pub karaoke you'll know this is true.

You may wonder why exactly I have this theatrical tendency, this desire to sing perform and wear strange hats. It's very simple, when I was on the stage in Reading and heard the laughter, the cheers, the applause of the crowd it was better than any drug I've ever taken. It lets you express yourself and actually makes you feel better.

The Movie we've been working on: Attack of The Zombies from Planet BinBag has been put on hold as every time we put on the BinBag monster costumes (especially the masks) the staff mistake it for a suicide attempt by suffocation. Perhaps we should change the title to Invasion of the Aliens from Planet Well Ventilated Cardboard Box.

I guess making a feature film is a bit of an ambitious project and making short comedy sketches or music videos is maybe more realistic. I talked to Jon Potter of Company Paradiso at a recent members meeting and he said that film-making was something Paradiso could help us with.

We've got a channel on YouTube called SloughMental with 10 acts from 'Warning May Contain Nuts'. If we do some movies then we can put them on YouTube and show the world. We have the technology.

## Karaoke

Sunrise Club

Every Tuesday

1.00 pm

In Reading, the Reading Resource has a monthly event called the 'Reading Open Mike', with music, poetry, comedy, whatever people want to do - great fun. The only

## Way of The Goose

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People ask me, why the geese? What does it all mean? All these cryptic goosewords are kinda strange...

Well, now you have learned to recognise the many kinds of geese in the world you are ready for that most dangerous goose of all... The human goose.

They have no feathers, no webbed feet but here is the Way of The Goose:

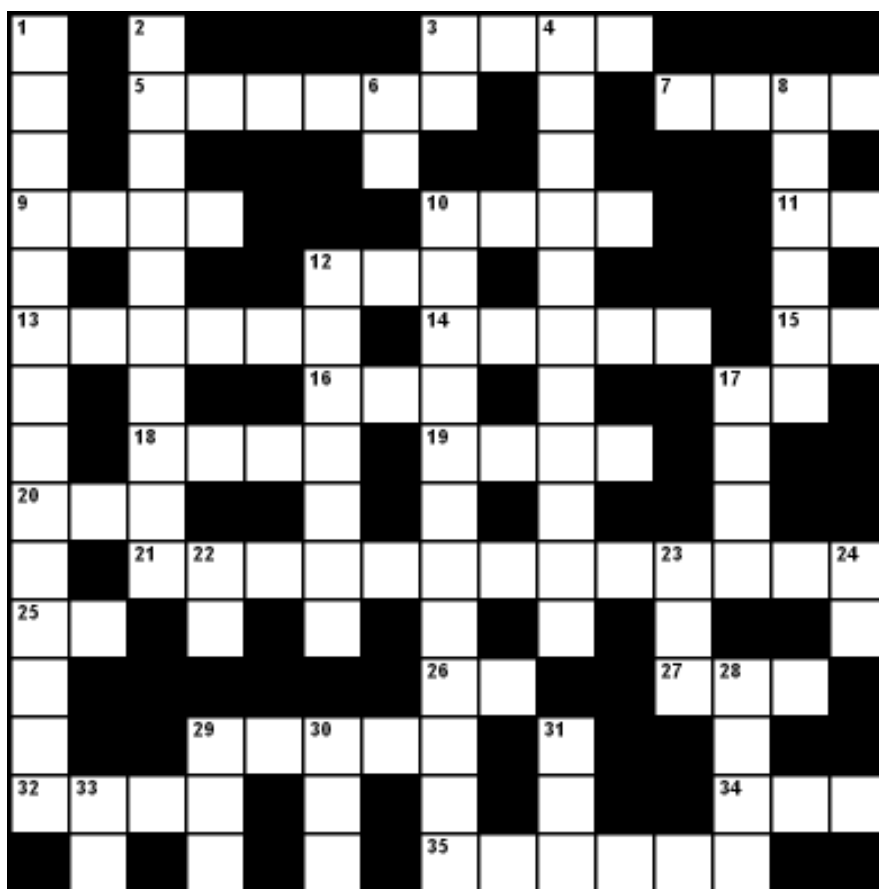
They will charge at you honking aggressively, they will put their beak in your face, honking loudly, they will seek to intimidate you.

Remain Calm, speak softly, show no fear and the honking of the goose will become as the honking of the clowns honky nose, it will appear foolish, it's power will diminish and fade.

The greatest weapon of the Goose is your fear of it's aggressive nature. Without your fear it is nothing more than a bag of noisy feathers.



## Quick Crossword



### Across

- 3 Mathematical calculations (4)
- 5 Bird and clock (6)
- 7 Trial (4)
- 9 More than 1 ox (4)
- 10 Transmit (4)
- 11 Not down (2)
- 12 Not me (3)
- 13 King Edward for example (6)
- 14 Romans liked straight ones (5)
- 15 Not out (2)
- 16 Sounds like tap (3)
- 17 Not from (2)
- 18 Water dwelling creature (4)
- 19 Part of a ladder (4)
- 20 You do this on snow or water (3)
- 21 Similar (13)
- 25 She married Pa (2)
- 26 Yes (not) (2)
- 27 Sounds like 23 down (3)
- 29 Wings (anagram) (5)
- 32 Grow weary (4)
- 34 Regret (3)
- 35 Caterwauled (6)

### Down

- 1 Achievement (14)
- 2 Discovered by experimentation (10)
- 3 Thus (2)
- 4 Summit of a very big hill (8-3)
- 6 Not off (2)
- 8 Workshop (6)
- 10 Unexpectedly (12)
- 12 Cartoon bear cut pain (7)
- 17 Hired vehicle (4)
- 22 Less than 2 oxen (2)
- 23 Change colour of clothes (3)
- 24 Leave (2)
- 28 Thirty six inches (4)
- 29 Gender (3)
- 30 Frozen water (3)
- 31 Dog's foot (3)
- 33 Provided that (2)

**Last Cryptic Gooseword Solution**  
**Argue Hag Onions = Hungarian Goose**