



Where to Now ?

Whatever happens to us in the next 12 months it will certainly involve a lot more 'Social Inclusion' - going out into the community, using public buildings, meeting the public.

As I understand it there are 3 buildings still in the running for the drop-in part of the service.

1. The West Wing:

A public building shared with various artists, musicians, & performance arts folk.

It is under threat of development into a football stadium, planning permission to be decided May 2009.

It has a number of arts courses on site which we can join and is about 0.7 miles from the Thomas Grey Centre. Voluntary work is available and payment is in tickets for whichever show you might like to see. Like most arts centres, most events are in the evenings and weekends.

While most of us would not wish to bump into our neighbours coming out of a mental health drop-in, the remote location and the evening events mean it's fairly quiet in the day time and hardly bustling with throngs of the general public.

Expensive public bar with snacks.
Two rooms and a small garden area.
Car parking reasonable.

2. New Horizons:

A purpose-built mental health centre.
Quiet, safe, no exposure to the general public.

Excellent industrial type kitchen, many extra rooms, fair sized garden area, computers with internet access.

Nightmare car park.



Holy
Social Inclusion
Batman!

3. Sunrise (SADSAD)

A sporting club for the disabled, this site has the largest garden area, big enough to play football on in fact. Apart from the excellent range of free sporting activities (pool, snooker, bowls, petanque, rounders, archery) this is something of a wildlife reserve; quiet, peaceful and a wonderful place to relax.

Kitchen smaller than New Horizons.
Reasonable sized main room.
Only extra room available is the Snooker Room, although the presence of a 12 ft snooker table restricts range of activities.

Ample Parking is available and I've never had problems finding somewhere to park.

So these are the choices.

I think we should take a vote on it... right now... today.

We can then present the result to the management, (in order to assist them with their difficult decision.)

If they choose to ignore our recommendations and we don't like the new service we can follow the direct payments route and choose our own service.

It's a brave new experiment: they experiment and we're supposed to be brave.

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The Ban on Former Patients
Visiting Their Friends

John The Forunner Investigates

Ward 10's Ban on Ex-Patients Visiting Their Friends

I had a nice meeting with Trish Farlie (Deputy Director of Nursing) on 24th July 2008 at Wexham Park Hospital, with Trevor Lyle (PALS Officer, Prospect Park Hospital), attending.

Last Christmas, a Service User was stopped from visiting his friend on the basis that he was an ex-patient of Ward 10. I myself have been stopped from visiting friends, as well. Many other people have reported to me that this practice was normal amongst the Nursing Staff. I raised the matter at the June Lit meeting. Angela confirmed, she had had complaints, and I feel that some staff are a law unto themselves on this ward. Trevor Lyle telephoned me last week and invited me to attend the meeting. I am pleased to say, that Trish although, denying any knowledge of a blanket ban, has assured me that in the future, people visiting ward 10 will not be refused entry on the basis that they have been admitted in the past.

I hope people will feel free to visit the Ward, just as they would to visit any other Ward, from Maternity to Intensive Care it's just a hospital Ward! Any behaviour detrimental to patient's welfare e.g. drugs, weapons, threats, etc. will not be tolerated and

those breaking these conditions will of course not be admitted. I do expect this list of incidents will be very short and small, and it will be the exception rather than the rule, that people are not allowed to visit for any of the above mentioned reasons. Please telephone me if you have any problems 01753 575896, 07734108123 anytime.

Trish, Trevor and I spent quite a lot of time discussing how this change of mind can be implemented, bearing in mind that Trish is not aware of the staff refusing entry and I have overwhelming evidence to the contrary. This proved quite difficult to iron out. It is suggested, that reasons for any non admittance, be noted on both sides and given, by a senior member of staff, in writing, if requested by people turned away. This will, afford some kind of accountability by the staff to the public. Trish assures me that staff will be informed of this decision and I have asked that they abide by this agreement. She is going to put this in writing, when she speaks to Nicky Holmes and asks for a week or two to implement these changes.

Also she agreed for me to have a look around the ward in a few weeks time.

We agreed the environment is not good there. But that not too much can be done to improve things until there is a new Ward 10 in two years from now I am told.

I mentioned to Trish and Trevor that until then, I was very concerned about the general lack of care during my stay in Ward 10, and I had heard various complaints regarding Key Workers' inability to even bother to talk to their inmates - and I use the word carefully.

However, all in all, I am aware that it was a good meeting and I think all three of us have the interests of other people in our hearts. Being aware of my own shortcomings, I am hoping that the people with the power to change the above mentioned things will indeed implement them for the benefit of all the people of Slough.

The Forunner attended the LIT meeting at the town hall on the 25th of July and presented 10 copies of the above to the 10 people who attended the meeting, 2 copies were left behind on the table.

These people are supposed to support the mentally ill of Slough and protect their interests.

Fascinating Facts

If you eat too many carrots you will turn orange.

The earth weighs about 6,588,000,000,000,000 tons.

Popeye was 5'6.

The longest word in the Old Testament is Malhershalahashbaz.

On average, a 4 year old child asks 437 questions a day.

American's eat 18 billion hot dogs a year.

By some unknown means, an iguana can end its own life.

The colder the room you sleep in, the more chance that you'll have a bad dream.

The bullseye on a dartboard must be 5 feet 8 inches off the ground.

The foot is the most common body part bitten by insects.

