



FRIENDS of FULBOURN HOSPITAL & the COMMUNITY

www.fofhc.org.uk info@fofhc.org.uk

~Extending Mental Health Care~

April 2009 Newsletter

Registered charity Number 273281

Editor: Monaser Shahzad

E-mail: monaser.shahzad@ntlworld.com

ALL CHANGE

A date for your diary!

The Friends' Annual General Meeting will take place on **Wednesday, 7th October 2009**, 6.30 for 7.00pm at St James church, Wulfstan Way, Cambridge

The speaker will be Surrinder Kaur, Mental Health Operational Manager for the new Care Quality Commission, which from April 1st took over the work of the former Mental Health Act Commission.

For the past year Clive Brown has acted as 'shadow' to our Treasurer, Tim Wheatley. He has now very kindly offered to take over and at the AGM he and Tim will switch positions, with Tim becoming Clive's 'shadow'. The Friends have greatly appreciated the enormous amount of work done by Tim, not only keeping our financial affairs in good order but also his lively interest and participation in the Friends' work overall, and mental health issues in general. In addition, recently he has also been dealing with the membership. We are fortunate that Tim will remain on the Management Committee, and continue his support.

At the January Committee meeting I said that I wished to stand down as Chair of the Friends at the October AGM, and we are looking for somebody to succeed me. If you or somebody you know is interested in taking over as chair, we would be very pleased to hear from you. Please contact me on 01223 881267, e-mail – acr-j@tiscali.co.uk or Tim Wheatley on 01223 362532, e-mail tim.wheatley@btinternet.com

The Chair is responsible for the general oversight and strategic direction of the Friends' activities. Most of the activities are carried out through Working Groups, each of which is the responsibility of a delegated Management Committee member who reports to the Committee. It is interesting and rewarding work, requiring some understanding of mental illness, the impact it has on sufferers and their families and carers, and an appreciation of their needs.

Elsbeth Hutchison has made a huge contribution to the Friends' work over many years. Unfortunately she had to resign as Vice-Chair, when her husband became seriously ill. We were greatly saddened to hear of his death last month. Eric was very much a family man, whose loss will leave a big gap in their lives. He will also be missed by his many friends, as well as those he helped in his work as a psychotherapist. Eric had a lively interest in the Friends' activities and was a faithful supporter; it was good that he managed to attend our recent AGM. We are very pleased to know that Elspeth will be continuing in her role as a Committee member.

We were also very sad to hear of the death in late March of Frank Mallett, husband of our former membership secretary Gill. Frank suffered from dementia for a very long time. Throughout he was devotedly cared for and supported by Gill, first at home, and then in a care home where she visited him daily for a number of years. The Friends send Gill their condolences.

Monaser Shahzad has resigned from the Committee, now that she works full-time for the Mental Health Trust. However, we are not losing her altogether; she has generously agreed to continue as editor of the Newsletter and also as keeper of the membership database. We have greatly benefited from her help and computer expertise, and wish her well in her career.

Christina Rowland-Jones
Chair

Inside this Issue

Page 2 Millennium Arts Project
Forum Lunch Club
Social Activities

Page 3 Arts and Minds Update
From the Treasurer's Desk
Fulbourn Hospital Archives

Page 4 Dignity in Care
Friends' Volunteers



PROJECT REVIEW

PAGE 2

MILLENNIUM ARTS PROJECT (MAP)

FORUM LUNCH CLUB

MAP continues to flourish, with workshops running on all but one of the Hospital wards, and in the community. We are continually grateful to our artists-in-residence who work so hard and imaginatively, and to the Mental Health Trust for its considerable financial support through ward and endowment funds. Exciting new work has started at the back of the recently refurbished Cedars Recovery Unit where the garden area, not included in the renovation, was left uncultivated. A new Friends' volunteer, the distinguished landscape designer Philippa Pearson, kindly agreed to take on the garden as a MAP project. She has the help of another new volunteer, trained gardener Hazel Jones, and our Vice-Chair Bronwen Loder; we very much hope that patients will also get involved. Philippa has drawn up a design, arranged for the area to be rotavated and the hard work has begun. Updates on the project will be on Philippa's website: www.philippapearson.co.uk.

Philippa kindly arranged for Sue Dougan from BBC Radio Cambridgeshire, to visit Cedars and present them with a bird box. Sue also carried out interviews, and will be following the progress of the garden on her Sunday morning radio gardening programme. Philippa won a silver-gilt medal for her garden design at the 2008 Hampton Court Palace Flower Show, and is entering another design this year, sponsored by Sadolin. She has nominated the Friends as her charity, and after the show some of the plants and materials will go to the Cedars garden. We really appreciate Philippa's interest and generous support.

Over the past eight years visitors to Elizabeth House will have enjoyed the beautiful bronze sculpture on display in the foyer. The work of the internationally-renowned sculptor, Helaine Blumenfeld, it has been on loan to the Friends and we are grateful to her for allowing us to display it for so long. Its perspex plinth, however, belongs to the Friends and the Trust's chief executive, Karen Bell, has agreed that that we may now use it for a changing display of patients' MAP pottery and textile work. Karen has also agreed to our suggestion that part of the display panels in the foyer, currently filled with NHS fliers, can be used to display poems and writing produced by people working with our MAP storyteller/creative writer-in-residence. There will also be poetry leaflets available for visitors to take away.

The Cambridge Quilters have very kindly offered to make the Friends' Millennium Arts Project one of their three charities this year, the others being the Parkinson's Disease Society, and the Association for Spina Bifida and Encephalitis. They are selling raffle tickets to help raise money for these charities and if you can help with this please ring Jane Ackroyd on 01223 236315.

Their annual exhibition will take place in Grantchester Village Hall from 4 – 6 September 09. This will include a small display of work done by the patients involved in our Millennium Arts Project. Raffle tickets will also be available at the exhibition.

Forum continues to provide an opportunity for those of an academic/professional background to enjoy the normality of a meal together, on a monthly basis, in a supportive environment. We continue to offer a freshly cooked lunch, with five choices of first and second course, which is still very popular with our members and is prepared by our wonderful team of helpers. We have a wide range of interesting talks arranged by Anne Nagy, and last month poetry was chosen and read, and some of it written, by members. Last month we had a lively concert from a local quartet, including pieces by Haydn and Richard Rodney Bennett, which was enthusiastically enjoyed by the audience.

Sadly, members tend to leave due to increasing age and physical and mental frailty, but we have had four recent referrals, all of whom have now joined as members. Currently an average of 32 members sit down to lunch, (members average 25 every month, with 7 helpers). In addition to this we have an average of 6 helpers in the kitchen, so 40 people in all are actively involved in the Forum Lunch Club. We also have three new helpers.

Tish Berkley
Anne Nagy

SOCIAL ACTIVITIES UPDATE

During the past year, for a number of reasons, our social activities at the Hospital have been somewhat limited. But once again we organised Christmas gifts for patients, two wards receiving gift cards and the other two receiving gifts very kindly donated by the staff of South Cambridgeshire District Council. We held a very successful party on one ward and helped at the Christmas party on another. We have been discussing with staff on these wards about the possible provision of more social activities, such as concerts or possibly tea dances, and whether we could join in and help with events organised by the wards. The staff would welcome any social events, particularly if they involve some musical entertainment. The Friends welcomed the offer of a concert by Anglia Ruskin University music students, which took place on Denbigh in February as part of Volunteer Week, and the students have now offered to give regular concerts on other wards during the coming months.

Pat Chapman



Sing for Health with the Michaelhouse Chorale

A small choir for anybody with a mental health problem whatever their age, together with informal and professional carers and friends

Fridays, 2.30 to 3.30pm at Michaelhouse in Trinity Street, Cambridge

A collaboration between Arts and Minds and Michaelhouse, the choir is led with enthusiasm and humour by Sam Hayes, Director of Music at Great St Mary's church.

The repertoire reflects the taste of the members and the purpose is enjoyment. No ability or experience is required. Just come along and join in the fun!

For further information ring Peter Hilken on 01223 709769, Richard Taylor on 01799 541522, or Christina Rowland-Jones on 01223 881267

UPDATE ON ARTS AND MINDS (www.artsandminds.org.uk)

The Friends continue their close collaboration with Arts and Minds, which was established to expand our MAP arts activities across Cambridgeshire and Peterborough. As chairman, Richard Taylor has worked tremendously hard and was recently successful in obtaining a grant for the appointment of an executive director, on a part-time basis for the next three years. Gavin Clayton was appointed, and started work in mid-March. He worked in arts administration in the Cambridge area for some years, before becoming director of MK Arts for Health in Milton Keynes. Last year he was the NESTA-supported Clore Fellow in Arts involved, among other things, in inter-departmental working at Government level on the potential for arts activities in relation to the work on social inclusion. We hope that, as originally anticipated, Arts and Minds may be in a position to take in our Millennium Arts Project towards the end of March 2010.

A **Spring Event** will be held on 21 May 09, 6.30 for 7.00 pm in the Ruskin Gallery, Anglia Ruskin University. Vice-Chancellor Prof. Mike Thorne, will give a talk on 'Ruskin, the Arts and Well-being'. To attend please notify Richard Taylor on **01799 541522**.

FROM THE TREASURER'S DESK

It is pleasant to be able to report much good news. There have been welcome receipts from some unexpected quarters. Last December we received a legacy from the estate of the late Jack Smith. In January 2009 Syngenta Crop Protection Ltd., a company on the site formerly occupied by the Hospital, gave us a very welcome donation. In March we also received a donation from the staff of Inca Digital Prints Ltd. We have had continued support from more familiar donors. The staff of South Cambridgeshire District Council, as in previous years, donated presents for Hospital patients. The trouble and care devoted to the presentation of these gifts was an inspiration. More formally, the Cambridgeshire & Peterborough NHS Foundation Trust renewed the funding they provide from their charitable funds which supports the arts workshops for young-onset dementia patients.

The arrival of the legacy is an opportunity to remind people about the possibility of remembering the Friends in their will. The legacies we receive often come from people who, in one way or another wish to say "thank you" for the care they have received. Supporting a charity like the Friends in this way is a practical and positive means of expressing appreciation.

April is the time of year when subscriptions fall due. It would save time and trouble if people who do not pay by standing order could let me have a cheque (63 Highsett, Hills Road, CB2 1NZ – annual subscription £10 per person); this will save having to send out reminders. Paying by standing order is a simple and efficient way of proceeding, and I can let people have the necessary paperwork. If you have not 'gift-aided' your subscription, please think of doing so. UK income tax payers can increase the value of any payment they make by some 25% by signing a simple form. The Friends can then reclaim the tax paid. Here again I can provide the paperwork.

Tim Wheatley

ARCHIVES The Friends were contacted recently by former Trust employees Dr David Clark, Dr Ross Mitchell, Ronald Speirs and Bill Lintott, who were concerned about the safe-keeping of the Hospital archives, some of which are valuable. These are stored in the postgraduate medical library on the Ida Darwin site, and although not at risk they have become very disorganised. This group was keen for them to receive the attention of an archivist so that they can be evaluated, catalogued, appropriately stored and be available for future researchers. With the agreement of Karen Bell, we found an experienced amateur archivist, recently-retired David Edwards, who kindly offered to do this work. The Trust will cover the cost of materials, and David, with the help of three members of the Friends' Committee, is making good progress.

DIGNITY IN CARE

This national Department of Health initiative aims to improve the care given to older people, including those with a mental illness. Denbigh ward manager Fe Franklin, a Hospital representative on the Friends’ Committee, has been looking at ways she can improve the ward environment for her dementia patients admitted for assessment. The Friends have given a new, high-quality music centre, and one of our textile groups has provided several, very beautiful framed felt pictures made by young-onset dementia patients. These participants are now working on a large felt wall-hanging for the ward.

The Dignity in Care initiative also makes available some financial support, and Cambridgeshire County Council Libraries Service, in partnership with John Killick of ‘Dementia Positive’, has been successful in its bid for £15,000 of Eastern Region funding for a short-term project - ‘Creative Opportunities for People with Dementia’. John, an internationally renowned poet and writer who works in the field of dementia and creativity, believes that many people with dementia are starved of conversation and relationships. In the past he has spoken in Cambridge at a Friends’ MAP seminar and more recently an Arts and Minds event. He will be working with groups, and 1:1 with dementia sufferers, to establish a line of communication, encouraging them to use their own words to create poems or – adding nothing himself, putting their words into poetic form. He will also train care staff and others in his methods, so that they can improve their communication with the people they care for. It will be important to ensure that people from the full range of support and care are represented, including those living at home, and there will be wide stakeholder involvement. The project will run from May, ending with a celebratory event in late October as part of ‘Cambridgeshire Celebrates Age’.

FRIENDS’ VOLUNTEERS

The Friends’ many and varied work opportunities attract the interest of an exceptionally large number of volunteers for a small charity like ours, and they are of high quality. They come through the Volunteer Centre, Cambridge, and Anglia Ruskin Universities, Addenbrooke’s Hospital and web sites. During the last academic year the number of people volunteering, including Committee members was 72. This year it had already reached 70 by March. They help our MAP artists, help on wards, entertain patients, befriend individuals and accompany people into the city centre as part of our Outlook Project. This is not only valuable for the patients and staff but excellent experience for young people who are training, or intend to train as doctors, nurses, psychologists, social workers etc. Volunteers working on ward, as they do, for example, with great dedication on Denbigh, are also a real help to hard-pressed staff.

A volunteer myself, I began recruiting more Friends’ volunteers 8 years ago because we needed more help for our artists, as MAP expanded. It takes a lot of time, interviewing, arranging CRB and other checks, induction, risk assessment and placement. Recently, with new volunteers coming in at some three or four a month, I decided I could not continue and nobody was available to take it on. We have had meetings with senior Trust managers about appointing a volunteer organiser, as so many Trusts do – usually paid. Sadly this has not happened. At the end of February I had to tell those who refer to us that we can take no more volunteers, and the referral structure and contacts built up over the years have gone. It will take considerable effort to re-establish these, and meanwhile what a loss for the patients and staff.

Christina Rowland-Jones

Friends' Management Committee

<u>Officers</u>		<u>Committee Members</u>	
Christina Rowland-Jones	Chair	Jo Al-Khayatt	Tish Berkley
Bronwen Loder	ViceChair	Pat Chappman	Linda Doggett
Tim Wheatley	Hon. Treasurer	Fe Franklin Hospital	Hospital rep. (elderly)
Clive Brown	Shadow Treasurer	Andrew Greany	Diocesan rep.
Felicia Gordon	Hon. Secretary	Elsbeth Hutchison	Ali Kassim
		Pat Mungroo	Hospital rep. (adults)
		Helen Phillips	Rebecca Turner

President: Peter Hilken O.B.E.

Honorary Vice-President: Elisabeth Harland O.B.E.

Vice-Presidents: Dr Graham Petrie F.R.C.Psych., and Dr Monica Shutter M.B. B.Chir.