



November
2010



HUBB NEWS

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There will be some changes to local mental health services over the next few months, including:

- The opening of a new inpatient facility at Goodmayes, and the closure of Mascalls Park
 - Changes to some community-based mental health services

To find out more about these changes service users and carers are invited to an information evening

Wednesday 24 November 2010 6pm — 7pm NELFT Trust Head Office, Tantallon House
Goddmayes Hospital, Barley Lane IG3 8XJ

Space is limited so please telephone Luenne Featherstone on 0844 600 1201 ext 4293
if you wish to attend

Mascalls Park (formerly Warley Hospital) will close early in 2011

To mark the closure there will be a celebration on

Friday 17 December 7.00pm—11.30pm

The celebration will be on Oak Ward at Mascalls Park and will include colourful memories of the hospital from staff, patients, carers and friends over the past 153 years. The evening will include a band/disco and buffet
For details contact Collette Tolladay on 0844 600 1201 ext 4301

165 years ago.....The Lunatic Asylums Act of 1945 made it obligatory for councils to provide for the mentally ill. Brentwood Hall estate was bought from William Kavanagh for £8,000 and the foundation stone was laid on October 2 1851. The buildings and gardens occupied eight acres and was designed for 300 patients, which was later increased to 400. It was not long before it was realised that this was wholly inadequate and major extensions were added in 1863, 1870, 1888, 1897 and 1936.

Patients wore uniform clothing, black dresses and bonnets for women and corduroy suits and hobnailed boots for men. Staff were not provided with uniforms until 1877, with suits for men and aprons and caps for women. By modern standards staffing was sparse, with one attendant per ward holding between 28 and 34 patients. A fete for 800 patients was held to mark the coronation of King George V in 1911.

In the first 40 years of its existence the hospital had its own brewery and beer was served to patients twice every day. By 1877, 40,000 gallons were brewed each year. Gin was served at hospital entertainments until 1892 when lemonade was substituted.

Brentwood Hall was deemed unsafe in 1934 demolished and rebuilt, retaining the old name.

The term asylum was dropped from 1920 in favour of 'mental hospital'

time to change

let's end mental health discrimination

**Time to Change
new campaign
launched
15 September
with the results
of a unique social experiment.**

Seven people with mental health problems put themselves forward to find out if revealing their mental health problem would make a difference when looking for a date or a new flatmate.

The results showed that when adding just three words - 'mental health problem' - there was a big drop in interest. Overall our volunteers received **50% less interest on dating sites** when they revealed their mental health problem and **68% less interest on flatshare sites.**

The results of the social experiment are supported by a new survey that shows that more than half of people in England would not want to go on a date with someone who had a mental health problem. And over 60% of people would not want to rent a room to someone with a mental health problem.

"A lot of the time the stigma is hidden because people choose not to react at all when you disclose your mental illness or even just walk away. The social experiment was a good way to demonstrate what really happens and the type of reactions you get." Erik (one of the volunteers.)

Improve your skills

LearnDirect is a government funded initiative to help people improve their skills

LearnDirect can help with reading, writing or basic maths. If you would like to learn about IT (Information Technology) they offer easy to follow computer lessons

Courses are held locally at times to suit everybody

For more information call
0800 101 901

Do you have difficulty putting your bins out?

Barking and Dagenham residents who have difficulty putting out their refuse/green waste wheelie bin, blue box or recycling sacks for collection in the normal way, can apply to LBBB for an assisted collection by contacting
Barking and Dagenham
Direct on



020 8215 3000

CARERS RIGHTS DAY

Caring about equality
Friday 3 December 2010
10am—2pm

Venue: HAD Whittaker Hall,
1a Woodhall Crescent
Hornchurch RM11 3NN

01708 476554

- Carers' Assessment Surgery
- Welfare Rights Advice
- Alternative Therapy Demonstration
- Direct Payments Advice
- Carers' Strategy Workshop
- Raffle and Refreshments

Barking & Dagenham CIIIL & Partners celebrating

**INTERNATIONAL DAY OF DISABLED
PEOPLE**

3 December 2010
12.00pm—3.30pm

**Venue—Dagenham & Redbridge Foot-
ball Club Victoria Road Dagenham
RM10 7XL**

- Opening speech by LBBB Mayor
- Healthy lunch
- Balloon race
- Singing sensation Mizz Camara
- Dance display

Winter Fuel Payments

Winter Fuel Payments will be made this year. To qualify, people will have to be over women's state retirement pension age in the week commencing 20 September 2010.

The payments will be up to a maximum of £250 for people aged from women's state retirement pension age to 79 and up to a maximum of £400 for people aged 80 and over.



Most people will be paid automatically, but

for those who do not receive a social security benefit or have not received a payment before they can ring **0845 914 51515** for a claim form.

Save money on heating bills

If you have no loft insulation and you install the recommended 270mm depth you could save around £150 per year on your heating bills.

EnergyLink assist with Government backed grants for loft insulation rolled out on the floor of the loft. A homeowners and private tenants qualify for a grant of up to 70%, regardless of circumstances. Anyone receiving a qualifying benefit or aged 70+ can receive a 100% grant

Telephone 0845 805 3116



New Library Offers Something for Everyone

The new Dagenham Library was just the ticket for hundreds of people who turned up on its first morning.

The brightly coloured building which is situated on the corner of Heathway and Church Elm Lane offers a range of services.

These include a One Stop Shop including **benefits advice**, bill payments, housing enquiries and Freedom Pass renewals.

The One Stop Shop replaces the council office on Stour Road, Dagenham, which is now closed.

The library allows people to borrow from more than 50,000 books, CDs and DVDs and has internet access through 45 computers.

There is also an area dedicated to youngsters with Sky TV, a Nintendo Wii, graphic novels and study materials.

Library Opening Hours:

9am - 7pm Mon to Thurs
9am - 5pm Fri and Sat

One Stop Shop Opening Hours:

9am - 5pm Mon to Fri
9am - 1pm Saturday

Details of wards at Sunflower Court (formerly Goodmayes Hospital) from January 2011

3 Acute wards

Ogura Ward 20 bed male

Turner Ward 20 bed male

Hepworth Ward 20 bed female

2 Elderly Wards

Stage Ward 15 bed male

Cook Ward 20 bed female

1 PICU (Psychiatric Intensive Care Unit)

Picasso Ward 15 beds male

1 HDU (High Dependency Unit)

Kahlo Ward 15 bed female

136 room for admissions under Section 136

1 Complex Recovery

Monet Ward 24 beds male/female 'clusters'

1 Learning Disabilities

Assessment and Treatment Unit

Moore Ward 12 bed male/female

1 Low Secure

Morris Ward 15 bed male

1 Detox

Titian Ward 16 bed male

Sunflower court will be for people needing inpatient care who live in Redbridge, Waltham Forest, Barking, Dagenham and Havering

Advocacy will be provided by HUBB for patients who reside in Barking, Dagenham and Havering

Advocacy will be provided by POWHER for patients who reside in Waltham Forest

Advocacy will be provided by Advocacy Partners Speaking Up for patients who live in Redbridge*

Inpatients who lack capacity and qualify for an IMCA (Independent Mental Capacity Advocate) will be seen by an IMCA from Advocacy Partners Speaking Up.*

**From 1st December 2010 Advocacy Partners Speaking Up will become renamed VoiceAbility*

CoolTan Arts Largactyl Shuffle: Free South London guided walk

Did you know that Southwark Town Hall once housed Asylums and Mental Health Hospitals?

Join the **CoolTan Arts Largactyl Shuffle** for an urban ramble through Camberwell and Peckham in South London, on Saturday **20 November 2010**. Discover the remains of mental health institutions and find out about Southwark's fascinating history of Work Houses, Asylums and Alms Houses.

Walkers meet at 12 noon at the main entrance of Maudsley Hospital, Denmark Hill, SE5 8AZ for a fun guided walk

Call **CoolTan Arts** on 07985658443 if you require further information or cannot find the group on the day.

This is a five mile walk through the back streets of Southwark, and will finish around 3-4pm. There will be a break for refreshments along the route, but feel free to bring your own.

CoolTan Arts believe that well-being is enhanced by the power of creativity and are run by and for those with mental distress.

They run a varied programme of creative workshops from their vibrant arts centre in Southwark's lively Walworth Road, near Elephant & Castle; these include visual arts, batik, digital arts, video, poetry, and performing arts.

Activities include exhibitions, public art projects and websites which help break down the stigma of mental distress.

CoolTan aim to promote positive mental health/well being, bringing about a change in how participants perceive themselves, enabling people to gain greater focus and to re-establish their relationship with society.