

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

News from South London and Maudsley
NHS Foundation Trust

Winter 2009/10

SLaM news

Opening up a door from the past

The new Maudsley entrance. See page 7

+

Clinical Academic Groups are coming – see our pull out special
Get the update on our new catering and cleaning contractor - page 16/17
A SLaM workplace with a workhouse history - page 12

South London and Maudsley **NHS**
NHS Foundation Trust

Next



Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● Welcome

Welcome to the Winter edition of SLaM News which now incorporates SLaM Members News.

In the last edition of SLaM News we ran a survey seeking your views about the newsletter. We had an overwhelming response; nearly 300 people gave us their feedback.

- 87% of people said the newsletter has massively improved
- 91% of people agreed or strongly agreed that the newsletter keeps them informed about important information about SLaM
- 96% of people said they read most of every edition.

We held a competition as part of the survey to win a £100 voucher for Gaucho restaurants. The winner, drawn at random was Michael Graham from Lordship Lane Community Team, East Dulwich.

This edition is packed with news from around the Trust and King's Health Partners. We're keen to include a good selection of content, so if you have a story why not give us a call on **82830** or email **communications@slam.nhs.uk** and we will try and include it.

You'll find a pull out special in this edition about Clinical Academic Groups (CAGs). It's a term you will be hearing more and more in the coming months.

CAGs are a way of bringing people together to deliver the King's Health Partners tripartite mission – excellence in clinical care, research and education. They bring together services and academic activity, clinical and academic staff, into an operational unit that can manage and deliver the AHSC agenda.

Introducing this model will enable us to align our clinical services, research and training much more closely for the benefit of patient care. It will take the unique partnership between SLaM and the Institute of Psychiatry, King's College London to another level so that we can translate high quality research into practice more reliably, consistently and systematically across everything we do.

Also look out for our feature on the new hotel services provider Aramark, who have been awarded the contract to provide hotel services at several SLaM sites.

Reader poll

Plans for a new airport in the Thames Estuary have been given their biggest push yet by London mayor Boris Johnson. What do you think? – Does London need another airport? **Visit SLaMnet and tell us what you think.**



Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● Message from the chair

Milestone for South London and Maudsley

2009 has been a real milestone for South London and Maudsley. Not only has it marked the 10th anniversary since the organisation was established, but it has also seen us become part of one of the first Academic Health Sciences Centres (AHSCs) to be established in the King's Health Partners.

I was particularly proud to have been the Interim Chair of King's Health Partners during the year in which we were accredited, and to have worked closely with colleagues from all four partners on the Partnership Board. We appointed Professor Robert Lechler as our first Executive Director with his vast experience and drive to pursue excellence in translational research for the benefit of patients.

For me, the whole point of being part of an AHSC is to put research into practice for the benefit of patients – more quickly, more consistently, more reliably. Bringing together experts in mental and physical health under the King's Health Partners banner also makes absolute sense. Healthcare organisations have spent too much time in the past working in silos. By coming together with our colleagues in the acute sector and academia, we will be able to make a real difference in promoting health in

mind and body for our local communities, people from across the U.K and beyond.

The King's Health Partners mission is to integrate research, education, training and service delivery. The way we will put this into practice is through the creation of Clinical Academic Groups (CAGs). Earlier this autumn, the SLaM Board of Directors agreed a plan to establish mental health CAGs by April 2010. I know that this is a huge undertaking. But I also know that staff across SLaM and our partners at the Institute of Psychiatry, King's College London have the expertise, energy and enthusiasm to carry this task through because, ultimately, it is about how we improve the quality of what we do on behalf of patients.

I would really like to say how proud I am to have been Chair during the early formation of SLaM and to have helped steer the organisation through Foundation Trust status. I am looking forward to continuing to work with you in future. There are many exciting developments in the pipeline, not least the redevelopment plans for the Maudsley Hospital and the Ladywell Unit at University Hospital Lewisham. We will begin to see real benefit being yielded – locally and nationally – from the new services we have played a major role in creating in psychological therapy and dementia. We will also continue to develop new and innovative models of treatment, as featured at this year's Annual Public Meeting, to help people tackle the crippling effects of drug and alcohol abuse.

We know that there are some challenging times ahead financially for all of us working with the public sector as a result of the wider economic downturn. At the same time, I know that we are well placed to meet these challenges head on and to continue working towards providing the best possible care and treatment.

Finally, I would like to thank all of you – staff and members - for your continued support and commitment.

Madeliene Long
Chair



Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

SLaM through a Lens



Opening in 1939 as the private part of the Maudsley Hospital, Mapother House is one of the original site buildings. Its unique feature is the roof garden, split into two parts, designed to separate male and female patients.

The building contains three levels, the third was designed to house the 'most unwell' patients, these people had private access to the roof garden because it was felt that they could cause distress to others.

The building, originally referred to as 'the villa', was officially named in the 1970s after Edward Mapother (the Maudsley's first medical superintendent) who also had a ward named after him at Cane Hill Hospital.

After Neurosciences was transferred from mental health to acute services in the early 1990s the building was occupied by King's College Hospital. Mapother House is being handed back to SLaM, and refurbishment has already taken place for the Biomedical Research Centre on part of the ground floor.

Snowsfields, the child and adolescent service at Guy's service at Guy's Hospital will be moving into part of the building early next year. The photo shows one half of the roof garden, which will also be restored as part of the current refurbishment.

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

Original front entrance is reopened at the Maudsley

The Maudsley hospital has reopened its original front entrance after many years of closure. Visitors to the hospital are now re-tracing the footsteps of people from the early twentieth century by entering through the impressive pillared doorway.

The refurbished entrance leads to a light, modernised and welcoming new reception area which includes a comfy waiting area and access to the main hospital corridor.

The refurbishment is a massive improvement and includes a disabled ramp for wheelchair



access, a lift to Trust Headquarters and much more room for reception staff.

Anthony, one of the Maudsley receptionists, said "it's more friendly for visitors than where we were before and the staff area is more roomy. So I'm pleased about the move."



01 The original entrance to the Maudsley in the 1950s
 02 The Maudsley front entrance before building work began
 03 The old Maudsley reception
 04 The original Maudsley front entrance reopened in October 2009
 05 The new Maudsley reception

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens <small>A photographic take on SLaM</small>	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media <small>a roundup of Trust media coverage</small>	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city <small>Your take on city living</small>	29
What am I doing here?	30
Music review and comps	31

● News in brief



Afghanistan to Brixton

Afghan judges at the forefront of tackling the heroin trade visited Addictions services at Lorraine Hewitt House, Brixton, in October. Judges Mehro and Sangari came to see how heroin trafficking has affected people in the UK. Their Home Office host was impressed by one service user's unsolicited comment and fed it back to us: "These guys in there are brilliant. They've really changed my life and the work they do is really great."

Congratulations to Prof. Gisli Gudjonsson for being awarded the Lifetime Achievement Award from the British Psychological Society. The award recognises and celebrates unusually significant and sustained contributions in a career as a practitioner of applied psychology.

Congratulations to Prof. Til Wykes who has received the 2009 M.B. Shapiro Award from the British Psychological Society's Division of Clinical Psychology. It is the Division's premier award and is made each year to a clinical psychologist who has achieved eminence in the profession.



SLaM Charitable Funds

SLaM Charitable Funds has recently launched a new website. SLaM News found out some more about the charity and its rich history. The story of SLaM Charitable Funds began with a charitable deed over 760 years ago

The charitable funds' history dates back as far as 1247, when a former Sheriff of the City of London endowed funds to form a Priory which went on to become the Bethlem Hospital. Alderman Simon Fitzmary's original donation supported the creation of the Priory of St Mary of Bethlehem, which later became the world's oldest psychiatric institution, based at the time in Bishopsgate, near Liverpool Street station today.

Over the centuries, the care of the hospital's poorest patients was supported by a wide range of benefactors and the Governors continued to run the endowment fund. As times have changed so have the types of projects and ideas the charity supports. Now extending beyond the original remit of donating money just to the poorest patients, the charity values applications that promote mental healthcare in addition to benefiting service users, staff members or improving services.

The charity welcomes applications from people

or groups who have designed a project to promote any mental healthcare services. Your project would need to benefit service users, staff members or improve service provision. The charity funds all World Mental Health Day and Black History Month events across the Trust, the Bethlem Sunfayre and funding towards the annual staff party. You can find out more, including how to apply for a grant by visiting: www.maudsleycharity.org.uk



Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● News in brief



New garden for Brixton children's service

Brixton Water Lane child and adolescent mental health team has opened a newly refurbished garden following feedback from the children and families who use the service.

The garden has been transformed from a concrete yard into a relaxing play area with raised beds growing flowers and strawberry plants. It is now a space where children, families and staff can sit, talk and play games. Toys are available which are not only fun for the children but enhance and emphasise physical aspects of play including coordination and balance.

Since the garden has opened both staff and children have been involved with caring for the flower beds and eating the strawberries. The children have been very enthusiastic and interested in the garden beds and their progress over the summer.

Staff have also made active use of the garden for lunch times and as a space where they can observe children at play as part of their assessments.

Feedback so far has been excellent. One of the children said "I draw and I play with toys and other stuff. It's fun and has lots of activities and its cool" while a parent said "(the new garden) has offered my daughter the space she needs...it allows us to talk about our family."

Funding for this project came from NHS Lambeth and the team would like to particularly thank Sylvia Beavis, Jane Padmore, Amanda Cyriax, Robert Fleming and the Children's Team staff for all their efforts.



Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● News in brief

The Maudsley Hospital publishes eagerly awaited Prescribing Guidelines

The Maudsley has recently published the 10th edition of its Prescribing Guidelines. More than 150,000 copies have been sold and are used as the main source of prescribing information in the UK, Northern Europe and Australasia, having been translated into six other languages.

This must-have reference for prescribers, nursing staff, pharmacists, general practitioners, and other professionals in psychiatric medicine contains practical advice for use in both common and more rarely encountered clinical situations.



Human Psychopharmacology describes it as "an excellent book and a "must" for practising psychiatrists."

Get your copy with 10% off. call +44 (0)20 7017 5540 quoting promocode PCMAUD10

Offer also applies to: Investigation and Psychiatry: A Practical Handbook (Foster) and Post Traumatic Stress Disorder: Diagnosis, Management and Treatment (Nutt, Stein, Zohar)



Why we're big in Japan

Japan has a have high life expectancy and an ageing population. By 2050, over 65s will outnumber under-15s by three to one – that's 35 million people. Developing mental health services for older adults is a priority, which is why 18 doctors and nurses from Japan visited our older adults directorate.

Despite being the world's third largest economy, resources for mental health are modest. Dr Itaru Miura, of Hoshi General Hospital, says there are high ratios of patients to clinicians in very large wards with minimal service user involvement. But resources are not the only issue, according to Dr Miura.

In Japan the focus has been on acute inpatient care and there is a need to develop community mental health services.

"The expectation is that if one is ill one goes to hospital to be cured; the idea of living and receiving care in the community meets resistance on the part of service users themselves," says Dr Miura.

Overcoming this barrier remains a challenge but the group hopes to have a better understanding from their visit. SLaM's MHOA services have been at the forefront of developing new community services, most recently in the early assessment and treatment of dementia.

The visit was organised by Maudsley International which specialises in helping SLaM services to organise and get the most from visits from overseas, with the minimum fuss. For more information please get in touch with Franco Henwood, Project Manager, on 020 7848 5421 or franco.henwood@kcl.ac.uk

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● News in brief



Gay Pride 2009

In the community village at the heart of London's Gay Pride '09, 15 staff from SLaM's Lesbian Gay Bisexual and Transsexual (LGBT) Focus group managed an information stall about SLaM services, mental well-being and substance misuse.

The Trust-wide LGBT Group decided to take part in Pride following their success at Europride in 2007 to once again put SLaM on the map as an LGBT friendly employer and service provider in the NHS.

There was a lot of interest in the Trust's stand from current and past service users as well as staff members and the public. Many people expressed their satisfaction to see a mental health service provider at the event. SLaM's presence at Pride emphasised the importance of mental well-being and how this is sometimes overlooked in the LGBT community. It was estimated that around 1 million people attended Pride '09. The Trust stall was funded by the Trust Membership Social Inclusion Programme.

The group takes part in other events and activities and is leading some crucial LGBT projects across the Trust, including the Stonewall Equality Index. If you would like more information about the group or would like to support the LGBT work at SLaM, please e-mail: lgbtfocusgroup@slam.nhs.uk

Black History Month and World Mental Health Day

→ October means that nights are drawing in and winter is on its way but around SLaM it's also the time to celebrate World Mental Health Day on 10 October and Black History Month, made possible by SLaM Charitable Funds and the enthusiasm and hard work of staff and service users.

→ Over 70 applicants were awarded funding for a variety of events and projects such as information stalls, ward parties, creative workshops, competitions within schools, theatre and museum visits, guest speakers, multi-cultural celebrations, sports days, and a sponsored walk.

→ One of the projects 'MIND THE GAP' supported Service User Consultants to take a lead role in organising patient information stalls in one large GP practice per borough. Each stall was run by a service user and a member of the Clinical Audit and Effectiveness Team.

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● Feature

A SLaM workplace with a workhouse history

Phil Angold, Lambeth Support worker writes...

I recently worked for a short period in the Rosewood, Woodlands Nursing Home in Kennington home to a group of ten older adult clients and staffed by a support team from Inpatient and High Care Services – Lambeth. Whilst I was there, a friend had mentioned that the site was once a part of the old Lambeth workhouse. She also told me that she had read somewhere that a famous south London lad, one Charles Spencer Chaplin, had briefly been one of its inmates.

Intrigued, I turned to the trusty PC and, with a few clicks, found a fascinating, lavishly-illustrated website designed by the Oxford social historian and author, Peter Higginbotham; www.workhouses.org.uk

I found a wealth of information about the old Lambeth site and Charlie's association with it. Much of the original workhouse, which once housed over 800 inmates, has been demolished, but the Master's House (now the home of the Cinema Museum), a very fine, Victorian, listed building, still stands. The former porter's lodge and receiving wards are also still on the site, but are now, sadly, somewhat derelict.

Chaplin, his mother, Hannah, and his older half-brother, Sydney, were briefly inmates on two occasions in the 1890s. It might even be that they were 'received' (a heartbreaking and humiliating process which entailed the separation of the young brothers from their mother) in those boarded-up, old buildings one sees en route to Woodlands. This thought invariably ran through my mind, whenever I passed through the entrance gates to work.

The association of the Chaplin family with sites now connected to SLaM does not end there, as some readers will undoubtedly know.

Hannah Chaplin, a single mother who separated from her alcoholic husband when Charlie was an infant, later experienced, aged 33, an episode of acute psychosis; a symptom of the untreated syphilis which it appears likely she contracted in her late teens. This disease was first diagnosed in the autumn of 1898 at the Lambeth Infirmary, following an emergency transfer from the nearby workhouse, and led to the first of Hannah's three recorded admissions to the Cane Hill Asylum, Coulsdon. Others followed in 1903 and 1905.



Charlie Chaplin



The Old Lambeth Hospital site today

(Weissman, Stephen M., M.D., Charlie Chaplin's Film Heroines, Film History, Vol. 8, Nr.4, 1996).

Hannah, following this last admission, appears to have remained for many years in the distant, rural setting of Cane Hill. The Third Surrey County Pauper Lunatic Asylum, to give it its full, extraordinary name.

Chaplin describes in his 1964, My Autobiography, that it was not until 1912 that he and Sydney were finally able to afford to move their mother closer to their old neighbourhood. Hannah in that year was admitted as a private patient to Peckham House; one of a number of 'private lunatic asylums' which operated in South London in the period.

When they left for America to seek their fortunes, which they later found in spectacular fashion; particularly in the case of Charlie; they eventually, in 1921, brought their mother to join them in California. She died some years later in the house which they had bought for her in Glendale, Los Angeles, having spent her last years in the company of her now famous and wealthy sons.

Phil Angold, Support Worker – Lambeth.

- By 1922, the site became known as Lambeth Hospital, and was functioning as a hospital rather than as a workhouse. It did so until its closure in 1971, when the remaining services were transferred to St Thomas' Hospital. Today only the central part of the original workhouse building remains standing, and is known as Master's House.
- In July 2001 the name 'Lambeth Hospital' was adopted by the Trust for its site at Landor Road, Stockwell.
- SLaM still provides two services at the old site, Woodlands Nursing Home, and Child and Adolescent services. The remainder of the site which has been derelict for several years is being converted into housing. The site has been used as a backdrop for a number of films as well as ITV Drama The Bill.

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

New Mental Health and Learning Disabilities Unit at Bethlem

"Units like this are essential because acute mental health wards aren't always the best place to treat potentially vulnerable people with learning disabilities."

Bethlem Royal Hospital has a new Mental Health and Learning Disabilities Unit which opened in September this year.

The 13 bed specialist inpatient unit for people with complex needs is one of only a handful of its kind of services in the UK. It is for people aged 18-65 who have significant learning disabilities and complex mental health needs such as mental illness, autism, challenging behaviours or personality disorders.

The refurbished, modern unit has wheelchair access, separate areas for men and women, spacious communal areas and designated therapy rooms. It provides high supported living covering mental, physical and social health care.

There are around 40 staff at the unit and the ward manager Helen Bristow said: "We are very lucky here to have a team which includes psychiatrists, specialist nurses, psychologists, occupational therapists and

behavioural support specialists so we have the time and expertise to provide the best possible care to our patients."

Shaun Gravestock, consultant psychiatrist at the unit said "Units like this are essential because acute mental health wards aren't always the best place to treat potentially vulnerable people with learning disabilities. There is an increased risk of dementia and psychosis in people with learning disabilities due to a combination of biological, psychological and social factors. Their care needs may not be met in an acute ward environment. Patients may not be able to talk about their mental illness which makes treatment more complex."

Before accepting a new patient, the team will visit them to conduct an in-depth assessment. Following admission, multi-agency meetings are held every six weeks to assess the patient's

progress and plan for discharge as appropriate.

The idea is not that patients live at the unit permanently but that they are supported to return to the community and improve their quality of life. Treatment is designed to reduce the need for hospital re-admission. All residents have community access with staff and contact with friends and family is encouraged to maintain their community links. Staff are involved in the discharge of patients and work with partner agencies to ensure that discharges are successful. The team encourages and supports relatives to visit and has plans to set up a carers group.

The new unit provides two beds each for referrals from Lewisham, Lambeth and Southwark, three beds for Croydon and four beds for national patients who could come from anywhere in the country.

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● Feature

Hotel services, we're getting ahead in catering and cleaning.

From February 2010 we will have a new catering and cleaning (hotel services) contractor. Our hotel services will be provided by a company called Aramark who presently provide hotel services across the UK, Europe and North America.

Aramark will be providing full hotel services at Bethlem and Maudsley Hospitals, in addition to providing cleaning services at Lambeth Hospital and a number of community sites across the Trust. The new contract reprocurement process was led by Hilary McCallion, Director of Nursing and Education, over the past eighteen months and will come into effect on 1 February 2010.

"We worked closely with service users and staff to get feedback about the current services we provide and where we could make improvements. We highlighted a number of issues, which we will be seeking to tackle as part of our new contract including:

- Food portions on wards not large enough
- Repetition of food on wards
- Pricing
- A large proportion of food is fatty/high in carbohydrate
- Limited variation in salad bar ingredients
- How do we compare to other NHS providers
- Canteen environment"

Paul Winter, Head of Hotel services explains "Aramark impressed us immensely, they came up with a number of great ideas which they will be implementing. They are also excited to be working with an urban mental health Trust and meeting the challenges we present to them. We are far from being a one size fits all organisation and the challenge will be to meet everyone's expectations."

So what's new in food?

"In terms of catering Aramark will be introducing cook freeze meals to all wards at Bethlem. They have proved very successful on the wards where they have been trialled. Cook freeze works on the simple principle that food should be regenerated immediately before it is served to patients. Only in this way can food always be at its best at the point of service.

"Cook freeze will also enable the introduction of patient menu cards. Because food is frozen it means that there is a greater supply of dishes, meaning that people are given a menu card to choose what they want to eat on that day.

"Food at the Maudsley will remain cook chill whilst the kitchen is upgraded, which will happen through 2010, the plan is to totally modernise the restaurant and kitchens, creating separate cooking stations and a salad bar area. For the Bethlem site, there



Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31



will also be improvements to the restaurant and the introduction of a site van, which will visit each ward and office building on the site throughout the day, selling hot drinks, sandwiches, hot pies and pasta dishes. "We will also be working in partnership with Aramark, and the catering suppliers they use to determine the quality of food. For example, the Trust has recently made the decision to reintroduce fresh eggs back onto the menu. We have also decided at the same time we want all our eggs to be free range. We are now in a position to work with our new contractor to decide what we want to do, and where we want them to source the product. This will also enable us to start sourcing more locally produced food, providing it meets or exceeds our core standards."

Cleaning to the top

"The new cleaning contract has a fuller specification, meaning Aramark will clean more specific areas, for example, in the past it's been the responsibility of SLaM's Estates and Facilities department to clean everything above 'hand height'. The new contract means that Aramark will provide this service. Also a new microfibre cleaning system will use less water and chemicals. This also means we will be providing a more ecological cleaning system.

"There will also be a fuller integration between domestic staff and wards, ward managers will now manage the duties of their cleaning staff directly.

One number for all

There will be a 24 hour helpline/helpdesk available for staff to log calls via e-mail or telephone for all cleaning and catering issues.

Updates:

Look out for more updates in SLaM News and SLaM e-news.

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● Feature

Mentors for SLaM service users

SLaM service users are able to receive support from trained mentors as part of a project funded by SLaM Charitable Funds. The Back to Life project is coordinated by TimeBank and aims to tackle the social isolation faced by young adults with mental health issues. The project uses near-to-peer volunteer mentors to support both men and women to engage with their local community, access relevant services and rebuild their confidence. It helps adults aged 18-35 in Southwark, Lambeth and Lewisham to reach their full potential.

Mentors will meet mentees for at least five hours a month for six to twelve months. The meetings take place in the community, away from the person's home, in order for the mentee to engage with new people, new activities and new places.

The response to the project so far has been overwhelmingly positive and for many of the mentees has led to a reduction in feelings of isolation, an increase in confidence and self-esteem, increased access to social networks, increased engagement in activities including education, training and employment, volunteering or socialising and less dependence on mental health services.

Mentors help their mentees to identify their goals and break them down into manageable steps. These goals are flexible and client focused: they can range from those wishing

to compile a CV or apply for work, to those wishing to start a new sport or activity or even those who just simply want to have the opportunity to talk to somebody new.

The scheme has a lot to offer both mentees and mentors. 30 year old Faisal*, grew up in Pinner and now lives in Greenwich. He has been mentoring Tamim* 22 since February 2007. Tamim, a Muslim Bangladeshi, has a diagnosis of paranoid schizophrenia and was referred to the Back to Life scheme by one of his mental health workers. Faisal says: "When I first met Tamim, he hadn't always been going to his meetings with his key workers as he thought they were vilifying him and they were out to get him. He asked me to go with him for some moral support at these meetings. I've also helped him to fill in job applications, and we have been making plans for him to move into his own flat so he can become more independent. Sometimes we just socialise, we've been go-karting, to the IMAX cinema and we'll often pop out for a coffee. Volunteering isn't just about helping someone, it's a two way process."

If you would like to become a mentor and help people like Tamim then please telephone 0845 601 4008 or email info@backtolife.org.uk If you would like to refer someone to be a mentee then you can find a referral form by visiting: <http://www.backtolife.org.uk/professionals.php>



* Names have been changed

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● King's Health Partners news



Extract: Up Close The Building Blocks of King's Health Partners Clinical Academic Groups (CAGs)

Integrating clinical and research activities, and training and education are at the heart of King's Health Partners.

To succeed we need an inclusive culture across the whole partnership and an environment where information and knowledge can be shared and exploited to best advantage.

But with 25,000 staff across four partner institutions, it is a huge challenge to put in place an organisational structure that supports delivery of our vision to become a world-leading Academic Health Sciences Centre. "To produce true excellence in healthcare, we need excellent clinical services and excellent research and training" asserts Professor John Moxham, Director of Clinical Strategy at King's

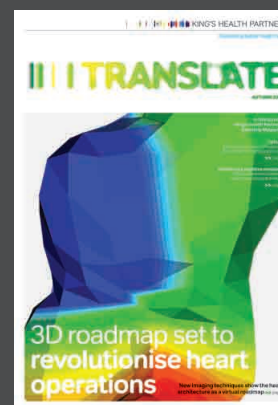
Health Partners. "But, we've got to integrate them." Clinical Academic Groups (CAGs) will do just that and form the building blocks of the King's Health Partners structure, alongside a Basic Science Institute and a Health Services Research Institute.

Staff members within partner institutions will join one of 21 CAGs most relevant to them. Each CAG spans divisions within King's College London and at least one of the partner NHS Trusts. For example, one of the CAGs will cover asthma and allergy, respiratory medicine, critical care and anaesthetics. Professor Moxham is Professor of Respiratory Medicine at King's College Hospital (KCH) and will be a member of this CAG. Find out more at: www.kingshealthpartners.org

Lord Butler appointed as Chair

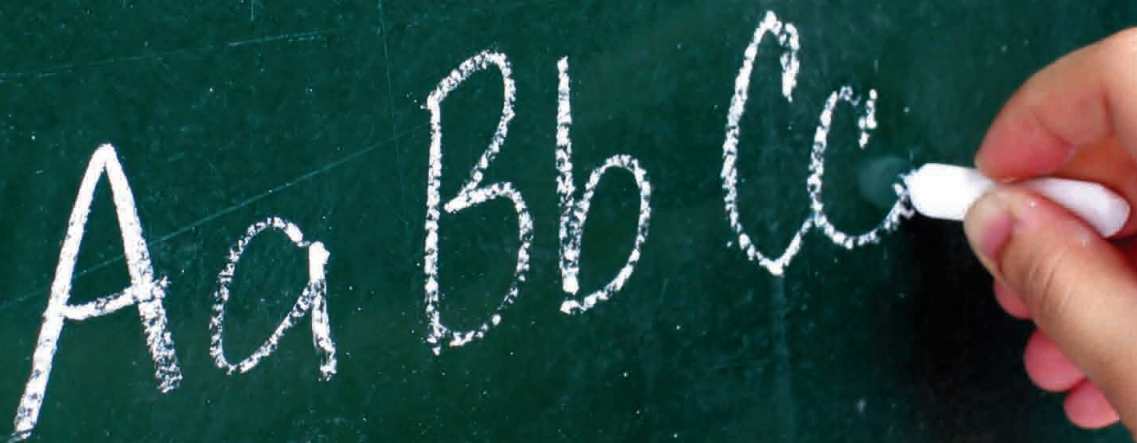
The Partnership Board of King's Health Partners Academic Health Sciences Centre (AHSC) has appointed Lord Butler of Brockwell as its first independent Chair. Robin Butler had a high profile career in the civil service from 1961 until 1998, serving as private secretary to four prime ministers and was Secretary of the Cabinet and Head of the Home Civil Service from 1988 to 1998. Commenting on his appointment Lord Butler said: "The new Academic Health Sciences Centres will be at the leading edge of medical science and translational research in the UK, and I am delighted to be joining King's Health Partners at the start of what I am convinced will be a very exciting future."

Translate is the King's Health Partners quarterly magazine. This is the first edition, which includes an article about cognitive behavioural therapy and an innovative approach to targeting people with stress, depression and anxiety - If you would like to receive a copy then please contact the Communications team on 020 3228 2830 or by e-mail communications@slam.nhs.uk



Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● Feature



Exam success at Bethlem and Maudsley Hospital School

This year the Bethlem and Maudsley Hospital School supported more young people than ever to take public exams. The exams covered various subjects including Adult Literacy and Numeracy and ranged from vocational qualifications to GCSEs and A Levels.

All the pupils at the school are patients from the adolescent wards at Bethlem Royal Hospital and Snowfields at Guy's Hospital, aged between six and 19. There are 30 staff across the sites and the school is funded by Southwark Local Education Authority. The staff at the school work with nurses on the wards to ensure that the pupils are getting the specific care and educational support they need.

The qualifications the pupils have gained will help them with their future careers, learning and life skills but their education goes beyond exams. The school also arranges work experience placements and career advice for

the older pupils and has fantastic facilities for all the pupils including a state of the art science lab, computer room, outdoor pets area, interactive video teaching facilities, art room and gym.

"This school is so unique." Says Steph Lea, Acting Headteacher "It's very challenging but it's a fantastic school to work in and the staff are so committed to helping the young people as individuals. It's very rewarding."

Steph, who began her career as a primary school teacher before specialising to teach children with special needs, went on to say that it can be a "challenge to meet the needs of each child because they are all so individual." Many of them will only be at the school for a few weeks but there is a huge value in continuing their education and the exam successes this summer has made her "very proud" of both her staff and her pupils.

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

Introducing ePJS version 4

24/7 John Turp and his team run the Patient Journey System (ePJS). SLaM News caught up with them to find out about the newly released version 4 (V4).

- Accessed from 150+ clinical sites, including six acute hospitals, ePJS is the Trust's electronic clinical information system.
- Used on a daily basis by up to 3,000 staff, it holds almost 12 million documents, giving access to clinical information across the Trust.
- First launched in 2005 as SLaM's integrated clinical system, ePJS has brought together a myriad of old systems into a single electronic record.

What's new?

"The key aim of V4 has been to change the underlying structure of the IT platform and software, bringing benefits that I believe can transform the use of electronic clinical information within the Trust", explains John Turp, SLaM's clinical systems manager.

"We aim to bring a significant increase in performance and improved usability such as simpler navigation and better workflow – less clicks, more speed! To a large extent, Version 3 of ePJS was constrained by the technical platform upon which it is running. Moving to a new software solution has enabled us to increase capacity and better manage peak workloads. For the techies out there, we're moving from a Lotus Domino to an ASP.NET / Microsoft SQL infrastructure.

"Another aim has been to keep the look of V4 fairly similar to V3. We're confident that by doing this, system users can easily negotiate the changes. Feedback from over 50 preview sessions held across the Trust has so far been very positive".

What are the key differences between Versions 3 and 4?

"Aside from the performance, other enhancements include the use of your SLaM network username and password instead of a separate ePJS one, improved timeout and

better audit controls. The concept of 'Movements' has been replaced with the use of 'Episodes', which hopefully will be less challenging for users. There's much better integration with MS Word, near real time IRS updates and improved features such as the ability to see the clinical notes of your entire caseload, and core information, from a single click. Overall V4 will provide a much better platform for future improvements.

"The ePJS Support Team is on hand to provide assistance, both on-site and from the support centre in Bromley explains John. There's also a range of guidance material, including 'How To...' videos, FAQ's and a training system on the ePJS intranet site, just got to SLaMnet and follow the links."

For telephone help and assistance contact the ICT Service Centre on 87600.

What are the main benefits?

- System Performance, and our ability to better manage and respond to peak capacity, will improve the everyday experience.
- Workflow within the application (Clinical Summaries, MS Word Integration, changes to 'Movements') have been improved
- V4 enables 'near real-time' reporting. The Trust reporting system, IRS will also be upgraded to take advantage of this. Reports which previously took up to a day (or longer), will now display changes within the hour.
- 'Single Sign-On' – use your SLaM network username and password.
- Improved audit controls and better implementation of system timeout.

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● NHS what's happening



SLaM patients need more information

Earlier this year an audit of inpatient information was carried out to see how we are performing as a Trust.

Providing clear and helpful information for patients is important and can massively improve their experience of using our services. Each ward/service should have a SLaM branded patient leaflet describing its service and containing essential data such as our complaints procedure and contact information.

The audit found that provision and accessibility of information is quite patchy. Not all services have leaflets

and not all the leaflets available contain clear or sufficient information.

There will be a re-audit in early 2010 to make sure each service has an up to date leaflet and help improve patient experience at SLaM. Leaflet requirements and instructions about how to produce leaflets are set out in the Patient Information Policy (part of the Patient Information Strategy).

Visit the patient information site to find out more:

<http://sites.intranet.slam.nhs.uk/PatientInformation>

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

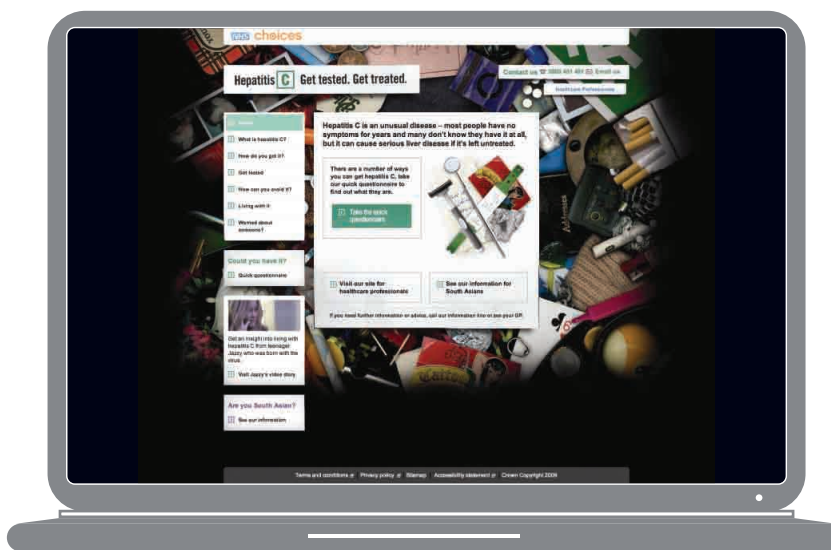
Hepatitis C: are you at risk?

The Department of Health has launched a national Hepatitis C awareness campaign that is aimed at the estimated 100,000 people in England who are unaware they have the infection. The campaign coincides with the 20th anniversary of the virus being identified. Hepatitis C is an unusual disease – most people have no symptoms for years and many don't know they have it at all, but it can cause serious liver disease and liver failure if it's left untreated.

There are a number of ways you can get Hepatitis C including sharing equipment for injecting drugs, having unprotected sex with a person who has Hepatitis C or getting tattoos

where equipment may not have been sterile. The good news is that if you do have hepatitis C you can get treated. Effective treatment is available on the NHS and can successfully clear the virus, on average, in more than half of people treated. And with some types of the virus success rates are about 80%. If you think you may have been exposed to Hepatitis C contact your GP, local sexual health/GUM clinic for free, confidential advice.

For more information visit <http://www.nhs.uk/hepatitisC/Pages/default.aspx> call 0800 451 451 or e-mail hepatitisC@essentiagroup.com



For updates on Seasonal Flu and Swine Flu visit SLaMnet

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● SLaM in the Media



Radical Research

Radical new research into treatments for heroin addiction for the 'hard to treat' attracted international media attention with coverage from TIME magazine and CNN News. There was extensive UK coverage from BBC Television and Channel Four News and the majority of national newspapers including The Times and The Guardian.

BBC News: "A Government backed pilot project in which heroin addicts are allowed to take the drug in supervised clinics has cut the number of crimes they commit. The trials involve

more than 100 users, they show a fall in the amount of street heroin used. What is good treatment turns out to be of good use to society as well."

The Randomised Injectable Opioid Treatment Trial (RIOTT) was carried out by the National Addictions Centre, jointly run by SLaM and the Institute of Psychiatry. It targeted and was successful in treating people with longstanding heroin addiction, who had tried and failed in standard treatment over many years. The joint clinical and academic work is an early example of the King's Health Partners model in action.

Guardian: Professor John Strang, who led the trials, said the results were 'very positive' because the scheme had helped to cut crime and avoid expensive prison sentences among a group that were the hardest to treat. 'It's as if each of them is an oil tanker heading for disaster and so the purpose of this trial is to say: 'Can you turn them around? Is it possible to avert disaster?' And the surprising finding - which is good for the individuals and good for society as well - is that you can.'

All in the Mind - Radio 4
10 November 2009



Claudia Hammond discussed some surprising side effects of drugs used to treat conditions like schizophrenia and why they particularly affect women. Shubulade Smith, a consultant psychiatrist at the Maudsley Hospital, talked to Claudia

about the hormonal side effects of anti-psychotic drugs and why they can cause infertility, premature ageing and a loss of libido. She also discussed why patients are often not warned about the possible effects and how those effects can be avoided.

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● SLaM in the Media

Anxiety lifeline

Lifeline on offer for sufferers of anxiety. The South London Press ran an article about a new service being offered at the Maudsley Hospital through the Improving Access to Psychological Therapies (IAPT) project.

Look out for glow in the dark beer mats the next time you are at a pub or club in south London. They have been designed as part of a campaign to get people to self refer to the IAPT project.

The beer mats, together with similar initiatives like handing out leaflets in local markets, have proved an

important way of contacting the hard to reach groups because they allow people to self-refer.

"Normally you have to go through your GP to get psychological therapies," explains David Clark. "The benefit of self-referral showed up in a pilot trial we ran in Doncaster. The people who asked for help directly were as sick as those coming from GPs, but had had a problem for twice as long. They also much better reflected the BME (black, minority and ethnic) mix of the community."



Trauma Victims helped by Trust - South London Press October 2009

SLaM Charitable Funds has recently supplied vital funding to support Samutthana, the King's College London Resource Centre for Trauma, Displacement and Mental Health in Sri Lanka. The centre was set up in 2006 to help the country cope with the mental health problems caused by the Asian tsunami and the end of a 26 year long civil war.

The UK-Sri Lanka Trauma Group recently submitted a grant application to SLaM Charitable Funds to help Samutthana to continue their work. The charitable fund agreed funding and are supporting the centre's new fundraising strategy.

"At a time when the work of the centre was greatest with thousands of displaced people and others traumatised by the war, SLaM Charitable Funds responded to an appeal by the UK-Sri Lanka Trauma."
Shamil Wanigaratne
 Board member of Samutthana

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● Members' Council News

RIOTT, recovery and me: a personal story from our new Members' Council recruit

One of the latest recruits to SLaM's Members' Council was as cool as a cucumber when she volunteered to go under the media spotlight for the first time in September.

One of the latest recruits to SLaM's Members' Council was as cool as a cucumber when she volunteered to go under the media spotlight for the first time in September.

Being interviewed by CNN and the BBC TV's home affairs correspondent about a controversial new drugs programme was something that Sarah Clark simply took in her stride.

What made her appearance stand out was that not only has she never received any media training but that her history of substance misuse also came under the spotlight – something many people would prefer not to see aired to the nation on prime-time news programmes.

Sarah volunteered to be interviewed about a radical new approach to tackling drug misuse. As a beneficiary of the ground-breaking Randomised Injecting Opioid Treatment Trial (RIOTT), the 44-year-old mother of four was only too willing to tell journalists why it worked.

The RIOTT programme was coordinated by the

National Addiction Centre (NAC), which is jointly run by the Institute of Psychiatry, King's College London and SLaM. The NAC has a 30-year track record in gathering evidence that has underpinned a range of treatments for people with alcohol, smoking and drug problems across the UK.

What prompted Sarah to shed her anonymity and be interviewed about RIOTT? "Usually in these programmes people's faces are blacked out and they look like criminals, like in Crimewatch. I think it's important that the public knows that this treatment works, and that it's not just about giving people free drugs on the NHS."

Sarah was not overly concerned about being identified by neighbours as a former drug user when she appeared on TV. "I think the reason people often want to keep it [drug use] quiet is that it's illegal - and being a drug addict usually means you're involved in doing a lot of criminal activities. Often your family doesn't know about it.



Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● Members' Council News

“Morality comes into how people view this issue: they think about what should or shouldn't happen - but not about what works.”

“But I'm not actually using street drugs any more, so I haven't got anything to worry about in terms of legality and my family knows as well.” Sarah managed to stop taking heroin three months ago and now receives slow-release morphine sulphate or MXL capsules from the clinic.

Most people who attend the clinic harbour an ambition to be drug-free eventually – though a small minority, Ms Clark believes, will probably continue taking heroin for life. Interestingly, she would like to see more attention given to the development of 'exit strategies' for those seeking total abstinence.

Tackling the stigma surrounding mental health problems is one of the Department of Health's number one priorities, but the stigma surrounding the chronic and debilitating use of street drugs has yet to – and may never – receive the same sympathetic attention.

Sarah is convinced that many users 'buy in' to a prevalent view in mainstream society that they are doing something shameful. Rather than prompting them to change their lifestyle, this sense of shame merely serves to keep them ensnared in their habits, she believes.

“Morality comes into how people view this issue: they think about what should or shouldn't happen - but not about what works.”

Sarah was propelled into the drugs' world when her marriage irretrievably broke down when she was in her late teens. As a result, she became homeless and was separated from her first child.

Seeking solace, she turned to street drugs such as heroin and crack cocaine – a depressing but all too familiar cycle that meant she lost out on opportunities to bring up her three subsequent children as well.

After two decades as a user, Sarah has managed to turn her life around – thanks in no small part to the dedicated support she has received from the RIOTT clinic.

The team is on hand every day of the year – including Christmas Day – to distribute prescribed heroin or its substitute methadone. Most users attend the clinic twice daily to pick up their heroin, which they inject under supervision.

“There are a lot of other interventions going on,” Sarah explains. “There are key worker sessions, regular monthly reviews with the doctor and a psychologist is available to see users as well. The staff are very supportive, and provide a wrap-around service for the people on RIOTT. It's not just about getting diamorphine [heroin].”



Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● Members' Council News

Unlike 'street heroin' which has to be 'cooked up with citric acid' prior to being injected, pharmaceutical heroin is pure and is unlikely to cause any skin or tissue damage.

Freed from the tyranny of constantly having to worry about finding her next 'fix', Ms Clark has enrolled on an Open University psychology degree course and is also training to be a counsellor. Ultimately, she hopes to work in the drugs field, supporting others by drawing on her life experiences.

What makes the RIOTT programme so controversial – and of interest to the BBC and other media outlets – is that it involves giving some users regular doses of injectable heroin to take under supervision on a long-term basis.

"For me, it's about being able to lead a normal life and make a positive contribution. It hasn't worked for everyone but it has been beneficial for around 90 per cent of users. Even if they haven't stopped using entirely, they have become a lot more stable and aren't committing crimes [to fund their habit] any more. It works from a cost standpoint as well."

As an example of her new outlook, Sarah is collaborating with another service user on a research study that will gather evidence from users on the RIOTT programme. Support on writing up the findings has been offered by Professor John Strang, Director of the National Addiction Centre.

"That's what service user involvement is all about – they actually know what works and what doesn't work. I think in the future, when money is getting tight, professionals will have to take more advantage of service users in order to find more effective treatments," Sarah says.

What made her apply to join SLaM's Members' Council? "I was already a service user

What makes the RIOTT programme so controversial – and of interest to the BBC and other media outlets – is that it involves giving some users regular doses of injectable heroin to take under supervision on a long-term basis.

representative at Marina House, and this seemed like a good opportunity to have some input into mental health and drug treatment services."

Sarah has been treated under the south-London based RIOTT initiative for just over two years. Launched in 2005, the initial results have proved very positive.

It targets the five per cent of heroin users for whom treatment, rehabilitation and even prison sentences have little effect – often over many years of addiction. Many users in this category would have continued to obtain supplies of 'street heroin', even when receiving conventional forms of treatment.

The two other supervised injecting clinics that took part in the study are sited in Darlington, where a clinic was set up in September 2006, and Brighton, which opened in September 2007.

* The research was funded by the Big Lottery Fund through the charity Action on Addiction. The charity worked in partnership with the National Treatment Agency, which funded the supervised injecting clinics on behalf of the Government.

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● Members

Members' Council elections 2009

Having a postal ballot in the midst of strikes at Royal Mail presented its own challenges but ballots were counted and results in the elections to the Members' Council declared on 29 October. The elections were held to fill vacancies arising from people coming to the end of a three year term of office, and for additional vacancies arising as people have moved on.

Following nominations made in September the following candidates were elected:

Candidates	History in office	Constituency
Stephanie Correia	Returned	Public – local constituency
Marion Heithus	New	Public - the rest of England and Wales
Stephen Hill	New	Public - the rest of England and Wales
Layla McCay	New	Staff
Dele Olajide	Returned	Staff
Sarah Clark	New	SLaM Service Users – Local
Les Elliot	Returned	SLaM Service Users – Local
Paul Paterson	Returned	SLaM Service Users – Local
Jaya Kathrecha	Returned	Carers of SLaM service users
Roger Oliver	Returned	Carers of SLaM service users

There have also been some changes to appointed representatives from partner organisations on the Members' Council

Patricia Moberly, chair of Guy's and St Thomas' NHS Foundation Trust, has been replaced by Jan Oliver, who is a Non Executive Director on their Trust Board. Peta Caine has taken over as the representative of NHS Southwark and Simon Hoar for London Borough of Croydon.

There were not enough nominations to fill all vacancies. As a result one seat is vacant in the following constituencies: Public - the rest of England and Wales; Staff; Service Users – Local; and Carers. There are also three vacancies in the Service Users – residing elsewhere category.

Elections will be held to fill these vacancies on a date to be agreed early in 2010.

Members' Competition winner

We asked you to help us recruit more members and to show our gratitude we held a prize draw for everyone who nominated a new member in our '10,000' in sight' membership recruitment campaign.

We are pleased to announce that the winner of a brand new DVD player in this draw was Mrs Vaishali V Shetty of Croydon. Our thanks to her for helping to promote membership.

Membership is free, and an opportunity to show support for mental health, so why

not recommend it to your friends? To sign up:

Call freephone:
0800 019 6075

Visit our website:
www.members.slam.nhs.uk

Email:
membership@slam.nhs.uk

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● Obituaries

On 11 October 2009, **Elizabeth (Lizzie) Yanful**, Ward Manager on Aubrey Lewis 2, Older Adult ward at the Maudsley, passed away after a short illness. Her passion for her work, and her beloved patients, served as an inspiration to those who worked with her on the ward as well as those who were only passing through. The ward team and colleagues across SLaM mourn her passing. A memorial service is being planned in the New Year.

Jim Molloy had worked for the Trust for over 10 years, specialising in working with people with learning disabilities who had additional complex challenging behaviours. He was tragically killed in a road accident, on his way home from work. A memorial service was held for him on, which was attended by colleagues from learning disability services, as well as by service users and his family. Tributes were paid to his outstanding contribution to services for people with learning disabilities.

We are sorry to announce the death of **Eddie Simmons**. Eddie joined the Trust in 2002 and retired in 2008. Eddie initially worked at the Maudsley Hospital and then worked in the capital planning department at Bethlem. Eddie played a key role in the construction of both Bridge House and River House. He died in November.

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● Staff stuff



Made a difference award for the Employment Relations Team

The entire Employment Relations team received a made a difference award in September for continuing work under difficult circumstances. The team were forced to move to temporary offices in August when their office under the new reception at the Maudsley was flooded.

Stuart Bell presented them with their collective award in September and said that he was very grateful to them for keeping business as usual. Roddy Wells, SLaM's Recruitment Services Manager, received the award on behalf of the team and thanked Stuart and Director of HR Louise Norris for nominating them and thanked the team for their positive attitude.

Louise said:

"I am very proud that the team managed to carry on providing a responsive service despite all the disruptions that they had during the floods."



Award: Made a Difference

Bernadette Roche was nominated for an award by her colleagues at Foxley Lane women's service for her work in creating a therapeutic garden at the service. Stuart Bell presented her with her award at Trust HQ in September and thanked her for all her hard work and for helping to create a safe refuge for women in Croydon.

Bernadette said: "I feel very honoured to have been nominated for an award for quality of client care. I hope that I try to give the best possible nursing care to the clients who use Foxley Lane women's service, but it was a total surprise to receive recognition for this. The team at Foxley Lane has always tried to create a really good environment for women and the project for improving the garden has been a continuation of this aim. As a team, we deeply believe in the healing power of the garden as a space where women can relax and learn about growing and nurturing plants as an enjoyable and fulfilling activity. We hope the garden will continue to help the clients using Foxley Lane on their journey to recovery from mental health crisis."

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● Q&A

We Love This City



Name: Beth Elliott
Job title: Bethlem Gallery Coordinator

Where do you live and why?
Bow, East London, because I spent 10 years in south London and thought a change was as good as a rest... The jury's still out on that one.

What is on your ipod?
I've only recently got one of those so am still working out how to use it, but Nick Drake's 'Treasury' was one of the first albums to go on.

Where is your favourite place to eat in London?
My friend Jane's house because she's such a great cook.

What's the strangest experience you've ever had in London?
Just past twelve midnight on a November's night in East Dulwich a young man approached me and handed me a playing card, the 8 of clubs. He pleaded for me to take it as he told me he was not allowed to sleep until he had given away the whole deck. I thought that a little odd, but kept it and framed it all the same.

Where in the city do you feel more relaxed?
By the river, in a park or meandering through the many galleries looking at artwork.

What one thing would you change about London if you could?
More art in public spaces, for all people to see and enjoy and stumble across (not over!)

Have you ever seen any celebrities in London-if so who, where and what were they doing?
I once saw Jenny Agutter doing a bit of weeding in her front garden in Camberwell, that's a popular anecdote with most cab drivers! Both Will Self and Joseph Fiennes have visited The Bethlem Gallery to name but a few of our illustrious guests.

If you could recommend one thing for a tourist in London to do what would it be?
Come to the Bethlem Gallery and Museum of course!

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

What am I doing here?



Name: Tracey Power

Job title: Programme Director for Clinical Academic groups (CAGs)

What does your job involve?

I started a two year secondment as Programme Director for Clinical Academic groups (CAGs) in September. My role is to help lead the process for the establishment of CAGs for SLaM and the Institute of Psychiatry within the framework of the AHSC (King's Health Partners). Specifically, I am involved in the development of the programme plan, consulting with stakeholders, identifying risks and managing the implementation of the programme.

Where did you work before SLaM?

I have worked in local services since the mid eighties and have been with SLaM since its creation 10 years ago. My substantive post is the Service Director for Lewisham.

Why did you choose this career?

I did a psychology degree and during the holidays I worked in special schools which gave me a taste for working in the public sector. I began my career as a psychology assistant and was about to start my clinical training when I was offered an opportunity to drive forward a major service development. I opted to embark on my career as a manager and the rest is history.

What do you like best and least about your work?

I am hugely positive about the development of the CAGs and the opportunities this offers for us to think really creatively about the way we do things. I am really enjoying having the opportunity to talk to so many people and hearing their ideas about innovation. In terms of the frustrations – the same as everyone else, there just aren't enough hours in the day and where do all those e-mails come from.

What are your career goals?

I've never had a master plan but I can't pretend that I don't enjoy being in a position to influence things. The most important thing is to work alongside people who have the same values and principles as me.

If you weren't doing your current job what would you be doing?

The day job! And certainly only ever something in the public sector.

When you're not working what do you like to do?

Planning or going on holidays. I'm never happier when reading the travel section in the weekend papers.

Welcome	3
Message from Madeliene Long - SLaM Chair	4
SLaM through a lens A photographic take on SLaM	5
New Maudsley entrance, before and after	6
News in brief	7
Rosewood Nursing home on old Lambeth Hospital	11
New LD Unit	12
Hotel Services	13
Back to life	15
King's Health Partners news	16
Exam success at Bethlem and Maudsley Hospital School	17
PJS v4	18
Patient information	19
NHS News	20
SLaM in the media a roundup of Trust media coverage	21
Members' Council News	23
Membership	26
Obituaries	27
Staff awards	28
We love this city Your take on city living	29
What am I doing here?	30
Music review and comps	31

● Reviews/competitions

Books



Look Back in Hunger- Jo Brand

Jo Brand is one of Britain's best-loved female comedians. For a decade she worked as a psychiatric nurse at Maudsley Hospital until the mid-1980s, leaving it to pursue a career in the media.

Now 52, with a long and successful career in comedy behind her, she has written her autobiography 'Look Back in Hunger', a large section of which tells of her time at Maudsley Hospital. Her insight into life on the wards is the most serious and poignant part of the book, creating an interesting and varied read. She says "I miss it [Maudsley Hospital] a lot, particularly a group of people I got on well with, because stand-up is a fairly solitary existence". The autobiography is a self-exploration of what motivated her to make the huge switch from a psychiatric nurse to her stage name 'The Sea Monster'.

'Look Back in Hunger' is a witty, wonderful read showing that despite some hardships one may come across in life, if you look close enough you can always see the funny side.

You can win a copy of *Look Back in Hunger* by answering the following question:

In 2008 Jo took part in a documentary about an English writer and author of *Testament of Youth*. What was the author's name?

To enter send your answer to communications@slam.nhs.uk with "Book Competition" in the subject line.



The Maudsley Prescribing Guidelines Tenth Edition

David Taylor, Carol Paton
and Shitij Kapur

One of the most widely used guides to prescribing psychiatric medications, which has fully updated content and new sections on the field's latest hot topics. A must-have reference for prescribers, nursing staff, pharmacists, family physicians, and other professionals in allied medicine, containing practical advice for use in common clinical situations.

10% discount price: £45



Investigation and Psychiatry: A Practical Handbook

Russell Foster

This book supplies precise, practical information regarding the correct requesting of blood and other tests and their interpretation in an easy-to-access format. It deals with the role of the pathology laboratory in psychiatry and acts as a practical guide for psychiatrists and others working in adult mental health and includes up-to-date guidance as suggested by the UK National Institute of Clinical Excellence.

10% discounted price: £90



Post Traumatic Stress Disorder: Diagnosis, Management and Treatment Second Edition

David J. Nutt, (Imperial College, London, UK)
Murray B. Stein (University of California San Diego, USA)
Joseph Zohar, (Sackler Medical School, Tel Aviv University, Israel)

The most up-to-date book on this topic, enabling you to stay abreast of the field's latest developments. It examines the new molecular biological and imaging studies to broaden your knowledge and provides all the information you need on PTSD in one place, saving you time with a wealth of relevant information you can rely on

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