The Chronicle magazine recently held a poetry competition for patients to showcase their talents.

We’re proud to print the winning poem, ‘Love is a Funny Thing’ which was chosen by judges due to its 'startling images and a high tone that lends an almost magical air to the language'. The moving poem ‘Time’ came a close second.

**Love is a Funny Thing (Winner)**

Love is a funny thing,
A bit like a Ping Bing,
How I would like to be Barbados king,
Prince of Jewell Shining,
Barbados time is coming,
In glory and all that happening,
Is that sowing the seeds of loving?
Turn death into living,
Listen to the angels singing,
Coming together for all our sins sinning,
We will all receive a blessing,
Soaring in the sky so cooling,
Am I like an ant dancing?
Turning, twisting, living, passing,
Through life starting and beginning,
Middling and finishing,
Love the life you're living,
Have a laugh and keep joking,
It's all about timing.

**Time (Runner-up)**

Time is infinite
It goes by so slowly
You watch as the second hand goes round
You count the minutes, then the hours
You count the days then the weeks
You count the months then the years
As you watch the seasons pass you by
You start as a child in a pram,
And count as you grow older
For some it is slow
Whilst for others it speeds on by
To me here it just stands still.

I know every minute of the hour
Every hour of the day
Just ticking it all off in my mind
Until the day that I am free again

Free to run, free to crawl
Free to laugh, free to cry
Free to love, free to hate
Free to live, free to die

I'm just waiting
For what?
To finish my time
Carers in the ward

In November, over a dozen carers came together at Broadmoor Hospital to participate in the Carer Forum.

Leeanne McGee, Director of High Secure Services and Dr Kevin Murray, Clinical Director, spoke about our plans to make better use of hospital resources. They also gave an update on the redevelopment and therapy mall.

The Forum also discussed the important challenge of promoting healthy living and exercise for patients.

Carers were invited to see and compare two empty wards; the Kempton ward in the Paddock Centre with its new facilities and ensuite bedrooms, and Windsor Ward in the old Victorian building. They also visited the Terrace which patients can use for leisure and fresh air.

The carers found viewing the empty wards interesting and provided great feedback on accommodation needs. Another Carer Forum is currently being arranged. For more information, please contact Carol Frost, Social Worker Manager, on 01344 75 4517.

Improving the Hospital

Over the last few months, we’ve started to implement the first stages of a restructure of our services, so that we can provide the best care for our patients as efficiently as possible.

We’ve moved from three geographically-based directorates, to two diagnosis-based directorates:

- Mental Illness Directorate (MI)
- Personality Disorder Directorate (PD)

The new MI Directorate is the combination of the former London and South of England Directorates. The two previous management teams are being replaced by a single team led by Wiz Magunda, Service Director, and Dr Mrigendra Das, Clinical Lead.

We held an away-day on 14 October which gave senior managers the opportunity to put forward proposals for the structure within the two Directorates, combining best practices from the previous three Directorates.

We are currently undergoing a consultation process to appoint senior members of both Directorate’s management teams. This process should be completed by January 2011.

We’ve also recently appointed a new post, Tony Hopkins, Associate Director of Day Care Services, who will be reviewing what services are currently available to patients and what future requirements will be. We aim to come up with a range of activities and services which are really based on what patients want.

We’ve identified which patients are best suited to care in the PD Directorate and the referral and transfer procedures are happening now. Again, this is about ensuring patients have the right mix of treatments to maximise their recovery.

The first phase of the transfer process was completed by the end of November 2010. We aim to transfer approximately 24 patients in total by the end of January 2011.

Another event for carers took place on 20 November which gave senior managers and the social work team the opportunity to keep carers and relatives informed of all these changes and plans.

We’ll continue to keep you updated as we move further through our restructure. If you have any questions, please contact Leeanne McGee on 01344 75 4050.

We’ve recently been awarded the winners of the International Association of Emergency Managers Europa 2010 Partners in Preparedness Award.

Mike Humphrey, Head of Security at Broadmoor Hospital said: “We’re pleased that independent assessors can now see that we have comprehensive emergency planning processes in place for the whole Trust which are really excellent.”

“This success is part of the transformation programme at our Trust in response to the CQC recommendations of last year, improving the safety of both staff and patients.”
We're producing a Sustainable Development Strategy which aims to reduce environmental impacts and carbon emissions.

The Strategy covers areas including transport and travel, energy use, water use, waste, procurement and awareness.

As part of the plans for the Hospital redevelopment, we are developing a Travel Plan to enable and encourage staff and visitors to travel to and from the site by more sustainable travel options, including car sharing, public transport, walking and cycling. A 'Travel & Transport' Steering Group has been set up to promote ‘green’ initiatives and engage staff and visitors.

We've also developed an ongoing programme to make the site more energy efficient, including making improvements to lighting, heating controls and insulation. Energy efficiency will also be at the heart of the new design. We'll be looking at different renewable energy technologies in order to provide up to 20% of the site's energy needs from renewable energy.

The Trust aims to minimise waste by reducing, reusing or recycling wherever practical. To do this, we are undertaking a trial of waste recycling in some non-patient areas. Mixed recycling bins will take paper, cardboard, magazines, cans, paper cups and plastic bottles. Once the trial is completed and evaluated we plan to roll it out to other areas.

If you have any suggestions or questions about travel to or from Broadmoor Hospital or any other areas of Sustainable Development at Broadmoor, please contact the steering group via Lucy Smith at lucy.smith@wlmht.nhs.uk.

The first service user conference at Broadmoor Hospital took place on 13 October to celebrate World Mental Health Day. Patients from all wards attended.

Jimmy Noak, Deputy Director of Nursing, opened the event and set the theme for the day. We were fortunate to have two renowned external speakers in Marion Janner, Director of Star Wards (accompanied by her assistance dog, Buddy), and Rachel Perkins, Mind Champion of the Year 2010. Both are service users and pioneers of the recovery approach to mental health care.

Marion spoke about her own experience of inpatient services and how she developed the Star Wards initiative. Rachel spoke about making recovery a reality and how story telling is a powerful way of offering peer support. She also introduced us to ‘Wellness Recovery Action Plans’ (WRAP). Both these sessions were interactive with several service users sharing their views and experience.

The WRAP booklet prompts service users with various questions which help them reflect on their mental health and wellbeing, and how to take an active part in preserving or restoring it. It also helps ensure their wishes sit at the centre of the care planning process.

Joe Ayres, Chair of Recovery & Social Inclusion Group, and Terry Fegan, Practice Development Nurse presented the Hospital’s WRAP, and a number of service users agreed to take part in focus groups and become WRAP Ward Champions. The plan is to roll this out across the hospital in December.

An update from Vivienne Mowatt and David Phillips on the Hospital’s plans for redevelopment was followed by songs from the service user and staff Hospital Vocal Group, with which everyone, in celebratory mood, joined in.

The conference ended with a lively discussion around the theme of recovery and the introduction of the WRAP. Feedback on the day from service users was extremely positive and many asked for a re-run for those who were unable to attend this first event.

Rachel Perkins said in a follow-up letter to Joe:

“It was an impressive and inspiring event and I felt privileged to be there. I would appreciate it if you could pass on my thanks and congratulations to all the staff and service users involved. As I said at the time, I am extremely impressed with all that you have done. Thank you and well done all of you!”

Such work brings great credit to the Hospital. Thanks to everyone involved, especially to Joe, John and Caroline for the work they put in to organise this event.

Devised by Siobhan Wells, Occupational Therapist, Canterbury Ward, Mental Illness Directorate, the meetings aim to increase patients' levels of motivation and encourage them to engage in activities. They also aim to increase patients' weekly routine and structure with a view to preparing patients for transfer to medium secure units (where many have a similar meeting).

A range of patient-relevant information is discussed at the meetings, including daily appointments (confidentially), what activities are available and any patient requests.

This has been piloted on Canterbury Ward for three months and recently evaluated by staff and patients.

Of the ten patients surveyed on the ward, 70% agreed that the meetings improved daily communication between patients and staff, and 90% agreed to the meetings being continued. A patient commented that the meetings “help me get up for work and my activities”.

In view of the positive feedback received in the evaluation, it is planned that this initiative will be rolled out across the Directorate.
Forensic psychotherapists are part of specialist psychological services for Broadmoor Hospital.

They offer individual and group psychological therapies to men with complex mental disorders, such as personality disorder, mental illness or both diagnoses.

Forensic psychiatrist and consultant forensic psychotherapist, Dr Gwen Adshead is part of this team of six and says: “Forensic psychotherapists have particular expertise in understanding how early attachment experiences affect adult mental health and personality development; and how this affects therapeutic relationships with staff.

“We have particular training and expertise in working with violent offenders; and we use that expertise to train and supervise others. “We also have a specific role in providing reflective practice for staff working with complex patients and providing consultation to the Trust and other forensic organisations.

“There have been specialist forensic psychotherapists working in the hospital since 1941; and a department was set up in 1994. We are proud to be part of a specialist service which helps distressed and dangerous service users to ‘change their minds’ and recover their health and safety.”

Gwen has recently featured on BBC World Service on behalf of the Hospital. This event was recorded at Broadmoor Hospital. Gwen explored some difficult questions, such as: • Where do you belong when everyone and everything has rejected you? • How should we treat the people who society labels as ‘beyond help’? • When does a duty to protect the public interfere with the medical imperative to help your patient?

Gwen gave a vivid picture of the complex issues involved in our work at the Hospital, helping people understand what Broadmoor is all about and combating the stereotypes and prejudices that often surround it.

Ground breaking work promotes insight

Dr Mrigendra Das, Consultant Psychiatrist & Clinical Lead at Broadmoor Hospital, has recently undertaken a research programme, along with colleagues at the Institute of Psychiatry, that looks into the brains of violent people with schizophrenia and personality disorder (PD).

Dr Das said: “Unfortunately a small minority of schizophrenia and PD patients commit acts of violence; and an even smaller minority commit acts deemed serious or ‘grave’.

“We know that a range of environmental factors such as psychosocial deprivation, abuse, substance abuse or difficult upbringing with exposure to violent behaviour can increase the risk of violent behaviour. However, little is known about why a smaller subgroup of schizophrenia or PD patients go on to commit serious acts of violence. We must ask, do biological factors play a role?”

Dr Das studied about 60 patients, broken into four groups: • Schizophrenia patients with a history of serious violence (5 committed homicide). The majority from Broadmoor, others from a Medium Secure Unit. • Antisocial personality disorder patients with a history of serious violence (6 committed homicide). The majority from Broadmoor, others from a Medium Secure Unit. • Schizophrenia patients without a history of violence being treated in the community. • Group of men from the community without a history of mental illness/ personality disorder/significant violence.

The research showed that people who are prone to violence have difficulty with emotional processing. Adequate emotional processing is important in order for people to control their reactions or physical response.

Dr Das said: “It is also worth noting that the violent patients with schizophrenia had similar abnormalities to the non-violent patients, but they were more severe. Could this mean that violence is a function of more severe brain abnormalities?”

As for future research, Dr Das explains: “It should aim at examining what determines these abnormalities; are they developmental and what are the genetic and environmental contributions?

“We have now set up a psychophysiology laboratory at Broadmoor Hospital with Dr Romero, which can examine various components of startle reflex processing, and relate this to emotional processing abnormalities, which can potentially improve with treatment. Also in collaboration with Prof Kumari and Dr Young at the Institute, we are adapting a lab paradigm to test fear, anxiety and reward processing within a lab. This will help us map, and eventually treat, abnormalities in our patients.”
The Broadmoor Clinical Audit Group (BCAG) is made up of patients and staff and is responsible for tracking the audit processes at the Hospital. They ensure audits are completed with the quality of the patient experience in mind and also make sure processes are re-audited when appropriate.

The group has recently been motivating others to join and has expanded to include more patients.

One of the patients in the group designed a BCAG logo, and this now appears on all of the groups promotional literature, including mugs and mouse-mats which were made in Broadmoor Hospital by Broadmoor Hospital patients.

The mug also features the National Forensic Audit Group (NFAG) logo. BCAG is an active member of NFAG which provides them with ideas and lessons learnt from audits in other forensic mental health settings.

For more information, please call Dr Callum Ross, Chair of the group, on 01344 75 4753 or Sara Kerry, Clinical Effectiveness & Audit Co-Ordinator, on 01344 75 4507.

Patients' artwork on show

Two creative Broadmoor patients have had four works of art selected from over 6000 entries that were recently exhibited at the Koestler art exhibition at the Royal Festival Hall, London.

The exhibition features art from men and women in high security hospitals, secure units, prisons, immigration centres and British prisoners abroad. About 20% of the entrants are patients in medium or high security psychiatric hospitals. Our patients' works included a painting, two craft goose eggs and a necklace.

For more information, please call Les Martin on 01344 75 4557.