

I hallucinate and hear voices but I am not ill and I do not take psychiatric drugs

...

Some people would like more Crisis centres somewhere peaceful to stay for a few days...

Some of my friends are homeless and sectioned under the Mental Health act

...

<https://www.kingsfund.org.uk/events/integrating-housing-and-health>

<https://www.theguardian.com/artanddesign/2019/jul/16/norwich-goldsmith-street-social-housing-green-design>

Racheal Byrne - Home Group - states around 15:27 minutes into the seminar that their work on MH step down with Greater Manchester NHS trust ...

<https://www.homegroup.org.uk/Corporate/Care-and-Support-Partners/Mental-Health-Step-Down>

Has saved a lot of public money + helped people ...

Their work has shown 80% of people on acute wards are homeless ...

So why are the powers that be ignoring this work?

Some of my friends are being bullied by the DWP this bullying is affecting their health ...

Some of my friends are in very poor housing and have been for months, which affects their well-being

Some of my friends are being forced to take depot injections which they think are unhealthy for them ...

<https://www.bbc.co.uk/news/health-49639914>

<https://www.dailymail.co.uk/news/article-7445657/One-four-people-hooked-prescription-drugs-official-review-calls-national-helpline.html>

Some of my friend would like to reduce their psychiatric drugs but there is no medical support for them to do this ...

Some of my friends feel they are being taken off psychiatric drugs too quickly

...

Some of my friends have said they would like therapeutic communities for their loved ones ...

<https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-act-statistics-annual-figures/2018-19-annual-figures>

<https://www.powertochange.org.uk/news/new-report-reveals-local-authorities-can-strengthen-localism-unlock-power-community-partnership/>

Some of my friends are frightened to complain as they fear this will make their situation worse.

Some of my friends do give feedback (with support) but their concerns are not acknowledged or acted upon.

<https://www.healthwatch.co.uk/report/2019-08-28/creating-learning-culture-social-care>

<https://www.richmondandtwickenhamtimes.co.uk/news/18118905.councillor-criticises-richmonds-carers-strategy-speaking-experiences/>

Many of my friends in the Mental Health system are BAME ...

<https://www.kingsfund.org.uk/audio-video/podcast/david-williams-racism-discrimination-health>

<https://www.kingsfund.org.uk/audio-video/dr-jacqui-dyer-improving-health-urban-communities>

Some of my friends have problems raising funds for good community ideas: -

<https://www.nesta.org.uk/blog/felicitations-madame-mayor-participatory-budgeting-in-paris-hits-new-highs/>

<https://www.kingsfund.org.uk/audio-video/donna-hall-wigan-story>

[https://www.local.gov.uk/sites/default/files/documents/Achieving Integrated Care- 15 best practice actions WEB.pdf](https://www.local.gov.uk/sites/default/files/documents/Achieving%20Integrated%20Care-%2015%20best%20practice%20actions%20WEB.pdf)

<https://www.theguardian.com/politics/2019/jan/09/what-is-a-citizens-assembly-brexit-explainer>

[https://www.oxford.gov.uk/info/20011/environment/1343/oxford citizens assembly on climate change](https://www.oxford.gov.uk/info/20011/environment/1343/oxford_citizens_assembly_on_climate_change)

Repairing our social fabric

<https://www.ukonward.com/wp-content/uploads/2020/03/ONWJ8080-Community-report-200304-WEB.pdf>

Human rights abuses within Mental Health are not considered or acted upon.

For example, I used the Freedom of Information act to request information regarding restraints, seclusion, ECT and serious incidents.

After over 133 correspondences + 4 months this is the information that has been disclosed.

2018	ECT	SERIOUS INCIDENTS	RESTRAINTS	SECLUSION
SLAM	54	99	2559	648
SWLSTG	38	77	1467	255
CNWL	62	116	1775	622
ELFT	59			
West London	24	66	1247	1162

ELFT responded that they cannot afford to collect the information on restraints, serious incidents + seclusion.

How can they afford not to collect this information? given Seni's law.

Next year, time permitting, I plan to gather this information for the 66 Mental Health trusts + ask about medication errors.

Then there is Carolyn Gallery from New Zealand + their approach: -

<https://www.kingsfund.org.uk/publications/payments-contracting-integrated-care>

Though I am not comfortable with Clinical lead decision making (Ben Goldacre's books Bad Pharma + Bad Science are relevant here?) Power to the people I say!

The homelessness work done by Andy Burnham's team is very positive in my opinion ...

<https://www.themeteor.org/2018/12/23/burnhams-bed-every-night-scheme-enough/>

<https://www.theguardian.com/commentisfree/2017/may/10/andy-burnham-salary-manchester-homeless>

The work in Birmingham + Preston is also very interesting

<https://www.theguardian.com/society/2019/may/23/birmingham-to-begin-accident-and-emergency-online-chat-service-in-tech-revolution-for-nhs-care>

"We needed a new economic model. It was obvious that we needed something new and different and radical, based upon the economic crash of 2008 which affected us quite badly.

That wealth extraction, that straight-jacket that we're in, we want to tackle by offering an alternative...

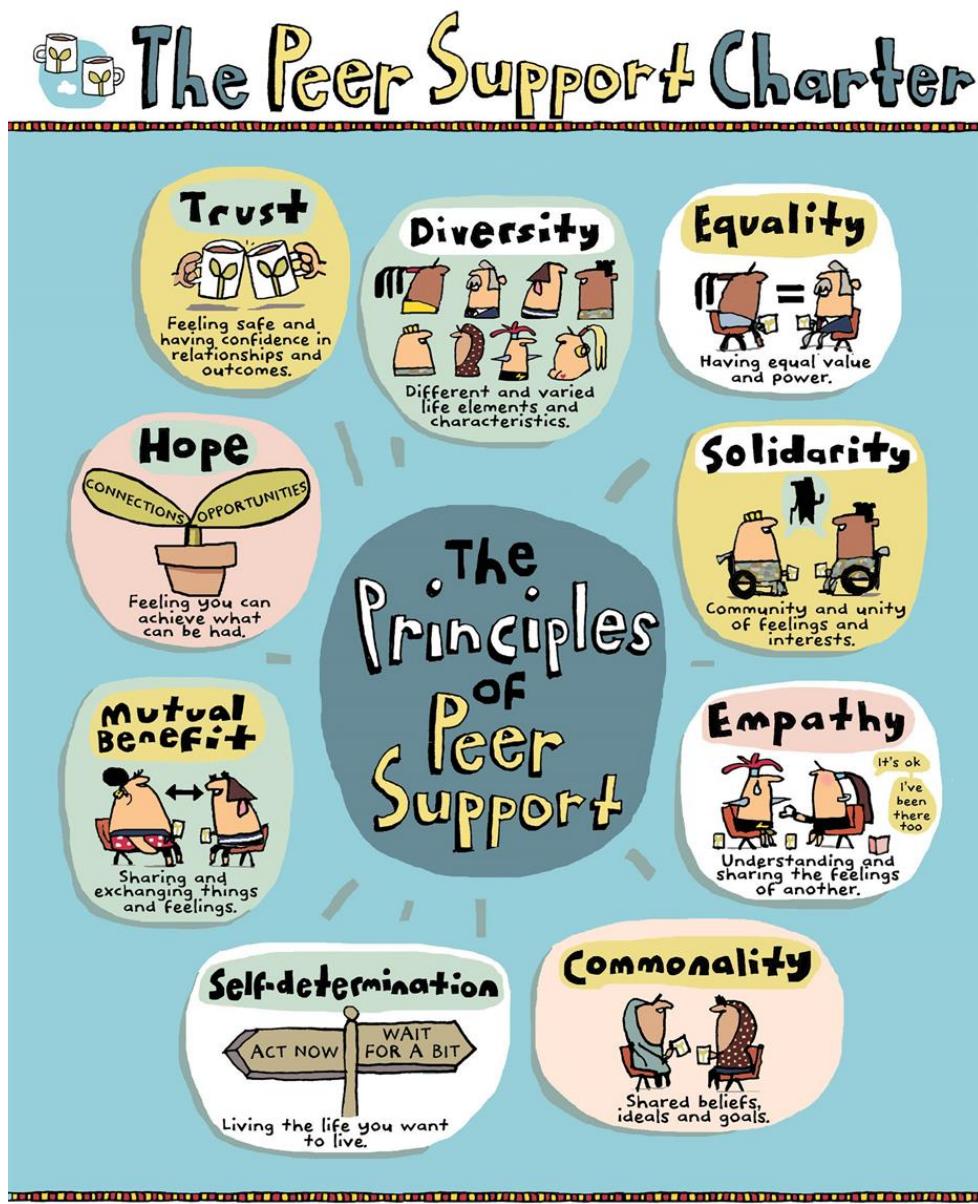
So, you're getting that virtual cycle of keeping wealth in the community and democratising the wealth as well, and democratising the economy.

We are actually bringing that democracy back. And let's compete with the big banks.

If people get educated I think we could create some kind of really strong movement."

~ Preston City Council Leader [Matthew Brown](#)

Experts by experience that are paid and peer support are vital.



CAPITAL
Project
Equality &
Respect IN
Prejudice OUT



National Survivor
User Network



Recovery
partners



TURNING TIDES
ENDING LOCAL HOMELESSNESS



synergy
community



mind
Coastal
West Sussex



mind
OUT
SUSSEX mental health project



YMCA



mind
in Brighton
and Hove



SUSSEX
RECOVERY
COLLEGE
A Journey
of Recovery
and Wellbeing



NHS
Sussex Partnership
NHS Foundation Trust



Southdown

Making Life Work



Sussex
OAKLEAF
www.sussexoakleaf.org.uk

<https://discover.dc.nihr.ac.uk/content/signal-000673/mental-health-crisis-readmissions-may-reduce-with-peer-support>

<https://www.mentalhealth.org.uk/projects/peer-education-project-pep>

<https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/retreat>

Please be aware of the following: -

<https://www.youtube.com/watch?v=zDZFcDGpL4U>

<https://www.taxjustice.net/2018/10/05/how-the-city-of-london-makes-us-all-poorer-infographic/>

Dr James Davies: The Origins of the DSM

<https://www.youtube.com/watch?v=6JPgpasgueQ>

Pat Braken's work

<https://www.youtube.com/watch?v=cV5RKT6Q8qU>

Jo Moncrieff's work ...

<https://www.youtube.com/watch?v=FjTisLX4q1Y>

Joanna Moncrieff and The Radar project FEEL (Friends of East End Loonies) hosted this event at Kingsley Hall with Joanna Moncrieff critical psychiatrist...
<https://www.youtube.com/watch?v=eAnVi3Zuay4>

<https://www.madinamerica.com/2019/04/psychiatrists-view-drug-free-programs-psychosis-unscientific-study-finds/>

Hearing Voices Network

<https://www.hearing-voices.org/>

nsun (national survivor user network), network for mental health in England, UK. Independent,

<https://www.nsun.org.uk/>

national paranoia network

<http://www.nationalparanoianetwork.org/>

Zero tolerance to suicide alliance
<https://www.zerosuicidealliance.com/>

<https://discover.dc.nihr.ac.uk/content/signal-000672/guided-online-interventions-can-help-people-recover-from-depression>

<http://www.suicidecrisis.co.uk/>

Micheala Amering's work

<https://news.liverpool.ac.uk/2014/04/25/viewpoint-the-medicalisation-of-human-distress/>

<https://www.shapingourlives.org.uk/wp-content/uploads/2016/05/FROM-MENTAL-ILLNESS-PDF-2.pdf>

Ben Goldacre's Bad Pharma and Bad Science that Doctors and academics made up illnesses for money !

Then there is the BBC series The doctor how gave up drugs

<https://www.bbc.co.uk/programmes/b0b578bd>

<https://www.thetimes.co.uk/magazine/the-times-magazine/is-there-a-cure-for-alzheimers-disease-f9tp8st9w>

Universal citizen wage

Jon Stone The UK's welfare system should be replaced with a single universal basic income paid to all citizens

<https://www.independent.co.uk/news/uk/politics/replace-the-benefits-system-with-a-universal-basic-income-paid-to-all-citizens-think-tank-recommends-a6777101.html>

A no-strings basic income? If it works for the royal family, it can work... Don't choke at the idea of a universal basic income. It benefits many – from beggars to entrepreneurs

<https://www.theguardian.com/world/2015/dec/26/dutch-city-utrecht-basic-income-uk-greens>

Citizen control	Degree of citizen power
Delegated power	
Partnership	
Placation	Degree of tokenism
Consultation	
Informing	
Therapy	Non participation
manipulation	

Old power	New power
Currency	Current
Held by few	Made by many
Pushed down	Pulled in
Commanded	Shared
Closed	Open
transaction	relationships

<https://kingsfundmail.org.uk/21A8-65EAV-E6P6XO5H88/cr.aspx>

Driving forward health equity – the role of accountability, policy coherence, social participation and empowerment

<https://apps.who.int/iris/bitstream/handle/10665/324901/9789289054133-eng.pdf>

Conferences

- ✓ Career development
- ✓ Status
- ✓ Hierarchical control
- ✓ Platform for expert knowledge.

Death by PowerPoint

Passive

Hierarchical and elitist



UNConferences

- ✓ Democratic
- ✓ Participant-led
- ✓ No agenda
- ✓ Active
- ✓ Sharing collective knowledge



“The sum of the expertise of the people in the audience is greater than the sum of expertise of the people on stage.”

Dave Winer

The Royal College of Psychiatrists booklet “Schizophrenia” (page 26) states: -

“...if there is an inaccurate or abusive item about schizophrenia in the press, a radio talk show or a TV, don’t get depressed, get active. Write a letter, e-mail them, phone them up and tell them where they are wrong. It works! ...”

Why just restrict this to the media?

How can this be? things need to change pay ratios idea?

Titans of industry earn more than average annual wage in three days By Tom Knowles, Economics Correspondent

<https://www.thetimes.co.uk/edition/news/titans-of-industry-earn-more-than-average-annual-wage-in-three-days-wllxdm3w7>

Green Party | Green Party calls for wealth tax to tackle soaring inequality

<https://www.greenparty.org.uk/news/2017/01/16/green-party-calls-for-wealth-tax-to-tackle-soaring-inequality/>

Hope ?

<https://www.theguardian.com/commentisfree/2017/may/10/andy-burnham-salary-manchester-homeless>

From the Economist

<https://films.economist.com/nowandnext/#work-next>

If I am lucky enough to never need surgery, then a road sweeper is more important to me than a surgeon?

Or should I sweep the road myself?

The Mental Health act needs to be repealed it is one of the few areas of law where you can be locked away for something you may do!

Restraints, ECT and serious incidents in the Mental Health system needs to be reviewed by members of the public.

<https://www.cqc.org.uk/sites/default/files/20161213-learning-candour-accountability-full-report.pdf>

<https://www.cqc.org.uk/publications/major-report/monitoring-mental-health-act-201819>

Not just me?

<https://www.theguardian.com/world/2018/oct/01/police-stun-guns-mentally-ill-patients-health-uk>

<https://www.theguardian.com/society/2018/oct/04/secure-hospitals-are-not-penal-institutions>

<https://www.theguardian.com/society/2018/oct/08/ptsd-rates-increase-in-uk-military-personnel>

<https://www.independent.co.uk/news/health/depression-withdrawal-symptoms-antidepressants-side-effects-nice-prescription-drugs-a8565066.html>

'It's Torture': Critics Step Up Bid to Stop Use of Electric Shocks on Children

From *The Guardian*: A coalition of advocacy groups led by Disability Rights International have written to the human rights arm of the Organisation of American States, based in Washington, demanding that the U.S., which is one of its 35 member states, impose a federal ban on electric shock.

Neuroscientists Make a Case against Solitary Confinement

From *Scientific American*: Neuroscientists, lawyers and activists have teamed up with the goal of abolishing solitary confinement as cruel and unusual punishment, stating that social isolation and sensory deprivation can have traumatic effects on the brain, many of which may be irreversible.

Some things I have known for years ...

<https://www.theguardian.com/society/2018/sep/09/nhs-land-earmarked-for-sale-to-developers>

<https://www.gov.scot/policies/land-reform/community-right-to-buy/>

<https://www.theguardian.com/society/2018/sep/11/nhs-care-regulator-says-sexual-incidents-commonplace-in-mental-health-units>

<https://www.ombudsman.org.uk/news-and-blog/news/1-5-mental-health-patients-dont-feel-safe-nhs-care-ombudsman-finds>

Mental Health is one of the few areas where you cannot refuse treatment.

Mental health hospitals need to be closed as per Italy and a move to respite implemented: -

[http://www.richmondandtwickenhamtimes.co.uk/news/14778547.Police officer tells how new mental health haven spares people trauma of being sectioned and saves colleagues hours of work/](http://www.richmondandtwickenhamtimes.co.uk/news/14778547.Police%20officer%20tells%20how%20new%20mental%20health%20haven%20spares%20people%20trauma%20of%20being%20sectioned%20and%20saves%20colleagues%20hours%20of%20work/)

<https://www.nuffieldtrust.org.uk/news-item/reinventing-the-hospital>

<https://www.theguardian.com/books/2015/aug/19/man-who-closed-asylums-franco-basaglia-review>

Then there are people assemblies to resolve the poor public services we have?

https://www.youtube.com/watch?v=AEab_qDwk

<https://youtu.be/aOtFYMDiOtl>

<https://youtu.be/d8eqWBVtD2g>

<https://www.youtube.com/watch?v=wPHXx8VMhMM>

<https://youtu.be/3MpozzEMIkE>

https://www.youtube.com/watch?v=0ddU_UaBfPI

<https://www.bbc.co.uk/sounds/play/m0000mkd>

http://www.nlgn.org.uk/public/wp-content/uploads/The-Community-Paradigm_FINAL.pdf

<http://www.nlgn.org.uk/public/wp-content/uploads/Community-Commissioning.pdf>

10 Things FAB TEAMS DO! They...

1. Create a shared VISION of the future, and move towards it together.



2. Challenge the status quo together, so no one has to face scary change alone



3. Sign up to...



(change is built on a commitment to a different future, not performance management)

4. Value and embrace difference and healthy conflict.



5. Help everyone in the team to feel safe and innovate.



(and we don't punish people if they fail).

6. Communicate → TALK! (Don't rely on email)



7. Are KIND to each other. Get to Know each other as people - care about the little things (Like tea + cake!)



@HorizonsNHS

9. Achieve Win-Win for all team members



No 'winners and losers'!

8. Think the best of each other - so when something goes wrong you don't blame other people's incompetence.



10. Are highly productive - the sum is greater than its parts.



From Alexis Quinn :-

My name is Alexis Quinn and I am autistic.

In 2012 I was detained under the mental health act for almost three and a half years. I spent time in various psychiatric hospitals and an Assessment and Treatment Unit. The reason I was there was because I am autistic and other people, who were not experts in autism, decided I should not be allowed to leave. Whilst there I was drugged, restrained, secluded, put in long term segregation. I was mistreated.

The events witnessed in the recent Panorama documentary 'Hospital Abuse Scandal' and which I detail in my book, Unbroken, showed vulnerable adults who are autistic or have a learning disability being abused and mistreated. These events were truly shocking but because of my experiences, I did not find them surprising. That's why I'm working with the National Autistic Society to try and bring about change.

To watch the denial of vulnerable people's human rights should be regarded as a national scandal but all the more so considering the Government has failed to stop the use of inpatient units such as Whorlton Hall, through its recently-ended Transforming Care programme. Over 2,000 children and adults remain locked up despite Government promises to end their use.

This is not a question of money, or funding – millions of pounds are spent on keeping vulnerable children and adults locked up hundreds of miles from their homes. This is about where the money is spent and what kind of service it is spent on. Autism and learning disabilities are not a mental health condition.

My time in inpatient care cost the state approximately £2.5 million. In reality I could have been easily treated closer to or even in my home and with the support of my family and friends which would have cost a fraction of this amount. The right use of the money spent on locking up autistic people and people with a learning disability is on community services, where people can be in their own homes or closer to their families, not in mental health inpatient units. Instead I was locked up, shut off from my family, leaving my baby daughter with no mother for months. I needed help – I asked for help – and instead I got this.

The time has come for reviews and investigations to end. No more empty promises. No more warm words.

We need action from the Government to stop the use of inpatient units and to safeguard the human rights of vulnerable adults like me, and like Clare, Alex and Paul who we saw in the documentary, who are autistic or have a learning disability.

I call upon the Government to end the abuse and mistreatment of autistic people and people with a learning disability in inpatient units by doing the following:

- Declare that autistic people and people with a learning disability are #HumanToo and must have their human rights safeguarded
- Immediately commit to make money available to set up the right community services for autistic people and people with a learning disability - and that this is ring-fenced
- Change the wording of the definition of 'mental disorder' in the Mental Health Act, which currently includes autism and learning disability –

whilst legally safeguarding 'at risk' individuals access to Care & Treatment Reviews

- Establish accountability right across Government to make sure this happens

For information and support on this issue you can visit the [National Autistic Society](#) website.

<https://www.kingsfund.org.uk/audio-video/population-health-animation>

<https://www.youtube.com/watch?v=EHkozMIXZ8w>

<https://www.youtube.com/watch?v=dvba62gObhw>

<https://www.youtube.com/watch?v=t4LwS5GPgEA>

Hope this information is useful.

Best wishes

Wendy Micklewright