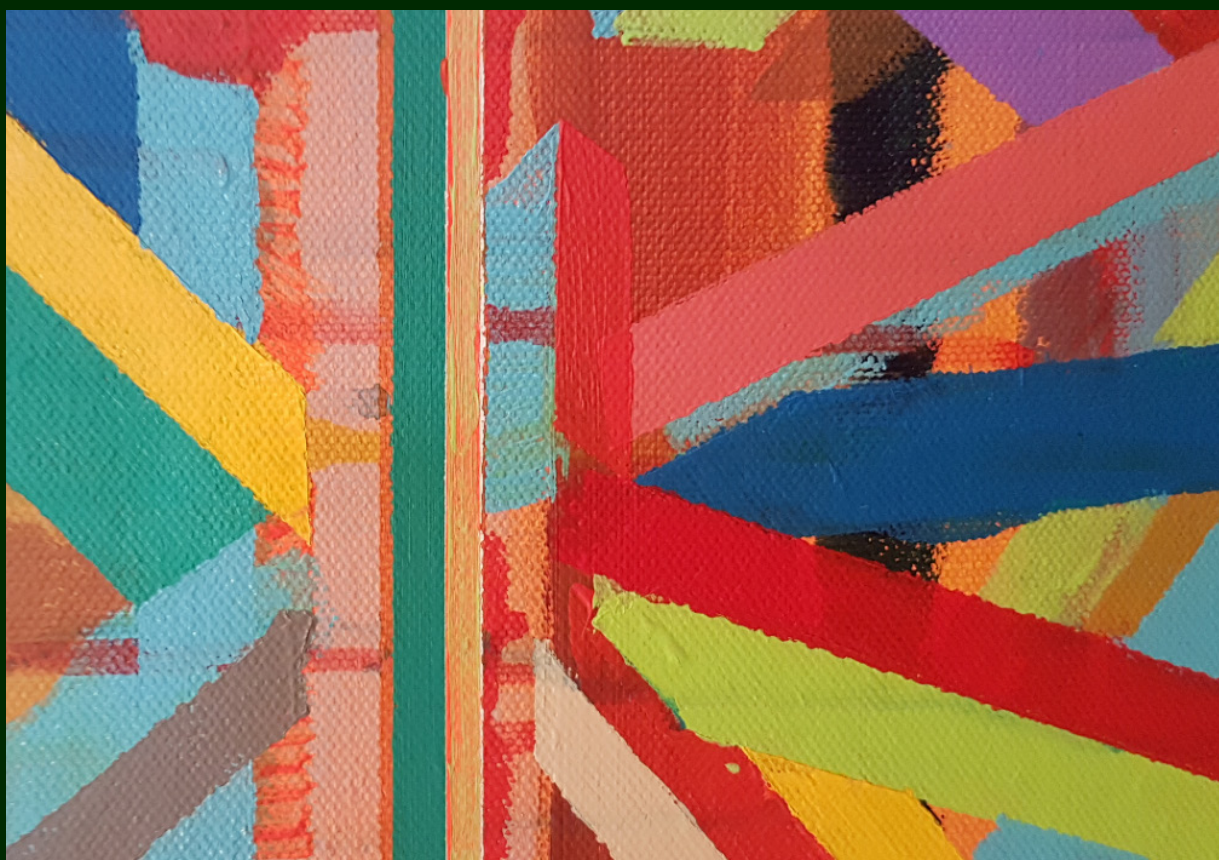


# WYTHAM HALL

Annual Report 2017-2018



*Breaking the cycle of street homelessness*

*'Without the eye, the head is blind. Without the head, the eye is adrift.'*  
*Darby Bannard*

The front cover image is a detail from one of the Wytham Hall painting prize winning paintings.

*'Our greatest glory is not in never failing, but in rising every time we fall.'*  
*Confucius*

# WYTHAM HALL ANNUAL REPORT

1st April 2017 – 31st March 2018

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Wytham Hall is a Charitable Company Limited by Guarantee.

## ■ WYTHAM HALL - An Introduction and background

Wytham Hall, in its initial incarnation (founded 1984), was established to address a need identified by both Great Chapel Street Medical Centre and the medical profession generally. Those involved had begun to recognise the need for somewhere for homeless patients to convalesce following treatment, as a direct return to rough sleeping was undoing their efforts and the alternative lengthy hospital stay was costly, wasteful of resources and not medically necessary otherwise.

At that time Wytham Hall provided temporary accommodation, ongoing medical care and a therapeutic convalescent environment.

As an increasing number of patients began to express a wish not to return to rough sleeping upon discharge, Wytham Hall expanded its service to include some supported housing accommodation. Although this would itself be temporary, it allowed for a more sustained period of input from staff and the attendant opportunity to address deeper rooted problems that were likely to have been at the source of their having become homeless in the first place.

In 2007, this model could no longer be sustained financially and Wytham Hall became focussed on supported housing and remains so to this day.

The classification of someone as 'Homeless' refers to a broad spectrum of people and includes groupings that are not necessarily those that initially enter most people's minds when they think of the subject. Besides the rough sleepers, the classification covers those that, upon leaving a rehabilitation centre, or prison, cannot return to their previous home. It also refers to those that are newly arrived in the country and have no home in place. Almost all of our residents remain classified as homeless during their time with us, as our accommodation is classified as 'temporary'. Wytham Hall has evolved over the years, and continues to do so, as the needs and nature of those we help, and our resources, have changed. Whilst much has changed, the underlying principles that recognise the individual and seek ways to engage them in a way that is meaningful to them, remains at the heart of what we do.

A number of published papers and articles have been written by members of Wytham Hall since 1984. A list of these can be found on the inside back cover of this report and will be available following the imminent relaunch of our website.

*Andrew Keck*



*Dr. Philip Reid Director*



*Dr. David El Kabir Principal*

## ■ BOARD OF TRUSTEES

Dr David El Kabir, M.B.E., M.A., D.M. (Oxon), M.B., B.Chir. (Cantab), F.R.C.G.P.  
Principal of Wytham Hall

Peter Barry, MBA (Cass), FCCA, Dip.M, I.M.I.S. FloD  
Finance Director, Meiko UK Limited. (Chairman)

Lady Reid (Jane Reid) MA Oxon, MA Cape Town. (Vice-Chair)

Professor Sir Brian Jarman, O.B.E., M.A. (Cantab), Ph.D., M.B., B.S. (London), F.R.C.P.,  
F.R.C.G.P., F.F.P.H., F.Med.Sci.  
Emeritus Professor, Imperial College, Faculty of Medicine

Dr Philip Reid, B.A. (Oxon), M.B., B.S. (Lond), M.R.C.P., M.R.C.G.P., D.R.C.O.G.,  
General Practitioner, (Vice-Principal)

Dr David Alexander Sturgeon, Consultant Psychiatrist at the UCL Psychological Therapies Service;  
formerly Consultant Liaison Psychiatrist at UCL Hospitals. (Vice-Chairman) (resigned 18/6/18)

Dr Philip Joseph, B.Sc., M.D. (Lond), F.R.C.Psych.  
Senior Lecturer & Honorary Consultant in Forensic Psychiatry, St Mary's Hospital, London;  
Honorary Senior Lecturer in Forensic Psychiatry, Institute of Psychiatry, London (resigned 5/6/17)

Caroline Moore, BA (Oxon)

Edward Fox, O.B.E (resigned 18/9/17)

Sue Fish, BA (Cantab) (appointed 22/10/18)

## ■ PATRONS

Theodore Zeldin, C.B.E., F.B.A., F.R.S.L., F.R.HisC.S., M.A., D.Phil. (Oxon)  
David Shaw, C.B.E., F.R.C.P. (Lond), F.R.C.P. Edin, Hon. F.C.S.T.  
Terry Bamford, O.B.E., M.A. (Oxon), Dip. Soc. Admin

Solicitors: Dibb Lupton Alsop, 125 London Wall, London EC2Y 5AE

Auditors: Alliotts, Imperial House, 15 Kingsway, London, WC2B 6UN

Bankers: HSBC, 196 Oxford Street, London W1A 1EZ

## ■ MEMBERS OF WYTHAM HALL

### ■ RESIDENT MEMBERS

Dr David El Kabir, M.B.E., M.A., D.M. (Oxon), M.B., B.Chir. (Cantab), F.R.C.G.P. (Principal)

Dr Philip Reid, B.A. (Oxon), M.B., B.S. (Lond), M.R.C.P., M.R.C.G.P., D.R.C.O.G.,  
General Practitioner, (Vice-Principal)

### ■ NON-RESIDENT MEMBERS

Andrew Keck, B.A. Hons.  
Manager

Stephen Tufnell, B.Sc,MA., Dip.Couns.  
Manager

Bridget McCarthy, Cert. Therapeutic Counselling  
Service Leader

Magda Drozdowska, NVQ 3 in Health & Social Care, Postgraduate Studies of Journalism and  
Social Communication, Faculty of Humanities.

Dr Nad'a Horakova, M.D. (Prague), General Practitioner, Hertfordshire

Danylo Yershov, M.D. (Prague) Junior Clinical Fellow, Basingstoke and North Hampshire  
NHS Foundation Trust

### ■ VISITING MEMBERS

George Osborne, F.C.C.A. Accountant



## ■ Chairman's Report

Wytham Hall had a reasonably good financial year showing a small surplus of £3,069, which was all derived from the continuing activities during the year. In a somewhat volatile and sometimes challenging financial environment I am pleased to report that the charity remains a viable operation.

The financial administration and accountancy has now been brought in house with a view to having greater control over the running of the charity.

In the year a number of residents were successfully rehoused and we have begun to adopt a more informal and individual approach in our interactions with residents; this seems to have had a positive effect even on people who have struggled elsewhere.

We are grateful to some of our former residents who have returned to coach current residents about independent living and we hope this will develop further.

Refurbishments and decoration have been carried out at two of our properties, 7 Charfield Court and 117 Sutherland Avenue along with extensive building repairs and decoration at Lanhill Road.

The Painting competition ran during the course of the year. The new paintings in the communal rooms at Wytham Hall have lifted the atmosphere and created bright and exciting environments.

We have introduced a counselling service and I am pleased to say that a number of clients have taken advantage of this and attended regularly. We have also provided motivational support, where a volunteer visits weekly and meets with residents to encourage them to try new things. As a result, one resident plans to travel abroad for the first time.

Wytham Hall, although hosting a Christmas gathering and purchasing residents a small gift, has not historically marked the festivities by way of decorations and a tree. This year a resident by chance found a solitary Christmas tree branch abandoned on the street and propped it up on the first-floor landing and then sought donated decorations from staff



and residents, whilst stipulating that no money should be spent. However one resident had nothing suitable, so purchases were allowed as long as no more than £1 was spent. The decorations peaked with the addition of a battery powered string of lights.

The 'tree' cheered everyone when entering that landing space and felt very 'Wytham Hall'. A photograph of the tree (with brief text) will be used as this year's Christmas card.

The management team has been increasing awareness of Wytham Hall in the sector as a whole through attendance at cross-sector meetings and through inviting external workers to visit.

In addition, for Informal visits we have produced two concise sheets (one for external staff and one for prospective residents). A further two sided brochure for prospective residents has been designed with the help of one of our current residents and is reassuring about the informality of the approach at Wytham Hall.

I would like to thank our benefactors, many supporters and collaborators for helping Wytham Hall to continue to support those who have been homeless to regain their confidence and independence.

Finally a big thank you to all of the Wytham Hall staff who have again demonstrated their flair and creativity in pursuit of Wytham Hall's aims and ethos.

*Peter Barry*  
*Chairman*

## ■ Managers' Message

It has been a very challenging year, but one with many lovely moments tucked within it. It has been a year for attempting to consider what we do as an organisation, how we do it and whether our approach works as well as it might. It has also been a year for considering the effectiveness of the external agencies that we turn to in support of our residents and how we might respond to the impact upon them of the ongoing austerity measures that have drained them of resources.

It has been a year of, at the very least, the beginnings of improvements.

We have needed to assess our internal strengths and our weaknesses, bearing in mind that, as they used to say at the cinema, "we can't please all of the people, all of the time", we have begun to make decisions regarding where we might most effectively focus our efforts and funds.

In response we have paid to bring a counsellor in house for one afternoon per week and have been extremely lucky also to have a volunteer meet with certain residents for an hour each week to work on confidence building and motivation.

We have reviewed the process by which our residents come to move into our accommodation, in an attempt to ensure that potential residents are effectively and fairly assessed and are not hampered by nervousness and any preconceived ideas about us. We have also further developed our procedures to better enable us to identify those potential residents who are not suitable for our accommodation and approach. There is nothing to be gained for either side by setting people up to fail and we have a very strong desire to avoid the negative impact that unsuitable residents can have upon existing residents. That said, we have taken on some very complex residents and our newest member of staff (Magda) deserves great praise for her efforts as she has taken on the brunt of this work.

We have had a number of rehousing successes, including some who had been with us for many years. Their absence remains tangible.

We have been delighted by the number of ex-residents that have continued to visit and to contribute, however unconsciously, to the support we provide. The opportunity for a current resident to talk with a resident that has successfully been rehoused about their experiences is invaluable in building their confidence to take the same daunting step.

On a couple of occasions current residents were invited to visit the new homes of ex-residents to see for themselves. None of these conversations, or invitations to visit, were co-ordinated by the staff team and we are indebted to those ex-residents for having the kind of positive impact that money cannot buy.

We are also indebted to residents that contribute their skills to assist us when our knowledge base is limited and who offer us an invaluable insight into the realities of street homelessness and how Wytham Hall might best reach across the divide. For example, our new two sided brochure was co-produced with one of our residents who provided the sage advice to include as many direct quotes from residents as possible. They explained that rough sleepers would often view us with suspicion and as authority figures and therefore we should let the residents advocate for us, as it were.

We remain grateful to Miles Davis (Manager at Great Chapel Street Medical Centre) on an ongoing basis, whose greater managerial experience continues to prove invaluable.

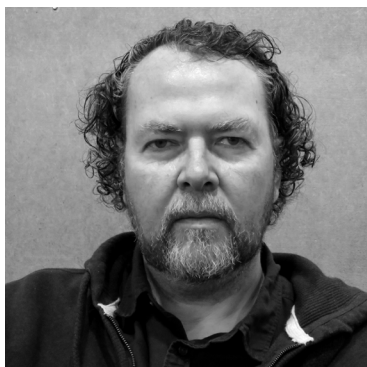
We would also like to express our appreciation to the Trustees who have stepped in to provide valuable advice, input and effort throughout the year. It has felt far more like a larger team effort and this has been greatly appreciated when we have occasionally become overwhelmed.

Finally, we would like to express our gratitude to the Artists, both those that took part in the painting competition and the two Royal



Academicians who very generously donated paintings. As a working environment for staff and as a meeting place for residents, it feels as though the sun has come out after a lengthy period of overcast weather.

Stephen Tufnell & Andrew Keck



Andrew Keck  
(Joint Manager)



Stephen Tufnell  
(Joint Manager)

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## ■ SUPPORTED HOUSING REPORT

When fully occupied, Wytham Hall provides accommodation and (importantly) support to 25 people that have found themselves classified as homeless. They are housed in one of four properties which are all situated within a short walking distance of the main office.

Twenty one of our rooms are part funded by Westminster City Council.

The vast majority of our funding comes from rent collected (five sixths), with Housing Benefit payments making up the bulk of such income. Other monies donated are typically utilised to fund specific creative projects.

The staff team of 4 are based in the main 'Wytham Hall' building, which also houses 9 of the residents.

We provide support when able and act as a signpost and/or referral agency when not. In these times of significant cuts to services we feel more on our own than at any time I recall. In response we have sought ways in which to bring in help from outside and to further develop that which we offer.

This year we have very much increased our use of informal visits as part of our assessment process. Two one sided leaflets have been produced, one for external staff and one for prospective residents, that can be emailed out, printed off and given to a prospective resident prior to their committing to any formal referral process. During such an informal visit nothing is asked of the client, not even their name. They are told something of our history, informed of our strengths and weaknesses, introduced to the staff team and given a tour of the main building.

We believe that both sides of the equation benefit from this approach. The prospective resident is able to see that we are not what they might have imagined us to be i.e. very much not a hostel and not a large stately home at the end of a leafy driveway. They can ask as many questions as they need without giving anything of themselves. At its best, this approach can rapidly transform a reluctance into an enthusiasm. There is also the additional bonus, that the prospective resident might be more relaxed in their approach to the formal assessment.



Recently refurbished kitchen

From the staff perspective, our having met the prospective resident can enable us to tailor our approach to the assessment for the benefit of both parties. There are also the beginnings of a familiarity that allows staff to be a little more candid in their choice, and wording, of questions.

In addition, a two-sided brochure was co-produced with one of our residents, that provides information about Wytham Hall in a little more depth. On the advice of that resident, the brochure utilises the voices of our residents to talk to prospective residents, rather than the voices of the staff team, who, despite their genial appearance, are still likely to be viewed as authority figures and therefore with suspicion.

Recognising that there is more to coming indoors, after a period of rough sleeping, than merely shutting a door behind you, we make an effort to pay attention to small details and to use small acts to make big gestures. Books are occasionally purchased and given as gifts, music is directed to those we feel would

appreciate it and a whole world of things that may be of interest is enthusiastically recommended.

Historically formal contact between staff and residents took place within the ground floor office space and for many of our residents this practice continues to this day. For an increasing number, the formality of the setting, combined with notes being taken whilst they talk, puts an unhelpful distance and a degree of mistrust between staff and resident. In response, much more contact now takes place away from both Wytham Hall and the residents' home and, ideally, over coffee and even more ideally cake. This has proved a very effective practice and such outings often contain a social element alongside discussion of the residents' presenting issues. For people who are often socially isolated this can prove valuable in itself and can reacquaint them with social skills that may have atrophied over time. I should add that it is not uncommon to hear complaints that this practice has led to a resident having developed a coffee shop 'habit' that they can ill afford!

Such contact has often led to revelations that have transformed the relationship between staff and resident and such revelations have revealed previously hidden events/problems that are often at the heart of how someone has come to be homeless and in how they might most effectively be supported to take a step forward.

The more formal 'key work' meetings remain in place for most residents, or in some cases a mixture of the two. In the remaining cases they have been replaced by ongoing casual contact which is written up later.

\*

All residents are required to be abstinent from both non-prescribed drugs and alcohol for the duration of their time at Wytham Hall, both on and off the premises. Within the borough of Westminster, we remain the last bastion for this approach and we believe it important that we remain so. It provides supported housing to those that have decided to turn away from that lifestyle and also to those that do not wish to spend any time in its proximity, which would be inevitable were they to be supported anywhere else within the sector.

Having said this, drug and alcohol recovery is by no means our focus as an organisation, it is merely something we require from our residents to give us the best chance of affecting their lives in a healthy manner. Any analysis would suggest that mental health is our most significant support need with physical health needs the next most common as can be found elsewhere in this section.

To convey an accurate picture of how we work and where our focus lies, we have been making efforts to attend far more cross sector events than historically, so that we can present a more accurate picture of our work. There has also been an increase in the number of people from other organisations within the sector who have been invited to pay informal visits to Wytham Hall to gain a better feel for what goes on here.

\*

The less obvious heroes of Wytham Hall, with regard to providing support and bringing about change, are some of the residents



Recently refurbished bathroom

themselves. With the best will in the world, the current staff team cannot match the levels of empathy offered by those that share direct experiences of being homeless. Another area in which we can often easily be outshone is with regards to trust as, for some, we remain figures of authority despite our demeanour and approach.

\*

People are admitted to Wytham Hall at a stage within the homeless sector where the subsequent step will be taken to either full independence, or to significantly more independence than Wytham Hall allows, but with a safety net of low-level support remaining in place. Bearing this in mind we require of our residents the same standards of social interaction that we, as a staff team, expect of each other. This mutual respect goes a long way toward the relaxed atmosphere that by and large prevails.

\*

The homeless population is extremely diverse and any attempt to rely solely on an inflexible programme that residents are required to pass through, will in many cases fail miserably. Wytham Hall attempts to be reactive to our client's needs as much as possible, whilst remaining within professional boundaries. That being said, we do aim to offer structured events and programmes that are available for

those that may benefit from them and indeed there are many that do.

It should be recognised that residents do not enter Wytham Hall with a set of problems and depart with all their difficulties resolved and ready to take their place back within the wider society, as though this period of their life did not occur. Therefore, we make efforts to remain focussed on what is realistically achievable and to celebrate achievements regardless of their size.

\*

We continue to be very effective in providing support to those that have declined offers of support from other organisations. So that potential residents can get a feel for Wytham Hall before agreeing to a formal referral being made, we offer (as mentioned elsewhere) the option of an informal 'no name, no pack drill' visit, during which we tell something of the history of Wytham Hall, of our approach and demonstrate via face to face contact and a tour around our main building, that we may not be quite what the prospective resident might have imagined us to be.

\*

The process of refurbishing all of our premises has begun and will continue as finances allow. One of our flats is already complete and now very much looks as though it belongs in the twenty first century.



Bridget McCarthy  
(Team Leader)



Magda Drozdowska  
(Supported Housing Worker)

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## ■ THE ART COMPETITION

### **A new look for Wytham Hall**

In the past two years or so Wytham Hall has been redecorated both inside and out, and it occurred to some of the trustees – including me – that it was time to look for some new pictures to replace the old ones which have hung on the walls of the main rooms for many decades.

Once this was agreed, the question was: how to do it? The rooms are huge, the walls high, the space for pictures vast ... and if you go out and buy big pictures (they are often priced by square metre) they are very expensive.

The answer was **The Wytham Hall Painting Competition.**

In 2016 I invited an old friend of mine, Vanessa Jackson RA, to the Open Day, and afterwards we came up with the idea of a competition to provide new pictures. We ran the idea past the Board of Trustees and then recruited Daniel Sturgis, Head of Painting at Camberwell Art School, and Chris Clarke, formerly Head of Art at Westminster School, to help us to work out how to do it. We decided to invite post-graduate students at London art colleges to submit up to six paintings each, for cash prizes and a certain amount of publicity. Early in 2017 I presented





The art competition prizegiving evening

the idea to the Trustees: the Chairman gave approval for the necessary funds, the Board gave us their blessing – and we went ahead...

So, in May 2017 we sent out a preliminary notice announcing the Wytham Hall Painting Competition, offering a total of £6000 for up to 6 large-scale paintings at a rate of £1000 each, to brighten the public rooms at Wytham Hall (and also explaining that Wytham is pronounced White'm).. We followed this up with a similar notice at the beginning of the new academic year, by which time we were able to announce the names of the whole Selection Committee, adding painter Danny Rolfe and critic Sacha Craddock to the original three.

The flier directed potential applicants to the Wytham Hall website, and here I must acknowledge Stephen Tufnell's notably efficient and always cheerful help, not only in setting up the excellent website for us but also in managing the technicalities of the two-stage selection procedure – electronic submission first, then viewing the pictures shortlisted. This enabled us to do everything in house and reduced expenses almost to zero. The closing day was the 1st of March 2018, and a day or two later the Selection Committee viewed 126 jpegs of paintings by 28 applicants, from which they chose 21 paintings by 9 artists, who brought them to Wytham Hall for the final selection later in the month. Their final choice was six paintings by five young artists, who

were presented with their cheques by Brian Eno at a well-attended reception in May 2018.

And the result – six large paintings by five young artists brightening the walls of the two big rooms at Wytham Hall.

*Jane Reid*

For the record: the winning painters came from five very different art colleges. Lucy Evetts, with two paintings selected, is studying at the Royal Academy Schools, Phillip Reeves at Goldsmiths, Kundan Mondal at Wimbledon, and Chris Gilvan and Charles Inge at Turps Art School, a relatively new outfit with new ideas in the heart of south London.



Brian Eno and Dr Philip Reid

## ■ Counselling

A new in-house counselling service began in January of 2018, with its design influenced by our residents' completion of a questionnaire. Many residents felt meeting with a counsellor in-house was more beneficial than meeting externally. Often counsellors offer their services within busy environments which are frequented by people that our residents would prefer, if not need, to avoid.

The problems often faced by our residents leave them suffering with varying degrees of mental health problems and, for some, counselling is a way of beginning to address these problems. Wytham Hall allows residents time to reflect on their lives in a quiet environment and in doing so, often brings such problems to the fore. This presents both an opportunity and a risk to the resident.

The service offered is open ended, which allows a resident enough time with the counsellor to increase the chance of finding a solution to their problems. Emotional problems can often prevent a resident from moving on to their own accommodation successfully and so gaining stability through meeting with a counsellor is crucial.

Our counsellor, Nina Browne, is provided by an organisation called OWLS. Not only does she offer therapeutic counselling, but also works to improve the psychological input across the entire service. As we work towards engaging residents and encouraging them to take more responsibility for their own development. The staff aim to provide a facilitative, rather than controlling, function. We are also learning how our interactions have an influence on residents.

Therapeutic intervention works most effectively if the client is fully trusting of the person providing it. Often residents will reject an intervention if it feels like they are somehow dehumanised by being involved in a process. Therefore, our aim is to include the residents in every aspect of the decision making process so that they have a part to play in the nature of their support. Thus far this has led to the length of sessions being partly determined by the resident and in one case that the sessions

occur off site and involve coffee.

Another aspect of this work has been the offer to residents that they can meet with the counsellor purely to report on positive as well as negative developments. Perhaps the resident has privately achieved their goal of getting out of bed before 9am for a whole week and due to their social isolation, they have no one to tell in order to receive the equivalent of a pat on the back that many of us take for granted.

We regularly review every aspect of the service to ensure we are learning from the residents regarding what works and what doesn't. This is a new provision and its nature will likely evolve over time. Intended future work will include the provision of more innovative community-based input as there is plenty of evidence to suggest that small interventions help a great deal.

## ■ Volunteering

Wendy Tomlin volunteers with us to provide a service that focuses on enabling residents to become more motivated and successful in pursuit of their interests and the completion of tasks to aid them in successfully moving beyond Wytham Hall and getting on with their lives.

As with counselling, working effectively with clients requires that a level of trust is achieved and therefore much work has taken place to ensure that Wendy has become a part of the Wytham Hall team and known as such by the residents.

Wendy aims to help residents through changes in their lives e.g. planning for a trip, looking for volunteering opportunities, managing risk, working through blocks to success, effective time management and so much more.

Given the time constraints placed on key workers, there is not always time to provide such intense one-to-one support as is offered by her and she is also able to maintain focus on a task until a solution is achieved.

*Stephen Tufnell*



**■ RT**  
**(A former Wytham Hall resident)**

**2018 'A good year'**

My year began with my thinking about volunteering (with encouragement from my key worker). Initially, I wanted to work in a museum, but I found it difficult to secure a volunteer post. After giving it some thought, I decided to volunteer where I could help the homeless, where my lived experience of having been street homeless and subsequently living in supported housing, would be considered an asset. Happily I was able to secure two volunteer roles.

The first, as an engagement assistant in the activities room at Britain's largest day centre. The work involves providing a friendly welcome to the service, helping service users (as they are known) to access computer and telephone facilities and signposting them to services available, both at the centre itself and from external organisations.

Alongside the engagement role, I am now an ongoing member of a service users' panel, which interviews all new applicants for full-time staff positions at the centre. I have also been involved in fundraising activities, which have included radio and film interviews and giving a presentation to potential donors.

My second job is as a 'peer advocate' where I am tasked with enabling homeless people to access homeless services. For this role, I attended and graduated from a 6 week long training course and then obtained my DBS clearance (formerly CRB) which allowed me to work with vulnerable people with complex needs. The activities I am involved in include one to one appointments e.g. getting someone registered with a GP, accompanying a service user to a hospital appointment and/or some in-reach work at hostels or other centres.

I have greatly enjoyed both of these roles. It is very satisfying to support and empower others to make important changes to their lives. I particularly like that it is the outcome for the service user that is most important rather than the outcome for the staff. Empathising with

those who are homeless and a sense of giving something back for all the support given to me personally, are powerful motivating factors for my wanting to volunteer in this area.

In June, after over two years on a waiting list, I moved into my own studio flat and have become 'not homeless'! It has been a happy move for me, but I was extremely sad to leave behind good friends, both the staff and my fellow residents at Wytham Hall. I will be forever thankful that Wytham Hall allowed me the time and space to rebuild my life.

Finally, following an interview, I was offered paid employment as a day-centre engagement worker.

So, as you can see, 2018 has been a very good year.



Photograph by a Wytham Hall resident



Photograph by a Wytham Hall resident

## ■ DESERT ISLAND LISTS

'People who are homeless are not social inadequates. They are people without homes'  
- Sheila McKechnie

### **Thought 1.**

When, away from work, I am asked, in my capacity as one of two managers of a homeless charity, about 'homeless' people, I am keen to remind people that homelessness is situational and not a type of person, anymore than someone who misses a train, spills a cup of coffee, or who forgets their sandwiches, is a type of person. One could say that there are family resemblances that one observes across the homeless sector, but one could never be lulled into believing that everybody is related. When pushed, I typically answer "homeless people are just people".

### **Thought 2.**

Occasionally I hear people express that they don't want to be famous, but that they very much want it to be such that they are invited onto Radio 4's 'Desert Island Discs' programme. I suspect that most of us like to be asked our opinion, especially when we can give it without challenge or interruption. Life seldom offers us such a platform.

### **Idea.**

Therefore, I decided to introduce our own 'Desert Island Discs' variant and I invited those of our residents that I thought would be interested in taking part, to write lists that represent their tastes. Initially I suggested 10 books, 10 television programmes and 10 films. Very soon music was added to the list and I started to hear that some residents were offended not to have been asked and so the number of people involved grew. It became a daily topic of conversation and in some cases it was demanded that the length of the lists be allowed to grow. Apparently entire evenings and weekends were spent absorbed in the task. Over many cups of coffee, favourite comedy moments were revisited, musical tastes were revealed and memories independent of all lists were triggered and related.

### **The lists:**

#### **A.**

##### **Films**

Bad Day at Black Rock  
Goodfellas  
Shenandoah  
The Horse Soldier  
The Outlaw Josey Wales  
One Flew Over the Cuckoo's Nest  
Heat  
Pretty Woman  
The Sting  
Dead Men Don't Wear Plaid

##### **TV Shows**

Frasier  
Rebus  
Wallander  
Tinker Tailor Soldier Spy  
Line of Duty  
Strictly Come Dancing

The Night Manager

Only Fools and Horses

The Brokenwood Mysteries

Blackadder

##### **Books**

The Count of Monte Cristo

- Alexandre Dumas (père)

Prime Suspect – Lynda La Plante

Treasure Island – Robert Louis Stevenson

The Last of the Mohicans

- James Fenimore Cooper

Ivanhoe - Sir Walter Scott

Gone Girl - Gillian Flynn

Sharpe's Eagle – Bernard Cornwell

The Day of the Jackal – Frederick Forsyth

Empire of Silver – Conn Iggulden

Birdsong – Sebastian Faulks

## **B.**

### **Films**

The Rescuers  
Star Wars  
Summer Holiday  
Dumbo  
Fast & Furious 1-7  
The Pink Panther  
Bedknobs & Broomsticks  
Dances with Wolves  
Ratatouille  
The Aristocats

### **TV**

Only fools & horses  
Last of the summer wine  
Open all hours  
Blue Peter  
Trumpton  
The blue planet  
Highway to heaven  
The chase  
Have I got news for you  
New tricks

### **Music**

Oxygene – Jean Michelle Jarre  
Tubular bells – Mike Oldfield  
The summer of 69 – Bryan Adams  
Moondance – Van Morrison  
Mad about the boy – Dinah Washington  
Mack the knife – Bobby Darrin  
Albatross – Fleetwood Mac  
Ashes to Ashes – David Bowie  
Rocking all over the world – Status Quo  
Another Brick in the Wall – Pink Floyd

### **Books**

Thomas the tank engine (1-26)  
– Reverend Wilbert Awdry  
The hanging tree – Ben Aaronovitch  
Foxglove summer – Ben Aaronovitch  
Rivers of London – Ben Aaronovitch  
Killing floor – Lee Child  
Treasure island – Robert Louis Stevenson  
The fox in the attic – Richard Hughes  
The appeal – John Grisham  
Playing for pizza – John Grisham  
The Watchman – Robert Crais

## **C.**

One book is not enough. Once you are invested in an author and a character you want more.

So, these are my favourite book ‘box sets’:

### **Authors**

Patrick O’Brian – Aubrey & Maturin  
Napoleonic Navy adventures  
‘Hornblower for grown ups and the greatest friendship in fiction’.

John Le Carre – Smiley et al  
‘Spies, lies and cynicism. All about what we have lost’.

George RR Martin – Game of thrones.  
‘History meets fantasy and the dwarf trumps them all’.

Lee Child – Reacher  
‘The new Chandler/Marlowe. The most muscular, laconic and enigmatic prose and hero’.

Hilary Mantel – Cromwell  
‘A power-play of politics, personality and Protestantism’.

Philip Kerr – Bernie Gunther  
‘A good German as Berlin goes bad around him in 30’s & 40’s Reich’.

Robert Harris – Cicero  
‘The invention of the Roman politician’.

Mick Heron – Slaughterhouse  
‘Lamb puts the ‘MI’ in ‘misfits’.

CJ Samson – Shardlake  
‘The fear, fanaticism and fetid smell of Henry VIII’s London’.

JK Rowling – Harry Potter  
‘Narnia taught me to love reading books. Hogwarts did the same for my sons. Magic. What more could you ask?’

**D.****Some of my favourite songs:**

These arms of mine – Otis Reading  
 Tired of being alone – Al Green  
 My way – Elvis Presley  
 There must be an angel – Eurythmics  
 One love – Bob Marley & The Wailers  
 The power of love – Frankie Goes To Hollywood  
 Carry me home – Gloworm  
 Bridge over troubled water – Aretha Franklin  
 Let it be – The Beatles  
 Imagine – John Lennon  
 Fortunate son – Creedance Clearwater Revival  
 The first cut is the deepest – P P Arnold  
 The harder they come – Jimmy Cliff  
 Look into my eyes – Bounty Killer  
 Rockaway – Beres Hammond  
 Someday we'll be together – The Supremes

**My favourite films:**

The Shawshank Redemption  
 Jackie Brown  
 Philadelphia  
 The Usual Suspects  
 Bonnie & Clyde  
 The Godfather  
 Stir Crazy  
 Sleepers

**E.****Books**

The night's dawn trilogy – Peter F Hamilton  
 The void trilogy – Peter F Hamilton  
 Laughing gas – PG Wodehouse  
 The Pickwick papers – Charles Dickens  
 Huckleberry Finn – Mark Twain  
 The wench is dead – Colin Dexter  
 His dark materials trilogy – Philip Pullman  
 The hitchhiker's guide to the galaxy – Douglas Adams  
 Wild swans – Jung Chang  
 The Lord of the rings trilogy – JRR Tolkien

**TV Shows**

Time team  
 Have I got news for you  
 Red Dwarf  
 Blackadder  
 Upstart Crow  
 Horizon  
 The sky at night  
 Allo Allo

Humans

Bottom

**Films**

Beetlejuice  
 Blazing saddles  
 The Godfather  
 Goodfellas  
 Aliens  
 Blade Runner  
 The Good, The Bad and The Ugly  
 Jaws  
 Harry Potter  
 Spartacus

**F.****Films**

Saving Private Ryan  
 Stalingrad (German)  
 The Passion of the Christ  
 Jay & Silent Bob Strike Back  
 The Serpent & The Rainbow  
 Pulp Fiction  
 The Mission  
 The Winter War (Finnish)  
 Gladiator  
 Day of a wacko (Polish)

**Books**

The Lord of the Rings/The Hobbit – JRR Tolkien  
 Forrest Gump – Winston Groom  
 303 Squadron (Polish) – Arkady Fiedler  
 The Bourne Identity – Robert Ludlum  
 War in the Pacific (Polish) – Jerzy Flisowski  
 Big Days of the Small Fleet (Polish) – Jerzy Pertek  
 My Life as a Match – Michel Platini  
 Memoirs - Bernard Law Montgomery  
 Mythology - Greek, Egyptian & Roman  
 The Holy Bible

**Music**

Led Zeppelin  
 Therion  
 Joe Satriani  
 Iron Maiden  
 Suicidal Tendencies  
 Death  
 Dance with the dead  
 Pertrubator  
 Dream Theater  
 Marty Friedman



## **G.**

### **Authors**

Irvine Welsh  
Nick Hornby  
George Orwell  
Christof Koch  
Nina Arkani Hamed  
Richard Feynman  
Andy Weir  
Brendan Behan  
Peter Hook  
JD Salinger

### **Films**

The Great Escape  
The Matrix (trilogy)  
Heat  
The Martian  
Saving Private Ryan  
Particle Fever  
The Godfather  
Trainspotting  
Glengarry Glenross  
Limitless

### **Television**

Fawlty Towers  
Porridge  
Only Fools & Horses

Yes Minister/Prime Minister  
The Fast Show  
The Big Match  
Frasier  
Tom & Jerry  
Smack The Pony  
Spaced

### **Music**

The Ronettes - Be my baby  
Bob Dylan - I want you  
The Killers - Mr Brightside  
The Ramones - Sheena is a punk rocker  
Barry White - The trouble with me (live in Belgium)  
John Lennon/Yoko Ono (Plastic Ono Band) -  
Happy Xmas (War is over)  
Van Morrison - Glad tidings  
Mascagni - Intermezzo cavallera rusticana  
Iggy Pop - Lust for life  
Amy Winehouse - Valerie  
Dire Straits - Romeo & Juliet

And finally

### **My list**

**Daniel Craig** - James Bond actor

**Steve Jobs** - Chairman, CEO and co-founder of Apple Inc.

**Cary Grant** - One of classic Hollywood's definitive leading men.

**Benjamin Franklin** – A founding father of the United States.

**Ella Fitzgerald** – “The First Lady of Song”. “The Queen of Jazz”.

**Charlie Chaplin** - For half a century, he was the most successful and instantly recognisable entertainer the world had ever seen.

**Norman Wisdom** – Actor and comedian who performed for the Queen, was lauded by Chaplin.

**Harry Houdini** – Illusionist, stunt performer, actor, historian, film producer, pilot and debunker.

All said to have been homeless prior to their success.

*Andrew Keck*



## ■ RESIDENT PARTICIPATION

The day to day work of Wytham Hall is carried out by only 4 people and this is only possible through the contribution of a number of our residents. The necessity of their contribution should never be underestimated. Often this is seen through the support and encouragement they offer each other, but it is also through their willingness to perform such tasks as remaining at home to receive a delivery on our behalf, or to enable such as an electrician to access a building, thus freeing up the staff team to carry out other tasks.

Sometimes the most successful outcomes for our residents are achieved organically and with no planned intervention from staff. The positive impact of the ex-residents' return visits upon our current residents' optimism about life beyond Wytham Hall, is not something we could buy and/or achieve without them.

Oftentimes the impact is a little more nebulous, but no less significant for all that. Two residents have met with a volunteer weekly to find the courage and motivation to take on new challenges. One of them, a relatively new resident, recently organised a quiz to which all were invited. This generated one of the most pleasant afternoons we have had for some time. It allowed residents to be amongst a group whilst contributing as much, or as little, as they felt comfortable with.

The picture round, which featured a sheet of brand logos with any lettering removed, was particularly popular and surprisingly challenging.

As reported elsewhere in this publication, there have been an encouraging number of people who have taken up the offer of accessing our new weekly in house counselling service. Whether through discussion with other residents, reflection upon their own needs, or encouragement from staff, the residents are recognising the value of this service more and more.

The counsellor is also working to improve the psychological support offered to the residents across the service generally.

Reflecting upon the last year, we have increasingly recognised the importance of focussing far greater attention upon creating networks, social inclusion and developing a purpose to one's life. Developing stronger networks, both within, and without, Wytham Hall, will help clients remain stimulated and provide them with emotional and practical support.

To help us, some residents took part in discussions with the counsellor to think of ideas to support residents in these areas. The residents came up with an idea to meet regularly to play board games. The focus being on fun and enabling the residents to get to know one another in a relaxed environment. The confidence earned from this will hopefully feed into other areas of their lives.

*Andrew Keck and Stephen Tufnell*

## ■ WYTHAM HALL STUDENT FEEDBACK REPORT 2017/18

Wytham Hall continues to retain something of its historical links with the medical profession. Typically two students visit Wytham Hall for an afternoon and meet with a couple of our residents. From the feedback received from students each year, it seems that this practice remains welcome and relevant. I often wonder if the students realise the preparation involved for our residents, both in preparing themselves emotionally and in attempting to anticipate and think through their answers to questions that might be asked.

### **Students**

‘We were given the opportunity to have a conversation with two previously (sic) homeless men who were now residing there. It was a unique and eye-opening experience for me. We could ask questions to the supervisor as well, and she explained to us clearly the history of the place, how it came about, and what it does currently. We were given a booklet on Wytham Hall as well, which gave me a better overall understanding of the place’.

‘Wytham Hall was very well organised and it was the first placement I had. The organisation of this placement allowed me to have an idea of how to prepare and what to expect on my future placements. I was very happy with the amount of time we had to talk to the residents and also the time that the staff member had for us’.

‘The best organised placement, staff had prepared an introduction and for us to meet 2 residents, with a debrief afterwards’.

‘Learnt a lot from this placement and it was good to be able to talk to residents’.

‘Wytham Hall was our first placement, so we were unaware of what to expect. It was really well organised and we were able to speak with 2 patients (sic) for over an hour each, having them share their personal experiences with us - it was really rewarding. We were then able to speak with Bridget about the founding and establishment of the organisation and its like with medical students and doctors with regards to the founder’.

‘The Service Leader spoke to us and gave us an overview of the service. She had arranged for 2 residents with very different stories to come and speak to us alone. If this had been one of my first placements I would have found it very overwhelming to be left alone with a resident for an hour’.

## ■ **BENEFACTORS OF WYTHAM HALL**

**We would like to thank the following organizations and individuals, as well as those that wish to remain anonymous, for their kind donations and gifts.**

### **FINANCIAL YEAR 2017 – 2018**

#### **Trusts and Statutory Bodies:**

The Eleanor Hamilton Trust

#### **Individuals:**

Mr. & Mrs. E. Jupp

Mr. & Mrs. Derx

Ms. S. Wilson

Mrs. A. Hougie

Dr. D. El Kabir

C. Tubb

Mr. S. Reid

Mr. D. J. Reid

Erica Glew

**We would also like to thank the following organizations with whom we regularly cooperate:**

Andrews Computers; The Benefits

Agency; St Mungo's; Chubb

Securities; The Connection at St. Martin's

Great Chapel Street Medical Centre

House of St Barnabas

MAC Electrical Service

The Metropolitan Police and Safer Neighborhood

The Passage Day Centre

The Rough Sleeping Team

Supporting People; Westminster Housing Benefit

Support 4 Volunteering; Groundswell

St Mungo's Clearing House Team

EASL

The Lodge

Furnival Press - TKO Print and Design Ltd;

CMHT (Central Locality

Team); Ruth Miller (Diabetes Nurse Consultant)

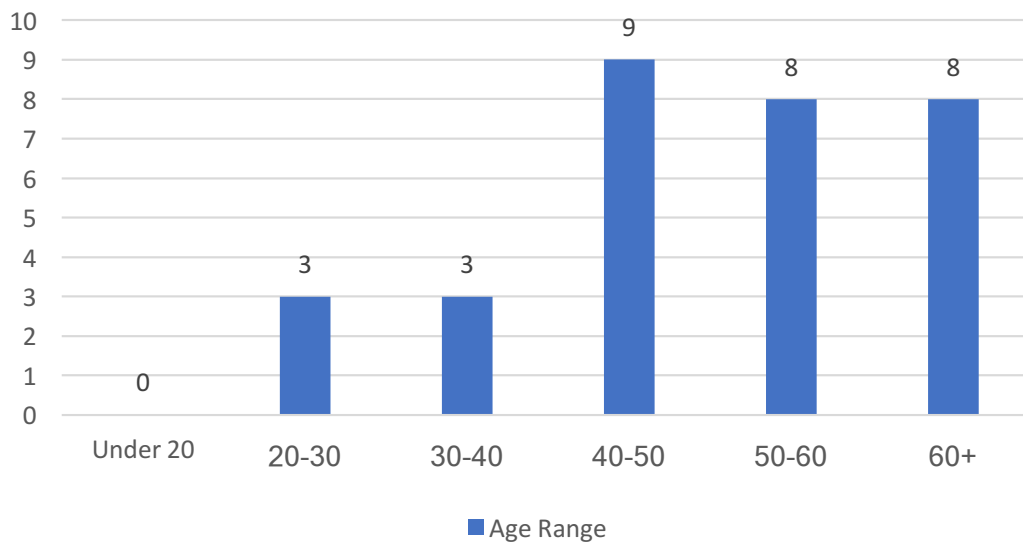
North West London Transformation;

Nina Browne (Counsellor – Owls)

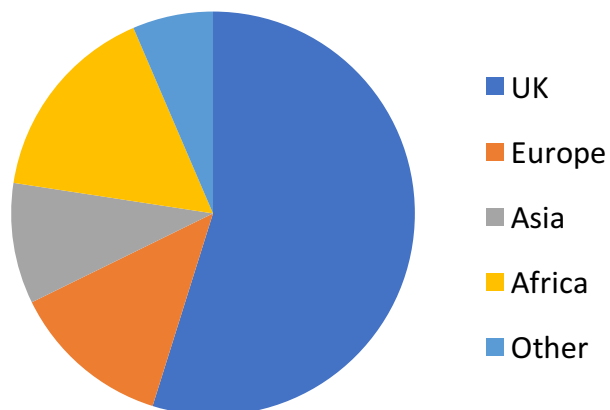
Wendy Tomlin (Volunteer)

Heather Lane (Community Nurse Specialist at St John's Hospice)

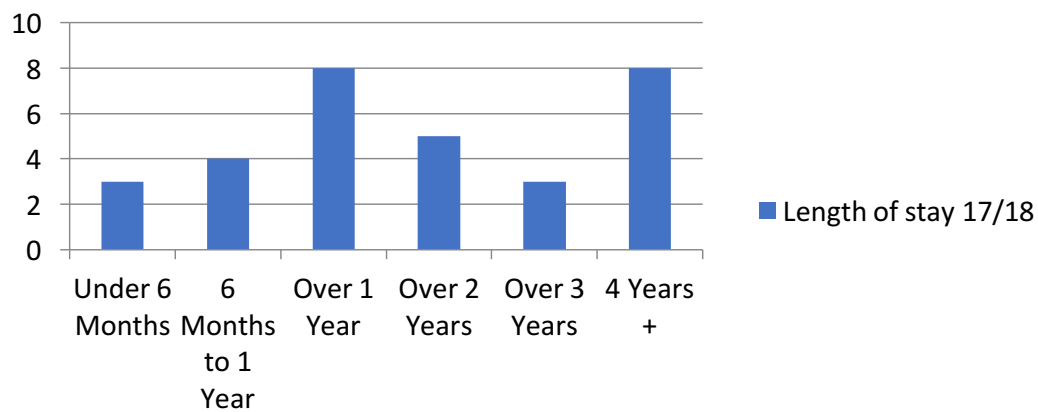
## AGE RANGE 2017-18



## ETHNICITY 2017-18



## LENGTH OF STAY 2017-18



# STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating an income and expenditure account)  
for the year ended 31 March 2018

		Unrestricted funds General	Unrestricted funds Designated	Restricted funds	Total 2018	Total 2017
	Notes	£	£	£	£	£
<b><u>Income and endowments from:</u></b>						
Donations and legacies	3	6,210	-	-	6,210	12,572
Charitable activities	4	290,289	-	-	290,289	283,993
Investments	5	77	-	-	77	223
Other income	6	14,736	-	-	14,736	-
<b>Total income</b>		<b>311,312</b>	<b>-</b>	<b>-</b>	<b>311,312</b>	<b>296,788</b>
<b><u>Expenditure on:</u></b>						
Charitable activities	7	252,569	33,135	22,539	308,243	395,699
<b>Net incoming/(outgoing) resources before transfers</b>		<b>58,743</b>	<b>(33,135)</b>	<b>(22,539)</b>	<b>3,069</b>	<b>(98,911)</b>
Gross transfers between funds		(200,000)	200,000	-	-	-
<b>Net expenditure for the year/ Net movement in funds</b>		<b>(141,257)</b>	<b>166,865</b>	<b>(22,539)</b>	<b>3,069</b>	<b>(98,911)</b>
Fund balances at 1 April 2017		330,018	4,839	540,774	875,631	974,542
<b>Fund balances at 31 March 2018</b>		<b>188,761</b>	<b>171,704</b>	<b>518,235</b>	<b>878,700</b>	<b>875,631</b>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

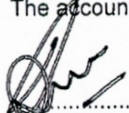
The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

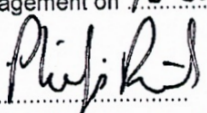
# BALANCE SHEET

at 31 March 2018

	Notes	2018 £	£	2017 £	£
<b>Fixed assets</b>					
Tangible assets	13		519,730		545,613
<b>Current assets</b>					
Debtors	15	6,766		3,751	
Cash at bank and in hand		370,827		337,784	
		<u>377,593</u>		<u>341,535</u>	
<b>Creditors: amounts falling due within one year</b>	16	<u>(18,623)</u>		<u>(11,517)</u>	
Net current assets			358,970		330,018
<b>Total assets less current liabilities</b>			<u>878,700</u>		<u>875,631</u>
<b>Income funds</b>					
Restricted funds	18		518,235		540,774
Unrestricted funds - Designated	19		171,704		4,839
Unrestricted funds - general			188,761		330,018
			<u>878,700</u>		<u>875,631</u>

The accounts were approved by the Council Of Management on 18 June 2018.

  
P Barry MBA (Cass), FCCA, Dip.M, MBCS, FloD  
Trustee

  
Dr P Reid BA, MB, BS, MRCP, DRCOG  
Trustee

Company Registration No. 1777775  
Charity Registration No. 289328



## **■ PUBLICATIONS ON HOMELESSNESS**

Great Chapel Street Medical Centre  
El Kabir D J.

British Medical Journal, 1982; 284:480-1.

Tuberculosis among the central London single homeless

Ramsden S S, Baur S, El Kabir D J.

Journal of the Royal College of Physicians of London, 1988; 22:16-17.

Medical care of the homeless

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Royal College of General Practitioners Members' Reference Book, 1989; 362-4.

A mobile surgery for single homeless people in London

Ramsden S S, Nyiri P, Bridgewater J,

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British Medical Journal, 1989; 298:372-4.

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El Kabir D J.

St. Peter's College Record, 1990.

Mentally disordered homeless offenders - diversion from custody

Joseph P L A, Potter M.

Health Trends, 1990; 22:51-5.

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Joseph P L A, Bridgewater J, Ramsden S S, El Kabir D J.

Psychiatric Bulletin, 1990; 14:270-1.

Approaches to medical care of homeless people in central London

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In: Smith S J, Knill-Jones R and McGuckin A, Eds. 'Housing for Health', 1991.

UK: Longman Group.

Electives at a sick bay for the homeless

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Community Based Teaching, Sharing Ideas 1, King's Fund Centre, 1992

Homelessness, Doctors, le Grand Siecle and St. Catharine's

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Book Review 'Homelessness: A national perspective'

Ed. Robertson M J., Joseph P.

British Medical Journal, 1992; 305:658.

Diversion revisited

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Journal of Forensic Psychiatry, 1992; 3:219.

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Joseph P.

Criminal Behaviour and Mental Health, 1992; 2:192-200.

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Joseph P, Potter M.

British Journal of Psychiatry, 1993; 162:325-330.

Diversion from Custody. II: Effect on Hospital and and Prison Resources

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London: Home Office and the Department of Health.

British Journal of Psychiatry, 1994; 164: 722-4

Psychiatric court clinics in the United States

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Psychiatric Bulletin, 1992; 16:557-560.

The perception of emotion by schizophrenic patients

Joseph P, Sturgeon D, Leff J.

British Journal of Psychiatry, 1992; 161: 603-609.

Psychiatric morbidity and substance abuse among residents of a cold weather shelter

Reed A, Ramsden S, Marshall J, Ball J, O'Brien J,

Flynn A, Elton N, El Kabir D,

Joseph P.

British Medical Journal, 1992; 304:1028-9.

Quelques observations sur les sans-abris

El Kabir D J

Paris, Les Temps Modernes, 1993: 567

A pragmatic approach to the health care of the single homeless: its implications in terms of human resources

El Kabir D J, Ramsden S S.

Dimensions of Community Mental Health Care, ed Weller M, and Muijen M, London: W B Saunders: 1993

A psychiatric bail bed in a residential sick bay: a one year pilot study

Joseph P. and Ford J.

The Journal of Forensic Psychiatry, 1995; 6:209-217

On creating a culture of care for the homeless

El Kabir D

Journal of Interprofessional Care, 1996; 3: 267-272

Primary care of the single homeless

Homelessness and Mental Health

Ed. Bhugra, Cambridge University Press. 1996

Dr D El Kabir & Dr S Ramsden

*Copies of all papers and articles are available on request.*



Photograph by a Wytham Hall resident

## MAKING A REFERRAL

Contact: Project Workers to discuss an initial referral  
Tel: 020-7289 1978

We provide support and housing for people with a history of homelessness in Westminster, who are not actively using alcohol or drugs. Support may include counselling, educational courses, but also simply living in a more settled way with the support of staff and other residents.

[www.wythamhall.co.uk](http://www.wythamhall.co.uk)

## Where to find us

