

WYTHAM HALL

Annual Report 2009 - 2010



Breaking the cycle of street homelessness



25th Anniversary Celebration

Those who believe absurdities commit atrocities

Voltaire

Front cover: Gilles by Jean-Antoine Watteau (Louvre)

Inside cover: photos from the 25th anniversary celebration

Back cover: artwork by resident J.G.

Quotations at the bottom of pages are from previous annual reports

WYTHAM HALL ANNUAL REPORT

1st April 2009 – 31st March 2010

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Wytham Hall
117 Sutherland Avenue
Maida Vale
London W9 2QJ

(Registered Office at this address)
Company Registration No: 1777775
Charities No: 289328

Tel: 020 7289 1978
Fax: 020 7266 1518
e-mail: enquiries@wythamhall.co.uk
website: www.wythamhall.co.uk

National Lottery
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Recipient



Wytham Hall is a Charitable Company Limited by Guarantee.

■ WYTHAM HALL - An Introduction

Wytham Hall was founded in 1984 by a group of doctors and medical students who were keen on exploring the dynamics of interpersonal relationships, particularly in the doctor-patient relationship

It seemed most appropriate to apply these principles to those who, because of their fragility and the precariousness of their circumstances, were most in need – the homeless and the deprived. Dr El Kabir had, for several years, been running a medical centre for the homeless in Soho, Great Chapel Street Medical Centre, www.greatchapelst.org.uk. This seemed an ideal starting point for the project.

A house was acquired through donations and benefactions, and Wytham Hall took life. Wytham Hall Recovery Unit was opened in 1984 as a unique and innovative project providing residential care to homeless patients with medical and psychiatric illness. Its aims were to offer help, space, treatment and respite to those in need of it, and to help them lead a more fulfilling life. It has an extensive educational role, welcoming and harbouring students from the UK, the USA,

Hungary, Czech Republic and Israel. Its members have undertaken research on various aspects of homelessness, resulting in a number of publications.

Wytham Hall functioned as a recovery unit with fourteen beds and sixteen beds in move-on accommodation, which included a superb house donated by (what was then) Glaxo plc. We have been able to create small communities for people to run their own lives in these premises. In 2007 we changed to supported housing with 25 beds in total. We have, in 25 years, admitted some 2500 individuals. We tried to care for each of them as individuals with specific needs and capacities. We tried to give them some of the dignity they needed to look after themselves. Needless to say, we have not always succeeded. However, most of them have been able to gain some benefit from us. Some have indeed managed to reconstitute their lives.

(Great Chapel Street Annual Report available upon request)



2006 - 2007

It is better to be a human being dissatisfied than a pig satisfied; better to be Socrates dissatisfied than a fool satisfied. And if the fool, or the pig, is of a different opinion, it is because they only know their own side of the question.

John Stuart Mill - Utilitarianism

■ PRESIDENT

Belinda Banham, C.B.E., J.P. (supplemental list), B.Sc. (Hons Econ) Dip Philosophy of Medicine (Society of Apothecaries) R.G.N. Independent Assessor in the Office of the Commission on Public Appointments. (until November 2009)

Dr John Horder, C.B.E., F.R.C.P., F.R.C.P.E., F.R.C.G.P., F.R.C.Psych. (from November 2009)

■ COUNCIL OF MANAGEMENT

Terry Bamford, O.B.E., M.A. (Oxon), Dip. Soc. Admin.
Director, Social Perspectives Network

Peter Barry, M.B.A. (City), F.C.C.A., Dip.M., I.M.I.S.
Finance Director, Meiko UK Limited

Sir John Birch, K.C.V.O., C.M.G., M.A.
Vice Chairman, Council of University College London

Jeremy Booth, M.B., F.R.C.S., F.F.A.E.M.
Director of Accident and Emergency Medicine, Chelsea and Westminster Hospital

Dr June Crown, C.B.E, M.Sc. (London), M.A., M.B., B.Chir. (Cambridge), F.R.C.P., F.F.P.H.M.
Past President, Faculty of Public Health Medicine, Royal College of Physicians

Gideon Dabby-Joory, LL.B. (Reading), LL.M. (L.S.E) Partner, Howard Kennedy Solicitors

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

His Honour Judge Andrew Geddes (in memoriam, died 28.6.2009)

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

Dr Richard Lancaster, Ph.D, F.R.C.P.
Consultant Physician, Emeritus, St Mary's Hospital

Chris Littmoden, C.B.E., C.A.
Non-executive Director, Low & Bonar plc., Non-executive Chairman of VIT Security Group

Dr David Alexander Sturgeon, M.A., B.M., B.Ch. (Oxon), F.R.C.Psych.
Honorary Senior Lecturer in Mental Health, UCL and Consultant Psychiatrist, UCH

M.F. Woods, M.A. Dip. Arch. (Cantab), A.R.I.B.A., F.R.S.A.
Formerly Chairman, Association of Consultant Architects
Chartered Architect

Dr Theodore Zeldin, C.B.E., F.B.A., F.R.S.L., F.R.HisC.S., M.A., D.Phil. (Oxon)
Fellow of St. Anthony's College, Oxford

Company Secretary:

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. (Vice-Principal), Principal in General Practice (until June 2009)

Dr Petr Valasek, M.D., Ph.D (Prague) (from June 2009)

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

Auditors: PKF (UK) LLP 20 Farringdon Road, London EC1M 3AP

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

2005 - 2006

*The sentiments of others can never affect us,
but by becoming, in some measure, our own...*

David Hume - A Treatise of Human Nature (1739-1740)

■ MEMBERS OF WYTHAM HALL

■ RESIDENT MEMBERS

Robert Bolus, B.Comm. (Cape Town)
(Bursar), Practice Manager, Great Chapel
Street Medical Centre

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

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)

Petr Valasek, M.D., Ph.D (Prague)
Senior Research Fellow, University of
Reading; Locum Senior House Officer at
Accident and Emergency, King's College,
London and Royal Berkshire Hospital,
Reading

■ NON-RESIDENT MEMBERS

Bridget McCarthy, Service Leader,
Cert. Therapeutic Counselling

Andrew Keck,
Supported Housing Worker,
B. A. Hons.

Andrew Frederick,
Supported Housing Worker,
NVQ 2 in Health & Social Care

■ VISITING MEMBERS

Desiree El Kabir, M.A., M.B., B.Chir. (Cantab), M.D. (Lond), M.R.C.P.
Physician

Jeremy El Kabir, M.B., B.S. (Lond), F.R.C.S. F.R.C.S. (Urol)
Consultant Urological Surgeon, Northwick Park Hospital; Honorary Consultant Surgeon,
St. Mark's Hospital, Honorary Senior Lecturer in Surgery, Imperial College

Daniel Lassersson, M.A. (Cantab), M.B. (London), M.R.C.P., M.R.C.G.P.
Lecturer in General Practice, University of Oxford

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

Belinda Banham, C.B.E, J.P. (supplemental list), B.Sc. (Hons Econ) Dip. Philosophy of
Medicine (Society of Apothecaries) R.G.N. Independent Assessor in the Office of the
Commission on Public Appointments.

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

Lenka Zakova-Cassidy, B.A. (Hons philosophy, Greenwich)
Administrator

2007 - 2008

Rien ne s'explique, rien ne se discute, tout se voit.
(Nothing needs explaining, nothing needs discussing, all can be seen.)

Emil Cioran - Le Crepuscule des Pensees, Paris 1938

■ CHAIRMAN'S REPORT

Our twenty fifth anniversary year has been extraordinary – a mixture of sorrow and joy, of exploration and of creative energy in which Wytham Hall seems to have rediscovered and reinvented itself.

I must, alas, start with a big sorrow. The premature death of Andrew Geddes was made all the more poignant by the fact that he and Bridget were about to visit us in France when the hammer blow fell. We will forever remember him for his enthusiasm, his devotion as a Trustee, his endless curiosity and the rigour of his thought. We mourn him, but we are grateful to have been so close to him. Wytham Hall was mentioned at his funeral, and benefited from a substantial collection.

We missed him at the magnificent celebration of our 25th anniversary held at the Royal Academy of Music at which Dame Felicity Lott, Gabriel Woolf, John Streets and Christopher Glynn offered their services and gave a truly memorable concert.

The deep humanity reflected in that event was also obvious in the various creative projects which were started during the year. These all had a common purpose: to get people to explore who they are and what they can be to themselves as well as to each other, by empowering them to enrich their lives through their own resources. Not bad in a society cut off from its historical roots and alienated from authenticity.

Some of these initiatives were started as a result of chance, and seemingly random, circumstances. One of our residents, a former substance abuser, told me that he was trying to learn French “because the language is so beautiful”. It occurred to me to put him in touch with another resident who is French. It then struck me that as they both had problems with addiction, they could benefit to be introduced to an addict of genius – Baudelaire. The idea was to put them in touch with, and hence to validate, their own inner feelings. The study of great poets and thinkers became a bit of a spin-off. We spanned the centuries from Ronsard to Cioran, translated Blake into French, and Verlaine into English. We rejoiced in the wryness of La Fontaine’s Fables. The success of this venture has made me feel deeply humbled by the readiness by which vulnerable people can access the richness within them.

Much the same spirit informs our Wednesday afternoon “Balint” group meetings. Members of the Hall as well as residents and interested outsiders meet with an open agenda and are guided by the dynamics which they create and interpret. This has led to a better understanding of interpersonal relationships, and a clearer view of how far subjective reactions can mislead, distort and destroy. I find this quite remarkable, in view of the fact that many of the participants have needed psychiatric care.

This brings me to the problems which have troubled us most in our work. Some psychiatrists seem unable or unwilling, to accept the fact that their patients need to be engaged with greater sensitivity, by taking account of what they are trying to say, given the fragility of their contact with others, or perhaps their cultural background.

They seem unaware that they are frequently perceived as agents of social conformity rather than healers. They are also often unaware of how their patient perceives them and why. They are too eager to rush to tick “personality inventories” to pigeonhole their patients. The shallowness and inadequacy of this approach has led in a number of cases, to unsustainable

2000 - 2001

Behold, I do not give lectures or a little charity, when I give I give myself.

Walt Whitman - Song of Myself

diagnoses of psychosis and inappropriate medication. Social services must share the responsibility for the lackadaisical nature of aftercare. I hasten to add that I am blaming no one. It is our culture which seems inadequate. I am not naïve enough to think that one can persuade people to do what is beyond their capacity, but I suppose that one must start somewhere.

“For us there is only the trying”, said the poet.

We do intend to try. We are pointing out these facts, supported by ample evidence, to some leading psychiatrists, particularly those involved in training. We have contacted the President of the Royal College of Psychiatrists and discussed this with him. He was very positive and indicated his intention of coming to see us in the very near future. The benefits to the community as a whole of better trained psychiatrists, and more focused social care could be immeasurable.

Amongst our other activities, I should mention that I was invited to give a talk at the British Museum on the ethos of Wytham Hall, which was responded to by Theodore Zeldin. I am told that it was well received. I always feel that I am preaching in the desert on occasions like this, but who knows?

The Lord Mayor of Westminster (Councillor Duncan Sandys) visited the Hall and engaged in some animated conversations with our residents. He wrote to tell me how much he appreciated the insights he got from them, and promised to engage various Council committees on the subject of street homelessness.

Our educational role is reflected in the attachments of medical students from Oxford, University College, and Imperial College (see below). These have, in general been interesting and creative. I have a feeling that many of these encounters will remain anecdotal – hardly surprising in the age and culture we live in, but who can foretell what a stray seed might bring forth? One very positive attachment was with a final year medical student from Charles University. She works in a Salvation Army hostel in Prague, and is very keen to apply what she learned from us. We plan to visit her soon to see what help we can provide in that setting.



We made a loss of £54,000 for the year if only because we spent £80,000 on the external refurbishment of Wytham Hall which happens every 7 years. In future we will spread the expense over the 7 years by setting up a sinking fund. By having near full occupancy we have shown that we can be financially viable again after deregistration as a care home in 2007.

Belinda Banham has resigned as President. Our debt to her his

2001 - 2002

Yet, like a sentinel, he could not sleep. The night was full of wrong. Earthquakes and executions; soon he would be dead. And still all over Europe stood the horrible nurses Itching to boil their children. Only his verses perhaps could stop them: He must go on working: Overhead, the uncomplaining stars composed their lucid song.

W.H. Auden - Voltaire at Ferney

enormous, and is matched only by our gratitude. Suffice it to say that without her vision, her energy and her dedication the Hall would never have seen the light of day. She will, however, continue her association with us as a Visiting Member.

We welcome an old friend and former Trustee, John Horder, as her worthy successor. We also welcome David Sturgeon to the Board. He had been instrumental in setting up the Walk-in psychiatric service at Great Chapel Street Medical Centre over thirty years ago. We also welcome Gideon Dabby-Joory, to succeed Andrew Geddes as our legal eagle. Philip Reid has also been elected a Trustee. His association with us started when he was 19 and a medical student at Oxford. There can be no greater testimony to his dedication. Petr Valasek succeeds him as Secretary. He has been associated with us for some 13 years. We wish him well.

I would wish to express my gratitude to Bridget McCarthy, our indefatigable Service Leader, for her stout heart and her boundless energy. Where would we be without her? We welcome Andrew Keck as our new Project Worker.

We frequently ask ourselves why we do what we do. The answer is that we have to. Emmanuel Levinas (1906-1995) wrote "A human being is the sole being which I am unable to encounter without expressing this very encounter to him". Everything follows. Acknowledging someone else's reality validates one's own.

The Watteau portrait of Gilles on the front cover represents a clown, against a background of ribald jokers, looking at us straight in the face, with an expression of simple dignity, showing his authenticity, his pain and his vulnerability, wondering what we might make of him.

And what, dear Reader, might you make of us?

Dr. David El Kabir

2008 - 2009

*I said to my soul, be still, and wait without hope
For hope would be hope for the wrong thing; wait without love
For love would be love of the wrong thing; there is yet faith
but the faith and the love and the hope are all in the waiting.
Wait without thought, for you are not ready for thought:
So the darkness shall be the light, and the stillness the dancing.*

T S Eliot - East Coker, Four Quartets

■ VICE-PRINCIPAL'S REPORT

Our 25th anniversary is an opportunity to look back at what we have achieved in our first 25 years and to look at what has changed. We have helped some 2500 homeless individuals to improve their health at a time of crisis. This is no mean feat and must have gone some way to improve the dire life expectancy that homeless people have. The case studies



taken from the last 25 years illustrate some of the situations we have encountered and their outcomes. We have also been able to capitalise on the motivation for change that often comes during a health crisis and help people make a change to a more settled way of life. Our move-on housing also helps people to live as part of a community with shared experiences, responsibilities and mutual support. We doctors, resident members and staff are also part of that community. We have in essence brought together the essentials needed for a successful and long-term recovery. Where necessary we have looked outside our organisation for training and work opportunities, for drug and alcohol therapy and for more independent housing.

Since Wytham Hall closed as a care home to concentrate on supported housing the role of

the three doctors has changed. Many of the residents are registered with Dr Reid at either Great Chapel Street Medical Centre or The Notting Hill surgery. Thus most of their medical problems are addressed off site. Residents are generally in stable health but still have to deal with chronic physical complaints such as cancer, arthritis and lung problems and chronic mental conditions such as depression and psychosis.

Our staff have an important role in ensuring the residents attend their appointments and are supported through any treatment. For those who are without family or friends this support can make all the difference. Our weekly staff meetings are an opportunity for staff to raise any concerns about residents' health. Dr El Kabir has an important input for those residents who feel most detached from society and who need someone who can acknowledge their isolation and find a point of psychological contact. The Balint-style groups attended by residents and resident members, have been an environment for deepening our understanding of each other and of our day-to-day interactions.

We continue to welcome medical students since the initial programme started in 1989 by the Conanima Foundation. The current students come from Imperial and Oxford universities and University College Hospital on special study modules or day visits and elective students from the Czech Republic. Most of their clinical experience is based at Great Chapel Street Medical Centre, whereas Wytham Hall offers them the chance to spend more time with individuals; to understand their history, personality and perhaps why they became homeless and what it meant to them.

Dr Philip Reid

1998 - 1999

*How small a thought it takes to fill a whole life!
If you want to go down deep you do not need to travel far.*

Wittgenstein - Culture and Value (1946)

■ SUPPORTED HOUSING REPORT

Lanhill Road (established with a grant from Glaxo Wellcome in 1994) and Charfield Court (established 1996 and 1997 with a grant from the National Lottery Charities Board and a substantial donation from Henry Smith Charity) are supported housing units close to Wytham Hall. They were established to allow formerly homeless people to continue the relationships they had developed with the staff and other residents while rehabilitating in Wytham Hall sick bay, and encourage a supportive community spirit. These properties offer sixteen individual rooms, which are available to people who are ready and able to live a more independent lifestyle. The house and flats are dry environments, which offer a safe place for people who are committed to not drinking or using illegal drugs. Residents have the support of a team of workers including a Manager, a Service Leader, and two Supported Housing Workers.

An admission to our supported housing units is through a referral procedure from outside agencies, e.g. The Connections at St Martins, The Passage, Broadway and Foundations WDP. Wytham Hall follows the same procedure however these referrals come from The Rough Sleepers team in line with our contract. This gives us a detailed history of the resident being referred (personal, medical and previous history housing etc). If the referral appears appropriate an in depth assessment is carried out by the Service Leader at Wytham Hall to establish their suitability.. The length of stay at our units varies from two to five years, although we assess this on an individual basis. We do not have access to move on accommodation however we support each individual resident to access accommodation appropriate to their needs, when it is felt that they are ready to move.

Residents have the opportunity to express their views and opinions about issues arising in their own homes at monthly house

meetings, which they often do with enthusiasm. Quarterly forum meetings continue as a way of bringing together all of the staff and residents from each of the different supported housing units. On these occasions residents meet each other in a relaxed setting; buffet style food is provided or a Barbeque held at one of the properties, organised by the residents themselves. Initially individual support plans are developed with each resident shortly after their admission. This is followed up by quarterly reviews. This gives each resident the opportunity to look over the progress of the last period and to make plans and set achievable goals for the coming three month period. It also allows them to discuss any issues with their keyworker. Residents from the supported housing units are encouraged to drop in to Wytham Hall at any time to speak to staff members either on a formal matter or just to have a chat.

Cleaning of communal areas in the supported housing is co-ordinated by the residents themselves and monthly inspections are made by the supported housing workers. These inspections ensure that the house/flats are kept clean and tidy, and that there are no health and safety issues. Residents are responsible for cleaning their own rooms and communal areas and also for reporting any maintenance issues to staff at Wytham Hall.

The majority of residents living in the supported housing units are in receipt of Housing Benefit and other types of benefits. Staff at Wytham Hall devote a considerable amount of time chasing up claims and ensuring that residents are getting their full entitlements. Each resident pays a small service charge with the utility bills and council tax being paid by Wytham Hall.

Staff recognise that it is imperative to develop and maintain strong working relationships with

2003 - 2004

La vie de la plupart des hommes est un chemin mort et ne mène à rien. Mais d'autres savent dès l'enfance qu'ils vont vers une mer inconnue.
(The life of most people is a dead end which leads nowhere. But some know since childhood that they are going towards an unknown sea.)

François Mauriac - Les chemins de la mer

other services and organisations involved in the welfare of supported housing residents. Staff are in regular contact with Care Managers, Community Psychiatric Nurses, Drug and Alcohol Workers, Day Centre Teams, and Outreach Workers. They will support residents by attending such appointments with these care professionals if need be. To enable continuity of medical care, all supported housing residents are given the option of registering with Dr. Reid at either Notting Hill Gate or Great Chapel Street Surgery.



LANHILL ROAD

Lanhill Road is a large house ten minutes walk from Wytham Hall, providing accommodation for eight residents in single bedrooms. Residents share a spacious kitchen, a living room, three bathrooms, two shower rooms with toilets, a laundry room and a thriving, colourful garden. Lanhill Road offers temporary supported housing for homeless people where residents usually stay for a period of between six months and two years. Lanhill Road gives residents the opportunity to gain confidence in independent living with the support of Wytham Hall staff. Residents spend their time participating in a number of activities. Since admission some of the residents have been successful in completing college courses and have obtained part time paid employment. Another continues to maintain the garden with the help of his fellow residents thus allowing them an area to relax in that is fragrant, colourful and serene. . Others continue with voluntary work and college courses. The residents currently living at Lanhill Road take great pride in their home and actively participate in ensuring that it remains a clean and safe living environment.

CHARFIELD COURT

Charfield Court comprises of two flats, each with four individual bedrooms, a shared kitchen, lounge, balcony, bathroom and

further cloakroom. They are located in a quiet area around the corner from Wytham Hall. Both flats offer long term accommodation. Residents here have varied interests, attending college courses, keeping fit, spending time with family. The residents living at Charfield Court have a very strong and trusting relationship with Wytham Hall.

WYTHAM HALL

The Supported Housing at Wytham Hall comprises of nine separate units. Five of these units are currently occupied by former Rough Sleepers with the other four offering accommodation to people with medium to low support needs. The five basement rooms benefit from a communal kitchen and access to a big garden. Wytham Hall was very fortunate to receive a hostels grant of £63,000.00 from Westminster in early 2009. This has enabled us to install new bathroom facilities as well as complete interior painting and re-carpeting of the basement area. The four flats located on the first floor of the property offer very spacious living areas and have a communal kitchen. Some of these rooms are lucky enough to overlook the large and tranquil gardens belonging to the property. Since their admission to Wytham Hall many of the residents have been successful in their pursuit to move forward with their life i.e. returning to work, embarking on further education college courses (one gentleman has just completed an access to law course and is hoping to take up a place at University in October 2010 to study law). Or

1994 - 1995

He who would do good to another, must do it in minute particulars. General good is the plea of the scoundrel, hypocrite and flatterer: For Art and Science cannot exist but in minutely organised particulars

William Blake - Jerusalem 1815 (plate 55.1.60)

art and participating in varied forms of volunteer work.

Wytham Hall supported housing continues to be a great success for residents and staff alike.

SUPPORTING PEOPLE

Wytham Hall is continuing to self-assess working practice in six core areas, and has maintained its level 'B' status with Supporting People. Wytham Hall has a good working relationship with Supporting People, meeting at least quarterly, maintaining contact through email and telephone, and working together towards continuous improvement of service. Wytham Hall staff members attend Supporting People Providers' forums which facilitate information sharing between providers within Westminster.

DEVELOPMENTS IN THE SERVICE IN THE LAST YEAR

Counselling

The most radical change has been the approach to understanding residents' psychological problems and how their behaviour can be explored and managed to their advantage. This has been led by Dr David El Kabir. The approach involves direct counselling of residents and also support for staff in managing problems.

Publicity

Wytham Hall celebrated our 25th Anniversary on 4th October 2009 at The Royal Academy of Music to which representatives from many related organisations were invited.

Dr El Kabir gave a talk on pragmatic approaches to tackling homelessness at the British Museum. It was well attended and provocative. It was recorded and can be viewed on line at www.ucl.ac.uk/applied-global-citizenship/ or from our website www.wythamhall.co.uk/news.htm.

PLANS FOR THE NEXT YEAR

Admitting more rough sleepers

We are keen to admit more rough sleepers (and have in fact been admitting them directly to Supporting People beds). We have been gratified by the success of our conversion to supporting people (from running a care home) and by the expansion of available accommodation. The risks involved have proved to be less than anticipated.

Engaging rough sleepers

In partnership with Great Chapel Street Medical Centre we are looking at a proposal to engage with some of the high frequency users of casualty departments and use former rough sleepers in the engagement process. We would use the same skills that have proven effective in engaging the residents at Wytham Hall.

Increasing resident involvement

This issue has been often discussed with our residents and few have come forward as leaders. We realize we have to work with this in different ways and already have involved residents in interviews for new support staff. One resident, who speaks French, has agreed to teach another, who wants to learn it.

Conclusions

We have been able to attract and stabilise a number of rough sleepers of widely varying backgrounds, who need the special and unique environment that Wytham Hall offers. That environment is physical and psychological. We have made some interesting and useful developments in the last year and plan more for the next. As our cohort of resident's progress we look forward to being able to report on those successes as well as the admission of more rough sleepers at the entrenched end of the spectrum. We know we can engage them and offer something special.

Bridget McCarthy

2002 - 2003

Est bavardage toute conversation avec quelqu'un qui n'a pas souffert.

(Any conversation with someone who has not suffered is nothing but chatter.)

Je rêve d'une langue dont les mots, comme des poings, fracasseraient les mâchoires.

(I dream of a language whose words, like fists, smash jawbones.)

Cioran - Le mauvais demiurge (Paris 1969)

■ CONTRIBUTIONS FROM OUR RESIDENTS

*Rotting like an old jail.
 Wrapped in old life's rugs.
 Been promised, been given
 Then stolen back.
 Blindfold journey
 Sadness aching my heart.
 Filled loneliness, wet eyes
 Ruined dreams, life on the edge.
 Took aim, pulled the trigger
 Been deserted when been in need.
 Headshot, bull's eye
 Left for dead, they never looked back.
 But I still have the last word.
 Gathered my pieces
 Found again a meaning
 New rhythm in my life.
 Scars still visible, still in pain,
 But I found a truth. I'm alive.
 Can't let my tears fall
 Keeping them deep inside, burning
 My long lost soul.
 A night's breeze can soften my sorrow.
 What is old is buried.
 Full moon, my long lost love
 I raise my hand, sweet wine
 Look at me, I can smile. I'm alive.*

Niko

*Someday in time
 Our route will come to an end
 A fellowship with an axiom
 Respect to unknown friends.
 Till then, let's hold on
 To joint purpose that charmed us
 A fellowship with no idols
 No false gods.
 Let's look beyond borders
 Wipe out myths and fears
 From our spacious souls and minds
 Let the knights of ethos take control.
 Our soul and mind essence
 Like old wine in a cellar, guard them*

1989 - 1990

No Bird soars too high, if he soars with his wings

*Conveniences Dorian army
 Can never have a taste.
 Let our rhymes be precious jewels
 Like a sunspot on a rainy day
 Let our heart's lively spark
 Inspire fellow humans.
 For subhumans are rushing around
 Our very own soul's stronghold
 They'll never make it to our hearts
 Confused between twilight and stars.
 And when our time comes to an end
 Swan song, our manifest on walls
 A fellowship of strangers writing
 With our hearts' blood.*

Niko

My experience of supported living in Lanhill Road.

I arrived at Wytham Hall from the Salvation Army on 27th March 2007, where I stayed for 16 days on assessment. Wytham Hall and myself were happy for me to move into Lanhill Road and I did move into my current address on 12th April 2007.

When I first arrived I kept telling myself that I would only stay for 6 months max and that I'd get a job and a flat would come. I was at college in Paddington doing 'Level 2' in plumbing. Looking back I realise that I had a lot to learn. I would do my share in cleaning duties and attend the weekly house meetings and participate in the running of the house. I didn't like sharing and having to deal with cleaning issues with other people and the other issues that arise from shared living. I learned not only how to live with others and their shortcomings, but also my own shortcomings. On this journey of self development, which Lanhill Road is a part of for me, I have discovered lots of important things about life. Making friends with other people with different circumstances to mine has broadened my horizons and opened my mind. I now am one of Jehovah's Witnesses

William Blake - *The Marriage of Heaven and Hell*

and I really appreciate the support of Wytham Hall and their patience and encouragement that they have given me. Fellow congregation members respect this organisation called 'Wytham Hall' for the work that they do.

Even though my view of getting my own flat has never changed I have learned that patience and time can enrich your life if you allow it and knowing that nothing lasts forever in this lifetime helps me to believe that 'my time will come'.

Shane O'Brien



Calligraphy by Antonio Lou

Remember! Christmas night in 2007.
I was a rough sleeper in central London.
Homeless! Why?!
I could not sleep for many months and I didn't shave my head, or my beard. When I looked at myself in the small mirror
I felt at that moment I was suffering.
I had no appetite for food. My clothes were torn. I lay down and curled up, feeling extremely drained.

1996 - 1997

Should I, after tea and cakes and ices, have the strength to force the moment to its crisis?

I looked at me on a small mirror.

I was appalled to find myself with grey hair and a grey beard. I was a mirror image of someone living on the street.

The homeless.

And was completely without energy and strength. Much like the living dead.

Gone were the horrible times where I used to appear strong and confident.

Poor me.

I was literally dragging my own dead body.

Now I am born again.

I live in a room in Wytham Hall. 117 Sutherland Avenue.

I am very happy.

I am enjoying my new life.

Antonio Lou

Sultry Sunday

The night air hangs heavy with summer, Sunday's dawn poised. For a homeless guy it's another great treat. I've survived the night without too much verbal abuse and violence. I feel good and alive. I know the sunshine helps. I watch as Buffalo Bill grips the handles of his six-shooters. Robot man sneakily changes position. They stand silently atop their plinths on the South Bank awaiting the tourists. Marie Antoinette stares straight ahead. For the past two hours I've joined them from my vantage point on the Hungerford Bridge. I lean against the railing, counting my loose change and feeling rich. I'm king of the world.

Below me a couple dance a synthesized waltz, the beauty at the keyboard encourages others with a sleepy hand. Lovers pass by and toss coins into a ragged top-hat. A fox looks on bemused. Two drunks sway uneasily while a lone drummer beats a tom-tom. A copper says good morning after checking my I.D. he doffs his helmet and then holsters his radio. I

T.S. Eliot - The Love Song of J. Alfred Prufrock (1917)

count Big Ben's strikes. A breakfast bell sounds on the Strand. I can't wait for a hot drink and a sandwich. Why are people so good to me?

Soon, others are stirring on the seats close to the great Eye. They kick over half drunk wine and tread in discarded chicken nuggets. My stomach starts to rumble. It's been a hot and sticky night. There are loud yawns and farts and gull squawk. Flotsam bobs before Parliament, an oil drum finds a whirlpool and I'm late for a chat with a naval hero. If I hear another Hendrix riff played badly on a copy guitar I think I'll jump, so I scurry clear of the river and head for Trafalgar Square. I curse the heavy golden sky. He's bound to have my guts for garters. Hurry, hurry and don't keep the Admiral waiting. Sure enough he's on time, shinnying down his column. Not bad I think, for a disabled man sporting a dead eye.

At ground level he doffs his hat and wishes me well while brushing dried pigeon droppings and city scum from his tunic. What's that he's saying? He suffers from heights and it's getting worse over time. You are having a laugh Sir. I can't control my sniggers. You're on top of the world Admiral and deserve your

place amongst the stars. He smiles and adjusts his eye-patch, then points towards the fourth plinth standing in one corner of the square. Yes, I know Horatio. Can I call you Horatio, Sir? He nods. All that plastic and coloured glass nonsense has cheapened your square – your place of reverence. What can I do? I only sleep here. At least you face the other way, Sir, looking down Whitehall. The great man looked depressed. His noble face etched with sadness. His standing diminished in trivia and rampant commercialism. This great memorial, built in his honour all those years ago, now a shabby market place for this fad and that trend. Dumbed down were my words, which I had to explain to him, but he got the idea. He went on about the nation he fought and died for, the industrial might, the leadership and influence we once had on the world at large. I thought I spotted a tear trickle from his good eye. He quickly regained his composure, straightened his back and readjusted his sword. On better days he'd ask me to join him atop his tower. I reminded him that he was the hero and deserved his place above the clouds. He corrected me. Forgotten hero, young Sir. I'm just a homeless fellow, I offered up, hardly worthy of a second glance – a shadow you walk over. He began to climb

again. We're kind of brothers though, similar in many ways, he sighed, fading from me as a warm drizzle started. I looked on as he struggled to ease his body higher. Soon he was home again, standing proudly again before a new day. I waved him gone and turned towards the Strand, a sudden spring in my step. Perhaps some treats, a doughnut, some fruit would be on offer from the handout today. It was Sunday after all.

Barry Rose



2004 - 2005

Among today's adept practitioners, the lie has long since lost its honest function of misrepresenting reality. Nobody believes anybody, everyone is in the know. Lies are told only to convey to someone that one has no need either of him or his good opinion. The lie, once a liberal means of communication, has today become one of the techniques of insolence enabling each individual to spread around him the glacial atmosphere in whose shelter he can thrive

Theodor Adorno - Minima Moralia, trans. Jephcott, p.30

■ CASE REPORTS

CASE STUDY A 1985. This 28-year old man on his first visit to Great Chapel Street ran away before a doctor could see him. He had sore feet. He returned to the Medical Centre barely able to walk. For six months he had not removed his shoes and the material from the socks had cut into his feet rather like a cheese wire. The shoes had to be cut away. Initially he would not let us approach the remains of the sock, but after about a week confidence was gained and we removed the loose sock and some of the more embedded material. After a further week some more was removed, however a stage was reached when he refused all further attention. He was a frightened man hampered by an immature personality. He was eventually discharged to a hostel, able to walk easily but with some of the sock still in site.

He died in 1997 aged 40.

CASE STUDY B 1992. This 33 year old man had worked in a number of labouring jobs before becoming homeless. On admission he was suffering from a severe obsessional-compulsive neurosis and at times was psychotic. He was unable to perform even the simplest task without feeling compelled to check things repeatedly. He was treated with anti-psychotic medication under the supervision of our psychiatrist, Dr. Joseph. Intelligent and likeable, he made several friends at the sickbay, both amongst the patients and the staff. However, he continued to have problems coping with practicalities. For example he was chosen in front of numerous other applicants for a job at a builders yard but only lasted one day in the job. Housing him was also problematic as he couldn't cope with the first flat we found for him and subsequently, funding was difficult to arrange. However these problems were eventually overcome and he has been housed in a nearby flat, where he is very well.

He died in 2007 aged 46.

CASE STUDY C This 40 year old man came to us from St Mary's where he had been admitted following an alcohol withdrawal fit. He had a worrying background of psychopathic personality disorder and a very significant forensic history; however, he was

well motivated and attended AA meetings regularly. At the end of his two month stay he went to a residential rehabilitation unit in Weston-Super-mare.

CASE STUDY D This 50 year old lady came to us from the Paterson Centre where she had been admitted with the first presentation of a paranoid psychosis. She was discharged on a regular depot of anti-psychotic medication. But as soon as she was able she refused to take it anymore and continued to deny that she had any mental illness. She remained difficult to engage throughout her stay but at the same time was never a problem. After two and a half months she moved on to a women's hostel in Paddington.

CASE STUDY E is a 22 year old man who came to us for the second time and stayed for quite a long period of 5 months. He returned to us after a breakdown of the last move-on accommodation. His main problem is resistant schizophrenia which had been exacerbated by his use of cannabis. He had had frequent relapses in the past and had also carried weapons. Although he had moved to a very supported environment he had not been able to engage in the activities there and had become more isolated. He remained mentally fragile during his stay and took a few days to settle in again, however after that he became more relaxed and towards the end of his stay was much more animated and socially confident. He went to Queen's Gardens, a hostel in Paddington, where he is apparently happy.

CASE STUDY F This 25 year old Sri Lankan man was admitted from St Martin in the Fields where he had been seen in the GP surgery. He had been found to have cellulitis in the foot. He was, incidentally, found to have evidence of kidney disease and was referred to the nephrologist at St Mary's. However the appointment came through after he had left and it is unclear whether he ever attended. His stay was unfunded.

CASE STUDY G This 55 year old man was admitted unfunded from Great Chapel Street. He had been attending the centre frequently seeking help with accommodation. He had diabetes and a history of a nervous breakdown, which he was not willing to elaborate on. He was a highly talkative individual with whom it was difficult to establish

1992 - 1993

*Ce que l'on conçoit bien s'énonce clairement Et les mots pour le dire arrivent aisément
(What is well conceived is expressed clearly and the words to say it come easily)*

Boileau - L'Art poétique

a clear plan. It became clear that he would not be manageable in any of our supported housing. Having found out some more background we established that he had been evicted from two previous hostels for his behaviour. He became extremely demanding and began to write extensive complaint letters. Other residents complained about his behaviour and following several episodes of verbal abuse towards staff he was asked to leave. The police had to be informed about his behaviour but eventually he left, refusing the offers of accommodation that were given to him.



CASE STUDY H This 50 year old man came via Great Chapel Street. He was homeless and had a variety of health problems including psoriasis, urinary incontinence, hypertension and a chest infection. He had a history of alcoholism and dyslexia, and he was blind in his right eye. He was clearly a vulnerable man who had left a very supported environment in Cambridge. His medical problems were gradually addressed and in particular he had to have an in-dwelling catheter, later changed to intermittent self-catheterisation, which he has coped with extremely well. He also attended literacy classes and another activity project to improve his personal skills. He has enjoyed these and has voluntarily helped at Wytham Hall with the cleaning and in the kitchen. He has moved on to Charfield Court and continues his close involvement at Wytham Hall and with his other support, which also includes counselling at Great Chapel Street.

CASE STUDY I was admitted twice throughout the year both for respite. He has a learning disability and a tendency to hoard any rubbish that he can find and also to catch infestations. During both his admissions, which went quite well, he was treated for scabies and lice and strict boundaries were kept around his hoarding. Whilst he was with us his flat was cleaned by social services and he moved back in but he is clearly at risk of the problem recurring.

CASE STUDY J is a 69 year old man who came to us from University College Hospital social services. He had been admitted there with mobility problems, alcoholism, urinary tract infection and self neglect. WH provided

a safe, relaxed atmosphere for him where he quickly settled and seemed to have no particular desire to drink. However, it soon became apparent that he had a chronic grumbling psychosis and had developed some unusual views particularly regarding his social worker. The psychiatrist for the elderly who assessed him thought that if everything was generally calm then no specific treatment was indicated saw him. However, a little later he became more acutely disturbed, perhaps because of a urinary infection and had to be admitted under section to St Charles Hospital. There he made a good recovery and was able to return to Wytham Hall on a relatively small dose of anti-psychotic. He was slightly sedated by this. He successfully moved on to a supported hostel where he continues to be seen regularly by his CPN.

CASE STUDY K This 60 year old man came to us from the Gordon Hospital to which he had been sectioned with a diagnosis of chronic schizophrenia with mainly negative symptoms of apathy and self neglect. Slightly to our surprise he proved a charming man who looked after himself very well and was attentive to the needs of others. He did not perhaps engage in activities and wish to develop his independent living skills in the way that his carers might wish but that did not really seem to matter much. We realised that he also had Parkinson's disease which was causing him significant physical disability and he was referred to the neurologist who advised on treatment, which is very difficult in the context of mental illness where the medication for one condition tends to exacerbate the other. He stayed with us for nine months before moving to a residential care home, which he had selected.

1997 - 1998

It takes little talent to see clearly what lies under one's nose, a good deal of it to know in which direction to point that organ

W.H. Auden - *Dyer's Hand* (1963)

■ STUDENT ATTACHMENTS APRIL 2009 - MARCH 2010

Czech Students

Andrea Pekarkova

Oxford Students

Miss Jane Ferguson

Mr Thomas Martin

Miss Rebecca Hewitson

Mr Matt Davis

UCL Students

Mr Daniel Stolfi

Miss Scarlett Nazarian

Mr Khawar Hussein

Miss Revathi Rajendran

Ms Smriti Jhingan

Mr Jordon Quispia

Miss Abiha Bhatti

Wytham Hall feedback from students 2009/10 - Year 2

- Provided us with great insight. Talking to Dr El-Kabir really made me question what I wanted out of the module.
- Perfect placement to have first. Challenging, engaging and emotional. First contact with a homeless man was extraordinary and really fired up my enthusiasm for the course.
- An excellent placement.
- The staff were well prepared and were expecting us.
- Probably my best learning experience – it made me stop thinking one dimensionally and helped me to start broadening my outlook on life.
- It was a very rewarding experience.
- Well organised and the explanation of what they were doing was thorough.
- Bridget was easy to talk to and asked thought provoking questions.
- It opened my mind to how different people view life experiences.
- Very well organised.
- It was great to get the chance to talk to service users.
- Incredibly inspiring. Dr. El-Kabir knew exactly how he wanted us to question our own opinions and values.
- Really pushed my boundaries of what I thought of homelessness and I don't think I can really view the homeless in the same way again.
- Very well organised.
- Dr. El-Kabir was the best placement leader we spoke to by far. He challenged my views and got me thinking a lot about different things.
- I loved the way Dr. El-Kabir actually asked us what we thought – no one has done that on a placement before.
- Organised and arranged for us to talk to people.

A Thank-you card:

Dear Wytham Hall,

When I met David in Prague he told me that if I come to Wytham Hall it will change my life. I was afraid that the change could be bad, that I could lose something from my life... I didn't like that nasty man observing me in the café Louvre. I didn't believe that this man could become such an important part of my life.

What has happened? I came to the Wytham Hall and I started to discover love and support in this house like a child is preaching out the best Christmas present. Wytham Hall with you all became the greatest surprise in my life. I didn't lose anything, but I got a new home, new family. In two weeks I

1995 - 1996

Mon métier et mon art c'est vivre.

(Living is my job and my art)

Montaigne - Essais book 2. chapter 6

have learned about human much more than in five years spent by reading books and sitting at the lectures.

I had some questions about homelessness in my mind. What do homeless people really need? Why are they homeless?

When I was talking with residents and spending time with them and you, I realized that homelessness is about people who lost all of support in their lives or who never have had any. I realized that homeless people don't need anything special than other people. We all need support and support can't be given without love. The experience of deep pure love in Wytham Hall is going with me to Prague.

The picture on the first side shows my feelings about Wytham Hall – the sweetest garden, like the spring in my life.

I am very thankful that I can be with you.

Lots of Love
Andrea

■ BENEFACTORS OF WYTHAM HALL

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

FINANCIAL YEAR 2009-2010

Trusts and Statutory Bodies:

The Sidbury Trust
Priory Trust
National Garden Scheme

Individuals:

Ms. A. Gleave
Miss FJ Khedoory
Mr. and Mrs. E. Jupp
Ms. B. Darbyshire
Ms. S. Willson
Her Grace Frances, Duchess of Rutland
Mrs. C. B. Tubb
Dr. R. Lancaster
Dr. J. Crown
Dr. D. El Kabir
Mr. C. Littmoden
E. McKeown
Rt Hon Lord Brooke of Sutton Mandeville

In memory of the late

Judge Andrew Geddes:

Sir Dallas Bernard
Jeremy & Robyn Gilkes
Mr. M. Scott-Dalgleish
Mr. C. Goodwille
I. Curteis
C.P. Robinson
A.E. Smith
E. Taylor

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

ABT Photocopiers; Alcohol Recovery Project;
Alcohol Resource Centre; Alcoholics
Anonymous; Agency; Andrews Computers;
Atis Real Weatheralls Surveyors; Atlas Boilers;
The Benefits Agency; Browns Chemist 195
Shirland Road; Central North West London
CMHT; Chubb; The Connection at St. Martin's;
E K Mechanicals; Eurogard; Great Chapel
Street Medical Centre; Homeless Link;
Homeless Persons Unit, Westminster; Housing
21; Hungerford Drug Project; Joint
Homelessness Team; Kensington & Chelsea
Primary Care Trust; MAC Electrical Services;

The Metropolitan Police; MIND; Narcotics
Anonymous; The Passage Day Centre; St
Mary's Hospital; St Mungo's Outreach; The
Rough Sleeping Team; Salvation Army; Shroton
Street Hostel; Supporting People; WAMH;
West End CMHT; West London Day Centre;
Westminster Drug Project; Westminster
Housing Benefit; Westminster Social Services;
Westminster Transport Department;
Westminster Volunteer Bureau; Wharfside
Clinic; Westminster Adult Education Service;
Woodfield Road Health Centre

1999 - 2000

The eagle never lost so much time as when he submitted to learn from the crow

William Blake - The Marriage of Heaven and Hell

■ 25TH ANNIVERSARY CONCERT - 4TH OCTOBER 2009

Wytham Hall celebrated its 25th Anniversary at The Royal Academy of Music to which our past and present members, employees, trustees and representatives from many related organisations were invited along with our residents.

Dame Felicity Lott, Mr Gabriel Woolf, Mr John Streets and Mr Christopher Glynn have very generously contributed to this evening. This reception was privately funded by the Trustees.



Rembrandt: *The Return of the Prodigal Son*

PROGRAMME

Gabriel Woolf

Musée des Beaux-Arts

W.H. AUDEN

Felicity Lott & Christopher Glynn

Plaisir d'amour

MARTINI

Mandoline (Verlaine)

FAURÉ

En Sourdine (Verlaine)

FAURÉ

L'invitation au voyage (Baudelaire)

DUPARC

C (Aragon)

POULENC

John Streets & Christopher Glynn

Dolly Suite Berceuse, "Mi-a-ou," "Le jardin de Dolly", "Le pas espagnol" FAURÉ

Gabriel Woolf

The Death of the Hired Man

ROBERT FROST

Felicity Lott & Christopher Glynn

My own country (Hilaire Belloc)

PETER WARLOCK

Sweet Chance (W.H. Davies)

MICHAEL HEAD

Roses of Picardy (F.E. Weatherley)

HAYDN WOOD

Alice is at it again (N. Coward)

NOEL COWARD

1993 - 1994

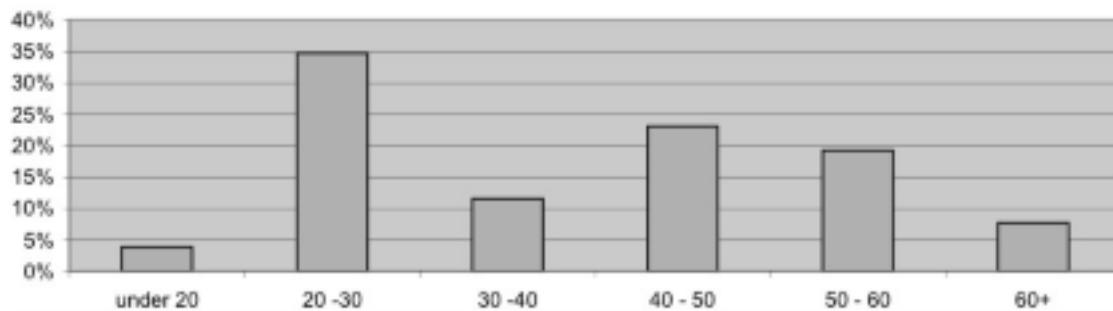
About suffering they were never wrong. The Old Masters: how well they understood. Its human position; how it takes place. While someone else is eating or opening a window or just walking dully along

W.H. Auden - Musée des Beaux Arts' (1940)

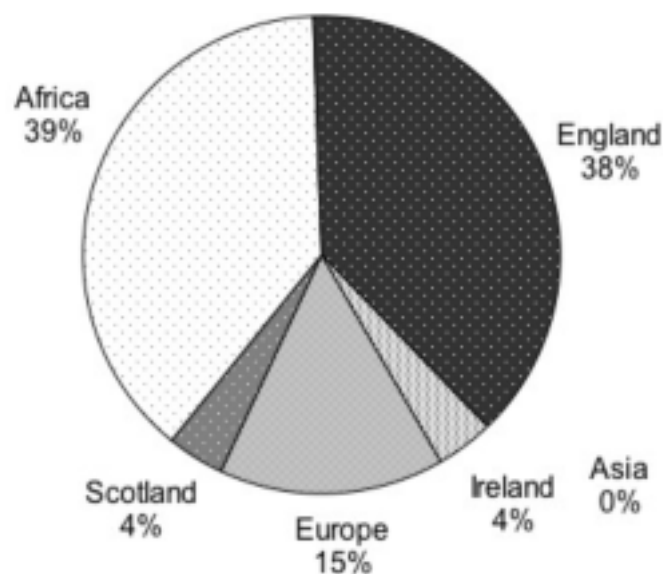
■ STATISTICS ON ADMISSIONS TO WYTHAM HALL

	2008 – 2009	2009 – 2010
Total number of residents:	26	26
Male:	26	26
Female:	0	0
Average age:	45.5 years	40.15 years
Average length of stay:	802 days	789 days
Figure of overall occupancy:	86%	85%

AGE



PLACE OF BIRTH



1990 - 1991

Non ha l'ottimo artista alcun concetto c'un marmo solo in sé non circonscriva col suo superchio, e solo a quello arriva la man che ubbidisce all'intelletto

The greatest artist has no conception which a single block of marble does not potentially contain within its mass, but only a hand obedient to the mind can penetrate this image

Michelangelo

CASH FLOW STATEMENT YEAR ENDED 31st MARCH 2010

	2010		2009	
	£	£	£	£
Net Cash (outflow)/inflow from operating activities		(5,289)		(17,859)
Returns on investments and servicing of finance				
Interest received	377		6,414	
Interest paid	-		-	
	<hr/>		<hr/>	
Net cash inflow from returns on investments and servicing of finance		377		6,414
Investing activities				
Payments to acquire tangible fixed assets	(2,381)		(985)	
	<hr/>		<hr/>	
Net cash inflow/(outflow) from investing activities		(2,381)		(985)
Net cash (outflow) /inflow before financing		(7,293)		(12,430)
Financing				
Donations received	10,940		9,045	
	<hr/>		<hr/>	
Net cash inflow from financing		10,940		9,045
Increase/(Decrease) in cash and cash equivalents		3,647		(3,385)
		-----		-----

Full accounts are available on request

INCOME AND EXPENDITURE ACCOUNT YEAR ENDED 31st MARCH 2010

	2010		2009	
	£	£	£	£
Income		246,357		193,288
Direct and administrative expenses		<u>312,438</u>		<u>241,950</u>
Operating (loss)/surplus		(66,081)		(48,662)
Interest receivable	377		6,414	
Interest payable	<u>-</u>		<u>-</u>	
		<u>377</u>		<u>6,414</u>
(Deficit)/surplus of income over expenditure for the year		(65,704)		(42,248)
Donations	10,940		9,045	
Capital donations	-		-	
Transferred to reserves	<u>-</u>		<u>-</u>	
		<u>10,940</u>		<u>9,045</u>
Deficit for the financial year		(54,764)		(33,203)
		-----		-----

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Dr D El Kabir & Dr S Ramsden

1987-1988

Men are men before they are lawyers, physicians and manufacturers, and if you make them capable and sensible men, they will make themselves capable and sensible lawyers and physicians

John Stuart Mill



25th Anniversary Celebration



MAKING A REFERRAL

Contact: Project Workers to make 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.

Not for long term housing alone.

How to find us



www.wythamhall.co.uk