

WYTHAM HALL

Annual Report 2016-2017



Breaking the cycle of street homelessness

*The front cover image is a detail from a painting that hangs in the foyer of our main building.
This is the first painted image one would see when arriving at Wytham Hall.*

*‘The only real voyage of discovery consists not in seeking new landscapes, but in having new eyes’
Marcel Proust*

WYTHAM HALL ANNUAL REPORT

1st April 2016 – 31st March 2017

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Wytham Hall is a Charitable Company Limited by Guarantee.

■ WYTHAM HALL - An Introduction

Wytham Hall is a charity supervised by a Board of Directors which provides supported accommodation to up to 25 people with a history of homelessness. Their homelessness may be characterised by actual rough sleeping, being discharged from, for example, a rehabilitation centre or prison with no home to return to or having arrived within the UK with no home in place. It should also be noted that the range of different backgrounds and experiences is extremely diverse. Our residents are housed within four properties in north Westminster, with one building divided into two separate housing areas. All residents are provided with their own bedroom and use of the shared facilities. They are supported by a staff team of four people. The project is abstinence-based.

We aim to help our residents to cope with the change to a housed, new or alien lifestyle and to develop their skills, relationships and confidence. We find that our residents often support each other and that they take an active part in the management of their home. We make our approach to support as bespoke as possible in an attempt to maximise the potential of each person. We also run the Assessment Quality Alliance (AQA) scheme, which brings residents together to learn new skills, for which they receive certification and a boost to their self-esteem.

We work closely with several organisations within Westminster and have particularly close links to the Great Chapel Street Medical Centre.

Wytham Hall has evolved over the years as the needs of those we help, and our resources, have changed. That evolution is described below. 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.

HISTORY

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. At that time, Dr El Kabir had, for several years, been running a medical centre for homeless people in Soho. (Great Chapel Street Medical Centre, www.greatchapelst.org.uk). This seemed an ideal starting point for the project.

A fine house was acquired through a number of donations Wytham Hall Recovery Unit was opened in 1984 as a unique and innovative project providing residential care to homeless patients with medical and psychiatric illnesses. Later donations and benefactions (Glaxo PLC as then known) enabled the purchase of other properties and the expansion of the work.

Wytham Hall's 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 had an extensive educational role, welcoming students from the UK, the USA, Hungary, the Czech Republic, the Slovak Republic, Ukraine, Uzbekistan and Israel. Its members have undertaken research on various aspects of homelessness, resulting in a number of publications.



Dr. David El Kabir Principal

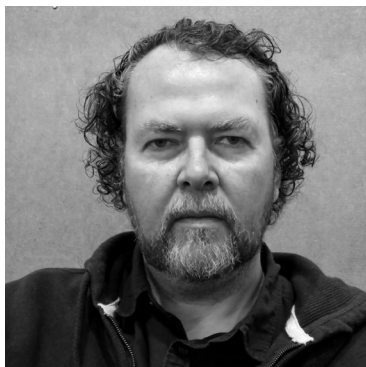
Wytham Hall originally functioned as a recovery unit with fourteen beds and sixteen further beds in move-on accommodation. In 2007 we changed to supported housing with 25 beds in total, enabling us to create small communities for people to run their own lives in these premises. The emphasis has shifted from acute treatment and stabilisation towards the longer-term recovery not only of physical but also psychological health. This has involved a re-evaluation of the way staff and resident members relate to residents. We take pains at our staff meetings to learn from the interactions and to search for the growth points. In this way we aim to enhance the process of evolution and understanding that is part of all our journeys through life and help our residents towards an integration of their personalities. We have, in over 30 years, admitted some 2500 individuals. We try to care for each of them as individuals with specific needs and capacities. We try to give them some of the dignity they need to look



Dr. Philip Reid Director

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's Annual Report available on request)



Andrew Keck
(Joint Manager)



Stephen Tufnell
(Joint Manager)



Bridget McCarthy
(Team Leader)



Magda Drozdowska
(Supported Housing Worker)

■ 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)

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)

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

Lady Reid (Jane Reid) MA Oxon, MA Cape Town

Edward Fox, O.B.E

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.,
General Practitioner, (Vice-Principal)

■ 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), GP Trainee, Cambridge scheme

Dr Petr Valasek, M.D., Ph.D. (Prague), Reader in Anatomy at First Medical Faculty,
Charles University, Prague, General Practitioner

Danylo Yershov, M.D. (Prague) Junior Doctor, North Hampshire Hospital, Basingstoke

■ VISITING MEMBERS

Dr Desiree El-Kabir MA, MBBChir, MD (Lond), MRCP (Lond). Speciality Doctor, Sue Ryder
Hospice, Nettlebed and Medical Member, First Tier Tribunal (Social Entitlement Chamber)

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

Dr Daniel Lasserson MA, MBBS (Hons), MD (Cantab), FRCP (Edin), MRCPE, MRCGP.
Professor of Ambulatory Care, Institute of Applied Health Research, University of Birmingham

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

■ Chairman's Report

Wytham Hall continues to offer an abstinence-based environment and has enabled several residents to move on successfully. Social inclusion is encouraged through activities focusing on residents getting to know one another, promotion of social skills as well as communication/confidence building. Workshops are also held with a focus on Art, Budgeting and Cooking/Nutrition, Emotions/Motivation, Task Orientated/Problem Solving as well as Trips and Presentations.

The advantage we have as a small organisation being able to offer a personalised and consistent level of support. Each of our properties is different in character but all function most effectively when the residents develop supportive and positive relationships with each other. We aim to respect the basic values of dignity, fulfillment, choice, rights, independence and privacy in a safe environment, to encourage empowerment and promote independence for all residents. Wytham Hall specialises in Mental Health Support, Relationship and Social Skills Development, Individual Needs Support, Time to Reflect, Developing a Home, Emotional Support, Motivation and Purpose.

Our high occupancy rate has given us financial stability throughout the year whilst providing excellent value for money across the four properties that we run.

We have completed the external redecorations of Wytham Hall during this year and taken the opportunity to double glaze the building to improve its energy efficiency. This was achieved within budget. We also plan to carry out extensive internal redecorations of the two flats in Charfield Court, whose kitchens and communal areas are in need of attention. We have carried out a fire audit and had a successful inspection by the Fire Brigade.



We continue to have medical students visiting to meet residents and see how Wytham Hall works. Some of their reflections are included in this document and we are glad to be able to influence in some way the development of medical students and make them aware of the human, social and medical aspects of homelessness.

There have been a number of personnel changes. Bradley Redford resigned. Andrew Keck and Stephen Tufnell have taken over as joint managers. Stephen continues to develop the AQA, which adds to the range of support offered at Wytham Hall (see AQA report). We are pleased to welcome Magda Drozdowska to the team as a key worker.

We are grateful to our devoted, experienced and hard-working staff who support the residents and run the organisation on a day-to-day basis with such good humour and care.

Dr Philip Joseph has resigned as a Trustee but remains a Patron. We are grateful for his contribution over the years and his work at Great Chapel Street homeless surgery.

Our rather dated website is still undergoing a facelift and I hope you will find it more informative and attractive in the future.

Peter Barry

■ (Joint) Manager's Message

In January of 2017 we took on the shared role of managing Wytham Hall following the departure of the previous manager, Major Bradley Redford, who left to take on fresh challenges elsewhere. We wish him well for the future and in his endeavours.

We have taken over the reins during a time of rapid social and cultural upheaval. As society shifts, the homeless population shifts too. The instant gratification available in many areas of life means that an attitude of entitlement is increasingly pervasive. We are not immune to its impact here at Wytham Hall and we must find ways to support those residents that complain about what they see as inadequate wi-fi provision alongside those that do not own a mobile phone at all. It is important that in responding to developments, and in developing as an organisation generally, we ensure that we do not 'throw the baby out with the bathwater'. It is also crucial that we find a creative response to the fact that the 'baby' needs changing.

Wytham Hall recognises its rare environment and its ability to help residents to develop healthy relationships with each other. The ongoing AQA scheme contributes to increasing the amount of social interaction between residents from various properties who might not otherwise meet. In conjunction with AQA activities we have also run the occasional quiz which, used in conjunction with chocolate biscuits, has always proved to be the single most popular recurring event.

We have many fresh ideas that we hope will promote the wellbeing of all of our residents and also help them after they move on from Wytham Hall. With this in mind, we are currently developing what we have called the 'move on plan'. This has the aim of ensuring those that wish to take advantage of it are both better prepared with regards to the practicalities of living independently, and emotionally and psychologically ready for it. In both areas we hope to generate a degree of resilience to see residents through the challenges ahead. Current ideas include the use of training flats, ex-resident workshops and 'preparation for tenancy management' workshops. This approach will aim to help reduce the stress levels of residents as they progress towards the end of their time with us. Through the AQA Scheme, the 'move on plan' will also aim to target individual needs more efficiently and follow their progress through to their rehousing.

We are also beginning to focus some of our attention upon finding innovative solutions to the less obvious problems that are faced by our residents. For example, a carpeted empty room can appear cosy and a furnished room with rough paint spattered floorboards can appear cold and unfriendly, so we are planning to develop a relationship with a carpet manufacturer that might enable cheap access to offcuts and imperfect carpets as a stopgap solution that could well make the difference between a resident making a success of their independent living and abandoning the project and returning to the streets.

Although maintenance is carried out on an ongoing basis and fixtures and fittings are replaced as required, we have recognised the need for a general refurbishment of our properties and have already initiated this process. The works across the coming months and years will focus firstly on the two Charfield Court flats. The aim is to produce a homely place to live while recognising the need for a functional space to aid those that wish to study. While the costs involved in creating such an environment place limitations upon us, Wytham Hall recognises the impact the environment has on a person's outlook and so we will endeavour to create the best environments we can.

The cost to the Charity of creating new and crucial support methods for the residents is considerable. With this in mind the promotion of Wytham Hall's services and its benefits to the sector is vital. Such promotion includes a redesign of the website, presentations and fundraising, all of which are currently being developed.

Wytham Hall is thankful to the various organisations and individuals who have provided advice and support during the last year and would like to express our hope that they continue to do so. Our particular thanks and appreciation go to Miles Davis, Manager of Great Chapel Street Medical Centre, for his valued support during our fledgling management days.

Visitors to Wytham Hall hopefully recognise that in spite of the difficulties faced by both the staff and our residents there is much warmth and much laughter. If you feel that you would like to pay us a visit and get a feel for the place in person, then do not hesitate to make contact and we will do our best to accommodate such a visit. *Stephen Tufnell & Andrew Keck.*

■ SUPPORTED HOUSING REPORT

Wytham Hall continues to provide supported housing for up to 25 residents who are housed over four properties. 21 of these rooms being part funded by Westminster City Council. The vast majority of our funding comes from rent collected, Housing Benefit payments making up the bulk. Other monies donated are typically utilised to fund specific projects.

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

Historically most contact between staff and residents has taken place within either the ground floor office space, or in the residents' homes. Recognising that none of such contact was occurring in neutral territory and that this might well have an impact upon any interaction, there has been a significant increase in the amount of contact away from both. Typically, this involves a walk, a coffee and very occasionally cake. The conversation may well no longer focus in on support needs at all, but it is surprising how often such general chatter has led to a revelation that has both transformed the relationship and identified heretofore hidden 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 steps forwards.

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

The unsung heroes of Wytham Hall with regard to providing support and bringing about change are some of the residents themselves. With the best will in the world, the current staff team cannot match the levels of empathy offered by those that share direct experience of homelessness. 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.

We remain a drug and alcohol abstinent organisation and total abstinence is required from all of our residents (and their guests) during the duration of their time at Wytham Hall, regardless of whether they had an unhealthy relationship with alcohol in the past or not. Although this approach is central to Wytham Hall, it should not be interpreted as suggesting that we are a drug and alcohol focussed organisation. Any analysis would suggest that mental health is our most significant support need with physical health needs the next most common.

Therefore, 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 external staff members invited to pay informal visits to Wytham Hall to gain a better feel for what goes on here.

People are admitted to Wytham Hall at a point in their time within the homeless sector where the next step will be 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 clients, 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 feel they will benefit from them.

It should be recognised that residents do not enter Wytham Hall with a set of problems and depart with all their problems wholly 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 in what is realistically achievable and to celebrate achievements regardless of their supposed 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 the option of an informal 'no name, no pack drill' visit, during which we tell something of the history of Wytham Hall and of our approach, and demonstrate via face to face contact and a walk around our main building that we may not be quite what the prospective resident might have imagined us to be.

The Wytham Hall 'ethos' is referred to quite often within the office. I, for one, am not wholly sure what our 'ethos' is. I quite like it like that.

Andrew Keck.

■ CONTRIBUTIONS FROM OUR RESIDENTS

There are tangible benefits to be grateful for, of course.

A roof, a door, a bed.

Things that are hard to appreciate – until you have lacked them.

Physical shelter, physical safety, physical comfort.

But just as important, if not more, are the intangibles.

The things that come not from the place, but the people.

To have someone who listens, someone who cares, someone who understands.

To have that connection again.

That emotional, as well as physical support

For that, as well as all else many, many thanks.



I began learning photography while at Wytham Hall and find it an enjoyable challenge to try to make interesting and attractive pictures. Sometimes you want a photo of a place that has memories too. This is a photo of the inside of St Martin-in-the-Fields Church in Westminster, London. It is right next to Trafalgar Square and Connections and many homeless people in the area would recognise it. A nice peaceful place to relax and get away from the crowds, noise, and winter chills. ~ Wytham Hall resident

I am not proud of my past, but the honest truth is that I have used/abused recreational drugs and alcohol for as long as I can remember.

is the lowest point in my life when I had lost everything I became vulnerable, agitated and very aggressive.

When my Mother passed away two and half years ago, my low mood, anxiety, depression, drug and alcohol use got seriously out of control. During this period, my G.P. referred me to a drug and alcohol clinic, but unfortunately, I dropped out on three different occasions in two years until I became homeless and I had nowhere to go/hide. Eventually the game was up and I had to shamefully admit/accept that I could no longer manage my chaotic lifestyle.

Eventually after 5 months of sleeping rough I was admitted into a night shelter and referred to a 24-week drug and alcohol day programme, where I met similar addicts in a group environment and for the first time I felt safe to discuss and address my problem.

Due to my deteriorating illness, I had missed a vital court date for my eviction and I was eventually evicted from my property. By this time, I had nowhere to go and started sleeping rough around the Pimlico area. This

A week before the end of the drug and alcohol programme the Passage had found me Wytham Hall. I was shocked when I discovered that it was a dry house because it was exactly perfect for my recovery programme. Wytham Hall is the perfect place for recovering addicts because the residents and staff are very warm and friendly, but at the same time respect your privacy.

Since moving into Wytham Hall I have discovered the local park amenities, canal and Kilburn High Road for shopping. Sometimes when I'm having a bad day I could lie in bed, or go out for a walk by the canal or Regent's Park to relax under the sun. I am very grateful to have this beautiful place as a foundation to build the hope for my recovery and it will be exactly 1 year on June 12th 2017 since I have been clean.

Although my recovery has been slow it has been steady and without professional support and care at Wytham Hall all of the above wouldn't have been possible.

Every day I wake up in Wytham Hall I feel grateful I am alive and hope to have another chance in life. This hope has encouraged and motivated abled me to enrol in a drama course at City Lit college and in June 2017 I will be progressing to the Drama Foundation course.

■ CELEBRATING POSITIVE ACHIEVEMENT

Many Wytham Hall residents need to battle both relationship and emotional difficulties and these can play an unavoidably large role in whether they are able to successfully take up their independence once more.

Wytham Hall's calm and stable atmosphere often allows these often suppressed thoughts and emotions to rise to the surface and can, at its best, also provide an environment which enables residents to address them. Our experiences suggests that it is often only at the point at which the subject of rehousing is raised that these difficulties emerge. Essentially, the mere knowledge that Wytham Hall is 'there' has enabled the resident to remain stable. The mere mention of the loss of this presence can be experienced as threatening and can trigger an unravelling of a resident's stability and the emergence of previously suppressed and now overwhelming emotions. Unless such anxieties are addressed the likelihood of successful rehousing is diminished and a return to street homelessness becomes increasingly likely.

Consequently, we are looking into ways to address these difficulties and to enhance the chances of a sustainable return to independence.

RELEVANT CASE STUDIES: A POSITIVE FUTURE

'A' came to Wytham Hall in April 2015, following an extremely traumatic sequence of events. He had left Eritrea a few years



earlier in the company of his younger brother, who tragically drowned during a perilous sea crossing.

'A' had begun to experience suicidal ideation, a loss of self-confidence and the loss of purpose and direction in his life. A period of homelessness followed and he began to find it difficult to retain the hope that his life could be any different.

Having moved into Wytham Hall, 'A' slowly began to find it within himself to trust others once more and, with the support of mental health services, he began to develop new and significant relationships again. He began to examine his place within society and to consider how he might bring about a more positive future for himself. Given his caring nature he believed that the most positive



step forwards would be to attempt to enter a profession that would allow him to take advantage of and further develop that attribute. He settled on the idea of a career in nursing and began to seek out ways to move towards that objective.

'A' started attending courses to improve his Mathematics and English skills and a one entitled 'Understanding Mental Health'. He began working as a volunteer on the wards of St. Bartholomew's hospital in an attempt to gain some direct experience within the sector. He was subsequently able to use this experience to put towards an 'Access to Nursing' course starting in September 2017.

'A' has also worked hard to prepare for a move into more independent accommodation. He was recently accepted via a scheme managed within the homeless sector known as 'the Clearing House' and has now moved into a flat of his own. Although this experience has not been without its challenges, 'A' reports that he is "excited about this new chapter in life".

NEW BEGINNINGS

'R', 'C' and 'G' have all recently been rehoused within the Lodge Project in Camden.



'R'

'R' found life extremely difficult following the loss of his wife to long-term illness and his physical and emotional health began to suffer as a result. This deterioration was compounded by the loss of many of his personal possessions whilst travelling on a night bus across London. Over time 'R' slowly began to come to terms with his loss and began to address his health problems. He began to restore his confidence through interacting with others and has begun to develop fresh and more optimistic ideas regarding his future.



'C'

'C' found life extremely hard whilst rough sleeping, but he remained sceptical about coming "indoors". After a period living in a Hostel environment with its attendant challenges, 'C' was encouraged to move

to Wytham Hall. He continued to find the development of new relationships difficult and was also suffering from a significant physical health condition. Progress was slow, but gradually 'C' began to develop the beginnings of a trusting relationship with Wytham Hall staff and thus began his journey back to fitness. He has more recently begun to re-establish relationships with his family and his recent move away from Wytham Hall stands as a testament to his progress.

'G'

'G' found life difficult after leaving his family home. He had been living with his mother up until her passing and it was at that point that he began to find himself ill equipped to manage his life independently. He found it difficult to engage with others and had lost all momentum. After accepting a place at Wytham Hall there began to be glimmers of an ability to trust once more and he now hopes that his recent move to the Lodge will enable him to progress even further.



A SETTLED LIFE

'C'

After a mixed, but essentially very tough start in life, 'C' spent many years living on the streets and travelled a startlingly large number of miles until he found stability, support and care. He initially found himself living within the hostel system and began his journey to the fine example and role model that he is today. 'C' demonstrates commitment, determination and a remarkable generosity of spirit. Such qualities have enabled him to succeed well beyond anything that those involved in his

support, and especially himself, believed possible. He has found the drive and resilience to push himself forwards where would have fallen.

'C's stay at Wytham Hall has helped him to extend his abilities to form relationships with others and to develop his confidence to such an extent that he has begun to stretch the boundaries of what he can achieve even further. 'C' has now begun settling into a more independent existence away from Wytham Hall and is continuing to drive himself forwards and to further expand his horizons.

'C's move to independent accommodation was not without hesitancy, but he realised that this would be a great opportunity for him and one that he would ultimately enjoy. He was conscious of the risks of becoming isolated and has made efforts to ensure that he remains in contact with others. "C" said "when you move to your own place you are moving to a different environment and you are on your own, which can be daunting at first, but you begin to find your feet" and "I enjoyed the move, it was a new adventure, something I have never done before, and I am learning all the time".

'C' became conscious of how much there is to learn about moving home. He said "one of the biggest issues was how to move my things from Wytham Hall to my flat, which is something I didn't think about before". "I found furnishing the property quite difficult, but over time I saved enough money and received help, so that I could create a 'home'".

UTILISING NEW SKILLS

Plans are being developed to find a way to effectively utilise something of the experiences of those that have made the 'leap' back into independence, through inviting them to become involved in future workshops and support sessions run by Wytham Hall.

Stephen Tufnell

■ RESIDENT PARTICIPATION

A return to employment and to taking up one's independence once more can be hampered by the period spent outside of mainstream society. CV's develop gaps and experience can become somewhat dated. In response Wytham Hall have begun to run an AQA scheme whereby residents can obtain contemporary certificated evidence of their efforts and achievements during their time here. This may include such as the development of communication skills, learning how to cook, how to balance a diet, develop and maintain a budget plan etc.



Over the last year, the AQA scheme has been further developed to encourage wider participation amongst our residents. Workshops and activities have included creative thinking (e.g. problem solving), coffee and quiz afternoons, computer/IT groups, stop motion animation groups and a film study club.

Residents also took part in a series of art projects. One, entitled 'Art Reflections', aimed to allow residents to express in 2 dimensions' something of their feelings about homelessness and their future.



Activities were not solely confined to within Wytham Hall itself. Group visits were arranged to the Wellcome Trust and the Tate Modern art gallery. Providing an opportunity for residents to get to know each other within a very different environment. Wytham Hall also introduced a newsletter which improved communication with residents generally. This provided both information on further events, reviews of previous activities and details of how residents could become involved.

WYTHAM HALL OPEN AFTERNOON



Wytham Hall has held its second open afternoon. A presentation was made by one of the residents about his experiences during his time at Wytham Hall and participation in the AQA programme. The afternoon also provided residents with the opportunity to showcase their artwork and including one who showed their short video to provide support to the event. Wytham Hall plans to hold a similar event this year.



During the upcoming year, the AQA scheme will be developed further. Plans are in place to use the AQA scheme as the core of a 'Move-On Project' which aims to give residents personalised support to ensure their needs are met and to develop those skills allied to a successful move on. AQA Units, workshops and activities will be targeted to help develop the necessary skills such as communication, self-motivation and a degree of resilience.

Stephen Tufnell

■ STUDENT EXPERIENCE AT WYTHAM HALL

From the very beginning Wytham Hall has sought to provide opportunities for training, education and experience for students, predominantly medical students. We currently provide a half day visit for medical students from University College Hospital in their Homelessness and Health module to see Wytham Hall, understand its role and to meet some of the residents, giving the opportunity to understand their background and experiences, particularly of homelessness.

Here are some excerpts from the feedback they provided following their most recent visit:

- This was probably the placement that has had the biggest impact on me during this SSC and the one we chose to include in our presentation.
- We met two residents separately - the fact they had such different stories and backgrounds was eye-opening, challenging any preconceptions that may exist about there being a common, 'archetypal' homeless person or route to homelessness. The residents were extremely interesting and the experience was invaluable.
- The only thing I might change would be to perhaps have a tour of some of the accommodation that Wytham Hall provides although I'm not sure if this would have been possible as the residents' independence is important and the flats weren't part of the building that we visited.
- One thing I found particularly interesting was the fact that they were one of the only housing services for homeless people who had an abstinence policy, whereas other centres have fewer rules on alcohol consumption on site.

Hopefully these comments go some way to illustrating the value of showing students what we do and the people we help at an early stage in their training.

It should also be noted that our residents seem to get something positive out of the experience also.

Andrew Keck

■ **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 2016 – 2017

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

Dr. P. Reid

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:

CIT Photocopiers; Andrews Computers;

Atis Real Weatheralls Surveyors;

The Benefits Agency;

St Mungo's Broadway;

Browns Chemist;

Citizens Advice Bureau; Chubb;

The Connection at St. Martin's;

E K Mechanicals;

Great Chapel Street Medical Centre;

House of St Barnabas;

Central London Law Centre;

MAC Electrical Services;

The Metropolitan Police and Safer Neighborhood;

The Passage Day Centre;

St Mary's Hospital;

The Rough Sleeping Team;

Salvation Army;

Supporting People; Turning Point;

WAMH;

Waterview Centre;

Westminster Drug & Alcohol Project;

Westminster Housing Benefit;

Westminster Adult Education Service;

Woodfield Road Health Centre;

North Westminster Assessment and Brief Treatment Team;

Support 4 Volunteering;

Groundswell;

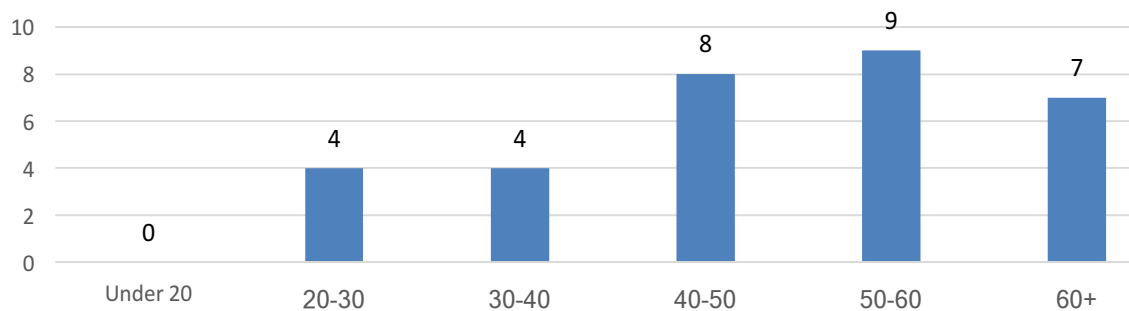
St Mungo's Clearing House Team;

EASL.

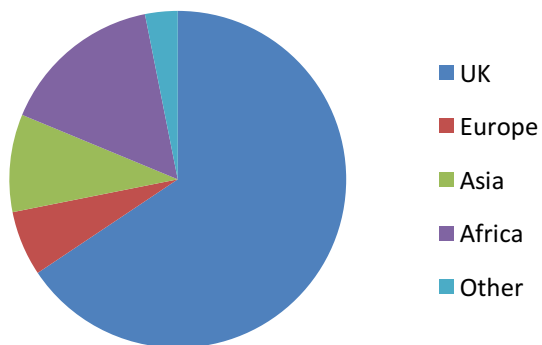
■ STATISTICS ON ADMISSION TO WYTHAM HALL

April 2010 to March 2017	2010-11	2011-12	2012-13	2013-14	2014-15	2015-16	2016-17
Total number of residents	28	33	35	38	32	29	32
Male	28	31	30	35	30	28	30
Female	0	2	5	3	2	1	2
Average age at end of period (yrs)	41.6	42.6	43.4	44.6	49.31	51.8	49.5
Overall occupancy	95%	92%	94%	92.8%	96.2%	94.3%	95%

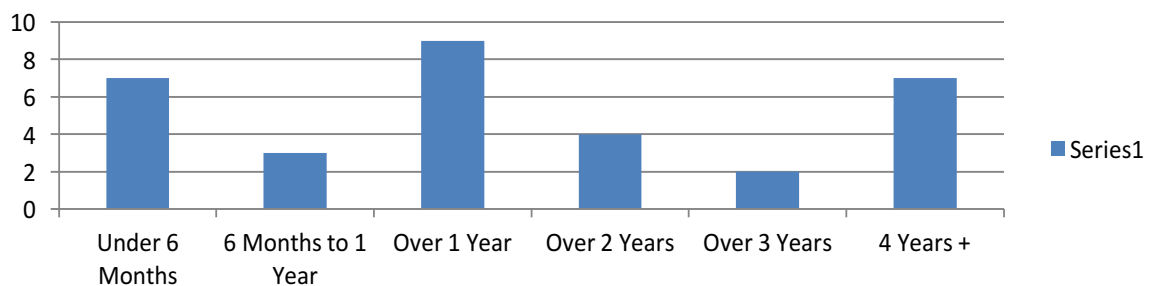
AGE RANGE 2016-17



ETHNICITY 2016-17



LENGTH OF STAY 2016-17



STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating an income and expenditure account)
for the year ended 31 March 2017

		Unrestricted funds	Unrestricted funds	Restricted funds	Total	Total
		General	Designated		2017	2016
	Notes	£	£	£	£	£
<u>Income from:</u>						
Donations and legacies	3	12,572	-	-	12,572	11,431
Charitable activities	4	283,993	-	-	283,993	283,136
Investments	5	223	-	-	223	(2,339)
Total income		<u>296,788</u>	<u>-</u>	<u>-</u>	<u>296,788</u>	<u>292,228</u>
<u>Expenditure on:</u>						
Raising funds	6	-	-	-	-	138
Charitable activities	7	<u>209,614</u>	<u>163,546</u>	<u>22,539</u>	<u>395,699</u>	<u>278,617</u>
Total resources expended		<u>209,614</u>	<u>163,546</u>	<u>22,539</u>	<u>395,699</u>	<u>278,755</u>
Net incoming/(outgoing) resources before transfers		87,174	(163,546)	(22,539)	(98,911)	13,473
Gross transfers between funds		<u>(149,015)</u>	<u>149,015</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net (expenditure)/income for the year/ Net movement in funds		<u>(61,841)</u>	<u>(14,531)</u>	<u>(22,539)</u>	<u>(98,911)</u>	<u>13,473</u>
Fund balances at 1 April 2016		<u>391,859</u>	<u>19,370</u>	<u>563,313</u>	<u>974,542</u>	<u>961,069</u>
Fund balances at 31 March 2017		<u><u>330,018</u></u>	<u><u>4,839</u></u>	<u><u>540,774</u></u>	<u><u>875,631</u></u>	<u><u>974,542</u></u>

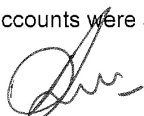
The statement of financial activities includes all gains and losses recognised in the year.

BALANCE SHEET

at 31 March 2017

	Notes	2017 £	£	2016 £	£
Fixed assets					
Tangible assets	13		545,613		578,392
Current assets					
Debtors	15	3,751		3,178	
Cash at bank and in hand		337,784		402,777	
		<u>341,535</u>		<u>405,955</u>	
Creditors: amounts falling due within one year	16	<u>(11,517)</u>		<u>(9,805)</u>	
Net current assets			330,018		396,150
Total assets less current liabilities			<u>875,631</u>		<u>974,542</u>
Income funds					
Restricted funds	18		540,774		563,313
Unrestricted funds - Designated	19		4,839		19,370
Unrestricted funds - general			330,018		391,859
			<u>875,631</u>		<u>974,542</u>

The accounts were approved by the Council Of Management on 5 June 2017



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

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

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

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Health Trends, 1990; 22:51-5.

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Psychiatric Bulletin, 1990; 14:270-1.

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UK: Longman Group.

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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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British Medical Journal, 1992; 305:658.

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London: Home Office and the Department of Health.

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The perception of emotion by schizophrenic patients

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Paris, Les Temps Modernes, 1993: 567

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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.

A waiter is not a waiter, in the way that an inkwell is an inkwell
(Jean Paul Sartre - paraphrased)



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

Where to find us

