

WYTHAM HALL

Annual Report 2005 - 2006



Breaking the cycle of street homelessness

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)

WYTHAM HALL ANNUAL REPORT
1st April 2005 – 31st March 2006

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Wytham Hall is a Charitable Company Limited by Guarantee.

■ WYTHAM HALL - An Introduction

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. Dr David El Kabir, the then Physician-in-charge of Great Chapel Street Medical Centre (website <http://business.virgin.net/gcs.medical/index.htm>), and a group of medical students set up the project. At Great Chapel Street, a walk-in surgery for the homeless in Central London, many patients were seen who were having difficulty coping on the streets due to ill health. Wytham Hall was established to provide an alternative to hospital admission for these people. Its other aims were to research the causes and consequences of homelessness and to provide medical education.

The recovery unit has fourteen beds and is run by a team of care-workers and doctors. During a patient's stay, medical problems are addressed in parallel with social and housing needs. A period of illness may give people a valuable opportunity to reconsider their options - Wytham Hall also owns a shared house and two flats. These have a total of sixteen beds where patients may be housed, providing continued care and rehabilitation.

(Great Chapel Street Annual Report available on request).



■ **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 2005-2006

Trusts and Statutory Bodies:

The Barbara Welby Trust

The Sidbury Trust

Priory Trust

Paddington Rotary Club

Individuals:

Mrs B. Banham

Mr D. Derox

Ms A. Gleave

Mr and Mrs Jupp

Mr A. I. MacMillan

Mr J. Streets

Mrs C. B. Tubb

Ms S. Willson

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

ABT Photocopiers; Alcohol Recovery Project; Alcohol Resource Centre; Alcoholics Anonymous; Allied Carpets; Angel Recruitment Agency; Andrews Computers; Atis Real Weatheralls Surveyors; Atlas Boilers; The Benefits Agency; Birthday Bakers; Brent Social Services; Broadway; Browns Chemist 195 Shirland Road; Camden & Islington Health Authority; Camden Substance Misuse Team; CARA; Central CAT Team; Central North West London CMHT; Chubb; The Commission for Social Care Inspection; The Connection at St. Martin's; The Core Trust; Dental Surgery 392 Edgware Road; E K Mechanicals; Eurogard; Flexicare; The Gordon Hospital; Great Chapel Street Medical Centre; Guy's Hospital; Haringey Social Services; Health Support Team; Homeless Link; Homeless Persons Unit, Westminster; Housing 21; Hungerford Drug Project; JAG Plumbing; Joint Homelessness Team; Kairos; Kensington

& Chelsea Primary Care Trust; Lancaster Day Centre; Lisson Grove Health Centre; MAC Electrical Services; The Metropolitan Police; MIND; Narcotics Anonymous; Paddington Churches Housing Association; Paddington Drug Treatment Centre; The Passage Day Centre; The Paterson Centre; Portugal Prints; Ronald Brown Optician 393 Harrow Road; SEC; St Charles Hospital; St George's Hospital; SRAC; St Margaret's Drop-In Centre; St Mary's Hospital; St Mungo's Outreach; Salvation Army; Soho Centre; Supporting People; Thames Reach Bondway; The Terrace Day Centre; WAMH; West End CMHT; West London Day Centre; Western Eye Hospital; 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.

■ PRESIDENT

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

■ COUNCIL OF MANAGEMENT

Dr Bernard Adams, M.Sc., M.B., F.R.C.P., F.R.C.Psych., D.P.M. (Deceased December 2005)
Honorary Consultant Psychiatrist and Honorary Senior Lecturer, University College Hospital

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

Peter Barry, M.B.A. (City), FCCA, DipM, I.M.I.S.
Finance Director, Meiko UK Limited

Sir John Birch, K.C.V.O., C.M.G., M.A.
Director, British Association for Central and Eastern Europe

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

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 Sick Bay

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.
Emeritus Professor of General Practice, St Mary's Hospital Medical School

Chris Littmoden, C.B.E., CA.
Non-executive Board Member, Immigration & Nationality Directorate. Non-executive Director, Low & Bonar plc

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

Solicitors: Dibb Lupton Alsop, 125 London Wall, London EC2Y 5AE
Auditors: PKF, New Garden House, 78 Hatton Garden, London EC1N 8JA
Bankers: HSBC, 196 Oxford Street, London W1A 1EZ

■ 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)
Chairman and Principal of Wytham Hall Sick-Bay

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 and Secretary), General
Practitioner

Petr Valasek, M.D. Ph.D (Prague)
Senior House Officer, Royal Sussex Hospital,
Brighton and, Institute of Anatomy, First Medical
Faculty, Charles University, Prague



■ NON-RESIDENT MEMBERS

Angela Clarke
Chef Manager

John French
Support Worker

Julie Gaudion, PGCE Health & Social Services
Management
Registered Care Home Manager

Bridget McCarthy
Senior Project Worker

Alfred Roibal, B.A. (Hons) Social Sciences
Weekend Project Worker (until April 2006)

Rashpal Panesar, B.A. (Hons) International
Relations
Supported Housing Worker (from March 2006)

Wendy Sutton, B.A. (Hons) Social Policy and
Administration
Weekend Project Worker



■ VISITING MEMBERS

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

Philip Joseph, B.Sc., M.D. (Lond), M.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

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



■ CHAIRMAN'S REPORT

The past year has been one of relative stability. There have been no changes in the Board of Trustees and our membership stays as it was last year. Among the staff, we welcome Rashpal Panesar who takes the place of Emma Rembalski. The staff now comprise the Manager, Senior Project Worker, Project Worker, Supported Housing Worker and Support Worker, as well as caterers and cleaners.

Various improvements have been carried out. Furniture and fittings in the Sick Bay and in the Supported Housing Units have been renovated and both have undergone redecoration. The computers have been upgraded.

Dr Petr Valasek is back at the Royal Veterinary College as Senior Research Fellow, following a year's stint as a House Officer and Senior House Officer at the Royal Sussex Hospital. He was awarded the First Prize at this year's annual meeting of the Czech Anatomical Society, following on his winning the same distinction at the annual meeting of the Association of British Urological Surgeons last year. Clearly there is no stopping the man.

Our financial position can best be described as static but fragile. Needless to say, we continue our negotiations with the powers that be for possible sources of funding, activities which I have dutifully reported over the past twenty odd years. I have, alas, nothing new to add and the endless ritual dance goes on. "Life," wrote Ortega y Gasset "is our reaction to the basic insecurity which constitutes its substance." There certainly seems no danger of our losing out on that score.



Dr. David El Kabir, Chairman

■ DOCTORS' REPORT

Wytham Hall was founded by doctors and medical students. In all some 20 medical students and doctors have resided here and helped with the medical and social care of our patients since 1984.



The presence of doctors who live on-site in a project like this is unusual and contributes to its special value as a place where people can receive a comprehensive assessment of physical and mental health combined with social care. As our own experience, statistics and case reports reveal, homeless people usually have a combination of problems, which are not easily addressed in a piecemeal fashion and certainly with great difficulty if they are homeless. (see Great Chapel Street Medical Centre Annual Report)

The three doctors currently involved with the care of the patients at Wytham Hall and its move-on houses live on site. Two are general practitioners (one retired) and the other is a researcher. We have our normal day jobs and provide the medical care at Wytham Hall on a voluntary basis. One of us will assess new patients on the evening of their first day and design a treatment plan. This is then monitored and modified at the weekly meetings attended by all staff. Medication is prescribed and dispensed daily or weekly to the patients and supervised by the doctors, allowing

prompt adjustments of treatment when needed. The general practitioners have many years experience of working with homeless people both at Wytham Hall and at Great Chapel Street Medical Centre. We know the local medical services well and in particular use St. Mary's Hospital, Paddington, and the Paterson Centre for Mental Health for opinions or investigations. In turn they refer us patients for further care and rehabilitation.

The majority of referrals do now come from hospitals and social services unlike the early years when most came from the surgery at Great Chapel Street. This has been largely driven by

funding requirements but represents a cost-effective form of intermediate care for patients who have just received expensive inpatient care. We are keen to expand the referral sources to include other hospitals in central London.



Over this year there has been a predominance of alcoholism and its consequences amongst the physical conditions we have seen. Tuberculosis has also featured strongly and we have had good success in seeing patients complete their treatments. We have also had some individuals with severe consequences of drug addiction. This year a smaller



proportion of our residents suffered from severe mental illness.

The student elective programme at Wytham Hall, initiated and sponsored by the Conanima Foundation for an initial 5-year period, began in 1989. Since 2000, rather than taking students from abroad we have medical students on Special Study Modules from Imperial College and Oxford. UCLH students also attend for a day early in their course. The attachment here gives a fascinating opportunity to meet a range of homeless people in different environments and to witness and understand their lives in depth. It also shows how a difference can be made to the damaged lives of this group of people. Students also attend the Great Chapel Street and the Notting Hill surgery and can see the contrasting problems of the different populations and the fundamental similarities in the approach to care. Students' reports make interesting reading.

■ CASE REPORTS

Case Report 06

This 49 year old man was admitted to Wytham Hall after being referred here by the Great Chapel Street Surgery.

He had recently been discharged from Guy's and St Thomas's hospital after suffering from alcohol-related seizures and neurological problems due to years of alcohol abuse.

His health had been deteriorating for the past four years after being evicted from his flat and sleeping rough beneath Blackfriars Bridge. He had been drinking from the age of 14 and continued to drink heavily until his admission into hospital.

On admission to Wytham Hall he settled in

well and his physical condition slowly improved. His dizzy spells decreased and he attended follow up appointments at the hospital. He still continues to have speech and balance problems but he is managing these well.

He initially refused to see an alcohol counsellor but after encouragement from staff he eventually agreed to see one. After attending these sessions he admitted he had begun talking through and dealing with issues that he had never spoken of before and it felt like a weight had been lifted off his shoulders.

He continues to attend regular counselling sessions and since they began it has been noticeable that he seems more relaxed and has become a bit of a practical joker.

He has been staying at Wytham Hall

unfunded as no local authority was willing to accept responsibility for him. He has now been offered the chance to move into one of our supported accommodation and is delighted.

He remains abstinent.

Case Report 06

This 55 year old man was admitted to Wytham Hall from St Mary's hospital after spending 6 months there after suffering severe pneumonia and complications due



to alcohol abuse. He had had a drink problem since his teens.

He has problems swallowing and as a result is nil by mouth. He has to be fed via a tube through his abdomen into the stomach, which he uses for 14 hrs during the night. Staff are liaising with the hospital and his GP for all his prescriptions and food to be sent to Wytham Hall. A dietician comes to review him.

Prior to his admission to hospital he had been staying in semi independent accommodation but this had been a 'wet' environment and was just compounding his problems. It was also alleged that he

was being exploited financially while staying there.

Since being admitted into Wytham Hall he has settled in well and although a quiet and gentle man does get on well with other residents and staff alike.

He has also taken it upon himself to take responsibility for the residents' cleaning rota when other residents are away.

Staff are liaising with him and his local housing services to try and find him independent accommodation for when he leaves.

He has mentioned that he has benefited from being at Wytham Hall as it has got him into the routine of doing things for himself again.

Case Report September 2006

This 61 yr old man returned to Wytham Hall for a third admission following his eviction from the hostel where he had been living. He has a long history of homelessness and alcohol dependence. He had a relapse after 18 months of sobriety.

On admission he was suffering from alcohol withdrawal symptoms as his last drink had been the previous day. He was immediately started on a detoxification programme. Within a matter of days his symptoms had decreased and he appeared calm and settled.

He said he was committed to remain abstinent from alcohol but was aware that he would need on-going support when he was discharged from Wytham Hall.

It was agreed with his Care Manager that he would benefit from a rehabilitation programme and work began to find him a suitable programme. In due course a placement was found for him in Devon.

He left Wytham Hall after a four week stay feeling positive that this programme was



going to be able to support him in his long term goal to stay sober.

Case Report 2006

This 45 yr old gentleman was admitted into St Mary's hospital after collapsing on the streets.

During his assessment at Wytham Hall he told staff that he had been drinking from a very young age. He had tried to stop drinking in the past (without support) but had always failed. He also spoke about being in and out of prison many times for various criminal offences. Consequently his relationship with his partner and daughters had broken down.

On admission he settled well at Wytham Hall. He established a good daily routine and agreed to attend an alcohol support service for counselling.

After a time he made contact with his children. He eventually re-established visits with them on a regular basis.

In due course it was decided that he would be a suitable applicant for our supported accommodation at Lanhill Road and he made a successful move there earlier this year.

Case Report September 2006

This 71 year old man was admitted to Wytham Hall from St Mary's hospital. On admission it was clearly evident that he was suffering from self neglect and other alcohol related conditions.

Initially he was sharing a room with other residents but it soon became evident that a single room was more appropriate for him to manage his condition and he became more relaxed about it.

He quickly settled into a good routine and attended the various medical appointments that were arranged for him.

Throughout this time Wytham Hall staff were liaising with Westminster Social Services regarding his move on from Wytham Hall. It was eventually decided that all that could be offered was B&B accommodation with a care package in place.

Inside days of his move into B&B he went missing! He subsequently arrived at Wytham Hall. It was apparent that he was in urgent need of a bath, some food and rest.

He was re-admitted into Wytham Hall. Within a matter of days with medical

intervention and care he appeared to recover.

Following this episode negotiations were started for him to remain at Wytham Hall on a semi-permanent basis. Eventually this was agreed.

To date he remains in his own room at Wytham Hall. He appears to have blossomed through on-going support. He continues his daily routine and remains abstinent from alcohol.

■ RESIDENT'S ACCOUNT

I am a 26 yr old homeless man from Uganda claiming Asylum.

I was admitted into The Paterson Centre after becoming unwell and was subsequently diagnosed with Schizophrenia. On my discharge from hospital I was admitted into Wytham Hall.

At first I was not very comfortable with this accommodation mainly because of the 7.00pm curfew and the fact that I had to share a room with other people that I did not know.

However with time I accepted this and appreciated the staff's flexibility when I started my college course and wished to return late (by the way Wytham Hall paid for this course as I had no source of income because I was an asylum seeker).

My stay at Wytham Hall was for much longer than I had anticipated. It eventually turned out to be for just over one year! The reason for this was because Social Services needed to decide who was responsible for me! Westminster or Watford? I had been living with some friends in Watford before I was admitted into hospital.

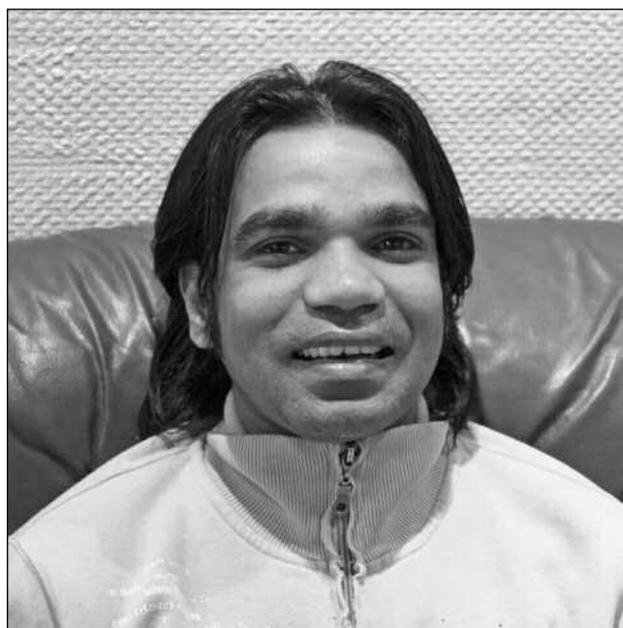
During this time I accomplished many things with support and encouragement from the staff. They arranged financial assistance for me from South Paddington CMHT. They instigated my morning jogging (for a short time). I started and completed a Creative Writing Course. I joined a Karate Course and obtained my orange belt. I started and completed an Introduction to Journalism Course. I attended a workshop editing tapes of the news so that they can be heard by the blind. I attended a Goals and Crossroads

training programme etc. Along with this my medical needs and appointments were monitored by Dr Reid and Wytham Hall staff.

During this time I heard from the Home Office that I had been granted leave to stay in the UK until 2009. Following this I was supported in applying for a National Insurance number and subsequently State Benefits.

Eventually it was agreed that Watford Social Services would take responsibility for my on-going care and I realised that my time at Wytham Hall would be shortly coming to an end. I had mixed feelings about this, part of me was excited because I was going into a shared house where I would have my own room and part of me knew that I was going to miss the care and support that I had received from Wytham Hall. However I am optimistic and feel that I now have the skills to cope with what life throws at me in the future.

I feel lucky and thankful to have stayed and worked with the staff at Wytham Hall.



■ STUDENT QUOTE

What to say of my week at Wytham Hall and Great Chapel Street. I wasn't really sure what to expect at all. I do some voluntary work with the homeless in Oxford, and find it immensely rewarding; I also realised from this experience that the health care demands of the homeless is different from that I normally see in the hospitals in Oxford, and is also poorly addressed in many areas. I thus thought that Wytham hall would be an interesting experience, and I might learn something useful for my future career as a doctor.

In reality, it gave me much more than I could ever have expected. It really reinforced the need to treat a patient holistically, as physical health is so intrinsically related to social and psychological well being. It is also a marvellous example of team-working and a multidisciplinary approach to patient care. Furthermore, this experience made me appreciate how lucky I am to have had the opportunity to learn such useful skills as a doctor, and inspired me to work with the homeless again in the future. I feel so lucky to have had this experience, and would highly recommend it to any medical student.

■ EVENTS OF 2005 - 2006

Fundraising

A total of £9,010 has been received from personal and other donations.

National Minimum Care Standards

An unannounced Inspection by the Commission for Social Care Inspection took place in October 2005 and March 2006. Both inspections were very positive and all the recommendations and requirements stipulated have been implemented. There were two requirements overall.

Maintenance

General ad hoc internal redecoration and replacement of furniture and fittings has been undertaken in the Sick Bay and the Supported Housing Units.

Computers

The Wytham Hall computers were upgraded in April and May 2006.

External Relations

A new contract is under discussion with St Mary's hospital for TB patients requiring ongoing care. Contacts are

being made with various agencies with a view to increasing referrals to Wytham Hall and the Supported Housing. Meetings have been held throughout the year with the Supporting People Team from City Hall including Greg Roberts the SP Homelessness Strategy Manager and Lorraine Baker the Contracts Manager. A meeting was held with Senior Managers from St Mungo's to assess the viability of joint working partnerships.

Staffing

The present staffing arrangements include the Manager, Senior Project Worker, Project Worker, Supported Housing Worker, and Support Worker as front line staff. There are catering and cleaning staff in addition.

Supporting People

Wytham Hall was registered as a Supporting People Provider with an overall 'C' score, although many scores were of 'B' level. A plan to achieve a 'B' score overall was developed and the contract successfully renewed. A rental increase was implemented.

■ PATIENT SERVICES REPORT

Julie Gaudion – Registered Project Manager

In addition to the Registered Manager the current staff team consists of; a Senior Project Worker and Project Worker who oversee all the work carried out for the residents in the sick bay: They also ensure that the care plans and risk assessments are carried out in accordance with the Commission for Social Care Inspection. There is a Supported Housing Worker who supports the residents in the three move on properties and is responsible for carrying out all their support plans and reviews and keeping in line with the current Supporting People Contract, a full time Support Worker who in addition to helping with the work with residents also carries out all the health and safety checks necessary. There is also a chef and a cleaner to help with the smooth running of Wytham Hall. The team of volunteer doctors are living on site and provide medical care and on-call cover over night.

Support Provided by Wytham Hall

On admission to Wytham Hall each patient is allocated a key worker and a care plan is drawn up to include the input of all the services involved in the resident's care. This plan is reviewed regularly. Clients are assessed individually so that their needs can be addressed independently and connections with appropriate external services can be made. Wytham Hall staff members receive relevant training to enable them to provide a high standard of care and support to the residents. Arrangements are made for counselling, physiotherapy, dental treatment, chiropody, optician appointments and district nurses visit when necessary. Substance dependent clients are linked up to local Drug and Alcohol agencies and projects and also attend Alcohol

Anonymous and Narcotics Anonymous meetings in the area. Following a detoxification programme at Wytham Hall some residents leave us to move to residential rehabilitation centres.



Length of Stay

Residents stay at Wytham Hall for an average of seven and a half weeks. Occasionally a resident will leave after a few days finding that they can't resist drinking or going back to their homeless lifestyle. Other residents who for one reason or another have no appropriate move-on accommodation available occasionally stay at Wytham Hall in excess of a year. The Wytham Hall team are careful to ensure where possible that residents' resettlement is appropriate and fitting to their needs.

When moving on from Wytham Hall options can include our own supported accommodation in the shared house in Lanhill Road or one of the two shared flats at Charfield Court. Alternatively, some residents with substance dependency problems will be referred to residential rehabilitation by Social Services, some with long term mental health issues will go to specialist rehabilitation units and housing associations may sometimes be approached or the resident may return to family, friends or their own flats. Westminster Homeless Persons Unit will take referrals in a few cases when the resident is deemed to be vulnerable and will be street homeless on discharge from Wytham Hall.

Where clients wish to remain in their independent accommodation as long as possible, Social Services are sometimes able to arrange individual care packages to help with personal care, shopping, cleaning and cooking etc.

Referrals & Admissions

In the last year Wytham Hall admitted 33 patients who stayed for an average time of seven and a half weeks. These patients were admitted from St Mary's Hospital, The Paterson Centre, Westminster Social Services, Watford and Bushey CMHT, City of London, Camden and Islington Mental Health and Social Care Trust and Substance Misuse Team. These residents were discharged to Wytham Hall Supported Housing, residential rehabilitation centres, Housing

Association and other agency supported accommodation, independent accommodation and in a few cases, referrals were made to the Homeless Person's Unit for bed and breakfast accommodation to be provided.



Referral Sources/Services Provided

6% of the total admissions to Wytham Hall were from Great Chapel Street Surgery on an emergency basis and may well be unfunded unless the client can be referred to an appropriate local authority team who may agree to fund for a short period following assessment.

The contracts with Camden and Islington Mental Health and Social Care Trust together with the Paterson Centre and St. Mary's hospital, brought us 52% of our total admissions. Patients continue to be referred from various other hospitals such as St Thomas' and the Chelsea and Westminster for early discharge thus vacating valuable hospital beds for new admissions.

Public Relations

Oxford and Imperial College Medical students continue to carry out their electives at Wytham Hall and write interesting and enthusiastic reports about their time spent with us and at Great Chapel Street Surgery where they spend days gaining experience with Dr Reid, the psychiatrist, the counsellor, various drug and alcohol advisors, nurses and all the other staff there. Homelessness and Health modules including Drugs and Alcohol, Circulation and Breathing and Working with Vulnerable Individuals are still attended by University College Hospital 2nd year students and the final year students attend for Alcohol and Drugs Misuse following spending the morning at Great Chapel Street Surgery.

Visitors to Wytham Hall to discuss current and future funding contracts and joint working included Rebecca Campbell & Prince Dacosta (St Mary's Hospital Discharge Team), Greg Roberts, Mick Walsh and Jennifer Samuels (Supporting People, Westminster City Council), Giles

Tinsley and Mike McCall (St Mungo's), Linda Konedu (CHAIN) and Shirley Cupit and Louise Hodge (UCLH).

Future Plans

We are keen to look for new ways to fund admissions to Wytham Hall, especially from Great Chapel Street, and hope there may be opportunities in the new practice based commissioning.

We are keen to continue developing our working relationship and liaising with St Mary's Hospital Discharge Team to enable



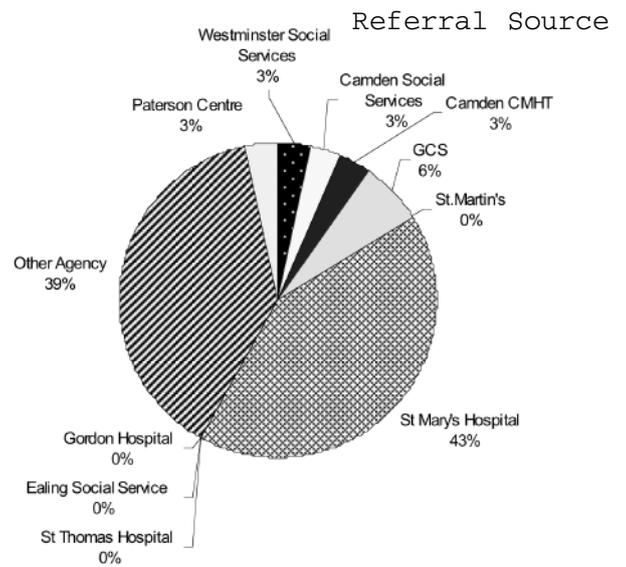
the early discharge of patients who still need specialist care and can be admitted to Wytham Hall and thus free up a valuable hospital bed.

Wytham Hall is also working on plans to facilitate funded discharges from St Thomas' Hospital for the homeless client group. We shall carry on making our unique services available to all hospitals, Social Services and other agencies that recognise the benefit of funding a patient here for assessment and care.

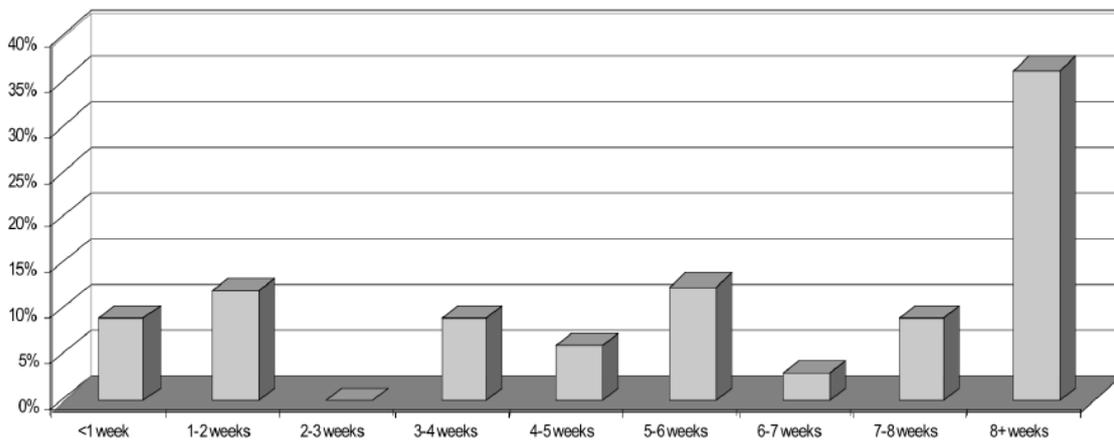
■ STATISTICS ON ADMISSIONS TO WYTHAM HALL

April 1st 2005 – March 31st 2006

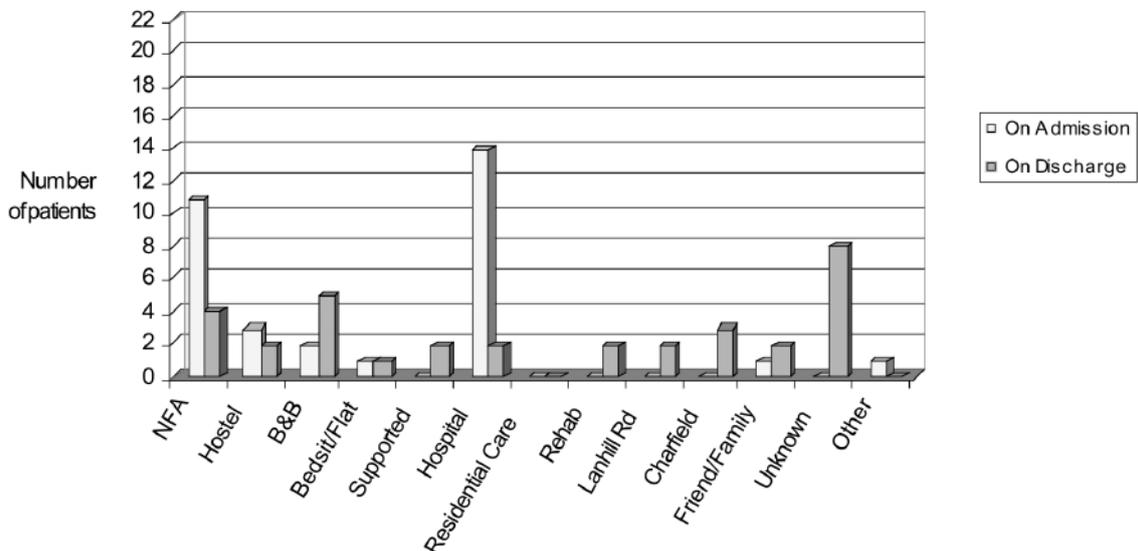
Total number of residents: 35 (*last year 38*)
 Total number of admissions: 33 (32)
 of admissions were male 31 (94%)
 were female 2 (6%)
 Average age: 40-45 (40-45)
 Average length of stay: 7.4 weeks (8.5)
 Figure of overall occupancy: 47% (68%)

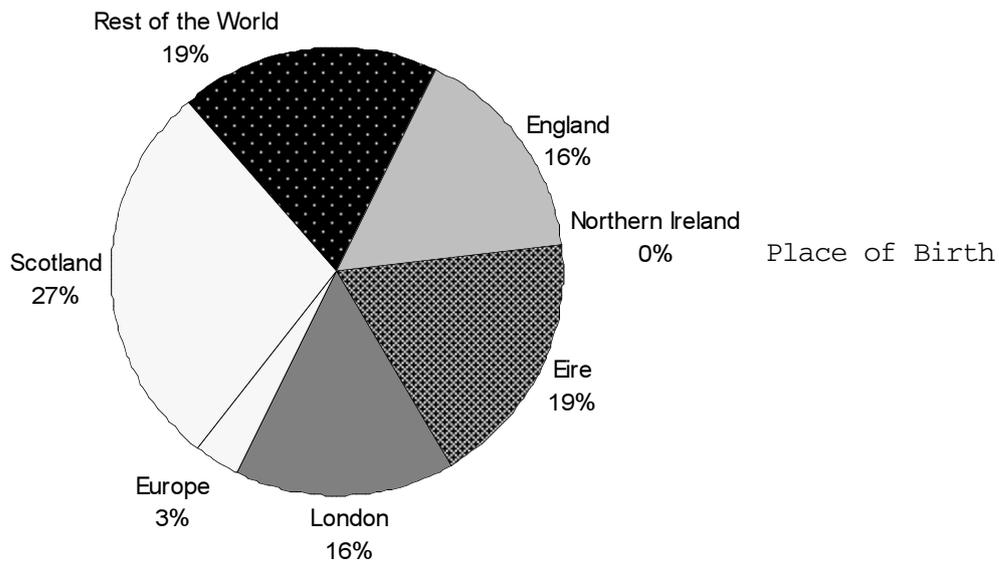


Length of Stay

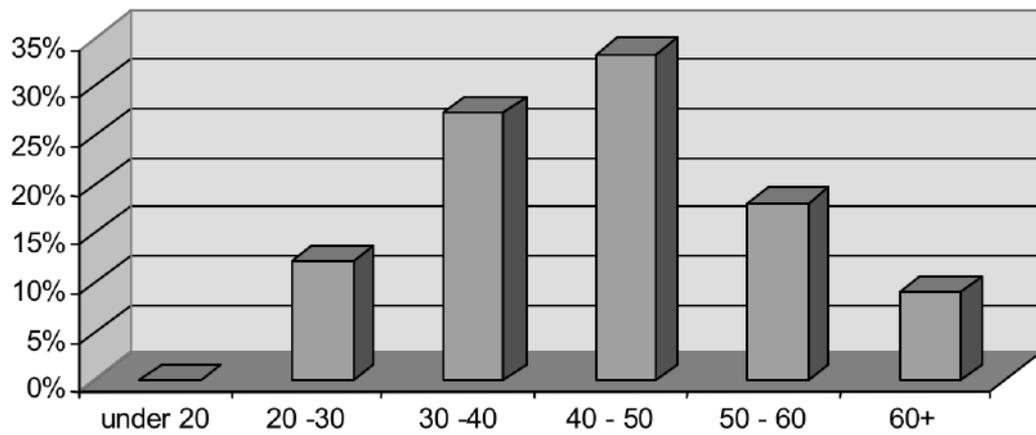


Accommodation on Admission / Discharge

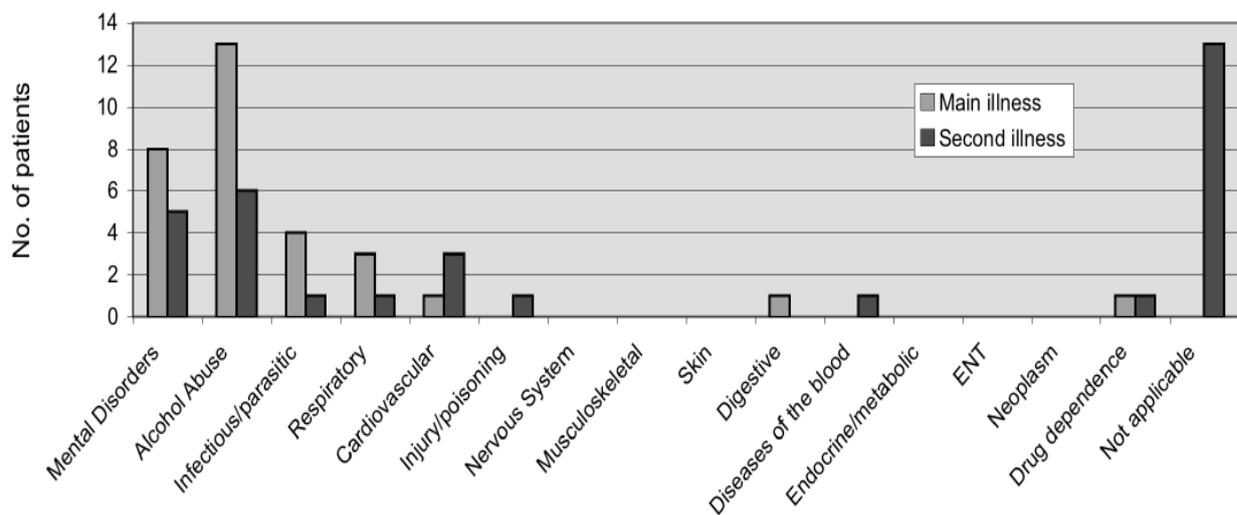




Age



Illnesses of Patients



■ 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 located close to Wytham Hall. They were established to allow formerly homeless people to continue the relationships they had developed at Wytham Hall with the staff and other residents and encourage a supportive

This also gives the resident some time to get used to their new surroundings and meet their new house/flat mates before moving in.

Residents will initially be offered a place at Lanhill Road, which is medium-term accommodation, and then possibly a move to Charfield Court, which is long-term accommodation and can be permanent if the resident wishes.

Residents have the opportunity to express

their views and opinions about issues arising in their own home at weekly house meetings which they often do with enthusiasm. Individual support plans are developed with each resident giving them the opportunity to look over the progress of the



community spirit. Sixteen individual rooms 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 volunteer doctors, the Manager, a Supported Housing Worker, a Senior Project Worker, a Project Worker, and a Support Worker.

Residents have a short-term stay at Wytham Hall before moving into supported housing which gives our staff team the opportunity to build a rapport with the resident and identify any specific needs.

last month and to make plans for the next month. Residents from the supported housing units often come over to Wytham Hall to speak with staff and socialise with residents staying in the medical bay. Residents also attend outings from Wytham Hall, such as our summer outing to Brighton where everyone spent an enjoyable day on the beach and on the pier.

Cleaning of communal areas in the supported housing is co-ordinated by the residents themselves and weekly inspections are made by the supported housing worker. 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 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 Benefits 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 rent contribution with the utility bills and council tax being paid by Wytham Hall.

Staff recognise that it is imperative to develop strong working relationships with other services and organisations involved in the welfare of supported housing residents. Staff are in regular contact with Social Workers, Community Psychiatric Nurses, Drug and Alcohol Workers, Day Centre Teams, and Outreach Workers. To enable continuity of medical care, both Lanhill Road and Charfield Court 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 garden. Lanhill Road offers temporary supported housing for homeless people where residents usually stay for a period of between 6 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 such as studying art, training, visiting places of interest and spending time with family. 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 function as permanent homes, and are often used as a move-on accommodation from Lanhill Road. Residents view their homes at Charfield Court as 'Homes for life,' and take pride in keeping them clean and tidy. Residents here spend their time visiting places of interest, keeping fit, spending time with family, one resident is currently working and one is helping out at Wytham Hall. The residents living at Charfield Court have a very strong and trusting relationship with Wytham Hall

Supporting People

Wytham Hall is continuing to self-assess working practice in six core areas, working to complete an action plan developed with Supporting People to reach a level B. We and our Supporting People Contracts Manager are confident that Wytham Hall Supported Housing will be confirmed as having a 'B' status in March 2007. 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. Wytham Hall services have been accredited and Supporting People contracts have been renewed.

CASH FLOW STATEMENT YEAR ENDED 31st MARCH 2006

	<u>2006</u>		<u>2005</u>	
	£	£	£	£
Net Cash (outflow)/inflow from operating activities		33,053		(68,195)
Returns on investments and servicing of finance				
Interest received	6,726		7,262	
Interest paid	----		----	
	-----		-----	
Net cash inflow from returns on investments and servicing of finance		6,726		7,262
Investing activities				
Payments to acquire tangible fixed assets	(2,813)		(11,158)	
	-----		-----	
Net cash inflow/(outflow) from investing activities		(2,813)		(11,158)
		-----		-----
Net cash (outflow) /inflow before financing		36,966		(72,091)
Financing				
Donations received	5,553		9,010	
	-----		-----	
Net cash inflow from financing		5,553		9,010
		-----		-----
Increase/(Decrease) in cash and cash equivalents		42,519		(63,081)
		-----		-----

INCOME AND EXPENDITURE ACCOUNT YEAR ENDED 31st MARCH 2006

	<u>2006</u>		<u>2005</u>	
	£	£	£	£
Income		301,155		259,043
Direct and administrative expenses		305,460		(358,736)
		-----		-----
Operating (loss)/surplus		(4,305)		(99,693)
Interest receivable	6,726		7,262	
Interest payable	-----		-----	
		6,726		7,262
		-----		-----
(Deficit)/surplus of income over expenditure for the year		2,421		(92,431)
Donations	5,553		9,010	
Capital donations	-----		-----	
Transferred to reserves	-----		-----	
		5,553		9,010
		-----		-----
Surplus/(Deficit) for the financial year		7,974		(83,421)
		=====		=====

Full accounts are available on request

■ VISITORS TO WYTHAM HALL APRIL 2005 - MARCH 2006

Jennifer Samuels, Supporting People Development Manager, Supporting People

Mick Walsh Supporting People

Greg Roberts, Supporting People and Homelessness Strategy Manager, Supporting People

Rebecca Campbell and Prince Dacosta, St Mary's Hospital Discharge Team

Giles Tinsley and Mike McCall, St Mungo's

Linda Konedu, CHAIN

Shirley Cupit and Louise Hodge, UCL

Robin Lane, Lambeth Primary Care Trust

Bill Welsh, Cater Care

Yvonne Robinson, CASH

■ PUBLICATIONS ON HOMELESSNESS

Great Chapel Street Medical Centre

El Kabir D J.

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

Tuberculosis among the central London single homeless

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

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Medical care of the homeless

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

A mobile surgery for single homeless people in London

Ramsden S S, Nyiri P, Bridgewater J, El Kabir D J. British Medical Journal, 1989; 298:372-4.

St. Peter's and the Homeless

El Kabir D J.

St. Peter's College Record, 1990.

Mentally disordered homeless offenders - diversion from custody

Joseph P L A, Potter M.

Health Trends, 1990; 22:51-5.

A psychiatric clinic for the single homeless in a primary care setting in Inner London

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

Psychiatric Bulletin, 1990; 14:270-1.

Approaches to medical care of homeless people in central London

Ramsden S S.

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

UK: Longman Group.

Electives at a sick bay for the homeless

El Kabir D J.

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

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

El Kabir D J.

St. Catharine's College Society Magazine, 1992.

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Journal of Forensic Psychiatry, 1992; 3:219.

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

Diversion from Custody. I: Psychiatric Assessment at the Magistrates' Court
Joseph P, Potter M.
British Journal of Psychiatry, 1993;162:325-330.

Diversion from Custody. II: Effect on Hospital and and Prison Resources
Joseph P, Potter M.
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Joseph P.
Report commissioned by the Home Office, 1992.
London: Home Office and the Department of Health.
British Journal of Psychiatry, 1994; 164: 722-4

Psychiatric court clinics in the United States
Joseph P.
Psychiatric Bulletin, 1992; 16:557-560.

The perception of emotion by schizophrenic patients
Joseph P, Sturgeon D, Leff J.
British Journal of Psychiatry, 1992; 161:603-609.

Psychiatric morbidity and substance abuse among residents of a cold weather shelter
Reed A, Ramsden S, Marshall J, Ball J, O'Brien J, Flynn A, Elton N, El Kabir D,
Joseph P.
British Medical Journal, 1992; 304:1028-9.

Quelques observations sur les sans-abris
El Kabir D J
Paris, Les Temps Modernes, 1993: 567

A pragmatic approach to the health care of the single homeless: its implications in terms of human resources
El Kabir D J, Ramsden S S.
Dimensions of Community Mental Health Care, ed Weller M, and Muijen M,
London: W B Saunders: 1993

A psychiatric bail bed in a residential sick bay: a one year pilot study
Joseph P. and Ford J.
The Journal of Forensic Psychiatry, 1995; 6:209-217

On creating a culture of care for the homeless
El Kabir D
Journal of Interprofessional Care, 1996; 3: 267-272

Primary care of the single homeless
Homelessness and Mental Health
Ed. Bhugra, Cambridge University Press.1996
Dr D El Kabir & Dr S Ramsden

■ MEMBERS' OTHER PUBLICATIONS

Dr Valasek researches the embryological origin and development of sphincter muscles responsible for continence. Other interests include development of blood and lymph vessels and the general formation of body musculature. For more details visit www.pubmed.org (Valasek P)..

Copies of all papers and articles are available on request.

OPPORTUNITIES AT WYTHAM HALL FOR MEDICAL STUDENTS/JUNIOR DOCTORS

We would like to hear from medical students and junior doctors interested in spending time at Wytham Hall. We are an innovative project providing residential, social and medical care to the homeless in London.

Priority is given to students who attend on a special study module from a University with which we have an established link.

Successful applicants will be given an opportunity to spend time with residents of the recovery unit and of our three move-on properties in order to gain an increased understanding of the issues facing this vulnerable and complex group. They will also be expected to monitor the progress of individual patients, assist with admissions and take histories of new residents under the supervision of one of our resident doctors. Regular visits to the Great Chapel Street Medical Centre, a walk-in surgery for the homeless, are also part of the student programme.

On-site accommodation is available at a small cost and applicants are encouraged to be resident at Wytham Hall for the duration of their program in order to become fully involved in our community.

SHORT PLACEMENTS

To obtain basic understanding of the work we do at Wytham Hall a minimum stay of two weeks is advisable.

STUDENT ELECTIVES

Month-long residential placements enable the students and junior doctors to actively participate in our work with the residents of both Wytham Hall and our Supported Housing. Visiting other homeless agencies and undertaking an element of elective study or related research are also recommended.

LONGER TERM PLACEMENTS

The students or junior doctors who demonstrate a sincere commitment to the care of the homeless may be given an opportunity to play an active part of the community at Wytham Hall by spending an extended period of time with us whilst conducting their study, research or work.

Further details are available on our website at www.wythamhall.co.uk or on that of Great Chapel Street Surgery at <http://business.virgin.net/gcs.medical/index.htm>.

Please contact us if you are interested in any of the above opportunities.

**Tel: 020 7289 1978
e-mail: enquiries@wythamhall.co.uk**



MAKING A REFERRAL

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

Care Provided:

Short term housing to allow assessment and stabilisation of care for the single homeless.

Supervision of treatment for those who need some supported care.

Alcohol detoxification when necessary.

Not for long term housing alone.

Not for drug detoxification or alcohol detoxification alone.

How to find us

