

Manchester

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Free.

# MIND

## NEWSLETTER

### NEW DRUG TO HELP HEROIN ADDICTS

A new anti-addiction drug which may help heroin addicts to break their habit has just been licensed in America and is likely to be licensed in Britain soon.

The drug, Naltrexone works by blocking receptor sites in the brain which normally respond to heroin. This has the effect of preventing both the euphoric reaction to heroin and the craving for it when it is withdrawn, thus permitting motivated addicts to break free from their habit without experiencing the usual withdrawal symptoms. Unlike other heroin substitutes, such as methadone, Naltrexone will not create a new addiction. However it will not help all addicts because it cannot be used by anyone with liver damage. This rules out 2/3 of heroin users who have had hepatitis. Another drawback is that success depends largely on the motivation of the user since it does not produce the euphoria which accompanies heroin.

### PUBLIC ENQUIRY INTO RUNNING OF HOSPITAL

Conditions at the Stanley Royde psychiatric hospital, where 19 elderly mentally ill people died from food poisoning are to be investigated by a public inquiry. Previous investigations at psychiatric hospitals, particularly following scandals in the 1960s and 1970s were conducted in private.

One aspect of the enquiry will be whether nursing shortages were an important factor in the difficulties of staff in containing the outbreak, and whether underfunding of kitchen staffing levels and equipment contributed to the outbreak.

### "MI5 WOMAN" SENT TO PSYCHIATRIST

Cathy Massiter, the former intelligence officer at the centre of the storm about illegal MI5 surveillance techniques was told to see a psychiatrist and then forced to retire early.

Ms Massiter and colleagues were worried that they were being told to investigate the background of people who should not have been the subjects of MI5 scrutiny. When she complained about this to her senior officers, her complaints were ignored, and her "emotional reactions" were treated as the problem.

"I was complaining that I felt the work we were doing was unnecessary and that we were giving in to persistent pressure. I did feel fairly emotional about it, but they tried to make my reactions the issue and did nothing at all about my complaints. When I saw the psychiatrist they were obviously not really concerned about my mental health or they wouldn't have let me carry on working, but the upshot of it all was that it was made very clear that I had to go. I had already decided to resign anyway and had told them so."

This Newsletter is produced by the Mind Information Bank, 178 Oxford Road, MANCHESTER M13 9AQ. Copies sent free to Mind members (details from Mind), and free from Grass Roots Books, Newton St, MARC 61 Bloom St, 8th Day, Oxford Rd, All Saints.

News items and events for Diary welcome. Copy date for next issue is 11<sup>th</sup> April. Longer articles welcome for Mindfield, our magazine, available from the same places as the Newsletter. We reserve the right to refuse or edit articles submitted.



## COMMUNITY CARE OR HOSPITAL CARE

The major change outlined in Central Manchester's Strategic Plan for Psychiatry is the establishing of a new 90 bedded general psychiatric unit, to be based at the MRI site, and replacing the existing in-patient beds, 11 at Gaskell House and 54 at Cheadle Royal Hospital.

The Community Health Council, Mind and 42nd Street are all questioning the philosophy underlying the change and have expressed their views to the District's Psychiatric Liaison Group.

The national system for allocating capital and revenue funding on the basis of the Health District providing a certain number of beds, usually in 45, 90 or 135 bed units, is clearly a constriction which will continue to hinder the development of community-based services by those districts such as Central Manchester, which have expressed their commitment to such a philosophy.

While recognising this limitation, and the need to have in-patient beds within the District itself (hence the move from Cheadle Royal), we feel that the following issues are raised:

- \* Is there a need to increase the number of in-patient beds from 65 to 90?
- \* That provision of in-patient beds, even for acutely ill patients, need not be in large or hospital-like units. There are benefits from provision of smaller units in ordinary settings, which reduce chances of institutionalisation or stigmatization;
- \* There would be more flexibility in the provision of more, smaller units;
- \* The Unit will concentrate a very large proportion of the resources of the Psychiatric Unit in one place, and in one form, and consequently reduce the opportunity for innovation and experiment in new forms of mental health promotion;
- \* Provision of the wide range of accommodation, daycare etc needed will take second place to the 90-bed unit.

It seems that the Region has already approved the 90-bed unit, and that feeling in the District is that "first we must get in-patient beds in the district, then we can think about providing alternatives", but we hope that there will still be an opportunity for discussion with voluntary and community groups, about this major development in the services provided for this community.

## WARNING OF COMMUNITY CARE ON THE CHEAP

An all-party Commons Social Services Committee has told Norman Fowler that the policy of moving 100,000 mentally disabled people from hospitals to the community must be properly financed and planned. No person should be discharged without an individual care plan being devised, and communicated in advance to the people in the community, and capable of being monitored and modified. The Committee makes over 100 recommendations, including: establishment of a Central Bridging Fund to provide new Community services; obligations to be placed on councils and housing associations to house the handicapped; a positive program to persuade the public to accept mentally disabled people; the need for better community services; retraining for family doctors; and the exemption from manpower targets of staff needed for community care.

Nicholas Winterton MP for Macclesfield withdrew his warning that community care had failed; he had suggested that it might be better to keep the hospitals rather than let people end in prisons, sleeping rough, or suicide.

But the real issue is not so much closure as creation of real alternatives. As the Committee warned the Social Services Secretary: "Any fool can close a long-stay hospital: it takes more time and trouble to do it properly and compassionately. The minister must ensure that mental illness or mental handicap hospital provision is not reduced without demonstrably adequate alternative services being provided beforehand".

## RECENT ADDITIONS TO THE INFORMATION BANK

Integration of Special Hospital Patients into the Community. Margaret Norriss  
Community Care - Which Community? Which Care? Peter Bedford Trust  
Draft District Strategies of the North & Central M/c Health Authorities.  
The Minds of the Chinese People: Mental health in the New China. Martha Livingston and Paul Lowinger.  
Mental Illness and the Law. Tony Whitehead  
Women's Mental health. Ed. Elizabeth Howell and Marjorie Bayes.  
Basic Counselling. John Shaw.  
One in a Hundred: a community based mental handicap project. Pual White.  
How to Cope with Your Nerves. Tony Lake

All these are available for borrowing or browsing, at the the Mind Information Bank, 178 Oxford Road, Manchester M13 9AQ  
Open M, Tu, Th, 1 -4. 273 1487 for more information and details of access etc.





FROM: THE PRESS OFFICE

WELL BEING SPECIALS

Channel 4's Well Being programme presents two controversial specials on aspects of mental health:

<u>Italy's mad law?</u>	(tx: Friday 15 March, 10.30 - 11.15 pm) X
and	
<u>The Price of Tranquillity</u>	(tx: Friday 22 March, 10.30 - 11.15 pm) X

WELL BEING SPECIAL

<u>1: Italy's Mad Law?</u>	<u>Tx: Friday 15 March, 10.30 - 11.15 pm</u>
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Italy is the only country in Europe to pass a national law which will result in all mental hospitals being closed. Since 1979, no one can be admitted, or readmitted, to an Italian mental hospital, and gradually community services are being built up (though admittedly not consistently throughout the country).

This programme concentrates on two areas: Trieste, where the revolutionary movement 'Psychiatria Democratica' began its work over two years ago, and where the hospital has been replaced by seven mental health centres in and around the city; and L'Aquila, in the Abbruzzi region near Rome, where a very traditional asylum remains and where community services are almost non-existent. But a year ago a new psychiatrist was appointed, a man from Trieste and 'PD', and Well Being shows some of the early changes he is beginning to make in his move towards eventually closing the hospital.

The film is followed by a discussion, between practitioners and users of British mental health services. The main issue they will confront is: after 30 years debating the same issue, not a single hospital has closed in this country - so why are we not following Italy's example?

Prod: Lindsay Knight

Dir: Caroline Pick

Prod co: Holmes Associates, 01-637 8251

C4 commissioning editor: Carol Haslam

For further information contact

C4 Press Office,

or Lindsay Knight at Holmes Associates,

or Ron Lacey, Mind, 01-637 0741 (wk), 01-340 2333 (home)

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WELL BEING SPECIALS on mental health cont'd

2: The Price of Tranquillity?

tx: Friday 22 March, 10.30 - 11.15 pm

In the UK alone hundreds of thousands of people are regularly taking what are known as 'major' tranquillisers for various serious mental disorders. (These drugs must be clearly distinguished from the so-called 'minor' tranquillisers such as Valium, which are far more commonly used, but are not the subject of this programme.) When these 'major' tranquillisers were first introduced in the 1950s, they were hailed as revolutionary for the treatment of serious mental disorders like schizophrenia.

Now they constitute the main - and, for some patients, the only - form of treatment provided to control psychiatric symptoms. But they do not cure mental disease and we now know that they produce many extremely unpleasant side-effects. With long-term use they often cause irreversible changes in the central nervous system which makes people develop involuntary movements like tardive dyskinesia. This was once thought to be a rare clinical curiosity, but four years ago two American doctors described the condition as "a significant public health hazard".

Tardive dyskinesia affects about 20% of patients on long-term treatment with major tranquillisers: quite often the condition cannot be reversed and the only treatment for it is more of the drugs which caused it. Patients and relatives are seldom, if ever, warned about these effects by their doctors.

Tardive dyskinesia can be a major social handicap. As one sufferer says: "It makes you look funny". It makes it more difficult to rehabilitate mental patients back into normal life in the community.

This programme focusses on these problems by posing the questions whether the side-effects and long-term damage is the price that the patient must always pay for the relief of symptoms and for relieving the anxieties of people around them. "What is the price of tranquillity and who pays it?". "Are these drugs the only hope or are there alternative forms of treatment involving less drugs and more personal care?" The programme also describes some of the alternative forms of care.

Prod: Lindsay Knight

Dir: Shaun Gordon

Prod co: Holmes Associates, 01-637/8251

C4 commissioning editor: Carol Haslam

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OLDHAM WELL WOMEN'S CAMPAIGN

CONTACT: Mrs Hanlon  
318 Den Lane  
Springfield  
Oldham

Meeting proposed for early March

CLUBS FOR THE SINGLE LONELY

Anyone wanting information about clubs for the single, lonely.etc., in and around Manchester can obtain a leaflet compiled by Joan Seddon of the Manchester Evening News by sending a large stamped addressed envelope to: This is Your Right Granada Television, Manchester 3.

ALCOHOLICS CENTRE CUTS

Alcoholics in Manchester have lost their battle to prevent cuts in services available at Withington Hospital. A decision was taken by the South Manchester Health

Authority at their meeting on Jan. 17th to go ahead with plans to make cuts in the Alcoholism Treatment Unit and Detoxification Centre at Withington Hospital (as reported in the last Newsletter). Plans will lead to a merger of the two centres, with a resulting closure of 15 beds. The Alcohol Action Committee which includes past and present users of the service is campaigning to change the decision, which they say will mean over 600 people a year being turned away.

SPECIAL HOSPITAL  
STARTS MIND GROUP

Staff at Park Lane Special Hospital in Liverpool have started their own Mind group. The hospital authorities were not in favour because of Mind's support nationally for Regional Secure Units and the closure of Special Hospitals.

DRUGS UNIT PROBLEMS

A recent report by the Daily Mirror highlighted problems at the Drug Dependence Unit at Prestwich Hospital. Over 500 people are referred to the Unit each year by the centre - which covers all the North-West. It has room for just 6 addicts at a time.

"Black people and mental health" the conference organised by the Community Health Group for Ethnic Minorities has just produced its report. The themes which ran through the conference were the racism, overt and hidden, experienced by Black and Asian people in both the community and in the health and social services; and the need for psychiatric services to reflect the communities they serve. Specific suggestions made by workshop participants included:

- \* Paid full time interpreters to work closely with mental health teams in the NHS and the Social Services;
  - \* A professionally supported program to work with Black and Asian communities and organisations to increase awareness and understanding of mental illness; to "prepare" the Black and Asian communities to accept and maintain people with mental health difficulties; to provide some kind of support groups for people at present receiving psychiatric care, and for people newly arrived in Britain;
  - \* Mental health professionals working with for example Black Community workers, who are in a position to pick up on early signs of mental illness;
  - \* Racism awareness training for professionals, preferably training people at their workplaces, and at the same time as their work colleagues.
- Source: CHGEM (Manchester) conference report.

WOMEN'S HEALTH INFORMATION CENTRE

The Well Woman Campaign for Central Manchester hopes to open their Information Centre in Longsight in March. In the mean time they are holding a series of meetings on various aspects of women's health, and all women who want to learn more about their health, or who would like to help run the project, will be very welcome.

All meetings will be held at the Women's Health Information Centre, Slade Lane Neighbourhood Centre, Longsight.

Wed. 6th March, 7.30 Vaginal Health  
Wed. 20th March, Sickle Cell Anaemia  
Saturday 30th April, 2pm Cancer  
Wed. 3rd April, 7.30 Herbalism, Alternative medicine, Exercise  
Sat. April 13th 2pm Mental Health  
Wed. 17th April 7.30 Diet and Health.  
Access: poor. Ramp to building, no lift to 1st floor.



# DIARY

## PEOPLE NEED PEOPLE/PEOPLE NOT PSYCHIATRY

March 5th. Alexander Technique: Walter Brew  
 March 12th. Informal  
 March 19th Tai Chi: Linda Broda  
 March 26th Informal  
 April 2nd. Personagrams: Sue Mitchell  
 April 9th Informal  
 April 16th. The Power of Positive Thinking  
                   Pauline Brownell  
 April 23rd. Folk Night  
 April 30th. Course Review: TUBE

Mental Health Therapy sessions are sponsored by CAHOOTS and organised by the Trade Union and Basic Education Project. All meetings start at 7.30 and are held in the Health Education Building, which is situated beside the Manchester Evening News Offices on Hardman St. Meetings are casual and friendly. Everyone is invited to attend, and newcomers are especially welcome. For further information please phone 228 3150 Tue-Fri. mornings.

## NACRO COURSES

7th, 14th, 15th, 28th March & 3rd April  
 Welfare Rights Course  
 8th & 15th March, 9.30 - 4.30 Self-awareness and stress.  
 13-15th and 18th March 9.30-4.30  
           Group Counselling and Leading skills.  
 20th March 10am - 4.30. Drugs Workshop.  
 19th and 26th April 9.30 - 4.30pm  
           Understanding Deviance.

All enquiries regarding the above workshops and courses should be made to:  
 David Graham, NACRO, 567a Barlow Moor Rd  
 MANCHESTER M21 2AE. 861 9737

## MANCHESTER FEDERATION OF ADVICE CENTRES

### TRAINING COURSE

Wednesdays 10am - 1pm, starting Feb. 20th.  
 Venue, Central Manchester.  
 Cost £3 a place for Non-statutory agencies;  
 £6 a place for statutory agencies.  
 The course will be aimed at volunteers,  
 new advice-or community-workers, but  
 also those with some experience of  
 advising.  
 Topics for each session:  
 Heating; Single payments; severe Disable-  
 ment Allowance; Housing Benefit; Possess-  
 sion Proceedings: Board and Lodging.  
 Details, Cheetham Hill Advice Centre,  
 Old Library, Cheetham Hill Road,  
 Manchester 8.

## MIND EVENTS

### KEY ISSUES IN MENTAL HEALTH

**SOCIAL WORK.** 25 February - 1 March  
 Residential course at Stephenson Hall,  
 London N5. Areas covered include assessment  
 for compulsory admission, the social worker  
 as client advocate, specialism, and 'patch'  
 systems, housing and aftercare, mental health  
 law. £145. Details: Conference Secretary,  
 MIND, 22 Harley Street, London W1N 2ED  
 (01-637 0741)

**PILLS, PILLS, PILLS.** 15 March.  
 Conference at the Town Hall, Gateshead.  
 Organised by the TRANSACTION team at  
 Northern MIND. Information on minor  
 tranquillisers, discussion on coming off them  
 and different models of support. £6.50.  
 Details: Northern MIND, 158 Durham Road,  
 Gateshead, Tyne & Wear NE8 4EL.  
 (0632-784425). Apply by 6 March.

**DEATH AND THE FAMILY.** 2 April.  
 Conference at Gregory House, London WC1.  
 Organised jointly by MIND and the  
 Compassionate Friends, to explore issues  
 concerning the treatment of the recently  
 bereaved and the dying. Problems following  
 the death of a child will be a major focus. Dr  
 Colin Murray Parkes will chair the conference  
 and presenters include representatives from  
 Cruse and the Compassionate Friends. £18.50  
 waged, £7.50 unwaged. Details: Conference  
 Secretary, MIND as above.

**ROLE OF REGISTRATION OFFICERS  
 AND MAINTAINING THE QUALITY OF  
 CARE FOR ELDERLY MENTALLY ILL  
 PEOPLE IN PRIVATE HOMES.** 15 April.

Conference at the University of Bath. Details:  
 Conference Secretary, MIND as above.  
**MENTAL HEALTH 2000: ACTION  
 PROGRAMMES FOR A WORLD IN  
 CRISIS.** 14-20 July. World Congress on  
 Mental Health at Brighton Conference Centre.  
 Organised by MIND on behalf of the World  
 Federation for Mental Health. Themes include  
 self and citizen advocacy, self-help and the  
 consumer movement, poverty, alternatives in  
 treatment. Details: Conference Associates,  
 MIND, 34 Standford Road, London W8 5PZ  
 (01-937 3163/7529).

## COURSES, CONFERENCES

**HOTEL HOMELESSNESS.** 16 February.  
 Conference 10.30-4.30 at Westminster  
 Cathedral Hall, London. Organised by the  
 National Campaign for the Homeless.  
 Workshops on health, conditions, race,  
 Homeless Persons Act, campaigning. Panel of  
 MPs and councillors of all parties invited. £20  
 stat. authorities, £10 voluntary organisations,  
 £5 individuals, free unwaged and hotel  
 residents. Child care facilities. Details: Mervyn  
 MacKintosh, SHAC, 189A Old Brompton  
 Road, London SW5 (01-373 7276).

**WORKING IT OUT.** 13 March Taunton: 25  
 April London; 22 May Durham; 12 June  
 Cambridge; 26 June Birmingham. A series of  
 workshops organised by the Councils for  
 Voluntary Service National Association. Aims  
 to help local agencies stimulate employment  
 activity in their areas. £10. Details: Maria  
 Blackmore, CVSNA, 26 Bedford Square,  
 London WC1B 3MU (01-636 4066).

**INFORMATION - WHOSE  
 RESPONSIBILITY.** 14 March. Seminar at the  
 Kings Fund Centre, 126 Albert Street, London  
 NW1. The theme is the role of professionals  
 in giving information to disabled people.  
 £12.50. Wheelchair access; signing  
 facilities if required. Details: Ann  
 Darnborough, Department NH, Little Grove,  
 Grove Lane, Orchard Leigh, nr. Chesham,  
 Bucks HP5 3QQ (0494-782638). Send s.a.e.

**GOOD PRACTICES IN HOUSING  
 MENTALLY ILL PEOPLE IN THE  
 COMMUNITY.** 15 March. Conference at the  
 Kings Fund Centre.  
 Wheelchair access. Details: Kings Fund  
 Centre, as above (01-267 6111).

**PSYCHIATRIC NURSING IN THE  
 COMMUNITY.** 18-20 March. Residential  
 conference at Seabrook House, Birmingham.  
 Organised by Age Concern. An opportunity  
 for community psychiatric care workers  
 concerned with elderly people to identify new  
 resources and discuss different approaches to  
 service provision. £50. Details: Training  
 Department, Age Concern England, 60  
 Pitcairn Road, Mitcham, Surrey CR4 3LL  
 (01-640 5431).

**UNDERSTANDING DELINQUENT  
 BEHAVIOUR AND ITS IMPORTANCE.** 21  
 March. Lecture by Donald Campbell at the  
 Tavistock Clinic (Lecture Room 4), 120 Belsize  
 Lane, London NW3. Organised by the Forum  
 for the Advancement of Educational Therapy.  
 Ground floor wheelchair access. Guests  
 welcome.

**PSYCHOTHERAPY WORKSHOPS.** 24-27  
 March. Nine parallel workshops at Westfield  
 College, University of London. Organised by  
 Reinhard Kowalski and Dougal Mackay.  
 Workshops (each of which lasts the full three  
 days) include: rehabilitation, care for the  
 elderly, managing aggressive and disruptive  
 behaviour, and psychotherapy in the  
 community. Plenary session on tranquillisers  
 and tranquillity by Ron Lacey of MIND on 25  
 March 8.00-10.00pm (£6.90 for people not  
 attending the convention). Workshops fee: £98  
 or £140 residential. Details: Ann Watson,  
 Programme Secretary, 9 Hayland Green,  
 Hailsham, East Sussex BN27 1SR (0323-842464)

**INTRODUCTORY COURSE IN FAMILY  
 PSYCHIATRY FOR GENERAL  
 PRACTITIONERS.** 28-29 March. Course at  
 the Institute of Family Psychiatry, Ipswich  
 Hospital, Ipswich. Details: Secretary, Institute  
 of Family Psychiatry, the Ipswich Hospital, 23  
 Henley Road, Ipswich IP1 3TF (0473-214811).  
**MEN, SEX, RELATIONSHIPS.** 29 March.  
 Conference at the Institute of Education,  
 University of London, London WC1.  
 Organised by the Family Planning Association  
 as part of their 'Men too' project to encourage  
 men to take an increased and equal share of  
 responsibility for their personal and sexual  
 relationships. £25. Details: FPA Conference,  
 27-35 Mortimer Street, London W1N 7RJ  
 (01-636 7866).

**SHORT RESIDENTIAL COURSES FROM  
 THE NATIONAL MARRIAGE GUIDANCE  
 COUNCIL.** From April. Herbert Gray  
 College, Rugby. On counselling, relationships  
 in groups, and leadership in small groups.  
 £104 incl. Details: Registrar, Herbert Gray  
 College, Little Church Street, Rugby,  
 Warwickshire CV21 3AP (0788-732411).

**COUNSELLOR TRAINING.** The  
 Westminster Pastoral Foundation offers a  
 full-time one-year foundation course in  
 counselling (two years part-time). It consists of  
 a programme of seminars, clinical casework  
 and professional supervision. Admission is by  
 selection procedure. Applications are now  
 being accepted for the year beginning  
 September 1985 and both voluntary and paid  
 workers in the mental health field are invited  
 to apply. A programme of short courses is also  
 available from the WPF. Details: Training  
 Department, Westminster Pastoral  
 Foundation, 23 Kensington Square, London  
 W8 (01-937 6956).