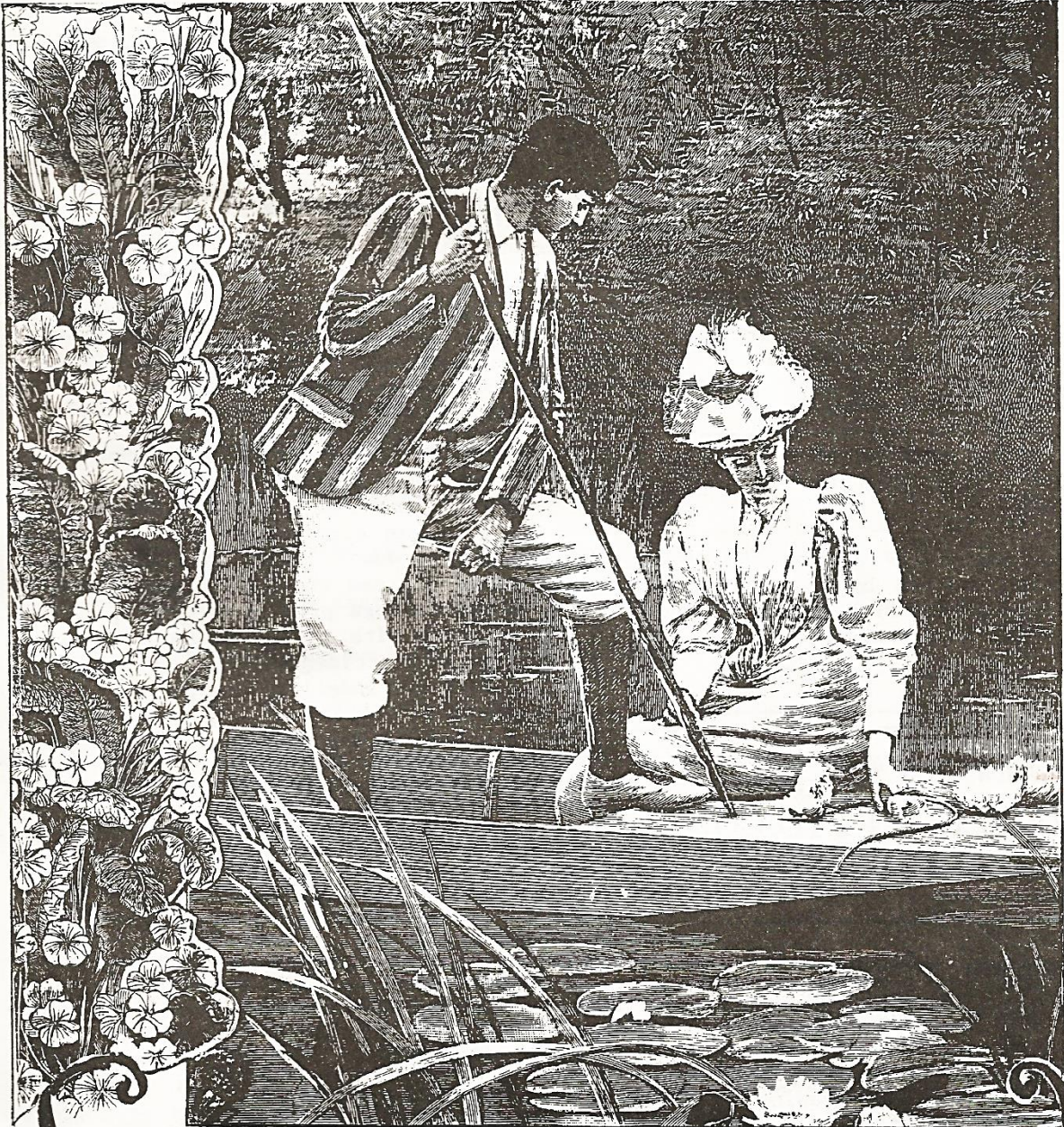


CONTACT

Leavesden Hospital Newsheet



SPRING EDITION

EDITORIAL TEAM

Ext Tel Nos

Mrs M May (Editor)	18
Mrs K McLoughlin (Chairwoman)	43
Mrs C Henderson	72
Mr J Edwards	113
Mr P Stevens	73,74,75
Mr R Dobson	161
Rev C Smith	4
Mrs T Mills	Bleep

The views printed in this magazine are not necessarily the opinions of the Editors.

Letters are welcomed on all subjects, particularly local issues, but can be printed only if a name and address are supplied. Requests for anonymity are respected.

The Editors can accept no responsibility for the quality of goods or services advertised in this magazine.

Letters or articles of a libellous, slanderous or obscene nature will not be published.

The Editors will endeavour to print all letters received by them for publication but reserve the right to edit.

Cover - by P Stevens

A QUESTION GIVEN TO ME, ASKING

"WAS I GOING TO CONVERT"

Georgina Lenter

Should Enrolled Nurses be encouraged to convert to 1st level and, if so, how could this be achieved?

This question to me covers a lot of distance between each grading; let me explain what I mean.

Principal Nurses have trouble seeing further than their yearly Budgets and get bogged down with cost effectiveness.

Service Managers do not usually travel very far, they spend their time inching their way through Grievance and Complaints from dissatisfied customers.

Ward Managers spend their mileage covering the distance between the paper work and the coffee pot.

Charge Nurses have it easy... When things break down, they push to the nearest exit and hitch a lift on the back of the person who looks reliable.

Ward Sisters manage longer journeys, with trips around the Bedrooms counting the dust particles and the Sheets required for the weekend bed push.

Staff Nurses are unique people... They manage to cover a lot of distance without moving very far from the Nail Varnish or Filofacts.

Nursing Assistants do not move at all from the Bathroom area, clearing the spills left behind from the Nail Polish Remover.

And now between all this movement are we - the Enrolled Nurse. I am quite surprised that we have not been given a Shoe Leather Allowance. You see...

We can manage to do the shopping when the cupboards are bare; sort our problems and hick-ups from unhappy passengers; request an electrician when the coffee pot breaks down; carry the slipped disc when the oil can runs dry; count from 1 - 10 when things pile up on top of each other; arrive with the cotton wool ball to clean up when accidents occur; wipe away stains that are indelibly stamped.

I look at the conversion as a Hotel Elevator:

1st Level

- Reception
- Names and Numbers
- Procedures and Guidelines
- Notice Boards
- Small Entrances
- Large Exits

2nd Level

- Welcome Mats
- Faces and Personalities
- Experience and No-how
- Information already received
- Large Entrances
- Small Exits

What I am trying to say is that you do not inevitably have to be at 1st Level to be a winner, regardless of how stiff the competition is.

FROM THE
HOSPITAL MANAGER
Jane Reynolds

By now you should all have seen the letter from Tom Freeman and myself about the way forward for Leavesden and Harperbury.

Although I fully support the proposals, I signed it with a heavy heart, knowing that it would cause quite a lot of distress to staff at Leavesden. Many of you may be very worried about what the future will hold, and many of you will find the uncertainty and changes especially difficult because of your marvellous commitment to Leavesden. That commitment is not taken for granted, and is valued very much indeed.

The contents of the letter should not have come as a total surprise. Those people here in 1984 will remember the announcement by the Regional Health Authority that Leavesden would close within ten years. That timescale has proved unrealistic - and despite rumours on the Leavesden grapevine, I can assure you that we will not be closing within two or three years.

However, as the careful resettlement of residents continues, and as some of our older residents die, numbers are coming down quite rapidly, and we are committed to "keeping you in the picture" about how our thinking and planning is going, even if sometimes we know there are more questions than answers. Resettlement is

nothing new - residents' numbers have been steadily decreasing from 1982 in 1970 to 1525 in 1975; 1242 in 1980 to 1017 in 1985 - with the present number (including the Eric Shepherd Unit) being around 750.

I, too, have some sadness at the prospect of Leavesden eventually being closed; it is a wonderful place to work, and together we provide an excellent service - sometimes "against all the odds" as we cope with fierce savings to be made. The challenge for us all is to maintain the very best possible service for our residents right up until the end of the Hospital's life, some years hence. It is very, very important work which needs the skill and energy of all of us to "keep on keeping on", undeterred and undismayed by the changes that lie ahead for us all. Our shared tasks are in many ways more difficult than those facing colleagues in the Community, calling for very special people to undertake our very special work. Your continuing contribution is essential and we will do all we can to keep you in touch with what is happening and to ensure that Managers work closely with you to talk through and prepare you for any changes occurring in the near or further distant future. Do not believe everything you hear on the grapevine (though sometimes it is accurate!) - and if you want straight answers to things you hear, please feel welcome to contact your Service Manager or me direct if there are things that concern you. It has never been more important than now that we all work together to face the challenges and opportunities that lie ahead.

**LEAVESDEN SHORTLISTED
FOR ART AWARD**

Philip Hinsley SERU

12.45 pm January 31st: Sir Brian Rix was about to open the envelope that held the name of the winner of the Astra Arts Award, Astra is a pharmaceutical company with a £3,000 cheque to go to just one of the twelve hospitals that were represented at St Bartholomews Hospital.

Over fifty guests had assembled in the James Gibb flat, in which its main room was designed as a Victorian drawing room, tastefully furnished with wood panelling and brass wall lights. In one corner sat an antique desk. On its top was a long

quill resting in a metal inkwell. The room created an atmosphere of study, dignity and quality. From its windows could be seen white coated figures crossing a busy quadrangle.

As we stood waiting somewhat nervously (most of us had arrived at noon), we found ourselves with more than enough time to mingle with the other guests, some of whom had travelled all the way from Scotland for this event. Our socializing was helped by wine being served.

We were told that the lateness of starting was due to the judges being still undecided over who the award should go to. Furtively we made glances towards the door hoping Sir Brian would soon arrive and we could begin the main business. The minutes ticked by and the small talk was get-



ting smaller. Relief or just a different type of tension entered when Sir Brian was seen coming in.

A few moments later we were ready, not for the awards but the first of three speeches all saying in their different ways why art can be an aid to the healing process and, of course, enhance the quality of one's surroundings in hospitals. There is a growing awareness of this and the award was set up to further encourage hospitals in this direction. During these short discourses, my thinking went from being almost detached from the proceedings to the possibility that Leavesden might indeed win. This feeling increased as my throat became tighter and my heart beat stronger. Now I was beginning to hope we would not win. If we did, I would after all have to give some sort of reply; many inane and cliched expressions flooded into my mind.

Sir Brian continued his talk "the winner is..." he said with obvious pleasure "in this envelope", and he reached inside his jacket, took that wretched envelope and announced the winner to be... West Dorset Hospital for a very fine garden project.

It was with a mixture of regret and relief that the group broke into applause and collectively appeared to relax. The tension was released and we filed hungrily into another room which was impressively laid out with a buffet lunch. There we happily chatted while mentally shelving all those exciting ideas of how the £3,000 prize money would have been spent. Then again, there is always next year...

A Note to the Milkman

in Readers Digest

"Dear Milkman
Starting today, leave one Jersey on Mondays and Thursdays but none on Saturday - then leave one thick cream on Tuesdays and one yoghurt on Wednesdays with one quart of Jersey.

Then leave one quart of Jersey on Friday with thick cream. For the weekends, leave two Jerseys and one yoghurt on a Saturday and one thick cream on a Sunday.

Please alternate this for me. If the thick cream falls on a Saturday, leave one Jersey with it then. Empty bottles are in the garage. Climb through the side window. Garage is locked."



TO A BRIGHTER FUTURE

Debra Hanson Resettlement Manager

There are probably hundreds of reasons why, when we are looking at a possible resettlement, we could decide it is not such a good idea "Perhaps she won't be able to cope with the change..." "What if he doesn't fit in with the group?" "May be he's too old to move to a new way of life." "What about day services?" "She's lived on a hospital ward for 20 years, how will she cope with living in an ordinary house?" The list goes on. In fact, if you sat and thought about it long enough, you could probably convince yourself that nobody should move. So how is it, you might ask, that people have been resettled, are currently being resettled and will continue to be resettled?.

The answer brings us back to our list of worrying questions because it is by asking these questions and by scrutinising every tiny aspect of a possible move that we come up with the sort of quality home, support and services which will provide each person with a better way of life. That, of course, is a very tall order.

Resettlement is not just about moving someone from a hospital building into a different type of building. It would be easy to find a better building. Hospital wards don't exactly match the average small group home when it comes to offering privacy, dignity and a cosy homely atmosphere. But Leavesden is more than just a building and it is no mean achievement to find resettlement projects which can offer the kind of staff commitment and expertise, day service provision and support services that we have at Leavesden. However; by asking all those questions; by going through each aspect of resettlement with a fine toothed comb; by checking and re-checking that the support will be there; by setting up a system which monitors people even after they have left hospital; by doing all this and more, we **do** find those projects.

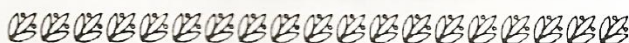
Perhaps an even easier way to illustrate the point is to look at those individuals who have already been resettled and to see just how it has worked out for them. Because, believe me, if I give myself headaches worrying about the details of each resettlement as we set it up, the best way to get rid of that headache is to



go and visit somebody who has already left. And, although there are many examples to draw on, I'll use just one...

Sitting having lunch with a small group of ex-Redwing residents recently (in their new home in Lincolnshire), I was struck by a feeling of intense pleasure and satisfaction. It was something to do with the fact that my hosts were suitably proud of their lovely home, that the furniture and fittings were tasteful and expensive-looking. It was something to do with the fact that the conversation around the table was easy, relaxed and that this group seemed happy. It was something to do with how smart, clean and well-groomed everyone looked and how an outsider would have to wait for introductions before being definitely able to distinguish staff from others. But, perhaps most of all, it was something to do with the 93-year old woman next to me, who - sitting there in her beautifully co-ordinated clothes with her white hair neatly styled, smiling and chattering to me - looked more dignified than any 93-year old could reasonably expect to look!

I am not suggesting that everyone should be resettled (for some this would not be an appropriate decision and there will be some - particularly amongst older people - who will need to remain in a hospital setting). But what I am saying is that for the rest, for the majority, resettlement truly offers a brighter future.



WANTED.....

Jigsaw Puzzles

Unused knitting wool or needles

Old photographs or records

Suitable for reminiscence sessions

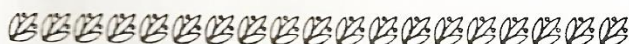
Will Collect

Please telephone Elderly Care Unit .Ext 72

.....URGENTLY

Urgently needed car ride to Leavesden from anywhere in London. Start work at approx 09.00 am Monday-Friday. Happy to share petrol costs.

Please phone E Faulkner on Extn 172 Psychology Department.



HELP AT HAND

Clive Smith
Hospital Chaplain
'OASIS' Steering Group Chairman

I am in the position to say that shortly we are hoping to launch two projects to directly help staff at Leavesden Hospital.

Firstly: The local branch of the CITIZENS ADVICE BUREAU are planning to open a weekly session at the Hospital for the benefit of any member of staff who wishes to use their very valuable and useful services. The CAB gives free advice on a vast number of subjects, including Housing, Social Security Benefits, Legal Matters, Nationality and Immigration Issues, Debt Counselling, and many more. Just at the moment, we do not have a starting date for this free service to you all but obviously we hope to start as soon as possible. The visits of the CAB to Leavesden will be for a year in the first instance and the project will be reviewed, but we hope, of course, that the CAB will be coming to us for the foreseeable future. Please keep a look out for the start of this initiative.

Secondly: The confidential support and counselling service 'OASIS' which I have mentioned before in 'CONTACT' should be launched on May 1st. You will all be informed of this service to staff at Leavesden, which will complement both the work of the CAB and other less formal ways members of staff may have in finding help and support for themselves.

The initiatives have been instigated to help all members of staff, and I have been helped in this by a working group covering various disciplines and departments, and involving both Union and Management representatives and contributions. I am grateful for their help in the past to get us this far, and their continued help.

Congratulations



to Mrs Liz Parnell, Finance Manager, for winning a cash prize for a very useful suggestion to save the Hospital's money.

Ideas are always welcome to save money or to improve our efficiency and effectiveness. Suggestions to Jane Reynolds, Hospital Manager, please. Cash awaits!



IF THE CAP FITS

Just a line to say I'm living
That I'm not among the dead
Though I'm getting more forgetful
And I'm mixed up in the head.

I've got used to my arthritis
To my dentures I'm RESIGNED
I can manage my bi-focals
But, Oh God, I miss my mind.

Sometimes I can't remember,
When I'm standing by the stairs
If I should go up for something
Or I've just come down from there!!

And before the Fridge so often
My mind is filled with doubt -
Now - did I put some food away
Or come to take some out?

And sometimes, when it's night time
With my nightcap on my head
I don't know if I'm retiring
Or getting out of bed.

If it's not my turn to write, dear
I hope you won't get sore
I may THINK that I HAVE written
And don't want to be a bore.

So remember, I do love you
And wish that you lived near,
But now it's time to mail this
And say goodbye my dear.

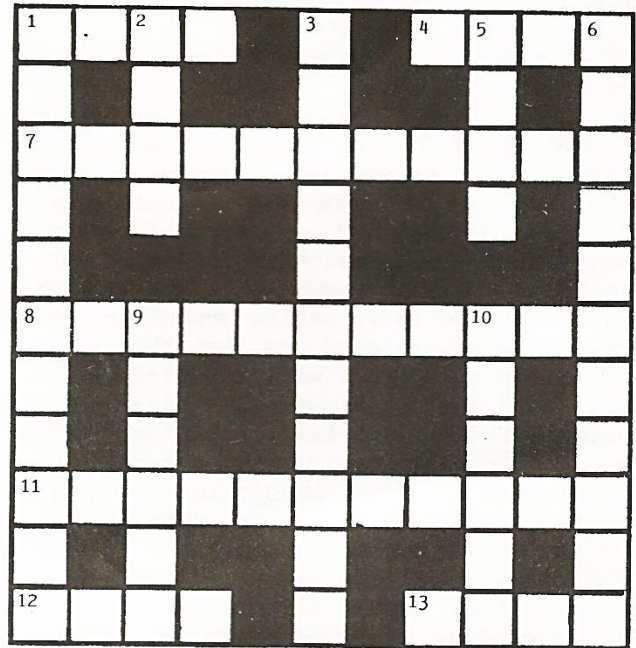
At last I stood before the mail box
And my face, it sure got red
Instead of mailing this to YOU
I opened it instead!!



Written by a member of
Good Companions Club
New Brighton, New Zealand



CROSSWORD



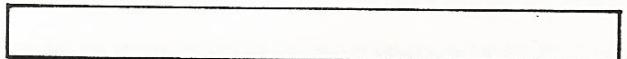
Across

- 1 Employing perfume (4)
- 4 English County (4)
- 7 The dove first came back with it (5-6)
- 8 Taken at 11 (6-5)
- 11 Over Sentimental Films (4-7)
- 12 Wind instrument part (4)
- 13 Whirlpool (4)

Down

- 1 David Frost is one (11)
- 2 Float in water (4)
- 3 The Queen had a silver one in that 12 months (7-4)
- 5 The Sea Eagle (4)
- 6 Composer (11)
- 9 Food for Horses (6)
- 10 To pay out (6)

Answers on Page 11





SOME RANDOM THOUGHTS



ON THE INTERNAL COMBUSTION ENGINE-
DRIVEN HORSELESS CARRIAGE

Anon Edwardian Gentleman

The recent falls of snow and the inclement weather have given me food for thought on the above infernal machines, i.e. the motor car (as they have become popularly known). I notice that as soon as we have snow, the motorist is now screaming out for grit to be put on the roads to afford his vehicle some traction in icy weather lest he has an accident and perchance damages his limbs. What about the unfortunate pedestrian in these circumstances? No-one apparently gives one jot about his circumstances. He struggles along icy, slippery paths and pavements risking life and limb in the process. Perhaps he also should cause a fuss and scream for "more grit on the pathways". Does this anomaly occur simply because the car is an expensive piece of machinery and to put it right could cost a lot of money? A pedestrian breaking a limb has no redress in law (something which I think should be brought to the notice of parliament) whereas I hear that motorists are now saying that insurance companies should pay for their damages! I must, in all fairness, state however that some salt was put down on the approaches to the very steep hill up which I toil in the morning to get to my place of business (only at the beginning and at the end, I stress. What happens to me in the middle I suppose is of no consequence).

Also, do drivers regard pedestrians as being of a lower order in life? I have often been spattered and splashed with mud and debris whilst walking in good visibility in the rain. Are drivers unable to see us? Why do they mysteriously suffer from failing eyesight once they get behind the wheel of a car? Do pedestrians become totally invisible to them? I have on many occasions had my outer (and inner) garments thoroughly soaked by thoughtless drivers who rush by at speeds exceeding 20 mph through puddles with no thought given to the walker who, after all, pays his taxes like everybody else and who, I would have thought, is entitled to walk the Queen's Highway without risk of being drowned.

These machines pollute the atmosphere and frighten man and beast alike. What business are these drivers engaged upon that

they have to rush from A to B at such impetuous speeds? One can only assume that they wish to commit suicide and drive these machines in order to do so at the soonest possible opportunity. I do not mind if they kill themselves. I only hope that in the process they do not take *me with them*. I have no wish to leave this world at the present moment in time. Only the other evening as I was taking a late stroll in the winter sunshine, I beheld an inebriated driver weaving his way along the lane with many a merry quip and song. I jumped into the hedge to avoid being run over by this lout, who thought it a great joke. I say such people should be banned from having a motor car and should be made to revert to riding the horse (at least a horse has the good sense to see its rider safely home).

I must say that I am not in favour of this modern trend of riding around in these noisy, unpredictable, devilish vehicles. I do hope it will not become the fashion for everyone to own one because if this is the case, I can see a future where the earth is black and grimy; nations will fight over oil, and pollution will spoil our green and pleasant land for ever.

WATFORD
and
DISTRICT — MIND —

Ann T Chiverton-Hunt

At MIND, we would like to thank the people of Watford for their kindness over Christmas. Trewins deserve the biggest thanks for their magnanimous cheque for 1990 (and 1989). Thank you also to CP Holdings and Philip Nyman, who delivered a box of goodies from their office giving a Christmas Tea. Marks and Spencer donated a voucher, as did Holland & Barrett. An unknown family donated their free range turkey (absolutely delicious!), and a retired gentleman kindly helped with serving and clearing.

Thank you very much every one. Is there anyone out there who could lend an administrative hand like being a treasurer or welfare helper, or even Chairing meetings? Could anyone spare an hour per month to make tea and sandwiches?

We wish you all health for 1991 but just in case, MIND can help with stress counselling. We have an Open Door at Victoria House, Vicarage Road, every Saturday from 1 to 5 pm.

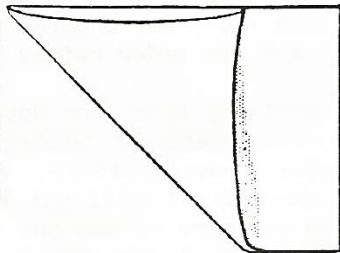
Ever had one of those 'awkward' shaped presents at Christmas and birthdays that is almost impossible to wrap up?

Try making the paper box detailed below.

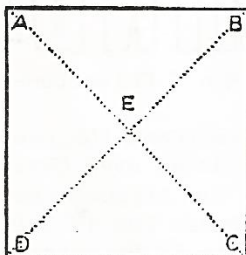
It is an ideal solution to smaller difficult shaped gifts. The idea is taken from an Edwardian children's magazine and the paper boxes can be made, within reason, to most smaller sizes.

HOW TO MAKE A PAPER BOX

Any clever boy or girl can make a neat paper box. First, take a piece of paper, which should not be too thin or too soft. A piece the size of this page or a little smaller will do nicely. Now make the paper exactly square. You can do so easily by folding it over as shown here. Cut off the part where the folded upper piece does not cover the lower piece, and what remains will be exactly square.

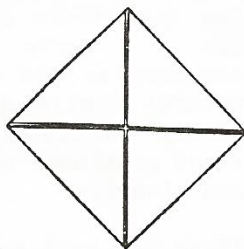


You have already folded the paper diagonally—that is, from corner to corner. Make a good crease by pressing it with the fingers at the fold, then open it out and fold it diagonally from the other corners, and press the fold well down with the fingers. The paper will now be square and creased as in this picture.

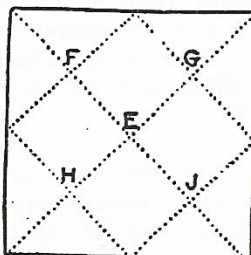


Notice the letters on the picture, so that you can understand easily what to do. So that we may understand what follows more easily, we shall call the four corners A, B, C, and D, and the centre will be E.

Now fold all the corners in carefully so as to touch the centre, and make the paper as here shown.

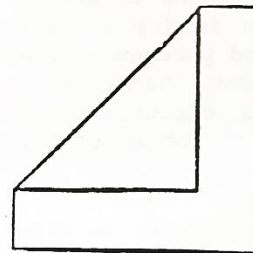


The paper will now be in the form of a square, but a much smaller square than formerly. Having folded it like this, press it down well at the folds



so as to crease it plainly. You will now have four more creases, and when you open out the paper again it will be creased where the dotted lines are in the next illustration. The other letters—F, G, H, J—mark where the

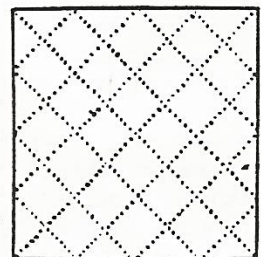
creases cross. Fold the corner A over to the spot J, as seen in this illustration.



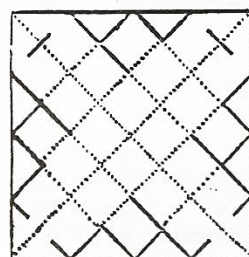
That will make another crease. Now make another crease by folding the corner B over to H; another by folding the corner C over to F; and another by folding the corner D over to G.

We still want four more creases. Make them by folding A over to F, B over to G, C over to J, and D over to H. The paper is now creased as shown here.

Every one of these creases is necessary to make the final box, although, as the paper is now, it is not easy to see why all these marks are wanted. But we shall see presently the use of all the creases.

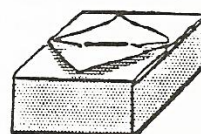
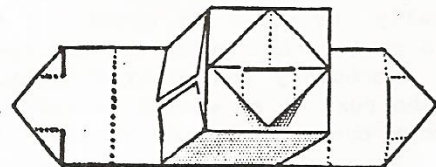


Now you must use



scissors. Cut along where there are black lines instead of dotted lines in the next picture.

You now have a paper which does not look very like a box. But you have only to fold it up in the proper way, and you will see that it is. Fold over the corner at D like this: and slip it into the slit near B. Now fold in the flaps at the side, and you have it like this:



Fold over the corner at C, and slip it into the slit at A, and the box is now finished. If you have made it properly, it will be very neat and perfectly regular.

ECOFACTS

These days we are so pristine and clean!!

Do you know what your average washing powder contains? Probably all of these:

Flow enhancers, Surfactants, Bleaches, Enzymes, Builders, Silicates, Fluorescent whitening agents, Perfumes and Dyes, Anti redispersion agents...!!

No wonder those whites "... smell so fresh and look so incredibly clean...!!"

Where did all the dirt and all those ingredients go?

Many leading supermarkets now stock ECO friendly washing powders, bleaches, loo cleaners, washing up liquid - maybe their performance may not be 'brilliantly' good but there will be that much less muck building up in the rivers, streams and seas.

For Peat's Sake help save The Peatlands!

Please do your bit to help save the British and Irish peat bogs - remember that most good garden centres now stock excellent alternatives -

Cocopeat (made from coconut husks)
Shredded bark
or your own homemade garden compost!

I know at the moment they cost more but they are made from a resource that can be renewed. The Peatlands have been formed over millions of years into a unique habitat - when they are gone, that's it!

Help to Save the Rainforests

Aluminium comes from Bauxite, which is extracted from red mud by washing it with caustic soda. This process often occurs in open rivers which are often used for irrigation and drinking water.

As Bauxite is often found in tropical rainforest areas, the open cast mining method of extracting, together with the pollution caused by extraction processes, is contributing greatly to the destruction of the fragile ecosystems.

Making a can from scrap aluminium uses 95% less (!!!) energy than making it from Bauxite derived aluminium.

- At the current rate of devastation in the rain forests, an estimated 50 animal and plant species become extinct each day!!!

What can you do to help?

- Only use tropical hardwoods that you know come from sustainable and managed forests;

- Pressurise local companies to only sell tropical woods from managed forests;

- Write to your local member of The European Parliament and ask what they are doing to limit European Community timber imports. Get their name and address from your Town Hall;

- Save all your aluminium drink cans, foil, etc, and bring to Rural Crafts for us to recycle.

Why Recycle your Rubbish?

Each of us throws away one third of a tonne of rubbish a year!!

As a country, that is 20 million tonnes a year!!

Most is buried in landfill sites - methane gas is often produced - dangerous chemicals leak into our water supplies - and the earth's resources continue to be used up!!

IT MAKES SENSE TO RECYCLE WHAT WE CAN - IT'S A BIT MORE TROUBLE THAN JUST THROWING IT IN A BIN BUT AT LEAST WE CAN ALL FEEL WE ARE DOING WHAT WE CAN TO PREVENT MORE WORLD DISTRESS.

The Rural Craft Centre
(ecologically friendly and green)
Recycling Scheme

Please save and collect your aluminium foil, drink cans and aluminium scrap... Spread the word it is all for a good cause. We can collect from your office, ward or home, if you have a worthwhile quantity.

We sort/crush and deliver to recycling centres (any income is invested in the Rural Craft Centre).



We also collect old car batteries for recycling; any decent wood; old tools; £50 notes, etc. We are looking into recycling of plastics and paper.

Other Rural Craft Services

Rural Crafts also offer the following services:

Gardening: Design/advice/construction/ planting/garden maintenance/garden rubbish clearance - good rates.

All Woodwork Made and Sold: Animal hutches, planters, craftwork, mobiles - in fact, we'll make anything!!

Signs and Lettering: We make up house signs, numbers, names, etc.

All income from our work and sales is ploughed back into improving and maintaining the area.

Any enquiries

Please phone Tim
on 0923 674090 Ext 162
Rural Craft Centre
Leavesden Hospital

BREAK-IN

at Rural Crafts

On the evening of Friday 8th February, we believe two people broke in and stole £450-worth of woodwork tools and electrical equipment (in fact, all that we need to make our woodwork products...!!)

You would have thought they could have picked a more affluent place!! We have now ground to a stop in that line of work!!

If you have any electrical items that you do not use and you would like to donate, they will be gratefully appreciated and put to good use.

Contact Tim on
0923 674090 Ext 162

Those of you who think they know everything are annoying to those of us who do.

Anon

HIGH QUALITY SERVICE

Clare Atkinson
Catering Manager



My first day at Leavesden coincided with a hygiene inspection by the District Catering Adviser which highlighted some of the deficiencies and helped me to assess standards at that time.

I actioned the follow-up report immediately with full co-operation from the Kitchen and Dining Room Supervisors and the Works Manager, and this got the ball rolling towards various upgradings in terms of maintenance and equipment and further formal training of members of staff.

We then acquired a new EHO, which is always a bit worrying as they tend to be very, very strict on their first visit to new territory! The same procedures followed and then we seemed to get very popular and have had to date seven inspections this year!

On 3rd July, following a night inspection, both Johnathon, the EHO, and Tony, Pest Control Officer, said "Six months ago we never thought the standards could be so high." My only thought was, after seven inspections and thus constant work going on to improve standards, it was not that surprising! Johnathon suggested that we apply for the 'Heartbeat Award', and my instant reaction was that it would be a good way of saying "thank you" to the staff for co-operating with the extra work required, especially during that time - of several people being away on long holidays at any given time, meaning much more pressure on those left here. Basically, thanks for 'holding the fort' and retaining the quality of service.

The cafeteria now boasts a smoke-free environment, a super salad bar, and a programme of redecoration and refurbishment is in hand.

The kitchen almost has a complete new set of modern bulk food trolleys as well as adapting to new 'healthier' menus as devised in conjunction with Mrs Vicki Potts, Dietitian.

The Works Department have much to be thanked for, for their co-operation, speed of service and programme of ongoing preventative maintenance and deep-



cleaning.

It makes me very, very proud to be Manager of a department with such a calibre of staff, who themselves take a great pride in their work and never compromise standards in order to provide a consistently high quality of service.

The certificate will be presented to the department on 12th December at 4 pm by the Chairman of the Council.

Doug Gouldson

Malcolm Gladman
Works Admin Manager

As most people will know by now, Doug Gouldson, Leavesden's Works Manager, is retiring in March. Doug joined us in February 1989 and although he has only been with us for two years, I believe he has been like a breath of fresh air to the department. His "Flying by the seat of your pants" approach has not endeared him to everybody however, but I for one, and I am sure many others in the Works Department and elsewhere, will be sorry to see him go. So may I take this opportunity to wish Doug and his charming wife Olwyn a long and happy retirement.

The history of LEAVESDEN

Update on Monica Diplock's book 'The History of Leavesden Hospital': It is understood that this is still in the hands of the printers and will hopefully be available by late spring/early summer.

CRH

Janet Baines

Daph Hitchen

Janet Baines retired on ill health in January after working in Leavesden for 16 years.

From all her friends and colleagues in Day Care, we wish her well and a happy retirement.



Eight Ways To Sleep Well

Kathy McLoughlin

How many times have you heard "I didn't sleep a wink last night." Insomnia is the commonest malaise of this age. Sleep is something we all need and that sleep needs to be good and restful sleep so that we wake feeling refreshed and replenished. Four hours restful sleep is better than eight hours of tossing and turning. So here are eight tips to help you achieve deep and restful slumber:

- 1 We all imagine we need more sleep than we really do. So don't worry if you wake early; remember, nature is the best sleep regulator and providing you are in good health, your body will ensure that you take as much sleep as you need. And remember too, that as we get older, we need less sleep.
- 2 Take regular exercise; get yourself really tired before you go to bed; don't expect to sit in front of the television all evening and expect to sleep for hours - you've already been half asleep for hours!
- 3 Try not to take your anxiety and problems to bed with you; try and switch off. Remember, few problems are so pressing that they can't wait at least until the next day.
- 4 Make your bed and bedroom as snug and warm as you can; keep your scanty nightwear for the summer; have a warm bath before going to bed to pep up your circulation so that you take your natural bodywarmth into bed with you, but make sure your room is ventilated.
- 5 Don't lie worrying about your insomnia or inability to get to sleep. It is not the quantity of sleep that is important, it is the quality. Think of something nice, a place where you would like to be, or something nice that has happened to you. Any happy memories or thoughts will soon send you off to sleep.
- 6 Try reading a book, not an exciting volume that you can't put down but a happy story or short stories.
- 7 Drink something warm, not hot. No alcohol, milk or milky drinks are best but warm fruit juice will do.



8 If all else fails, try a new bed or at least a new mattress. BEDS do not last forever. A good, not too soft bed is the best investment for a good night's sleep.

SLEEP WELL

Answers to Crossword on Page 5

Across	Down
1 Boss	1 Broadcaster
4 Kent	2 Swim
7 Olive Branch	3 Jubilee Year
8 Coffee Break	5 ERNE
11 Tear Jerkers	6 Tchaikovsky
12 Reed	9 Forage
13 Eddy	10 Expend

Have I got it wrong ?

I and many other staff were under the impression that B/House + S/Side had to close and their residents had to return to the wards as a result of a lack of money. Then at a TWTT meeting, I was told that Rose Villa was going into B/House and residents from the Drive and Jasmine Close were going into Rose Villa, and the ESU were taking over the Houses in the Drive, and also that four residents were going into the flat, but not the residents from B/House + S/Side.

I was told that this situation could not be reversed as the decision had already been taken by Management.

At the end of the day, where is the saving of money?

I remain a very disgruntled member of staff.

Tom Robb

Miss Reynolds Reply:

I can well understand Mr Robb's confusion about the changes which have been taking place, starting with the closure of Brent House and Sunnyside.

The very difficult decision to close Brent House and Sunnyside was taken in order to save the running costs of the houses. The staffing costs were particularly expensive as there was a high staff-resident ratio - it cost nearly as much to run the houses for a small group of residents as it costs to run a big, less well staffed, ward accommodating a much larger number of people.

Having closed the houses, there were powerful reasons why other moves should follow. Rose Villa moved into Brent House and Sunnyside at the request of staff; the people using the flat in Jasmine Close, and the house in the Drive were keen to occupy Rose Villa as it would be easier to run their service in one building rather than two. No extra running costs are needed for either of these moves.

We then needed to decide the best use for the flat and the house. It would be a great shame to leave two attractive areas empty, but we could not re-open them as fully staffed units, because we could not afford to do so. To provide a full team of staff for them would entirely defeat the object of closing Brent House and Sunnyside to save money.

Instead, the empty space provides an opportunity for two developments at no additional cost to Leavesden. The house will be used by the Eric Shepherd Unit, which is able to get extra money from outside its ordinary budget by selling places to another Regional Health Authority. This sizeable extra income enables the Unit to expand. The flat will be used by a small group of Leavesden residents who are considered sufficiently able to live safely and happily in a semi-independent way, with staff supporting them on a part-time basis rather than there being a full team of staff there round the clock. This part-time staffing can be provided from Leavesden's ordinary nursing establishment without incurring additional costs, so the necessary saving from closing Brent House and Sunnyside, at the start of this chain, is still intact.

Whilst deeply regretting the closure of Brent House and Sunnyside, and the disruption to its former residents and staff, we are very pleased that the new uses of the various buildings will improve the service we offer to quite a sizeable number of residents. Achieving the necessary saving from closing a big ward, instead of Brent House and Sunnyside, would have not only disrupted the lives of far more residents, and run the risk of having to overcrowd wards to take the people who had to move out, but would also have meant we would have missed these opportunities to make improvements to the service which can occur as a consequence of what had to happen.

STRESS DIET

THIS DIET IS DESIGNED TO HELP YOU COPE WITH THE STRESS THAT BUILDS UP DURING THE DAY

Breakfast

1/2 Grapefruit
8 oz. Skim Milk

Lunch

4 oz. Lean Boiled Chicken Breast
1 Cup Steamed Spinach
1 Cup Herb Tea

Mid-afternoon snack

2 Pints Rocky Road Ice Cream
1 Jar Hot Fudge Sauce
Nuts, Cherries, Whipped Cream

Dinner

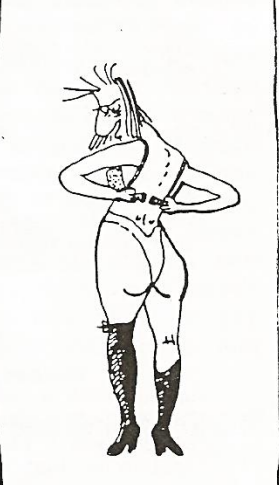
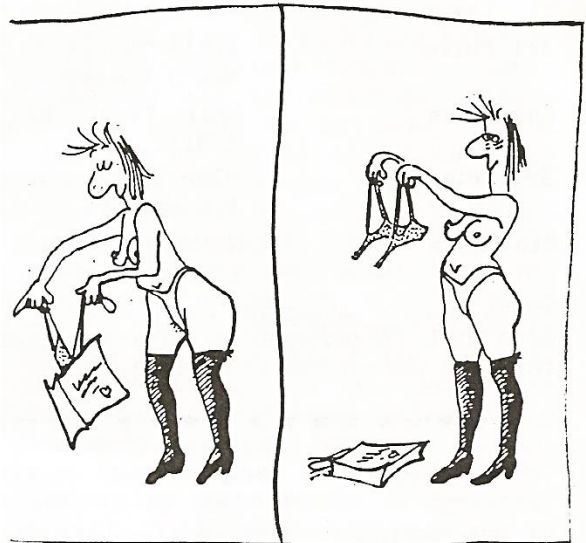
2 Loaves Garlic Bread With Cheese
Large Sausage, Mushrooms & Cheese Pizza

Late Evening News

Entire Frozen Cheesecake
Eaten Directly From Freezer

Rules For This Diet

1. If you eat something and no one sees you eat it, it has no calories.
2. If you drink a diet soda with a candy bar, the calories in the candy bar are cancelled out by the diet soda.
3. When you eat with someone else, calories don't count if you don't eat more than they do.
4. Food used for medicinal purposes NEVER counts, such as hot chocolate, brandy, toast and Sara Lee cheesecake.
5. If you fatten everyone up around you, then you look thinner.
6. Movie related foods do not have additional calories because they are part of the entire entertainment package and not part of one's personal fuel, such as Buttered Popcorn, Mints Mars Bars.
7. Cookie pieces contain no calories, the process of breaking causes calorie leakage.
8. Things licked off knives and spoons have no calories if you are in the process of preparing something. Examples are Peanut butter on a knife making a sandwich and ice cream on a spoon making a sundae.
9. Foods that have the same colour have the same number of calories. Examples are: Spinach and pistachio ice cream, mushrooms and white chocolate. NOTE: chocolate is a universal color and may be substituted for any other food color.



BASTIEN

September Song

Oh it's a long long time from May to December,
And the days grow short when you reach September,
And the autumn weather turns the leaves to flame,
And we haven't got time for a waiting game.
The wine dwindles down to a precious brew,
October, November,
And these few vintage years we'd spend with you,
The vintage years we'd spend with you...

Or words to that effect!

If you remember Walter Huston singing this song, you must be coming up to retirement age or have already retired and it is you we are interested in.

Are you feeling a little apprehensive about time stretching away after you've got over the excitement of your retirement party and you have cleaned out every nook and cranny in house, garage and garden?

If the days, far from growing shorter seem to get longer and longer and emptier, what you need is a spell in the NHS Retirement Fellowship. The only requirement for membership is that you worked for the NHS and we want to attract people from all branches of the Service.

Our West Herts Branch was started by an ex-midwife who wanted to advertise in the local newspaper under the heading "Ex-Midwife wants more men!" but we felt it would project the wrong image. Nevertheless we do want men to join - you can bring a partner if you fear you may be overwhelmed. We meet on the first Friday of each month at 2 pm in Halsey Nurses' Home (or in the Seminar Room in Tudor Wing if we have a film).

So! If you've never put your war memoirs on tape,

If you don't know how much a blind person has to pay for a dog,

If you've never heard the Barnardo's story from a child's viewpoint,

If you didn't know that Belgium has an Annual Onion Throwing Day,

If you've never had your feet fondled by a Reflexologist,

you've still got a lot of living left to do.

As the wine dwindles down to a precious brew, don't sit at home drinking on your own, come and join us and "These vintage years we'll spend with you".

Come along the first Friday afternoon in 1991 and make a good start to the New Year.

CORA ROCHE
(Sixty Something)
WEST HERTS BRANCH



Membership is open to all ex NHS employees.

should be elected, in accordance with Central Office Constitution.

Our branch has about 30 members - annual subscription is three pounds and partners are welcome.

Any other information available from:

Meetings are held at 2.0 pm on the first Friday of each month in Halsey House Nurses' Home, West Herts Hospital, Hemel Hempstead.

Mrs A S Hunter
(Secretary)
1 Hartsbourne Way
Hemel Hempstead
HP2 4PS

AGM will be 5th April when a new committee

Tel: 0442 66170



204 253

~~204~~ 204
LORD BE PRAISED!
~~204~~ 226

209 254
~~204~~

PRESS-UPS

Sex and violence came into Jane Martin's life gradually.

Then she became a Christian and matters escalated.

Essex County Standard

?

VERY CLEVER, THESE YANKS

He gets every anonymous letter that is sent in and sees to it that the writers are answered.

New York Times

?

ANY WAY THE WIND BLOWS

I wish to take up lessons on the saxophone but have high blood pressure, heart murmur, and punctured diaphragm. Do you think it would be advisable?

Health Column in The Graphic

JUST HENSUM!

Whenever eggs are cheap, the fowls yield a fair supply, and when they become dear production stops.

Pall Mall Gazette

?

?

MARRIAGE IS BLISS!

Treated like dog by wife, husband cooked for 30 years.

Daily Telegraph

BOIL THE LITTLE B

When the baby is done drinking, it must be unscrewed and laid in a cool place under a tap. If the baby does not thrive on fresh milk, it should be boiled.

Womans Magazine

?

?

HOW CONSIDERATE

Because elderly people find it difficult to climb the hill at Castle Green, Kenilworth, a seat is to be provided at the top by the District Council.

Leamington News

AS REPORTED IN THE PAPER

The prime cause of The Poultry's £5 million a year loss on cracked eggs was explained yesterday by Dr T G Carter, Director of The Poultry Research Centre in Edinburgh: "Some hens stand on tiptoe to lay and consequently their eggs drop harder to the floor".

Daily Express