

**East Anglian Regional Hospital Board, Group No.9, Mental Deficiency :  
Little Plumstead Colony, Heckingham Institution, Eaton Grange Annual  
report 1949 / J.V. Morris.**

**Contributors**

Morris, J. V.

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EAST ANGLIAN REGIONAL HOSPITAL BOARD

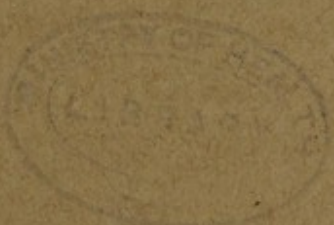
GROUP NO. 9, MENTAL DEFICIENCY.

LITTLE PLUMSTEAD COLONY  
HECKINGHAM INSTITUTION  
EATON GRANGE

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ANNUAL REPORT 1949.

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Dr. J. V. Morris, M.A., M.D.  
Medical Superintendent.

Little Plumstead Hall,  
Near Norwich.



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EAST ANGLIAN REGIONAL HOSPITAL BOARD

GROUP NO. 9

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### OFFICERS OF THE GROUP

Medical Superintendent	-	Dr. J. V. Morris, M.A., M.D.
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	-	Dr. L. A. Kerwood, B.A., M.B., B.Ch., B.A.O., D.P.M.

#### Matrons :

Little Plumstead Hall	-	Miss E. L. Smith.
Heckingham Institution	-	Miss M. H. Bellingham.
Eaton Grange	-	Miss E. Agnew.

#### Chaplains :

Little Plumstead Hall	-	Rev. E. D. Everard.
Heckingham Institution	-	Rev. W. M. Abernethy.
Eaton Grange	-	Rev. S. Long.

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EAST ANGLIAN REGIONAL HOSPITAL BOARD

GROUP NO. 9.

ANNUAL REPORT OF MEDICAL SUPERINTENDENT - 1st. JANUARY, 1950.

Mr. Chairman, Ladies and Gentlemen, I beg to submit my Annual Report for the Year 1949.

General Report on Statistics

The numbers on the books on the 31st December, 1949, were 847 as shown below:-

	Sect. 6		Sect. 8 & 9		Total		Total
	M.	F.	M.	F.	Male	Female	
Little Plumstead	279	247	18	9	297	256	553
Heckingham	58	155	11	2	69	157	226
Eaton Grange		66		2		68	68
Total	337	468	29	13	366	481	847

Of these the following were under 16 years of age:-

	<u>Male</u>	<u>Female</u>	<u>Total</u>
Little Plumstead Hall	60	49	109

Grading of Admissions during the year 1949

	<u>Male</u>	<u>Female</u>	<u>Total</u>
Idiots	4	2	6
Imbeciles	2	6	8
Feeble-minded	19	25	44
Moral Defective		1	1
	25	34	59

Patients discharged from the Acts during the year

	<u>Male</u>	<u>Female</u>	<u>Total</u>
	3	6	9



Escapes during the year

<u>Male</u>	<u>Female</u>	<u>Total</u>
10	10	20

Cases on Licence from the Institutions.

<u>Male</u>	<u>Female</u>	<u>Total</u>
21	51	72

Causes of death during the year

	<u>Females</u>
Diseases of circulatory system	2
Pneumonia	1
Epilepsy	1
Other diseases	<u>1</u>
	<u>5</u>

Casualties

The following casualties were recorded during the year:-

- A.A. Fractured cheek bone, due to cricket accident. G.M. Minor fracture, right elbow, caused by falling while playing cricket.  
H.H. Colles fracture, right wrist, caused by fall while dancing.  
F.Q. Small stab wound, upper abdomen, received in kitchen during horse-play between patients.

The summary of casualties is extremely small. All fractures or suspected fractures were X-rayed, and this service will be expedited by the provision of a portable X-ray unit, the delivery of which has been promised during 1950.

Leaves

Leaves during the year have been granted to 189 male patients and 200 female patients, and much appreciated by both patients and relatives. Unfortunately the type and grade of male patient admitted during 1949 was such that leaves cannot readily be granted in view of bad home circumstances and conduct disorders prior to admission.

Licence Cases

Licence cases continue to be supervised by Mrs. Morris and Mr. D. E. Kemp, Deputy Head Male Nurse. Advantage has been taken of the services provided by the Local Health Authorities' Welfare Officers and a very close liason built up between the Medical Officers of Health and the Group.

Four male and four female cases were returned to the Colony from licence during the year, mainly because of conduct difficulties.



### State of Health

A minor epidemic of influenza in March affected 13 male patients, in April 11 male patients had influenza, and in July 19 male patients were suffering from mumps.

An extension of clinical examinations has been possible through the Emergency Hospital Service, and careful attention is given to the routine swabbing of all cases, with special attention to all new cases and returns from holiday or licence.

### Pulmonary Tuberculosis

There were two new cases during the year, being male patients admitted from Risbridge Home, Kedington, Suffolk, for treatment. The Mass Miniature Radiography Unit visited the Colony and 327 patients were dealt with. It has not yet been possible for the Unit to visit Heckingham Institution. It is of interest that 27 large films were taken, but the need for a static X-ray plant was emphasised by the fact that the Unit was unable to cope with disturbed or grossly defective patients, the result being that none of the patients in the low grade blocks could be X-rayed. With the advent of the portable apparatus it is proposed to carry out an X-ray examination of all chests, especially of the low grade group who could not be examined by the Mass Miniature Radiography Unit.

### Special Treatment

This has included Ultra Violet Ray and Infra Red Ray treatment for muscular and other disabilities, and E.C.T. has been used where clinically indicated. The latter has showed successful results in selected cases.

### Hospital Unit

The hospital unit has been heavily used throughout the year and we have been handicapped by the shortage of both male and female nursing staff, it having proved impossible to open the male side of the hospital for full usage. Temporary admission to the hospital at the request of parents has been carried on throughout the year. Various treatments have been carried out, including operative treatment where indicated. An increasing number of applications for temporary admission has been received - a proof that the service provided is appreciated both by the patients' parents and by the general practitioners in charge of the cases.

### Dental Treatment

Adequate arrangements have been made for dental clinics to be held two mornings per week at the Colony and Heckingham Institution. Eaton Grange patients continue to be dealt with by a Norwich Dental Surgeon. Considerable delay is now experienced in the supply of dentures and the execution or repairs. Fortunately this has not so far exceeded the normal waiting period experienced by the general public.



### Clinical Work

In addition to the ordinary Clinical work of the Institutions the Committee's Medical Officers have carried out a total of 136 domiciliary visits and 49 Child Guidance Clinic sessions. A brief outline shows that the Colony staff are now providing for the following Clinics:- Norfolk County Area, one session weekly held at Norwich, the Medical Superintendent being designated as the Medical Director of the Norfolk Child Guidance Clinics; Gt.Yarmouth area, one Clinic session weekly at the Great Yarmouth General Hospital; King's Lynn, one session fortnight for the Norfolk County area. In addition to dealing with maladjusted and problem children, all clinics are used as diagnostic clinics for mental deficiency, and the Medical Superintendent and Dr.L.A.Kerwood have been designated as certifying officers under the Education Act, 1944, for the Gt.Yarmouth area; Dr.Kerwood having carried out several special sessions at the request of the Medical Officer of Health for Gt.Yarmouth, for the purpose of making recommendations under the Education Act, in addition to other work done. It is interesting to note the number of feeble-minded children who are brought in to the Clinics with the diagnosis of maladjusted. It is becoming increasingly obvious that the work at these Clinics should be expanded by the employment of a lay psychologist, mainly on psychometry, thereby relieving the medical staff of much routine work which is laborious and could well be carried out away from the Clinics.

Domiciliary visits have been paid to both Remand Homes and to many patients residing in their own homes and in Institutions. The benefits of a domiciliary visit may be summarised as giving a first hand knowledge of the patient to the Medical Officer who will be dealing with him if admitted to the Group, assisting the Local Health Authority with their diagnosis, the making of recommendations and suggestions which may enable the defective to remain in the community without certification, and advising parents and explaining the difficult situation concerning the bed shortage where cases are urgently needing Institutional accommodation. These visits have always been appreciated. Unfortunately, owing to shortage of medical personnel it has been impossible to carry out as many visits as were requested.

Specialised services have been much more readily obtainable since the development of the National Health Service and visits have been paid as and when required of Specialists in all branches of medicine. This has operated to the advantage of patients and also the Medical Staff of the Group.

During the year Dr.Kerwood has continued a survey of family groups of defectives, and Dr.R.A.Browne was granted two months study leave and passed the final examinations for the Diploma in Psychological Medicine.



Much more clinical work remains to be done, and until additional Medical Staff is available only the absolutely essential clinical work can be carried out.

### LITTLE PLUMSTEAD HALL

#### Physical Training - Female Side

Country dancing classes are held, there being four sessions weekly. Netball has been encouraged, but unfortunately owing to the nursing shortage it has been very difficult to arrange. Country walks and rambles have been encouraged with all groups of patients.

#### Recreations - Male Side

The Colony has continued to have two football teams, a senior side playing in the Blofield and District League with a majority of patients in the team, and a junior team consisting of boys under the age of 16 who have played both home and away matches against local elementary schools. A determined effort has been made to reduce the number of staff in the senior team and the results, as follows, have been gratifying.

Position in Blofield and District League - 4th.

<u>Played</u>	<u>Won</u>	<u>Drawn</u>	<u>Lost</u>	<u>Goals</u>		<u>Points</u>
				<u>For</u>	<u>Against</u>	
22	12	1	9	73	49	25

Cricket has now been organised on a much better basis, the new pitch coming into full use during 1949 and matches being played on Saturdays and mid-week evenings. The results were as follows :-

<u>Played</u>	<u>Won</u>	<u>Drawn</u>	<u>Lost</u>
15	8	-	7

Apart from the usage of the sports ground for special matches, continuous use is made of both pitches in the evenings by both seniors and juniors. Similarly cricket, although not so popular as football, is developing keenness among the patients, net practice and coaching being arranged one or two evenings each week and pick up matches during spare time after tea during the week.

#### Amusements

The annual concert party was organised under the direction of Mr. Kemp and Mrs. Blunderfield. Shows were given at Christmas and the party visited Beech House, Gressenhall, to entertain the old people there. Very few offers of musical or



other entertainments were received during the year except from a few concert parties who had previously visited the Colony on a voluntary basis, whose offers were gratefully accepted.

### Cinema

Weekly cinema shows have been held throughout the spring and autumn and were much appreciated. Two shows have to be given owing to shortage of space in the Recreation Hall, and the mobile equipment is now of first quality, two projectors being employed to give a continuous show.

### Books

Purchasing of books has been difficult, as normally libraries do not dispose of their books until they are in a bad condition. Literature has been supplemented by the purchase of illustrated weeklies suitable for both sexes.

### Scouts

The Scouts have been active throughout the year and held their annual camp at Bradwell for 14 days. Patients who had been allowed to go home for holidays had 7 days in the Camp; those who had, for various reasons, not been home, camped out for the full period. The conduct of all patients was excellent.

Considerable thought was given during the year to the development of the Old Scouts Club. The leaving age for Scouts has now been fixed for 21 years and the Club has been very successful, the culmination of the year being an outing to a football match in Norwich followed by a high tea and a visit to the Pantomime. This was on Boxing Day, and was organised entirely by the boys themselves. All the Old Scouts now have a registered design tie of their own, which is formally presented to them on giving up their actual Scouting activities. Many of them go to Norwich on parole, are proud to wear their tie, and are equally proud of being Old Scouts from the Colony Troop. It is of interest that patients on licence and one or two discharged patients continue to make use of the Scouts Club facilities.

### Guides

The Guides have continued throughout the year, but their activities have been seriously handicapped by the lack of a suitable Guider. Fortunately Miss P. Dilrew, the Colony Head teacher, is taking up Guiding, and hopes that in 1950 she will be appointed as Guide Captain at the Colony. This will enable a considerable extension of the work, which has in the meantime been carried on by one of the older patients.



### Religious Instruction

The Chaplain's Report for 1949 is as set out below:-

"The past year has been a most encouraging one from every point of view. The Sunday services have been excellently attended and heartily joined in and although the Hall is still inadequate in size to accommodate all the patients comfortably it has been gratifying to see about 20 boys from M.2 "crowded" in, who seem to appreciate joining in the service with the others instead of having a service in their own Villa.

"My visits during the week to different Villas in the afternoons and evenings and meeting the patients at their work and recreations have given me many opportunities of getting into personal contact with them, which is perhaps the most valuable side of my work, and enables me to try to solve their personal difficulties.

"The Confirmation classes I am now holding for 21 females and 5 males are well and regularly attended and it is most encouraging to see so many patients who have been confirmed in the past attending the instruction as a kind of refresher course.

"The Lantern Services held once a week during the last Lent on a weekday evening seemed to appeal to the patients very much indeed as could be judged by the reverent atmosphere. Undoubtedly the appeal to the eye is stronger than to the ear with mental patients.

"A certain number of patients have been placed on licence this year, and it is my intention to keep in touch with as many as I can by accompanying Mr. Kemp when he visits them.

"I should like to pay my tribute once more to the kindness I have always received from the staff which makes my work so much easier - in fact a real pleasure."

I am pleased to report that the Rev. D.D. Everard has given every possible care to his patients.

I am also pleased to report that arrangements have been made for a Roman Catholic Chaplain to attend monthly and hold a service for the small group of patients who are unable to attend church in Norwich.

### Works and Maintenance

External painting of buildings generally was carried on during the summer and redecoration of Villas is in progress. This is necessarily slow and it would be impossible to put it out to contract owing to the fact that our Villas are at present so severely over-crowded that many arrangements and makeshifts have to be made to enable the Colony works staff to get on with any programme of work of this nature.



### Farm.

The farm has remained productive throughout the year and has provided useful occupational therapy for the male patients as well as an opportunity for all patients to use the grounds for country walks and rambles.

### Handicrafts.

Handicrafts were developed during the year as it is now possible to obtain increased supplies of necessary materials. Several factors are still limiting any great development of occupational therapy - firstly the lack of a trained occupational therapist, which necessitates the diversion of a member of the nursing staff sorely needed for nursing duties for this work - secondly the lack of suitable accommodation. It is proposed to open Lothingland House in 1950, and it is hoped then to free the work shops now used for residential accommodation as boot-repair and tailors shops. Apart from the very useful craft training unfortunately many of our male patients are very hard to fit from stock sizes of clothing owing to various physical anomalies. The repair of boots now put out to contract could be dealt with in the shops attached to the Institution. Some boots are repaired at Heckingham Institution.

On the female side the major shortage is in accommodation. The present sewing or occupational therapy room is completely inadequate for the number of patients and urgently needs enlargement. In this connection, too, the appointment of a trained occupational therapist, whole time, at the Colony would be of great benefit. Every effort is made to encourage interest in craft work and the female staff have arranged evening sewing classes for the patients which are much appreciated. To develop handicrafts adequately the urgent need is obviously more space to develop occupational therapy. This can only be met by building.

### Consultants

I am very grateful for the help and co-operation given by the Board's Consultants in many capacities during the year.

### Senior Nursing Staff

Miss E.L.Smith has had a very difficult year owing to the shortage of staff and increasing numbers of patients. The admission of temporary treatment cases has caused additional anxiety and I am grateful for the help and assistance she has given during the year. I am also very grateful to Mr.K.S.Brister, the Head Male Nurse, who, also with an undermanned staff, has succeeded in maintaining an extremely high standard of work.



### Nursing Staff

The problem of recruitment of nursing staff is becoming more acute. The availability of Helleston Hospital Preliminary Training School for female staff appeared, at any rate in theory, to offer the prospect of further recruitment, but it is increasingly difficult to obtain the right type of either male or female staff. Indeed the recruitment of either male or female student nurses is a matter of acute difficulty.

I am tempted to speculate that the abandonment of the R.M.P.A. examinations has not been an entirely good thing for the service. The examinations of the General Nursing Council are more impersonal and the syllabus, although not more difficult, appears longer and more exacting and there is the accompanying psychological difficulty with student nurses who feel that owing to their limited educational training and comparatively poor family background they are unable to cope with the syllabus laid down. I feel that sooner or later there will have to be a two-tier system for nurses in long-stay hospitals such as this and its ancillaries; the trained professional nurse or ward sister, and the main body of nurses of Senior Assistant Nurse grading. It must be remembered that a high standard of technical nursing ability is not essential; kindness, character and qualities of leadership are more important than professional attainments and while the central Hospital Block is available for the treatment of the sick, the necessity for highly skilled ward nurses is not so great. The unfortunate fact remains that the Assistant Nurses are poorly rewarded, and it is therefore impossible to retain the services of these Assistant Nurses in competition with industry. The employment of part time nurses on the female side has enabled Villas to remain open which would otherwise have had to be closed, and I am also very grateful to the St. John Ambulance Brigade for the voluntary help given throughout the year, The British Red Cross Society have also furnished a voluntary helper weekly.

German girls have been recruited as Ward Orderlies and selected personnel from this group have been passed through the Preliminary Training School. Here again the anomalies of pay will be noted, the Ward Orderlies' pay is greater than that of the Student Nurses, and a considerable sacrifice is needed on the part of the worker to make the change of status. This is a deterrent to some girls who would take up nursing.

The need for a Sister Tutor or a Male Tutor is now very apparent, especially as the present type of nursing staff needs so much training and assistance. Such appointment would also make training available for Part-time Nurses.



### Laundry

The laundry staff is completely inadequate, consisting of a Head Laundress and two part-time Laundresses. Between 30 and 40 patients work in the laundry. Unfortunately the loading is now so heavy that work is being carried on at 50% above the normal capacity.

### Hairdressing

So far hairdressing has been carried out on the wards by members of the nursing staff. In view of the acute nursing shortage it may be well worth while employing a hairdresser part-time as a means of relieving the pressure on the nurses.

### Staff Training

Training has been concentrated at the Colony under the direction of Dr.R.A.Browne.

### Outside Working Parties

Working parties from the Colony have been continued throughout the year. On the male side up to 20 patients are employed on seasonal work. Unfortunately these men are occupying accommodation which could well be used for patients in need of training and the situation is such that either because of their own social outlook or their family environment it is impossible to send them back to the community. A Hostel branch is badly needed for the male patients of the Group.

For the female patients seasonal fruit-picking is the only occupation open in the district, but the need for hostel accommodation is now met by Eaton Grange, whereto high-grade girls go on completion of their training.

### Kitchen

The kitchen has been staffed by the male side throughout the year. Considerable expansion of kitchen and cooking facilities is necessary and no doubt will be considered following the visit of the Ministry of Health's Dietician. The question of training girls in kitchen work has now been solved by continuing this training at Eaton Grange hostel branch.

### School

Here a grave handicap is lack of space. The girls' school in the Recreation Hall is quite successful, and Miss Dilrew has done sterling work throughout the year. The boys' school is conducted in one room of Nelson House under Mr.Seaman who, despite gross over-crowding and lack of space, has performed wonders with the small boys under his care.



The time has now come when I must recommend the purchase of even a temporary building as a school. The children are missing much that it is our duty to provide for them, and no doubt the Committee will consider the advisability of recommending the Regional Board to purchase and erect a large hutment between the childrens' Villas, on the site of the school projected and planned so many years ago. Until some such building is available I feel that we shall be severely handicapped and failing in our duty to the children under our care.

#### Staff Social Club

The Staff Social Club has continued its activities throughout the year. Tennis matches were arranged against outside clubs and every effort made to ensure that the staff made as many outside contacts as possible.

#### Recreation Hall

This Hall, which holds at its maximum 240 people, is now totally inadequate for the purposes for which it was designed. The question of enlargement should be seriously considered, especially as the work can be done by direct labour. With the present acute shortage of staff, doubling every entertainment given is an additional strain, and when offers of concert parties and other entertainments are made they have been refused because of the unhappiness which only one performance would create among the patients, as only 50% would be able to attend, largely because of the inadequacy of the accommodation available.

It must also be remembered that this Hall serves as a Church, and not all patients wishing to attend the services can do so.

#### Gardens.

Every effort has been made to develop the gardens. A bowls green has been laid down on the male side, and despite the absolute freedom of movement allowed to patients, I am pleased to say that they take the utmost pride in the gardens, and avoid damaging any ornamental trees, shrubs or flowers.

It is interesting to note that apart from the purchasing of flower seeds, all trees, shrubs, etc. are also grown in the Colony's own nurseries.

#### Office Staff

In conclusion I would like to pay my tribute to my colleagues, Mr.C.H.Frost, Group Secretary, and Mr.S.A.Betts, Finance Officer. My happy relations with these colleagues and



their unfailing consideration in all matters concerning the welfare of both staff and patients has done much to ensure a successful year's work.

#### Medical Staff

I am pleased to report that Dr.R.A.Browne, Registrar at Little Plumstead Hall, has given unremitting care to both staff and patients here throughout the year. He has worked long hours with great zeal and ability. It is hoped during the year to give him some further assistance in the form of a Junior Registrar.

### HECKINGHAM INSTITUTION.

#### Physical Training

Country dancing classes have been held weekly and have been much enjoyed by the female patients.

#### Recreations

Cricket matches have been played throughout the summer. The standard is unfortunately not high owing to two factors, the grading of the patients and the small nursing staff available. The cricket pitch which was reconstructed during 1949 is now safe, and the games are much enjoyed by the patients. Football matches with outside teams could not be arranged owing to the poor attainments of the patients, but pick-up matches are a weekly fixture.

#### Amusements

Visits by an outside concert party have been arranged and a weekly cinema show given and attended by all patients. It is rather an anomaly that all patients can attend at Heckingham owing to the adequate size of the Recreation Hall.

#### Religious Instruction

The Rev.Abernethy has paid many visits to the Institution and a copy of his annual report is set out hereunder.

"During the year 1949 services were held every Sunday; Morning Prayer with sermon on the first Sunday of the month, Evening Prayer, Holy Communion and sermon on the second, and Evening Prayer on the 3rd and 4th Sundays being the usual arrangement. In addition, services were held on Good Friday and Christmas Day, and on Monday, July 25th, the Lord Bishop of Norwich held a confirmation service in the Chapel at which four male candidates whom I had prepared were confirmed. I have also several times celebrated Holy Communion for the sick in a male ward for those unable to get to the Chapel.



"The services have all been very well attended. Usually there are few empty seats and the singing is not only hearty but good. I am much indebted to my wife for playing the organ almost every Sunday. On the 18th December my own parish (Kirby Cane) choir visited the institution for a carol service.

"The main difficulty still remains. The chapel is still a right of way to the sewing and mending room, the chairs are still moved backwards and forwards between the Chapel and the dining hall, and there is naturally a lack of "atmosphere" so helpful in a place of worship. I believe that some form of covered passage outside the Chapel could be arranged. To board up the present "highway" through the Chapel would reduce the size of the Chapel too much. I hope that it will be found possible to supply proper chapel chairs with book-shelves on them at an early date. The Chapel needs repainting and decorating as soon as possible.

#### "Visiting

A visit has been made once a week at least throughout the year either by myself or by another clergyman acting on my behalf. During August the Rev. P. B. Risdale, now working as a missionary in Uganda, took the services and did the visiting.

"On several occasions I have interviewed patients privately and tried to help them spiritually, as well as writing letters to relatives when requested.

"My parish company of the Church Lads Brigade visited the Institution and gave a display of drill and gymnastics, which seemed to be much enjoyed.

"I showed a number of film strips of an educational and religious nature during the winter.

"My parishioners decided to give the Harvest Festival produce at Kirby Cane to the Institution, and the patients expressed their gratitude for this to me on several occasions."

#### Works and Maintenance

During the year a full programme of provision of lockers was carried out, these lockers being made on the premises, mainly by patients under the supervision of a carpenter. Steady progress has been made with the job of replastering the walls. This is a slow process, but forms a useful occupation and the results have to be seen to be appreciated. The dreary and drab surroundings are being gradually transformed. It is hoped to continue the programme during 1950.

#### Decoration

This has been slow, mainly because of the desirability of carrying on with the replastering programme first. I am pleased to report also that the heating system has been reorganised at a very low cost, the only section now waiting to be done being



two of the male dormitories which are rather cold.

#### Farm and Garden

An active programme of cultivation has been carried on during the year. Approximately 600 flowering trees and shrubs were sent over from the nurseries at Little Plumstead and planted early in March. Unfortunately the prolonged drought of the summer resulted in the loss of nearly all of these plants, and a further planting programme has been undertaken at Little Plumstead in the hope of replacing these losses in the Autumn of 1950.

#### Handicrafts

I am pleased to say that the handicrafts are now in a very flourishing state, and the diversion of a part-time nurse to this department has resulted in a sudden awakening of interest on the part of the patients. Rug-making especially is popular, and there are many orders waiting to be filled. No doubt the policy of minimum profits is largely responsible for the popularity of the products.

Some of the girls go daily to work at a local egg-packing station. Large groups go out fruit picking during the summer season and two male patients go to daily work from the Institution.

#### Nursing Staff

There is an acute shortage of nursing staff but this has been to some extent relieved by the nursing of all sick at the Colony Hospital. Recruitment of part time workers has been reasonably good during the year. The shortage of senior nursing staff is, however, still a serious anxiety.

#### Domestic Staff

Two European Voluntary Workers are employed in the kitchens. Two more were dismissed owing to general incompetence.

#### Laundry

The laundry is now working to full capacity but is entirely adequate for the number of patients in the Institution.

#### Medical Care.

Dr.L.A.Kerwood, the Senior Registrar, lives at Heckingham Institution and I am pleased to report that I am satisfied with the medical care of the patients. I do not think that it will at any stage in the development of the Group be desirable to remove a Medical Officer from this area. Unfortunately Dr.Kerwood's quarters are extremely cramped and



quite inadequate, but so far he has been unable to procure accommodation, no other house being available locally.

### EATON GRANGE HOSTEL

The development of Eaton Grange throughout the year has been steady, but unfortunately not so rapid as could be desired. Miss Agnew did much to upgrade the Institution but unfortunately decided to leave the service in December, 1949, and it was not felt desirable to make too many changes during the year. A number of the lower grade girls were drafted from Eaton Grange, but in view of Miss Agnew's pending resignation the full programme of reorganisation was not carried out. It is anticipated, however, that Miss M.A. Kelly, the Matron designate, will carry on the full programme of reorganisation.

#### Physical Training

Country dancing classes are held weekly. The tennis court has been relaid and the Recreation Hall taken into full use both by day and evening. Arrangements were made during the year for linkage with voluntary organisations who visited and entertained the patients. Many developments have been slowed up in view of administrative staff changes.

#### Recreations

This has been dealt with under the heading of physical training. Parole in Norwich is freely given to patients on one day per week.

#### Amusements

The patients are allowed to attend cinemas and other entertainments and do so in groups, usually accompanied by a member of the nursing staff.

#### Religious Instruction

A copy of the report of the Chaplain, the Rev.S.Long, is set out below. The patients normally attend churches in the vicinity of Eaton Grange.

"Since my arrival in Norwich at the end of September last I have continued the practice already started at Eaton Grange of taking an Evening Service every Tuesday at 6.15. I have also visited and talked with each of the patients after the weekday services.



"At my request the former Matron, Miss Agnew, obtained a supply of prayer and hymn books and had a small cross and candlesticks made which are set out on the table as a temporary altar at one end of the room where we hold our services. This has greatly encouraged the atmosphere of reverence and worship.

"Until her departure one of the nurses played the hymns for me at these services and also played for the patients on Sunday evenings when it was too wet for them to go to Church. This latter practice has been discontinued and I now rely on the help of ladies from Christ Church Eaton to accompany hymns at the weekday services.

"The patients now attend Matins at Christ Church every Sunday and the 9 a.m. Eucharist on the first Sunday of the month. They are at present attending evensong again after an absence of several weeks. I hope they will now continue to attend all the services and I would recommend that any who so desire may be allowed to come to either the 8 a.m. or 9 a.m. Holy Communion on any Sunday and if possible on the great Festivals when there are celebrations at 7.15 and later. I noted with regret that none of them was at Church on Good Friday or Ascension Day.

"There are at present no Anglicans or Protestants on the Staff of Eaton Grange and this, of course, makes the supervision of churchgoing difficult and rules out co-operation in the fullest sense in the spiritual sphere. This is a new situation at Eaton Grange and presents a disadvantage to the patients who are almost entirely members of the Church of England. I must, however, add that the present Matron and I have discussed these matters together sympathetically. I appreciate the difficulty from her point of view, and have found her ready to give whatever help is possible under such circumstances.

"I have not yet been able to carry out my desire to start a confirmation class at Eaton Grange as there have been several changes among the personnel, but I trust that this will soon be possible.

"As Chaplain of the Eaton Branch of the Toc H I have been fortunate enough to enlist the services of the Branch in providing entertainment for the patients, and since Christmas weekly film shows have been given on Friday evenings, some of which I have attended. These have been much appreciated. Each month our Toc H branch is also organising a dance at the Grange, and this, too, has given much pleasure.

"I have always found the patients most cordial, friendly and appreciative of what one tries to do for them. They look forward to their services and visits and I know that much good can be done for many of them in the spiritual sphere. Their conduct and demeanour at the services in the Grange and at Church have always been excellent.



"It is my duty to add that as most of the patients are Anglicans it would be of great value if room could be found on the staff for a keen churchwoman to give the full support and assistance essential to the building up of the religious side of the patients' training."

#### Works and Maintenance

General improvements to the building have been carried on during the year. It is hoped that when Lothingland House is developed the laundry can be done there, and the present building at Eaton Grange used only for the washing of personal articles. At present several patients are employed in the laundry in far from favourable conditions.

#### Gardens

The gardens continue to yield an adequate supply of fruit and vegetables, potatoes and other bulk vegetables being obtained from the Colony farm.

#### Handicrafts.

Handicrafts have been developed, and the Recreation Hall is now used extensively for this purpose.

#### Domestic Staff

Plans have been made for the appointment of a full time cook, preferably with domestic science training, with a view to taking cookery classes for patients - more especially those drafted from Little Plumstead where circumstances have made it necessary to employ male cooks. The minimum establishment for Eaton Grange should be two cooks, but at present only one is available.

#### Working Patients

During the year a new rate of payment has been agreed upon by the Management Committee. The patients start at 1/3d. per hour for the first three months and at 1/6d. per hour thereafter. Contrary to expectations, not so many patients fell out of work as was anticipated. Certain employers who had been accommodated by what can only be called cheap labour gave up employing patients, but there is still a waiting list of those who are anxious to employ a girl from Eaton Grange. No doubt, too, the higher grade patients drafted from Little Plumstead and Heckingham Institution were a considerable factor in the continuance of good relations with the public in the area.

#### Staff

I would like to express my entire satisfaction with the work carried on by Miss Agnew during the year. It was with



deep personal regret that I learned that she had decided to take up another branch of nursing. I feel that one of the major reasons for her retirement was the fact that she had no qualified deputy, and it is hoped during 1950 to appoint a Deputy Matron and to upgrade the female staff at Eaton Grange. It is not that we need a large number of staff there, but merely that they need personal qualities which will enable them to guide and develop the character of patients under their care in a satisfactory manner.

#### Medical Care

This has mainly been carried on by Dr.L.A.Kerwood, and the sick patients from Eaton Grange have received adequate nursing treatment in the Colony Hospital.

#### C O N C L U S I O N S

The past year has resulted in the major effort being concentrated on increasing the number of patients in the Colony, but unfortunately without any increase in the facilities for training. The major needs of workshops on the male side, occupational therapy room on the female side, and school for the children are so obvious as to hardly need repetition. On the other hand financial stringency and the difficulty of obtaining building permits have precluded any progress in this direction, which in turn means a longer stay for the patients in the Colony.

I would draw the Committee's attention to the large number of patients coming in from the Courts. The statutory accommodation in our Institutions has already been exceeded and yet when an Order is made for a patient's detention something must be done and another bedstead is erected. Better training facilities would result in a quicker turnaround of these patients, in other words quicker resocialisation.

There is, of course, a reluctance on the part of the Local Health Authorities to bring forward their medium and high grade cases when their Waiting List for low grades is already so long, and the major pressure from them during the year has been for low grade accommodation. Generally the higher grade



cases are permitted to get into difficulties before it is possible to obtain a bed. This state of affairs is of course lamentable from the patient's point of view as a much longer period of treatment is then needed for resocialisation.

I am grateful to the Committee for their support throughout the year and for the keen interest taken by all members in the work done in the Group, together with their untiring efforts to improve the conditions for both the patients and the staff.

I should also like to express my sincere appreciation of the work done by my professional colleagues and the staff of the hospitals - the conduct of all has been exemplary.

I remain,

My Chairman, Ladies and Gentlemen,

Your obedient Servant,

(Signed) J. V. MORRIS.

Medical Superintendent



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