

**East Anglian Regional Hospital Board, Group No.9, Mental Deficiency :  
Little Plumstead Hall, Heckingham Institution, Eaton Grange, Lothingland  
House, Blofield Hall Annual report 1951 / J.V. Morris.**

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EAST ANGLIAN REGIONAL HOSPITAL BOARD

NO. 9 GROUP

MENTAL DEFICIENCY.

LITTLE PLUMSTEAD HALL

HECKINGHAM INSTITUTION

EATON GRANGE

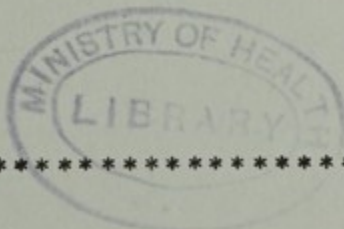
LOTHINGLAND HOUSE

BLOFIELD HALL

ANNUAL REPORT - 1951.

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

Little Plumstead Hall,  
near Norwich.



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OFFICERS OF THE GROUP.

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Deputy Medical Superintendent	J.J.Ryan, M.B., B.Ch., B.A.O., D.P.H., D.P.M.
Senior Registrar	
1. 1.51 - 21. 4.51	L.A.Kerwood, M.D., D.P.M.
13.12.51 - 31.12.51	R.C.MacGillivray, M.B., Ch.B., F.R.F.P.S., D.P.M.
Registrar	
1. 1.51 - 14. 6.51	R.A.Browne, M.B., B.Ch. B.A.O., D.P.M.
1.12.51 - 31.12.51	J.Mukerjee, M.B.
Clinical Psychologist	Miss C.M.Mathieson, M.A., B.Ed.

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Little Plumstead Hall	Rev. E. D. Everard
Heckingham Institution	Rev. W. M. Abernethy
Eaton Grange	Rev. S. Long
Lothingland House	Rev. J. Pert

\*\*\*\*\*

OFFICE OF THE

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J. ...  
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Deputy Medical Superintendent

J. A. ...  
R. G. ...  
...

Senior Registrar  
1.1.51 - 31.12.51  
2.1.51 - 31.12.51

H. A. ...  
...

Registrar  
1.1.51 - 31.12.51  
1.1.51 - 31.12.51

Miss D. S. ...

Clinical Psychologist

Administrative

O. K. ...  
E. M. ...

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Rev. W. ...  
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Little Plunwood Hall  
Hospital Chaplain  
Nurse Charge  
Livingstone House



EAST ANGLIAN REGIONAL HOSPITAL BOARD - No.9 GROUP.

ANNUAL REPORT OF MEDICAL SUPERINTENDENT.

1st JANUARY 1952.

Mr. Chairman, Ladies and Gentlemen, I beg to submit my Annual Report for the Year 1951.

General Report on Statistics.

The numbers on the books as at 31st December 1951 were 925, as shown below:-

	Sect. <u>6.</u>		Sect. <u>8 &amp; 9</u>		Sect. <u>3</u>		Tempy. <u>trmt.</u>		<u>Total.</u>		
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	Total.
Little Plumstead.	263	259	25	8	2	-	2	5	292	272	564
Heckingham Inst.	58	155	11	3					69	158	227
Eaton Grange		76		6						82	82
Lothingland House	21		6						27		27
Blofield Hall	20		5						25		25
Total	362	490	47	17	2	-	2	5	413	512	925

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

	<u>Male.</u>	<u>Female.</u>	<u>Total.</u>
Little Plumstead Hall	62	48	110

During the year two male patients were admitted for observation under Section 4 of the Criminal Justice Act 1948. One case was not dealt with within the provisions of the M.D. Acts, but the other was later certified under Section 8 (i) (b).

Grading of Admissions during the year 1951.

	<u>Male.</u>	<u>Female.</u>	<u>Total.</u>
Idiots	6	5	11
Imbeciles	11	7	18
Feebleminded	31	21	52
Total Admissions	48	33	81



Patients discharged from the M.D. Acts during the year

<u>Male.</u>	<u>Female.</u>	<u>Total.</u>
10	5	15

Escapes during the year.

<u>Male.</u>	<u>Female.</u>	<u>Total.</u>
4	2	6

Causes of Deaths during the year.

	<u>Male.</u>	<u>Female.</u>	<u>Total.</u>
Feeble-mindedness	1	-	1
Lobar Pneumonia	1	-	1
Pulmonary Tuberculosis	1	-	1
Hydrocephalus	1	-	1
Complete Pituitary Infantilism	1	-	1
Acute dilation of heart	-	1	1
Myocardial degeneration	-	1	1
General Peritonitis	-	1	1
	<u>5</u>	<u>3</u>	<u>8</u>

Cases on Licence from the Institution.

<u>Male.</u>	<u>Female.</u>	<u>Total.</u>
42	69	111

Leaves.

During the year a total of 568 short leaves was granted.

Casualties.

The following serious casualties were reported during the year. All suspected fractures are X-rayed as a matter of routine.

F.G. Fractured jaw; H.W. fractured big toe on left foot;

P.C. Fracture dislocation of right elbow.



### Licence Cases.

Advertisements were issued during the year for appointment of a Psychiatric Social Worker but no candidates applied. Licence cases have been supervised by Mrs. Morris, Mr. D.E.Kemp and Mr.K.S.Brister.

The assistance of the Local Health Authority in whose area the patients reside, has also been sought, thereby maintaining a double check on behaviour. There has been a steady improvement of relations between the Hospital Group and the Local Health Authorities concerned with the result that closer supervision is being maintained and much assistance given to patients in the problems of their daily lives in the community.

There is a growing difficulty in finding suitable employment for male licence patients. The services of the Disablement Resettlement Officers of the Ministry of Labour & National Service have been valuable but **increasing** mechanisation, even of farming and horticulture is making it difficult to find suitable employment of a permanent or semi-permanent type.

Female patients readily find employment in domestic posts and the Eaton Grange Hostel has proved invaluable in this respect.

### State of Health.

The general health in all hospitals of the Group has been good during the past year. There have been eleven cases of Dysentery, seven cases of Chickenpox and one case of Measles on the female side; eleven cases of Chickenpox, four of Mumps and five Whooping cough on the male side throughout the year.

### Pulmonary Tuberculosis.

One patient was admitted in an advanced state of the disease and died during the year.

### Temporary Treatment.

It has been a source of some pride that admission of mental defectives for temporary treatment started at this Hospital and that there is every possibility that future regulations will provide legalization of this procedure. The burden on the relatives of helpless children has been considerably lightened by the admission of these children, either when sick, for treatment, or when well, to give harrassed parents a much needed rest.



The total number of cases received during the year has been 41, amounting to 125 patient weeks. Temporary treatment has also been widened to include medical, surgical and dental treatment at the request of General Practitioners and others.

Many letters of gratitude and occasional gifts of money to the Endowment Funds provide a tribute to the value of this work.

#### Dental Clinics.

Two sessions per week are held at the Colony, one per fortnight at Heckingham Institution. Lothingland House patients, being few in number, travel to the Colony for treatment.

The total number of Out Patient attendances from patients under Statutory Supervision amounted to 7 females, 18 males.

#### External Clinics and Extra-mural Work.

##### Domiciliary Consultations.

The total number of domiciliary consultations for the year 1951 carried out by the two Consultants of the Group amounted to:-

<u>At patients' homes.</u>	<u>Remand Homes.</u>	<u>H.M. Prison.</u>	<u>At Hospitals.</u>	<u>Others.</u>	<u>Total.</u>
45	27	25	21	6	<u>124</u>

As far as possible a Registrar travels with the Consultant with a view to widening the experience of the Registrars and to give them an insight into the social conditions affecting individual patients.

##### Child Guidance Clinics.

The figures for attendances at the Child Guidance Clinics staffed by the Group are as follows:-

<u>Clinic.</u>	<u>New cases.</u>	<u>Recalls.</u>	<u>Total attendances.</u>	<u>Total sessions.</u>
Norwich, Cromer & King's Lynn.	139	79	218	68
Gt. Yarmouth	81	62	143	42
Total	<u>230</u>	<u>141</u>	<u>361</u>	<u>110</u>



During 1951 re-organisation of the Clinics has taken place following a conference with the Norfolk Education & School Health Departments. Weekly sessions have been carried out at Norwich for County cases, and at Gt. Yarmouth for Gt. Yarmouth cases and the Eastern area of Norfolk. Fortnightly clinical sessions have been arranged at King's Lynn, but during the latter part of the year extra sessions were arranged to avoid undue delay in seeing the children. A new sub-Clinic has been opened on a monthly basis at Cromer.

The teams in charge of the Clinics have been re-adjusted; the medical side consisting of one of the Group Consultants with his Registrar and Dr. W. Sinclair of the Norfolk County Council, School Health Service. Mr. Thompson, Educational Psychologist for the Norfolk County Council attends the Norfolk Clinics. Miss Mathieson is Clinical Psychologist to the Gt. Yarmouth Clinics. Her services are further employed in specialised tests and reports concerned with the Norfolk area clinics. The social work for these clinics is carried out by Miss Buxton of the Norfolk County Council's staff and Miss Benson in the Gt. Yarmouth Borough Area.

One of the major difficulties in organising clinics has been the difficulty of suitable accommodation. The Norfolk Clinic has been moved to modern premises at Aspland Road, Norwich, loaned by the Norfolk County Council. This consists of a suite of interviewing rooms, a Waiting Room, a Play Therapy room and suitable offices. The King's Lynn Clinic is to be moved on January 1st 1952 to the new Area Health Offices with a similar layout, and the Cromer Clinic is at the Norfolk County Council Health Offices, again with excellent accommodation. The Gt. Yarmouth Clinic is still awaiting better accommodation, which is proposed and may be available in the near future.

An interesting development of the Clinics is the attendance of Local Health Authority Medical Staff to gain experience, especially in Psychometric investigation.

#### Adult Clinics.

With better accommodation, adults concerning whom opinion is requested, can now be dealt with during the course of ordinary clinical hours.

A further contribution is being made by the interviewing of National Service candidates who, at their preliminary medical interview, are suspected of sub-standard intelligence and concerning whose placement in the Services, advice is requested. 43 of these cases have been seen during 1951.



### Remand Home Visits.

Remand Homes are visited on request by the Consultant and his Registrar. In all cases, before a child is seen at the Remand Home, an assessment of the I.Q. and if necessary, personality assessment, is carried out by the Clinical Psychologist.

### Hostel for Maladjusted Children.

The Colne Cottage Hostel for Maladjusted Children is visited monthly. The scope of the Clinical Psychologist has been broadened as the whole of the Child Guidance team meets and discusses the cases from month to month, and it is now possible to follow up all cases in their subsequent school career. During 1951 a memorandum was submitted, recommending that further beds be opened for maladjusted children. I am pleased to report that the Norfolk County Council Education Department propose to open a second hostel for maladjusted children during 1952. The existing total of 20 beds has proved inadequate as so many of these cases present long-stay problems.

### H.M. Prison.

The number of visits to Norwich Prison has increased during the year. All cases are first seen by the Clinical Psychologist - some of the cases seen during the year have been of considerable clinical interest. It is a matter of routine that a Registrar attends with the Consultant.

### Special Clinical Sessions.

Special arrangements have been made to see patients at the Colony as requested by Local Health Authorities and General Practitioners. So far eleven sessions have been held in the hospitals of the Group.

### Clinical Psychology.

The amount of work carried out by Miss Mathieson during the year has been considerable and it has become more obvious than ever that detailed routine investigation of patients is essential. Approval has been given to the appointment of a second Clinical Psychologist in 1952.



Many tests are carried out in the patients' own homes where a much better rapport is normally received, giving a more accurate result. The test battery has been amplified by the addition of further tests which have proved extremely valuable. The work done in this department amounted to 1,045 tests. A qualified Educational Psychologist, Mr. Phillips of Gt. Yarmouth, acted as locum and voluntary clinical assistant in the school holidays and has relieved Miss Mathieson of some of the burden of her work which she has carried out with meticulous accuracy and unexampled devotion to duty.

During the year the following tests were carried out:-

Terman Merrill Forms L & M	475
Ravens Matrices	122
Wechsler Bellevue Scales	68
Goodenough Scale	43
Cattells Scales	21
Alexanders Performance	6
Collins Drever Test	5
Reading Tests	192
Arithmetic	11
Seguin Form Board	28
Kent Oral	14
Vineland Social Maturity	16
Minnesota Multiphasic Personality Inventory	16
Murray Thematic Apperception Test	20
Jung Word Association	3
Lowenfeld Mosaics	5
	<hr/>
	1045
	<hr/>

Distribution of Tests.

Hospitals of No.9 Group	532
Other hospitals	22
Clinics	222
Remand Homes	47
H.M. Prison, Norwich	63
Hostel for maladjusted children	16
Patients' own homes	143
	<hr/>
	1045
	<hr/>



### Medical Staff.

The recruitment of Registrars has been difficult. It will be noticed that for some considerable time no Senior Registrar or Registrar were available. Dr. Ruth Hoffman was seconded to Little Plumstead Hall for training in Mental Deficiency from Fulbourn Hospital for three months from 24th September to 24th December.

The Group has now been recognised for training in Mental Deficiency for the Royal Medico-Psychological Association Diploma in Psychological Medicine, and it is hoped that approval for training in Child Psychiatry will be received during 1952.

During the year Dr. L.A.Kerwood and Dr. R.A.Browne left the service, the latter on appointment as Assistant Psychiatrist (S.H.M.O.) to the Coldeast & Tatchbury Group.

The medical establishment has been fixed by the East Anglian Regional Hospital Board, and comprises -

- 2 Consultants
- 1 Assistant Psychiatrist, S.H.M.O.
- 1 Senior Registrar
- 1 Registrar
- 1 Senior House Officer

So far no suitable appointment has been made to the S.H.M.O. post and in the interests of economy an effort will be made to continue and expand the service with the present complement, but the addition of further beds will necessitate further medical staff and the present small establishment limits the possibility of research work, for which there is so much need. The strain on the senior staff has been severe and it has been impossible for the Consultants to have more than 30% of their normal leave. Additional work has been assumed, but it was considered essential to do this to attract suitable junior staff.

### Nursing Training.

During the year the Group was inspected by the General Nursing Council and recognised for training for the M.D. Certificate in respect of Little Plumstead Hall, Eaton Grange and Blofield Hall Hostels.

The Joint Preliminary Training School at Hellesdon continues to provide every facility for our pre-student nurses and during a period of compulsory closure at Hellesdon, our colleagues at St. Andrew's Hospital gave ready assistance.



Much is needed however, including a practical demonstration room, a lecture room and study room, and sooner or later these will have to be provided. It is only necessary to visit a well-equipped hospital with a modern training school, and at once to see that unless facilities are provided, nursing recruits will not be forthcoming.

#### Visiting Consultants.

The services of visiting consultants have been made freely available and all cases needing specialist investigation have been promptly seen and dealt with. There is a tendency for those needing surgical to be admitted to the General Hospitals, but the advantages are so obvious to the patients that the question of staff training must be overlooked.

#### Senior Administrative Staff.

I would like to pay a tribute here to the happy relationship that exists between the medical staff and Mr. Frost, Secretary, Mr. Betts, Finance Officer and Mr. Martin, Group Engineer. All matters are discussed with these Officers and in particular all possible methods of economy have been explored in regular conferences. All the Administrative Staff have, as is their wont, been of the utmost assistance during the year.

L I T T L E   P L U M S T E A D   H A L L

Physical Training.

Female Side.

Regular country dancing classes have been continued. Country walks are popular and netball has commenced. It is hoped that hockey may be started in 1953 but the question here is the provision of a suitable ground and will necessitate the sacrifice of some farm land.

Male Side.

Football. Apart from House matches and Inter-branch fixtures, two teams have a full list of fixtures. The senior team of patients and staff plays in the Blofield & District League. Their record for the season 1950/51 was:-

<u>Senior Team.</u>	Games				Goals	Goals
	<u>Played.</u>	<u>Won.</u>	<u>Drawn.</u>	<u>Lost.</u>	<u>for.</u>	<u>against.</u>
	12	7	3	2	37	18

Position in Blofield & District League - 2nd.

Junior Team.

The junior team, all of whom are patients under 16 years of age, plays in the South Walsham & District Lads League. Their record for 1950/51 was:-

	Games				Goals	Goals
	<u>Played.</u>	<u>Won.</u>	<u>Drawn.</u>	<u>Lost.</u>	<u>for.</u>	<u>against.</u>
	17	9	3	5	73	38

Position in South Walsham & District League - 5th.

Cricket. Regular fixtures have been held but the major development was the starting of an all-patient team with home and away fixtures. Matches have been played, both home and away, with patients' teams at Helleston, St. Andrew's and Fulbourn Mental Hospitals. Travelling expenses for away matches are met from Endowment Funds. Their record for 1950/51 was:-

	Games		
	<u>Played.</u>	<u>Won.</u>	<u>Lost.</u>
	8	3	5

A very keen interest in all sports has been shown by both staff and patients. Inter-house matches have been arranged as well as the league fixtures.



### Sports Ground.

This year the sports ground has been given up by the Farm Sub-Committee and the practice of grazing cattle thereon discontinued, as the surface was bad - indeed, in places dangerous. During the Autumn, trees and shrubs have been planted round the ground, which now consists of two football pitches with the cricket pitch between. The purchase from Endowment Funds of a heavy duty motor mower will do much to improve the surface in 1952.

A small rustic pavilion fulfils all requirements for dressing, but the provision of lavatory accommodation is becoming a matter of urgency.

### Colony Revue.

The usual Revue was written, planned and produced. It was successful and reflects the greatest credit on all concerned. The opening night is, as tradition demands, Christmas Eve, and several showings will be given in 1952 for various charities.

### Cinema & Concerts.

The weekly cinema shows are much appreciated. These have been reinforced by Concert Parties, who are always welcome. Enlargement of the Recreation Hall is planned for 1952 thus filling a long-felt want, as the present numbers, which include the Blofield Hall Group, are such that not all who wish can attend Divine Service, which also takes place in this building.

### Outings.

Outings have been arranged to the seaside during the year.

### Scouts.

The scouts are popular and doing well. The Summer camp was held at Lothingland - a centre convenient to the sea and the Broads, and offering shelter from the vagaries of the average Summer.

### Guides.

The Guides have continued to show keenness and are doing extremely well.



### Works and Maintenance.

The maintenance of the fabric has been continuous throughout the year. One villa has been re-decorated but the work of re-decoration has been handicapped by the severe overcrowding of all patients' accommodation.

### Kitchen.

A re-organisation of the kitchen staff, the provision of new insulated containers and an electrically propelled delivery wagon has not only improved the quality of the meals served but also ensures their speedy delivery to the table. The results of this re-organisation are most satisfactory.

### Laundry.

The work here is of very high standard but the demands are in excess of the present machinery. Following consultations and with approval of the Regional Hospital Board's Officers, laundry extensions are in progress by direct labour.

### Farm.

Work here forms a most valuable form of training for many of our male patients. The production of fruit, vegetables, milk, eggs, poultry and root vegetables, not only assists in the feeding of the Hospital, but is a valuable training for outside work.

### Handicrafts.

Progress here was most disappointing. The only Occupational Therapist available was not qualified and lacked both enthusiasm and skill. It is hoped to appoint a fully trained worker early in 1952.

### Villa Gardens.

The laying out of ornamental gardens has continued and reflects great credit on the staff concerned. Each year more and better gardens and shrubberies are laid out, the plants and shrubs being grown in the Colony Nursery, which also supplies the branches.

### Staff Social Club.

There is a keen and flourishing club. Badminton in Winter, Tennis in Summer are the popular games and the Annual Staff Outing and Christmas dance are much enjoyed.



### School.

As previously, the school has been divided - the juniors and older girls being taken in the Recreation Hall by Miss Dilrew, and the boys by Mr. Seaman in their villa. During the year the advice of the National Association of Mental Health was sought to improve the curriculum, and a report is awaited. In fairness however to the staff concerned, the condition of their children is a tribute to enthusiasm and skill, triumphant over inadequate and unsuitable accommodation.

A new playground with swings and other large toys was planned during 1951 and will be completed in 1952, the cost being met from "Free Monies".

### Nursing Staff.

Recruitment during the year has been disappointing and it is feared that the future holds little prospects of improvement. The largest portion of the female staff consists of part time nurses, many of them wives or relatives of the male staff.

There is no doubt that the provision of more staff houses is becoming a necessity, not only in the interests of the male staff but as a potential recruiting ground of female staff.

It is pleasing to report that voluntary workers from the St. John's Brigade and the local British Red Cross Society detachment have assisted during the year.

In conclusion, I should like to express my appreciation of the skill and loyalty of Miss E.L.Smith, Matron and Mr. K.S.Brister, Head Male Nurse, and their senior deputies during the year.

## HECKINGHAM INSTITUTION.

Progress at this old Institution has been steady during the year.

### Physical Training.

The country dancing sessions have been continued on a weekly basis. Patients regularly go for country walks.

### Outdoor Recreation.

Football and cricket have been developed on the male side. The sports field has been much improved, the pitch lifted and laid and a much better standard of play has resulted. The building of lavatory accommodation has been a great improvement.

### Entertainments.

Regular visits by concert parties, weekly cinema shows and weekly dances have been a feature of the year and have been much appreciated. The annual seaside outing is also eagerly anticipated.

### Outside Working Parties.

Parties of women patients go out for seasonal fruit and vegetable picking and parties of men to potato picking and other seasonal work. The services of both sexes are much sought by local farmers.

### Farm & Garden.

Production in these is quite satisfactory and provides useful occupational therapy.

### Mass Miniature Radiography Unit.

This X-ray unit visited the hospital and all patients were examined.

### Works and Maintenance.

An electric fish fryer has been installed; the sewage plant is being doubled in capacity and will be put into full operation when the steel work is delivered in 1952. Slow but steady progress continues in re-plastering and decoration.



### Laundry.

The buildings here are old and much of the machinery antiquated. The staff and patients manage to cope with the Lothingland House laundry as well as that of their own hospital.

As the Group plan of development includes a central laundry at Lothingland House for both hospitals, re-equipment at Heckingham Institution would be extravagant and needless.

### Medical Staff.

On the resignation of Dr. L.A.Kerwood, it was decided to discontinue the practice of posting a Registrar at this hospital. The small house allotted as Medical Officer's residence was given to two of the Senior Nursing staff and the Nurses' home could thus be closed down. The medical needs of this branch are attended to by my colleague Dr. J.J.Ryan, who is based at Lothingland House.

### Nursing Staff.

The shortage of nursing staff on the female side is a matter of very considerable anxiety. The only trained staff consist of the Matron and her deputy, the rest of the staff being made up of part-time nursing assistants. The remoteness of the hospital, the poor 'bus services and the old structure are the major factors responsible for this shortage.

The male staff continues to show adequate numbers and is under the control of Mr. D.E.Kemp, Head Male Nurse, Heckingham and Lothingland House.



## LOTHINGLAND HOUSE.

The number of patients in residence amounts to 25. Unfortunately the development of this branch has not been as rapid as had been hoped but there is much of interest to report.

### Demolitions.

The main work has been to demolish much of the structure of the old building, under the supervision of the Regional Architect's staff. The work done consists of the demolition of the old casual wards, many useless out-buildings and the old pesthouse - a detached and semi-ruined building.

The amount of work done is outstanding and the bricks which were salvable have been saved and stacked for future use. The foundations of the demolished buildings have been removed and broken up.

### Gardens.

The gardens have been brought into full production and a new orchard laid down and fully planted. The pleasure gardens made have included herbaceous borders and a bowls green.

Rubble paths have been laid in the garden.

### Recreations.

A football team has been started and matches arranged with neighbouring teams. The ground in use is poor but a new ground laid out and planted on the south aspect will do much to fill this need when it is fit for play.

A modern wireless set has been installed with extension speakers, the cost being met from Endowment Funds.

Patients visit the cinema weekly and at no cost, thanks to the generosity of the Manager.

Much credit is due to the kindness of the Chaplain. His Youth Club members have made friends with the patients and compete with them at football and table tennis.

Seaside visits and watching yachting and speed boat racing on the Broads are popular.



Religious Instruction.

The Chaplain visits regularly and all patients are welcomed at the Parish Church.

Laundry.

This is carried out at the Heckingham branch. In the future it is hoped to develop a laundry at Lothingland House. This is to be the central laundry for Heckingham Institution also.

Staff.

The staff resident at this branch consists of my deputy, Dr. J.J.Ryan, Mr. D.E.Kemp, Head Male Nurse, Lothingland House and Heckingham Institution, and Mr. C.C.Wurr his deputy.

I cannot pay too high a tribute to the inspiration and loyalty of the nursing staff who have produced order out of chaos, growth from waste and with all this, a happy spirit of comradeship that has produced really wonderful results.

E A T O N     G R A N G E

The full development of this branch to a hostel has been completed during the year. Only a few of the old long-stay cases remain in residence and these only because their removal would make them unhappy.

Physical Training.

Country dancing classes and table tennis are popular. The recreation hall is fully used.

Recreations.

Regular dances are held and a few visiting concert parties are welcomed. Walks to Eaton Park are popular and the girls attend the cinema and occasional theatre performances. Toc H. arranged a concert during the year, this being attended by the Lord Mayor of Norwich, and also weekly cinema shows and monthly dances. Toc H. members have been unsparing in their efforts to assist in the patients' welfare and enjoyment.

Works and Maintenance.

There has been steady improvement here, but much remains to be done when monies are available. The laundry roof received extensive repairs - it is however hoped to close down the laundry when the extensions are completed at Little Plumstead Hall.

Gardens.

The gardens provide an excellent supply of fruit and vegetables. A number of the girls are keen and give help to the one Gardener. The profusion of flowers in Spring, Summer and Autumn reflects great credit on all concerned.

Handicrafts.

Rug making, knitting and embroidery have been developed during the year.

Working Patients.

The number of patients out to daily work averages 32. It is a standard practice to send girls out to daily work before considering placing them in residential posts. The balance of their earnings is banked on their behalf and those of simpler intelligence are helped by the Matron in their personal shopping - a most valuable training in managing their own affairs.



Medical Care.

This hostel was under the medical care of the Senior Registrar but as this post was vacant for a considerable time, Dr. Ryan has taken over clinical responsibility. The Senior Registrar will take over in 1952.

Nursing Staff.

The nursing staff is minute, consisting of the Matron, her deputy Miss Cronin, and a cook. Their efforts during the year have proved to be outstandingly successful and deserve the greatest credit.

## B L O F I E I D     H A L L

This hostel branch, about  $\frac{3}{4}$  mile from Little Plumstead Colony, was acquired by the East Anglian Regional Hospital Board this year, and handed over to the Hospital Management Committee to be developed as a male hostel for 50 patients. An old-fashioned but comfortable house with excellent heating facilities, sited in  $7\frac{1}{2}$  acres of beautiful wooded grounds, it is ideal for this purpose.

It was opened on 1st December 1951 and 25 patients were admitted before Christmas. An accurate survey of accommodation was carried out in conjunction with Dr. G.L.Ashford, Regional Psychiatrist, and the ultimate capacity will prove to be 56 patients. It is proposed to deal with the hostel in detail.

### House.

The rooms are large and commodious, and provide a dining room to seat up to 75, and a most comfortable room which has been transformed into a billiard and games room, the billiard table having been found by an extra grant of free monies from the Regional Board. The bedrooms are large and require only small detail modifications to bring them into conformity with the Board of Control's requirements. Many of the dormitory rooms are fitted with wash basins and the heating system is very good. Smoke doors have been fitted to all stairways and linoleum fitted to all corridors.

### Sewage Plant.

This was found to be choked and neglected - it was completely overhauled and re-packed. All drains were checked and manhole covers brought above ground level and rebuilt as needed.

### Electrical System.

This has been overhauled in detail. The lighting fittings which had been removed have been replaced.

### Toilet Accommodation.

New bootrooms and lavatories are planned in the ground floor. These include a staff cloakroom, but deliveries of material are extremely bad and this work has been held up.



### Gardens.

These have been badly neglected, but contain a profusion of flowering trees and shrubs. It is hoped to lay out a sports field on the south aspect of the house in the future but this task is a big one involving the filling in of two paths with turf. The vegetable gardens are being brought into cultivation and the excellent greenhouse brought into production.

### Kitchen.

A modern Esse range with a hot cupboard has been installed. Food is cooked at the Colony and brought over by the electric wagon. Teas and snacks are prepared in the hostel kitchen. The close proximity of the Colony makes this service simple, convenient and also reduces maintenance costs.

### Water Supply.

The well has been tested, reconditioned and chemical tests of the water supply have proved satisfactory. The storage tanks have been cleaned out and reconditioned.

### Laundry.

The laundry is carried out at the Colony in the central laundry.

### Working Patients.

The first draft of patients included those of the patients from the Colony who had been going to daily work. Several applications have been received from potential employers and two patients were placed in semi-permanent employment on a neighbouring fruit farm. It is hoped to develop daily employment on a considerable scale.

### Development.

The second stage consists of developing the upper floor, the addition of some more toilet conveniences, the modernising of the garages and stables and their conversion to workshops for occupational therapy, the doubling of the sewage plant to permit of resting, and alternate use of the filtration system. Further work will entail the conversion of a cottage to a medical officer's house and the breaking down of some partition walls between small rooms to make larger dormitories and to make an additional airing room on the ground floor.

Staffing.

The nursing staff was carefully selected from the Senior Nursing Staff at the Colony. A Charge and Deputy Charge have been posted to the hostel and they have given excellent and loyal service. The result of a hard month's work has been highly commendable and reflects the greatest credit on all concerned.

The intention for the future is to administer the Hostel by close liaison with the Colony under the supervision of the Head Male Nurse, Mr. K.S. Brister, whose enthusiasm has produced most commendable results.



CHAPLAINS' REPORTS.

LITTLE PLUMSTEAD HALL.

"This year has been one of great encouragement as far as the spiritual welfare of the Colony is concerned. I have paid my usual regular visits to the patients, both at their work and recreation, and so made personal contact which is a great asset in my work. There have been a considerable number of Section IX cases and I have tried to interview and help these patients individually, and although this has taken up a great deal of my visiting periods, I consider this the most important part of my work.

The lantern services which I held once a week during Lent were excellently attended and seemed to be appreciated, so much so that I hope to repeat them in the coming season.

The Sunday services, as in the past, have been most encouraging, and the Hall is always full "to capacity". I have administered Holy Communion regularly in the Hospital and Villas to patients who are unable to attend the Parish Church.

I should like to take this opportunity once more of thanking the staff for their kind and whole-hearted support which I have always received and which makes such a difference and renders my work so much easier."

E. D. EVERARD.  
Chaplain.



EATON GRANGE.

"The Tuesday evening services with hymns and short addresses have continued regularly throughout the past year and I have visited the patients afterwards. I have again to thank Miss Alice Harvey, one of the teachers from the Christ Church Sunday School, for so kindly giving her services as pianist every Tuesday evening.

Five girls were prepared and presented for Confirmation at Easter. It was encouraging to find that several other patients, themselves already confirmed, wished to attend the classes, and continued to do so throughout the course. Another class has been formed and is again attended by others besides the Candidates.

The patients attend Mattins and Evensong at Christ Church, Eaton every Sunday and a large number make their Communion at the 8.0 a.m. celebration on the first Sunday of each month.

As local Toc H. "padre", I have had exceptional opportunities for arranging entertainments at Eaton Grange, for Branch members are pleased to provide weekly film shows, monthly dances and other social events which have given great pleasure. We are greatly indebted to the men of Eaton Toc H. for all they have done in the past year.

I am constantly endeavouring to build up and improve the work of ministering to individual patients and the help and co-operation of the medical and nursing staffs is greatly valued.

The girls at Eaton Grange appear to be happy and well cared for, and whatever one tries to do for them seems to meet with appreciation."

SIDNEY LONG.  
Chaplain.



HECKINGHAM INSTITUTION.

"During 1951 services were held in the Institution every Sunday and on Good Friday and Christmas Day. The system in use for the past few years was adhered to as far as possible, viz: Morning Prayer on the first Sunday of the month, Evening Prayer and Holy Communion on the second, Evening Prayer on the third, fourth and fifth Sundays. An address was given at every service. An innovation during 1951 was the holding of Evening Prayer on the last Sunday of the month in the dining hall, which made it possible for a larger congregation to be present and I believe the experiment has given much satisfaction to the patients.

On Good Friday the service took the form of a film strip service, with pictures showing the events of Holy Week. The Hon. Assistant Area Secretary of the Church Missionary Society visited the Institution in November showing films illustrating the work of the Society and thanking the patients for the wonderful help they had given to the missionary work of the church by their voluntary gifts in the missionary boxes kept at the Institution. The effect of the missionary films on several patients was remarkable. In one case after seeing the sufferings of leper children in Africa, and the very inferior medical care available for them, a patient said "We here have all the care and attention we need, while the poor black children have nobody to care for them. We should be very thankful."

A number of visiting preachers addressed the patients during the year and I was able to get deputies for the three Sundays I was away on re-call to the Army.

Kirby Cane Parish Church choir visited the Institution and sang carols and Christmas hymns on 30th December. During the year the Church Lads Brigade visited the male patients on a number of occasions for football, darts and table tennis matches.

I had a number of private interviews during the year which I trust proved of some help to the patients concerned. I was able to take several gifts of magazines, etc. to the patients and after the Kirby Cane Harvest Thanksgiving, I brought fruit, eggs, jam, etc. to the Institution as a gift from the parish church.

At least one visit per week was made throughout the year, except the one week I was away serving with the Army Reserve.

I am grateful for the assistance and co-operation of all members of the staff."

W. M. ABERNETHY.  
Chaplain.



LOTHINGLAND HOUSE.

"I paid regular visits to Lothingland during the year, chatting with the boys at their work and in the Games Room. I have watched them playing football - indeed, games have been arranged with our local Boys' brigade, and on Boxing Day boys from Lothingland House and our village boys went by combined charabanc to Norwich to the football match.

Every Sunday about a dozen attend Church; they appear to enjoy it and certainly they behave themselves admirably.

I enjoy my small work among the lads and they seem to receive me as a friend. One of them came to see me the other day with a problem; I quote this to show the relationship between us."

STANLEY J. PERT.

Chaplain.



Summary and Conclusion.

1951 has been a year of medical and nursing shortage and much strain has fallen on the senior staff. Blofield Hall has been opened and the beds thus created have been immediately filled from the ever-growing waiting list.

Temporary treatment has been extended as far as possible, but at one stage the Committee were asked to refuse further cases owing to the strain on medical and nursing staff.

The urgent and pressing need is for more beds for low grade cases and for high grade cases with conduct disorders. The former are an intolerable burden to anxious relatives and themselves a cause of psychiatric breakdown in their parents; the latter a danger to youth and a menace to the community. It is hoped that the new low grade blocks which have been the subject of so much anxious thought, will be forthcoming in 1952.

I cannot help drawing attention to these needs which are becoming increasingly apparent from day to day, and I must warn the Committee that 100 beds for low grades will be filled as soon as they are completed, leaving a building up of a waiting list to a three or four-year delay period for high or medium grades who have not been in the hands of the Law.

The external pressure for beds is one of the most unhappy anxieties of the Senior staff, short of extensive building there seems to be no apparent solution.

The extra mural services have been developed despite medical staff shortage, and much remains to be done in this direction. No doubt this service will be extended.

In conclusion, I would express my thanks to the Committee for their kindness and support through the year and my deep appreciation of their kindly thought for the welfare both of the staffs and patients of the No. 9 Group of Hospitals.

I remain, Mr. Chairman, ladies and gentlemen,

Your obedient Servant,

(Signed) J.V.MORRIS.

Summary and Conclusions

1957 has been a year of rapid and substantial change and much more attention on the part of the public and the State has been given to the problem of mental health. It is hoped that the new waiting list will be a step towards a more equitable and temporary treatment for those who are in need of care. It is hoped that the new waiting list will be a step towards a more equitable and temporary treatment for those who are in need of care.

The urgent and pressing need for low grade beds for the treatment of mental illness is a fact which is becoming increasingly apparent from day to day, and I must urge the Committee that 100 beds for low grade patients will be filled as soon as they are completed, leaving a waiting list for a period of four years. It is hoped that the new waiting list will be a step towards a more equitable and temporary treatment for those who are in need of care.

I cannot help drawing attention to these needs which are becoming increasingly apparent from day to day, and I must urge the Committee that 100 beds for low grade patients will be filled as soon as they are completed, leaving a waiting list for a period of four years. It is hoped that the new waiting list will be a step towards a more equitable and temporary treatment for those who are in need of care.

The external pressure for beds is one of the most unhappy features of the mental health situation. It is hoped that the new waiting list will be a step towards a more equitable and temporary treatment for those who are in need of care.

The extra mental services have been developed despite the fact that the mental health situation is one of the most unhappy features of the mental health situation. It is hoped that the new waiting list will be a step towards a more equitable and temporary treatment for those who are in need of care.

In conclusion, I would express my thanks to the Committee for their kindness and support through the year and my deep appreciation of their kind contribution to the welfare of the state and patients of the No. 9 Group of Hospitals.

I remain, Mr. Chairman, ladies and gentlemen,

Your obedient servant,

(Signed) J.V. MORRIS

Medical Superintendent





