

**East Anglian Regional Hospital Board, (No.9 Group), Mental Deficiency : Little Plumstead Hall, Heckingham Hospital, Eaton Grange, Lothingland House, Blofield Hall annual report 1952 / J.V. Morris.**

### **Contributors**

Morris, J. V.

Kevill-Davies, C. E.

Everard, E. D.

Long, Sidney.

Abernethy, W. M.

Pert, Stanley J.

East Anglian Regional Hospital Board. Group No. 9 (Mental Deficiency)

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London NW1 2BE UK  
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E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
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EAST ANGLIAN REGIONAL HOSPITAL BOARD (No.9 GROUP)

MENTAL DEFICIENCY.

LITTLE PLUMSTEAD HALL.

HECKINGHAM HOSPITAL.

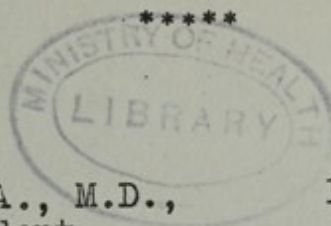
EATON GRANGE.

LOTHINGLAND HOUSE.

BLOFIELD HALL.

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ANNUAL REPORT : 1952.



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

Little Plumstead Hall,  
near Norwich.

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EAST ANGLIAN REGIONAL HOSPITAL BOARD - No.9 GROUP.  
HOSPITAL MANAGEMENT COMMITTEE.

CHAIRMAN.

C.E.Kevill-Davies, Esq.           Hobland Hall, Bradwell.

VICE-CHAIRMAN

F.H.Easton, Esq.               The Villa, Bunwell.

\*\*\*\*\*

S.Clapham, Esq.	87 Buckingham Road, Norwich.
Mrs. W.H.A.Crane	Manor House, West Bradenham.
Mrs. G.Darbyshire-Bowles	Old Catton Vicarage, Norwich.
H.R.Dashwood, Esq.	Caldecott Hall, Fritton.
Mrs. B.C.Davies	18 Newmarket Road, Norwich.
H.C.Davies, Esq.	The Lodge, Old Lakenham.
Mrs. M.M.Frazer	19 Elm Grove Lane, Norwich.
C.R.A.Hammond, Esq.	Sprowston Grange, Rackheath. (To 31.3.52).
W.A.Hogan, Esq.	60 Earlham Road, Norwich.
J.Hollis, Esq.	232 Jex Road, Norwich.
Col. V.N.Lockett	Framingham Pigot, Norfolk.
Dr. F.J.Napier	Hellesdon Hospital, Norwich.
C.L.Smith, Esq.	58 Pelham Road, Norwich. (Died 21.11.52).
Dr. J.Staines Austin	135 Newmarket Road, Norwich.
J.H.Suffling, Esq.	24 Perebrown Avenue, Gt.Yarmouth.
Miss J. Watson	Matron, Norfolk & Norwich Hospital.
H.B.Williams, Esq.	26 Capps Road, Norwich. (To 31.3.52).
A.N.Wright, Esq.	The Oaks, Carleton Rode.
Mrs. I.M.Youngs	Church Street, East Dereham. (To August 1952).

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## OFFICERS OF THE GROUP.

### Medical and Allied Professional.

Medical Superintendent	J.V.Morris M.A., M.D.
Deputy Medical Superintendent 1.1.52 - 3.3.52	J.J.Ryan M.B., B.Ch., B.A.O., D.P.H., D.P.M.
Senior Registrar 1.1.52 - 30.11.52	R.C.MacGillivray M.B., Ch.B., F.R.F.P.S., D.P.M.
S.H.M.O. from 1.12.52	"
S.H.M.O. (locum tenens) from 26.5.52	F.Blake M.R.C.S., L.R.C.P.
Registrar	J. Mukerjee, M.B.
Senior Clinical Psychologist	Miss C.M.Mathieson, M.A., B.Ed.
Assistant Clinical Psychologist 1. 3.52 - 24.10.52 from 15.12.52	J. R. Bevan B.Sc. Hons. Miss J.Caseby M.A.

### Administrative.

Group Secretary	C.H.Frost, F.H.A.
Finance Officer	S.A.Betts

### Matrons.

Little Plumstead Hall	Miss E.L.Smith
Heckingham Institution 1. 1.52 - 6.10.52 from 13.11.52	Miss M.H.Bellingham Miss E. Agnew
Eaton Grange	Miss M.A.Kelly

### Chaplains.

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





## FOREWORD

By the Chairman.

The Hospital Management Committee have held regular monthly meetings, Sub-Committees have dealt with much of the detailed work and monthly visits have been made by members of the Committee to all hospitals of the Group.

The Committee record with deep regret the death of Mr. C.L.Smith who had been a member since June 1948. His wise counsel and deep interest in the patients is greatly missed.

Changes in the membership of the Hospital Management Committee have occurred during the past year by the resignation of Mr. C.R.A.Hammond, Mr. H.B.Williams and Mrs. I.M.Youngs whose services we could ill-afford to lose. We however welcome the following new members - Mr.S.Clapham, Mrs. B.Davies and Mr. J.Hollis.

Overcrowding is still the biggest problem at the Colony, and whilst the year 1952 has been one of considerable achievement, it has been a matter of disappointment that plans for further accommodation have had to be deferred owing to stringent financial conditions.

There remains a very long waiting list of patients in need of treatment and we are very glad to know that erection of two Low Grade Villas, to provide for 50 Male and 50 Female cases, will be started in April 1953.

The Regional Board are also giving consideration to the matter of providing further accommodation and I am glad to be able to report that the Architects are preparing plans for the next stage of development of the Colony.

The estimates for the year 1952-53 for the Group is £162,830 and the monthly statements, showing accumulative expenditure, indicate that this total will not be exceeded.

The Committee has carried out its duties under circumstances where the financial position has become progressively worse and shows no signs of improvement in the foreseeable future.

It is a matter of great concern that expenditure on the maintenance of buildings and plant has been drastically curtailed, but external painting and repairs has been carried out as resources of staff and finance have permitted.



The extension of the Sewage Disposal Plant at the Colony is now being completed; this will provide for the two Low Grade Blocks to be erected next year and other extensions which have been planned.

It is regretted that extension to the Recreation Hall has to be deferred; this is a very pressing need and it is hoped that the work will be proceeded with at an early date.

Extensions to the Laundry are being carried out by the Colony Works Staff; completion of the work has been slowed down owing to the difficulty of recruiting skilled labour.

In conclusion, the Committee desire to express their sincere thanks to all sections of the staff for their loyalty and efficient work during the past year.

As Chairman, I would express my indebtedness to my colleagues on the Hospital Management Committee for their unfailing support and helpful advice.

C.E.KEVILL-DAVIES.

Chairman.

EAST ANGLIAN REGIONAL HOSPITAL BOARD - No.9 GROUP.

ANNUAL REPORT OF MEDICAL SUPERINTENDENT.

1st JANUARY 1953.

Mr. Chairman, Ladies and Gentlemen, I beg to submit my Annual Report for the Year 1952.

General Report on Statistics.

The numbers on the books as at 31st December 1952 were 967, as shown below:-

	Sect. 6		Sect. 8 & 9		Sect. 3		Tempy. trmt.	Totals.		
	M.	F.	M.	F.	M.	F.	M.F.	M.	F.	Total.
Little Plumstead Hall	261	258	34	9	4	1	2 3	301	271	572
Heckingham Hospital	58	153	12	4				70	157	227
Eaton Grange		81		3					84	84
Lothingland House	33		8					41		41
Blofield Hall	35		8					43		43
Total -	387	492	62	16	4	1	2 3	455	512	967

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

	Male.	Female.	Total.
Little Plumstead Hall	62	47	109

Grading of Admissions during the Year 1952.

	Male.	Female.	Total.
Idiots	3	4	7
Imbeciles	16	8	24
Feeble-minded	44	17	61
Total admissions -	63	29	92

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

Male.	Female.	Total.
37	68	105



<u>Escapes during the year.</u>	<u>Male.</u>	<u>Female.</u>	<u>Total.</u>
	11	.	11

Causes of Deaths during the year.

Bronchial carcinoma	1	.	1
Asphyxia - drowning	1	.	1
Asphyxia vomitus	1	.	1
Epilepsy	1	.	1
Cardiac failure	1	.	1
Encephalitis	1	.	1
Syphilis	.	1	1
Carcinoma	.	1	1
T.B. meningo encephalitis	.	1	1
Glioma of brain	.	1	1
Bronchial pneumonia *	.	1	1
Total -	6	5	11

\* Temporary treatment case.

Cases on Licence from the Institution.

37      68      105

Leaves.

During the year a total of 650 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.

E.M. Fractured left humerus. A.G. Fractured left humerus.

State of Health.

The general state of health in the Hospitals has been excellent throughout the year. There have been seven cases of Measles and one of Mumps on the male side; three of Chickenpox and one Salmonella (typhi-murium) on the female side. In the case of the Salmonella, this patient contracted the disease while on leave of absence at home.

Pulmonary Tuberculosis.

No new cases of the disease have been reported during the year.



### Licence Cases.

Unfortunately it has not been possible to find a Psychiatric Social Worker. Female cases have been supervised by a voluntary worker and males by Messrs. Kemp and Brister. A much better liaison has been developed between the Hospital Group and the Local Health Authorities, whose Welfare Officers have furnished valuable reports throughout the year on the conduct of patients, either on long or short licence. A considerable number of patients have been sent on licence during the year but the shortage of beds militated against admitting and training suitable high grade patients, the majority of male and female admissions in the feebleminded group having been delinquents and their hospital stay has necessarily been long.

### Temporary Treatment.

An increasing number of temporary treatment cases have been admitted during the year, some for investigation, some to relieve harassed parents, some to provide temporary custodial care during an illness of one or both parents. A total number of 87 cases was received during the year, amounting to 2,964 patient days. All cases so admitted have been given thorough clinical examinations and reports have been sent to the General Practitioners and others concerned. Many letters of gratitude and occasional gifts of money to the Patients' Endowment Fund provide a tribute to the value of this work.

### Dental Clinics.

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

Gas Clinics are now being held with the co-operation of an anaesthetist supplied from the Norfolk & Norwich Hospital staff. This enables much more effective work to be carried out with nervous or low grade children.

### External Clinics and Extra-mural work.

Domiciliary Consultations. The total number of domiciliary consultations for the year 1952 carried out by Medical staff of the Group amounted to:-

<u>At patients'</u> <u>homes.</u>	<u>Remand</u> <u>Homes.</u>	<u>H.M.</u> <u>Prison.</u>	<u>At</u> <u>Hospitals.</u>	<u>Others.</u>	<u>Total.</u>
18	43	24	10	18	113

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.



The figures for attendance 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	92	110	202	48
King's Lynn	32	40	72	16
Swaffham	9	12	21	7
Cromer	8	25	33	8
Gt.Yarmouth Dr.Ryan (to March 1952)	10	15	25	6
Dr.MacGillivray (from April 1952)	81	31	112	35
Total	232	233	465	120

In 1952 the Child Guidance Clinics, with the exception of the Gt.Yarmouth Clinic, have all moved to new premises. Suites of interviewing rooms, waiting rooms, etc. have been provided in the Norfolk County Council Local Health Offices at Norwich, Cromer and King's Lynn.

A new clinic has been opened at Swaffham on a monthly basis and is proving valuable as a method of seeing children and avoiding long distance travel for them in West Norfolk where communications are not good.

Clinics are regularly attended by the Medical Officers for Mental Health of the Norfolk County Council and Gt. Yarmouth County Borough, and the Social Workers attached to their departments.

The Clinics staffed by this Hospital Group are now recognised by the Royal Medico-Psychological Association, and the Conjoint Board for England for training in Child psychiatry.

#### Adult Clinics.

Special arrangements are made to see adults, on request, at the Child Guidance Clinics. Arrangements are made for these patients to be seen at special times to avoid them mixing with children attending normal Child Guidance Clinic sessions.



### Remand Home Visits.

Remand Homes have been visited, on request, by the Consultants of the Group, invariably accompanied by a Registrar and Senior Clinical Psychologist who is responsible for all psychometric assessments.

It is felt however that more could be done at the Remand Homes insofar as cases are only seen on request and many of these delinquent children are probably maladjusted. It is hoped to arrange for a greater coverage in this respect in the year 1953.

### Hostels for Maladjusted Children.

An additional hostel of 30 beds has been opened by the Norfolk Education Committee at Morley Hall, to deal with maladjusted boys of 11 years and over. In addition, Colne Cottage Hostel at Cromer has been consistently full throughout the year, even though there is a regular turnover of cases.

The staff of this Group have been invited to take psychiatric charge of the hostels and regular visits and case conferences are held in the hostels in conjunction with the respective Medical Officers of Mental Health and the Educational Psychologist to the Norfolk County Council.

### H.M. Prison, Norwich.

A considerable number of visits have been paid to the Prison for the assessment of prisoners and giving psychiatric reports.

### Clinical Psychology.

The appointment of an additional Psychologist was necessary as the amount of work of this department has very much increased.

The total number of tests carried out during the year amounted to 3,320.

Mr. J.R. Bevan served for a period as Assistant Psychologist and has been replaced by Miss J. Caseby.



During the year the following tests were carried out:-

Terman Merrill revision of Binet scale	432
Burt's Graded Word Reading Test	235
Wechsler Bellevue Intelligence scale	170
Raven's Progressive Matrices	121
Gesell's Norms	51
Vineland Social Maturity Scale	57
Goodenough Drawing	49
Cattell Intelligence Tests	8
Alexander Performance Battery	9
Collins & Drever Performance Tests	5
Seguin Goddard Form B.	17
Minnesota M.P.I.	11
Kent Oral Emerg. Test	2
Porteous Mazes	69
Bender Visual Motor Gestalt	2
Valentine's Intelligence Test	1
Lowenfeld Mosaics	1
Visual Apprehension	130
Bead Stringing	130
Digit Symbol	130
2nd Digit Symbol	66
Letter Cancellation	66
Digit "	66
X's in a minute	66
Digit Repetition	66
Addition	66
Subtraction	66
Mental Arithmetic	66
Rey-Davis Form Board	66
Healy Picture Completion	66
Wechsler " "	66
Agility	66
Zondi	66
Raven's Matrices, Junior & Senior Forms	64
Written Addition	64
" Subtraction	64
Oral Addition	64
" Subtraction	64
Mental Arithmetic	64
Picture Recognition	64
Memory for designs	64
Wechsler Digit Repetition	64
Story Recall	64
Paired Associates	64
Knox's Cube tapping	64
Fluency Association	64

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3,320

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Distribution of Psychological Tests.

Hospitals of No.9 Group	2,871
Other hospitals	25
Clinics	192
Remand Homes	64
H.M. Prison, Norwich	57
Patients' own homes	111
	<hr/>
	3,320

Included in the above totals is a research project concerning the use of *Celastrus Paniculata* in mental deficiency; a total of 1,122 tests were carried out on a group of 32 patients. Some of these tests have been individual and some of the group type. In a second experiment on a group of 60 patients, a total of 1,024 sub-tests have been carried out up to 31st December.

Throughout the year much of the efficiency of the Group has been dependent on the amount of work carried out by Miss Mathieson and her assistants - work which has entailed long hours, absolute precision and an extremely keen clinical interest.

Medical Staff.

During the year Dr. Ryan left to take up the post of Consultant at St. Lawrence's Hospital, Caterham, Surrey and Dr. MacGillivray was appointed S.H.M.O. by the Regional Board in November.

During his summer vacation Dr. B.W.Davy of the Department of Ecology, Cambridge University, served for a period of three months from 23.6.52 as Honorary Registrar for the purpose of obtaining credit for the D.P.M.

Two medical students were employed as Ward Orderlies during the summer vacation and were used largely in the clinical sphere. Their services proved most useful and one of them has requested re-appointment for a period of two to three months during the summer of 1953, as it is his intention to take up psychiatry after graduation. They gave valuable assistance in research projects.

In addition to the Royal Medico-Psychological Association recognition, the Group has been recognised by the Conjoint Board for training in Mental Deficiency for the Diploma in Psychological Medicine.



### Research.

The incidence of Mongolism in twins and multiple mongolism in families have been studied during the year. A regular programme of research is being undertaken and further work will be done during 1953 in connection with *Celastrus Paniculata*. Investigations are also in progress in connection with the mental capacity in Achondroplasia, which should be completed in 1953.

### Publications.

The following articles have been completed during the year by the Medical Staff of the Group:-

Gargoylism (Hurler's Disease).

by R.C.MacGillivray.

Journal of Mental Science, October 1952.

Some cases of Elective Mutism by J.V.Morris.

American Journal of Mental Deficiency.

(In the Press).

*Celastrus Paniculata* in Mental Deficiency : A Pilot Experiment by J.V.Morris, R.C.MacGillivray and Miss C.M.Mathieson.

Journal of Mental Science. (In the Press).

### Clinical Club.

The medical staff of the Group, in association with the medical staffs of Nos. 7 and 8 Groups, have formed a small Clinical Club, regular meetings being held for discussions and papers.

### Nursing Training.

A small number of recruits are now coming forward, which gives rise to the hope that it will be possible to recruit up to establishment during the next few years.

Co-operation by the Ministry of Labour and the Nursing Recruitment Officers may be of assistance during 1953.

### Visiting Consultants.

Very considerable help has been given during the year by a large number of Consultants and it would almost be invidious to mention names, but certain must be mentioned, including Dr. Christie for his assistance to Dr.MacGillivray in his paper, and Dr. Maxwell for the assistance that he has freely given in radio diagnosis and advice concerning another paper in course of preparation, also to Mr. Noon for his regular and helpful visits.



### Senior Administrative Staff.

Mr. Frost and Mr. Betts, the Group Secretary and Finance Officer respectively, have been most helpful throughout the year and regular discussions of all matters arising with them have resulted in the maintenance of the happy atmosphere which has always pertained in this Group.

Mr. Martin, Group Engineer, has maintained the fabric in good condition, although somewhat handicapped by lack of finance.

### Co-operation with Local Health Authorities.

The relations between the Hospitals and the Local Health Authorities leave nothing to be desired and discussions are regularly held with Medical Officers of Health and their Senior Officers, with the result that an extremely happy relationship exists. So far there has been no necessity for any discussions at officer level or otherwise to improve the state of affairs.

### Relations with the Regional Hospital Board Staff.

I would like to express my thanks to Dr. Ashford, Regional Psychiatrist, for relieving the Group of the burden of the heavy waiting list, and for his continued help, advice and encouragement. Thanks are also due to Dr. Ewen, Senior Administrative Medical Officer, Regional Hospital Board, for his continued interest in the work, for his unfailing good humour and his valuable advice in many difficult problems.

Completion of the plans for the new Low Grade Blocks by the Regional Architectural staff has followed frequent and sometimes prolonged consultations, all of which have provided most desirable plans, which should provide buildings much in advance of any at present in use.



## LITTLE PLUMSTEAD HALL.

### Physical Training.

#### Female Side.

Regular country dancing classes have been held and every possible opportunity has been sought to provide useful and interesting outdoor training.

#### Male Side.

##### Football.

Two football teams played regularly throughout the season, the Senior Team playing in the Blofield & District League and the Juniors (an all-patient team of boys under 16) in the South Walsham District Lads' League.

The Senior team had a comparatively poor season but the Juniors were successful in winning the championship of the Lads' League, together with the Cup and six Medals. Their sportsmanship and general behaviour on the field was the subject of very favourable comment by all who watched them play, and by their opponents.

##### Cricket.

Regular fixtures were held throughout the year and this year the Psychiatric Hospitals in the Region decided to start a Cricket League for teams consisting exclusively of patients. Hellesdon, St. Andrew's, St. Audry's and the Colony 1st Team entered in this League, for which a cup was subscribed to by the Hospital Management Committees from Endowment Funds. The Cup was won by the Colony team who also played many friendly matches with other teams and Hospitals.

Arrangements were also made for Inter-Branch cricket and Blofield Hall, the Colony, Heckingham and Lothingland House teams all played Home and Away matches, cost of transport being met from "Free Monies".

### Sports Ground.

The sports ground has been improved steadily throughout the year; the provision of cricket screens from Endowment Funds has improved the equipment.



### The Colony Revue.

The annual revue was written and produced by Mr. K.S.Brister and Mrs. P.L.Blunderfield. Ten shows have been given, of which a number were for charities, and over £100 was raised, mainly for Old Folks' Charities, by performances given in village halls in the neighbourhood of the Colony.

### Cinema and Concerts.

Weekly cinema shows have been held and visiting concert parties have given performances. Neighbouring Psychiatric Hospitals have started concert parties and a regular interchange of visits is encouraged and enjoyed.

### Outings.

Seaside outings have been arranged during the year for patients.

### Scouts.

The Scouts continue to flourish and had their annual Summer Camp this year.

### Guides.

The Guides Company has been somewhat disturbed by the transfer of high grade girls to Eaton Grange, but has continued to work happily under difficulties.

### Works and Maintenance.

Maintenance has continued to be reasonably satisfactory despite the limitations on expenditure necessarily imposed by reasons of economy.

### Kitchen.

No alteration has been made to the kitchen, but the reorganisation reported to the Committee in 1951 is working more satisfactory.

### Laundry.

The laundry extensions were completed externally during the year and steady progress has been made in completion of the interior, with the installation of machinery transferred from Lothingland House. The alterations in this case have been carried out by direct labour, and in consultation with the Regional Board's Architects.



### Sewage Plant.

The extension of the sewage plant was completed and handed over during the year.

### Site for new Low Grade Villa.

The site for this Villa projected in 1953 has been cleared of woodland. This, with the diversion of the farm road, is being carried out by patient labour and will be completed by 1st April 1953 when it is hoped building of the new Villas will commence.

### Handicrafts.

The appointment of Miss Vallis, Occupational Therapist, has improved the quality of the female handicrafts considerably and has proved the value of fully trained workers in this department.

### Staff Social Club.

The Staff Social Club continues to make satisfactory progress, although with the increasing cost of sports equipment, the question of a slightly larger grant is to be considered by the Committee.

### School.

The school, as in the past, has been divided. It was hoped during the year that the Recreation Hall might be enlarged but limitations on capital expenditure precluded this. The result is that there are still two schools, the older boys being dealt with in their own Villa by Mr. Seaman, the younger boys and girls in the Recreation Hall by Miss Dilrew, the Head Teacher.

It has not been found possible to improve the Children's Playground during 1952, but it will be ready for completion in 1953, the monies being retained in the Endowment Funds for this purpose.

### X-ray Department.

Very valuable work has been carried out by the small X-ray Unit. A total of 212 examinations have been carried out during the year, the films being normally taken by medical staff and sent to Dr. B.M. Maxwell for interpretation. Mr. W. Bunkle, Deputy Head Male Nurse, has taken a keen interest in this work and has done all processing, for which we are greatly indebted to him, as he has always been ready to give up his time to assist in this respect.

Nursing Staff.

Recruitment during the year on the female side has been most disappointing and the main burden has fallen on senior nursing staff and part-time nurses.

On the male side it is becoming increasingly difficult to recruit suitable students and it is my considered opinion the most likely method of improvement would be the provision of additional houses for nursing staff. At present there are only four available at the Colony which is a very low proportion in relation to other Psychiatric Hospitals in the region.

The Local British Red Cross Society detachment continues to give voluntary assistance.

Miss E.L.Smith, Matron and Mr. K.S.Brister, Head Male Nurse have been unremitting in their work during the year and have given extremely loyal and faithful service.



### BLOFIELD HALL.

Blofield Hall Hostel was opened during the year as far as was possible, pending expansion of the second stage of the scheme to bring into use the upper floor and the workshops.

#### Toilet Accommodation.

New patients' toilet accommodation on the ground floor has been completed.

#### Gardens.

The gardens have been given careful attention and the field to the South of the Hall has been laid out as a sports field, the paths being covered with turf. The greenhouse has provided much useful fruit to the Colony, as well as at Blofield Hall.

#### Poultry.

A poultry industry has been started at the hostel.

#### Working Patients.

An increasing number of patients go out to daily work, some have regular jobs on farms and market gardens, others do gang work and part-time garden work for neighbouring householders.

#### Administrative Staff.

The administrative staffing from Little Plumstead Hall has been most successful. The close liaison developed with the Colony by the Head Male Nurse has underlined the desirability that hostels should, if possible, be administered by nursing staff of the parent institution, subject of course to the normal medical and Committee controls. It is very difficult to criticise this system as it has proved so admirable in its results.

## HECKINGHAM HOSPITAL.

Progress at Heckingham Institution has been somewhat slowed down during the year owing to necessary restrictions of expenditure.

### Physical Training.

Dancing classes have been continued weekly, as have country walks.

### Outdoor Recreation.

Outdoor recreations are mainly confined to the male side where cricket and football have been developed as far as lies within the capacity of the patients resident. It is hoped to develop more adequate recreations during 1953.

### Entertainments.

Regular visits are paid by concert parties, weekly cinema shows are held and dances are appreciated by the patients.

### Outside Working Parties.

The practice of sending out working parties to neighbouring farms has been continued and local farmers are appreciative of the work done.

### Farm and Garden.

The farm and garden continue to be of extreme value to the hospital.

### Works and Maintenance.

The sewage plant was enlarged and reconditioned during the year and a certain amount of redecoration and plastering was carried out.

### Laundry.

The question of reorganisation of the laundry has been considered by the East Anglian Regional Hospital Board.



Medical Staff.

Medical attention to this branch has been carried out by Group medical staff and the small house previously allotted to resident medical officers has been closed down. The experience of the past year has shown that quite adequate attention can be given by a Medical Officer from the Group visiting regularly, together with special visits for carrying out physical and mental examinations as required.

Nursing Staff.

Miss Bellingham retired during the year, her place being taken by Miss Agnew. A number of changes in administration have been arranged and a more intensive programme of handicrafts brought forward which was a tribute to the early part of Miss Agnew's work. There is a shortage of staff but it is felt that this shortage may well be remedied by enthusiasm and efficiency on the part of the existing nursing staff.

### EATON GRANGE.

Eaton Grange continues to serve as a Hostel for female patients.

#### Physical Training.

Country dancing classes and table tennis are popular.

#### Recreations.

Regular dances are held, theatres are attended occasionally and Toc H continue to display a keen interest in the patients.

#### Works and Maintenance.

A considerable improvement has been made to the interior, including alterations to the heating which were necessary for the patients' comfort.

#### Gardens.

The gardens continue to provide a satisfactory source of supply of vegetables and fruit.

#### Handicrafts.

A certain amount of handicrafts is carried out in their spare time by the patients resident at the hostel.

#### Working Patients.

The number of patients out to daily work averages 42. The girls continue to go out to daily work as a preliminary to being sent on licence to residential posts. They have been encouraged to draw on their balance from monies earned for the purpose of purchasing private clothing.

#### Medical Care.

The medical care of this hostel has been passed to Dr. R.C.MacGillivray.

#### Staffing.

Staffing during the year has been difficult as the staff consists of Matron, Deputy Matron and a Cook. Difficulty has been experienced in finding a satisfactory Cook and it has been impossible to recruit junior nursing staff.



### LOTHINGLAND HOUSE.

The total number of patients at Lothingland House has increased to 40.

#### Demolitions.

Demolition of the main building commenced during the year. The surroundings of that portion of the Institution which is to be maintained for the Board's use have been preserved and generally much work has been done to tidy up the exterior of the buildings.

#### Gardens.

The gardens have now been brought into full production. Cold frames and a small greenhouse have been made up from salvaged material by the patients and staff.

#### Fruit.

A small orchard has been planted.

#### Poultry.

A small poultry industry has been established, the housing being made up from salvaged wood.

#### Recreations.

Recreations are many and varied, football and cricket are played in the appropriate season, and the new ground has been brought into full use.

The small Recreation Hall has been tidied up, the electrical system and heating overhauled, and it is now in regular use. The patients have many and varied amusements, such as those which can be associated with a normal holiday resort, and their conduct generally has called for very satisfactory criticism by all who visit the hospital.

#### Religious Instruction.

The Chaplain visits regularly and the activities of the Youth Clubs connected with the Church have been invaluable to our patients. The close friendship developed, thanks to the Chaplain's activities, has done much to help the boys.

Laundry.

Laundry is still carried out at Heckingham Hospital. The Regional Board's plans now provide for a central laundry for Lothingland House and Heckingham at Heckingham Hospital.

Staff.

Since Dr. Ryan's resignation, no permanent Medical Officer has been stationed at Lothingland House. The constructive work which has been done here reflects the highest possible credit on the Head Male Nurse and his Deputy who inspire their small staff and **all** their patients to produce a happy family spirit and a tremendous amount of constructive work, apart from what must be considered a happier aspect of adolescence, the destruction of old buildings.



Summary & Conclusion.

I am pleased to report steady progress throughout 1952. The urgent pressure on beds has not been relieved, but larger numbers of admissions on a temporary basis have relieved the strain on harrassed relatives.

The decision of the East Anglian Regional Hospital Board to proceed with the new low grade blocks and to open up the remaining part of Blofield Hall, will give further relief during the coming years, even though it is quite understandable that the blocks themselves cannot be completed in the year 1953/4.

The extra mural services provided by the Group Medical staff have expanded throughout the year, and all requests made by Local Health Authorities and others have been promptly and adequately met. The development of a small research department has done much to stimulate the interest of the medical and allied staff and I am most grateful for the encouragement that has been received in this respect from the Board's Officers who have been unfailing in their courtesy and help.

I am very deeply grateful to the Committee for their encouragement and assistance during the year and for their forethought in planning so many improvements to the services of the Hospitals.

I remain, Mr. Chairman, ladies and gentlemen,

Your obedient Servant,

(Signed) J.V.MORRIS.

Medical Superintendent.

CHAPLAINS' REPORTS.

LITTLE PLUMSTEAD HALL.

"It has been another very happy and encouraging year with services well attended and entered into heartily, especially the Lantern Services held on a weekday night throughout Lent. The beautifully painted slides make a direct appeal to the eye, which is probably more effective than the ear! Confirmation classes are also being arranged and it is hoped to get the Bishop to hold the Confirmation in the Parish Church for Colony candidates in future.

I have tried to interview individual cases as they are admitted, especially the Section 8 cases, and have made contacts during the evenings, when I have joined in their recreation or talked with patients at their work. These interviews, although informal, give one the opportunity of getting the personal knowledge of the patient which is so helpful.

Several billiard matches with my local Parish team have been much enjoyed at Blofield Hall.

On my rounds I have occasionally given a Scripture lesson to the children during their instruction time.

Quarterly meetings of the Chaplains have been held and this has proved a most practical way of keeping in touch with patients who have been transferred from one Institution to another and of the mutual help Chaplains can give to one another in talking over difficulties or methods of approach.

The Clergy of the Deanery had a most interesting and helpful talk on Psychology from Dr. Morris during the year and as a result many of them expressed their wish to visit the Colony so that they could then have personal experience of the **conditions**.

I should like to conclude with my real gratitude to the staff whose co-operation has made my work so much easier and happier. "

E. D. EVERARD.

Chaplain.



## HECKINGHAM INSTITUTION.

"During 1952 services were held on every Sunday except on one occasion when it was impossible for me to get to the Institution because of deep snow. The Holy Communion was celebrated normally once a month, the average number of communicants being 30. Services were also held on Good Friday and Christmas Day. Attendance at all services was very good and the patients joined in the singing of hymns with much zeal and success. Because of the action of the Board in allowing a remuneration for the organist, it was possible to have the organ played at every service during the year. The service on the last Sunday of the month is usually held in the Dining Hall, and this permits some of the lower grade patients to attend, which appears to be much appreciated. Occasionally the Dining Hall services take the form of community hymn singing and the patients eagerly avail of the opportunity to make their own requests for favourite hymns.

The service on Good Friday was illustrated by a film strip on the Cross and Passion of our Lord. The Rev. K. Birch, Area Secretary of the Church Missionary Society visited the Institution in November and showed a number of Missionary films, with sound, which made a deep impression. He thanked the patients for all the help they gave to the Society by their gifts in the Missionary Boxes. The box on the male side, when opened on 15th Sept. contained £1.0s.6<sup>3</sup>/<sub>4</sub>d, and that on the female side had £1.15s.1d. When opened again on Palm Sunday they contained £2.3s.6<sup>1</sup>/<sub>4</sub>d on the male side and £2.15s.6d on the female, which made a total of £8 contributed by the patients to the society during the year - a remarkable feat.

My Parish choir led in singing carols at Christmas.

I visited the patients at least once every week throughout the year, except when I was away on Army Service in August, and was able to help some of them in various ways. On a number of occasions my company of the Church Lads' Brigade visited the Institution. One visit was to give a gymnastic display, while at other times they played the male patients at darts, table tennis and cricket. My village band visited the institution on two Sundays and played accompaniment for the hymns.

The provision of chapel chairs with book sleeves and kneelers and the abolition of the passage through the chapel to the schoolroom remain still unanswered problems.

I would like to record my sincere thanks to all the staff for their help and co-operation during the year. I have been given every facility and encouragement in my work. "

W.M.ABERNETHY.

Chaplain.

LOTHINGLAND HOUSE.

"The work here has gone on smoothly and without incident. The boys come to Church regularly every Sunday where their behaviour is excellent. They appear to enjoy the Services and our people here give them a real welcome.

I have visited the House regularly when I have had opportunity of conversing with the staff and the boys. We have arranged Football and Cricket Matches between our Boys' Brigade and the House boys, and outings to Norwich Football Matches have been shared by our Boys' Brigade and the lads.

We had a Carol service conducted by our Church Choir in the Recreation Room - the first item in its programme after redecoration.

I find the contacts with the boys at work useful and a real friendship exists between us. The staff are most kind to me and I always get a royal welcome. "

STANLEY J. PERT.

Chaplain.



## EATON GRANGE

"During the past year the patients have continued to worship at Christ Church, Eaton at 11.0 a.m. and 6.30 p.m. every Sunday and a large number Communicate at 8.0 a.m. on the first Sunday of each month. The courses of preparation for Baptism and Confirmation have been held during the year and five candidates presented. All the classes in both courses were attended by about twelve other patients (already confirmed), at their own request.

It is the custom of many of the patients to go to Confession at Christ Church before the festivals of Christmas and Easter. The Ministry of Absolution is of great help to many of these patients and can do much to assist their rehabilitation. I hope it will continue to be taught and encouraged in the future.

I have continued to take Evening Services with a short address every Tuesday and to visit the patients afterwards. During Lent we gave a course of Lantern services on the Life of our Lord and these were much appreciated.

It is interesting to note that the practice of keeping Sunday Gospel albums with the stamps given out each week has now increased from about ten to over thirty patients. Miss A. Harvey has kindly given her services as pianist for the weekly services throughout the year and now also distributes the stamps. She is well-known to and popular with the patients.

Eaton Toc H. members have assisted me with the lantern services and have continued to provide film shows, dances and entertainments at frequent intervals throughout the winter. I cannot adequately express my appreciation to them or to Miss Harvey for all the voluntary service they have rendered during the past 3½ years. Although I have recently left the staff of the Eaton church, I am continuing as Chaplain of Eaton Grange until a successor is appointed in the parish. I have greatly valued and benefited by the privilege of ministering to these patients and feel that such work offers great possibilities to any priest. I have noticed during my time as Chaplain that about one-third of the patients do a good deal of reading. I feel it would be of real value to some of them if a library of worthwhile books could gradually be collected. No doubt many people in the parish of Eaton would be willing to give books. Several of the patients appear to read only novelettes of a type which cannot improve a patient's outlook on life, and it may be that the provision of other reading material of equal interest and better standard may help to improve the outlook and widen the interests of some of the girls; but I venture to offer this suggestion with no implication that a patient's general liberty in this matter should be interfered with; only that other interests should be fostered. I wish to express my appreciation to the Matron and staff, also to the Medical Superintendent and Secretary at Little Plumstead Hall, for their co-operation. In common with the other Chaplains, I also much appreciated our meetings together and exchange of views and experience. "

SIDNEY LONG.  
Chaplain.





