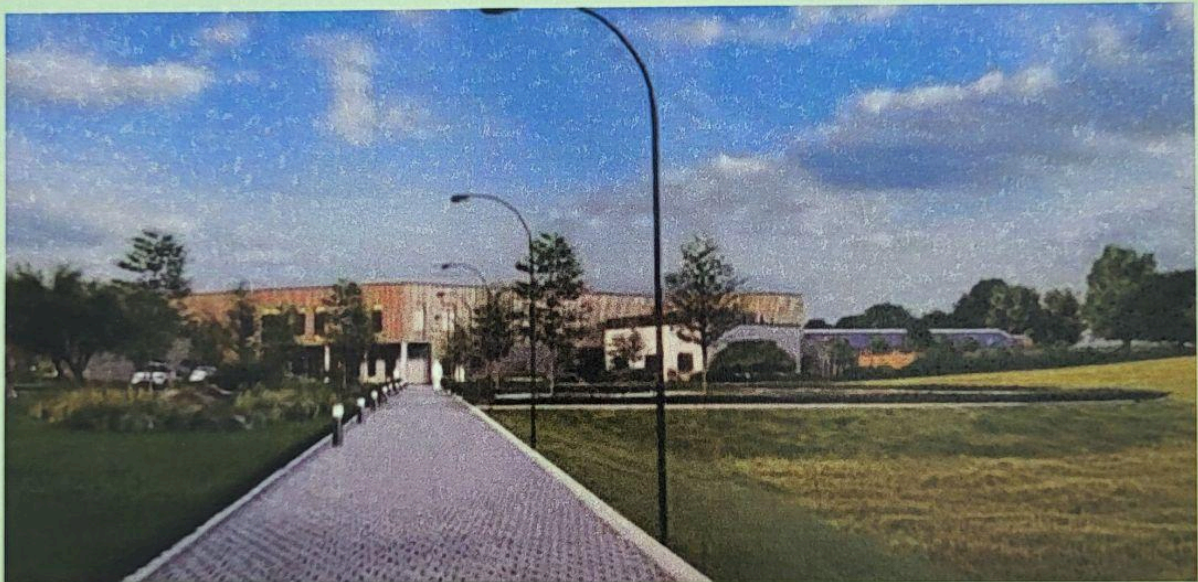


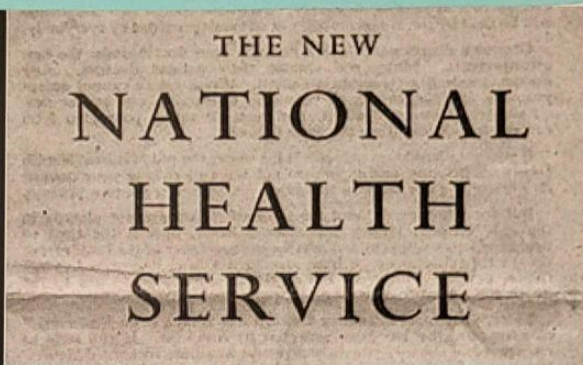
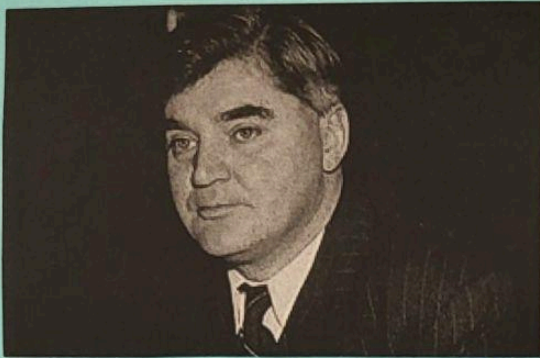
A New Place To Heal



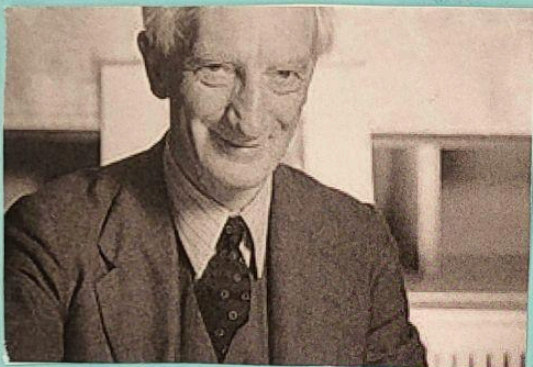
A Natural Recovery Approach

Combe Valley Hospital, Mount View Street

1948



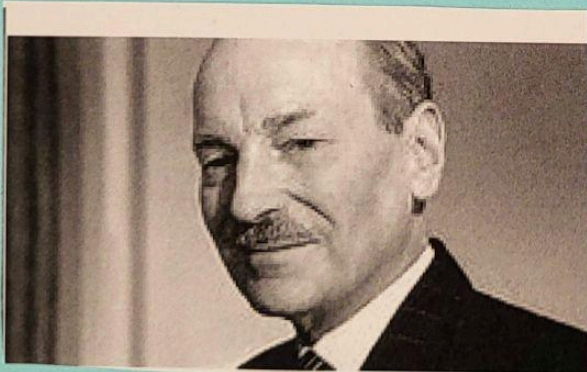
Aneurin "Nye" Bevan: Health Minister 1948



William Beveridge wrote The Beveridge Report in 1942 during World War 2 to help people when the war ended.

Beveridge found 5 great evils - The Five Giants

Squalor, Want, Ignorance, Disease, and Idleness

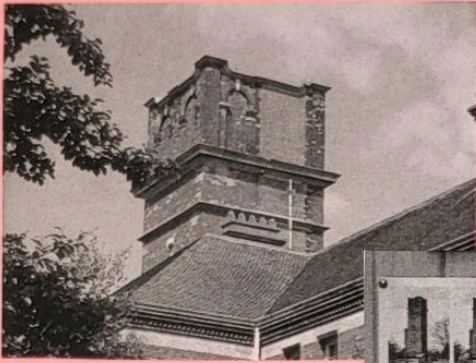


Clement Attlee became Prime Minister in 1945 when the war had ended.
"Need, not ability to pay."

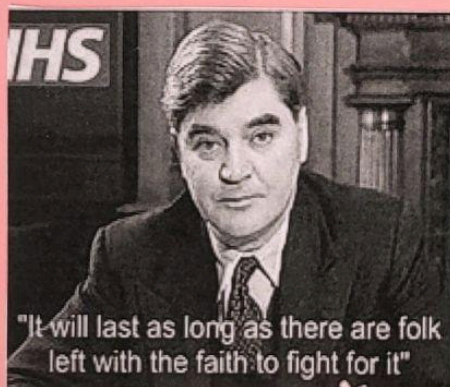


The NHS and the National Assistance Act of 1948 were the foundations of The Welfare State

THE OLD PLACES ARE GONE...



Now there
is a
New Place To Heal



"It will last as long as there are folk left with the faith to fight for it"

NHS

Focus Group



Focus groups notes.

Having green space to enter sit in, is so valuable - Able to breathe + relax + exercise.

Have large Green area. let off steam through exercise + relax

Hastings, Green area small, + out of action - when available, very relaxing, less ^{locked in} constricting.

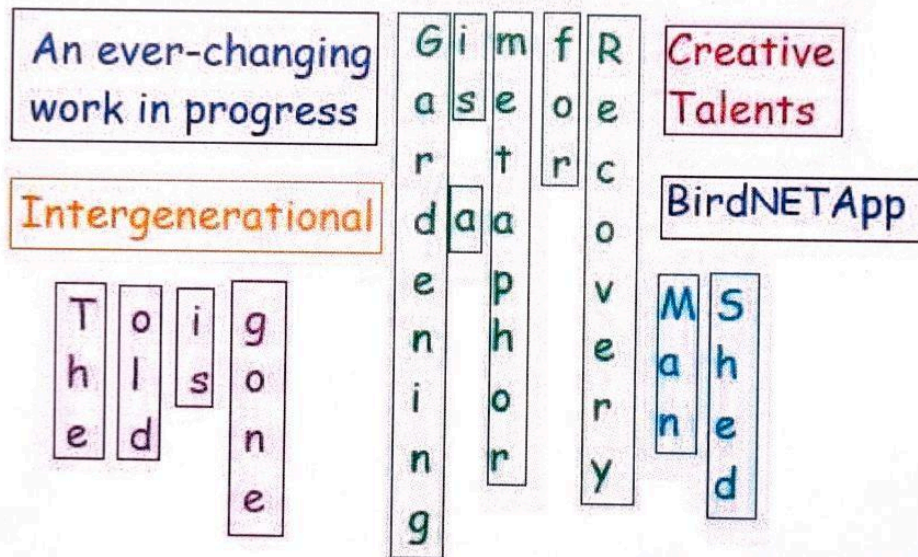
Eastbourne, no green area. depression longer + anxiety

The Sanctuary Hastings - a very relaxed green area.

- will there be night time access to any of the outdoor spaces for those with insomnia.
- 24 hr access to spaces outside.
- Garden furniture handwashes, not clear bins space.
- will there be private outdoor spaces for visits with



SECOND FOCUS GROUP © DLWP STUDIO



You need to have the incentive yourself to recover.

What are the challenges to visit Nature? People would like to do art, tai-chi, and photography from a walk.

How to engage with a community project which you can do in hospital and continue outside.

A poetry group goes to Hampden Park. There is a camera club. Go for walks with the camera when it's good weather. Art in the Park in Hastings. A walking group with Early Intervention Services. You can learn basic maths with walking groups.

SECOND FOCUS GROUP

Is there current engagement with a community garden project?
Green gym was good - volunteering. Socialising, learning skills, you can work in groups or on your own. Compass group, poetry group.

What works? - no expectations - do it at your own pace.

We should be inclusive no matter what mental health issues people have. How are my experiences affecting my everyday life?

From recovery to mixing with people who teach things.

Combe Valley Hospital will not have secure wards

When I started running, it got me over it.

The garden can help with boredom.

Go to Bedgebury Pinetum.

The DGH had a minibus driver.
The system does not help your mental health.

Brighton hospital garden is really great.

Things that don't need money - identify plants and birds.

How best to recover via Nature. How NHS services include Nature.

We had some fun making these ready for Spring flowers



Some people haven't had a garden. Are we going to start a gardening group?

It depends on the OT service, if there is a keen gardener. Potting up and growing. What about an outside group coming into hospital?

Peer Support Workers can help people outside hospital. There is a push in the NHS to recruit Peer Support Workers. Training and better pay.

Community engagement projects while you are in hospital?

Support workers outside hospital to help people integrate.

• Would you like an allotment garden?

Grow cress or quick growing food.

The shock of leaving hospital.

FLOURISH REPORT

INTERVIEWS WITH INDIVIDUALS

The aim of this research is to enable people living with severe mental illness to directly inform how NHS mental health services incorporate natural recovery into their services, including the new Combe Valley Hospital in East Sussex planned to open in 2026

Group mindfulness/meditation sessions

Accessible in all weathers

To hear birdsong

And it was in a kind of rural setting so you could see squirrels, the odd rabbit, several cats used to visit as well. (former hospital patient)

Some people said it was good just being able to 'see plants growing and see the sky'

To be able to sit under trees for shade and for a greater sense of the 'wonder' of being in nature

Being able to see trees, daylight, sky and to see and hear birds, uplifts people

Many of those who had access to good outdoor spaces talked about the benefits of being outdoors for their mental and physical health

Wind chimes, artwork, murals, mosaics, sculptures

Bird watching

and bird and insect

identification

Relaxation, Tai chi classes

What really benefited me when I was in hospital was, we went on a wood walk every single day and that would literally be the most exciting thing of my day

FLOURISH REPORT

INTERVIEWS WITH INDIVIDUALS

Making it safe is important

Walking meditation,
following paths
and labyrinths

There is growing evidence of the mental health benefits of being close to trees, particularly conifers, for the chemicals they release

Some harvesting/picking of things like leaves and berries, some 'foraging'

Access to nature can become a habit that is supported in hospital and able to continue upon discharge in their communities

Some patients will have gardening knowledge and experience give us gardening duties

Having those kind of exercise or meditation or positive recovery things to do in nature (former hospital patient)

People want plants that attract bees, butterflies and other pollinators

Like a garden like a sensory garden and fruit trees

Many feel that gardens should be well-maintained, not allowed to overgrow or become unkempt

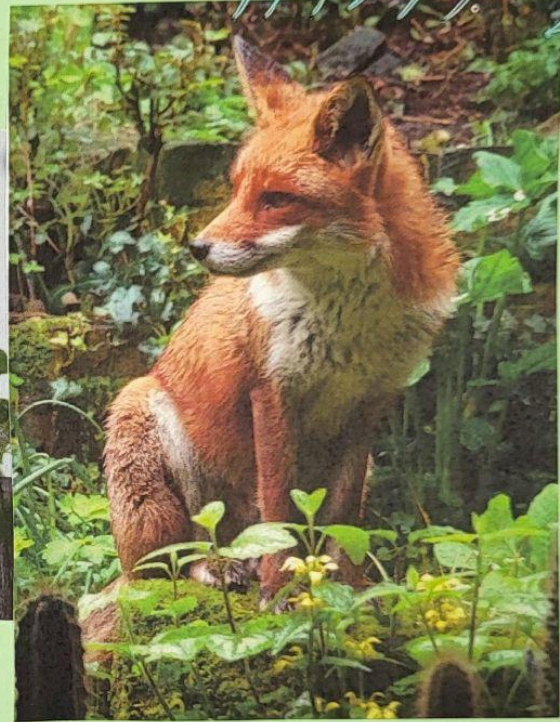
For wheelchair users, flat and wide paths are essential, and others mentioned needing to ensure equal access for all physically disabled people, so that might include railings and lots of seating/resting options

- Would you like to have interactive info in the grounds that tell you about the local wildlife?

The mental health benefits of nature with Dr Julie Smith Watch Later

NUMBER FOUR

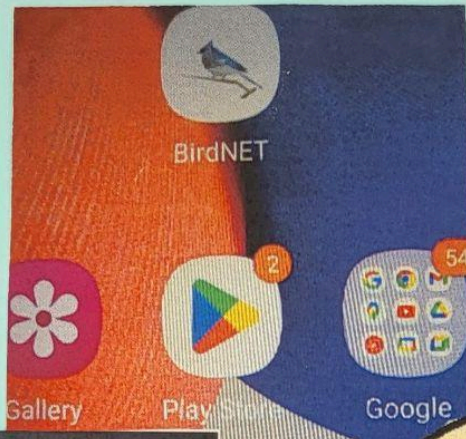
CONNECT WITH ANIMALS



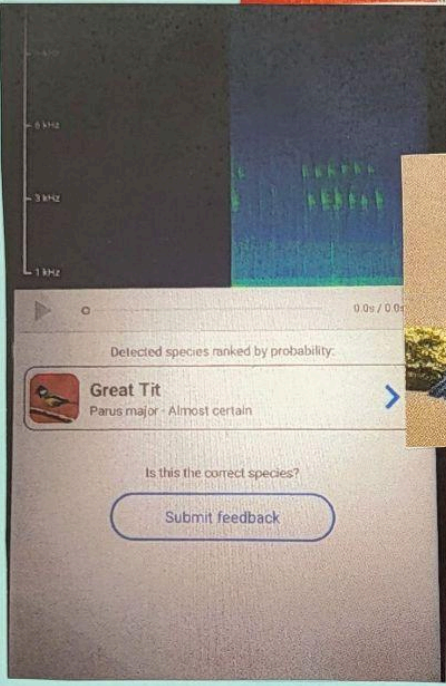
The mental health benefits of nature with Dr Julie Smith Watch Later

NUMBER THREE

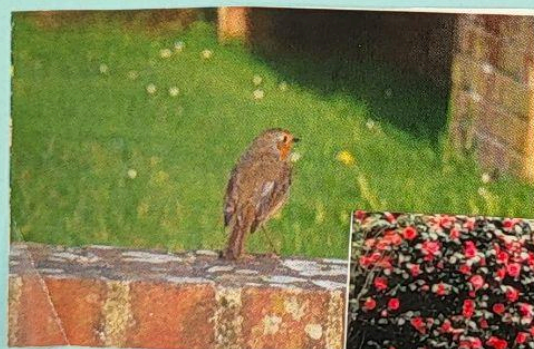
BE IN NATURE



Has someone been listening in to me?



OUR FEATHERED FRIENDS :- WE CAN EXPECT THEM TO BE AROUND



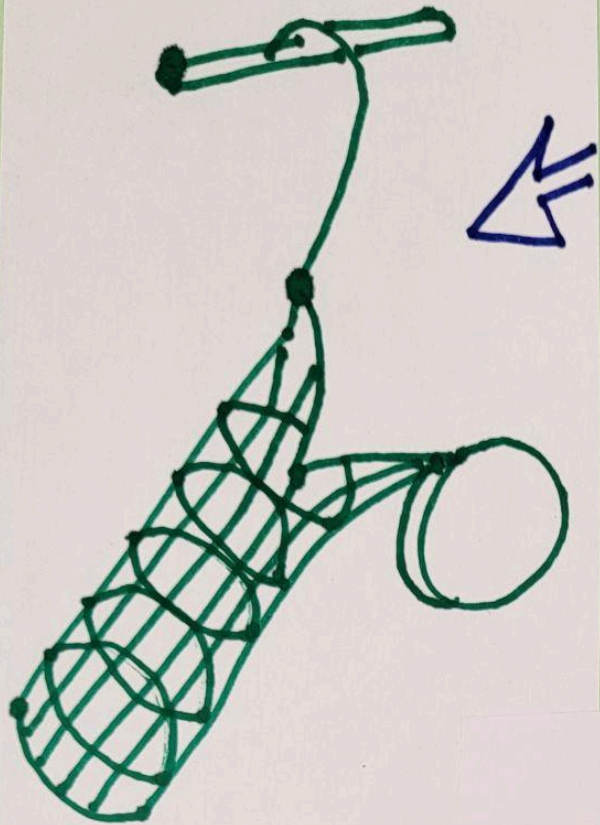
I'm hungry! Feed me!



'Cause, I'm as free as a bird now
And this bird you cannot change, oh-oh-oh-oh

 **Free Bird**
Song by Lynyrd Skynyrd

BIRD FEEDERS



CYLINDRICAL BIRD FEEDERS CAN BE DESTROYED BY SQUIRRELS WHO ALSO EAT NUTS.

PROTECTED FEEDERS KEEP THE SQUIRRELS OUT, ALLOWING SMALL GARDEN BIRDS TO FEED AND THEIR POPULATIONS TO INCREASE.



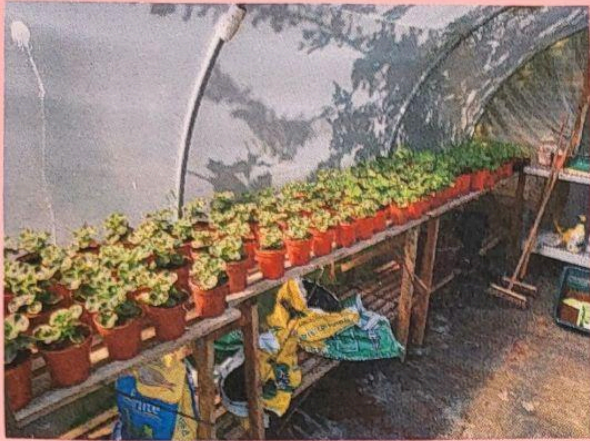
WHERE TO PLACE YOUR FEEDERS.

- In the open: So the birds have a 360° view of predators
- Sheltered: Avoid too much sun or cold winds
- Lookout point: Place near a bush to give them a place to 'queue' for the feed
- Quiet: Away from human traffic

DON'T FORGET TO CLEAN UP BELOW THE FEEDER AS MICE AND RATS CAN BE ATTRACTED TO THE DEBRIS.

• Would there be a dedicated Garden team and could we work with them

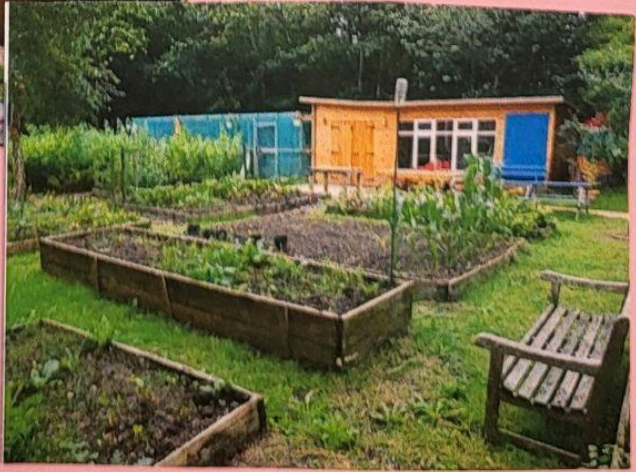
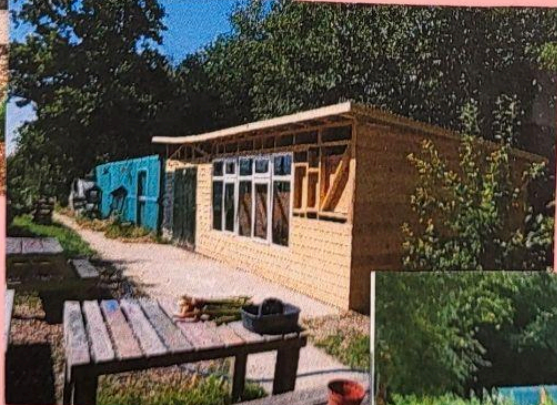
THERE IS LIGHT WORK AND HEAVY WORK IN A GARDEN



Germinating & Propagating Plants



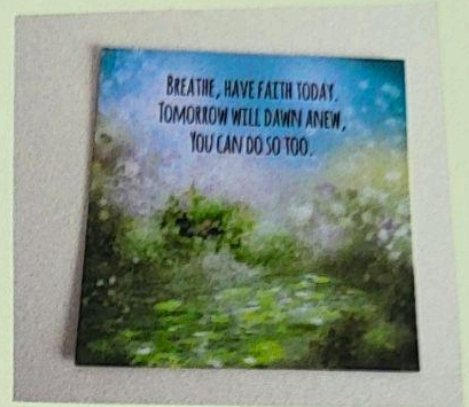
Mowing the grass



Before, During, and After

The four seasons in Sussex

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils; Beside the lake, beneath the trees, Fluttering and dancing in the breeze.
(Wordsworth)



Without my journey, and without the spring
I would have missed this Dawn (Shiki)

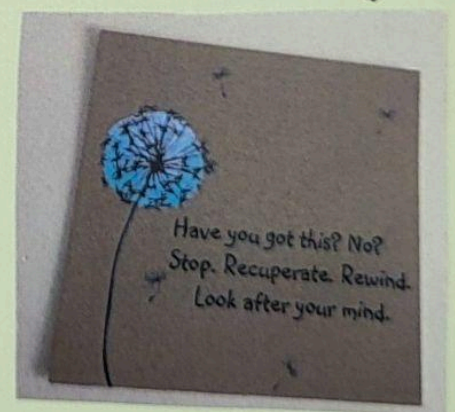
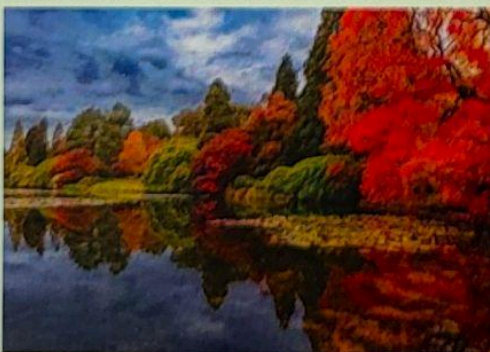


Thank you Lisa
for the Haikus

"I'm painting with the gusto of a Marseillais eating bouillabaisse, which won't surprise you when it's a question of painting large sunflowers." (Vincent Van Gogh)



Season of mists and mellow fruitfulness,
Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless
With fruit the vines that round the thatch-eves run; (John Keats)





You can visit or enter local Flower Shows



"There are also competitions such as Bexhill in Bloom and South East in Bloom"

How could the gardeners or their use be kept into community like flowers shows etc.



You can admire the flowers and produce or enter your own



Ninfield Horticultural Society
(Founded 1951)
2024

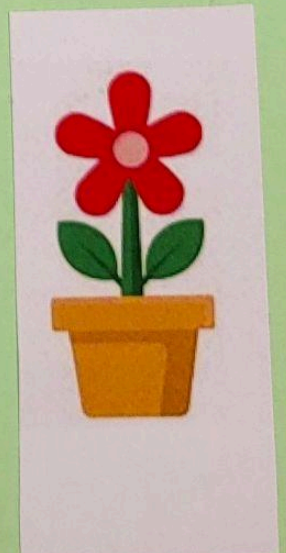


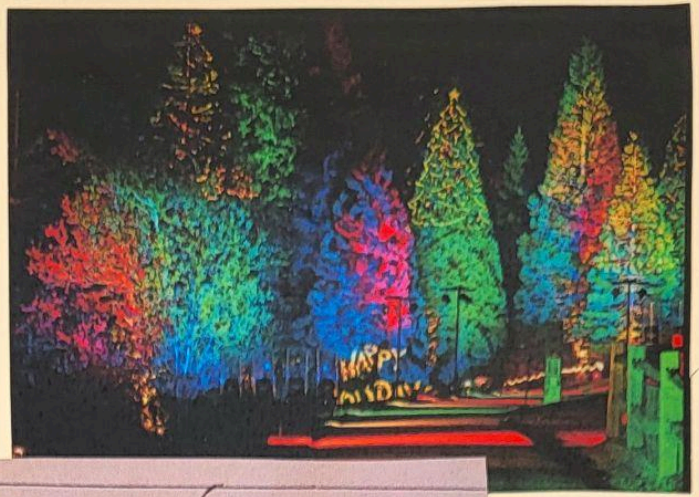
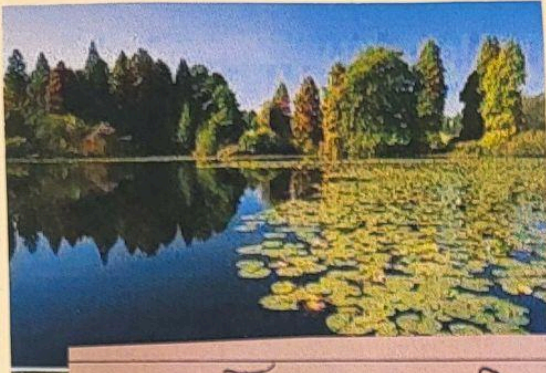
SPRING SHOW
Saturday March 23rd
2.30pm - 5.00pm MEMORIAL HALL

SUMMER SHOW
Saturday August 17th
2.30pm - 5.00pm

ADMISSION: Adults £1
Accompanied children FREE

There are flower shows at Crowhurst and Catsfield in July and August





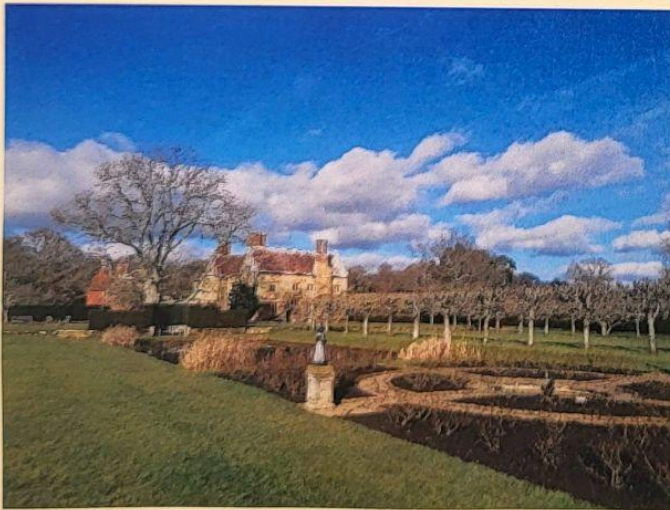
Trips to Bedgelwy. (Exercise etc)

Trips perhaps twice per week too
Park for instance.

Xmas
time



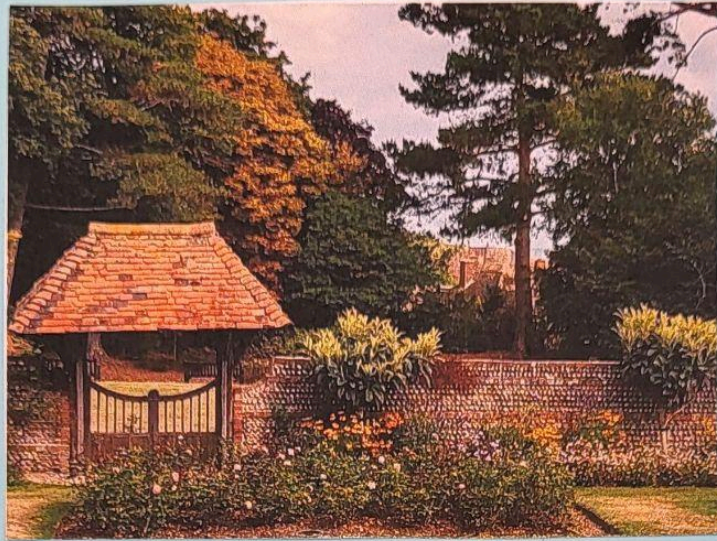
Abbot's Wood
near Hailsham
is a picture
at bluebell time



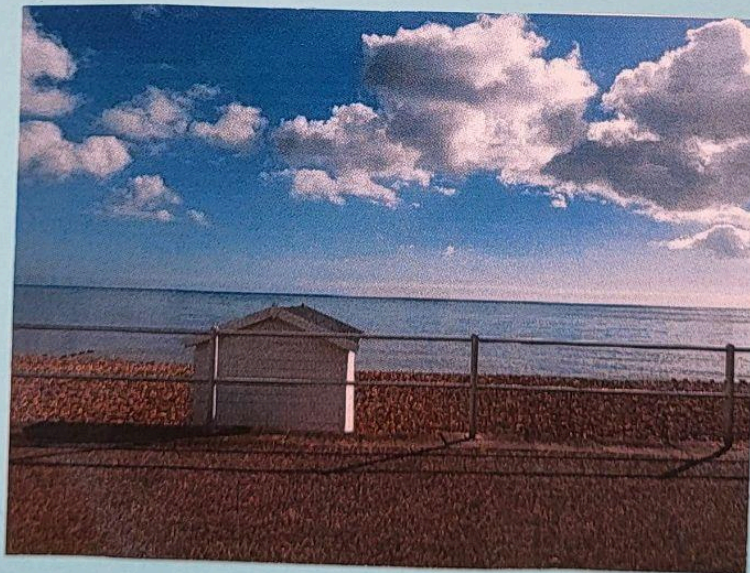
Batemans at
Burwash is a
pleasant and
restful place
to wander



TWO PLACES TO VISIT IN BEXHILL: THE MANOR BARN GARDENS & THE PROMENADE

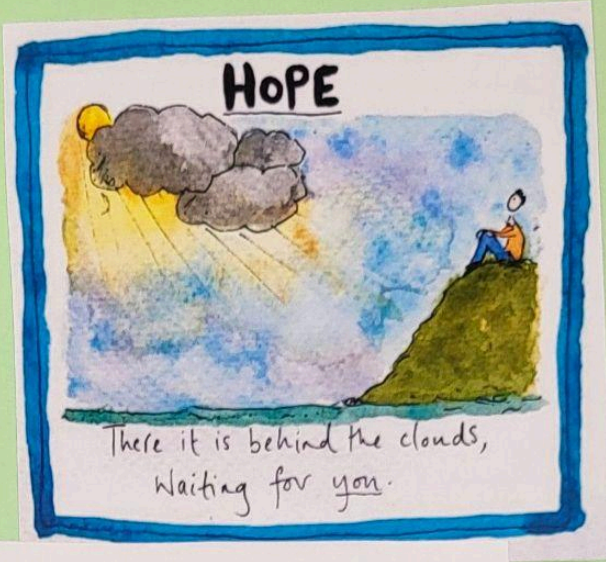
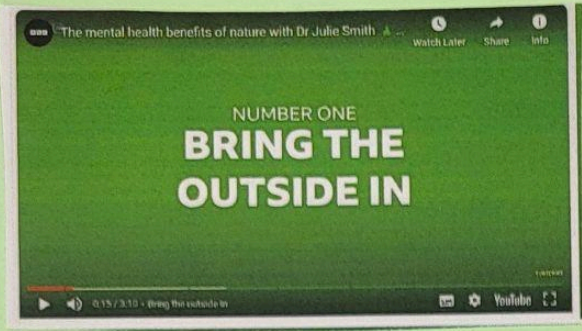


Focus on gardening, nature, and physical activities which start in hospital and continue in the community.

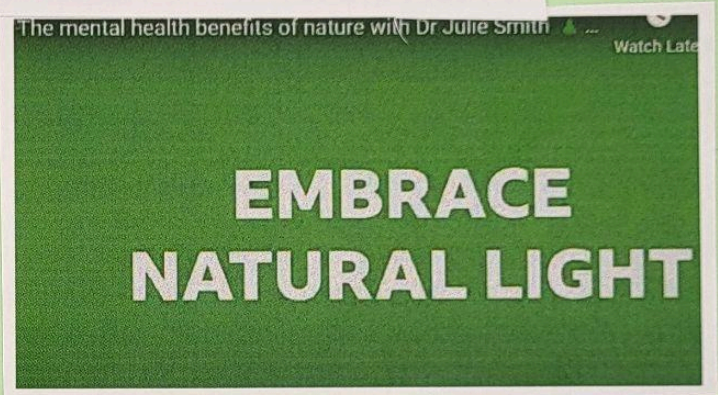


Stigma - you need to be open. Celebrities like Stephen Fry and Frank Bruno are OK, they raise the profile of mental health.

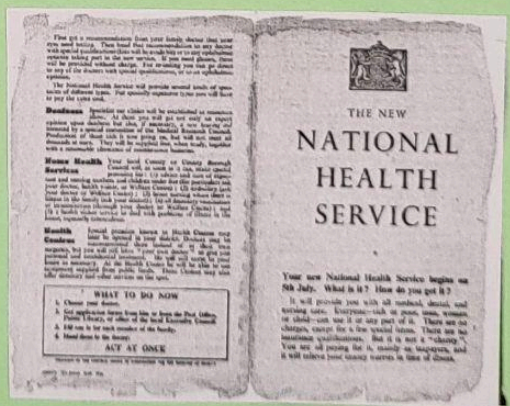
Leave to go into town and walk around, go to walk by the sea or in parks




Some mental health issues - some people do not understand.



If you end up longer in hospital, it costs the NHS more.



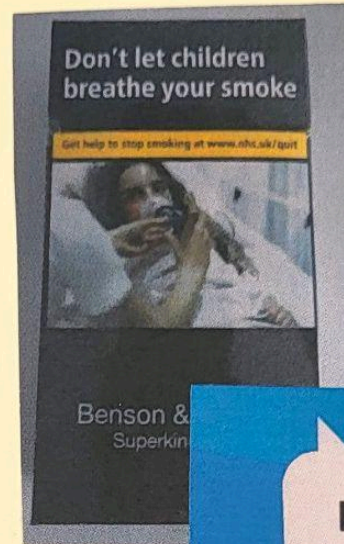

 "There is no greater agony than bearing an untold story inside you."
 — Maya Angelou, I Know Why the Caged Bird Sings

A Cambridge University Press article reports that genes that code for dopamine receptors D2 and D3 and brain-derived neurotrophic factor (BDNF) are involved in the smoking behavior of people with schizophrenia. Furthermore, recent genetic studies have identified other genes associated with increased tobacco use in those with schizophrenia.

What is the prevalence of smoking in people with schizophrenia?



Smoking prevalence among individuals with schizophrenia is estimated to be from 64–79%. Smokers with schizophrenia have historically been...



Sussex Partnership NHS Foundation Trust

Let's talk about smoking

Did you know that stopping smoking is the best thing you can do for your overall health and wellbeing?

We can support you at home, or somewhere of your choice, to help you on your quit journey.

The most effective and comfortable way to do this is by using stop-smoking medication and having support from a community tobacco dependency advisor.

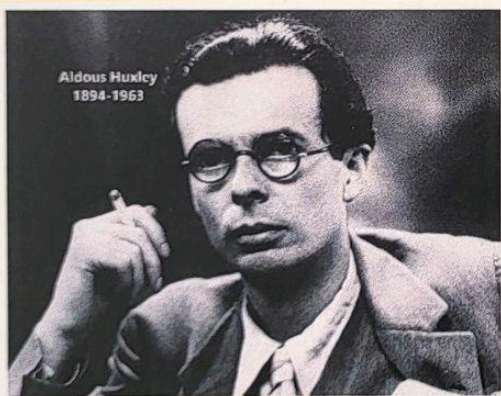
Want to know more?
Simply send an email and we will visit you at home, or somewhere of your choice, to have an informal chat or to set a quit plan.

TobaccoDependencyService@spft.nhs.uk

Community Tobacco Dependency Advisors:

- Sara Ball
- Sian Hackett
- Alison Scales
- Benson Babu

Tobacco Dependency Service
We're here to help.



*SMOKING, VAPING, AND PLACES TO SMOKE :- *

A MAJOR ISSUE

Smoking is very important many smoke issues No of staff. If too low then, these areas cant be managed.

Question: Create. What sort of area?
Seating + (rain proof).

Would ~~there~~ staggering allowed time in green area! (easier to manage).

A SAFE, THERAPEUTIC ENVIRONMENT

In a mental health ward, blanket restrictions are rules or policies that apply to all patients, or to specific classes of patients, without individual risk assessments to justify their application.

Least Restrictive Principle: The default position, as per the Mental Health Act Code of Practice, is to avoid blanket restrictions unless they can be justified. Providers must consider the principle of least restriction and individualize care whenever possible.

Copilot

Reducing restrictive interventions in mental health services is crucial for promoting patient well-being and autonomy. These practices, which include restraint, seclusion, rapid tranquilization, and even limiting access to outdoor spaces, can have significant impacts on patients' mental health and dignity ¹. Here are some effective strategies:

5. Positive and Therapeutic Culture: East London NHS Foundation Trust emphasizes creating a therapeutic environment. When mental health wards foster trust, communication, and empathy, patients feel safer, and the need for restrictive interventions decreases ¹.

Remember, these approaches aim to strike a balance between safety and patient autonomy, ensuring that mental health services provide compassionate care while minimizing restrictive practices ¹ ².

In 2015, the Mental Health Act Code of Practice called on mental health services to reduce restrictive interventions. These practices include the use of restraint, seclusion and rapid tranquilisation. They also include wider practices: for example, preventing a patient from accessing outdoor space.

Natural England - Focus group bullet points 6/11/2023

- Is it going to be a safe space?

"I want to be treated like a human being"
from Maus by Art Spiegelman (p 56)

Equality Act 2010

United Kingdom legislation



The Equality Act 2010, often erroneously called the Equalities Act 2010, is an act of Parliament of the United Kingdom passed during the Brown ministry with the primary purpose of consolidating, updat...

Thank you Gordon

GOV.UK

<https://www.gov.uk/guidance/equality-act-2010-guidance>



Equality Act 2010: guidance - GOV.UK

Learn about the Equality Act 2010, which **legally protects people from discrimination in the workplace and in wider society.**

A person with a mental health condition is protected against discrimination on the basis of **protected characteristics** such as age, disability, race, sex, sexual orientation, pregnancy, gender reassignment, religion or belief and marriage or civil partnership ¹. While mental health isn't directly a protected characteristic, disability is. The Equality Act 2010 defines a disabled person as someone with a physical or mental injury that must be substantial or long-term (likely to last over 12 months) and affect their ability to conduct day-to-day activities ².

The nine protected characteristics in the UK are ^{1 2 3}

- Age
- Disability
- Gender reassignment
- Marriage and civil partnership (in employment only)
- Pregnancy and maternity
- Race
- Religion or belief
- Sex (gender)
- Sexual orientation

If you have a protected characteristic, you are entitled to reasonable adjustments where you work, live, travel or are cared for.

It would have been good to have a separate protected characteristic of mental health as 1 in 4 people have a mental health issue in any 1 year

SOLIDARITY

Intersectionality - Wikipedia

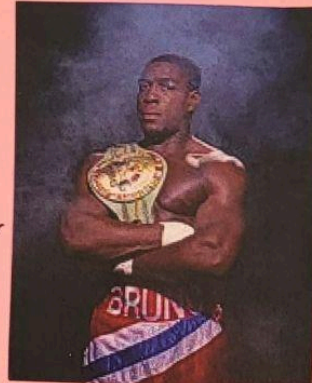
<https://en.wikipedia.org/wiki/Intersectionality>

Intersectionality is a sociological analytical framework for understanding how groups' and individuals' social and political identities result in unique combinations of discrimination and privilege.

Ed Sheeran is a famous singer-songwriter who has opened up about his mental health struggles ^{1 2 3}. He has suffered from social anxiety, claustrophobia, depression, and anxiety ^{1 2 3}. He has cut most people out of his life and only trusts a few friends and his wife ¹. He has seen a therapist and has recalled the lowest point in his life in 2015, when he was at the peak of his career ^{2 3}.



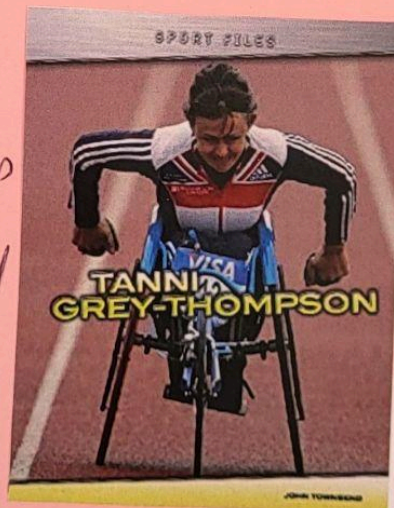
Stephen Fry is a married gay man who has bouts of depression and who is a famous entertainer.



Frank Bruno is a National hero and boxer who has experienced poor mental health. Frank is from an ethnic minority community.



Britney Spears is a global music superstar who has experienced poor mental health and abuse.



Baroness Grey-Thompson is a multiple Paralympic medal winner and the mother of her daughter.

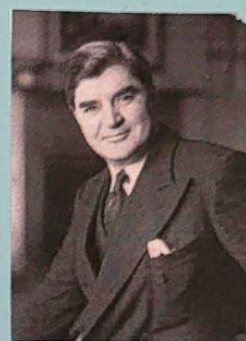
ACCESSIBILITY

If we have accessibility needs, the social model of disability describes how we should be treated.

NHS

1948-2024

FOUNDED 5 July 1948



Today, the NHS
includes co-production
with a place for diversity
and Experts by Experience

Like nature
and the gardens, the NHS
will continue to grow
and branch out

The NHS remains 'free at the point of delivery'
and treats people according to clinical need
not ability to pay

IN A CHANGING WORLD
WE STILL HAVE THE
NATIONAL HEALTH SERVICE

Pastscript



Spare a thought for construction workers - they build places for people to live and work. No-one gives them a thank-you or knows their names.

According to the Health and Safety Executive (HSE), there were 123 work-related fatalities in Great Britain in the last year (2021/22), with 30 of them occurring in the construction sector¹. The five-year average for fatal injuries in the sector is 36².

The construction industry is considered one of the most dangerous industries in the UK, with a rate of 1.6 deaths per 100,000 workers². However, there has been a decline in the number of fatalities in the construction sector in recent years. In 2021/22, there were 40 work-related fatalities in the construction sector, which is down from 46 in 2020/21¹.

Falls from height still represent the highest number of fatalities, as well as the second-highest number of non-fatal incidents in construction³. This is higher than all other sectors, despite a 13% reduction in incidents compared to the previous year's figures³.

It goes with the job - a high number of fatal and non-fatal industrial accidents.

If this was my project I would have left the non load bearing walls down to enable a solid working crash deck that could be installed and not have a 5m fall due to the open staircase.

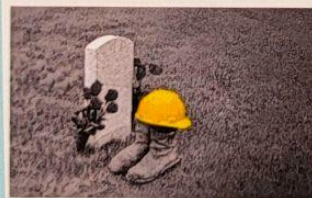
#loveconstruction #onthetools #construction #constructionindustry #carpenters #tradesmen

on the tools onthetoolstv



Construction suicides keep rising

2 Dec 22 Numerous industry initiatives and awareness campaigns appear to have failed to prevent growing numbers of construction workers from killing themselves.



Latest suicide statistics for England and Wales, published by the Office for National Statistics, show that 507 people working in the construction industry committed suicide in 2021. This is an increase from 483 in 2020.

Of the 507 construction suicides last year, 503 were male.

The construction suicide toll in 2022 was 25 more than the previous five year average of 482.

Andy Bishop, Mike Turlin, and others campaign to raise awareness of suicides connected to construction work. Professor Louis Appleby of the National Confidential Inquiry into Suicides and Safety has kept records on suicides since 1996.

(It is a pity that some still use the term "committed suicide." Suicide is no longer a committed offence, after an Act of 1961.)

Combe Valley Way was opened in 2015, followed by adjoining roads. This enabled access to the Enterprise Park zone. Mount View Street is part of this new infrastructure.

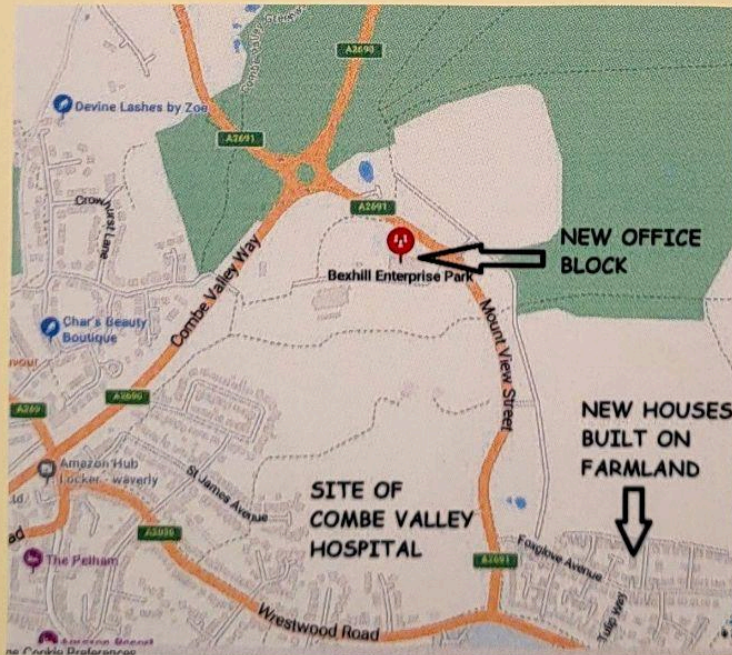
Bexhill Enterprise Park

We're creating the Bexhill Enterprise Park in stages, with our attention first on Bexhill Enterprise Park South – the area southeast of Combe Valley Way.

In 2020, we completed development of the 25,674 sq ft High Weald House – a set of offices from 620 sq ft upwards, letting now on highly flexible lease terms.

In terms of connecting roads, we've developed Mount View Street to access the Enterprise Park from both Combe Valley Way and, from the south, from Bexhill's Wrestwood Road.

To the north-west of Combe Valley Way, we've developed Haven Brook Avenue, which opened in March 2019, to open up further development land as well as improving local traffic routes.





NEW MENTAL HEALTH HOSPITAL OFFICIALLY NAMED

A GROUND-BREAKING ceremony has taken place as the name of Bexhill's new mental health hospital is announced. The event took place on Tuesday, January 30, where the 54-bed hospital in Mount View Street, Bexhill, was officially named **Combe Valley**, a name chosen by staff and service users.

Opening its doors in 2025, the new hospital will provide modern, high-quality care for people who may be experiencing serious mental health problems, emotional crisis, or severe distress which cannot be treated in the community.

The facilities will replace outdated dormitory accommodation at the Department of Psychiatry, currently based at Eastbourne District General Hospital, with a modern and improved therapeutic environment, including individual bedrooms with ensuite bathrooms, for patients across Sussex.

Combe Valley Hospital is developed by Sussex Partnership NHS Foundation Trust (SPFT) alongside NHS Sussex, the Integrated Care Board for the county, supported by significant input from local service users and staff. Kier was chosen as construction partner, and its workers have

been on-site in Mount View Street since last year. They have been undertaking ground works and other activities to make the site ready for full construction.

Those who attended the ceremony included service users and staff, Sussex Partnership NHS Foundation Trust (SPFT) Chief Executive Jane Padmore, NHS Sussex chairman Stephen Lightfoot, as well as senior representatives from Kier, Rother District Council, and Bexhill Town Council.

Dr Padmore, who is a registered mental health nurse and has worked in mental health and learning disability services since 1990, said: "This is the largest development that we, as a trust, have undertaken for many years.

"Not only will Combe Valley provide a safe, therapeutic environment for the patients coming through our doors, but also give our staff a fantastic place to work.

"Thanks to our close work with service users and staff, we are confident that by next year, we will have modern, high-quality facilities which will serve the people of East Sussex and beyond for a long time to come.

Mr Lightfoot added: "This is an exciting day for all partners in the Sussex health and care system, and especially for those who work so hard in our mental health services.

"This new hospital is a key part of the mental health improvements health and care services are making in Sussex, as part of our integrated care strategy, Improving Lives Together, which was launched in January 2023 and sets out our ambition for health and care across Sussex over the next five years.

"Supporting people when they need mental health support and care is one of our key priorities, and it is clear that Combe Valley Hospital will play a huge role in helping us achieve our ambitions, delivering better services and support to the people that need it most."

Ms Parsons, regional director for Kier, said: "We are proud to mark the start of works on site here at Combe Valley Hospital and look forward to working in partnership with Sussex Partnership NHS Foundation Trust and key stakeholders to provide improved and modernised services to the East Sussex region.

"We will use our wealth of experience and expertise to deliver this first-class health facility sustainably, benefitting the community for years to come."