

Topic 8

The continued issue with the heating on the ward needs to be resolved. It is often too warm, even when it's cold outside. However, this time there were a few nights that were freezing. With e blankets could not get warm.

If Roger hadn't phoned me I wouldn't have known what was happening and also it wasn't clear who Zoe was from my letter.

Vegetarian selection. Also too much sugar in biscuits and cakes.

Warned me about the pressure put on my chest to insert the device.

So let down. I understand the pandemic has disrupted services but this shouldn't alter the amount of group therapy given. Using the pandemic as an excuse to cut out months at the end of my group therapy because you thought I needed support then rather than later, is unacceptable. I wasn't given the option to make the decision for myself in my care. I had no choice I had to take the phone calls. If I had the choice I would've waited for group therapy to start rather than having to take one to one phone calls, as part of my group therapy time scale. If I was told that those phone calls would be taken off the end of my group therapy, and if I was given the choice I would've waited for group to start. Those phone calls really should've been classed as support calls rather than group MBT. I have waited years for this personalised therapy, I only get one chance in my lifetime to access it. Yet you have cut my time short by months. I now have to sit in group therapy listening to my therapist say to the new starters that they will have a "full year of group therapy to explore their difficulties." Hearing those words was like a dagger to my heart. You chose to end my therapy on fri 13th, the most unlucky day of the year. Also 3 days before my birthday. I also found out that I'm the first person to leave the group even though we all started together. Do you know how that all feels? Obviously no, thought has gone in to thinking about the individual, me. How all this would make me feel. I was also told I was going to get an Autism assessment. I've not heard anything so I guess this is no longer going ahead. I was told this assessment would help see if I have Autism or other mental health disorders, as it is looking like I have more than BPD. Now I feel all this research has stopped because of how soon you are making me leave, as there is not enough time now. I had high hopes for getting the treatment time needed but you didn't give it me. You can't alter treatment because of a pandemic especially when this treatment is a one off access. I understand that the pandemic put a hold on things that's fine, but to take away group therapy time is unacceptable.