

Ψ-FI

03

December 2011



2011...? YOU'RE SO... "THEN"...

Whether you believe it or not, another year is coming to its end: a year full of recession, looting and pensions we'll never live to enjoy...cheerful stuff to discuss around a festive dinner table...

What's next to come...? Well, if you're a CT3: shut up and dance to the CASC rhythm. The College always finds the most effective ways to ruin your holidays. As if the Year doesn't have 365 days, they've decided that the most appropriate date to steal 948£ from your hard-earned-sectioning cash is a few days after Christmas...how sweet...I'll take history from my turkey: "...so what do you mean by "I'm feeling stuffed...?"

In this issue, we leave doctors aside (let's admit it...we're boring...we spend half of our lives studying and the rest half trying to prove we've REALLY studied...) and we devote our pages to people from "the other side"...non-medical professionals that love to torture us, as much as we love torturing them! Some of them you already know, others you'll instantly recognize as you come across them very frequently, but never had the chance to say hi...see what they have to say!

What's more...?

Bakesale footage plus some Christmas songs with a twist, because...really, there's more to Christmas than George Michael...

Have Fun, Go Mad!!!

Pospo

Elaine Allsworth-Barber, Maudsley Psychotherapy Admin

1. What's the best thing about your job? **The people.**
2. ...and what's the worst one? **The people. Lovely though they are.**
3. What's the most annoying thing that happened while at work and what did you do then? **Too many to remember and I've blocked them all out.**
4. Change your job for a different one, but still you have to choose one in the hospital...which one would that be and why? **Fitness instructor at the Maudsley Gym.**
5. If you were a doctor, what would you do differently? **I'd change from being a doctor.**
6. I give you Bill Gates credit card...buy yourself a present! **Buy an island off the coast of Scotland or one of the Scilly Isles.**
7. And now, I give you some huge NHS funding...name the three changes you would make in the hospital! **I can't say or I'll be in trouble.**
8. 2012 is on its way...according to the Incas: it's gonna be the end of the world...save one person from the hospital! **Me**
9. Favourite song, holiday destination and Maudsley canteen food! **At the moment I can't get a song called "Fancy Pants" by someone called "Kenny" out of my mind. Virtually anywhere in England by the sea. /Curry on a Thursday.**
10. Share with me your little secret spot in the Maudsley...it can be a clean toilet, a quiet place to relax or even a corner when you can talk to yourself without getting admitted for hearing voices... **2nd Floor toilet in the Outpatients (when it's not blocked) because it's warm in winter**
11. It's Christmas time...make a wish (I can't guarantee, it will happen...)! **Don't let Christmas dinner be burnt**

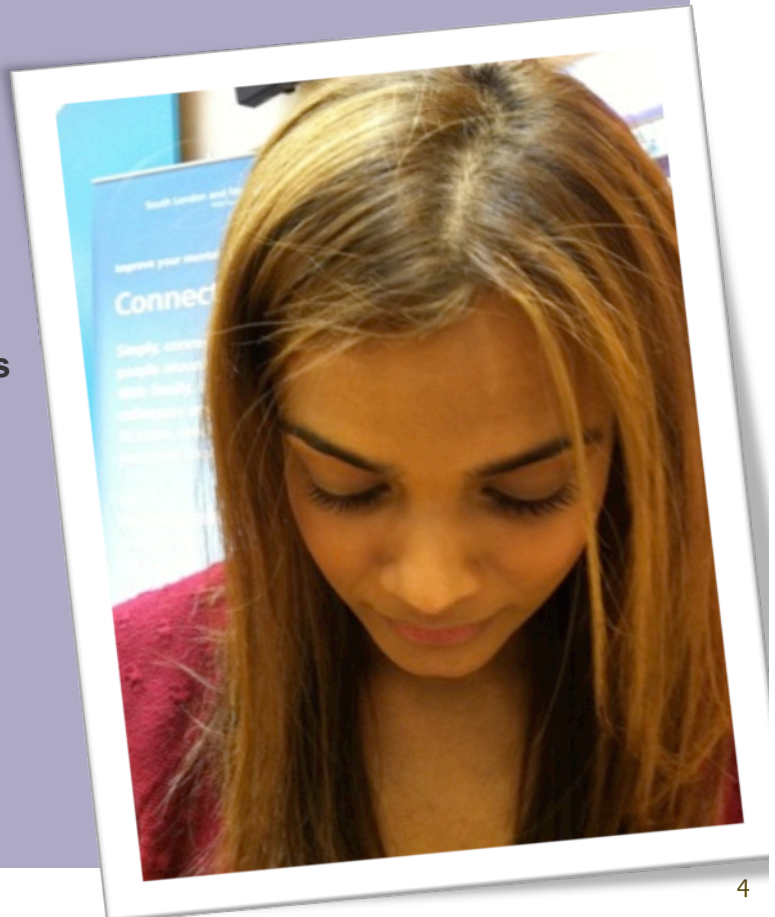


1. What's the best thing about your job? **I like working with the team and having time to concentrate on the individual as a whole.**
2. ...and what's the worst one? **Rushing around and not managing to give people that time.**
3. What's the most annoying thing that happened while at work and what did you do then? **Always losing my glasses and mobile phone but that is a daily occurrence. For one specific incident – I lost a day from the ward so can't really do my job any more –do lots of meetings but not much time to see patients.**
4. Change your job for a different one, but still you have to choose one in the hospital...which one would that be and why? **Do a cleaning job. The object being cleaned doesn't complicate things and once its done it's a job complete.**
5. If you were a doctor, what would you do differently? **I would have to employ more physiotherapy**
6. I give you Bill Gates credit card...buy yourself a present! **I buy myself a month off and rest**
7. And now, I give you some huge NHS funding...name the three changes you would make in the hospital! **buy more physiotherapy, buy physios a nice big department . Perhaps give something to all the other staff who have really important jobs to do.**
8. 2012 is on its way...according to the Incas: it's gonna be the end of the world...save one person from the hospital! **I would save Steve Gallagher- He likes physios and got them working in the Lishman.**
9. Favourite song, holiday destination and Maudsley canteen food! **Favourite song – all out of love, Place: Westendorf in Austria Food: Beef Goulash**
10. Share with me your little secret spot in the Maudsley...it can be a clean toilet, a quiet place to relax or even a corner when you can talk to yourself without getting admitted for hearing voices... **Physio department when there's nobody else there**
11. It's Christmas time...make a wish (I can't guarantee, it will happen...)! **A wish that Life is easier next year.)!**

Jean Picton-Bentley, Senior Physiotherapist, Maudsley Hospital

Iyoni Ranasinghe, Mental Health Nurse, JBU, Maudsley Hospital

1. What's the best thing about your job? **Discharging patients...**
2. ...and what's the worst one? **...seeing the same patient you discharged not long ago being brought back by Police**
3. What's the most annoying thing that happened while at work and what did you do then? **Bank staff letting patients off the ward without any Sec 17 leave...I panicked**
4. Change your job for a different one, but still you have to choose one in the hospital...which one would that be and why? **Domestic staff...they see all the action but never have to get involved**
5. If you were a doctor, what would you do differently? **Be happy when I get bleeped at 3am for unnecessary query**
6. I give you Bill Gates credit card...buy yourself a present! **More annual leave**
7. And now, I give you some huge NHS funding...name the three changes you would make in the hospital! **1. Professional photographer for ID badges 2. Gates shortcutting to Denmark Hill Station to be open 24/7 3. The building housing JBU, Ruskin and Lishman not to be so far away...**
8. 2012 is on its way...according to the Incas: it's gonna be the end of the world...save one person from the hospital! **That one patient who sits outside the hospital shouting abuse to strangers...they're entertaining**
9. Favourite song, holiday destination and Maudsley canteen food! **Favourite song – the drugs don't work. Holiday destination...anywhere far away... The entire COSTA section**
10. Share with me your little secret spot in the Maudsley...it can be a clean toilet, a quiet place to relax or even a corner when you can talk to yourself without getting admitted for hearing voices... **JBU ward kitchen: it's quiet and there;s food...**
11. It's Christmas time...make a wish (I can't guarantee, it will happen...)!
No influx of admissions around this festive period



Joao Almeida, Coffee Artist, COSTA Café, Maudsley Canteen

1. What's the best thing about your job? **Free supply of coffee**
2. ...and what's the worst one? **Skinny wet latte half water no foam**
3. What's the most annoying thing that happened while at work and what did you do then? **People that don't drink coffee and do not know what drinks are. I try to explain the best as I can but is always very hard**
4. Change your job for a different one, but still you have to choose one in the hospital...which one would that be and why? **I would be a doctor just so that I could walk around with a stethoscope**
5. If you were a doctor, what would you do differently? **I give my patients a lollipop on the end of every consultation**
6. I give you Bill Gates credit card...buy yourself a present! **I would buy myself a duplex size tree house**
7. And now, I give you some huge NHS funding...name the three changes you would make in the hospital! **increase the number of nurses, reduce targets and focus more on quality service**



8. 2012 is on its way...according to the Incas: it's gonna be the end of the world...save one person from the hospital! **I would save Pospo so that he personally could DJ on my parties**

9. Favourite song, holiday destination and Maudsley canteen food! **Favourite song – Rough Riders Anthem by DMX, Favourite place: Bahia in Brazil, Favourite food: lasagna**

10. Share with me your little secret spot in the Maudsley...it can be a clean toilet, a quiet place to relax or even a corner when you can talk to yourself without getting admitted for hearing voices... **I like the outside sitting next to COSTA**

11. It's Christmas time...make a wish (I can't guarantee, it will happen...)! **I wish for chocolates that does not make me fat!**

Patel Pravinkumar, Deputy Manager, Phlebotomy Department, Maudsley

1. What's the best thing about your job? **The best thing about my job is constantly meeting new patients and other members of staff from all walks of life with their own weird and wonderful personalities from different diverse backgrounds. I also enjoy the challenge of bleeding patients that are difficult. It stops job from being monotonous and keeps on my toes.**

2. ...and what's the worst one? **The worse thing is not fulfilling my job which is not being able to bleed a certain patient, it's distressing for them and also stressful for me.**



3. What's the most annoying thing that happened while at work and what did you do then? **The most annoying thing that has happened at work is that senior workers are taking serious decisions that affect others within the department without consulting me or my peers. This causes a great deal of frustration, anger and shows a lack of support of me and my team. This also emphasizes the communication problems that plagues the national health services and also most workplaces.**

4. Change your job for a different one, but still you have to choose one in the hospital...which one would that be and why? **I don't think that I would change my job. I feel that I am able to help patients and provide the best service for my abilities in the job that I currently occupy.**

5. If you were a doctor, what would you do differently? **If I was a doctor my first port of call would be to reprioritize myself. I would put more emphasis on patient care rather than spending as much of my energy on bureaucratic side of things such as filling in documents and meeting targets. The upmost aim of any doctor should be patient care, not meeting targets.**

6. And now, I give you some huge NHS funding...name the three changes you would make in the hospital! **I would firstly improve the quality of catering in the hospital as I find that many patients waste their food which is both a waste of finances and detrimental to their health and overall experience of hospital care. I would also try to employ as many support staff as I could as I find many staff such as nurse are overwhelmed. I think I would also increase initiatives that help to entertain and engage patients as I work in a psychiatric hospital. Medical care alone can not help the patients I work with, they need stimulation and enjoyment.**

7. 2012 is on its way...according to the Incas: it's gonna be the end of the world...save one person from the hospital! **I would save one of my favorite patients.**

8. Favorite song, holiday destination and Maudsley canteen food! **I don't think I could disclose my favourite song, it would result in a lot of teasing. My favourite destination would be my farmhouse in India. I get to enjoy the spoils of my farm and relax in a place that is away from the hustle and bustle of the city. My favourite Maudsley canteen food would have to be the nothing. Being a vegetarian I feel there isn't anything that's tasty and appealing to me. The prices are also extortionate for the quality they offer.**

9. Share with me your little secret spot in the Maudsley...it can be a clean toilet, a quiet place to relax or even a corner when you can talk to yourself without getting admitted for hearing voices...**my secret place to contemplate and just take a quick breath of fresh air would be the garden especially during the summer blooms.**

11. It's Christmas time...make a wish (I can't guarantee, it will happen...)! **My wish would be to have a good winter without freakish weather. I have had enough of extreme weather.**

Chughtai Selina, Postgraduate Centre Manager

1. What's the best thing about your job? **Helping trainees to become the best doctors in the world.**

2. ...and what's the worst one? **Where do I begin?**

3. What's the most annoying thing that happened while at work and what did you do then? **Having to work with an over flowing toilet and blocked sewage pipes. The whole building stank, we had no choice but to work from home.**

4. Change your job for a different one, but still you have to choose one in the hospital...which one would that be and why? **To be the chef in the Maudsley canteen, I would go around all the best restaurants in London if not the world and get some inspirational cooking ideas.**

5. If you were a doctor, what would you do differently? **I always admire anyone with good people skills as it helps to put people at ease. There is nothing worse than meeting a Dr who is cold and clinical.**

6. I give you Bill Gates credit card...buy yourself a present! **I would like to set up schools in developing countries and help young children learn basic literacy.**

7. And now, I give you some huge NHS funding...name the three changes you would make in the hospital!

A proper postgraduate training centre.

Hire Jamie Oliver to cook for the Maudsley Canteen

Get some design architects in to help make the Maudsley wards and corridors more aesthetically pleasing.

8. 2012 is on its way...according to the Incas: it's gonna be the end of the world...save one person from the hospital! **Me?**

9. Favourite song, holiday destination and Maudsley canteen food! **Song: It's hard nut life, Holiday destination: Camberwell : Canteen Food – don't even go there.**

10. Share with me your little secret spot in the Maudsley...it can be a clean toilet, a quiet place to relax or even a corner when you can talk to yourself without getting admitted for hearing voices... **...the Exit...**

11. It's Christmas time...make a wish (I can't guarantee, it will happen...)! **For everyone in SLaM to live happily ever after.**





CHRISTMAS SONGS WITH A TWIST

by Pospo

- Andy Williams - Happy Holiday
- Anita Baker - Frosty's Rag (Frosty The Snowman)
- Caitlin Rose - You Never Come Home for Christmas
- Charles Bradley feat. The Ghospel Queens - Everyday Is Christmas (When I'm Loving You)
- Chuck Berry - Merry Christmas Baby
- Eartha Kitt - Santa Baby
- Holly Golightly - Christmas Tree On Fire
- Jackson 5 - Santa Claus Is Coming To Town
- Jesse Thomas - Christmas Song
- Jimmy Reed - Christmas Present Blues
- Little Willie Littlefield - Merry Xmas
- Lloyd Glenn - Sleigh Ride (Take 1)
- The Voices - Santa Claus Baby
- Detroit Junior - Christmas Day
- Vernon Garrett / Sir Stan & The Counts - Merry Christmas Baby
- Rose Graham - Black Christmas
- Jimmy Jules & Nuclear Soul System - Xmas Done Got Funky
- Gary Walker - Santa's Got A Brand New Bag





Stereotype:

A term used to define all people of a certain belief into a mostly negative category that may only reflect a selected few of the racial demographics.

For example: white men can't jump...doctors can't bake...well, we proved everybody wrong, at least in regards to the latter...(We're workin' on a charity event for the former...volunteers needed...)!!!

But let's see what da Prez says:

sounds like
some of the
Consultants...





“Thanks to sterling effort on behalf of JCR Committee charity rep Akshay Nair, and a wonderful contribution from many trainees, JCR bake sale raised 250GBP for CoolTan Arts! Simply wonderful!

May I personally thank everyone who contributed baked goods, or time working at the stall. Also, a huge thank you to Akshay for putting a lot of work into organizing the event and staffing the stall. Some of the cakes were contributed by CoolTan members and from OT groups at Maudsley, so thanks to all who contributed from those places too. Please forward this to anyone else who contributed and deserves acknowledgement.

The response from customers was lovely, and the charity is hugely appreciative of the donation. With 250GBP, they can keep an arts workshop running for an entire month, so that's a great contribution to a local charity focusing on arts and mental health.

CoolTan Arts will be our charity for the rest of the year, and this successful event is the start of a new series of charity fundraisers the JCR will be working on.”

<http://www.cooltanarts.org.uk/>





Louise, JCR Bakesale Official Tester

Useless
Psychs...so
glad I
became a
GP...

My wife
cooks
better than
yours...

I wish I
had a
pound...

I'm sorry
luv...this
cupcake is
mine...



Useful Bitz

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If you have any queries, donations or just want to contribute your bit, drop me a line or two and I'll make sure you get a reply before you grow old, poor and homeless...

How To Tell You've
Been Really Bad.



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