

# S. U. News

The newsletter for Ealing Service Users

## We visit the new Max Glatt unit at the Chelsea and Westminster Hospital

When the inpatient detox unit moved from Ealing Hospital it retained the name Max Glatt. Some of us will have experienced the old Max Glatt unit but what is the new one like?



The unit tends to take clients with more complex physical and psychological needs who stay in the unit for approximately 10-12 days, depending on the substance that's being detoxed. Some clients are being detoxed for one substance (e.g. alcohol) whilst being stabilised for another (such as opiates). Along with therapy sessions such as relapse prevention the unit has a full programme of activities from art and music therapy, work-outs in the gym and acupuncture.

The site is next to the main hospital and has a garden, canteen style restaurant and common room that is also used for breakfasts. Every patient has their own room and there is even a cluster of rooms around a small quiet space for women clients.



Following detox patients continue with their care plan, which could include a residential rehab or back home for one or more of the post detox services offered by RISE including the Structured Day Programme, Foundations of Recovery or SMART Recovery.



Thanks to Alan Butler for organising the visit (he's the one on the right).

## Max Meier Glatt, 26 Jan 1912 - 14 May 2002



Born in Berlin into a prosperous middle-class family, Max was destined for a prestigious academic career in medicine but the racial laws of the time made it practically impossible for Jews to gain a university appointment.

Even so, in 1936, Max was awarded a doctorate in neurological medicine at Leipzig University. In 1938, at the height of Jewish persecution, he tried to escape to Holland but was captured by frontier guards and taken to Dachau concentration camp. Max found his way to England in 1940, but he was soon classified as an enemy alien and was sent to Australia.

By 1942, he was back in this country and started his 60 year medical career. He pioneered the treatment and rehabilitation of alcoholics and drug addicts. Perhaps more than anyone else, he was responsible for a change in attitude - from one that regarded alcoholics as nuisances to one that saw them as patients requiring treatment.

When he was appointed Consultant Psychiatrist in charge of the female division of St Bernard's Hospital in the late 1950s, he converted three wards, one female and two male, for the care of alcoholic and then drug-addicted patients, who wanted abstinence. Those were the days when you could divert the resources under your clinical control to meet new challenges. This became the North West Thames Regional Drug and Alcohol Dependence Unit.

He retired from the National Health Service in 1977 but continued almost until his death to see patients at Wormwood Scrubs. The Unit at St Bernard's (now Ealing) Hospital was called the Max Glatt Unit in his honour, as is the Unit in HMP Wormwood Scrubs.

### Service User Voice

The monthly Service User meeting for all Ealing RISE Service Users is held at the Social Cafe on the 2<sup>nd</sup> Tuesday of each month 2-30pm to 3-30pm (£5 voucher for attendees).

The next three dates for your diaries are:

- 13<sup>th</sup> May
- 10<sup>th</sup> June
- 8<sup>th</sup> July

### Free Social Activities

**24th April** Another walkabout tour of London along the lines of the Jack the Ripper tour last year

Ealing Broadway Tube @ 2:30pm.

Call Sean Kelly on 07858400543 for more details, to book a place and to get confirmation of dates and times.

### About Your Newsletter

If you would like to provide articles on what's happening to drug and alcohol services in Ealing or help edit the newsletter please let us know, contact details below.

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