

# Cassel

newsletter

*News from the Cassel Hospital*

September 1996

## New Children's Centre

**Dr Bob Hinshelwood, Clinical Director & Consultant Psychotherapist**

*This edition of the Cassel Newsletter celebrates the opening of the Children's Centre, a major rebuild to provide purpose-built accommodation for pre-school and school-age children during the day time.*

*The Cassel community is unusual in that we have a full age-range of patients, literally from birth to late middle-age. All live together with the aim of mutual support.*



Dr Bob Hinshelwood

This mixture, resembling society at large, is vital for all ages of people here. Children are especially important for many of the adolescents and young adults still struggling out of their own childhoods. For the parents of young children it is often very important to have older figures, people who have had children themselves; and for those older people, it can be important to rediscover their past parenting skills through supporting the young families.

The parents too help each other and gain new perspectives on parenting and on their own skills. Baby-sitting help for the young families, and help with supporting the parents is important for all the age groups we have. For the children themselves, there is an opportunity to experience the stability of the household regime in the community and to attend regularly to the school or pre-school group.

However, the Cassel community is not just a living-together opportunity to develop relationships.

It is a community that works towards these ends in a climate of enquiry about all the problems – and successes – that we have. The new Children's Centre, dedicated as it is to the processes of learning from the earliest period in life, has a key place in our "culture of enquiry".

Although we are now enthused by our splendid new premises, our commitment to development from discovery and self-learning goes right through the community. Indeed the institution itself must learn and develop. There are many new departures that the Cassel is embarking on. Not least is the development of external courses and consultancy which are devoted to encouraging the learning from the "work of the day" as we call it.



Eddie George (right), Governor of the Bank of England, who kindly hosted a fundraising reception for the Cassel's Families Centre Appeal at the Bank's museum in June.



The  
RIVERSIDE MENTAL HEALTH  
Trust

The Cassel Hospital provides in-patient and out-patient psychotherapy for whole families, single adults and adolescents. The majority of people we help suffer from severe personality disorders. They join our internationally known therapeutic community comprising a unique combination of intensive psychotherapy and psychosocial nursing. The Cassel is part of Riverside Mental Health Trust.

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