

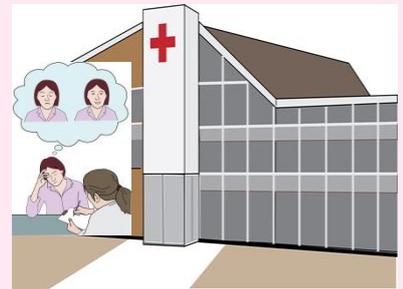
## Who Am I

Hello my name is Simone Aspis. I am a disabled person who is advocating for others to get out of psychiatric hospitals. I am the boss of Changing Perspectives. [www.simoneaspis.co.uk](http://www.simoneaspis.co.uk)



## I want to hear from you

We want to hear from anyone in hospital who feels the changes in psychiatric hospital rules since the Covid-19 illness outbreak are unfair or bad for your health.



## Why I want to hear from you

Hospitals are not allowed to have what is called a blanket policy. This is when the rules are the same for everyone without good reason.



We are hearing that hospitals are

Stopping all community leave (This is called section 17 leave)

Stopping all visits so that your parents, friends, advocates are not allowed to see you.

Stopping activities that you like to do and keep you well



Hospitals should have rules that allow staff to treat everyone as individuals.



An example stopping community leave for everyone because the hospital bosses are worried about people being unwell of covid-19 illness.

The staff may need to think about the following before making a decision on whether you are allowed to leave the hospital grounds.

Are you unwell with illness such as covid-19

Your age and if you have other illnesses like diabetes

Risk of getting unwell and making others unwell

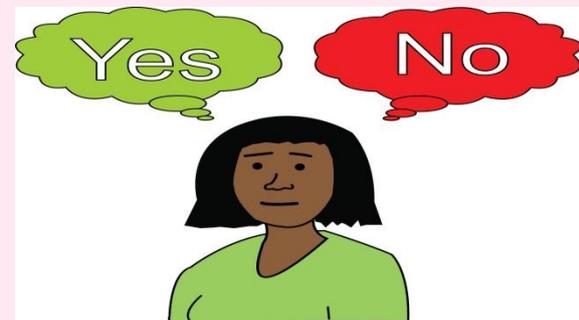
Going out will help you feel good about yourself

Going out to do food shopping to help you prepare for life after leaving hospital

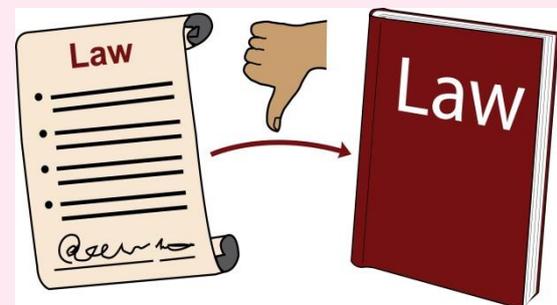
Going to a place that makes you feel calm or good



It will mean that some hospital patients should still be allowed off the hospital grounds to do shopping or take exercise.



We have lawyers who are interested in helping hospital patients to speak out against hospital rules that you feel are unfair. It is your right to be treated as individuals.



If you want to talk with me contact Simone Aspis  
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