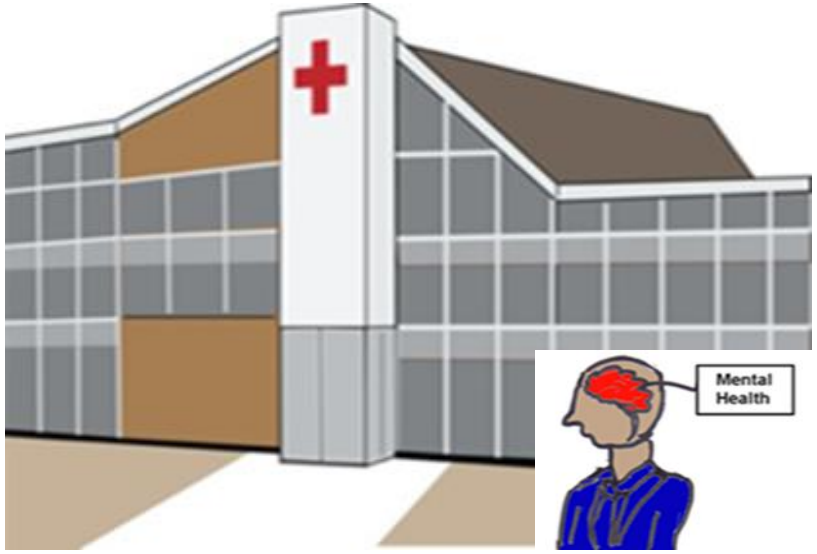
Free Our People Now Project

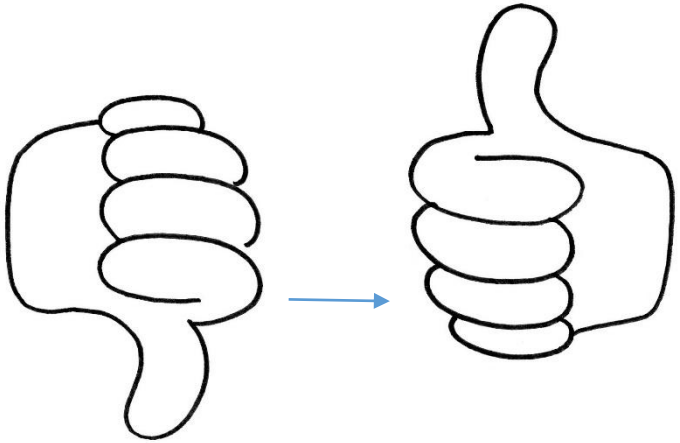
Inclusion London

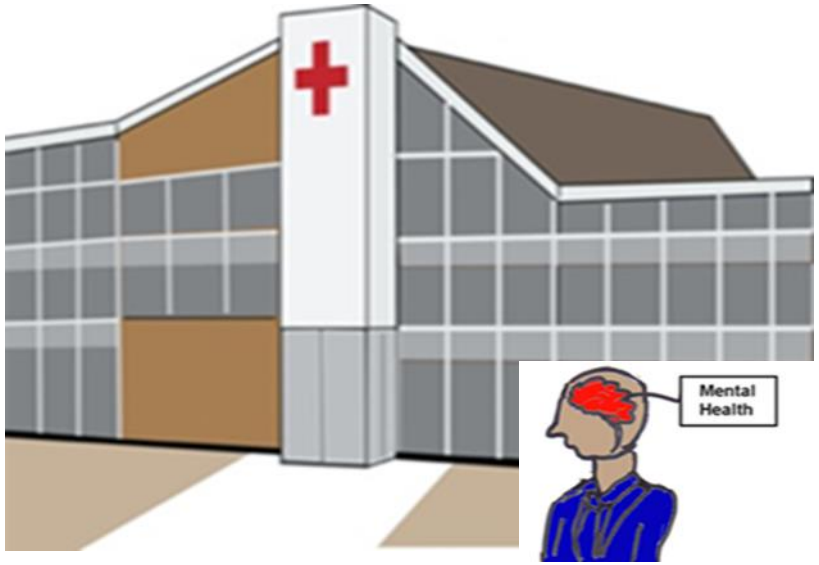
Supporting London's Deaf and Disabled People's Organisations

By Simone Aspis

Background to the FOPN







Behind Locked Doors

A Story of Survival

FOPN Campaign

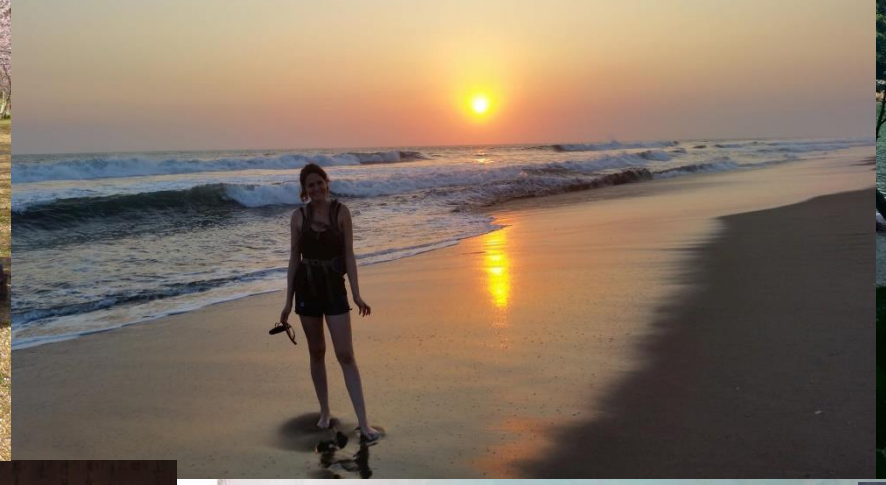
Inclusion London

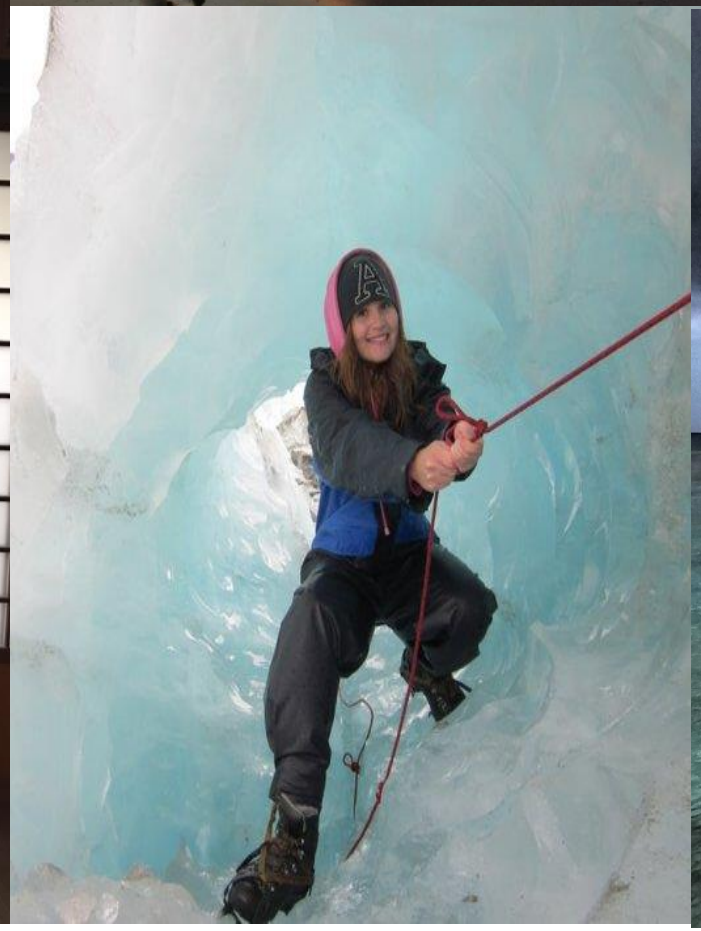
Background

- Name: Sanneke Fidler, aged 31, late diagnosis of autism and adhd.
- Avid linguist, traveller, diver, photographer, eternal student, and free thinker,
- Survived 18 months of detention in an ATU and out of areas hospital St Andrews Northampton.
- Now voluntary media and campaigns Assistant, for Free our People now Campaign, Inclusion London.
- Berkshire lead for FOPN campaign.

My life before hospital detention in pictures

Remember behind every person without a voice, is a story.





- Behind every person detained in an institution is a person who had dreams of a life outside of locked doors.
- A dream of an independence and autonomy

In 2018 my family suffered a crisis and a sudden bereavement. With two neurodivergent adult children, we reached out for help from services. No help came.
I was admitted to an out of areas bed situation and committed involuntarily.
I was suffering autistic burnout and needed help to adapt to new routine.
Instead I was admitted to multiple hospitals and an out of area hospital, St Andrews Northampton.
The environment was completely detrimental to my autistic needs,
I was overmedicated and subjected to routine restraint and segregation in acute units.
My family fought hard to get me out.
I suffered severe iatrogenic effects of all the medications I was put on.
My emotional distress as someone with so called high functioning autism was medicalised.

Behind the closed doors of Institutions

- .Therapies offered are often damaging to patients.
- .You have limited contact with your family.
- .You are subjected to draconian measures.
- . There is use of overmedication and restraint.
- .Extortionate amounts of money are channeled via the taxpayer under the guise of “care”
- .There are toxic closed cultures surrounding patients and their care.
- . Patients locked in institutions do not have a say around the type of care they would like to receive.
- .Hundreds of thousands of pounds is taken out of the local healthcare economy that could be given to families and keeping people at home.

Inclusion London
Leadership course

Learning about networking and how to set up a Berkshire campaign where I live

West Berkshire COUNCIL

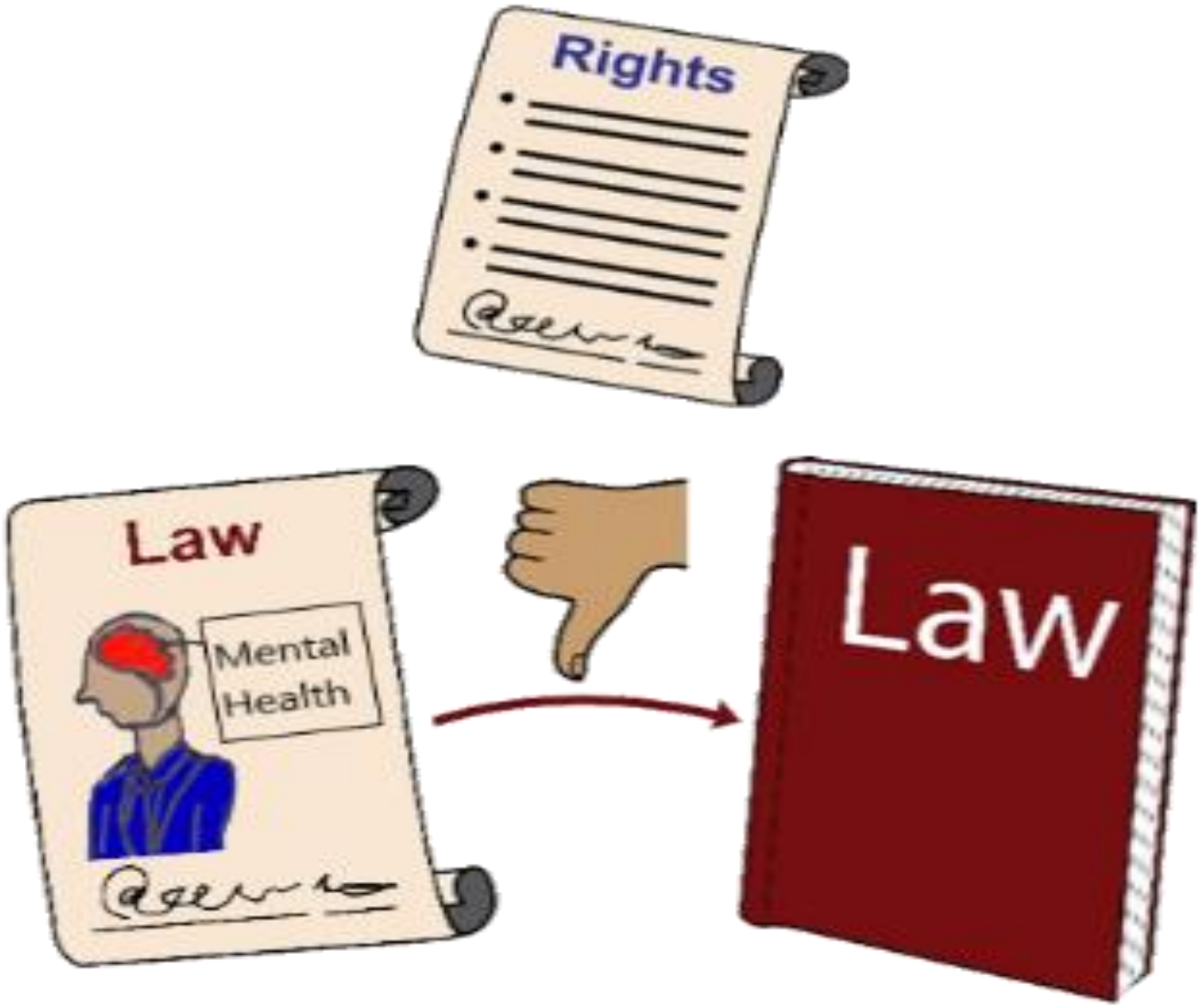
We are doing the following

Setting Up the Bring Them Home (from Hospital) Network

Campaigns

Capacity Building (includes training and Resources)

Mental Health Bill work

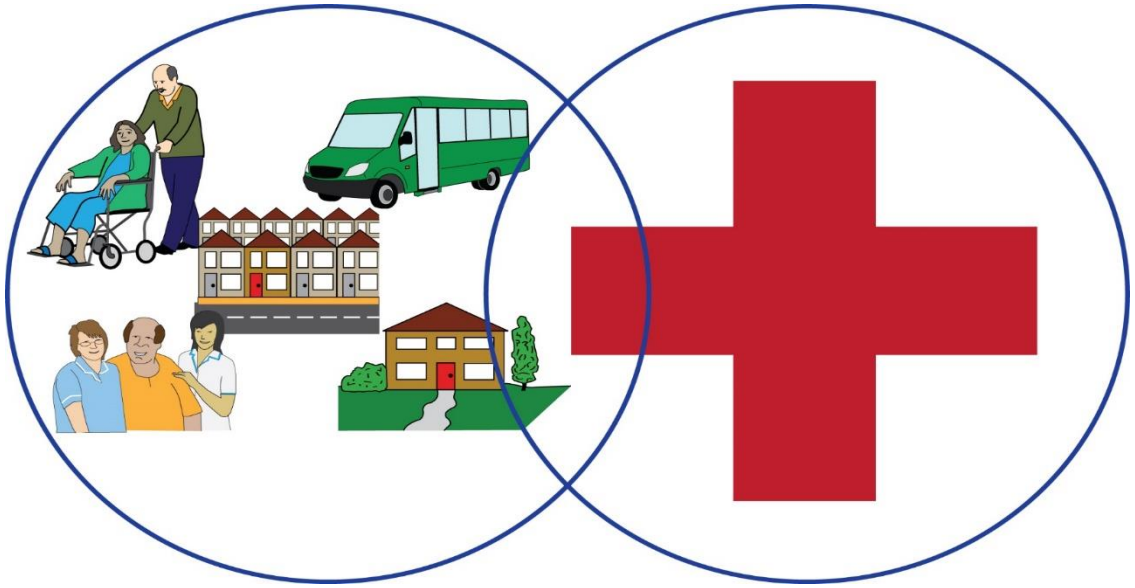


UNCRPD Monitoring Committee's Periodical review of Government's implementation of UNCRPD

Equality and Human Rights Commission work

Equality and Human Rights Commission

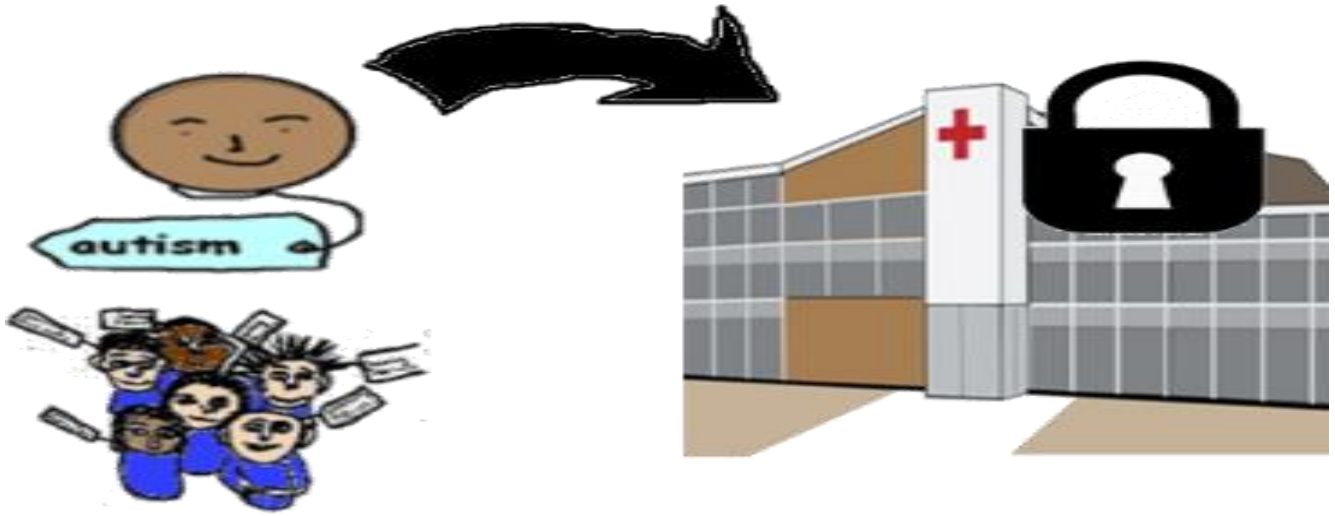
Court cases

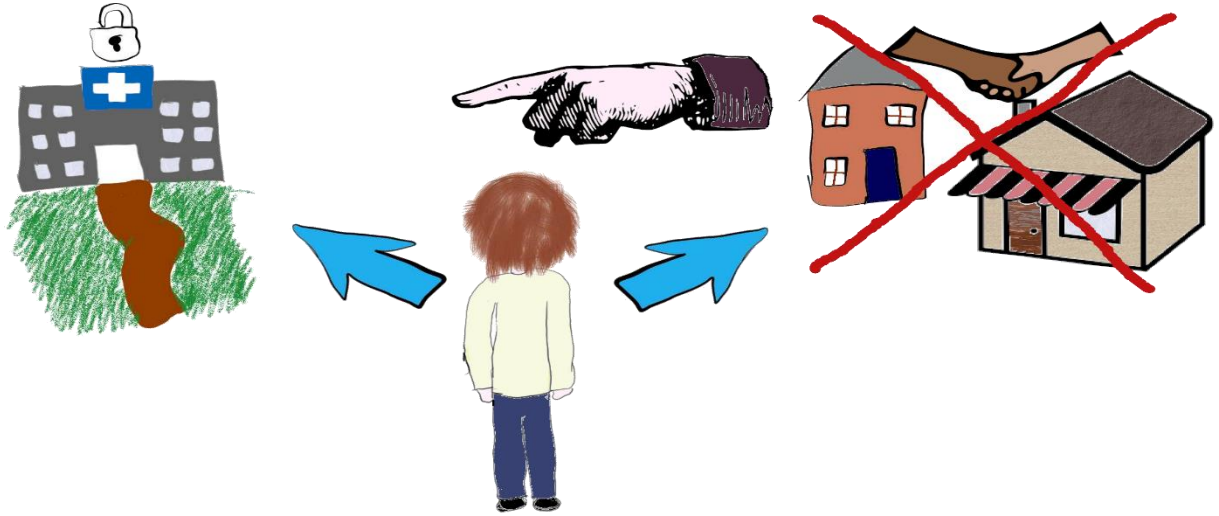


Integrated Care Boards

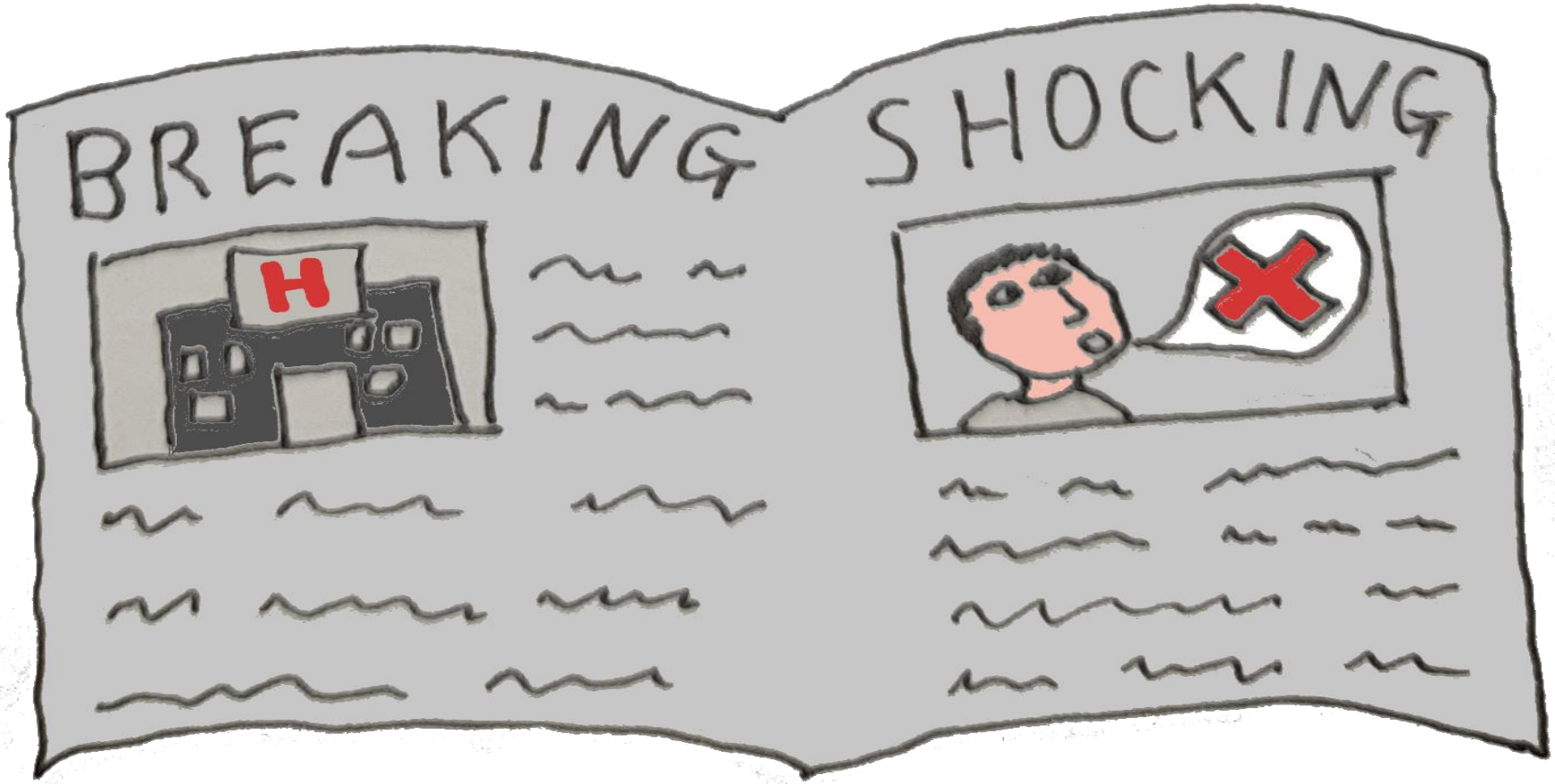
Stop People with learning difficulties & Autistic People being locked in hospitals Manifesto

Legal Support Service – Easy to access

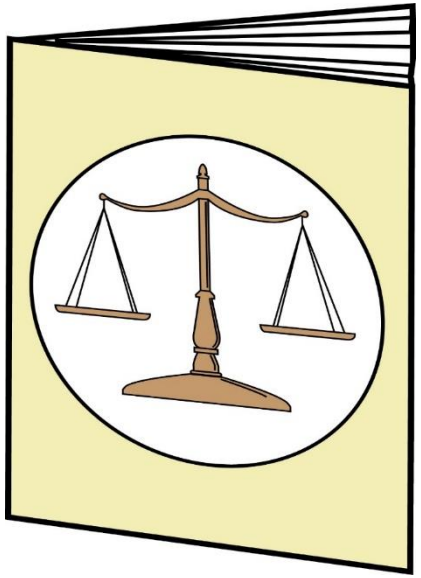


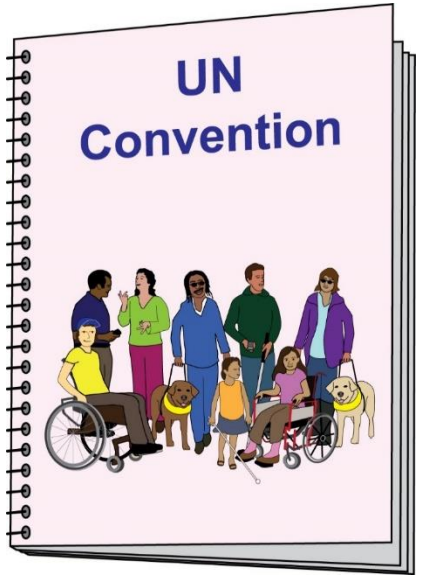


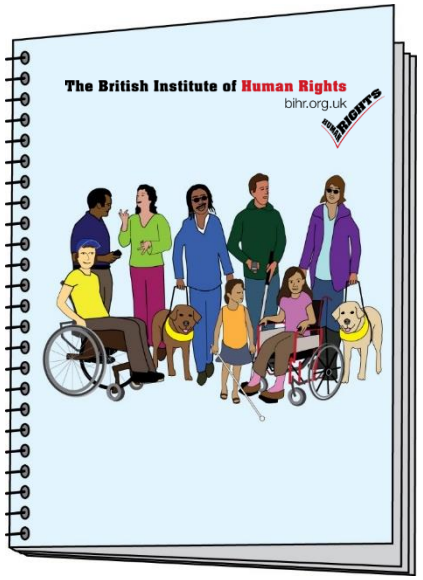
Media work



People with learning difficulties and Autistic people stuck in hospital easy to read guides

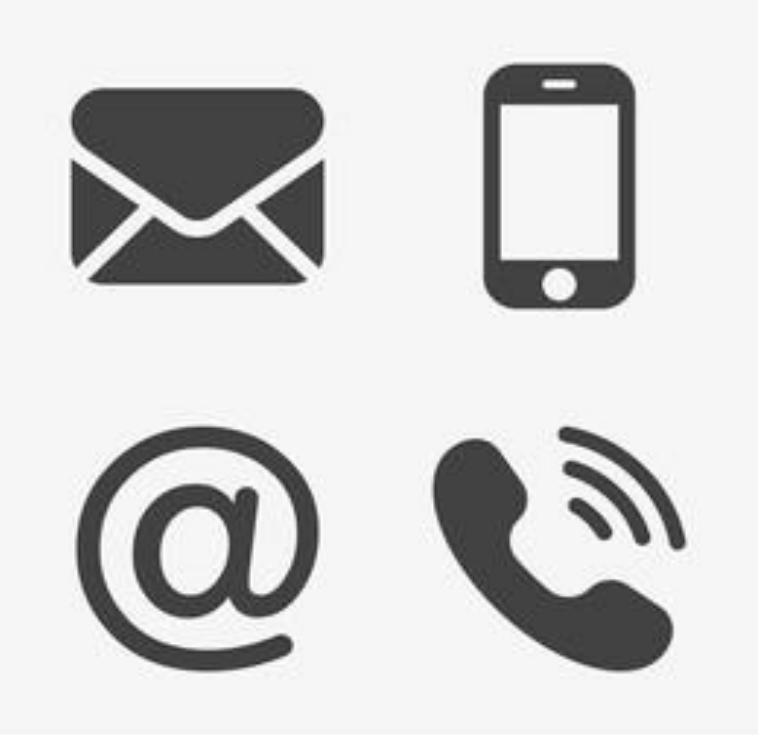






Any Questions

Contact details Simone Aspis
Email address
simone.aspis@inclusionlondon.org.uk
Telephone Number 0203-327-0333
Mobile Number 07749-892-843
Twitter Handle @inclusionlondon
Website www.inclusionlondon.org.uk



shutterstock.com · 432329383