

Larkwood and what it was like for me

Ok where do I begin this is hard to write but I feel like people need to know what happened when I was 16 I got admitted to Longview and had no issues with it but when I was 17 they couldn't keep me safe so I went to lark wood which is a secure ward and that was the worst mistake ever as I got mistreated by some of the staff it was torture the ward manager was [F] and she was horrid she said it's meds time I said to her I'll take them later and she didn't like the fact I said that so she got loads of staff out of the office and they dragged me to my room threw me to the floor and [F] sat on my back and I got injected another thing that [F] did to me I had to wear a big red boxing helmet and I had my family come to visit and I said can I take it off while they visit me she then said no so I had to cancel my visit as I didn't want my mum to see me with a helmet on my head and one time I was in bed The staff made me sleep with the helmet on and if I tried to take it off they would restrain me and put it back on my head and when I woke up I said I'm not leaving my room for people to see me with the helmet on and [F] said you are so she grabbed my wrist and dragged me off my bed to the point where in the morning I had a bruise on my wrist I was so young at the time I should of taken a picture of the bruise [F] had given me but staff hid the fact that she bruised my wrist and wouldn't allow me to call my mum and tell her what she did my gran died when I was in larkwood and I said to [F] can I go to her funeral and she just said your not going anywhere at this point I was grieving for my gran and I couldn't even say my goodbyes [F] is heartless. The next issue I had was with a staff member called [H] he loved the power of hurting people he restrained me put me in locks and I was screaming and crying in pain because of the amount of pressure he was putting on my hands I screamed and said [H] your hurting me and he put the locks on even harder it's like he got enjoyment over hurting me and when my mum would ring the office [H] would answer and would make up lies and say I'm sleeping when I wasn't I was wide awake it got even worse there was a staff member called [J] and she restrained me and in the process kneed me in the stomach she said you brought it on yourself and one of my close friends not going to say her name but [J] pushed her head against the wall and twisted her arm to the point where this person sat on the sofa crying she was in so much pain she couldn't move her arm she had to go to A&E and have a sling put on her arm and yet again staff covered it up all the staff in larkwood they loved the power it got to there heads it was meant to be a safe place for people to get better but it wasn't it was a living nightmare another issue I had was with a staff member called [I] there was a patient who found a snail shell in his veg and I said to [I] I'm not eating that and that was it then she said you are eating it so she called loads of staff out of the office and I was tucked in to the table I couldn't move staff were holding my hands to the table while another staff member held my head back and [I] shoved food down my throat and held my nose to give me a drink it was torture I wouldn't wish this experience on any one it is something that has scarred me for life staff in larkwood had no clue about mental health and should not have been working there [K] was the ward manager for Longview and she was so nice [K] would always come to larkwood to check on me and [F] came to work when she felt like it [K] was so caring I remember when loads of staff restrained me and yet again [F] was there I had so many staff holding me down but [K] came in and she kneeled beside me and stroked my head and she said come on guys get off her now all she needs is a hug and the staff eventually got off me and [K] gave me a hug I didn't deserve to be mistreated and tortured I thought it was meant to help people get better and recover but instead this has left me broken not being able to ring my mum and tell her about the bruise [F] had caused and what really went on behind closed doors a staff member let a patient out on leave didn't check where she would be going and I know the whole story of her death and she was only 17 her death could of been prevented if this staff member didn't let her out I had other problems like when I was on level 3s staff (men) would be on there phones and I couldn't sleep knowing that there on there phones as they could be doing anything like taking pictures of me asleep or videoing me and staff again (men) would be on my level 3 obs and they would sleep and snore really loudly I said to him I can't sleep your snoring he then said to me I wasn't asleep when he was and I also had an issue I was in my room and a staff was on my level 3 obs and he said I'm just going to use your toilet which was in my room I was sat on my bed and he used my toilet and left the door wide open I told staff but no further action was taken another member of staff asked me to go to Africa with him when I get discharged I told [K] he then got moved to Longview another time I had home leave for the first time in months so I was so excited I was going home I went with two members of staff my leave went really well had no issues but in my ward round I asked for home leave again without staff and they granted it me but it was with two staff again I felt like I was getting no where so I got back to the ward and banged my head

and it got handed over to the staff that abbi banged her head because of her going home this was not the case at all what ever you say to the staff it gets twisted round another time my phone calls got recorded have no idea why but I had to have it on loud speaker for staff to listen in my conversations with my mum it was horrible I couldn't say anything to my mum because they were listening and I would sometimes sit in the corner and cry and [I/S] would just shout at me and tell me to STOP CRYING this made it worse and when I spent time with my mum and watched a film a staff member would just walk in and sit down for no reason it was mostly [I/S] and J who would walk in I wasn't even on level 3 s they just walked in I just wanted it to be me and mum and when it was my 18th birthday it was horrible as I had a staff member on my level 3 obs Which was [I/S] and he sat in the blue pod with me when my mum and sister came to visit me he didn't give me any space at all or It would be community meetings and the phycologist would say to me why are you sat like that and I was sitting normally so I really don't get it and one time I sat outside and there was a black tent you could sit in and I head-banged and cried because I was distressed [I] then grabbed my legs dragged me out of the tent pulled her alarm and about 10 staff came and held my head down to the point where they were hurting me and had locks on my hands no one should be treated like that I don't want anyone else to go through this I try and forget but can't they have completely broken me