

ORAL HISTORY RECORDING SUMMARY

'Fighting for our Rights' project

Surname	Kempton
Given names	Adele Linda
Date of birth	1963
Place of birth	Epsom, Surrey
Date of interview	23 May 2017
Length of interview	00:51:33
Number of tracks	1
Name of interviewers	Rhian Betty, Ijeoma Aniyeloye, Jen Kavanagh

Track 1 of 1 [00:51:33]

Adele Kempton (AK) was born in Epsom, Surrey in 1963 to parents Sheila and Roy Perry. Attended Tolworth Girls' School, left age 17. Talks about first experience of depression at age 13-14, and mother's depression. Describes lack of recognition of mental health in 1970s and 1980s. Talks about experience of post-natal depression and hospitalisation [00:03:10]. Diagnosed with manic depression. Talks about child minding business, qualified as nursery nurse. Business closed after 7 years following back injury – triggered deep depression [00:06:55]. Led to diagnosis of bi-polar. Describes symptoms. Mentions suicidal feelings, attempted suicide. Talks about impact on family. Talks about time at The Priory. Describes treatments received [00:10:50]. Positive experience at Epsom, negative experience at Long Grove. Mentions Tolworth Hospital. Describes electric convulsive therapy and impact [00:15:25]. Talks about diagnosis of rheumatoid arthritis. Mentions financial support, including Disability Living Allowance [00:18:38]. Talks through early career. Started delivering art workshops at Tolworth Hospital in 2006 through Mind. Talks about role at Mind, including training mental health first aid and drop-in café [00:22:10]. States aims of Mind in Kingston. Promoting mental health, offering community and counselling services. Affiliated with national Mind, but self-fund including from Royal Borough of Kingston Council. Talks about fundraising. Mentions Hestia, housing company [00:26:05]. Residential care. Funding from Supporting People. Talks through a typical day at the office. Describes activities at drop-in centre. Empathy when engaging with community. Describes other Mind staff members and roles [00:30:18]. Mentions courses at drop-in centre including mindfulness, yoga, cooking. Describes training and courses, including Health and Social Care NVQ and Social Equality and Diversity NVQ. Talks about receiving distressing calls [00:34:05]. Mentions peer support project. Describes content of talks and training that AK delivers. Teaching skills for when in crisis [00:38:45]. Talks about challenges and need to better support people in community, including more peer workers and community nurses. Mentions challenge of people being discharged too quickly [00:42:05]. More preventative measures needed. Describes challenges with cuts in funding [00:44:30]. Talks about impact of bi-polar on AK's outlook, positive impact. Proud of teaching. Mentions enjoying work with Mind. Ends with reflection on acceptance and recovery, and shift in stigma.

End of recording [00:51:33]