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Cover picture

Lunch Break, Farnborough Hospital (1979)
by David Beales

The illustration is of the psychiatric day hospital at Farnborough, Kent, in 1979. Day patients and inpatients queued together for lunch, then returned to the occupational therapy department, perhaps after attending a relaxation class. Occupational therapy was not just basket weaving or making stuffed toys. Occupational therapists helped patients, often devastated by depression, learn or relearn living skills such as shopping and cooking.

About David Beales:

I am 63 years old and was an inpatient for nearly seven years on the psychiatric wards, over two of those in the old asylums. In the community was not working I attended occupational therapy as a day patient. I have shown work in solo exhibitions at Hall Place, the Bethlem Gallery, the Institute of Psychiatry, and in exhibitions with other artists for painting, drawing, and making prints help me cope with stress that the community patients have to endure. My pictures are intended to raise awareness, and like the picture chosen for the cover, to document the psychiatric wards.

We are always looking for interesting and visually appealing images for the cover of the *Journal* and would welcome suggestions or pictures should be sent to Dr Allan Beveridge, British Journal of Psychiatry, Prescot Street London E1 8BB, UK or bjp@rcpsych.ac.uk.

