

West Midlands Division



April 2006

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Editorial

Welcome to the first newsletter of the West Midlands Division of the Royal College of Psychiatrists.

The executive committee of the division hope that this newsletter will enable psychiatrists in the West Midlands to keep abreast of local issues and news that affects them and enhance communication with the Royal College.

The Division has recently welcomed our new administrator Nikki Davies who is shared with the Trent Division and may be contacted on ndavies@wmidsdiv.rcpsych.ac.uk.

The new divisional office is based at Halifax House, 14/15 Frederick Road, Edgbaston, Birmingham.

This year's spring meeting is on the Thursday 11th May, the newly elected President of the Royal College of Psychiatrists, Professor Sheila Hollins will be speaking, there is a research presentation prize for trainees and a programme and booking form are included with this newsletter. We hope to see many of you there!

Finally, the aim of this newsletter is to provide you with local information that is useful and interesting. Any relevant contributions or suggestions for inclusion in the next newsletter can be sent to Nikki Davies.

Dr Gabrielle Milner, Editor

Dates for your Diary

- Spring Divisional Meeting
11th May 2006
- Affiliates Meeting
16th May 2006 (pm)
- Mentor Meeting
13th October 2006 (pm)
- Winter Divisional Meeting
14th December 2006

West Midlands and Trent Divisional Office



If you would like to submit an article for inclusion in the next edition of the newsletter please send it to ndavies@wmidsdiv.rcpsych.ac.uk by 30th June 2006

Chairman's Report

I am pleased that the West Midlands Division has decided to publish a newsletter for its membership. This is indeed a milestone in the history of our Division and I do hope that this publication will help us in reaching our members with more news and information. I must thank and congratulate Dr Milner, Dr Watts, Dr Sukumaran & Nikki Davies who are the members of the editorial board for their enthusiasm and hard work in getting this first Newsletter published. I am sure they will get support and assistance from all our membership.

Just to update our readers about the recent developments, we at the Division have taken a number of steps that need to be communicated to all of you.

Formation of Special Groups at the executive committee:

Looking at the important areas, the Division has agreed to make special groups in the executive committee having a lead from all the executive committee members in these areas.

Modernisation of medical careers and the place of psychiatry & mental health in these initiatives:

The College is planning a number of initiatives and the Division will be very active in getting these plans approved and implemented in our area. We are however keeping a close eye on the current developments in the re-organisation of services (Trusts) in our area. The executive committee is in contact with Strategic Health Authorities and plans to organise a special meeting with them to get more clarity on these issues.

Contact with Deanery and Changes in training in Psychiatry

The changes in the training of SHO's and Foundation posts do require a lot of input from our members. The Division is very keen to strengthen its relationships with the concerned authorities and plans to arrange group meetings to update its membership for all such changes.

PMETB Article 14

The Division is passing on updated information to all the member affiliates & SAS doctors about the recent changes in the PMETB guidelines. Dr Iqbal Naeem, Affiliates Representative, is very active in this regard.

Patients & carers Group activities

The Division has supported the activities of this group by participating in road shows in different parts of the Division and plans to arrange a big meeting in collaboration with the College during the next year.

Division meetings

We are pleased that we are getting good participation from our members in our Divisional meetings. The last meeting held in December 2005 was well attended and we got very encouraging and positive feedback from all the participants. The next summer meeting of the Division will be on 11th May and we have invited Prof. Sheila Hollins, President of the College, for her keynote address. The theme of the meeting will be on the recent updates about the initiatives in mental health & New Ways of Working.

Dr Afzal Javed, West Midlands Division Chair

COLLEGE NOTICEBOARD

PSYCHIATRY UNITED

Annual Meeting of the Royal College of Psychiatrists
Scottish Exhibition and Conference Centre (SECC), Glasgow
10-13 July 2006

For further details visit <http://www.rcpsych.ac.uk/2006/>

Divisional Meetings & Events

Winter Divisional Meeting, 2nd December 2005 - The recent Winter Divisional Meeting held at the Beeches Conference Centre was well attended and generated a lot of positive feedback. Following the Chairman's report, the winning entrants from the clinical audit prize presented their findings, before talks on 360 degree appraisal and the mental capacity act concluded the morning session. The theme for the afternoon was the overlap between learning disabilities and other services, which prompted good discussions. Please note the date of the next meeting — 11th May 2006 — and come along to hear our College President, Professor Sheila Hollins.

Dr Derrett Watts, Honorary Secretary to the Division

"Informative and useful discussions..."

"Good quality presentations"

Public Education Conference, 17th February 2006 - The West Midlands Division met on the 17th of February for a one day conference on the relationship of stigma and mental illness.

Dr Mark Salter began the day by reviewing the impact of the colleges "Changing Minds - Every Family in the Land" campaign and suggesting ways by which we can all build on the progress that this campaign achieved. "Education and inclusion (the original goal of the campaign) alone are not enough, we need to stand up for the rights of those with mental illness, in particular their right to be different," commented Dr Salter.

Dr Nick Lee, Lecturer in Sociology at Keele University, focused on the nature of stigma in childhood. Dr Lee returned to the work of Erving Goffman to illustrate how children are habitually subjected to a different set of rules and expectations and inevitably seen as less than fully developed. The lively discussion that followed highlighted the parallels in the ways in which society views the mentally ill.

Dr Mike Shooter described a tangled case history from his own experience, working in a deprived area of Wales. With his usual eloquence, Dr Shooter demonstrated how the case could only be understood when consideration was given to the central role of stigmatization - the missing piece of so many jigsaws. Dr Shooter asked the audience to "see the normality in all of our unconventional patients".

Dr Lisetta Lovett gave a summary of a recent project that delivered an educational programme to local schools. Dr Lovett was able to show that there was a significant shift in attitude of the pupils to a less stigmatizing position.

Dr Safi Afghan suggested an innovative programme of health promotion in ethnic minority populations. Dr Afghan acknowledged the numerous problems facing "coal face" teams but used the example of his own experiences in Walsall to illustrate the significant difference active engagement can make.

The day ended with an opportunity for delegates to discuss the themes raised over the course of the conference and it was felt that the day had been both enlightening and thought provoking.

Dr Darren Carr

Divisional Prizes

The standard of entries for the 2005 Clinical Audit Prize was very high with entrants coming from a number of different areas across the region and topics covering a wide range of psychiatric specialties.

Congratulations to Dr Sandra Metcalfe and Dr Erin Turner who were joint winners with their audit entitled 'Improving Partnerships By Improving Information Sharing'.

Dr Byregowda Ramakrishna Vishwanath, Dr Shankar Annappa Kamath and Dr Loopinder Sood also received highly commended certificates for their efforts.

Short listed candidates for this years Research Presentation Prize will be presenting their presentations at the Spring Divisional Meeting on 11th May 2006 and the winners will be awarded with a trophy.



2005 Clinical Audit Prize Winners— Erin Turner and Sandra Metcalfe

Affiliates' Affairs

Psychiatrists working in SAS grades are a heterogeneous group of doctors with often subtly different needs. They include Staff Grade Psychiatrists, Associate Specialist Psychiatrists and other Non-Consultant Career Grade doctors working in the whole range of psychiatric specialities. Psychiatrists entering the grade are usually skilled and knowledgeable in their clinical speciality. Our aim is to work towards enhancing self-esteem of this clinically invaluable group of doctors who are very commonly mired in heavy clinical work loads.

The Royal College of Psychiatrists Bye-Laws approved the creation a new grade of members to be called Affiliates. Since the creation of this grade in 1994 Affiliateship has been open to all Psychiatrists working in SAS grades. Dr Afzal Javed has his central role in the college as deputy registrar mainly responsible for the Affiliates' affairs. He chairs the Central Affiliates Committee, which has been working to bring positive changes towards the cause of Affiliates. Over the last 2 years the number of affiliates within the College has soared significantly. Formation of a Central Affiliates' Committee is a robust step to provide this group with a voice. By now Affiliates have representation on the standing committees, faculties and each division of the College. This has enhanced their status and led to the recognition of the role of Affiliates in the College and the wider NHS.

Changes affecting SAS grades as part of Modernising Medical Careers (MMC) are being looked at. Regular feedback regarding PMETB, its

application procedure under Article 14 and assessment criteria is provided to the group. In the last annual meeting of Affiliates in January 2006 held at the college, it was generally felt that applications made under Article 14 so far are taking far more time than it was initially informed by the PMETB. Normally the candidates would have expected to have their applications dealt with in the time period of 3 months as originally specified by the board. For some the existing assessment criteria was not free of ambiguity. Especially Article 14 (5) of the Order appears to discriminate against doctors trained in UK. Central Affiliates Committee is considering raising the following concern with the relevant sections of PMETB, that once the level of competency is reached, this should be irrespective of where the training/experience to meet the competency was gained.

We remain sensitive to the CPD needs of Affiliates and SAS doctors in psychiatry. We have been arranging educational meetings on a regular basis over the last many years. Next is a half day educational event organised on Tuesday 16th May 2006 in Dudley. There is an interesting agenda for the programme which, I am sure, will be found exciting by the target audience.

Dr Iqbal Naeem, Affiliates Representative, West Midlands Division, Royal College of Psychiatrists

Clinical Excellence Award/Fellowship Nominations

Fellowship of the Royal College of Psychiatrists

The West Midlands Executive Committee would like to encourage its members to seek nomination for fellowship. Further details of eligibility/sponsorship and nomination forms can be found at www.rcpsych.ac.uk/traindev/postgrad/fellowship.htm or by contacting Dr Javed, via the Divisional Office. Please note that the closing date for receipt of nominations each year is 30th September.

Clinical Excellence Awards 2007

The West Midlands Divisions Clinical Excellence Awards Nominating Committee will again be chaired by Professor Femi Oyebode. Applications for consideration by the Committee should be sent to Professor Oyebode, via ndavies@wmidsdiv.rcpsych.ac.uk, by the 15th July 2006.

TSUNAMI SURVEY: THE NEED FOR MENTAL HEALTH SERVICES IN THE UK AND IRELAND

CAN YOU GIVE US 5 MINUTES OF YOUR TIME?

In 2005, the College established a Task Force chaired by then President Dr Mike Shooter, which amongst other things gathered and disseminated information about the relief effort, primarily through the website, and also supporting and co-ordinating longer-term solutions to the training needs identified in the areas most affected.

what about survivors from the UK and Ireland? Many people who were directly affected by the Tsunami returned home. It is still very difficult to estimate how many people - survivors, families, friends and relief workers - have been and are affected and may have accessed mental health services. We are keen to know how services are coping with these referrals and how the College can provide help or support.

A brief questionnaire has been designed for this purpose which can be downloaded from the College website: www.rcpsych.ac.uk. Copies of the survey are also available from Deborah Hart, Head of External Affairs, The Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG or e-mail: dhart@rcpsych.ac.uk.

Please take 5 minutes of your time to complete our survey! The more information we receive, the clearer the picture will be and the better the College can respond to the needs of Tsunami survivors, their families and friends in the UK and Ireland. We hope to publish the results of the questionnaire in the Bulletin in due course.

Collegiate Trainees Committee

The Collegiate Trainees Committee is an active permanent committee of the College, involved in discussions and decision making, both within and outside the College, on issues that affect training. Members are elected or co-opted to the committee for two year terms from every Division. The West Midlands Division has three places on the committee of which one is for a SpR representative, one for a SHO representative and the third from either grade. One of the regional representatives is then nominated as the Executive representative and attends the local Division executive meetings as the CTC representative.

Currently the West Midlands representatives are:

Dr. Manoj K Sukumaran, SpR Representative (Executive Rep)

Dr. Clare Oakley, SHO Representative (co-opted)

Dr. Pradeep Peddu, SpR Representative

More information regarding the CTC can be found at <http://www.rcpsych.ac.uk/traindev/trainees/index.htm>, by contacting any of your local representatives via the Divisional Office, or through Kate Forster (Workforce and Education Manager) at the College.

Dr Manoj Sukumaran, CTC Representative, West Midlands Division, Royal College of Psychiatrists

Hello from the Carers Representative

As a result of the successful Partners in Campaign run by the College in 2004/2005, Carers in Partnership (a NIMHE funded organisation promoting the voice of mental health carers across the region), was invited to nominate a carer to join the Divisional Executive Committee as a result of which I have been a member of this committee for around 12 months. My thanks to all who have made me feel welcome particularly past Chair Dr Dermot McGovern and present Chair Dr Afzal Javed.

In this capacity I am currently working on 3 projects and I hope to give updates on this work in future editions of this newsletter. These projects cover the following areas;

Carers Leaflet - a group of carers have drafted a leaflet for psychiatrists at the suggestion of Dr Javed and this is currently being reviewed by several psychiatrists before being edited and submitted to the Executive for consideration

Carer Involvement in the Training of Psychiatrists - it is hoped to develop a draft strategy for this mandatory training requirement by mid year. This strategy will take into account the perspectives of academic tutors and carers. I am presenting on this topic at the AGM of the College in Glasgow in July. In the meantime if tutors need a carer to input into a course I will try and resource through the Carers in Partnership network so please contact me on the email address below.

Carer Campaign event - it is hoped to develop a half day event in the autumn with a carer and BME focus which reflects the new College campaign 'Improving the image of Psychiatry'.

**Peter Woodhams, Carer Representative,
West Midlands Division,
woodhampema@btopenworld.com**

REGIONAL EVENTS

WPA Co-Sponsored International Seminar 8-10th June, 2006, *Ansty Hall Hotel, Near Coventry, UK*

INVITED SPEAKERS

Prof. Norman Sartorius (Switzerland), Prof. Pedro Ruiz (USA), Prof. Hamid Ghodse (UK),
Professor Henry Nasrallah (USA), Dr Pierre Chue (Canada), Prof. Russell De'Souza (Australia),
Prof. S. Sharma (India)

For details, contact Dr. Afzal Javed, The Medical centre, Manor Court Avenue, Nuneaton, CV11 5HX
afzal.javed@ntlworld.com

The Walsall MRCPsych OSCE Workshop

This workshop first started in April 2005 and has been held every six months prior to MRCPsych Part 1 Examination. Over this period it has gained increasing popularity amongst trainees in the West Midlands as well as other regions. The recently held 3rd Workshop on 25 March 2006 attracted trainees from all training schemes in West Midlands as well as from Nottingham, London and Republic of Ireland. This workshop is unique in its format and has received excellent feedback from participants. The workshop organiser Dr. S. H. Jawed, Consultant Psychiatrist, Dorothy Pattison Hospital, Walsall is hopeful to continue this valuable training event in future. He, through this newsletter, would like to specially thank consultants and junior colleagues who have helped him to make these workshops a great success. The next workshop is planned for September 2005 after the announcement of Part 1 written examination results. Those interested in attending the next workshop may contact Dr. Jawed's secretary Chris Witek on chris.witek@wlsall.nhs.uk

Membership of the Executive Committee

Dr Afzal Javed	Chair
Dr Derrett Watts	Honorary Secretary
Dr Gabrielle Milner	Financial Officer
Dr Andrew Ashley-Smith	Rehab & Social Psychiatry Faculty
Dr Harm Boer	Learning Disability Psychiatry Faculty
Dr Nicholas Brown	Committee Member
Mr David Clarke	Committee Member
Dr Neil Deuchar	Committee Member
Dr Stephen Edwards	Committee Member
Prof Anthony Elliott	Faculty of Old Age
Dr Katherine Gingell	Committee Member
Dr Richard Hodgson	CPDRC
Dr Martin Humphreys	Committee Member
Dr Jonathan Lovett	Child & Adolescent Psychiatry Faculty
Dr Lisetta Lovett	Public Education Officer (or PEO)
Dr Christopher Mace	Psychotherapy Faculty
Dr Arshad Mahmood	Committee Member
Dr Vijaya Murali	Substance Misuse Faculty
Dr Iqbal Naeem	Affiliate representative
Dr Syed Sajjad	Committee Member
Dr Adel Sobeih	Committee Member
Dr Manoj Sukumaran	CTC Rep
Dr George Tadros	Committee Member
Mr Peter Woodhams	Carers Representative

The West Midlands Division Executive Committee meets four times a year to discuss both College and local issues. Members of the Committee can be contacted through the Divisional Office.

2006 Meetings:

3rd February 2006

17th March 2006

30th June 2006

29th September 2006

Disclaimer: The opinions expressed in this newsletter are those of individual authors and do not necessarily represent the views of the Royal College of Psychiatrists

Royal College of Psychiatrists

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