



**Message from Helen Matthews, Chair**

**Special points of interest:**

- *FAIR DEAL - launch in Wales*
- *Trainee news*
- *Welsh Division Events*
- *Mental Health Legislation update*
- *AC Approval Process update*

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Firstly, Seasons Greetings! 2009 has been an eventful year for all of us working in Mental Health Services. Events include:

- Development of Health Boards—the Division has been actively responding and contributing to a range of reviews and consultations.
- Implementation of the amended Mental Health Act and DOLS—the Division has been a key player in the current review of arrangements to demonstrate competency as an Approved Clinician. Hopefully revised interim guidance will be provided in early 2010.
- Financial issues have preoccupied the College centrally. Obviously as a body trying to respond to the current financial downturn of the population with the associated impact on Mental Health and the ability to

provide services: <http://www.rcpsych.ac.uk/mentalhealthinfo/problems/debtandmentalhealth.aspx>

However, the College also wants to make its financial arrangements more transparent to the membership, changes in the past year include planning of the international affairs board and focused spending on Policy infrastructure. The Welsh Division is to receive enhanced support in recognition of its changing role in the evolving Welsh Political picture.

- FAIR DEAL Campaign was launched in the Autumn in Wales to coincide with the new planning and delivery structures. We were delighted CMO Dr Tony Jewell and the Registrar Professor Sue Bailey were able to provide the key note speeches. The next year will allow us to tackle some of the Welsh issues highlighted by the campaign.

<b>FAIR DEAL</b>	
<b>F</b> unding	<b>D</b> iscrimination and Stigma
<b>A</b> ccess to Services—Applaud initiatives including Mental Health Intelligent Targets	<b>E</b> ngagement with service users and carers
<b>I</b> npatient Services— major developments have occurred but some services still on old 'asylum sites'	<b>A</b> vailability of Psychological Therapies
<b>R</b> ecovery and rehabilitation	<b>L</b> inking mental and physical health

*Continued...*

- Training arrangements continue to change. Both the College and the Wales Deanery recognise the need to provide support and training to supervisors for specialty registrars and those seeking article 14 approval.
- Licensing has started. Members are already involved in preparation for revalidation arrangements incorporating more robust appraisal systems.
- Academic developments recently include the awarding of a full MRC Centre in Neuropsychiatric genetics and genomes to Cardiff University and an enhanced number of the membership holding academic contracts across Wales and participating in the Welsh research networks. It has been a pleasure to invite the Academic and General Adult Faculties for their residential meetings to Wales.
- Debate on the Role of the Psychiatrist and the configuration of service teams has occupied many members over the past year. The President has led on the production of discussion papers which will be available in the New Year on the College website. Complimentary to this work has been the evaluation of 'New Ways of Working' - of particular importance in Wales due to the comparatively early phases of specialist team development.

Aims for 2010 include:

- Raising the profile of the NSAG (National Specialty Advisory Group) of the Welsh Medical Executive Committee, the NSAG provides the opportunity for psychiatrists to offer formal advice in a Statutory context. Members of the Division Executive form the NSAG. I am aiming to enhance this group by involving members in Management roles. Additionally I intend to work actively in the further development of the Academy of Royal Colleges in Wales. Key objectives of both these initiatives is to try and ensure the recruitment and retention of a high calibre Welsh psychiatric workforce.
- Improving the dialogue between members and the College. The infrastructure of the Faculties, etc is steadily improving, a challenge for 2010 will be to build up a structure for psychiatry within Health Board areas.

- The Division plans to issue guidance on implementing Section 136 of the Mental Health Act to mirror similar developments in England. The College has already started to become involved in determining the impact of an LCO (Legislative Competence Order) in the areas of Mental Health assessment and treatment and advocacy. Developing relationships with primary care colleagues will be vital for this area of work.
- Partnership with the Welsh Psychiatric Society has led to successful academic meetings in recent years. This coalition has led to the joint planning of the Celtic Meeting in Cardiff on 7th & 8th October 2010. The meeting will celebrate the 50th Anniversary of the WPS and bring together colleagues from Northern Ireland, Scotland and Wales College Divisions, the College of Psychiatry in Ireland and Britton Colleagues.

Finally, a personal thanks to Divisional Colleagues who have contributed so generously with their time and expertise over the past year.

Best wishes

Helen

### ***Fellowship Nominations***

The closing date for nominations is 30th September each year. The process by which members can be awarded Fellowship of the College is that they should be nominated, proposed and seconded by two members of the College. Further details, including nomination form, can be found at: <http://www.rcpsych.ac.uk/members/aboutmembership/collegefellowship.aspx>

The Division would like to encourage eligible members to apply for Fellowship.

## Research Development Group MHRN-Cymru and Neuroderm

Dear Colleagues,

Following the Success of the inaugural meeting of the Research Development Group

Neuroimaging of MHRN-Cymru and Neuroderm in June 2009, we are now planning a meeting with a focus on the development of Neurophysiology (EEG, MEG and related techniques)

and its application in mental and neurodegenerative disorders. The date is on the afternoon of 11th February 2010 and we are planning a format similar to the neuroimaging meeting with a few background talks and research presentations with ample time to discuss collaborations and grant ideas. As before, we would be particularly grateful for the input of clinicians, service users and carers.

Please reply by early January 2010 to Corinna Haenschel at [c.haenschel@bangor.ac.uk](mailto:c.haenschel@bangor.ac.uk) if you are interested in attending and please tell us whether you could like to give a presentation.

Best wishes

Professor David Linden

Dr Corinna Haenschel

Bangor University

### *Snog Marry Avoid?*

Ever wish you had recorded a conversation?

Most (if not all) of us have found ourselves in situations where a replay of what was actually said would be incredibly helpful.

You know how it goes... "you said *this*"... "no, I said *that*"... "I think you said *this*"... "no, I am sure I said *that*"... Ad infinitum.

Recordings are not for every occasion and in routine mental health practice would probably be counter-productive. However, effective use of the new technologies when clarity is needed can make a tremendous difference.

I recently provided a detailed witness statement to the General Medical Council for a fitness to practice hearing. I chose to make a recording of a conversation using an iPod nano mp3 player and a voice memo microphone.

The paralegal was able to use the audio content to supplement the written notes and as a result only a handful of minor changes were needed to finalise a draft to the completed statement.

This should come as no surprise. We know that Police interviews are often recorded, and proceedings in Court are transcribed to preserve the verbal exchange comprehensively.

In the area of testamentary capacity, it has been recommended that important changes are recorded in real time, where possible on videotape.

The purpose of this article is to encourage you to embrace the idea of recording selected conversations.

I am sure that I am not alone when I say that I have been misunderstood, misquoted and ignored. I cannot remember everything I say and I am equally sure that using decent and reliable recordings has avoided considerable unpleasantness and aggravation.

Try it. Tell me I am wrong.

I have found that digital recordings can be an ingenious solution, often to problems that should never have existed in the first place.

Dr Robert Colgate, Cardiff. 21st December 2009

## Trainee News

### ***Work Place Based Assessment—A Survey of Psychiatric Trainees in Wales***

The Results of the Welsh WPBA Trainees' survey were published in the December 2009 Issue of Psychiatric Bulletin.

The cross-sectioned survey was conducted online with a view to exploring attitudes and perceptions amongst psychiatric trainees in Wales, to identify current problems and recommend measures to improve the assessment system.

81 out of 88 Specialty Registrars in Wales participated in the survey, a remarkable response rate of 92% illustrates the strength and depth of feeling among trainees about the current assessment system. The survey highlighted widespread problems and negative attitudes among trainees towards WPBA. Numerous concerns, involving the assessment tools, online system, quality of assessors and practicalities of assessments were identified.

It is evident that there are serious shortcomings with the current system of assessment. Hopefully the results of this survey will provide the evidence to stimulate the implementation of effective remedial measures so as to address these deficiencies, improve the assessments system and by doing so, improve psychiatric training.

**Dr Sharmila Menon**

**ST6 Psychiatry**

**Trainee Representative, Welsh Division Executive Committee**

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### ***All Wales Psychiatry Trainees' Research Day***

*Tuesday 6th April 2009*

*Postgraduate Centre, Llandough Hospital*

A research day is being organised for all trainees in Wales. It is intended to serve as a forum for trainees to present their research projects and will also include activities such as research workshops and guest lectures. A session will be dedicated to answer queries and afford discussion which will be useful for people starting or having difficulties with an existing project. Discussion will also be focussed on forthcoming research projects that trainees may wish to get involved with.

The event will be free to attend and the various programme directors and postgraduate organisers will be encouraged to support trainees, especially in the context of study leave.

Presentations could be research projects either completed or in progress (but not research ideas or audits). Research may be of any variety including case reports, case series, cross sectional surveys, case-control studies, cohort studies, randomised controlled trials and reviews (systematic and narrative). Presentations may be in the form of posters, 10 minute oral presentations (or a combination of the two), to be finalised once exact numbers have been assessed and prizes will be awarded for the best presentation/poster.

This should be an excellent opportunity to raise awareness and promote research among psychiatric trainees.

For further information and a provisional programme please contact Sharmila Menon, Specialty Registrar, ST6 Psychiatry at: [Sharmila.menon@cardiffandvale.wales.nhs.uk](mailto:Sharmila.menon@cardiffandvale.wales.nhs.uk).

Details of this event are also available at: [\\*\\*link to welsh pages\\*](#)

## Welsh Division Events 2010



**Welsh  
Psychiatric  
Society**  
Gymdeithas  
Seiciatregol  
Gymreig

*Joint Meeting of the Welsh  
Psychiatric Society and the  
Welsh Division, RCPsych*

### **HOT TOPICS IN PSYCHIATRY**

**Friday 23rd April,  
The Dylan Thomas Centre,  
Swansea**



#### **Provisional Speakers/Talks:**

- **Mental Health Laws—Professor Phil Fennell**
- **Dementia—Professor Robert Woods**

For further information please contact Alison Lewis, WPS Co-ordinator [a.lewis@swansea.ac.uk](mailto:a.lewis@swansea.ac.uk) or telephone 01792 602355



**Welsh  
Psychiatric  
Society**  
Gymdeithas  
Seiciatregol

## **Celtic Divisions Meeting 2010**

*Thursday 7th and Friday 8th October 2010*

*Wales Millennium Centre*

*Cardiff*

The Welsh Division is hosting the 2010 Celtic Divisions meeting. As well as the Scottish and Northern Irish Divisions, The Britton Psychiatrists will be involved. The Welsh Psychiatric Society will be also hosting their 50th Anniversary at this event.

There will be a full and interesting programme for both days available on the Welsh pages of the College website shortly.

## Welsh Division

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Mount Stuart Square  
Cardiff CF10 5FH*

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Fax: 02920 489385  
Email: [sconway@welshdiv.rcpsych.ac.uk](mailto:sconway@welshdiv.rcpsych.ac.uk)*

### **New Appointments to Welsh Division Executive 2009**

Dr Glyn Jones has been nominated to the post of Chair, Learning Disability Faculty, Welsh Division

Dr Scott Hall has been co-opted as Trainee Representative, Welsh Division

Dr Raman Sakhuja has been co-opted to the post of Chair, Addictions Faculty, Welsh Division

Dr Bapuji Rao has been co-opted to the post of Finance Officer, Welsh Division.



*Staff at the Welsh Division  
would like to Wish our Membership Seasons  
Greetings and a Peaceful 2010*

### **Vacancies**

#### **Regional Adviser, Welsh Division**

The post of Regional Adviser, Welsh Division will shortly be advertised. Professor Gary Sullivan's term of office will come to an end in October 2010. The Division would like to thank Gary for all of his sterling work in post, and wish him the best for the future.

#### **Deputy Regional Adviser, Welsh Division**

The post of Deputy Regional Adviser will also be advertised alongside the post of Regional Adviser. Dr Helen Matthews was elected Welsh Division Chair and has had to resign this post.

#### **Finance Officer, Welsh Division**

The post of Finance Officer will be advertised late spring. Dr Sundari tendered her resignation and Dr Bapuji Rao has been co-opted into post.

All posts will be elected and run centrally. For further information please contact Siobhan Conway:

[sconway@welshdiv.rcpsych.ac.uk](mailto:sconway@welshdiv.rcpsych.ac.uk)

## **Executive Committee and Specialty School Meeting Dates 2010**

### **Executive Committee Meetings**

- Friday 12th March
- Friday 18th June
- Friday 24th September
- Friday 26th November

*All meetings will commence at 10am and take place in the VSAC Room, Ground Floor, Baltic House, Mount Stuart Square, Cardiff CF10 5FH .*

### **Specialty School Meetings**

- Friday 19th March
- Friday 17th September
- Friday 10th December

*All meetings will commence at 10am and take place in RCPsych Offices, 2nd Floor, Baltic House, Mount Square, Cardiff CF10 5FH.*



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