

West Midlands Division



October 2009

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Editorial

Welcome to the Autumn Edition of the Divisional Newsletter.

- The purpose of this Newsletter continues to be to inform members of regional issues of interest.
- There is an article providing an overview of the Spring Educational Meeting in Dudley which was extremely well attended. There are further articles highlighting other divisional activities.
- As ever the division values feedback on the contents of the Newsletter and welcomes contributions - email Nikki Davies.
- I hope to see you all at the Winter Divisional Meeting in Stafford on Friday 4th December 2009.

Gabrielle Milner, Editor

Dates for your Diary

- Affiliates Meeting (Autumn Meeting)
12 November 2009
- Winter Divisional Meeting
4 December 2009
Stafford
- RCPsych Annual Meeting 2010
21 - 24 June 2010
Edinburgh

Farewell Reception for Dr Afzal Javed, Division Chair 2005 - 2009



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 28 February 2010

Chair's Report

It is with great pleasure as the new Chair of the Division that I welcome you all to this, the 8th edition of our Division's newsletter.

Firstly I would like to extend the Division's and my personal thanks to Dr Afzal Javed for his energetic chairmanship over the past four years. During his tenure he has raised the profile of the Division which is now one of the most active in England.

I would also like to thank Drs Humphreys and Sobeih who have finished their term on the Executive and welcome Drs Curtice, Haines and Handy who have recently been elected.

In addition to elected members I welcome Dr Nick Brown co-opted as lead for revalidation and Dr Chris Murphy, Head of the School of Psychiatry who take the lead on training issues.

"Please allow me to introduce myself", to quote a famous song.

After undergraduate studies in Birmingham I trained in the West Midlands and since 1985 have been a Consultant in Old Age Psychiatry in Sandwell. In addition I have been Medical Director since the creation of the Trust in 1995 and have recently endured the rigours of an application for Foundation status which was achieved in January this year.

My involvement with College work began with my appointment as Regional Representative for Old Age Psychiatry from 1996 to 2001 and continued when I became Regional Advisor in 2004, a post I held until I was succeeded by Dr Gabrielle Milner earlier this year.

In 2007 I was elected as the Division's representative on the Education Training and Standards Committee.

Enough.

I hope I will be able to continue the work initiated by Dr Javed, maintain our Division's energy and commitment to the improvement of services in our region and our contribution to College work at a national level.

Moving on to College matters, Division Chairs are working to agree on the structure of Divisions across the country and their role in College business.

To this end I am proposing that we survey all our members requesting views on your expectations of the Executive and inviting your opinion about what we should be doing and how you might wish to be involved.

A major concern of the College is Revalidation. The College's lead, Dr Mynors-Wallis has produced a draft document which will be circulated shortly.

The process which hinges on Appraisal is being piloted in six Trusts.

"New Horizons" is presently out for consultation and many of you will have seen the document. Although the consultation is supposed to end shortly the government is seeking more views and the College will be facilitating a number of Regional events involving members and representatives from local government, public health etc.



Dr Stephen Edwards - Chair

Chair's Report

I urge you to attend and have your voice heard.

Locally, our Division's Spring meeting was extremely well attended and plenty of positive feedback was received.

I take this opportunity to advertise the Winter meeting on the 4th of December when I hope to welcome many of you.

We have managed to limit the attendance fee to £60 for Members and Fellows and £50 for Trainees and Retired Members.

The morning session is titled "Professionalism in Psychiatry" with speakers including Professor Sue Bailey, College Registrar.

The afternoon session has as its theme "the future of secondary care psychiatry" with contributions from Steve Shrubbs from the NHS Confederation and Dr Roger Banks from the College.

These topics, in the context of the present uncertainties about future NHS services are, I am sure, bound to generate some constructive discussion.

Lastly, I would like to encourage you all to access the Division's page on the College website which contains plenty of useful information and links to other sites (<http://www.rcpsych.ac.uk/college/divisions/westmidlands.aspx>). All websites can be improved and we welcome any comments on structure or content.

Many thanks for your attention and I look forward to meeting many of you in Stafford.

**Dr Stephen Edwards,
West Midlands Division Chair**

West Midlands Division - Current Consultations

(<http://www.rcpsych.ac.uk/college/divisions/westmidlands/currentconsultations.aspx>)

The Division is currently seeking the views of its membership on the following:

- [Consultation on National Framework for reporting and learning from serious incidents requiring investigation](#)
Comments to cchurchill@rcpsych.ac.uk by 6 November 2009
- College response to World Health Organisation on proposed ICD-11 (Further information included with this newsletter)
Comments to safiafghan@btinternet.com by 24 October 2009

If you would like to contribute to the Division's response to any of these documents please contact [Nicola Davies](#) at the Divisional Office.

West Midlands Division Winter Meeting 2009

**Morning session: 'Professionalism in
Psychiatry'**

**Afternoon session: 'The Future of
Secondary Care Psychiatry'**

**To be held in
Stafford**

Friday, 4th December 2009

The day includes:

Clinical Audit Prize Competition

Booking form and full programme enclosed with this mailing

For more information please contact the Divisional Office

Tel: 0121 410 2655 Fax: 0121 410 2656

ndavies@wmidsdiv.rcpsych.ac.uk

scorfield@wmidsdiv.rcpsych.ac.uk

***Limited places available – book early to avoid disappointment ***

This event is eligible for CPD subject to the approval of your peer group

Divisional Meetings and Events

Spring Divisional Meeting, 8th May 2009

On a bright Friday morning, Village Hotel in Castlegate Park Dudley welcomed more than 100 delegates to West Midlands Spring Divisional Meeting on the 8th May 2009. The venue, ideally located close to the Birmingham City Centre, complemented the pleasant day and ensured the delegates arrived early to enable a prompt start.

Dr Afzal Javed's report was adeptly read out by Dr Derrett Watts, Honorary Secretary to the Division. The ongoing work and progress of the different divisional groups and sub-committees were highlighted including the College campaigns on Images of Psychiatry and Fair Deal Campaign.

The prize for the Thomas Bakewell Essay Prize was presented to Mr Ross Elledge of Birmingham University, with Mr Nicholas Wolstenholme of Keele University being highly commended. The title was 'Critically discuss changes in understanding and management of Depressive Disorder over the last 60 years'

Four short listed entries from a strong field of 12 for the Research Presentation Prize were presented. Dr Catherine Thompson, was the overall winner for her research project, 'A Survey of GP attitudes towards Psychiatry and the teaching of Undergraduate Psychiatry' which was one of the 'Images of Psychiatry' projects undertaken by our Division. Dr S Ali's work on 'Confidentiality: what doctors know and do' was highly commended.

The morning session on *Doctors' Health Matters* was chaired by Dr Derrett Watts. Dr Michael Peters, who has been the Head of the BMA Doctor for Doctors Unit for the last 5 years talked about 'Doctors for Doctors - Experience of working with colleagues in difficulty'. He mentioned that this unit provides 24/7 confidential support for doctors in distress and difficulty by helping them make informed decisions about their health. As psychiatrists we are the second highest in the cases- by- speciality breakdown, and thus need to be very vigilant about our health and well-being. By providing a reflective space, the counsellors help doctors to gain insight and facilitate access to appropriate care.

Dr Jane Marshall, Consultant Psychiatrist at South London and Maudsley NHS Foundation Trust, spoke on 'Working with doctors who have alcohol and drug problems.' Of the 194,000 doctors currently registered with GMC, an estimated 15,500 - 29,000 (8-12%) are affected by substance use disorders. She stressed the difficulties within our profession to not only being unable to seek help but also offer help. She gave information on some points of contact including the Psychiatrist Support Service, Clinicians Health Intervention and Treatment Service and National Clinical Assessment Services. The overall impression the audience was left with was a lack of formal arrangements and through-care at this hour, even though the Department of Health CMO Review, 'Good doctors, safer patients,' in 2006 recommended a specialised addiction treatment service to be commissioned in the NHS.

The final talk of the morning session was delivered by Dr Tom Harrison, Consultant Psychiatrist, BSMHFT on 'Compulsive doctors and complex environments : stress and the psychiatrist.' He presented research findings from the last decade which show that between 22% - 40% of



Divisional Meetings and Events

psychiatrists in the UK are suffering from a varied stress related symptoms..

The afternoon session on *The Business of Psychiatry* was chaired by Dr Steve Choong, Medical Director, Worcestershire Mental Health Partnership NHS Trust. This session addressed two topical issues - NHS financial reforms and working as a Consultant in a Foundation Trust. Dr Michael Clark, Research Manager, West Midlands Regional Development Centre in his presentation 'Care Clusters and Packages : PBR in Mental Health in the West Midlands' described the history of arriving at a region-wide agreement on a care clusters model for mental health care. Patients will be allocated to one of 21 clusters following a common assessment framework, based on HONOS and good clinical judgement. This will enable negotiation of pathways and packages of care to be delivered. He explained that unlike the acute and community care hospitals, mental health to date has not been covered by PBR (Payment by Results). The ongoing work in the West Midlands, based on the Yorkshire Care Pathway programme aims to develop a regional tariff for Mental Health services by 2011. He highlighted the objectives of the programme which include assessing current levels of productivity, and focussing on developing MH Trust capacity to manage and improve service line economics focussing on pathways of care. The presentation concluded with some of the risks associated with this work in the West Midlands.

This talk was followed by another very informative presentation by Dr Martin Elphick, Consultant Psychiatrist, Avon and Wiltshire Mental Health Partnership NHS Trust on 'Information-based Funding, Quality and Outcomes for Mental Health' (IFQO). If the audience by this time was not convinced that knowledge of PBR and Health Economics was integral in the practise of modern evidence- based medicine, the principles of IFQO certainly reiterated this. He illuminated us on how the College's initiative on IFQO has begun at a time when both the quality assurance of mental health services and their funding mechanisms are under review throughout Europe. He stated that 'funding mechanisms and contracts for mental health services should be inseparably linked with measures of quality and outcome as well as levels of activity and need.' When Dr Elphick described the dynamic relationships between resourcing, activity, quality and outcome with the help of 'Balloon



Technology' it was apparent that if resourcing and efficiency remain unchanged, the capacity of a service can only be increased at the expense of quality, patient safety and staff wellbeing. He concluded that a direct management link was needed between each of the 'four E's' - experience (of service users, including their safety and dignity), efficacy (evidence based interventions), effectiveness (impact in real life) and efficiency (value for money) and that 'quality is best assured by a combination of process and clinical outcome measures.'

Mr Neil Carr, OBE, Chief Executive, South Staffordshire and Shropshire Healthcare NHS Foundation Trust delivered his presentation on 'Is there a future for Consultant Psychiatrists in Foundation Trusts?' He shed light on the current climate of FT's as the new breed of NHS providers and illustrated their functioning in the context of changing times. .

Professor Femi Oyeboode delivered the final talk of the conference entitled ' Roles of Consultants in Foundation Trusts'. He questioned the current context of practice and said that there was something amiss in society which has created a climate of suspicion and crisis of trust. Quoting the Reith Lectures, 2002 (by Onora O'Neill), he reinforced the fact that culture of accountability is

Divisional Meetings and Events

actually damaging our trust rather than supporting it. He reminded us that transparency can encourage people to be less honest, thus increasing deception and reducing reasons for trust. The rituals of verification and accountability can deprive doctors of the freedom to work and lead to poor functioning. He highlighted the newly merging role of Consultants as a Medical expert, communicator, collaborator, manager, advocate, scholar and professional. In conclusion he mentioned that clinicians should take financial responsibility to improve their service and be given the freedom to make changes.



The attendees feedback was very positive

Dr Gabrielle Milner, Editor and Dr Rajashree Ray, ST6

MEDIA ALERTS

The Divisional Office receives daily press alerts of issues relating to psychiatry that have appeared in the media. If there are any issues or particular articles that you would like us to look out for please contact us and we will arrange for alerts to be forwarded to you.

Divisional Prizes

This year's Thomas Bakewell Prize was awarded to Mr Ross Elledge for his entry "Critically discuss changes in understanding management of Depressive Disorder over the last 60 years". Mr Elledge was awarded a cheque for £100 and a certificate at the Spring Divisional Meeting which was held in May at the Village Hotel in Dudley. Nicholas Wolstenholme a 4th year medical student from Keele University was highly commended for his entry.



Dr Catherine Thompson

The 2009 Research Presentation Prize was awarded to Dr Catherine Thompson for her entry, at the Spring Meeting on 8th May, which was held at the Village Hotel in Dudley. Dr Sakhawat Ali and Dr Ignacio Agell's entry was highly commended.



Dr Sakhawat Ali

Further details about current prizes can be obtained from the Division's web page:

<http://www.rcpsych.ac.uk/college/divisions/westmidlands/prizesandcompetitions.aspx>



Report on Walsall Conference on BME Mental Health

The one day conference on the theme '**Accessible, Informed & Capable Mental Health Services for BME**' jointly hosted by the Public Education & BME Committees of the West Midlands Division in collaboration with Dudley & Walsall Mental Health Partnership Trust was held at the Bescot Stadium Walsall on 15th May 2009.

The conference was a huge success in terms of speaker presentations, interactive discussions and participation by over 70 professionals representing mental health workers, managers, users, carers and voluntary agencies. The conference proceedings provided opportunity to the multidisciplinary audience to hear and contribute towards issues such as existing myths, stigma and discrimination operating about mental disorders as well as the gaps, challenges & opportunities relating to mental health services for the BME communities in the region.

The conference was inaugurated by Glyn Shaw, Chair of the Dudley & Walsall Mental Health Partnership Trust and praised the regional initiatives and the Royal College of Psychiatrists to improve the knowledge & quality of mental health care for the BME. He highlighted the Trust's motto 'better together' and pledged commitment that the new mental health trust will continue to support initiatives aimed at improving services for BME.

Drs Iftikhar Ahmad & Safi Afghan Chairs of the BME & Public Education Sub Committees of the Division made brief introductions of their committees & objectives. The keynote speaker in the morning was Professor Swaran Singh, Professor of Social Psychiatry & Psychiatric Epidemiology, who spoke on 'Community engagement for early detection & intervention in psychoses'. The main focus and thrust of Professor Singh's talk was to present robust scientific evidence to challenge the myth that racism plays a major role in high rates of

psychoses in the Afro-Caribbean population in UK. He underlined the need for the Government and the mental health professionals to target the main issue, i.e. stigma & discrimination as well as improving the mainstream services for the population. He gave



Glyn Shaw

example of his own work in Birmingham with Mosques and delivering training to Imams to be able to facilitate detection of psychosis in a population of predominantly Pakistani origin.

Ms Lakhvir Rellon, who is a Director of Community Engagement at the Birmingham & Solihull Mental Health Trust, spoke quite passionately about her experiences as a Carer. She acknowledged some improvements in delivery of services but urged the professionals to inculcate empathy and sensitivity towards service users and carers. She felt that lot more needs to be done to challenge stigma and racism that still operate.

Dr. Waquas Waheed Consultant Psychiatrist from Lancashire Care NHS Trust gave outline of his ongoing research, which is examining barriers to provision of primary care mental health services for ethnic minorities. He gave practical examples of 'engaging with hard to engage communities', and used the example of working & supporting women of Pakistani origin in Manchester. Dr. Tom Harrison, Consultant Psychiatrist & past Divisional Public Education Officer talked on 'West Midlands In-Sight' and gave an overview of his & colleagues work in tackling public education in the West Midlands about 10 years ago. He strongly felt that public

Report on Walsall Conference on BME Mental Health



Tanveer Choudhry and
Ajaib Khan

education requires not only individual commitment but ability to work collaboratively with many partners such as media, employers and schools etc.

Tanveer Choudhry and Ajaib Khan, Community Development Workers (CDWs) from Birmingham & Solihull gave examples of their work in communities to challenge myths and improve the perception about common mental disorders, which was followed by interactive question & answer discussion. Dr Faizal Moosa, Child Psychiatrist from Children's Hospital gave an inspiring talk on his work in schools. He gave an overview of processes and content of training for the school teachers and students to improve their understanding of mental health.

Anubha Chaturvedi from BBC spoke about her experiences of engaging with psychiatrists, service users and lay public on the media. She was of the view that media can play a very

effective role in combating discrimination about mental health problems and can facilitate promotion of positive mental health.

Ms Karen Williams, Director of Operations and Dr Mark Weaver, Associate Medical Director from the Dudley & Walsall Mental Health Partnership Trust in their concluding remarks reiterated the Trust's resolve to support initiatives for improving access and quality of mental health services of hard to reach populations. The conference provided an opportunity for the West Midlands' mental health professionals from different specialties and backgrounds to share their views and above all reignite & refocus their efforts to improve the public & BME perception of psychiatry as well as advocate & champion for improving the quality of mainstream services so as to benefit marginalised communities. Dr Ananta Dave, Consultant in Child Psychiatry from Walsall gave vote of thanks.

Dr Safi Afghan,
Public Education Officer,
West Midlands Division

Fair Deal for Mental Health

As part of the Fair Deal for Mental Health campaign, the College has launched the Working with Divisions project. It is looking to strengthen and extend the involvement of College members by actively supporting the Divisions in campaigning on issues of local importance. Given the current economic downturn, the allocation of resources and the commissioning of services are likely to be a focus for campaigning initiatives.

Representatives from the College's Policy Unit have met with Divisional members and discussed ways in which the profile of the Fair Deal campaign could be raised within the Division. If local politicians and policy makers are to be influenced, the Divisional voice needs to be heard loud and clear. With this in mind, the first step will be to launch a questionnaire to gather the views of the Division's members, service users and carers on the effect of the economic downturn on mental health services in the West Midlands. This survey will also be an opportunity for Divisional Members to raise any issues they face locally which relate to the College's Fair Deal priorities.

If you have any suggestions for particular issues that you would like to see addressed by the questionnaire, please contact nbalmer@rcpsych.ac.uk.

Assessors for the College on Advisory Appointment Committees

If you have been a consultant for more than three years, would you be interested in representing the College as an Assessor on Advisory Appointment Committees (AACs)? Assessors are crucial to ensure good practice is maintained at all AACs and to provide a constructive assessment of applicants' expertise for the post. We urgently need representatives in all psychiatric specialties and in all regions. For full details on the role and how to become an Assessor, please contact Miss Charlotte Cox at the Department of Postgraduate Educational Services, The Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG. Alternatively, please see the College website by following the link <http://www.rcpsych.ac.uk/training/collegeassessor.aspx>. We do hope that you will join our team of Assessors and look forward to hearing from you.

DEBATE SECTION - an opportunity to express *your* views

'New ways of working for consultants-better for consultants or patients?'

click for

CONSULTANTS

click for

PATIENTS

Votes received as at 1 October 2009 = 80% Consultants/20% Patients

Comments received...

'New ways of working means different things to different people; the different professions, managers and even within psychiatrists. It may well have served well those who have entered it - but whilst many others continue to work with onerous schedules - even within the same trusts - it is an incomplete assessment of its overall impact. A full debate on what we want psychiatrists to be doing over the next decade would be welcome.'

'..the streamlining of roles and expertise through NWW will eventually benefit patients by service improvements, better morale and better response to emergencies.'

'I was interested to read the Debate section in Issue 6 of the Newsletter on New Ways of Working. The question is worded so as to assume that either Consultants or patients will benefit from NWW.'

'..neither will benefit. The whole scheme seems to be designed to take Consultants away from what they do best - i.e. seeing and treating patients and offering continuity of care. This has always been the model we have followed in Old Age Psychiatry and we are pleased to be free (so far) of the bureaucratic nightmare that has so fragmented General Adult Psychiatry where it seems that a patient can pass between 3 or 4 different Teams and a never-ending stream of "assessments". Consultants no longer seem able to "get a hold of" the patient's care and risk being sidelined.'

'We keep it simple. The Consultant sees the bulk of referred patients- always in their own homes, and CPNs or Social Workers are brought in as needed. Patients know they are seeing the most senior person in the Team from Day 1.'

'NWW was brought in initially as a panic measure due to the Consultant Manpower crisis. It may have had a little spurious merit as a stop-gap but must now be regarded as dead in the water. New Ways of Not Working (NWNW) seems a more accurate heading.'

2009 Elections, Appointments and Vacancies

2009 ELECTION RESULTS

Chair - Dr Stephen Edwards
Executive Committee Member - Dr Martin Curtice
Executive Committee Member - Dr Lesley Haines
Executive Committee Member - Dr Sumithra Handy

VACANCIES

None

APPOINTMENTS

Regional Adviser - Dr Gabrielle Milner
Deputy Regional Adviser - Dr Martin Gee
Forensic Psychiatry Faculty Regional Representative - Dr Thomas Clark
Old Age Psychiatry Faculty Regional Representative - Dr Mohammed Rafi Arif

The following members have been co-opted to the Executive Committee:

Dr Nick Brown - Revalidation
Dr Chris Murphy - Head of School of Psychiatry
Dr Ashok Roy - Chair of West Midlands Division Medical Directors Group

FAREWELLS

Executive Committee Member - Dr Martin Humphreys
Executive Committee Member - Dr Adel Sobeih
Forensic Psychiatry Faculty Regional Representative - Dr Claire Barkley
Old Age Psychiatry Faculty Regional Representative - Dr Avtar Dhariwal
Co-opted Committee Member - Dr Jonathan Lovett

Dr Afzal Javed and Dr Arshad Mahmood have both come to the end of their terms of office as Chair and elected Executive Committee Member but will continue to sit on the Committee in their respective roles as Immediate Past Chair/RCPsych and RCGP collaboration lead and General and Community Psychiatry Faculty Regional Representative.

Clinical Excellence Awards 2009/2010

Congratulations to Dr Harm Boer on obtaining a bronze award in the 2009 round, and to Dr Martin Deahl for his silver award and to Professor Ilana Crome for her platinum award.

The West Midlands Division CEA nominating will meet on Monday, 19 October 2009 to discuss 2010 bronze, silver and gold applications. Details of West Midlands Division rankings can be found at <http://www.rcpsych.ac.uk/college/divisions/westmidlands/cearankings.aspx?page=3999> (member login required)

Further details about the College's CEA procedures be found on the College website or by contacting Sue Duncan, College Awards Administrator, sduncan@rcpsych.ac.uk.

You Can Do This Too!

Yesterday I had the most extraordinary experience. On one of our rare summer days when everybody sports a smile and slips into rarely used sandals and flimsy clothes, at 8.45 I found myself in a stuffy computer room with 50 teachers, already seated and keen to listen.

Together with my colleague, Alistair Campbell, a nurse consultant and a manager of our Early Intervention in Psychosis team we discussed mental illness for about 90 minutes and then repeated the exercise with another 30 teachers after a short break and a burst of phenomenally loud air conditioning.

Apart from a session on recognising psychosis which my colleague took, we had not specifically prepared. I took along with me a number of different presentations on different topics and our newly made DVD, *Psychiatry for Teachers*. This was funded by the Faculty of Child & Adolescent Psychiatrists and informed by several 2 day courses which myself, Alistair and Dr Kate Gingell, Child & Adolescent Psychiatrist had delivered in Stoke and Dudley. We had been able to do this thanks to a successful bid to the Images of Psychiatry Campaign.

The teachers were invited to choose from the DVD's menu of topics but first they listened to Naomi's story. Naomi is an ex-user of CAMHS. She describes the disruption to her life caused by mental illness and the difficulties people had around her, particularly teachers, of understanding what was wrong. She ends by wishing that her teachers had been better equipped to teach about mental illness since they and she might have recognised that she was not a wilfully disruptive child but suffering from a treatable mental illness.

Our audience chose to listen to the sections on Attention Deficit Hyperactivity Disorder, Depressive Disorder and Bipolar Disorder. Each section is quite brief but provides information in a way that helps teachers to know what to look for and guides them on where to get help.

Discussion, questions and reassurance on how to handle students in difficulty followed.

The feedback highlighted how concerned teachers are about their students' mental health at the very least because they know that this affects academic achievement. Teachers clearly deal with lots of young people from broken homes, who care for a parent with disability and therefore miss classes, who have been thrown out of their home and are sofa surfing - apparently an increasingly common event, who self-harm, who get depressed. They do this often with little knowledge about what behaviours should raise their suspicions of mental illness or what to do. They were delighted to have the opportunity to learn more and found the DVD very useful; some wanted to use it directly with their students, although it was actually designed for teachers to use amongst themselves, ideally facilitated by a mental health specialist.

These teachers were all staff of a large 6th Form College. They came because they wanted to. The timing, early June, was helpful since A Levels had started and there were no routine classes. Fitting in with teachers' busy academic year is always difficult but an alternative possibility is the Inset days.

From September, the DVD will be available so why don't you approach your local schools and 6th Form Colleges offering a session which promises to equip staff with some knowledge basis about mental illness in order to facilitate them to recognise mental illness and locate appropriate help, and to teach about it to their students.

Lisetta Lovett

**Consultant Psychiatrist/Senior Lecturer
Public Education Officer, West Midlands**

If you would like a free copy of *Psychiatry for Teachers: an educational resource*, please e-mail Traceyk.Pickering@northstaffs.nhs.uk

Advance Notice

International Congress of the Royal College of Psychiatrists

'ADVANCING SCIENCE'

21st - 24th June 2010 at the EICC, Edinburgh

For further information please visit

<http://www.rcpsych.ac.uk/events/annualmeeting2010.aspx>

or contact

conference@rcpsych.ac.uk

Mental Health Awareness Event at Shree Pragati Mandal

The event held at the Community Hall of Shree Pragati Mandal in Birmingham on 1 June 2009 was a huge success and 165 people attended on the day.

The event kicked off with an introduction of the Networking Forum's work to the audience. This was followed by a talk on Common Mental Health Disorders delivered in Urdu by Dr S. Afghan, Consultant Psychiatrist. This generated a lot of interest and was followed by an open forum for questions and comments. The next item was an enactment of a role play by members of the forum of exchanges between a service user, a concerned carer and the patient's General Practitioner in the context of presenting symptoms of memory failure. This was received enthusiastically by the audience and followed by a talk on raising awareness of dementia delivered in Hindi/Urdu by Dr P Sharma, Consultant Psychiatrist.

This was followed by a brief talk by a carer to highlight his experience of dealing with the services. The audience were then encouraged to seek help and further information from members of the Forum who were also mental health workers.

The event on the whole was successful in meeting its objective on raising awareness of the general public from the South Asian Community in the area of common mental health illness.

We plan to hold similar events targeted at the public in the near future.

**Dr P Sharma, Chair
Networking Forum of Asian Older People's Services**

We would welcome your feedback on this newsletter...

click here to e-mail your response:

[RESPONSE!](#)

or write to the editorial board, c/o the Divisional Office with any additional comments, views and opinions on this topic for inclusion in the next edition of the newsletter.

Volunteer Doctors - Medical Foundation West Midlands

The Medical Foundation is a human rights organisation that exists to enable survivors of torture and organised violence to engage in a healing process to assert their own human dignity and worth. Our concern for the health and well being of torture survivors and their families is directed towards providing medical and social care, practical assistance, and psychological therapy. It is also our mission to document and raise public awareness about torture and its consequences.

The Medical Foundation West Midlands Centre is the fourth centre to open outside of London. The offices will open on Monday 26th October in the Jewellery Quarter in Birmingham. We are currently recruiting volunteer doctors to carry out medical assessments to document evidence of torture and produce Medico-legal Reports.

We are looking for Medical Practitioners with full GMC registration and at least 5 years clinical experience, GP training or specialist training at SpR or Consultant level. In addition it is essential that you have a commitment to human rights and the aims and values of the Medical Foundation, are interested in health care issues that affect torture survivors and other asylum seekers and refugees, are sensitive when communicating with people who have suffered trauma and loss, and are committed to ongoing training and development. A two day induction training event will be provided by the Medical Foundation together with quarterly clinical development/training events and ongoing support/advice. The next induction training will be held in Birmingham on the 11th and 12th November 2009.

We require a minimum commitment of one half day per two weeks for one year. Days of the week/hours of work to be agreed.

You would work from our West Midlands centre which is based close to Birmingham city centre.

For further information about the post contact Maria Downs, Centre Manager on 01213046825 or email mdowns@torturecare.org.uk.

To apply please download the application from our website or contact Beverley Gould, Centre Administrator on bgould@torturecare.org.uk or telephone 01213146825.

On receipt of your application we will contact you to arrange a short interview. Interviews will be held on 27th October.

Please note that volunteer roles require references and CRB Check.

Medical Foundation West Midlands

Unit 5, 1st Floor Caroline Point

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Birmingham B3 1UF

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Email: bgould@torturecare.org.uk

Membership of the Executive Committee

Dr Stephen Edwards (E)	Chair/ETSC Representative
Dr Derrett Watts (E)	Honorary Secretary
Dr Gabrielle Milner (E)	Financial Officer/Regional Adviser
Dr Safi Afghan	Acting Public Education Officer
Dr Iftikhar Ahmad (E)	Committee Member
Dr Rafi Arif	Faculty of Old Age
Dr Andrew Ashley-Smith	Rehab & Social Psychiatry Faculty
Dr Agnes Aytton	Eating Disorders Section
Dr Joanne Barton	Child & Adolescent Psychiatry Faculty/Academic Secretary
Dr Nicholas Brown	Revalidation
Dr Thomas Clark	Forensic Psychiatry Faculty
Dr Louise Cooper	Faculty of Addictions
Dr Martin Curtice (E)	Committee Member
Dr Deepti Desai	PTC Representative
Dr Neil Deuchar	SHA Representative
Mr Adrian Fisher	Service User Representative
Dr Martin Gee	Deputy Regional Adviser
Dr Lesley Haines (E)	Committee Member
Dr Sumithra Handy (E)	Committee Member
Dr Richard Hodgson	CPDRC
Dr Afzal Javed	Immediate Past Chair/ RCPsych and RCGP link
Dr Lisetta Lovett	Public Education Officer
Dr Christopher Mace	Psychotherapy Faculty
Dr Arshad Mahmood	General & Community Psychiatry Faculty
Dr Geoffrey Marston	Learning Disability Psychiatry Faculty
Dr Iqbal Naeem	Affiliate representative
Dr Ashok Roy	Medical Directors Representative
Professor Scott Weich	Academic Faculty
Dr Alfred White	Liaison Faculty
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.

2010 Meetings:
To be confirmed

Please refer to the Division's website for a full colour version of this newsletter in PDF format.

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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