

Northern and Yorkshire Division

Newsletter

Issue no 19

Summer 2011



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Chair's Letter:

Dear Members,

Welcome to our summer newsletter.

I am now the Editor of the Newsletter, following on from Professor Stephen Curran. I would like to thank Stephen for his input over the years—I know our members read and enjoy the newsletter so I hope this will continue under my editorship.

We publish twice yearly and anyone is welcome to submit articles. I know you get a lot of e-mails, but don't delete at this point and do spend a few minutes looking through some of the articles in this edition. There are over 1,300 members in the Northern and Yorkshire Division and the newsletter is one way we can share information about what is happening north of Sheffield, east of Manchester and south of the Scottish border.

I am starting my final year as Chair of Division, having been in post for three years. It has been an interesting time and has also been enjoyable. The Division Chairs meet every two months at the College Council meeting and it is a valuable time when we can share views from all corners of the four nations. This post would have been impossible to carry out without the dedicated support of Eva and Leanne at the Division Office in Leeds. As I said before you are welcome to pop in there at any time and it has a small meeting room for your use.

Since the last newsletter we have held another very successful conference at Darlington Football Club. This time the subject was the treatment of Schizophrenia. Again it was oversubscribed - so book early for our next conference on Bipolar Disorder on Friday 30 September at the same venue. See later in the newsletter for more details and an account of the last conference.

The College has seen a change of officers in the last year, with Professor Sue Bailey replacing Professor Dinesh Bhugra as President and Professor Nick Craddock, replacing Professor George Ikkos as Treasurer. A new Associate Registrar has been appointed, Dr Tom Brown. Tom will be leading on recruitment which is also the subject of the current College Campaign. Elections for a new Dean will take place shortly. You will get a chance to meet Sue Bailey if you sign up for our next Conference as she will be facilitating a Q&A session.

Locally it is goodbye and thanks to Fiona McKenzie our Deputy Regional Advisor for Yorkshire and Steve Barlow, elected member.

The College has formed the Joint Commissioning Panel (JCP) which is now entering its second phase producing guidelines for commissioning in each specialty within psychiatry. Most of the work will be done within Faculties and Sections but the Divisions will have a role in influencing the process. Divisions

have the advantage of local knowledge and of course work across specialties. I expect the work of the JCP to have a major influence on how services are provided in future. It is good that psychiatrists will have some influence.

The College has been listening to the views of our trainees, especially about exams. There are many debates about this at Council meetings. There are plans to simplify the exams, in relation to the time it takes when you can take them (this will be reduced), the number of exams (3 to 2 written papers) and the proposed introduction of a longer case into the CASC.

Cost saving plans are also been developed and locally, we are introducing user/carer input to our Executive Committee and planning our strategy for 2012.

We asked members whether they were happy about receiving the newsletter electronically or if they wanted us to go back to a paper copy. We had a good response and some of these are reproduced (anonymously) below. Those who responded were in favour of electronic. As a result we will continue to help save trees and the planet.

I hope you enjoy reading the rest of the newsletter.



Division Chair and Newsletter Editor

What you said about the Newsletter

"I'm very happy to receive my newsletter by e-mail as it reduces waste and expenditure—and its there when I have 5 minutes free at work!"

"I favour an e-newsletter—unless its easier and cheaper to send by paper, seems unlikely somehow.."

"I'd much rather have email than paper"

"Email saves trees"

"I prefer email. I think in this day and age of technology and green issues, to send out 1000 paper copies seems wrong"

MAKE A DIFFERENCE TO THE DIVISION

GET INVOLVED

If you would like to be involved with the Executive Committee and influence what is happening locally and centrally

CHECK OUT THE VACANCIES AT THE END OF THE NEWSLETTER

**KEEPING IN TOUCH WITH MEMBERS
AND
UPDATING YOUR SIGN UP TO COLLEGE INTERESTS**

It is important to you and to us that you keep your contact details up to date.

There are several ways to keep you details up to date. You can amend your own details by logging on to the members area on the web site (you will need a personal login to enable you to do this). The membership office will update your details for you—send an email to Paul O’Connor poconnor@rcpsych.ac.uk or we can update your details for you—send an email to Leanne Grice lgrice@nyorkdiv.rcpsych.ac.uk.

It is also important that you keep your College sign up details up to date.

Are you signed up for memberships of Faculties, Sections, Divisions and Special Interest Groups that are no longer your areas of interest? We don’t want to waste your time by sending out unwanted information, so the College has made it really easy for you to check your entry in the College’s membership database. Just go to the Members’ area of the College web page, and click on login to the members’ area. This will take you to the page where you can update your entry.

HELLO AND GOODBYE

Since our last edition we have already said goodbye or will soon to saying goodbye and thank you to:

Dr Steve Barlow: Elected Member

Dr Fiona McKenzie: Deputy Regional Advisor for Yorkshire

We welcome new members:

- **Dr Marios Adamou:** Deputy Regional Advisor for Yorkshire Region
- **Dr Ravi Lingam:** Regional Representative for Medical Psychotherapy (NE Region)
- **Professor John O'Brien:** Regional Academic Representative Northern and Yorkshire Division
- **Dr Melanie Temple:** Regional Representative for Eating Disorders (NE Region)

Internal Changes:

- **Dr Neeraj Berry:** Moves from Deputy Regional Representative for General and Adult (NE Region) into the substantive Regional Representative role.
- **Dr Suresh Babu:** An elected member who has also been appointed to the role of Regional Representative for Liaison (NE Region)

News From the Division Office

Dear Members

We have some really good Conferences planned for the remainder of 2011 moving into 2012. Leanne always sends messages out to you with links to registration forms—but we are also starting to include registration forms at the back of the newsletter—so please take time to take a look. The registration form for Spring 2012 isn't available yet. After reading the flyer if you are interested in attending then let Leanne know and she will send you a form when they are ready.

Whatever Conference you want to attend—please don't leave it too late to book. We give a closing date for very good reasons, not least to enable us to confirm numbers with the venue and arrange seating and catering. This means we have difficulty fitting "last minute" registrations in. Our spring conferences tend to be particularly well subscribed and two years running we have had waiting lists. So please book your study leave well in advance and secure your booking with a registration form and payment. We ask members not to make their own decisions to simply turn up on the day in the hope there will be places—they may not be. Please remember your colleagues who may be on our waiting list and patiently awaiting our call to tell them they have a place—they will have priority if we have last minute cancellations.

Many Trusts are paying direct by BACS payment which does make life easier for us in the office but we do still need a registration form from you. If your Trust needs to see the form to make payment don't just leave it with them to send on to us—they won't do this. Fax a copy to Leanne and let her know your payment will follow by BACS.

Next year we are hoping to offer payment by credit/debit card. We know this has been a while in coming but please bear with us. If your Trust isn't paying by BACs or a Trust cheque then we do still need you to send us a personal cheque, until such time as we can offer alternative payment arrangements.

We are holding training for College Approved Assessors for Appointments Committees on 13 October in Leeds. There is always a shortage of Approved Assessors. Please take advantage of the local training—no cost to delegates—get in touch for more details and a booking form.

Have a good summer and we hope to see you on 30 September in Darlington.

With Best Wishes

HELP US TO KEEP IN TOUCH WITH YOU
PLEASE KEEP YOUR CONTACT DETAILS UP TO DATE

CONFERENCE REVIEWS:

Spring Conference 25 March 2011 Psychosis: An Update

**By Dr Yan Kon,
Elected Member and
Learning Disability Regional Specialty Representative for NE Region**

The Conference was oversubscribed, thanks to Stuart Watson, our Academic Secretary who was responsible for the programme. More than 160 people attended. A mixture of members, other mental health professionals and those working in mental healthcare.

The morning session concentrated on Psychological Approaches to Psychosis. Robert Dudley told us that CBT helps patients make sense of the psychotic experience. It was more beneficial for positive symptoms rather than negative symptoms. Max Birchwood suggested that using the PANSS as a measure for CBT was not appropriate because it was not a quasi-neuroleptic. CBT was valued by patients, helping them deal with their distress.

The afternoon session concentrated on Pharmacological Approaches to Psychosis. Shon Lewis was instructed to walk from Darlington Railway Station to the Football Ground and so had his exercise for the day. CATiE and CUTLASS trials have shown no difference in effectiveness or safety between first and second generation anti-psychotics. All of us who have worked hard to change our patients onto SGAs are feeling a little disheartened. Peter Talbot blinded us with science or at least pretty pictures of PET and SPET.

Whether for personal or professional reasons, we were interested to hear Robin Murray's verdict on whether cannabis causes psychosis. It is no good for you if you are vulnerable and the risk increases with the amount and frequency of intake. Large numbers of people seem to be able to enjoy cannabis without any untoward effect. Old fashioned weed is less harmful than skunk.

The day ended with us congratulating Dr Deepika Yerrakalva, winner of the oral Presentation: "*Compliance of Northallerton IHTT with NICE Guidelines for effective screening and identification of alcohol disorders and delivery of brief interventions*" and Dr Clare Fenton, winner of the poster presentation: "*Physical Examination in Psychiatry*". The each received a £200 prize, a certificate of merit and the poster presenter was given a photo of her poster for inclusion in her portfolio.

CONFERENCES ORGANISED BY NORTHERN AND YORKSHIRE DIVISION

The number of delegates attending our Conferences has increased over the past few years. This is good news for the Division, but this increase in numbers means that it is even more important that we are able to make the day run as smoothly as possible. There is a lot our members can do to help with this.

We don't like to turn members away and we would prefer not to hold you on a waiting list—so the sooner you register the better.

The staff at the venue need to know two weeks in advance how many delegates we are expecting. This enables them to set out the correct number of seats in the floor plan and to prepare the refreshments and lunch. This does not mean we will not allow last minute delegates, but we

would prefer that you let us know beforehand and not simply turn up on the day. Please make a note of the end date for registrations, send in your registration form with your remittance in good time to secure your place.



Preparing the room for the delegates arriving.

Cancellations

We can only offer full refunds if cancellations are received one full month before the date of the event. If you are unable to attend personally, please ask one of your colleagues to attend in your place. In some circumstances we are able to provide a full credit note to enable you to attend a future conference. If you need to discuss a possible refund or credit note please contact Eva or Leanne. A copy of our refund policy can be obtained from the Division Office.

IMPORTANT EVENTS FOR YOUR DIARY IN 2011/2012

Autumn Conferences 2011:

Northern and Yorkshire: Bipolar: 30 September in Darlington
North West: A lifetime of Caring: 9 November in Manchester

Spring Conferences 2012:

Northern and Yorkshire: Suicide = 23 March in Darlington
North West: 2 May in Manchester

International Congress 2012: 10–13 July in Liverpool

Autumn Conferences 2012:

Northern and Yorkshire: 28 September in Darlington
North West: 31 October in Manchester

NICE to see you: Report from the NICE Conference 2011

by Dr Paul Blenkiron,
Consultant Psychiatrist, York and NICE Fellow. Paul.blenkiron@nyypct.nhs.uk

*Is your job safe in the current NHS climate?
How can you demonstrate that you lead a high quality service?
Do you know what QIPP, CQC, SCIE and NPC mean?
Is NICE really a "National Treasure" (as BMJ Editor Fiona Godlee has proclaimed)?*

All these questions—and many more—were hotly debated at the annual conference organised by NICE (The National Institute for Health and Clinical Excellence). Held this May in Birmingham, it was chaired by the GP and broadcaster Phil Hammond, who injected the right balance of humour and gravitas into the proceedings. I learned a surprising amount regarding the current thinking around NHS care—from clinicians and leading policy makers.

The annual NHS budget is currently £500 billion. The Kennedy Report highlights variations in care as a key area for saving money. The question is how to achieve this whilst driving up quality—defined by Darzi's triad of "effectiveness, safety and a good patient experience". It was useful to learn from talking to other doctors and nurses that I am not the only one uncertain about the meaning of some acronyms used in NHS management.

I particularly enjoyed the workshop run by Neil Maskray from the National Prescribing Centre. He explained why changing practice is so difficult. We find it easier to use a "pattern recognition" approach to clinical decisions because it is easy, fast and automatic. Changing to an "evidence based" style is slower, analytical and requires effort. Certainly it is difficult for specialists to keep up in their field. How many psychiatrists can say they have read every mental health guideline? General Practitioners have an even bigger task. Fortunately, they do receive a free monthly copy of the booklet "Clinical Guidelines" summarising all the latest guidance.

I should make a declaration of interest at this point—I was attending the conference as one of the recently appointed "NICE Fellows" - (unpaid) clinicians who are interested in raising awareness of NICE and its work across the country.

http://www.nice.org.uk/getinvolved/nice_fellows_and_scholars/fellows/paulblenkiron.jsp

Next, the speakers debated the meaning of "value-based pricing" for NHS drugs. They also considered whether there was a difference between NICE's new "quality standards" (intended to guide commissioning) and the Care Quality Commission's "essential standards" (needed to pass inspections). In short, it seems that NICE says what we should do, and the Care Quality Commission checks that we are doing it.

I left the conference concluding that NICE is indeed a "National Treasure" that needs critical friends (to paraphrase Fiona Godlee). It is certainly here to stay. Reflective practice is now part of the College's continuing professional development policy. Therefore, I have summarised ten personal learning points. Of course, I will be feeding them back at our next CPD Peer Group Meeting.

Ten things you didn't know about NICE

1. NICE's name is changing: to the National Institute of Health and Care Excellence. This reflects its extended role in producing social care guidelines.

2. NICE recently launched "NICE Pathways": these bring together all the different guidelines for each topic (e.g. Depression) into a single flow diagram.

3. NICE is working on two guidelines about the Patient Experience: one generic and one about mental health—with input from users, carers and the Royal College of Psychiatrists.

4. NHS Evidence: is the best free portal to access quality clinical information (NICE, the BNF, Cochrane) - yet most of us still use Google.

5. NICE is creating " quality standards" : these summarise key recommendations for each clinical condition—using just 10—15 aspirational but achievable statements—7 are already complete with 150 more planned within five years.

6. NICE Guidelines are reader friendly: patient carer versions are available free on line. These explain terms such as "cognitive behaviour therapy" , " delusions" and " carer's assessment.

7. NICE's first clinical guideline was Schizophrenia (2002): it has since been adopted by countries as diverse as Spain, Australia and California (USA).

8. NICE is the most prolific developer of clinical guidelines in the world: Its 734 publications include 122 clinical guidelines and 222 technology appraisals (of new drugs and interventions).

9. NICE is expanding: It now defines financial incentives for GPs: the Qualities and Outcomes Framework Targets. The National Prescribing Centre is also now part of NICE.

10. NICE states that it will never replace clinical judgement: We may have disease specific guidelines, but we do not have disease specific patients, as every clinician knows.

Some memorable quotes from the NICE Conference 2011

" Quality is what we would like to have done to us as patients" (Clare Gerada, Chair RCGPs)

" NICE tends to say what should be done and let local organisations say how it should happen. This may be different in different areas" (Michael Rawlins, Chair NICE)

" More with the same, not more of the same" (Chris Ham, CE King's Fund—regarding the need for the NHS to save £20 billion by 2014 " just to stand still)

"Insanity is doing the same thing over and over again and expecting different results" (Albert Einstein 1879-1955)

GET IN TOUCH—GET INVOLVED

ARE YOU A TRAINEE?

WE ACTIVELY ENCOURAGE ALL OUR TRAINEES TO ATTEND OUR CONFERENCES.

We hold a trainee competition every year and we award a prize for the best oral and poster presentation.

But you don't need to enter the competition to enjoy the day—come along and bring a colleague with you. Our Conferences also offer the opportunity to network with other trainees and listen to some excellent speakers.

Keep looking at the web pages and keep in touch with the Division Office about Conferences and Events in the future

Contact Leanne for more information lgrice@nyorkdiv.rcpsych.ac.uk

Assessors for the College Advisory Appointment Committees

**WE ARE PLANNING TRAINING FOR NEW ASSESSORS AND REFRESHERS
ON 13 OCTOBER 2011 IN LEEDS**

**Have 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.

If you would like to attend the training on 13 October - contact Leanne lgrice@nyorkdiv.rcpsych.ac.uk

If you would like more details about the role - follow the link below to the College web site

<http://www.rcpsych.ac.uk/training/collegeassessor.aspx>.

LOOKING BACK—LOOKING FORWARD

By Steve Reilly (formerly Consultant/Psychotherapist at Bootham Park Hospital)

I practised as a doctor for 32 years; 22 of those as a consultant psychiatrist and psychotherapist. I can hardly believe how quickly the time went. The passage of time is a curious thing. So are the expectations and assumptions which lie on the edge of consciousness only to emerge into the light of day when reality exposes them. For example, I now realise that I never expected to have any parents myself by the time I retired. I have a mother. Nor did I expect to have a child still at school; I have. I didn't expect to be so affected emotionally by my work as a doctor. I have been and I am. Nor did I expect to have no persisting interest whatsoever in practising my craft beyond retirement. I don't.

It is two years since I retired. I have no doubt it was the right time. I thought about it a great deal but basically the decision came to me from my guts. In fact it didn't feel like a decision; it presented itself simply as the next move. There was no sense of choice, or wanting to contest it. This sort of process, part cognitive, part visceral, has been important throughout my life. I was very fortunate in having MHO status and could leave at a relatively young age. I didn't leave at the earliest possible moment. I count myself lucky. I achieved some of the things I set out to do. There were inevitably things I didn't manage.

There were many good things about work including; the privilege of working with people and their families during times of distress and illness, working in teams with fantastic people, the pleasure of working with so many bright, enthusiastic young doctors and playing a small part in their development, the enormous satisfaction of being involved in the training of psychotherapists for the Yorkshire Region, contributing to the development of clinical services. The worst things about my time in the NHS were the political interference with its force-fed diet of right wing dogma and the never ending round of unhelpful reorganisations.

Since leaving work there's more time for family and friends. There is space for old interests to re-emerge and new ones to develop. After all those years confined to my office I can now go walking in all weathers whenever I like. I can indulge my passions for reading and scribbling without feeling that I should be reading a journal or writing up a lecture. I'm open to possibilities. I feel lighter. I like it.

Plans for the future? Go with the flow.

17 Belgrave Square:

By Bob Adams, Chair Northern and Yorkshire Division

One of my Colleagues asked be if I would put the words of this song in the Newsletter. It was performed at the Division Chairs' dinner at the International Congress in July.

For Copyright reasons I cannot reveal the title of the song on which it is based—except to say that if you work out what it is, then read it to the tune of the song in the key of "E". There is another clue, in that the original song was performed by someone who is said to be dead, but some think is still alive!!

- 1) Well since I joined the College
There's a place I want to share
It's down the end of Grosvenor Street
At 17 Belgrave Square

Chorus:

*Well you'll never be lonely, baby, you'll never be lonely
You'll never be lonely 'til you die*

- 2) Come out of Hyde Park Corner
From the Piccadilly line
Just turn right on Grosvenor Street
And you will get there fine
- 3) Now the admin staff are helpful
The desk clerk's dressed in black
They've been so long at 17
They're never going back
- 4) Although it's often crowded
You can still find some room
On a table facing sideways
Enough to raise your gloom
- 5) Although it's so high and mighty
It's hardly got a loo
And we've been told the lease expires
In 2042
- 6) The President's on the third floor
As mighty as King Saul
When he leaves he'll be guaranteed
A picture on the wall
- 7) They say there is a new one
She will be starting soon
If you want to know her name you
You'll need to sing this tune.....

*Her name is Sue Bailey, baby
Yes, Sue Bailey baby. It is Sue Bailey, that's no lie*

COULD YOU BE A MEDIA VOLUNTEER?

We aim to establish a network of media-friendly psychiatrists in the North of England. If this is something that would interest you, please complete the 'media volunteers' form which is being emailed to all members of our Division.

Media work can add interest, variety and enjoyment to your job. Remember, you do not need to be an 'expert' to

communicate effectively with the public – it is something you do everyday of your working life. You also do not normally have to be speaking 'for' the College. If live TV or radio work seems a little daunting, it is worth noting that you are not obliged to

accept any media request. In fact, many enquiries are phone calls or

emails from press journalists or magazine writers wanting basic information on subjects such as how we can help people with depression. More practical advice on working with the media is available in the Public Education Handbook. You can download a free copy from the College Website at:

<http://www.rcpsych.ac.uk/pdf/PEC%20Handbook%20-%202009.pdf>

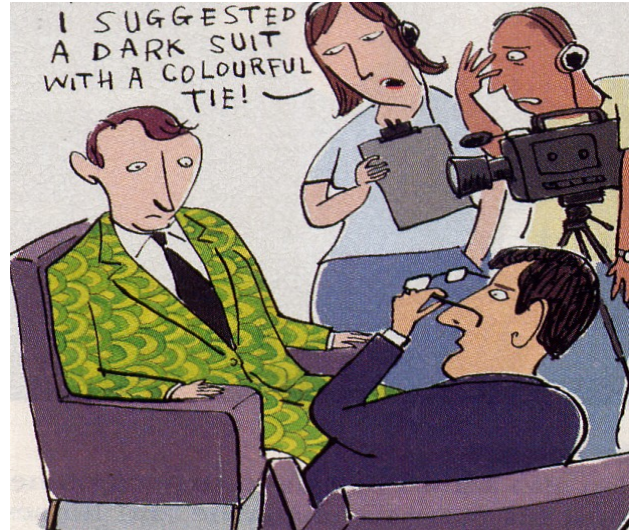
The media volunteer form allows you to specify areas of interest. You can add your name now, and/or request further support or training. We plan to hold further media training events in conjunction with the North-West Division. Return it to Eva Davison by post to the Leeds Division Office or e-mail

edavison@nyorkdiv.rcpsych.ac.uk.

Your details will be kept on file and (if you consent) a copy sent to the College in Belgrave Square, London. Please contact me if you have any questions about media work, or indeed getting involved with wider Public Education Activities in the region.

Paul Blenkiron:

Consultant Psychiatrist, York and Public Education Officer, Northern & Yorkshire Division and 'PEC North' Tel 01904 725642 paul.blenkiron@nyypct.nhs.uk



APPLYING FOR VACANCIES

CONFIRMATION OF GOOD STANDING

Members and Fellows who are elected or appointed to honorary College positions make a valuable contribution to the work of the College

Prior to standing for an election or when applying for an appointed post, members must be able to prove that they are of Good Standing.

All candidates must confirm that they:

- Are registered with the GMC
- Receive annual appraisals in their main place of work
- Are up to date with their membership fees
- Meet College CPD Requirements
- Have discussed the role with their employer (usually their MD) and that they are content to allow the time needed to carry out the role effectively and efficiently
- Are able to fulfil the requirements of the post

- **Appointed Posts:**

Appointments are made by either the Division Executive Committee or, in the case of Regional Specialty Representatives, in consultation with the relevant Faculty Executive Committee. Some are subject to local interview, some need final ratification by the Education Training and Standards Committee. If you are interested in an appointed post, in the first instance contact a member of staff in the Division Office who will be able to provide a job description, more information about how to apply and the criteria for applying.

Closing dates for applications vary depending upon the post advertised. End dates for applications and dates for interviews, if applicable will be provided by the Division Office.

- **Elected Posts:**

Elections are held every two years. Notice of elections are posted out at the beginning of the year in which the election takes place. If you are interested in any of the posts please contact the Division Office for a job description.

VACANCIES IN DIVISION

We want to encourage our members to engage with the Division Executive and help make a difference.

If you are interested in taking an active part in Division life, one of our current vacant posts may interest you.

All posts are supported by the Division Office.

We have the following vacancies:

- **Regional Specialty Representatives:**

These are appointed posts subject to interview. Applicants are likely to have been a consultant within the NHS or academic sectors for at least 3 years. These posts suit enthusiastic, experienced consultants who have the confidence of their colleagues and who wish to become involved in and contribute to College Activities. But, most importantly, these posts are valuable to the Division in the interface between College, the NHS, the local Deanery and School of Psychiatry. The more rich the cross section of specialty experience the Division Executive has available, the more effectively and efficiently it can operate, enabling it to become stronger and valued by College as a whole. In the case of Regional Representatives they also provide the essential link into the Faculties/Sections nationally.

We currently have vacancies for the following Regional Specialty Representatives:

- **Learning Disabilities—Yorkshire Region**
- **Deputy General and Adult—NE Region**

The Following posts will become vacant in July 2012:

We have two elected officer posts and several elected member posts which become vacant in July 2012

- **Chair of Division:**
- **Finance Officer:**
- **Elected Members:**
- **Education Training and Standards Representative:**

This is an elected member post which will become vacant in July 2012, but is slightly different from a basic elected member. The Education Training and Standards Committee is a very senior Central College Committee which is responsible for making important educational decisions on behalf of the College. The Division Representative has responsibility as an local elected member to attend the Central College Committee meetings and to report back to the Division Executive Committee. Applicants are likely to have substantial experience in a Consultant role and have a good knowledge of the workings of the College.

More information and job descriptions for all the above roles are available from the Division office lgrice@nyorkdiv.rcpsych.ac.uk

Help and Support

DO YOU NEED A SMALL MEETING ROOM?

The Division Office has a small meeting room which holds up to 10 people around a table and up to 20 in a less formal setting. The Division do not charge for the room, but a small cost is made for tea and coffee. The room is already being used by small local groups and it can also be used by individuals who just need a quiet room. If you would like to hire the room please contact Leanne for availability. lgrice@nyorkdiv.rcpsych.ac.uk

THE PSYCHIATRISTS' SUPPORT SERVICE

The Psychiatrists' Support Service (PSS) is a confidential telephone advice line for members of the Royal College of Psychiatrists who find themselves in difficult and often times distressing situations.

For further information about the information guides and the service in general, please contact:

The Psychiatrists' Support Service Manager
Telephone: 020 7245 0412
email: psychiatristssupportservice@rcpsych.ac.uk

**Northern and Yorkshire Division Autumn Conference and AGM
30 September 2011
Darlington FC, Neasham Road Darlington DL2 1DL**

BIPOLAR DISORDER

The Autumn Conference will provide the opportunity to:

Hear about the latest research on bipolar disorder!

- We have invited a range of presenters to give an overview of bipolar disorder from the perspective of the busy psychiatrist.
- What does the latest research say about the risks and benefits of medication? Which drugs should be used; for whom and when should they be initiated?
- Can we predict who will develop bipolar disorder and at what point should we intervene? How should early intervention services for bipolar be designed?
- What is the role of individual or family therapy and does it improve outcome? How could I offer such interventions in my service?
- Are we being asked to over-diagnose bipolar 2? How should we treat this disorder?
- Why is history-taking and psychopathology still important? Are we missing bipolar amongst those whom we treat for depression?

Our internationally-renowned speakers include:

**Prof Jan Scott (University of Newcastle)
Prof Heinz Grunze; (University of Newcastle)
Dr Danny Smith (University of Cardiff)**

Meet Professor Sue Bailey, President RCPsych:

Professor Sue Bailey takes over the Presidency of the College at a time of unprecedented NHS restructuring, and ongoing difficulties of recruitment to the Profession. Professor Bailey is a child and adolescent psychiatrist based in the North West, and was previously Registrar to the College. We have invited Professor Bailey to meet with members to give an overview of her plans for the College and her response to challenges faced by our profession. This is the first presidential address to the Division for some years. You will have the opportunity to put your questions to Professor Bailey.

Delegate Fees:

Consultants:	£120
Other mental health professionals	£120
Non member:	£120
Trainees and Retired:	£60
Medical Students; FY1; FY2:	£10

Please contact Leanne Grice for a registration form lgrice@nyorkdiv.rcpsych.ac.uk 0113 394 4107. Complete the form and return with the registration fee to secure a place.

**Autumn Conference: 30 September 2011
Darlington FC, Neasham Road
Darlington, DL2 1DL**

BIPOLAR

Hosted by Northern and Yorkshire Division



Please complete all sections of this form

1. Personal Information: GMC NO: RCPsych NO:

Title: Full Name:

Organisation:

Work Address:

Post Code: *Email:

Phone: * This box is mandatory - we send out joining instructions by email

Special Requirements/Diets/Disabled access etc

2. Registration Fees: £120.00 Member (Consultants, non-Consultant Grades): £60.00 Member (Trainees, Retired):
£120.00 Non-Member £10.00 Medical Student/FY1/FY2

3. Method of Payment: I enclose a cheque made payable to "The Royal College of Psychiatrists" with my name and address on the back

4. Confirmation of Registration/Cancellations/Substitutions

Places are limited for this conference and can only be reserved when remittance is received with this form. If your organisation would normally pay, please ask them to pay by BACS. If they are unable to do this, you should pay by personal cheque and claim the cost back.

All Registrations will be confirmed, receipts and directions to the venue will be sent out 7 days before the event. Should you be unable to attend, refund cancellations **MUST** be received in writing **1 clear month** before the event date. **No refund** for cancellations will be made after this date. Should you be unable to attend a substitute delegate will be welcomed.

Please return completed form and cheque **NO LATER THAN FRIDAY 16 SEPTEMBER** to:

Leanne Grice
Division Administrator
The Royal College of Psychiatrists, Northern & Yorkshire and North West Divisions
Aspect Court, 47 Park Square East, LEEDS, LS1 2NL

lgrice@nyorkdiv.rcpsych.ac.uk Phone: 0113 394 4107 Fax: 0113 394 4108

 **DATA PROTECTION:** The RCPsych Data Protection Statement can be viewed at <http://www.rcpsych.ac.uk/dataprotection>

**NORTH WEST DIVISION and WIPSIG AUTUMN CONFERENCE
WEDNESDAY 9 NOVEMBER 2011**

Joint Conference with Women in Psychiatry Special Interest Group (WIPSIG)

A LIFETIME OF CARING

A conference day focusing on the interaction between mental illness and parenting and caring responsibilities. What is it like to be part of a family where someone has a mental illness? What happens when someone with a mental illness has also got to be a parent or a carer? The day will cover the whole lifespan from infants, children, adolescents, through to adults and older people, from the perspective of the cared for and the carers. From the perspective of parents, siblings, partners and doctors looking after these families and making treatment decisions and writing reports.

As a profession and individual clinicians how can we respond, what is our role? Some of our speakers will talk about how they respond at an individual and also at a service level.

SPEAKERS:

- **Dr Angelika Wieck** (South Manchester Mother and Baby Unit) will talk about parenting assessments
- **Louise Wardale** (Barnardos, Keeping the Family in Mind Coordinator) helping children come to terms with their parents mental health problems
- **Dr Art O'Malley** (Five Boroughs, CAMHS consultant) the neurobiological impact of parental ill health on infants
- **Dr Louise Theodosiou** (Adolescent transition team) and colleague
- **Dr Kathryn Abel** (Manchester Royal Infirmary) looking after mothers with schizophrenia and their children
- **Dr Irene Cormac** (previously at Rampton) women as carers
- **Dr Josanne Holloway** (Edenfield unit - medium secure) women's secure service, assessing risk to children
- **Dr Sheena Pollet** (Five Boroughs, Adult Psychotherapist) working therapeutically With traumatised parents, families and children
- **Dr Daniel Anderson** (Old Age Psychiatrist at Betsi Cadwaladr Trust, North Wales) caring for people with dementia

VENUE: King's House, Sidney Street, Manchester, M1 7HB

DELEGATE FEES:

Consultants:	£120
Other mental health professionals	£120
non members:	£120
Trainees/Retired/Service Users/Carers:	£60
Medical Students; FY1; FY2:	£10

Please contact Leanne Grice for a registration form lgrice@northwestdiv.rcpsych.ac.uk 0113 394 4107. Complete the form and return with the registration fee to secure a place. The closing date for registrations is Wednesday 26 October.

**Autumn Conference: 9 November 2011
KINGS HOUSE, SIDNEY STREET
MANCHESTER, M1 7HB**

A LIFETIME OF CARING

Hosted by North West Division



Please complete all sections of this form

1. Personal Information:

Title: **Full Name:**

Organisation:

Work Address:

Post Code: ***Email:**

Phone: *** This box is mandatory - we send out joining instructions by email**

Special Requirements/Diets/Disabled access etc

2. Registration Fees: £120.00 Member (Consultants, non-Consultant Grades): £120.00 Non-Member

£60.00 Member (Trainees, Retired, Service User/Carer): £10.00 Medical Student/FY1/FY2

3. Method of Payment: I enclose a cheque made payable to "The Royal College of Psychiatrists" with my name and address on the back

4. Confirmation of Registration/Cancellations/Substitutions

Places are limited for this conference and can only be reserved when payment is received with this form. If your organisation would normally pay, please ask them to pay by BACS. If they are unable to do this, you should pay by personal cheque and claim the cost back. We do not invoice.

All Registrations will be confirmed, receipts and directions to the venue will be sent out 7 working days before the event. Should you be unable to attend, refund cancellations **MUST** be received in writing **1 clear month** before the event date. **No refund** for cancellations will be made after this date. Should you be unable to attend a substitute delegate will be welcomed but you must let us know.

Please return completed form and cheque **NO LATER THAN WEDNESDAY 26 OCTOBER** to:

Leanne Grice
Division Administrator
The Royal College of Psychiatrists, North West and Northern & Yorkshire Divisions
Aspect Court, 47 Park Square East, LEEDS, LS1 2NL
Email: lgrice@northwestdiv.rcpsych.ac.uk Phone: 0113 394 4107 Fax: 0113 394 4108

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Date of upload: 26/07/11

**Northern and Yorkshire Division Spring Conference
23 March 2012
Darlington FC, Neasham Road Darlington DL2 1DL**

SUICIDE

The meeting is designed to enhance our practice and understanding with relation to suicide.

David Ward chairs the Northeast Multiagency Suicide Prevention Group and we are hoping that he can update us on this as he chairs the first session in which psychiatrist Alys Cole King will talk about risk mitigation. Alys has a realistic approach, she will remind us that risk can't be eliminated but instead she will inspire us to identify patients' needs, reduce their distress, maximise their protective factors and to recognise that every assessment is a potential opportunity for intervention.

After lunch, Manchester psychiatrist and National Clinical Director for Health and Criminal Justice, Professor Louis Appleby, CBR will update us on policy and strategy. His colleague, Professor Nav Kapur is Head of Research at the Centre for Suicide Prevention at Manchester University and is Assistant Director of the National Confidential Inquiry into Suicide and Homicide by People with Mental Illness and chairs the NICE self-harm guidelines. Nav is therefore very well placed to give an update on suicide and self-harm.

Genevra Richardson CBE, Professor of Law at King's College, London has a particular interest in law and psychiatry. She has a very impressive CV, for instance she chaired the Expert Committee established by the Department of Health to advise ministers on the reform of mental health legislation. She will cover legal aspects related to suicide and risk related decisions. John Horne who chairs this session assures that she is an excellent and engaging speaker.

We will also be hosting a **trainee competition** at the event, with prizes for the best oral and poster presentations. The standard of presentations is expected to be very high. Typically, four oral submissions are selected from 50 or so submissions.

Delegate Fees:

Consultants:	£120
Other mental health professionals:	£120
Non Members	£120
Trainees and Retired:	£60
Medical Students; FY1; FY2:	£10

The last two Spring meetings have sold out and this year we will again have to cap the number of spaces to maintain the opportunity for inclusion and participation.

REGISTRATION FORMS WILL BE AVAILABLE IN THE AUTUMN

Please contact Leanne Grice for a registration form lgrice@nyorkdiv.rcpsych.ac.uk 0113 394 4107. Complete the form and return with the registration fee to secure a place.

HOW TO CONTACT US:

If you would like to contribute an article, advertise an event or write a letter you like to share with the membership please contact Eva or Leanne in the Division Office

Newsletter Articles; Division Vacancies and Job Descriptions: Executive Committee Business: local Policies and Procedures

Eva Davison
Division Manager

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General Admin; NHS Job Descriptions; Events and Trainee Competitions

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