

Northern and Yorkshire Division

Newsletter

Issue no 18

Winter 2010



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A word from the Editor:

Dear Members,

A very happy New Year to all our members and a warm welcome to the most recent edition of our Newsletter—full of useful information and good reads if you are stuck in snow— I hope not!

Firstly, a big thank you to Eva Davison, Manager for Northern and Yorkshire and the North West for all her hard work this year. Over the past few years Eva has made an enormous contribution to the running of our Division and I know this has been much appreciated by our members.

As always, we have said goodbye to some members of our Executive Committee and welcomed others throughout 2010. Thanks goes out to all of those who have left us, for their support and representation of the wider membership during their tenures.

Dr Paul Blenkiron's Psychiatric Lexicon will bring a smile to your face and is always worth a read. There is an excellent summary of the Autumn Conference "*Psychiatry in the 21st Century*" by Dr Steve Barlow. We have another interesting Conference ahead of us on 25 March "*Psychosis: An Update*" More details and a registration form are at the back of the newsletter.

I would also suggest that you all take a look at the useful and straightforward CPD guidance summary provided by Dr Guy Brookes. In addition, if you are interested in working with the media—take a look at Dr John Morgan and Dr William Rhys Jones article "Tower of Babel". This might encourage you to sign up to Dr Paul Blenkiron's request for Media Volunteers.

Remember, the Newsletter is also your opportunity to express your views. If you have any concerns or examples of innovative services that may be of interest to other psychiatrists please send me a brief summary for inclusion in the next issue.

With best wishes

Professor Stephen Curran
Editor

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

News by E-mail

We hope that most of you will be looking at this newsletter after you clicked on to the link we provided in our recent All members e-mail.

We want our newsletter to look as colourful as possible. We are going to gradually introduce more colour and pictures—so it will be more interesting to look at.

To achieve this it helps if you can look at it online and then you can decide whether to print it off or not.

We haven't forgotten about our members who do not have access to the internet. They will still receive their copies as usually by post to their chosen postal address.

If you do have internet access but you would still like to receive your copy by post—please contact Leanne by e-mail lgrice@nyorkdiv.rcpsych.ac.uk or by phone 0113 394 4107 and she will add you to the mailing list.

Keeping in touch with members.

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

Northern and Yorkshire Executive Committee.

Chair's Letter

Dear Members

A happy new year to all our members for 2011.

Elections are currently taking place for our new President and we will know the result by the end of January.

I look forward to continuing to represent you at the College Council in 2011. We are establishing links with the new College Registrar, Laurence Mynors-Wallace and of course with the new President, when appointed. During 2010, there have also been some special sessions attached to Council meetings where we have looked at evidence based medicine, quality (measurement) and public mental health. Hopefully the College will have some influence on government policy in these areas. The College has an increasing role in advising on government policy including the current White Papers so do feedback ideas.

In our Division we have held two successful conferences in 2010 looking at the treatment of borderline personality disorder and psychiatry in the 21st century where two of the presidential candidates gave talks (Nick Craddock and Tony Pelosi). Our spring conference, on Friday 25 March 2011, will be on the subject of the treatment of schizophrenia. Do book early as we were full last year.

During 2010 we had a meeting with representatives from Central College to look at how we can encourage members to engage with the College. A central report on the findings will be produced in 2011, however if there is anything you think we can do locally please contact us. At present we do not have representatives at our Executive from the independent sector or from retired members so this is something we are planning to rectify in 2011. We also had a meeting with The North West Division Executive, where we discussed ways of working together especially as we share support staff. One of the outcomes of this was that we plan to hold a joint Conference in spring 2012. There are also plans to set up a Northern Public Education group and there is information about this further in the Newsletter.

I wonder what you think of our newsletter. Do you find it useful? Is there anything you would like to change about it? I have looked at newsletters of other Divisions and some of them are quite elaborate and entertaining (see Royal College website, Divisions). Some contain interviews, photographs, articles by medical students etc. If anyone has an interest in this area and would like to apply for the post of newsletter editor please contact Eva. You will be an appointed member of the Executive and will be supported by the Division office. No special IT skills are required.

Finally, I would like to say that the Division is here to represent you. The College is not a distant body down in London. Any feedback would be welcome. I do look at 'Doctor's net' blogs in rare idle moments and am aware that there is dissatisfaction with the College in some areas. Remember that the College is you and if you want to make changes about anything then you do have a say. We have Executive representatives from across the Division and you can apply to be on the Executive when vacancies arise. You can also contact me via the Leeds office.

Best wishes.

R D Adams

HELLO AND GOODBYE

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

Dr Angela Walsh: Regional Representative for General Adult (NE)
 Dr Fran Harrop: Regional Representative for Forensic (Yorkshire)
 Dr Peter Trigwell: Regional Representative for Liaison (Yorkshire)

We welcome new members:

Dr Teresa O'Dwyer: Regional Representative for General and Adult (NE)
 Dr Neeraj Berry: Deputy Regional Representative for General and Adult (NE)
 Dr Paul Beavan: Regional Representative for Forensic (Yorkshire)
 Dr David Protheroe: Regional Representative for Liaison (Yorkshire)

Current Executive Committee Membership

Elected Officers:

Division Chair: Dr Bob Adams
 Vice Chair: Dr Julian Whaley
 Finance Officer: Dr Ged Garry

Elected Members: Dr Suresh Babu
 Dr Steve Barlow
 Prof. Stephen Curran (Education & Training Standards Representative)
 Dr Yan Kon
 Dr Andrew Lawrie
 Dr Simon Sinclair
 Dr David Ward

Appointed, Ex-Officio and Co-opted members:

Academic Secretaries:	Prof. Simon Gilbody and Dr Stuart Watson
Affiliate Representative:	Dr Ravi Khushu
CPD Representative for North East Region	Dr Bruce Owen
CPD Representative for Yorkshire	Dr Guy Brookes
Psychiatry Trainee Representatives	Dr Keith Reid
Public Education Officer:	Dr Paul Blenkinsop

Regional Advisors: Dr Andy Talbot for Yorkshire
 Dr David Philbrick for North East

Deputy Regional Advisors: Dr Fiona McKenzie for Yorkshire
 Dr Paul Bernard for North East

Each of the Specialties are also represented on the Division Executive and a list of Regional Representatives can be obtained from the Division Office or by consulting the webpage.

News From the Division Office

Dear Members

Last Christmas we were preparing the newsletter as the snow fell heavily—this year is no exception and we are again in the grip of a very cold spell.

We have had some days over the past couple of weeks when we have been snowed in and had to operate remotely from home. We hope this didn't inconvenience any of our members. Fortunately, we have good contingency plans in place, so we can still continue to support you despite the atrocious weather conditions. We hope you will all bear with us if, as a result, things happen a little more slowly than you are used to.

As always we encourage our members to "keep in touch and get involved". We have vacancies coming up in 2011—so take a look at the back pages. We are also looking for "media volunteers". This is not as onerous as it sounds—Paul Blenkiron our Public Education Officer explains more about this further into the news letter. If you are interested all you need to do is complete a very simple form—so we can identify what you are interested in. We will send this out separately to all those who express an interest.

We also have some excellent Conferences planned for 2011 and we hope to see as many of you as possible at these events. Registration is already open for our Spring Conference on 25 March 2011. The form is at the back of the newsletter. We expect this to be well attended so book early to avoid disappointment.

If you need any help with anything just e-mail us or give us a ring. If we don't know the answer to your query, we probably know someone who does.

We are here to help and support you.

With Best Wishes

Eva and Leanne

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

From the Psychiatric Lexicon

By Dr Paul Blenkiron

This edition of the psychiatric lexicon puts training and professional development under the spotlight. Some people say, 'You cannot make a pig fatter by weighing it'. But as workplace based assessments are here to stay, here is a light hearted look at the language of medical learning:

PDP : Permanently Deferred Plan – a learning plan made up 2 hours earlier and ignored until the next appraisal

Mini-PAT: A little PAT on the back from 20 people you work with

DOPS: Don't Observe my Psychiatric Skills (please)

EWTD: European Working Timesheet Directive - a clock-based system of learning

ARCP: Annual Review of Complex Paperwork

Trainee audit cycle: Define gold standards, measure actual practice, omit to write up results, move onto next job, new trainee repeats cycle

Consultant learning cycle: See one, do one, sign one off

New Ways of Working: New Ways of Avoiding Work

CPD: Cutbacks Preventing Development. Still, in times of austerity, it is worth remembering that 'experience is a good teacher, but she sends in terrific bills'.

References:

The errr-portfolio, by Dec Spence, BMJ, vol 339, 18 July 2009.

CONFERENCE REVIEWS

Psychiatry in the 21st Century Where are we going and where do we want to be?

Autumn Conference: 8 October 2010

A Consultant's View:

By Dr Steve Barlow.

The theme of our division's conference at the end of the first decade of the 21st century reflects the state of existential crisis in which psychiatry finds itself. Our role has been challenged by a number of major reforms in recent years, but "New Ways of Working", which began life as means of assisting overworked consultant psychiatrists with unmanageable caseloads, but has been seen by some as the prelude to an attack on the central role of the doctor in treating patients with mental disorder, has been the most controversial.

Alan Currie, Consultant Psychiatrist in Newcastle, opened proceedings by declaring himself a fan of New Ways of Working, contrasting the current model of delegated responsibility within a capable team and an emphasis on team working, with the old model of a lone practitioner, a huge caseload and limitless responsibility. The role of the psychiatrist within the new model is one of providing clinical leadership to the team and contributing to service development. However, as one member of the audience commented, the multidisciplinary team existed before NWW and the document did not make any association between clinical leadership and the role of the psychiatrist.

Next up was Professor Nick Craddock from the University of Wales, the lead author of one of the most controversial articles to be published in the Psychiatric Bulletin in recent years. Whilst agreeing with much of what had been said by Alan, Nick is a passionate advocate for the central importance of doctors in treating and managing mental illness (as opposed to providing a "well-being" service or dealing with "mental distress"). He argued that the profession must become more vocal in articulating our role. We are a young speciality (insanity has only been viewed as a medical condition for the past two or three centuries), and as such, we need to be more vocal, firm and confident in promoting the value of our medical skills and broad training. Patients (yes, they do prefer that term) want, and need, to be treated by psychiatrists.

Claire Oakley, past chair of the Psychiatric Trainees' Committee then woke up the meeting with a description of her role in the College's medical student recruitment initiative. Only 3-4% of UK graduates enter psychiatric training, less than half of the number required to maintain our numbers. The College has attempted to address this through developing Student Associates and Student Societies. Early indications are encouraging. Dr Oakley concluded that we should be proud of our profession.

Neil Balmer, the College's Public Affairs Manager outlined how psychiatrists can influence public policy through cultivating relationships with both local and national politicians. Our immediate past president is now a peer and the presence of 233 new MPs in the newly elected House of Commons, provides an opportunity to raise our profile and advocate for better services for our patients.

Professor Femi Oyeboade stimulated our intellectual faculties after lunch with an illuminating talk on the use of language within the NHS. Some of this had been touched upon by Nick Craddock, and one can hardly have failed to notice in recent years the replacement of terms such as "patient" with "client" and "service user", and mental illness with mental health. Language both reflects and conveys political priorities, but, as Professor Oyeboade eloquently pointed out, when politicians use a word it cannot be taken at its face value – they are used as tools to alter our perspective and influence our judgement. He used as an example the current fashion for "recovery", a term that once meant getting better, or being cured, but now means a "process of personal discovery" through which one learns to "live with enduring symptoms"; that is, the very opposite of its usual meaning.

Dr Tony Pelosi, Consultant Psychiatrist, delivered a devastating critique of the fragmentation of services as a result of the National Service Framework. It is hard to argue with the facts – assertive outreach, early intervention, crisis resolution and the rest have delivered no discernible benefit. Tony's answer: a return to the Community Mental Health Team. It is hard to argue that psychiatric services have been underfunded in the past decade. Tony argued that had that money been put into improving the service as it existed, rather than remodelling it, the public might have got better value.

The Debate:

"This House believes that Psychiatry is still a wise choice of career".

Speaking for the motion was Josanne Holloway, Forensic Psychiatrist and Chair of our sister division in the North West; speaking against was Femi Oyeboade.

In the initial vote only four members of the audience were against the motion. Josanne argued from personal experience, talking about the satisfaction she has gained from working in a complex speciality; Femi pointed out the unpopularity of our profession amongst medical students and linked this to the lack of clarity of our role within the "team". He predicated that others would take our role. The motion was carried, but Femi more than doubled his share of the vote and so must be declared the winner.

If there is a take home message from this conference it is that the desire amongst psychiatrists to wake up, stand up and articulate our value is growing. However, there is a very real danger, both to us and to our patients, if we don't stop hitting the snooze button.

About the Author: Dr Steve Barlow is a Consultant Forensic Psychiatrist based in Newcastle and an Elected Member of Northern and Yorkshire Division Executive.

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

Spring Conferences:

Northern and Yorkshire: Psychosis an update = 25 March in Darlington
North West: Trauma = 11 May in Manchester

Autumn Conferences:

Northern and Yorkshire: 30 September in Darlington
North West: 9 November in Manchester

Further information: Leanne Grice
T: 0113 394 4107: lgrice@nyorkdiv.rcpsych.ac.uk

Communicating with the Media: The Tower of Babel: Trainer and Trainee Perspectives

By: William Rhys Jones and John F Morgan

Over the past 15 years JFM has given media interviews in various contexts, including for the College. More recently he has been able to offer supervised training to Higher Trainees and the following is a very personal account of those experiences.

TRAINER'S PERSPECTIVE:

Communicating with the Media offers a powerful opportunity to influence public perspectives on psychiatry and to challenge stigma. Most journalists have been intelligent and discerning. But channelling complex ideas through the prism of the market place has led to inevitable distortions.

For example, a decade of research on 'reproductive pathology of eating disorders' noted physiological improvements in eating disorders during pregnancy, but resulted in the tabloid headline, 'Dr Morgan says "Sometimes Love is all it takes"'. A balanced discussion of media influences over body image erroneously quoted me as calling for '... more voluptuous, sexualised images of women'. Therein lies the risk; a moment's gratification of a fragile ego destroys a professional reputation.

But the benefits are also great. Speaking on the Today programme about perinatal services with a government minister gave me direct influence, and later allowed me to address a Health Select Committee. A few minutes with the BBC can achieve more than any randomised control trial in a highest impact factor journal.

Having more requests for interviews than I could possibly gratify, I was lucky to have an eloquent Higher Trainee. We discussed some basic ground rules, such as:

- Speak only within your area of expertise
- Keep to 3 bullet points, and repeat your message
- Deal with tried and trusted journalists
- Be conscious of who you are representing
- Maintain balance and do not rise to the bait of antagonism
- Do not pass medical comment on named individuals

When local BBC radio requested an interview, I suggested Rhys give it a go. I knew he had the skills to do so. Like a post-apocalyptic cockroach, anyone who survives MMC and CASC unscathed has an evolutionary potential to cope with anything.

TRAINEE'S PERSPECTIVE:

Dealing with the Media had not been part of my formal psychiatric training, and it had never actually crossed my mind until my consultant asked me to do an interview with BBC Radio Leeds. I had to stop and think if I was really capable of doing this. The interview was on the recent increase in rates of eating disorders in men. I was confident that I had a strong knowledge in this area, as I had recently written a review article on the subject, but I wasn't so sure about my media skills.

What was I going to say? Was I going to crash and burn live on air? My only experience of the media up to that point had been a brief cameo in an interview that my consultant had done for the BBC Breakfast Show. I had learned a lot from that experience, but I didn't have to do much other than to pretend to read a referral letter in front of the cameras. Now I was in the one in the hotseat!

What could I do? My first step was to get in touch with our Trust's public relations officer, Gary Bouch. He was really helpful and gave me a run down of what questions the BBC might ask. He seemed somewhat anxious that I would be late and I sensed that tardiness would soon get you a bad name in the media world.

Having a rough idea of what they wanted, I tried to distil what I knew about the subject to three main points. I went through them one by one with my consultant who advised me to stick to those specific points and not veer off too much. He also told me to speak clearly and slowly and to make sure I got a good night's sleep beforehand.

On the day of the interview, I arrived early and was given an ID badge by the receptionist. I was then greeted by Gary, the public relations officer who knew all the staff there and made me feel at home. Before I knew it I was whisked away into the studio booth where I was sat in front of a microphone. Where was the briefing? Weren't we going to go through the questions first? The anxiety began to kick in.

The DJ greeted me in a slick radio voice and when the music stopped, the questions began. The first question was one that I had expected and my answer rolled off my tongue. I avoided using medical jargon as best I could and tried to get straight to the point. With one question under my belt, I felt my confidence rise and I began to enjoy myself. Everything went pretty smoothly, although I did catch myself going off on a monologue on a few occasions. The next thing I knew, the interview was over. I looked at the clock and realised that I had been interviewed for nearly twenty minutes without any major hitches. I had stuck to my main points and I felt that I had got them across in a plain and simple manner. As the music kicked in again, the DJ thanked me and I left the studio. I was chuffed!

When I got back to our ward my consultant congratulated me and gave some great feedback. I have since looked into getting some formal media training and plan to stay involved in dealing with the media in the future.

Conclusions:

Giving media interviews does not suit everyone. It can be nerve racking to put yourself on public display. Nor is it hard to seem an idiot. But a media savvy psychiatrist speaking within their area of expertise can work wonders in moulding public attitudes to our profession. As a training experience for higher trainee, it is hardly mainstream, but Rhys rose to the occasion.

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 IN 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.

For full details on the role and how to become an Assessor, please contact Charlotte Cox at the Department of Professional Standards, 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>

The Royal College of Psychiatrists Revised Guidance on CPD:

**By: Dr Guy Brookes,
Consultant Psychiatrist and CPD Representative for Yorkshire Region**

Since the College produced its original guidance in 1994, for many of us CPD has become an established and integrated part of our work. With changing practice, changing public expectations and the emergence of revalidation this guidance has been revised and should be welcomed by members as it usefully broadly defines CPD and promotes an active and effective peer group.

The College report CR157 "Good Psychiatric Practice - Continuing Professional Development" is readily accessible from the website and well written. However, for those simply wanting a whistle-stop tour, key developments are:

- New Domains of CPD introduced
- Strengthened role of the peer group
- Clarifying activity that can be counted as CPD credits
- Link to appraisal and revalidation

Though we all found it difficult to precisely define, we have grown used to thinking of CPD as either "Internal" or "External". There were advantages to this: it ensured that professionals remained linked to organisational training while promoting shared learning and networking to prevent practice becoming insular. In the latest guidance there remains a prompt to the importance of maintaining the balance but the strict 30 / 20 split is gone. In its place are 3 new domains: Clinical, Professional and Academic.

Clinical: Most easily understood, these are activities that develop our clinical skills. They may be very specialist reflecting the area of practice or more basic and relevant to all doctors.

Professional: These are activities that promote our practice in other domains such as managerial understanding or IT skills. This also can include mandatory training.

Academic: Not just related to research this may include teaching and audit.

It is apparent that a particular activity such as attending a conference about the latest developments in the pharmacological treatment of schizophrenia may be clinical for one person and academic for another. It falls to the peer group to identify where the CPD credits should be counted. Thinking of an average over a 5 year cycle, for most people there should be a split as follows: Clinical – at least 30 credits per year, Academic – up to 10 credits per year, Professional – up to 10 credits per year. However, the peer group may consider it appropriate and desirable to deviate from these figures.

Though the introduction of new domains represents a clear change in College guidance, the most significant progress has been in relation to the peer groups. Their role, always central to CPD, has become more formalised so as to ensure confidence in the process. All peer groups should elect a co-ordinator and document meetings (date, duration, attendance, content of activity). They are responsible for certifying activity as CPD credits (clinical, academic and professional as listed above), identifying, reviewing and supporting progress and documenting attendance, duration and content of the meetings. This is the minimum. In addition they may also act as a "learning set" identifying and discussing new guidance in the context of good practice. Finally they may move on to clinical management discussions with critical evaluation and subsequent identification of development needs. Peer Group activity of this type may account for up to 5 credits of activity per year.

It is for the peer group to certify whether particular activities (whether they be conferences or training activity) count towards CPD credits. They must ensure that the activity is relevant to the member's needs and of sufficient quality. It is also important to ensure that development is attained through a variety of sources: didactic, experiential, shared learning. The guidance lists some things that may be considered for CPD points and their limitations:

- E-learning: Up to 10 credits per year
- Peer Group activity: Up to 5 credits per year
- Audit: Up to 5 credits
- Teaching: Up to 5 credits
- Examining: Up to 5 credits

(N.B. The final three can usually count for up to 10 credits as academic learning.)

In practice, for most of us the relationship between peer group and appraisal has been relatively straightforward. The potential of having to manage two PDPs over different annual cycles has not materialised. Since the last guidance appraisal has been enhanced and strengthened to reflect its central position in the revalidation process. This is acknowledged within the college guidance with the suggestion that a single PDP is developed by various means: personal reflection and identification, peer group discussion, case discussions, complaints and adverse incidents and finally appraisal. Thus, while CPD is, and should be, owned by the individual there is an organisational and national interest.

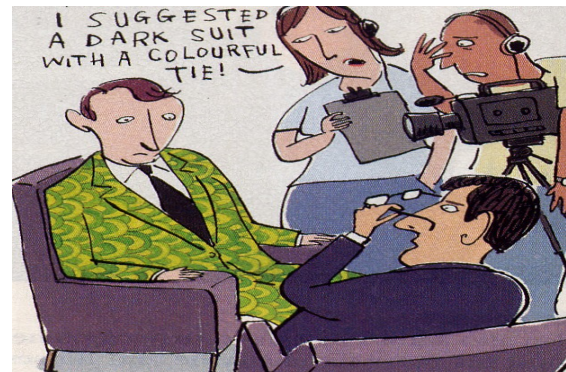
The recent College guidance on CPD has provided clarification for many and clearly identified what should be considered as credits beyond simple attendance at conferences. This in itself should be welcomed as it will encourage us to look to other methods of development and learn from the practice of our peers. It has also strengthened the role of the peer group and explicitly listed its responsibilities – it is essential that those outside the profession have confidence in this system. The link to appraisal and revalidation will ensure that effective CPD remains essential to our work.

For further details and useful guidance for those in special circumstances please view the full guidance at: <http://www.rcpsych.ac.uk>

Could you be a Media Volunteer?

Following a meeting held in Manchester in September, 'PEC North' was created as the Northern arm of the Public Education Committee. 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 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 usually held every two years depending on the number of elected posts available. Notice of elections are posted out at the beginning of the year. If you are interested in any of the posts please contact the Division Office for a job description.

VACANCIES IN DIVISION

We have almost 1,400 members in Northern and Yorkshire Division and 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 Representatives: Eating Disorders**

Due to the Eating Disorder Section applying for Faculty Status, applications are now invited for Regional Representatives for this specialty in North East Region and Yorkshire Region.

Applicants for these posts 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. Recently we have started to introduce formal deputies to help regional representatives spread the workload.

- **Education Training and Standards Representative:**

This is an elected post which will become vacant in 2011. Nominations will be accepted from January 2011

- **Newsletter Editor:**

This post will become vacant in early 2011 when the current post holder demits office, but we are interested to hear from anyone who may be interested in taking on this role.

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 new information guides and the service in general, please contact:

The Psychiatrists' Support Service Manager
Telephone: 020 7245 0412

ARE YOU INTERESTED IN LEADERSHIP AND MANGEMENT IN PSYCHIATRY?

Members are invited to attend a summit meeting at the Manchester Conference Centre on the morning of 24 February 2011.

The Programme is on page 15.

A joint event led by the Medical Directors' Executive and the Management Special Interest Group, the session will debate how best the College may support current and aspiring managers and leaders in psychiatry.

There is no charge, but places are limited.

If you would like to attend please email Liz Atkinson (latkinson@rcpsych.ac.uk) by 31 January 2011 at the latest to book your place.

Leadership and Management: A Future Direction

24 February 2011
Manchester Conference Centre
Sackville Street

09.30-10.00	Registration and coffee
10.00-10.10	Introduction and welcome Chairs: Dr Neil Deuchar, Associate Registrar Medical Management & Leadership Dr Chetan Majjiga, Chair, Management Special Interest Group
10.10 -10.40	Supporting Psychiatrists in Leadership and Management – presentation of Working Group report: Dr Frank Holloway, Working Group Chair
10.40-11.00	Leadership and Management in the Specialist Curricula: Dr Andrew Brittlebank, Associate Dean
11.00-11.20	A Leadership Strategy for RCPsych: Dr Michael Hobkirk, Specialist Advisor, Leadership Development
11.20 -11.40	Structures to support Leadership & Management: Dr Laurence Mynors-Wallis, Registrar
11.40-12.10	Breakout sessions (<i>coffee will be served</i>) , facilitated by: Dr Michele Hampson, Chair General & Community Faculty Dr Nick Kosky, Vice-Chair General & Community Faculty Dr John Taylor, Chair Scottish Medical Managers Group
12.10 -12.40	Reports from breakout sessions
12.40 -13.00	Plenary session: Dr Laurence Mynors-Wallis, Registrar
13.00	Lunch
14.00	Departure

**Northern and Yorkshire Division Spring Conference 2011
25 March Darlington Football Club**

PSYCHOSIS: AN UPDATE

Session One: The psychological understanding of psychosis and the therapeutic options available.

Chaired by Professor Douglas Turkington. We have two excellent speakers for this session:- Dr Rob Dudley of Newcastle University and the Sunderland EIP team, and Professor Max Birchwood from Birmingham. The speakers will update our understanding of cognitive approaches to psychosis.

Session Two: Consideration of drug treatments.

Professor Shôn Lewis from Manchester and Dr Peter Talbot, Senior Lecturer in Manchester will help us to make informed decisions about prescribing and, respectively, will update us on the evidence from the large, recently naturalistic treatment of trials and the impact of mental illness and psychotropic medication of physical health. Tim Donaldson chairs.

Session Three: Cannabis and Psychosis

Professor Robin Murray presents and Dr Eilish Gilvarry chairs

Trainee Competition:

We will also be hosting a trainee competition at the event, with prizes for the best oral and poster presentations.

Delegate Fees:

Consultants:	£120
Trainees and Retired:	£60
Other mental health professionals:	£120
Medical Students:	£10

We have to close registration two weeks before any event—so book now to avoid disappointment

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.

**Spring Conference: 25 March 2011
Darlington FC, Neasham Road
Darlington, DL2 1DL**

PSYCHOSIS: AN UPDATE

Hosted by Northern and Yorkshire Division



Please complete all sections of this form

1. Personal Information:

GMC NO:

RCPsych NO:

First Name including title:

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

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 remittance. 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 11 MARCH** 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 SPRING CONFERENCE
WEDNESDAY 11 MAY 2011**

**TRAUMA AND WAR
CONSEQUENCES FOR MENTAL HEALTH - MILITARY AND CIVILIAN**

Military veterans have been an increasing focus of political interest over the last few years. Mental health services, prisons, addiction services and local authorities have struggled to provide care to ex-military personnel. Trauma has an obvious adverse affect on mental health whether this is the trauma of war, or abuse that is suffered by the civilian survivors of life that we treat every day.

How should we respond to both of these kinds of trauma?

From Diagnosis to Treatment the spring Conference 2011 will bring together a series of lectures and sessions aimed at helping all psychiatric specialties manage veterans and civilians exposed to trauma.

SPEAKERS:

Mr. Simon Weston OBE: Falklands war Veteran.

Dr Walter Busuttill: Medical Director of the Veteran's Charity Combat Stress.

Dr Keron Fletcher: Ex-RAF Psychiatrist and Addictions Specialist.

SESSIONS:

- Severe and Traumatic Events for Civilians (with service user experiences)
- Suicide following Trauma
- Trauma focused therapy (including complex trauma from Childhood)
- Mental Health of Service Personnel

VENUE:

Manchester Conference Centre, Weston Building, Sackville Street, Manchester M1 3BB

COST: All Delegates = £120.00
Trainees and retired = £60.00
Medical Students = £10.00

contact Leanne Grice for a registration form
lgrice@northwestdiv.rcpsych.ac.uk

Spring Conference: 11 May 2011
MANCHESTER CONFERENCE CENTRE
MANCHESTER

TRAUMA AND WAR
CONSEQUENCES FOR MENTAL HEALTH - MILITARY AND CIVILIAN

Hosted by North West Division



Please complete all sections of this form

1. Personal Information: GMC NO: RCPsych NO:

Full Name including title:

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:
Please state professional Status:

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 remittance. 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.

Print Form

Please return completed form and cheque **NO LATER THAN WEDNESDAY 27 APRIL** 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

lgrice@northwestdiv.rcpsych.ac.uk

Phone: 0113 394 4107

Fax: 0113 394 4108



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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

edavison@nyorkdiv.rcpsych.ac.uk

0113 394 4106

General Admin; NHS Job Descriptions; Events and Trainee Competitions

Leanne Grice
Division Administrator

lgrice@nyorkdiv.rcpsych.ac.uk

0113 394 4107

Newsletter Editor:

Professor Stephen Curran
Executive Committee Member
ETSC Representative

Steve.curran@swyt.nhs.uk

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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