

Message from Helen Matthews, Chair

Best wishes for a successful 2011.

The highlight of recent months was the Celtic Meeting 'Tomorrow's Psychiatry, Tomorrow's Psychiatrists' held in the Millennium Centre, Cardiff. We were delighted to welcome College colleagues from across Wales, Scotland, Northern Ireland and the Irish College of Psychiatrists. The event was hosted with the Welsh Psychiatric Society and we were joined for the whole event by our Breton colleagues. The centre point of the meeting was the 50th Anniversary celebration of the Welsh Psychiatric Society. We are grateful to the Minister for Health and Social Services in Wales, Mrs Edwina Hart, for hosting a reception and guest lecture.

Centrally in the College current initiatives include signing up to a 'green agenda' - even skeptics in the Council were won over by opportunities to reduce waste in practice and services—all those meetings, do they really need to happen? More in coming months on practical techniques to use in our practice.

Public Mental Health was published in Autumn 2010 <http://www.publicmentalhealth.org/> Something to re-focus some areas of psychiatric practice to include our contribution to promoting emotional wellbeing of the whole population.

2010 saw the implementation of the new Health Board Structure in planning, contracting and delivering health care on a national and local level. The development of professional advisory structures to support clinical management has been disappointingly slow. However, early this year sees us as an executive group meeting with Dr Chris Jones, Medical Director NHS Wales and Deputy CMO and Mr Stewart Greenwell, Co-Chair, WAG Clinical Programme Board for Mental Health. Additionally, we are linking up with Health Inspectorate Wales to share areas of mutual interest.

The College continues to press on the

issuing of good guidance on establishing competency on Approved Clinician Status. The LCO in assessment, treatment and advocacy is nearing implementation. The College is currently involved with the Mental Health Research Network in setting up evaluation of the Measure.

The RCPsych is steadily responding to devolution, in Autumn 2010 we saw the official renaming of the Welsh Division to 'The Royal College of Psychiatrists in Wales'. Additionally, facets of central policy unit is coming to Wales with the appointment of a Welsh Policy Administrator working alongside Siobhan Conway. 2010 saw the first trainee attachment to the RCPsych in Wales, Dr Akshey Nair took up this opportunity. One of his first roles has been to be a guest editor of this newsletter. Ongoing Welsh policy activities are to support implementation of the Integrated Family Support Teams, Autistic Spectrum Disorder Services, the Secure Services Review and a Task and Finish on Welsh Language issues in Mental Health Services.

Recruitment of Psychiatrists for 2011 has started and we are participating in a central England and Wales scheme hosted by the College. Please support Gary Sullivan during the interview process. Unfortunately, our trainees appear to experience difficulties passing CASC. I am grateful to the senior trainees for setting up mock examination sessions. HCT (Hyfforddiant CASC Training)

will be organising a Mock CASC examinations during 2011. For information on how to act as a mock examiner please contact Dr Ranjini Rao: dranjini rao@hotmail.com

The Undergraduate Society supported notably by Ben Shooter is gathering momentum—an audience of over 100 undergraduates and trainees attended an Autumn event with a presentation on 'Bollywood nights' given by Professor Dinesh Bhugra. We hope further events will take place across Wales.

Finally, thank you to all members for their support and participation. A particular

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Cntd.....

thanks to Kath Williamson, Faculty of Old Age Psychiatry in Wales and Stephen Davies, Faculty of Liaison Psychiatry in Wales for their steadfast contributions. I extend a warm welcome to their Executive Committee replacements Toyin Adeyemo and Tayyeb Tahir.

Best wishes



Mock CASC Examinations

HCT (Hyfforddiant CASC Training) will be organising Mock CASC examinations during 2011. These sessions are intended to build the participants' confidence by simulating the Royal college examination environment with dedicated time for constructive feedback. Hyfforddiant CASC Training was initiated by a group of proactive Higher Trainees with a keen interest to improve training opportunities for Welsh Trainees. Over the past year, these sessions have gained increasing popularity amongst trainees and have received excellent feedback from participants. The events are free to attend and the various programme directors and postgraduate organisers will be encouraged to support trainees, especially in the context of study leave. Through this newsletter, we would like to thank all consultants and colleagues who have helped him to make these workshops a success and call for future involvement of Consultants who are interested in taking part.

For further information please contact:

Ranjini R Rao, Specialty Registrar, ST5 Psychiatry (drranjinirao@hotmail.com)

Welsh Psychiatric Trainee's eNewsletter

The early training years in psychiatry gives the trainee a myriad of training, research and development opportunities. It is hoped that by sharing the different experiences obtained by trainees and offered by trainers, these options can be explored comprehensively to the benefit of all. Hence the inception Welsh Psychiatric Trainees Newsletter.

The newsletter aims to focus on the various facets of training essential to ensure the successful transition from trainee to independent practitioner (CCT), namely topics on Research and Audit (including book reviews), Special Interest Sessions, Review of Training and Study Courses, and information about impending conferences and meetings available. Such a newsletter will be generated on a bi-annual basis (first edition June 2011) and will be hopefully linked into the Royal College Website (Welsh Trainee page). Call submission of articles, commentaries and feedback is extended to doctors in all training grades, SAS or new consultants and is to be submitted to me at drranjinirao@hotmail.com.

All articles should be between 200 - 800 words and give a concise overview of the topic you are covering. Those interested to facilitate the newsletter on the editorial board please feel free to contact me at the earliest. In order to achieve the needs of the reader your feedback or suggestions will be invaluable.

Ranjini R Rao,
ST5 Trainee,
Higher Trainee Rep
(drranjinirao@hotmail.com)

Article — Alan Meudell, Service User Representative

This is not the article I was originally going to submit for the newsletter, it was to be about the AGM of the Service User and Carer Forum at the Royal College of Psychiatrists in London on the 7th December. Although it was a great day, it was tinged by sadness as we were told of the sudden death of one of our members, Janey Antoniou in October. I hadn't had much to do with her, other than as part of the forum but it emerged her obituary had been in the Independent so when I got to Paddington that evening I googled her name and found out what a remarkable woman she had been.

Of course, there were the usual cancellations and delays of trains out of Paddington although this time due to, as the announcer put it "a fatality on the track in the West Drayton area". Knowing what this meant (a euphemism for a (suspected) suicide) I retreated to Starbucks for a coffee and, as I was leaving, a well dressed 'city type' gent was coming towards me speaking on his mobile phone. As he passed I heard him say in an irritated tone of voice, "...late home, all the trains are cancelled, some loony's thrown himself in front of a train".

For me, the above typifies the broad spectrum of how service users or people suffering mental distress are seen by the rest of society. From being valued and respected members of society to, sadly, being an "irritant" to someone going about their daily life.

Fortunately, it is now almost definite that there will be an anti stigma campaign in Wales along the lines of the Time to Change campaign in England and that it will hopefully change the negative perspective that some in society have of mental health service users. I am sure the college in Wales both as a body, and as individual members, will actively back the campaign and work with the mental health organisations running it to ensure its success.

Alan Meudell. Service user member of the Royal College of Psychiatrists in Wales Executive.

Wales Student Psychiatric Society

The Wales Student Psychiatric Society has a facebook account of the same name and an email address WPSP@live.co.uk

The Society are always looking for support and anyone interested can contact Ben Shooter at:

docshooter@hotmail.co.uk

RCPsych in Wales Faculty meeting dates 2011

Faculty of Child and Adolescent Psychiatry

- Friday 8 April & Friday 14 October—Llangammarch Wells

Neuropsychiatry SIG

- Joint meeting with BPNA, 9 February 2011, Institute of Child Health, London

If your faculty meeting does not appear on this page, please check meeting dates with your faculty Chair, listed on page 9.

Dr Alka Ahuja wins Glory of India Award

Dr Alka Ahuja, Consultant Child and Adolescent Psychiatrist, Aneurin Bevan Health Board and Finance Officer, the Royal College of Psychiatrists in Wales received a 'Glory of India Award & Certificate of Excellence' at a glittering ceremony and banquet in London on 25th September 2010. The ceremony was organized by the India International Friendship Society (IIFS), an organization of international repute and influence, and was attended by members of parliament and dignitaries from the UK and overseas. Past recipients of the award include Her Holiness Mother Teresa; Sir Michael Arthur, former British High Commissioner in India and cricketing legend Sunil Gavaskar, to name a few.

The award is given annually to individuals working across the globe in different areas in recognition of their sterling merit and exceptional contributions to their respective professions. Alka Ahuja won this award in the category of medicine, education and research for her individual excellence and stupendous contribution.

Dr Alka Ahuja being presented with the award by the chief guest Honorable Baroness Sandip Verma (FRSA, Minister for International Development, Minister for Equalities and Women and The Whip for the Cabinet Office, House of Lords).



Welsh Division Events 2010



**Welsh
Psychiatric
Society**

Celtic Divisions meeting

7 & 8 October 2010

Feedback



The Celtic Divisions Conference organised jointly between the Welsh Division of Psychiatry and the Welsh Psychiatric Society (WPS) took place at the wonderful new Millennium Centre in Cardiff on the 7th and 8th October. There were over 70 delegates from: Wales, Scotland, the Republic of Ireland, and Northern Ireland.

We were especially pleased to welcome nearly 30 members of the Société de NeuroPsychiatrie de l'Ouest from Brittany; there has been a longstanding liaison between psychiatrists working in Wales and Breton colleagues with a succession of joint academic conferences.

The meeting marked the 50th anniversary of the WPS and the conference programme included a guest lecture delivered by Lady Brenda Maddox and reception hosted by Edwina Hart, Minister for Health & Social Services, Welsh Assembly Government.

The first session focused on suicide prevention strategies with keynote speakers from Wales, Ireland and Scotland. This was followed by the launch in Wales of the Royal College of Psychiatrists report on 'Self-harm, suicide and risk; helping people who self-harm' (CR158). Other conference sessions included 'Challenges in Psychopharmacology', Trainee research presentations, and a snapshot of the work undertaken at the MRC Centre for Neuropsychiatric genetic and genomics in Cardiff.

Dr Michael Dennis

Consultant Psychiatrist and Elected Member

RCPsych in Wales

(Professor Keith Lloyd, Dr Helen Matthews, Ms Edwina Hart AM, Professor Dinesh Bhugra)



Psychiatrist of the Month—Dr Tegwyn Williams, Clinical Director of Mental Health Services, Abertawe Bro Morgannwg University Health Board.



Tegwyn Williams was born in Wales, but went to school in England. He trained in medicine at St George's and Guys' Hospitals in London and returned to Wales to start work as a Consultant Forensic Psychiatrist at the Caswell Clinic in 1992. Clinically, he is part of a multi-professional clinical team that cares for potentially high risk patients both in hospital and in the community. He has special interest in women patients and patients who commit homicide. He has represented Forensic Psychiatry in Wales on various International, professional and Government bodies. He was the medical lead in the Caswell Clinic from 1992, the Clinical Director of the Caswell Clinic from October 2003, until he became Director of Mental Health Services in the former Bro Morgannwg NHS Trust in June 2005.

Since 2007, he has been the Director of Mental Health Services for the Abertawe Bro Morgannwg University NHS Trust. Dr Williams is now Clinical Director, Mental Health Services for Abertawe Bro Morgannwg University Health Board following the merger with Local Health Boards in October 2009, which is the largest Health Board in Wales

Outside work he is (for reasons that remain unclear) an ardent fan of the Cardiff Blues and Welsh rugby and has followed the teams (he believes) on many away trips (though the memories of these times remain confused) and works part time as a taxi driver for his children.

1. Tell us something about yourself that other people do not know.

I am not particularly deep person and I tend to be a 'what you see is what you get'. Most people know that I am a huge rugby fan, specifically Cardiff and Wales, but what they may not be aware of is that I am in fact (at least in my opinion) the best rugby coach and referee in the world, at least it sounds like it when I am expressing my opinion loudly from the touchline. I also enjoy cooking, particularly French and Italian and I have found that carbohydrates are a great tranquiliser after a stressful day.

2. What trait do you deplore in others?

In general, I have difficulty with bullies and people who do not value other people. I also have problems with selfishness and clinically a lack of patient centeredness. Some of these issues can be very challenging when working in Forensic Psychiatry.

3. Tell us about either a film or a book that left an impression on you.

'To kill a mocking bird' by Harper Lee. I first read the book then I was younger and re-discovered it whilst my daughter was studying for her GCSE's last year. The book speaks of prejudice and fairness and another well known quote 'for evil to triumph all it takes is for good men to do nothing'.

On a lighter note, as a Medical Student, I read the 'House of God' by Samuel Shem. It provided an amusing read, but also some thought provoking insights into the practice of medicine and why every sane Doctor should be a Psychiatrist.

4. When not being a Psychiatrist, what do you enjoy?

I enjoy the company of friends, a good bottle of wine and watching Wales beat England at rugby. Very few of my

friends are medical and I find a broader view of all things medical, and particularly Forensic Psychiatry, refreshing and grounding. It is in the company of family and friends where I find most pleasure. I also work part-time as a taxi driver for my children and like all taxi drivers, I am often amazed by what I hear from the back of the cab!

5. Which people have influenced you the most?

Professionally, I can think of two: Bernie Rosen as Guys in London. He influenced me by teaching me to always look at the person and not the illness in psychiatry and Estella Weldon at the Portman Clinic in London. She taught me a huge amount about women with severe behavioural disturbance.

Non-professionally, I believe Bob Dylan was the greatest poet of the twentieth century whose song 'forever young' best summarises for me what a father could wish for his children.

6. If you were not a Psychiatrist, what other profession would you choose?

I would love to be a restaurant and travel critic for an independent magazine. I can think of nothing better than dining and eating in the best eateries and travelling around the world with someone else footing the bill.

7. How would you best like to be remembered?

I would like to be remembered by my patients as someone who cared and tried to help, by my peers as a patient centred competent clinician and by my friends as a 'good bloke'. However, I would rather not be remembered for a long time as to quote Robbie Williams 'I am not scared of dying, I just don't want to.

Dr Tegwyn Williams

January 2011



**Welsh
Psychiatric
Society**

*Joint meeting of the
Welsh Psychiatric Society
and RCPsych in Wales*



Modernising Mental Health Services

Friday 13 May 2011

The Village Inn

Swansea

Deadline for registration: 29 April 2011

Deadline for Poster abstracts: 8 April 2011

For further enquiries please contact:

Alison Lewis

WPS Co-ordinator

School of Medicine

Swansea University

Tel: 01792 602355

Fax: 01792 513430

Email: a.lewis@swansea.ac.uk

www.wps.swan.ac.uk

Who's Who in the NHS Health Board Structures?

Clinical Programme Directors:

- Dr Tegwyn Williams, Clinical Director for Mental Health Services, Abertawe Bro Morgannwg University Health Board
- Dr Huw Griffiths, Clinical Director for Mental Health, Directorate Manager, Cwm Taf Health Board
- Dr Danny Antebi, Divisional Director for Mental Health and Learning Disabilities, Aneurin Bevan Health Board
- Dr Giles Harborne, Chief of Staff, Mental Health and Learning Disabilities, Betsi Cadwaladr University Health Board
- Dr Carl Hooper, Clinical Programme Lead for Mental Health and Learning Disabilities, Hywel Dda Health Board
- Dr John Lewis, Clinical Programme Lead for Mental Health, Cardiff and Vale University Health Board



WELCOME TO THE NATIONAL PROGRAMME FOR ADULT MENTAL HEALTH

The National Programme for Mental Health is one of a series of programmes established by the NHS to deliver high impact change in the delivery of health services in Wales over the next five years. We established the Programme Board in April 2010.

We will issue newsletters after each meeting of the Programme Board to ensure that you are kept up to date with our thinking and can influence our proposals as they are developing. The newsletter will be available on the RCPsych pages of the College website throughout 2011.

We hope you find it informative and welcome any feedback you may have. Please email comments to Kathryn Parramore, Programme Manager at kathryn.parramore@wales.nhs.uk

Who's Who in RCPsych in Wales?

Executive Committee Members

- Dr Helen Matthews - Chair
- Dr Pravir Prasad - Vice Chair
- Dr Alka Ahuja - Financial Officer
- Dr Mick Dennis - Elected Member
- Dr Giles Harborne - Elected Member
- Dr Ray Jacques - Elected Member
- Professor Keith Lloyd - Elected Member
- Dr Clare Lamb - Chair, Faculty of Child and Adolescent Psychiatry
- Dr John Sandford - Chair, Faculty of Forensic Psychiatry
- Dr Carl Hooper - Chair, Faculty of Psychotherapy
- Dr Mark Winston - Chair, Faculty of General and Community Psychiatry
- Dr Glyn Jones - Chair, Faculty of Learning Disability Psychiatry
- Dr Rhoswen Hailwood - Chair, Faculty of Rehabilitation Psychiatry
- Professor Mick O'Donovan - Chair, Faculty of Academic Psychiatry
- Dr Raman Sakhuja - Chair, Faculty of Substance Misuse Psychiatry
- Professor Gary Sullivan - Regional Adviser, RCPsych in Wales
- Professor Richard Williams - Education, Training and Standards Committee Representative
- Dr Robert Colgate - Public Education Officer
- Dr Ian Jones - Chair, Perinatal SIG
- Professor Mike Kerr - Chair, Neuropsychiatry SIG
- Dr Sarah Watkins - Welsh Assembly Government Representative
- Dr Paul Emmerson - Trainee Representative
- Dr Scott Hall - Trainee Representative
- Dr Akshey Nair - Policy Representative/Newsletter Editor
- Dr Motsahim Quamruddin - Trainee Representative
- Dr Udai Kandalama - Psychiatric Committee Trainee Representative
- Dr Ranjini Rao - Higher Trainee Representative
- Mr Alan Meudell - Service User Representative



If you would like to submit an article for the next RCPsych in Wales newsletter which will be published in June 2011, please email the office with the relevant information by 31 May 2011

New Appointments to RCPsych in Wales Executive 2011

Dr Toyin Adeyemo has been elected to the post of Chair, Faculty of Old Age Psychiatry, RCPsych in Wales

Dr Paul Emmerson has been co-opted to the post of PTC representative, RCPsych in Wales

Dr Tayyeb Tahir has been elected to the post of Chair, Faculty of Liaison Psychiatry, RCPsych in Wales

Dr Motsahim Quamruddin has been co-opted to the post of Trainee Representative

*The Royal College of Psychiatrists
Baltic House
Mount Stuart Square
Cardiff CF10 5FH*

*Phone: 02920 489006
Fax: 02920 489385
Email: sconway@welshdiv.rcpsych.ec.uk*

Executive Committee and Specialty School Meeting Dates 2011

Executive Committee

Meetings

- Friday 25 February
- Friday 24 June
- Friday 30 September
- Friday 9 December

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

Specialty School Meetings

The Administration of the Specialty School meetings has been taken over by Elenor Williams , Manager, School of Psychiatry, Wales Postgraduate Deanery.

For further information regarding meetings in 2011, please contact Elenor directly at: WilliamsEJ6@cardiff.ac.uk