
Wales. Newsletter

Spring 2019

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welcome

Professor Keith Lloyd

Chair, RCPsych Wales
Vice President, Royal College of Psychiatrists

Welcome to the first edition of our quarterly newsletter from us here at the Royal College of Psychiatrists Wales, where we'll be getting you up to speed with all the comings and goings here at the college. The College has now created devolved councils for Wales Scotland and Northern Ireland so we felt it was the perfect time to put something together to inform our members, working partners and the wider community about what we do.

Here at the Royal College of Psychiatrists Wales, we're leading the way with our work in the field of mental health, so, in this, our first edition, we've included some background information about us, what we do, who's who and a summary of some of the recent work we've been engaged in during the past few months. We've made the content as varied as possible, including articles from those working directly with us, plus contributions from several of our working partners giving us an overview of some of the fantastic projects they're currently working on.

2019 is already turning out to be a brilliant year for the Royal College of Psychiatrists Wales; we really hope you enjoy our 'story so far' and please feel free to share with any of your colleagues you feel may be interested in our work. If you'd like to contribute to future editions, do get in touch with us via the email address featured on the last page and send us your ideas.



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the college

The Royal College of Psychiatrists is a UK wide college and has existed in various forms since 1841, receiving its Royal charter status in 1926. We were awarded a supplemental charter in 1971 that gave the name that you know today.

The Royal College of Psychiatrists is a UK-wide organisation, and in addition to Cardiff has colleges based in London (with 8 divisions across England), Edinburgh and Belfast. Here at the Welsh college we support over 600 members, fellows, affiliates and pre-membership trainees throughout Wales across 13 faculties.

Our office is based in Cardiff Bay within close proximity to The National Assembly of Wales. We have close links with Welsh Government, the Welsh Assembly and further stakeholders that enable us to monitor and influence the latest public affairs and policy development in Wales.

The Royal College of Psychiatrists Wales' primary objective is to work to secure the best outcomes for people with mental illness, learning difficulties and developmental disorders by promoting excellent mental health services, training outstanding psychiatrists, promoting quality and research, setting standards and being the voice of psychiatry in Wales.

The Royal College of Psychiatrists' strategic plan 2019-20 is called **Excellence in psychiatry: High-quality, person-centred care.**

It sets out the top priorities for the next two calendar years:

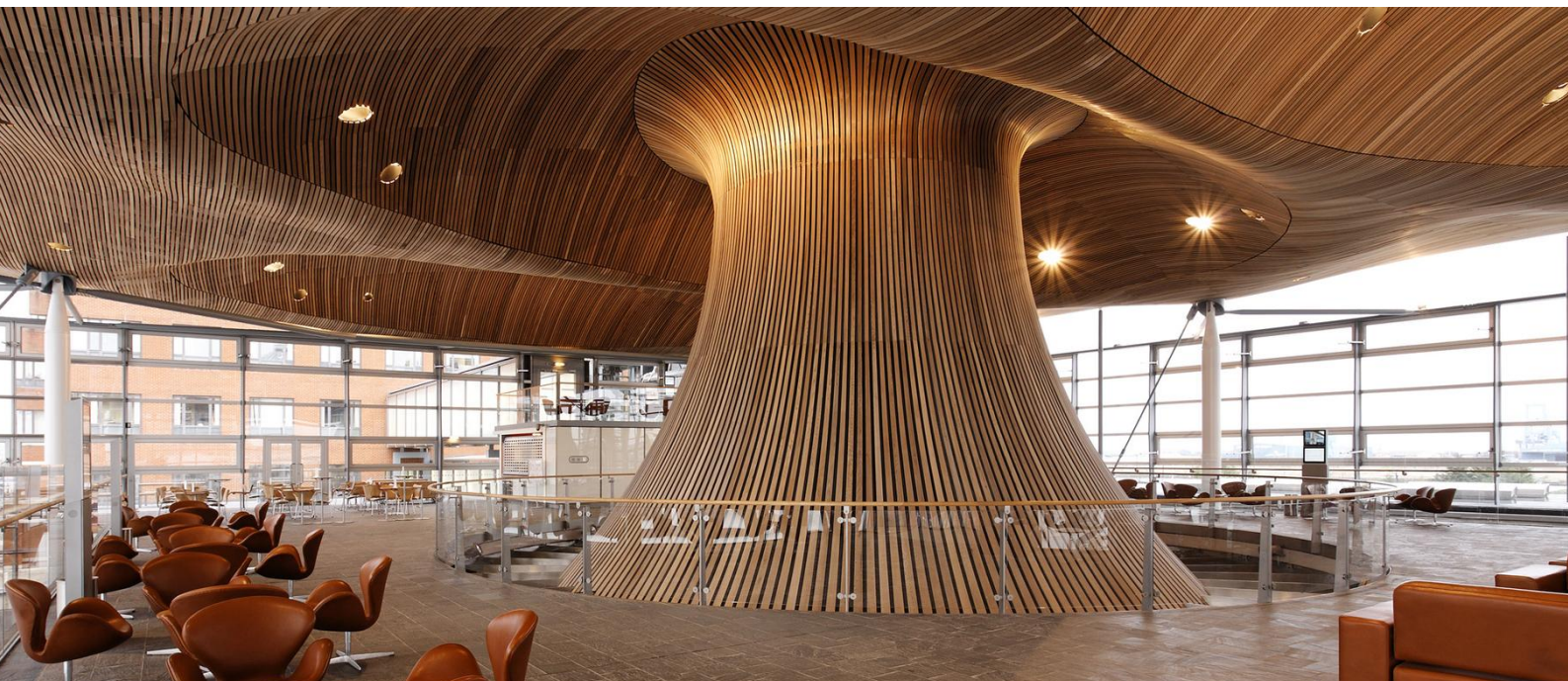
- Delivering education and training, and promoting research in psychiatry
- Promoting recruitment and retention in psychiatry
- Improving standards and quality across psychiatry, and wider mental health services, and supporting the prevention of mental ill health
- Being the voice of psychiatry
- Supporting psychiatrists to achieve their professional potential, by providing an excellent member experience
- Ensuring the effective management of resources, and providing an excellent employee experience, so as to efficiently deliver agreed priorities

cont'd

Our executive committee meets every three months to ensure the college's work is being achieved, aims and objectives are being met, and to share updates on the work other members are undertaking across the sector.

The committee is made up of a cross section of members to represent the many faculties and disciplines our members are currently working within. Currently, the Royal College of Psychiatrists Wales' membership covers 13 specialisms of psychiatry throughout the country. These are:

- Academic
- Addictions
- Child and Adolescent
- Eating Disorders
- Forensic
- General Adult
- Intellectual Disability
- Liaison
- Medical Psychotherapy
- Neuropsychiatry
- Old Age
- Perinatal
- Rehabilitation and Social



who's who

There are many people who contribute to the college's work, but here are the representatives who attend our executive committee:

Ollie John	Wales manager	Dr Bala Oruganti	General adult faculty
Daniel Jones	Interim policy officer	Dr Adarsh Shetty	Rehabilitation faculty
Laura Varney	Communications officer	Dr Jacinta Tan	Eating disorder faculty
Patrick Jones	Artist in residence	Prof James Walters	Academic faculty
Prof Keith Lloyd	Chair	Prof Ian Jones	NCMH rep
Dr Clementine Maddock	Vice chair	Dr Matthew Sargeant	Elected member
Dr Maria Atkins	Policy lead	Dr Anand Ganesan	Elected member
Dr Stephen Hunter	Finance officer	Dr Pritpal Singh	Elected member
Prof Alka Ahuja	Public engagement lead	Dr Katie Fergus	Policy lead
Dr Paul Emmerson	Head of school	Dr Akhtar Khan	Policy attachment
Dr Ceri Evans	Recruitment lead	Dr Anita Naik	Policy attachment
Dr Rob Stamatakis	Recruitment lead	Dr Harriet Slater	PTC rep
Dr Mark Janas	Training & standards rep	Dr Ann Collins	PTC rep
Dr Liz Forty	Undergraduate lead, Cardiff	Dr Sarah Bennett	PTC rep
Dr Liz Clarke-Smith	Undergraduate lead, Swansea	Ms Veryan Richards	Patient rep
Vacant	Addictions faculty	Ms Mair Elliott	Patient rep
Vacant	Medical psychotherapy	Mr Clive Smith	Carer rep
Dr Sue Smith	Perinatal faculty	Ms Vicky Yeates	Carer rep
Dr Tania Bugelli	Liaison faculty	Dr Raghu Baburaj	ID faculty & regional advisor
Dr Amani Hassan	Child & adolescent faculty	Dr Phil Huckle	Forensic faculty
Dr Alison Shaw	Speciality doctors' rep	Dr Chineze Ivenso	Old age faculty
Dr Jacqueline Palmer	Speciality doctors' rep		

recent achievements

'The future of psychiatry' Joint meeting with Welsh Psychiatric Society

On the 23rd November we held our joint winter meeting with the Welsh Psychiatric Society entitled 'the future of psychiatry'.

This meeting was attended by over 80 delegates, a mix of medical students, trainees and consultants from across Wales. The meeting comprised of a varied, insightful and informative programme. Professor David Nutt gave the keynote lecture *40 years of psychiatry, and how it can inform the next 40*.

'The future of psychiatry' meeting was also attended by several prominent organisations with whom we work closely with. Alzheimer's Society Cymru, Diverse Cymru, Hafal and The Reading Agency, exhibited and disseminated information about their valuable work to delegates.



Above: Prof Dinesh Bhugra presenting at 'The future of psychiatry' joint meeting with the Welsh Psychiatric Society

Right: Prof Sally Holland (Children's Commissioner for Wales) presenting at the 'Collaborative approaches to mental health in schools' conference

'Collaborative approaches to mental health in schools' Joint conference with National Association of Head Teachers Cymru

We held a joint conference with the NAHT Cymru (the school leaders' union in Wales) on 14th December at the All Nations Centre, Cardiff.

The event, chaired by Rob Williams (NAHT Cymru's Director of Policy), and Prof Alka Ahuja, (RCPsych Wales Public Engagement Lead), was attended by a diverse selection of professionals from across health and education.

The day comprised of informative, engaging and interactive workshops, presented and facilitated by representatives of some of Wales' leading organisations including Action for Children, Place 2 Be, Samaritans Cymru. Prof Tamsin Ford (Exeter University) presented the key-note lecture *Why we should focus on mental health in schools*.

A highlight of the day was the fantastic young people's debate *This house believes that good exam results are critical to success*, held with eight Schools from across the Newport area, attended by 100 young people. This event was a major success for the college, and in light of the continual, positive feedback we've received, it's something we'll be continuing to develop and grow.



'A lifetime of psychiatry' RCPsych National Student Psychiatry Conference

The RCPsych National Student Psychiatry Conference is an annual event, with this year's event hosted by Cardiff and Swansea Psychiatric Societies'.

The conference was held in Cardiff's Haydn Ellis Building, attended by over 150 medical students, all of whom are considering a career in psychiatry.

Presentations were given from Prof Dinesh Bhugra, Dr Kate Lovett, Prof David Nutt and many more who gave a variety of engaging lectures throughout the weekend. The event held true to its central theme 'A lifetime of psychiatry', highlighting the many diverse specialisms in the profession.



We were lucky to have the help of a brilliant group of sixth-formers from Radyr High School 6th form who had expressed interest into a career in Psychiatry after attending one of our careers fairs.

The volunteers supported the event, attended workshops and presentations and did a fantastic job in interviewing a number of our members!

Dr Ian Collings also spent the weekend with us at the conference and delivered a powerful lecture with Rogan Allport, board member of mental health charity Discombobulated Brain, about male suicide. Afterwards he had this to say about the event:

"I was privileged to attend the national student psychiatry conference on the 2/3 February 2019. This was the first time it has been held in Wales the result of a joint bid between our two medical schools in Wales, Cardiff and Swansea.

I want to congratulate the committee on all the work they have put into the organisation of the conference over the two days it all went very smoothly. The weekend was a great opportunity to raise the profile of Wales as destination for trainee doctors to train work and live in.

The personal highlight of the weekend for me was listening to compelling stories from service users outlining their battles with post-partum psychosis and suicide and self-harm. I found this incredibly moving and it really reinforced for me why I pursued a career in psychiatry. The level of interest in psychiatry among current medical students is hugely heartening. Hopefully the future is bright for our profession."



We were also pleased to see our colleagues from London who came to support the event and promote the Royal College of Psychiatrists national [#ChoosePsychiatry](#) alongside Welsh Government's [#TrainWorkLive](#) campaign.

The student PsychSoc committees from Cardiff and Swansea universities did a fantastic job both in organisation and delivery of the Student Psychiatric Conference. Feedback from the event was hugely positive, it created a great deal of social media interest and we're so looking forward to next year's event.

Above Left: Professor David Nutt at the 'A lifetime of psychiatry', RCPsych National Student Conference

Above Right: Dr Ian Collings speaks to sixth form students from Radyr High School



'This is my truth, tell me yours'
Arts & Dementia project with Patrick Jones

Renowned poet, author and playwright Patrick Jones has recently joined the Royal College of Psychiatrists Wales as our very first artist in residence.

His first undertaking has been the Wales-wide project entitled [#ThisIsMyTruthTellMeYours](#), highlighting the experiences of people living with Dementia.

Following the project's launch on social media in the middle of February, Patrick has been across Wales facilitating engaging workshops with people who are both living with or supporting someone with dementia. In addition, the public have been invited to share their stories with us to add to the collection we are compiling as a real-life documentation.

There is more detail about this brilliant project on page 15 of the newsletter.



*Above: Patrick Jones (Courtesy of Glenn Dene)
Bottom: Prof Alka Ahuja, Dr Amani Hassan, Prof Keith Lloyd giving evidence to the Health, Sport & Social Care Committee*

In addition to these high-profile events, in the past 12 months the college in Wales has also given oral-evidence and / or written submissions to many policy and legislative developments. Here is a selection:

- Autism (Wales) Bill
- Code of practice on the delivery of autism services
- Isolation and loneliness
- Emotional and mental health of children and young people
- Primary care clusters
- Use of antipsychotic medications within care homes
- Suicide prevention
- Smoke-Free premises and vehicles (Wales) regulations
- NHS Wales informatics
- Children (Abolition of Defence of Reasonable Punishment) (Wales) Bill
- Public Health (Minimum Price for Alcohol) (Wales) Act 2018



manager's message

Ollie John

Manager, RCPsych Wales

I've been in post as Manager here at the college since October 2018. I had joined as a temp policy officer, for a month (a little over a year ago), to help out the previous Manager - here I still am!

Before joining RCPsych, I was involved in a mixture of roles, ranging from managing refugee hostels to product management in a tech start-up. It's here where I developed products for 'case management' in instances of hate-crime, domestic abuse and anti-social behaviour (these products are now being used by UHW). I've also 'fairly' recently been a project manager for Homeless Migration Programmes with the EU commission in Brussels; and then 'more recently' onto the Academy for Medical Royal Colleges Wales where I managed the public affairs and policy work as the operational manager.

When I came to the RCPsych last year to lead on policy and public affairs, I saw first-hand, the enormous potential for the College, and when the opportunity arose to take up the position of manager, I jumped at the chance! I must highlight the contribution of my predecessor Siobhan Conway who did a fantastic job in post - it was an absolute pleasure working with and learning from her. You'll be pleased to hear she's settled in well to life in Bristol.

The College has already undertaken some brilliant work and achieved much to date, and I'm looking forward to playing an important part in what I can see is its really exciting future.

We're all in such a privileged position at the College in Wales. We can make a significant impact on the lives of those experiencing mental illness; and as manager, that's something I'm incredibly excited to be part of.

I'm enthused constantly by the passion of our membership, from med students to consultants alike. There is such a strong commitment to making a real difference in advancing and promoting the profession.



I'm eager for the college in Wales to continue to grow its engagement activity with young people; inspiring and encouraging young people to learn more about psychiatry, the profession and the potential career is crucial.

The mental health debates led by primary school children to the ears of the Children's Commissioner for Wales; through to offering sixth formers-turned advocates valuable work-experience and having them assist us with running our events has been a real highlight.

Another highlight has been the quality of consultation response and evidence given to the high-volume of requests received. Members have been so supportive in this area.

As a newly formed, devolved council, we're already started to develop capacity around our growing programme. We're delighted to welcome Laura Varney as our first devolved nations press officer; we're also soon to advertise for our first administration officer.

We will be expanding the range, diversity and number of events we put on.

So that's a bit about me and a bit about our recent work! Thank you so much for taking the time to read this first newsletter (we're planning on producing these quarterly) - I think it's going to be great way to showcase the work that's been undertaken by our members and its a platform that's only going to grow in future editions.

I do need to say a special thanks to Dr Akhtar Khan, who kindly agreed to take on the job of Associate Editor for this edition, he's done a fantastic job.

Thank you all again for your continued support for what we're doing. I can't wait to see what 2019 has in store, do feel free to get in touch with me at any time if you'd like any further information about the college's work.

Diolch

Ollie

breaking news

... as new devolved nations press officer visits Wales

We recently met with our new devolved nations press officer – who'll be working alongside colleagues in Wales, Scotland and Northern Ireland to raise the profile of the college.

The new job will see Laura Varney work with all three devolved countries to promote the important work of psychiatry.

During her first month, Laura has been out and about visiting all offices to get the low-down on the political landscape, current campaigns and news.

Speaking about her recent trip to Cardiff, Laura said:

"I was struck by how friendly everyone is and the wealth of interesting activities going on in Wales. It definitely seems like a great patch for a story!"

Part of the role will involve dealing with reactive press enquiries, as well as looking for good news stories, including the all-important case study.

As Laura goes on to explain, case studies will play a major part in securing good PR for the devolved nations:



"Some of the issues we cover at the RCPsych need a good human-interest story to illustrate them in the media.

"Real people with a tale to tell about their mental health struggle, an uplifting tale which will help others. It's also worth mentioning that anyone who takes part are treated in a sensitive and confidential manner via college guidelines."

If you have a story and for all things media, news and PR Laura can be contacted on: laura.varney@rcpsych.ac.uk or 07841009224

spring's associate editor

Dr Akhtar Khan

Policy & Public Affairs Attachment, RCPsych Wales

The success of the Royal College of Psychiatrists Wales' Newsletter demonstrates the professional dream and establishment of the college in Wales, which have long outlived its founders. I have assumed editorship at a time when psychiatrists are facing increased challenges from meeting patients' expectations with the NHS' shrinking resources. This is demanding more cost-effective care with research-based evidence to treat patients. This newsletter can provide a platform for Psychiatrists to contribute towards their role in Wales.

I am pleased to introduce myself as an adult liaison specialist registrar, currently based at Royal Glamorgan Hospital. I am proud to have general practice experience and psychiatry experience along with my dedication towards medical education and research. I am currently an organiser for Cardiff CASC Training, a member of the clinical topic examination panel for the Royal College of Psychiatrists, and a trainee attachment for Policy and Public Affairs.

Finally, I am thankful for Prof Keith Lloyd and Oliver John for their enthusiastic support as I strive to grow into this new role. I am looking forward to continue helping to ensure we move forward in right direction. I am also looking forward to welcoming our members to contribute so we can learn from each other.

I hope you enjoy my contribution to the Royal College of Psychiatrists Wales' spring newsletter.

'let's sleep well'

Dr Akhtar Khan
Policy & Public Affairs Attachment
RCPsych Wales

We spend at least one third of our lifetime asleep, but still, functions and regulatory mechanism of sleep are not fully understood. There are many theories and studies that have proven the benefits of sleep on memory, neuroplasticity, biosynthesis of chemicals, helping to detoxify and excretion of waste products from the body, even prophylactic cellular maintenance. Moreover, there is well known importance of sleep in mood regulation and balancing energy requirements of our body. Sleeps also plays a vital role in metabolic activities of our body, any disturbance in sleep can have a direct effect on health from simple agitation to ischemic heart disease.

We need to sleep well

There are reports that lack of sleep is linked to mental and physical ailments such as poor concentration, stress, road traffic accidents, cognitive errors and physically there are suggestions that it is linked with cardiovascular disease.

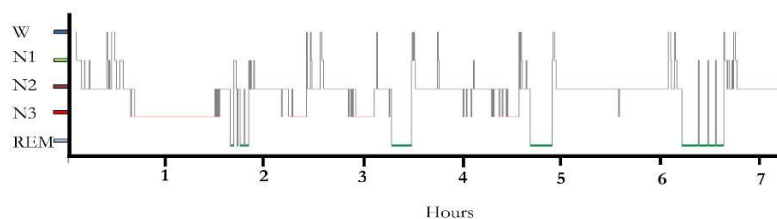
How much do we need to sleep?

Both the quality and quantity of sleep is important, and sleep requirements are variable throughout the life cycle, as national sleep foundation suggested, with the minimum sleep requirement for young adults being 7-9 hours of good quality sleep. Sleep is divided into two major stages - Rapid Eye movement (REM) and Non-Rapid eye movement (NREM).

Both these stages of sleep are playing vital functions in sleep process. For example, NREM sleep serves as a restorative phase and satisfies metabolic needs, whereas REM sleep is when new information is processed and stored into our memory banks.

Sleep process is controlled by two process as a circadian process (daily) rhythm. This is controlled by a central "biological clock" (Suprachiasmatic nucleus – SCN) Several inputs also influence this clock, especially light and melatonin. Sleep is also a homeostatic process, meaning the longer we are awake the more sleep debt we accumulate.

SLEEP HYPNOGRAM



***1st half – more SWS; 2nd half, more REM sleep, REM cycles in the night

Being psychiatrists, we are dealing with sleep problems for patients as we know prolonged sleep deprivation sometimes leads to ego disorganisation, hallucinations and delusions. As well as this, REM-deprived patients may exhibit irritability and lethargy.

What can be done to help to have good quality of sleep?

- Studies have suggested NREM sleep is increased after exercise, so regular exercise can play an important role here.
- We also need to consider some relaxation tips to have refreshing sleep.
- Sleep hygiene can be adopted, addressing simple tasks such as caffeine intake can be immensely helpful.
- Personal experiences can be shared with others.
- There are psychological therapies such as CBT, that can be considered and pharmacological intervention is also available for sleep problems.
- Taking some time for ourselves is also crucial because our physical and mental health wellbeing can help us to work and cope better the with demands of our lives.

Let's take a positive step towards a more pleasant day tomorrow with a refreshing sleep, by adopting simple steps from sleep hygiene techniques for our patient's and our wellbeing. There is a huge number of free online resources that are also available to help sleep well.

austerity impacts

A collaborative project between RCPsych Wales and Citizens Advice Cymru

Daniel Jones
Interim Policy Officer
RCPsych Wales

The Citizens' Advice Bureau provides support and advice to people in over 500 health settings across England and Wales, and they report that mental ill health is the most common health issue affecting people who go to them for help.

The Royal College of Psychiatrists Wales recently partnered up with Citizen's Advice Cymru (CAC) to explore the potential links between various day-to-day practical issues (money, debt, housing & employment) and their association with mental health.

We wanted to explore how mental health issues impacted on peoples' ability to manage the practical aspects of their daily lives. We also wanted to understand how lack of support to cope with these practical issues can affect a person's mental health. The research captured what types of practical problems that were affecting people were raised with clinicians, and what kind of response people received from these queries. The research also examined how this issue impacted on clinicians' ability to offer treatment and what the effects were in terms of demands on services. The research aimed to:

- Establish whether patients raised practical problems with clinicians
- Understand how clinicians responded when a patient presented them with a non-clinical issue
- Assess how patients' practical problems impact upon their experience of care
- Look at how patients' practical problems impacted on their mental health / recovery from periods of being unwell

Previous data gathered by CAC showed that 49% of their own clients in Wales have a long-term health condition or disability (with the most common being issues with mental health).

57 clinicians across Wales responded to a tailored survey, with all confirming they were spending increasing amounts of time helping people resolve practical day-to-day issues.

The survey also found that:

- 90% of clinicians stated their patients were raising practical problems at their appointments
- 50% of clinicians felt that they were spending more time than in previous years dealing with non-health related issues as part of appointments
- 90% of clinicians said these practical problems led to patients being unable to manage their mental health, plus created a barrier to their recovery



Supporting people who experience issues mental health issues and associated practical problems is essential.

There have been some great examples across Wales and England of how offering practical advice in mental health services and health settings can really help people. This includes setting up satellite advice services within healthcare establishments, and generally encouraging clinicians to be as proactive as possible.

For further information on this research, please contact Ollie John (RCPsych Wales Manager) oliver.john@rcpsych.ac.uk

language principles

Veryan Richards
Patient Representative
RCPsych Wales

Veryan Richards has been in post as the Royal College of Psychiatrists Wales' patient representative since 2015. Veryan sits on our executive committee to help ensure our work keeps patients of mental health services at the forefront of everything we do - her insight into mental health has been invaluable for the College and our work.

Recently, Veryan has been championing and supporting a project entitled 'Guidelines on the use of language'. This project focuses on the importance of language, how it's used by professionals and the impact it has for people who use mental health services.

The aims of the project are:

- To raise awareness and educate health professionals on the impact, either positive or negative that language can have on their relationship with patients, carers, colleagues and the public.
- To provide a means of demonstrating the values and behaviours that promote good practice through the use of language
- Outline some guiding principles which will help to shape the language used across the Royal College of Psychiatrists in Wales

We caught up with Veryan recently to have a quick chat about the project and how it's going:

Q. What is the 'Guidelines on the use of language' project all about?

"One of the main purposes of the Royal College of Psychiatrists is to set standards and promote excellence in the fields of psychiatry and mental health. What does this standard look like when it is applied to the use of language?"

A Language Guidelines Working Group has been doing some work on developing principles that will help to shape the language used in the RCPsych in Wales."

Q. Why did you choose to undertake this piece of work?

"Language can have a significant impact on peoples' lives. Words matter, in healthcare words always matter. Language is a key tool in psychiatry and outlining some guiding principles will help to shape the language used across the organisation, in the curriculum, training and also in clinical practice."

Q. How's the journey been so far?

"The journey has been very interesting and worthwhile. It's gathering pace and becoming part of some wider conversations to do with values and the delivery of person-centred care."

Q. What are you hoping to achieve?

"I'd like to develop a lens that can be used to help to shape the language used in psychiatry; one that is clear, easy to use and is translatable across the different strands of the RCPsych in Wales."

*By using 4 principles – **person-first, inclusive, balanced and consistent**, as defined in 'Guidelines on the use of language' by RCPsych in Wales, this will help to shape a culture and standard of communication which diminishes stigma and promotes language which is appropriate, respectful and enables a good therapeutic connection."*

One of our core purposes at the Royal College of Psychiatrists is to set standards and promote excellence in the fields of psychiatry and mental healthcare; we can contribute significantly to this by reviewing how we communicate.

We are in a fantastic position to champion communication that diminishes discrimination and promotes a respectful and empowering culture within the profession of psychiatry and beyond.

The 'Guidelines on the use of Language' project is now in its final stages, with submission to the Royal College of Psychiatrists editorial board due this summer.

#ThisIsMyTruthTellMeYours

An Arts & Dementia Collaboration between RCPsych Wales and Patrick Jones

Patrick Jones
Artist in Residence
RCPsych Wales



Renowned poet, author and playwright Patrick Jones has recently undertaken an artistic residency at the Royal College of Psychiatrists Wales. This residency sees Patrick working with the college on a series of commissioned works to promote the impact of the creative arts on well-being and mental health to the public and Welsh public services alike.

Patrick's first undertaking in his residency with the college has been a Wales-wide, highly anticipated project entitled **#ThisIsMyTruthTellMeYours** which highlights the experiences of those living with or affected by Dementia. This brilliant project will develop a series of spoken word features, monologues and song cycles' focussing on people's experiences of dementia.

The **#ThisIsMyTruthTellMeYours** project launched in February 2019 and has been developing in two parts.

Firstly, a series of creative writing workshops facilitated by Patrick across Wales. In these workshops, people living with dementia have shared their experiences and memories, capturing them in writing and poetry. Secondly an online collection of people's stories, poems, memories of their experiences of living with or caring for someone with dementia.

We have also been asking the public to participate in this work via our social media platforms by inviting them to send their stories for us to add to the increasing online collection.

"It's fantastic to be able to transfer what I know and what I've learned in creating this new program. The Arts are paramount and a latent tool waiting to be used in the treatment of those living with Dementia and seeing people whose lives have been blighted by dementia 'light up' as they sing the songs of yesteryear is one of the most moving and life-affirming moments of my life."

It is anticipated that work from the project will be published and performed with leading Welsh musicians to stand as a living testament that highlights the nature of Dementia, and importantly demonstrate the impact that arts can play upon mental health.

We are also soon to publish and promote the contributions and the finished presentation of the **#ThisIsMyTruthTellMeYours**. It documents a significant part of the lives of a number of people living in Wales.

We are so pleased to have Patrick with us and are very much looking forward to developing further projects with him. His work has been well received and embraced throughout the college, summed up perfectly by Professor Keith Lloyd, our chair:

"I'm really delighted to welcome Patrick to the College, this work is both exciting and invaluable. No one is immune to experiencing mental ill health, how we manage our mental health is so important and the Arts have a part to play in promoting positive mental well-being."

If you or anyone you know would like to contribute to the **#ThisIsMyTruthTellMeYours** project, or would like any further information, go to thisismytruthtrellmeyours.co.uk for more details. We would like to collect as many contributions as we can, so please feel free to share and help us to spread the word!

Pictured: Patrick Jones (courtesy of Glenn Dene)

upcoming events

**RCPsych in Wales
Approved Clinician or
Section 12(2) Induction**

**11
JUN**

Holiday Inn, The Coldra
Newport NP18 2YG

**RCPsych in Wales
Approved Clinician or
Section 12(2) Refresher**

**13
JUN**

Holiday Inn, The Coldra
Newport NP18 2YG

**RCPsych in Wales &
Welsh Psychiatric
Society Spring Meeting
'Psychiatry in Evolution'**

**14
JUN**

Dylan Thomas Centre, 6
Somerset Place
Swansea, SA1 1RR

**MRC Centre for
Neuropsychiatric
Genetics and Genomics
Summer School in Brain
Disorders Research**

**08
JUL**

Hadyn Ellis Building,
Maindy Road
Cardiff, CF24 4HQ

**RCPsych in Wales
Approved Clinician or
Section 12(2) Induction**

**10
SEP**

62 Croesnewydd Road
Wrexham LL13 7YX

**RCPsych in Wales
Approved Clinician or
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**12
SEP**

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**RCPsych in Wales
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**21
NOV**

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To Be Confirmed

Recruitment & Retention Showcase (May)
Joint Conference between the RCPsych Wales
Child & Adolescent, and General Adult Faculty (Sep)
Joint Winter Meeting with the Welsh Psychiatric Society (Nov)
Joint Conference with NAHT Cymru (Dec)

partner spotlight

Here at RCPsych Wales we actively strive to work with and support other organisations and groups whose work links into what we do, sits with our strategic aims, but most importantly shares our goals and values. Collaborating with others is always a great thing to do and something we'll always continue to do. It presents an opportunity to share work, ideas, and visions, which enables us all to achieve the best we can, wherever our areas of expertise lie.

RCPsych Wales has enjoyed working and building relationships with a number of Welsh organisations. In every newsletter we will be featuring a section dedicated solely to some of those groups, with projects that the College has been involved with or will be of interest to members.

In this edition, NAHT Cymru, Samaritans Cymru, Diverse Cymru and Hafal's Gellinudd Recovery Centre have all kindly contributed, and below is some information about some of the exciting work they're currently doing.

If you would like any additional details about the brilliant things they do, do feel free to get in touch with them directly to find out more.

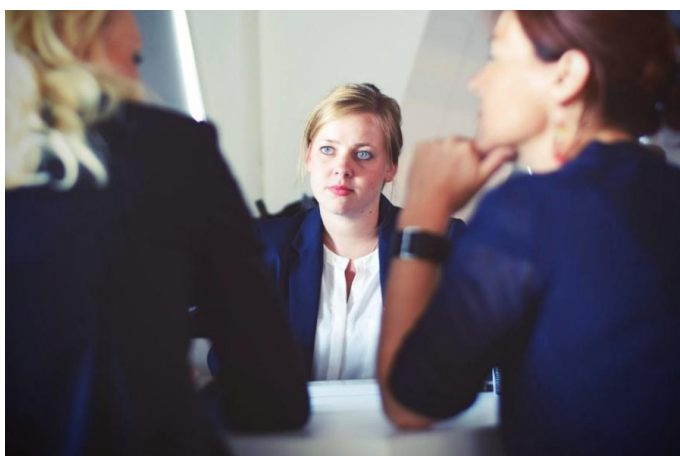


Rob Williams
Policy Director, NAHT Cymru

In 2018, NAHT Cymru undertook a small 'pilot' project investigating the mental health and wellbeing of Head Teachers. A range of metrics were used, including use of heart rate variability monitors, with a volunteer group of a dozen Head Teachers. The monitors were worn 24 hours a day, for five working days and the results, whilst unsurprising, were very concerning.

As a group, the results were as follows:

- The significant physiological 'state' during the day, for the most significant number of days was **'overload'**
- Across the group for the days measured, stress response recovery during the day is **'poor'** to that which is recommended
- Across the group for the days measured, physical activity is **'moderate'** to that which is recommended for health effects
- Across the group for the days measured, sleep recovery is **'poor'** to that which is recommended



In response, Rob Williams said, '

"As an organisation, NAHT Cymru is keen to work with policy makers, wider stakeholders and across sectors in order to support the mental health and wellbeing of all staff working with children and young people. Without ensuring we support the mental health and wellbeing of our most precious resource – our staff - how can we expect to effectively do the same for our children and young people?"

NAHT Cymru have also been working alongside Action for Children in the roll out of 'The Guide', an invaluable mental health literacy resource for secondary schools across Wales. This exciting new programme seeks to increase the mental health literacy of year nine pupils across Wales, so that they improve their understanding of mental disorders and their treatments; understand how to optimise and maintain good mental health; and gain the confidence to tackle poor mental well-being when it occurs.

NAHT Cymru have sought to bring mental health to the fore' within the education debate following a number of years work, with their evidence within the 'Mind Over Matter' report and a motion passed at their 2018 National Conference:

'The Rights of Children and Young Persons (Wales) Measure 2011' made Wales the first country in the UK to incorporate the United Nations Convention on the Rights of the Child (UNCRC) into its domestic law.

This means that all Welsh policy and legislation must take into account children's rights.

NAHT Cymru call upon the Welsh Government to ensure:

- All children and young people can exercise their right to mental health and wellbeing support;
- Schools are able to access relevant, high quality training and resources to support every pupil in meeting that right;
- Any measure of wellbeing enables schools to meet individual pupil needs and is never used as an accountability measure.

In April 2019, the new Wales curriculum draft documents will be available for consultation. It is critical that wider stakeholders take the opportunity to constructively refine the draft Areas of Learning and Experience to ensure that they meet the needs of children and young people in Wales.

Sarah Stone
Executive Director, Samaritans Cymru

Working with Compassion Toolkit

Following a comprehensive consultation across a wide and diverse range of employers, the Samaritans Cymru designed the Working with Compassion toolkit to help people in Wales improve all interactions and outcomes in the workplace by developing their levels of compassion. It's been put together to provide staff with facts and information, alongside real tips and actions which can be used in their daily working lives. This toolkit can assist staff when talking to or helping someone who is experiencing poor mental health or emotional distress.

In order to encourage compassion in the workplace, we have consulted with representatives from a diverse range of organisations, many of them frontline staff, from the police service to third sector organisations to job centres. Acting with compassion has many benefits. This toolkit isn't just for the workplace; it has been designed to encourage you to act more compassionately in your own life, towards yourself and those around you. The Working with Compassion toolkit centres around just that – compassion – and explains how it's a skill that can be learned by everyone. Acting compassionately does not require any specific resource, time or money, it just relies on us being able to relate to someone else's emotional state and, crucially, wanting to support them. The most important thing to remember is that none of us needs to be an expert to help someone experiencing distress.



The most valuable thing is that they don't feel alone and that they know someone cares. Many sectors, services and workplaces in Wales will interact with people who are experiencing emotional distress and it is important that we treat them with compassion. We need to recognise that they are not separate to us because we all encounter distress, and 1 in 4 of us have poor mental health. We must remove the stigma surrounding emotional distress and encourage a culture where people are confident to ask for help and give help to others when they need it.

Benefits for the workplace

- Learning to act with compassion can improve health, boost wellbeing and strengthen relationships.
- The toolkit includes practical advice and tips for staff on the following:
 - how to deal with difficult conversations
 - emotional distress – spotting the signs
 - mythbusting – knowing the facts, how to become a better listener
 - mental health crisis – what is it and what can I do?
- Learning these skills and areas of knowledge can improve outcomes for staff, customers, clients, clients or service users.
- The toolkit includes a comprehensive list of useful organisations and helplines which can be helpful if staff need to signpost a customer, clients or service user to some help.
- Most importantly, compassion can change and save lives.

If you would like a hard copy of the toolkit or would like to order some for your staff or workplace, please get in touch with the Samaritans Cymru at wales@samaritans.org

hafal

Gellinudd Recovery Centre

Gellinudd Recovery Centre is a groundbreaking sixteen bed facility for people with a mental illness. It is the first of its kind; being a user-led, not-for-profit service with a strong recovery ethos, delivered by a Third Sector organisation. It was officially launched by Welsh Assembly Cabinet Secretary for Health, Well-being and Sport Vaughan Gething in January 2017.

Hafal (meaning 'equal' in Welsh) is a leading organisation in Wales working with individuals recovering from serious mental illness. Developed by Hafal, Gellinudd Recovery Centre received funding from the Big Lottery and an 'Invest to Save' bid from Welsh Government. It fulfills a long-held ambition of Hafal members for a progressive therapeutic service.



Gellinudd Recovery Centre has been created following significant consultation and co-production with service users and carers. Their input has been instrumental in the design of the building and how the service is delivered.

Service users are addressed as guests, as this contributes to an informal and relaxed, recovery-focused atmosphere. In addition, Peer Support Workers - individuals with a lived experience of a mental health condition - work alongside guests, providing invaluable support from those who have experienced positive outcomes following illness. All the Peer Support Workers have undertaken an Agored Cymru-accredited course developed by Hafal for mental health peer mentors.

The Centre is located in close proximity to the Gower Peninsula and the Brecon Beacons National Park. This enables ready access to regular meaningful outdoor activities, and also

supports the management of the guests' physical and mental health. The Centre, which backs onto a stream and woodland area, has seen the development of a guest-led garden project: a secluded sensory garden.

Occupational Therapy is an integral part of care and treatment at Gellinudd Recovery Centre and the team fosters a therapeutic community model, empowering guests to work collaboratively with one another and the multidisciplinary team to facilitate their recovery. The Occupational Therapy service is underpinned by the model of human occupation and Hafal's Recovery Programme which was developed by service users and carers. Occupational Therapy plans and meaningful activities are facilitated by the whole multidisciplinary team, including Peer Support Workers and Recovery Practitioners, who work closely with guests in achieving their individualised goals.

The Centre also has access to a "step up" house (named as such to portray an increase in independence and a positive step in one's recovery). This enables guests to live independently with access to support if required, to increase confidence and self-efficacy prior to discharge. Hafal also have a number of supported accommodation projects where individuals can, if appropriate, move through to less intensive support. The Centre is a truly unique and special facility which will support guests in their recovery and help them achieve their goals.

There is a formal evaluation of the Centre being undertaken with Swansea University. A PhD student has been appointed with match funded monies to undertake a Realist evaluation of the experiences of guests, carers and staff looking at the philosophy of care, the use of ACT and the guests' physical health gains as well as the health economics of the model. Real-time evaluation of the guests', carers' and staff experience is undertaken using the technology of the "Elephant Kiosk" which is an independent and anonymous evaluation system.

"I have no doubt that Gellinudd was by far the best option for Mr A and that you have given him the best chance possible for him to move forward along his recovery journey." - Commissioner

For further information on Gellinudd Recovery Centre or its referral process please contact 01792 830 216 or email: gellinudd@hafal.org



Suzanne Duval MBE
BME Mental Health Manager, Diverse Cymru

Cultural Competence in Mental Health Services

A new initiative aimed to improve cultural competence in social care and Mental Health services was launched by the Cabinet Secretary for Health and Social Services Vaughan Gething AM in October 2018.

The BME Mental Health Workplace Good Practice Certification Scheme was developed by Diverse Cymru and is financially supported by Welsh Government as part of their Section 64 Third Sector Mental Health Grants 2018-2021. The scheme is also endorsed by the Royal College of Psychiatrists in Wales and validated by the United Kingdom Investor in Equality and Diversity.

The initiative has been designed for practitioners and professionals who work with BME communities in Wales, to improve the accessibility and quality of social care and mental health services. It includes a range of tools and resources to help practitioners and professionals provide a culturally appropriate service that will help them assess and measure year-on-year the competency of the services they are providing. Importantly, its both cost and resource effective, working on the basis of how simple changes in practice can make a world of difference to those trying to access social care and mental health services.

At the launch Suzanne Duval, BME Mental Health Manager at Diverse Cymru, in giving the reason and rationale for the scheme said that:

“I’m thrilled by the endorsement from the Royal College of Psychiatrists and the funding and support from the Welsh Government for this initiative which is the first of its kind in the UK. Research has shown that BME people are less likely to seek support for mental ill health at an early stage due to cultural barriers and so they access services much later, when their illness is more severe. Research has also shown that cultural appropriateness may be the most important factor in the accessibility of services by BME communities. Developing culturally sensitive practices can help reduce barriers to effective treatment”

A view supported by the Cabinet Secretary for Health and Social Services who said that:

“Ethnic minority communities can sometimes encounter issues accessing appropriate healthcare, they are not always aware of the services they are entitled to and how to access them. This Certification Scheme will assist mental health organisations and practitioners to ensure they develop culturally appropriate services to improve access to mental health services among ethnic minority communities.”



Pictured: Ollie John, RCPsych Wales Manager; Vaughan Gething AM, Minister for Health & Social Services; Suzanne Duval and members of Diverse Cymru

In further support of the scheme, Professor Keith Lloyd, Chair of the Royal College of Psychiatrists Wales said that:

“Diverse Cymru provides valuable support for our NHS mental health services by providing a voice and support for people from BME communities in Wales. It’s intended that this resource will help support healthcare professionals with further relevant techniques and interventions to deliver an effective culturally competent, patient centred service.”

To date there has been significant interest and take up of the scheme, which includes enrolment of 6 out of the 7 Health Boards, and another 7 voluntary/public sector organisations across Wales.



Pictured: Vaughan Gething AM, Health & Social Care Minister at the launch of the initiative

Dementia Care

Additionally, Diverse Cymru has recently received funding from Welsh Government to keep the importance of BME communities on the mental health agenda in Wales.

Part of the Welsh Government contract is to carry out research and write a report documenting African, Caribbean, Indian, Pakistani, Bangladeshi and Chinese people's experience of dementia. This includes people who already live with dementia or experiences of their family, friends or carers.

Diverse Cymru want to find out what the gaps are in services and what would or could have made experiences better for individuals.

It's understood that there has never been any research or reports written on the experiences of these diverse communities in Wales in relation to dementia. Contributions from individuals are crucial.

Diverse Cymru want to hear from individuals who live in Cardiff, Newport, Swansea or Wrexham and who are from a Black or Asian community. This includes people living with dementia or caring for someone who is living with dementia.

If you or if you know of anyone who would like to help Diverse Cymru with this work, please get in touch with Suzanne.duval@diverse.cymru or 07986 669426 for more information and/or a confidential discussion.

abstract corner

Just some of the awarded, abstract and poster presentations from our recent 'Future of Psychiatry' conference with the Welsh Psychiatric Society.



Above: Dr Chantelle Wiseman being presented with an award from Professor Keith Lloyd at 'The Future of Psychiatry' conference

We'll be accepting poster abstracts at our upcoming joint Spring conference with the Welsh Psychiatric Society.

14th June, Dylan Thomas Centre, Swansea

Are Temperamen Traits Predisposing Factors for Trauma and Post-Traumatic Stress Disorder?

Dr C. Wiseman, Cardiff University
Prof S. Zammit, Cardiff University

Aims

Trauma is a necessary factor for Post-Traumatic Stress Disorder (PTSD), but it is not sufficient; not everyone who experiences a traumatic event will develop PTSD. This study explores whether temperament is associated with exposure to trauma and risk of developing PTSD, and whether the risk of developing PTSD post-exposure to trauma is modified by temperament.

Methods

Data was used from the Avon Longitudinal Study of Parents and Children (ALSPAC) to address these aims. Two types of temperament measures in infancy and childhood (the Carey Infant/ Toddler Temperament Questionnaire and the Emotionality, Activity and Sociability Scale) between 6 and 38 months were examined in relation to trauma measures throughout childhood and PTSD symptomatology in adolescence and adulthood, measured using the Development and Well-Being Assessment (DAWBA) and PTSD Symptoms Checklist (PCL-5).

Results

PTSD was present in 283 (6.92%) of 24 year olds. Individual temperament traits had weak to moderate stability over time. There was evidence that increased Intensity (of emotions) on the Carey scale at 6 months, and Emotionality (distress) on the EAS at 38 months were associated with higher odds of trauma occurring (Emotionality adjusted OR 1.19, 95% CI 1.13- 1.24, p value <0.001) and PTSD symptoms at age 24 (Emotionality adjusted OR 1.22 95% CI 1.05-1.42, p value 0.009). A Difficult temperament cluster derived from the Carey variables when the child was 6 months old was also associated with an increased risk of trauma and PTSD (OR 1.14, 95% CI 1.04- 1.24, p value 0.006), but not 24 months. In addition, Mood and Activity on the Carey scale were associated with trauma, and Shyness on the EAS had an inverse relationship with trauma. Neither Emotionality nor Mood moderated trauma or PTSD.

Conclusions

These findings suggest that temperament traits related to intense, distressing emotions are associated with increased likelihood of both subsequent trauma and PTSD, and increase our understanding of early childhood pre-trauma factors that predispose individuals to developing PTSD in adulthood.

Insights on an odyssey - Developing a mentoring scheme for International Medical Graduates working in Psychiatry

Dr J. Rankin, ABUHB
Dr R. Ahmed, ABUHB
Dr R. Rao, ABUHB
Dr J. Foster, ABUHB

Is a mentoring scheme what we need?

We identified a need to improve the experience of International Medical Graduates (IMG's) working in psychiatry within ABUHB. IMG's account for around ¼ of all doctors registered with the GMC. IMG's are often relied upon to service provision and are often faced with struggles such as language barriers, cultural assimilation, and career progression. By definition: A mentor is someone who helps another person through an important transition such as coping with a new situation like a new job or a major change in personal circumstances or in career development or personal growth. From our experience within ABUHB, we felt there may be more we could do to support this important part of the workforce.

Our working hypothesis is IMG's in this transition period which can be stressful as well as challenging as new demands are made upon individuals are in need of guidance and support in order to develop confidence and competence.

Method

We sent an online questionnaire to all International Medical Graduates employed to ABUHB in 2017 to identify difficulties they faced when starting work in UK. We identified consultants interested in mentorship and arranged for them to undergo training in this.

Results

The response rate to our questionnaire was 100%. We identified difficulties with training, knowledge, language barriers, communication skills, social isolation and cultural assimilation. Strengths within ABUHB included good peer support and supportive consultants.

Conclusion

We identified that IMG's working with ABUHB faced considerable difficulties. We have now begun creating a mentorship scheme to provide further support for them. This needs to be embedded and further evaluated.

Alzheimer's disease: from polygenic scores to precision medicine. A systematic review

Miss N. Muskett, Cardiff University
Dr J. Harrison, CUBRIC
Mr S. Mistry, MRC
Prof V. Escott-Price, MRC

Background

Alzheimer's disease (AD) is a common, relentlessly progressive neurodegenerative condition. Late-onset AD has a strong genetic component, with an estimated heritability of around 75%. Over 20 genetic loci have been identified as associated with AD in genome-wide association studies (GWAS), though additional genetic variants also contribute to AD development. Polygenic scores (PGS) are derived from summary statistics from a and aggregate the effects of many disease-associated loci. Other analyses using GWAS data have explored disease-pathways implicated in AD. These have highlighted several areas of biology, notably immune response and cholesterol metabolism disease pathways. More recent studies have combined PGS and disease-pathway approaches by looking at disease pathway-specific PGS. These can be used to explore how genetic risk in disease pathways manifests. Studying these manifestations can greatly increase our understanding of AD

disease pathways, and could allow us to stratify patients by disease activity in different areas of biology.

Aims

In this systematic we analysed studies examining associations between PGS in AD and various phenotypic outcomes.

Method

We searched the literature using EMBASE, Medline and PsychINFO (from January 2009- August 2018) following PRISMA guidelines. We defined our search terms at the outset. We also hand-searched the reference lists of relevant articles. Each study was assessed for inclusion by two independent researchers. Study inclusion was based on predetermined criteria and data was extracted independently and in duplicate.

Results & Discussion

Our initial search yielded 4717 articles. 3275 articles remained after duplicates were removed. After reading titles and abstracts, 3307 articles were discarded leaving 88 full texts for assessment. The results will be presented and discussed.



Audit of the Quality and Content of Discharge Summaries from Mental Health Inpatient Units across Betsi Cadwaladr University Health Board

Dr L. Williams, BCUHB
Dr A. Dhandapani, BCUHB
Dr S. Soundararajan, BCUHB
Dr E. Aghahowa, BCUHB
Dr J. Clifford, BCUHB
Dr S. De Silva, BCUHB

We have noticed that the quality and content of discharge summaries can be quite poor. This is a potential patient safety risk, particularly as our patients often require early follow up and are discharged on potent medications. As a result of our audit, we hope to ensure that patients are safely followed up by the correct agencies, and the information is received in a timely manner.

Our aim was to carry out an audit of the discharge summaries sent from the 3 North Wales psychiatric inpatient units against recommendations from Standards for Inpatient Mental Health Services (RCPsych) and PRSB Mental Health Discharge guidelines.

The first audit cycle used 25 discharges from wards from each inpatient unit for the months of June-August 2018. Data was collected week commencing 16/09/18 using the audit proforma.

Each individual discharge summary was scrutinised for the inclusion of appropriate headings. The 3 sites each have their own method of writing the summaries.

Hergest and Heddfan Units sent their summaries out to GP on of discharge in 100% of cases. Only 13% of Ablett summaries did the same.

Crisis contacts were not documented in a single summary throughout the 3 sites. Ablett Unit sent 49% of summaries to the GP with nothing more than medications documented. Automatic input of certain mandatory headings resulted in % fill rate.

We have identified an unacceptable delay in the GP receiving the Ablett discharge summaries in the majority of those sent. None of the 3 sites managed to include the majority of suggested headings in their summaries, resulting in poor quality.

We have identified a lack of time and poor attitudes as barriers to improvement, however, these are important documents and failure to complete could lead to catastrophic consequences for the patient, and the Health Board if faced with a significant event in the future.

Exploring Experiences of Eating Disorders: An Artistic Narrative Analysis

Miss C. Selous, Cardiff University

Aims

Eating disorders are a group of mental disorders associated with significant levels of stigma. A multi-media exhibition was curated, in collaboration with the National Centre for Mental Health, aiming to facilitate improved empathy and understanding between those with personal experience of an ED and those without. Individuals with lived experience of EDs collaborated to share art, poetry and spoken word reflective of their experiences. Quantitative analysis of participant interviews explored perceived ED triggers and positive interventions by family and friends.

Method

Participants (n=5) were recruited using a self-selection model subject to inclusion (Current Cardiff University Student and previous/current diagnosis of ED) and exclusion (no suicidal ideation last 12 months) criteria. Unstructured interviews were conducted using a narrative therapy approach. Interview transcripts were qualitatively analysed using Microsoft Excel to detect word and thematic frequency.


Participants were also encouraged to creatively communicate their ED experience to contribute to a multi-media exhibition.

Results

Thematic analyses showed that the emotion 'Shame' was frequently correlated with subsequent development of an ED (n=37). Participants described a 'shame-shame cycle' whereby shame acted as a consistent causative factor for ED behaviours, mediated by 'unhealthy coping mechanisms' (n=19). Development of an ED then cultivated a sense of shame if individuals maintained secrecy (n=6) or encountered judgement from peers and professionals (n=4). 'Empathy' (n=13) and 'good communication with peers' (n=8) appeared to mitigate the shame-shame cycle.

Conclusions

Shame is strongly correlated with EDs and both causes and maintains EDs in a viscous cycle. Exhibitions that facilitate bilateral engagement between individuals with EDs and those without may represent an innovative destigmatising intervention.



Developing an automated tractography model for mapping the Superior Longitudinal Fasciculus: a diffusion MRI study

Miss A. Mirza-Davies, Cardiff University
Dr J. Harrison, CUBRIC
Prof D. Jones, CUBRIC

Background & Aims

Diffusion Magnetic Resonance Imaging (DMI) is a magnetic resonance imaging technique which uses the random motion of water molecules to create contrast between tissues. Structures such as axons permit water to diffuse along the axon more readily than across it. This allows us to map white matter connections in the living human brain using a computational method called probabilistic tractography. However, many tractography methods, such as region of interest (ROI) analysis, are time-consuming and advanced neuroanatomical knowledge is required. We aimed to reduce these limitations by developing and validating an automated model for mapping the superior longitudinal fasciculus (SLF). SLF is a bundle of fibres in each hemisphere of the brain. It connects the ipsilateral frontal cortex with the parietal, occipital and temporal regions, and is involved in core cognitive processes including language, attention, memory and emotion. Our working hypothesis is that young adults in this transition period which can be stressful as well as challenging as new demands are made upon individuals are in need of guidance and

support in order to develop confidence and competence.

Method

MRI data from young healthy participants (N = 30, age ~24) were taken from a large longitudinal study, the Avon Longitudinal Study of Parents and Children. MRI data acquired using a GE HDx 3T scanner at Cardiff University Brain Research Imaging Centre. Data preparation and quality assessment followed in-house procedures. We used ExploreDTI to manually dissect SLF bundles. Two ROIs were applied to delimit each fibre tract: a "SEED" and an "AND" operation to include fibres passing through both ROIs. The resulting manual tractography was then used as training data for an in-house automated tractography programme able to streamline patterns through principal component analysis. The diffusion metrics from the in-house tractography model (using 15 and 30 examples) was compared to manual tractography using a Wilcoxon Signed Rank test and a Spearman's Rho correlation. The spatial pattern of the tract images was assessed using a Dice coefficient score.

Results & Discussion

Presented at Conference.



in closing

And what does 2019 hold for RCPsych Wales?

Here at the Royal College of Psychiatrists Wales, we are going to raise our presence and profile within the Mental Health field to the highest level possible, especially now in light of RCPsych Wales becoming formally recognised as a devolved council of the College.

We've spent a great deal of time recently thinking about how to gain and encourage maximum engagement from government, 3rd sector organisations and the general public, and as a result we will shortly be announcing the launch of a Wales-wide consultation with that very aim. The RCPsych Wales has never undertaken a consultation of this size before – we feel it's a much-needed, forward thinking move and we'll be inviting everyone who's involved in shaping mental health policy and services to get involved; the results from this will enable us to build our strategy and subsequent forward work plan.

The consultation will be formally launched, with the end result being a workable strategy that will inform the election manifestos of political parties in Wales, as they begin to undertake the design of their own priorities for the Welsh Assembly Elections in 2021.

This process will seek individual and direct views of members, faculties, stakeholders of Welsh Government, political parties and 3rd sector organisations across Wales; presenting them with a fantastic opportunity to 'shape' the work and priorities for RCPsych Wales.

Details of the launch event and consultation will be revealed shortly – we're really excited about this and can't wait to share it with you, so please do watch this space. In addition to just-announced communications and press officer, who will work with us, Scotland and Northern Ireland, we'll be appointing an administrator to help us with our increasing workload.

Lastly, we are also in the process of recruiting a number of high-profile ambassadors to help us raise the profile of the college and its work, all will be revealed very soon!

cont'd

The 16th May 2019 sees us host a truly unique and special event entitled '#Unafraid – Mental Health in Words', hosted by our artist-in-residence Patrick Jones. At this event we will be shining a spotlight on the fabulous work undertaken so far with our ongoing #ThisIsMyTruthTellMeYours – Arts and Dementia project. We'll also be featuring high-profile poets and mental health activists including Mark Smith, Parvin Pleiades, Eric Ngalle Charles and Mair Elliott who will be reading a series of their poems and discussing their own journeys within mental health.

The Royal College of Psychiatrists Wales is a strong advocate of the significant role the arts can play in promoting good mental health, and we are expecting this event to be the first of many. More details of the #Unafraid event will be released very soon.

The work above is in addition to the College's expanding events programme and the numerous Government and Assembly consultations we will respond to throughout the year, so as you can see, 2019 is shaping up to be a very busy one indeed!

want to submit an article?

Do you have an idea or story that you'd like to share with the membership in Wales?
We're looking for articles for our summer edition.

To get in touch with us,

02922 331080
rcpsych.ac.uk/wales

Ollie John

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