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Ydych chi’n siarad Cymraeg
Welcome to the autumn, ‘bumper’ edition of the Royal College of Psychiatrists Wales newsletter.

It’s been another busy time again for us all here at the college, incredibly busy. In these past couple of months, we’ve hosted even more exciting and innovative events, achieved increased media coverage and built upon project work and public affairs activity.

Crucially we’ve continued to increase our own capacity to deliver our ever-growing programme, in-turn growing our influence. Some of this activity is set out in the newsletter together with other topics we hope will be of interest to the membership.

Last time around, I mentioned a number of ongoing challenges that are on the radar for us all. I’ve met with the Minister of Health, Vaughan Gething AM to raise some of these concerns along with members of the Wales Alliance for Mental Health. Specifically we addressed

- The evidence that patients who live in Wales are sometimes placed in healthcare settings a very long way from where they live when that is not always driven by clinical need.
- The apparent shortfall in provision of psychological therapies in both primary and specialist care.

In supporting our policy and public affairs activity, We’re currently finalising our long term strategy with faculty chairs. It’s a crucial time to get this right.

On the 28th November, we welcome a fantastic lineup of speakers for our Winter Meeting, please register a place, it’s always a great event.

More on that in this edition

It’s always a good feeling to welcome new faces to support the work of the College in Wales. In recognition of our growth, Antonia Fabian joins the office team as our first Coordinator. A new post that will play a vital role in supporting recruitment & retention efforts and strategy.

Dr Faye Graver and Dr Kristy Fenton have recently joined us as Chairs of the Addictions, and Child & Adolescent Faculties respectively. Dr Lance Watkins has been doing a fantastic job as Interim Chair of the Intellectual Disability faculty, that position is now out for advertisement.

Lastly, we’re soon to open elections for the next Chair of the College in Wales. We’ve two exceptional candidates and I look forward to supporting the succession. It’s been a real privilege to undertake this position and the successful candidate will take over at an exciting time for Psychiatry in Wales alongside the new President of the College in the UK.
Early September saw our first joint meeting of the General Adult and Child & Adolescent faculties. A shared topic of significant interest, brought together a great lineup of speakers sharing current approaches and developments in ‘transitions’ from Child to Adult services.

The scene was set by Prof Sally Holland (Children’s Commissioner for Wales) quizzing, and updating members of the UN Humans Rights of the Child, and her work with transition across health as a priority.

Mr Graham David Hughes, Senior Coroner (with no intended irony on the ‘transition’ theme for the conference) bought the day to a close with an incredibly practical presentation on the work of the coroners office.

Such positive engagement and welcome reception to the joint conference will no doubt lead to more regular joint CPD opportunities between the faculties.
At the Coalface
Meeting of the RCPsych Wales Old Age Faculty

With such welcome support of National Museums Wales, delegates were presented with a jam-packed day of research and practical presentations.

Big Pit National Coal Museum provided the perfect backdrop, for the RCPsych Wales Old Age faculty meeting. Itself, alongside the town of Blaenavon, appropriately renowned for its recognition as ‘Dementia Friendly’, and a UNESCO World Heritage Site.

Reflections of Old Age Psychiatry
Dr Pauline Ruth
Consultant Psychiatrist, Aneurin Bevan UHB

Assistive Technology and Telecare to maintain independent living at home for people with dementia (ATTILA Trial)
Prof Rob Howard
University College London

Dementia Pathway for Wales
Rebecca Hanmer & Michaela Morris
1000 lives improvement, Public Health Wales

Dementia: identifying those ‘at risk’ - the role of primary and secondary care
Dr Jill Rasmussen
RCGP Clinical Representative for Dementia

Dementia Friendly Museums
Sharon Ford
Learning, Implementation, Participation Manager
National Museums Wales

Dementia: the imager-clinician ‘coalface’
Dr Tarun Kuruvilla & Prof Iain Lyburn
Gloucestershire NHS Foundation Trust

Once again, we were thrilled with the calibre of speakers who had agreed to present at our conference. We must give a huge thank you to Sharon Ford (National Museums Wales) firstly for being so accommodating with the fantastic venue but also for highlighting the innovative dementia work of Big Pit and National Museums Wales.

The conference drew attendance from nursing, occupational therapy and general practice as well as carer and patient representation. This combination of experience supported discussion and debate on what was a diverse range of presentations that highlighted various approaches to dementia care.

The faculty are keen to follow up on such topical areas to Old Age Psychiatry in Wales with a repeat conference in the first half of 2020. Additionally, plans are in place for further consultation between Public Health Wales and faculty members on progress and development of the Dementia Pathways for Wales.

Presentations will be forwarded to delegates and will be made available upon request.
Reflecting on the positive reception of last year’s successful joint education conference with National Association of Head Teachers (NAHT) Cymru, we were always determined to replicate and further develop our education conference programme.

This year, we were delighted to partner with Welsh Government in offering a conference, diverse in presentations, workshops, and exhibitors and steered to support work in Wales into the ‘Whole School Approach’.

A capacity of 160 delegates were in attendance, representing policy makers, school leaders, health professionals amongst others; all with shared interest and expertise in the mental health and wellbeing of young people in the school setting.

The conference was preceded by the RCPsych Wales Winter School Debate that was kindly and enthusiastically introduced by Kirsty Williams AM, Minister for Education. We’ve summed up this up, later on; the debates are always such a highlight.

Additionally a parallel creative writing workshop exploring mental health in young people, helped ensure that young people’s views were captured throughout the event. The workshop delivered by writers Patrick Jones and Christina Thatcher, is being developed into an exciting project that we’ll soon feature.

Dr Bernadka Dubicka delivered an excellent key note presentation that set the tone the numerous workshops ‘Bridging the divide – how whole systems need to work together for our most vulnerable children and young people’. 
RCPsych Wales Public Engagement Lead, Prof Alka Ahuja, introduced the day:

"Mental health and well-being of our children and young people is paramount and should be everybody's business. Teachers and other school staff are well placed in supporting resilience and emotional well-being among children and young people.

We are aware that good academic outcomes are closely associated with positive wellbeing in children and young people.

Training in emotional and mental health awareness is extremely necessary for everyone who cares, volunteers or works with children and young people. This awareness and training will help tackle issues of stigma, promote good mental health and enable a healthier and happier society for our children and young people."

Bridging the divide – how whole systems need to work together for our most vulnerable children and young people

Dr Bernadka Dubicka  
Chair of Child & Adolescent Faculty, RCPsych

Reframing the language and understanding of mental health in education

Action for Children

Mental health in schools

Prof Ann John

Being brave: the magic that happens when we listen to what children and young people want

State of Mind

DECLO & ALN

Dr Dave Williams  
Welsh Government

Providing neurodevelopmental services in Wales, the legacy of T4CYP

Dr Cath Norton

The schools-based body image workshop project - an example of a health education partnership

Celebrate Everybody

Mental health in-reach to schools

ABUHB & Welsh Government

Attitudes to mental health in young people

Swansea University

We'll be collating findings and learning from the ‘Whole School Conference’ and developing a report to share with Welsh Government and stakeholders. This was a commitment in holding the event.

For further information on the ‘Whole School Approach’ Conference or development of this report, please contact Ollie John, Manager, RCPsych Wales.

oliver.john@rcpsych.ac.uk
‘this house believes that gaming is good for you’
RCPsych Wales Winter School Debate

In Partnership with Newport LA
11th November 2019 | All Nations Centre, Cardiff

We were delighted that Minister for Education, Kirsty Williams AM opened the debate. The minister has been a continual supporter of this programme and it was fantastic to hear her identify that the quality of discussion and the range of topics debated attract interest, challenged and influenced throughout Government.

Previous topics include ‘this house believes that school is bad for your mental health’, and ‘this house believes that exams are critical to success’.

We owe a huge thank you to Dr Christina Evans, Principal Educational Psychologist for Newport LA for her continual support in this event, and Prof Alka Ahuja whose continual enthusiasm in organisation has seen these events grow and grow.

We’ve highlighted some of the views from young people overleaf and they’ll be a report on this programme in the new year.

We’re committed to this programme and look forward to developing additional resources to support this work across Wales.
A WELCOME EVENT

SEP 25 2019

RCPSYCH PRESENTS

AT SUNFLOWER & I
CARDIFF, CF10 5EE

CROESO

STARTS FROM
18:30

DRINK ON ARRIVAL

A JOINT SOCIAL EVENT BETWEEN
RCPSYCH WALES AND THE WALES PTC

An evening to introduce and welcome trainees to the College

OPEN TO ALL
It was a real pleasure to host a social event in partnership the Wales PTC.

The Wales PTC and its representatives do a fantastic job in engaging and representing trainees across Wales.

We’ve agreed to support the Wales PTC in helping subsidise various different social activities and in helping to encourage representation and engagement across all trainees groups. This is a really important thing for us to do.

Sunflower and I played host to Septembers social event, and it was great to see so many new and returning faces.

We were delighted to be joined by Prof Keith Lloyd and Dr Ceri Evans to share a few experiences with trainees. We’re always keen to encourage consultant members across Wales to attend.

We’re currently finalising a social in North Wales for the new year, and a further social for West Wales to coincide with the Welsh Psychiatric Society Spring Conference.

You can find more information on the event and work of the Wales PTC in the PTC newsletter in this edition of the newsletter.
POETRY READING

WORDS FOR MENTAL HEALTH DAY with open mic!

7 PM
FREE ENTRY

10TH OCTOBER, 2019

PATRICK JONES
RUFUS MUFASA
CLARE POTTER

HORTON'S COFFEE HOUSE, NEWPORT, NP19 0NX

garth & ROYAL COLLEGE OFPSYCHIATRISTS
A COLLECTION WILL BE TAKEN FOR LOCAL CHARITIES

contact: louis.merten@rcpsych.ac.uk
To coincide with World Mental Health Day, we were delighted to host an evening of poetry and readings, in partnership with Gwent Arts in Health.

A full room, over fifty attendees were welcomed to Hortons Coffee House in Newport to work from three truly renowned artists, whilst we heard many fantastic and powerful contributions during an ‘open mic’ from local writing groups.

The event follows our first, and successful evening in March. It’s a programme that we’re continuing to develop and its encouraging to see such interest from local community groups and artists alike.

Alongside the continued ambition and support of Patrick Jones, we owe a huge ‘thank you’ to Rufus Mufasa and Clare Potter, and look forward to continued work.

We’ll soon be announcing a separate social media and web space for our work into the arts and mental health.

---

**Rufus Mufasa**

A Hip Hop educator, and Barbican Fellow ’15-’17, Rufus is currently a resident poet for the Future Generations Commissioners Office

*Hay Festival Writer at Work
Fur Coats from the Lion’s Den
Barbed Wire Birds
@rufusmufasa
*Below: Rufus Mufasa closes the evening*

**Clare Potter**

A writer and performer from a South Wales mining village. She lived for ten years in the Deep South where she studied an MA in Afro-Caribbean literature and taught in a progressive school in New Orleans

*Hay Festival Writer at Work
Directed BBC documentary The Wall+The Mirror
@clare_potter*

**Patrick Jones**

Renowned Poet, Playwright & Author, Patrick is RCPsych Wales’ Artist in Residence

*This is my truth, tell me yours*

*My Bright Shadow
“Renegade Psalms” with John Robb
patrick-jones.info
@heretic101*

**Gwent Arts in Health**

Gwent Arts in Health is a charity that aims to promote and develop an arts and health programme for the patients and general public in healthcare and community settings throughout the ABUHB area.

garth.org.uk
At our Spring meeting with the Welsh Psychiatric Society, the ‘Words in Mental Health’ poetry reading and a recent Yes Cymru gathering to 6,000 people, Patrick has shared his recent poem to ever increasing attention.

TRAWSBLANIAD ENAID / SOUL TRANSPLANT / RUH ZARA’A

‘everyone has the right to seek and to enjoy, in other countries, asylum from persecution’
Article 14: Universal Declaration of Human Rights

MAY THE SYRIAN SOIL
BENEATH YOUR FINGERS
FUSE WITH THE WELSH EARTH
TO MELD INTO A NEW GARDEN
MAY YOU TAKE REFUGE IN TRYFAN’S CRAGS
AND WANDER WILD UP PEN Y FAN

MAY YOU BRING SUNSHINE TO OUR VINEYARDS
MAY THE TEIFI ELAN AND TAFF
BRING YOU HOME WHEN YOU ARE LOST
LET THE SLATE MOUNTAIN OF BLAENAU FFESTINIOG
BUILD A ROOF TO PROTECT YOU
FROM THE NIGHTMARES OF YOUR PAST

LET THE TONGUES OF BEVAN CADWALADR AND GLYNDWR
BE YOUR ADVOCATE AGAINST
THROATS OF HATRED
LET CYMRAEG CHIME WITH ARABIC
TO FORGE OUR NEW DIALECT
MAY YOUR CHILDREN GROW LIKE THE
RINGS OF THE LLANGERNYW YEW
SUTURED AND SECURED TO LAND

MAY YOU SPICE OUR LARDER WITH
FALAFEL AND FATTOUSH
AND LET US SHARE FOOD AT ARTHUR’S TABLE
AND
SEEK SHELTER IN CARREG CENNEN’S SECRET TUNNEL
AND AWAKE AS POETS
FROM THE SLOW SLUMBERS OF CADAIR IDRIS’
DAWN DRENCHED SLOPES
AND LET THE SALTED ARC
OF CARDIGAN BAY
SOOTHE THE SCARS OF YESTERDAY
AND MAY YOU STAND UPON
THE ACHING ARCHES OF PUMLUMON
TO VIEW THIS TINY MASSIVE LAND
FROM WHERE
THE SEVERN, RHEIDOL AND WYE BIRTH THEIR JOURNEY
AND YOU TOO, SHALL FLOW
MAY THE CRADLING ARMS OF THE CAMBRIANS
STRENGTHEN YOU
SNOWDON’S MIST SHAWL YOU
AND THE VALLEYS CWTCH YOU
AS ‘NA THELYN BERSEINIOL FY NGWLAD’
(NOR SILENCED THE HARP OF MY COUNTRY)
BECAUSE
IT NOW HAS A NEW STRING
FROM AN END TO
A JUST BEGUN

FOR
WE ARE ALL TRANSPLANTED
FROM SOMEWHERE
BROUGHT IN BY THE BREEZE
FROM SEA TO SHORE
SETTLED ON FALLOW GROUND
GRATEFUL FOR THE SUNLIGHT
WAITING FOR THE RAIN

AND IF THEY TRY TO BURY US
WE SHALL DIG DEEP
CLING TO OUR PAST
SPROUT ROOTS
AND FROM THE LIVED PRESENT
INVENT OUR FUTURE
YOURS AND MINE
COME,
LET US CULTIVATE OAK AND OLIVE TREES
SIDE BY SIDE
OCHR YN OCHR
YMLAEN,
The Welsh College regularly responds to consultations from Welsh Government and from the National Assembly for Wales both in the submission of written material but also giving oral evidence to various committees.

On occasion, responses are required that involve working with partner organisations – we often lead and coordinate this type of joint working to ensure that any response in those circumstances has the maximum impact when it’s submitted for Government or Assembly consideration.

We are currently accepting responses from members and intending to respond to the following consultations:

- **Welsh Government: Guidance on reducing restrictive practices in childcare, education, health and social care settings** (Closing Date 6 January)
- **National Assembly for Wales, Cross Party Group on Medical Research: The Future of Medical Research in Wales** (Closing Date 6 January)
In recent months, the college has given input on the following pieces of government work:

- Health, Social Care and Sport Committee Scrutiny of the Health and Social Care (Quality and Engagement) (Wales) Bill
- The Welsh Government Substance Misuse Delivery Plan 2019-2022 Consultation
- Health, Social Care and Sport Committee Scrutiny of the Welsh Government Stroke Delivery Plan

For further details of these, please go to:  
rcpsych.ac.uk/wales/policy
A real highlight of our annual programme, on the 28th we’re delighted to welcome an excellent lineup of speakers for our joint winter meeting with the Welsh Psychiatric Society.

We’ll be hearing from a number of excellent and prominent psychiatrists:

- Professor Kam Bhui CBE
- Professor Pamela Taylor CBE
- Dr Don Williams
- Professor Alka Ahuja
- Dr Trudi Seneviratne OBE
- Professor Sally Lewis
History of the Welsh Psychiatric Society

During the '50s of the last century psychiatrists working in Wales felt a need to create a new organisation so that they could meet regularly to discuss matters of mutual interest and to further the aims of psychiatry in Wales.

The first meeting of the Welsh Psychiatric Society was held in the summer of 1960 at the Seabank Hotel, Porthcawl. The main organiser was Dr Marshall Annear, the Medical Superintendent at Bridgend. Initially, the society consisted of the medical superintendents and deputy medical superintendents of Welsh psychiatric hospitals. Later the membership was widened to all practicing psychiatrists in Wales, general practitioners with an interest in psychiatry and clinical psychologists.

There were to be two-weekend meetings a year held alternating between north and south Wales, with two further clinical meetings in one of the psychiatric hospitals. The chairman was to change every year, and the secretary every two years, preceded by two years as assistant secretary.

In the early 1970s, the formation of the Welsh Division of the Royal College of Psychiatrists led to some problems, but the weekend meetings continued as before, except that the College's meetings and the study days for senior psychiatrists tended to take over the educational function.

The Society flourished during the last quarter of the previous century. The weekend meetings were successful, popular, and providing a continuing educational function. In addition, the social element was important and allowed psychiatrists from the north and south to know one another. In the 1990s a change occurred at meetings were low and the membership declined.

At the general meeting at Cwrt Bleddyn in November 2003, the way forward was discussed and a strategy for the future agreed.

Aims of the Welsh Psychiatric Society

- To promote all cultural and scientific aspects of psychiatry in Wales
- To provide a social and professional network for psychiatrists and all other interested individuals within Wales
- To provide an independent forum for psychiatry in Wales
- To promote links with colleagues in other Celtic countries and to consolidate our special relationship with Brittany
Royal College of Psychiatrists Wales
and the Welsh Psychiatric Society
joint winter meeting

Coleg Brenhinol y Seiciatryddion Cymru
a Chymdeithas seiciatrig Cymru
cyfarfod gaeaf ar y cyd

Timetable Amserlen
28th November 2019 | All Nations Centre, Cardiff

9.00 registration & coffee

9.20 welcome & introductions  
**Professor Keith Lloyd**
Vice president of the Royal College of Psychiatrists and Chair of the Welsh Psychiatric Society

9.30 **Professor Pamela Taylor CBE**
Professor of Forensic Psychiatry in the Department Institute of Psychological Medicine and Clinical Neurosciences, Cardiff University

how do we provide a good enough psychiatric evidence base for criminal courts and review bodies?
sut mae darparu sylfaen dystiolaeth seiciatrig ddigon da ar gyfer llysoedd troseddol a chyrff adolygu?

10.10 **Professor Kam Bhui CBE**
Professor of Cultural Psychiatry & Epidemiology, Queen Mary University of London

ethnic inequalities in severe mental illness: systems solutions and leadership
anghydraddoldebau ethnig mewn salwch meddwl difrifol: systemau ac arweinyddiaeth

10.50 coffee

11.10 **Professor Sally Lewis**
National Clinical Lead for Values-Based Care. Honorary Professor, Swansea Medical School

value based healthcare - beyond theory
gofal iechyd ar sail gwerth-y tu hwnt i ddamcaniaeth

11.40 **Dr Don Williams**
Old Age Consultant Psychiatrist, Swansea Bay University Health Board

heading the ball in soccer and the subsequent development of dementia
cyswllt pen mewn pêl-droed a datblygiad dilynol dementia
12.10  Professor Alka Ahuja  Lead consultant for the specialist tertiary neurodevelopmental service at Aneurin Bevan University Health Board

“building bridges not walls” collaborating with young people, carers and schools
“adadlau pontydd nid muriau” gweithio gyda phobli ifanc, gofalwyr ac ysgolion

12.45  lunch

13.45  poster award presentations  Professor Keith Lloyd
cyflwyniadau gwobrau poster

14.10  Dr Trudi Seneviratne OBE  Lead consultant for the specialist perinatal service and childrens safeguarding lead at South London and Maudsley Trust

developments and challenges in perinatal mental health
datblygiadau a heriau ym maes iechyd meddwl amenedigol

14:50  coffee

15.00  Royal College of Psychiatrists Wales annual business meeting
Cyfarfod busnes blynyddol Coleg Brenhinol y Seiciatryddion Cymru

15:45  conference close

@RCPsychWales
@seiciatreg
It’s been a busy and successful autumn.

This edition really does highlight recent achievements as well as identifying emerging and planned work of the College. We’ve taken steps to increase capacity to deliver upon increasing requests and our own ever increasing ambition.

I’m delighted with a recent commission to work in partnership with Welsh Government in developing new standards for prison mental health. What a fantastic opportunity. We’ll be resourcing a short-term project officer to support us as we undertake this work, and whilst it’s incredibly new, we’ve already received a lot of support and interest of the membership.

Engagement and profile of our work is encouragingly strong at present. We’ve been delighted to receive support of the Children’s Commissioner for Wales and the Education Minister at recent events, whilst Prof Keith Lloyd has met with the Health Minister on a number of key issues.

There has been a marked increase in engagement with the College in advisory groups and specialist consultation, and constructive discussion with Welsh Government. It’s really encouraging to see the views of members and the College widely, being listened to.

I need to highlight the impact that Dr Amani Hassan, who has recently left us to spend some time in America has had. Amani did an incredible job as Chair of the Faculty of Child & Adolescent Psychiatry, responding to a significant number of consultations, giving expert evidence to the National Assembly Committees, and running a hugely successful joint conference with the General Adult Faculty, and Dr Bala Oruganti on transitions. She leaves a great foundation for new Chair Dr Kristy Fenton. Likewise Dr Ranjini Rao, who in post as Chair of Addictions Psychiatry delivered some substantial work in supporting the progression of the Minimum Unit of Pricing legislation, as well as emerging work into problem gambling. Dr Rao leaves us for Australia. It’s fantastic that both Amani and Ranjini wish to engage with the Welsh College as international members, an offer we’re all too happy to accept.

I’m delighted that we’ve appointed Antonia Fabian into a new post of RCPsych Wales Co-ordinator.

Antonia will help develop our increasing event programme, as well as our work in supporting efforts into recruitment and retention into Psychiatry in Wales. It’s great that we’ve been able to shape much of this post on discussion of our recruitment & retention showcase in July.

You’ll be able to read up on Antonia in the Winter edition of this Newsletter.
addition, James is a fantastic mentor and role model to students and trainees. An absolutely worthy recipient, and it’s great to see further recognition for Wales, following on from the 2018 award for Hywel Dda as Psychiatric team of the year.

Lastly, a thank you to Elen Cook, RCPsych Divisions and Devolved Nations Manager who is doing an excellent job in advocating for the work of the Welsh College at all levels of RCPsych.

Diolch

Ollie

in the media

Working with the media is extremely important to the college. It gives us the opportunity and a platform to promote our work, support issues and causes that share our values, and to convey vital messages to a wider audience.

We are fortunate to have close working relationships with several mainstream media outlets in Wales, including BBC & ITV Wales, and S4C, all of whom are incredibly supportive of the work we do at a local level.

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

Above: Prof Alka Ahuja (Public Engagement Lead, RCPsych Wales) interviewed for ITV Wales

- Professor Keith Lloyd & Ollie John contributed to a story on bereavement support for unexpected death - BBC Wales / Manylu, BBC Cymru | Newyddion, S4C (August)
- Prof Alka Ahuja was interviewed live in response to a report on childhood happiness - ITV Wales (Sep)
- Dr Jacinta Tan was interviewed on a story about the launch of the eating disorder review - BBC Wales (Oct)
- Dr Chineze Ivenso contributed to a story on the implementation and use of PET scanning for dementia - BBC Wales (Nov)
- Prof Neil Greenberg contributed to a feature on the link between Gaming and PTSD - Wales Online (Nov)
As a regular feature to our seasonal newsletters, we consistently introduce and update on various different innovative and unique projects that are being led by members across Wales.

Under the recruitment and retention showcase initiative, members have the opportunity to highlight projects that they’ve initiated and that are having an impact locally, or likewise they’ve the opportunity to propose ideas for support.

What we hope is that we’ll be able to identify a number of projects that we can endorse, publicise or help further develop.

In July, we held our first showcase.

Several projects were discussed and presented at that event. They are really exciting projects, some current, some planned but it’s fantastic that these are projects that have been generated by members and will be supported by the College.

Just some of the projects and areas discussed:

- Additional and unique bursaries for medical students and trainees in Wales
- Mentoring opportunities for ST6 trainees
- A repository for academic posters presented at Welsh conference
- Mentoring support for international medical graduates

We are currently finalising a dedicated space on the website to offer updates on projects that have been proposed and will be taken forward and supported by the College in Wales. We’ve also just appointed a Coordinator who will be taking a lead in supporting and developing a variety of projects.

In December, we’ll be meeting members in North Wales to consult and consider additional ideas and projects.

For the Autumn edition, we’ve highlighted a project that has been initiated by Dr Pritpal Singh and focuses upon mentoring arrangements for ST6 trainees.
Proposed Mentoring arrangements for ST6 Trainees in Psychiatry in Wales
Proposed by Dr Pritpal Singh
Consultant Psychiatrist, BCUHB

Promoting early adoption of mentoring in the career pathways in psychiatry with the view to increasing / sustaining clinician retention and contribution to service delivery.

The Royal College of Psychiatrists position statement and CR make a strong case for mentoring support for supporting psychiatrists at all stages of their career. Following a feasibility discussion with the higher trainee group this initiative is being piloted with view to begin in late 2019.

What are the goals?
This is a voluntary mentoring scheme offering ST6 trainees the opportunity to engage in accessing mentoring support with a view to looking at the bigger picture of starting practise as a consultant psychiatrist.

Who will be involved?
ST6 Trainee doctors, Training Programme Director, Head of School, Mentors and Educational supervisors.

Above: Dr Pritpal Singh (Picture courtesy of Academi Wales)

Policies, procedures and processes

The approach will involve:

- ST6 Doctors and training leads including educational supervisors.
- Mentees can ask to join at any time. Mentors will have the opportunity to offer their support and become part of a mentoring pool.
- 1:1 mentoring – a minimum of 4 contacts a year.
- Trainees will have the opportunity to discuss personal and family matters alongside professional development.
- Mentees will have the opportunity of requesting a particular mentor who will then be supported in their mentoring role including CPD. Alternatively Mentees will be able to choose from a mentor pool and mentors allocated as per availability and geographical location.

Practicalities

- Mentor training sessions offered at launch
- Online registration and exit forms (mentor and mentee)
- Matches reviewed by the Mentoring lead every 2 months (flexibility offered)
- Mentors’ biographies updated annually
- Relationship status checked annually

Data collection

- Handling of data as per GDPR requirements.
- Data on outcomes will utilise the college report indicators on outcomes for monitoring.
- Data on Experience, outcome for mentees and mentor feedback will be collected prospectively.
school engagement and careers fairs

#ChoosePsychiatry

Whilst we’ve received encouraging news this year, that efforts to increase the fill rate into core training in psychiatry have proven successful, and resulted in a 100% fill rate into core training in Wales - we can’t be complacent.

This year we’ve worked to increase the support offered to members in promoting the profession, alongside our own initiatives and campaigns - this has included providing resources and support around a number of health board and university led events.

Please get in touch if your health board or medical school is running an opportunity where we can support, we’re really keen to assist.

Below: Dr Kate Lovett (Dean, RCPsych) with young people from Radyr High School at the 2019 RCPsych Medical School Conference

We’ve also increased our engagement with school sixth forms and sixth form colleges in offering opportunities to attend and contribute to various academic conferences and events.

One such, fantastic example of this was the sixth form students from Radyr High School in supporting the 2019 RCPsych Medical School Conference. This was facilitated with the support of Dr Siobhan Henley, and the organising teams from Cardiff and Swansea Psychiatric Societies.

This is a programme that we’ll look to extend in the new year but it’s fantastic to have received such positive feedback from young people and schools who have already taken advantage.
The quarterly newsletter has been a new development this year, one that we're incredibly proud of, and we're really grateful for all of the feedback that we've received. We've a winter edition in the not too distant future, but please take the time to catch up on previous editions.

2019 newsletters

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2019 newsletters
In July 2018, Dr Jacinta Tan was commissioned to lead an independent review of eating disorder services in Wales.

The review has recently been published by Welsh Government, here’s a summary of findings and links to full recommendations.

There have been recent advances in treatments, changes and expansions of diagnostic categories for eating disorders, and new NICE guidelines and quality standards (2017) which all require a more inclusive service for treatment of all people with eating disorders, regardless of age and severity.

The implementation of the 2009 Welsh Framework for Eating Disorders represented a significant investment with major reconfiguration of services to develop specialist eating disorder teams across Wales for adults with eating disorders. The 2009 Framework and its associated funding has led to the development of a small but dedicated group of eating disorder clinicians; however, resources have been severely limited from the start and change in the service is now needed.

There have been expansion and changes in the diagnostic categories. There is increasing specialistation of both adult and CAMHS eating disorder services, and an increasing range of evidence-based treatments. There now needs to be another major reconfiguration to move to align the service with the new emphasis on working seamlessly across agencies across Wales in the interests of promoting wellbeing and emphasising timely and effective early intervention.

This is also to align with recommendations and directives in the NICE guidelines for eating disorders (2017), the Wellbeing of Future Generations (Wales) Act 2015 as well as multiple documents emanating from the Welsh Government in related arenas.

Above: Dr Jacinta Tan (Independent Lead for the Eating Disorder Service Review) interviewed for BBC Wales on launch of the report
There is a compelling case for change in the Welsh NHS eating disorder service. This Service Review report presents findings regarding the current NHS eating disorder service, the state of the art, and most importantly the voice of the people who suffer from eating disorders and their families. Eating disorders have exacted too high a price in terms of suffering, debility, and even loss of life in Wales.

We have developed considerable expertise in the treatment of eating disorders since 2009 in Wales, particularly in Tier 3 adult services and some more specialist CAMHS teams.

It is now more important that the Welsh eating disorder services move from 'back foot' delivery of healthcare to ill patients, to ‘front foot’ pro-active investment in prevention and assertive early intervention with identification and prompt treatment of people with eating disorders before they get severely ill.

We now also need increased expertise and increased equity of access balanced by closer integration of healthcare with other agencies to support the health and wellbeing of people with eating disorders and their families.

These are the underlying principles that have been clearly articulated by the public, which underpin all recommendations:

**Early Detection and Intervention**

Helping people like teachers and parents to identify people who might have an eating disorder and providing support to access help.

**Inclusivity**

Never turning people away - anyone in distress who thinks they or a loved one might have an eating disorder deserves a response. An eating disorder specialist service isn’t always the right source of help but we will always try to help people get help and support.

**Person-Centred**

Prompt expert help for those who have eating disorders, giving people what they need and trying as far as possible to deliver it to them where they are and to co-work with services around them to ensure person-centred, holistic care for the person and whole family. Share decision making with all decisions made together with patients and families taking into account their views, values and preferences.

**Relationship-Based**

Seamless care with strong trusting relationship with named clinicians rather than patients and families being expected to make transitions between different levels and types of treatment and care.

**Recovery-Focused**

Helping those with severe eating disorders to recover and return to living their normal lives in close partnership with Third Sector agencies, with emphasis on living in the community and maintaining independence with appropriate support.

**Trauma-Informed**

Eating disorders often arise as a coping mechanism, and in common with other mental disorders there may be underlying trauma, especially in childhood. The approach will go beyond trying to fix a disorder to helping people address and resolve past hurts or underlying issues as appropriate, in order to support and free people to lead happy, healthy and productive lives. The recent Adverse Childhood Experiences (ACE) study in Wales produced compelling evidence that childhood adverse experiences is an underlying mental health issue which must be addressed both in prevention and in treatment of young people and adults who have developed mental health problems.

Full service review recommendations
gov.wales/eating-disorders-service-review-2018
“In 2004, I suffered my first ever panic attack at thirty years of age and I didn’t have a clue what was happening to me. It was the day my son was born.

My wife Michelle was taken to theatre for an emergency C-section and I honestly thought she was going to die. I was terrified.

I began to have uncontrollable suicidal thoughts but never acted on them.

At the time, I felt like I couldn’t talk to anyone. I was raised in a working-class community where my father and grandfather were coal miners. Growing up, we looked up to ‘hard men’ who didn’t show their emotions and now I was feeling emotional – and I was feeling weak. I kept telling myself I just had to ‘man up’ and everything would be okay.

Over five years of suffering in silence since my son was born, and after losing my grandfather and my mother getting diagnosed with cancer within weeks apart, my mental health got worse.

One day, whilst sitting in my car before walking into work, I had a complete breakdown, or breakthrough I tend to call it. I just literally couldn’t get out the car, I was shaking, crying and suicidal thoughts were racing through my mind.
After going through community mental health teams, I was diagnosed with ADHD, anxiety, and depression.

It was after speaking to a guy in the gym, 6 weeks while on leave from work, that I learned that he too had suffered and was never asked about his mental health.

It was the start of the campaign and today I have turned a negative time into a positive one by setting up International Father's Mental Health Day, the hashtag #Howareyoudad and a database of information on the latest research and support. I have spoken on television and radio stations around the world and have been awarded several awards for my work. I was proud to have met the royal family in 2016 on World Mental Health Day.

Today I'm a keynote speaker and author with many articles published in journals with my mentor Dr. Jane Hanley. With one-in-ten dad's suffering postnatal depression and up to fifty percent suffering depression looking after their partners we need to support everyone.

My campaign has always been supporting all parents for their mental health has it has far better outcomes for everyone when you use a holistic approach. Sadly no one was talking about the father's mental health in 2011 so I decided to make the voice of dad's known to services.

Overleaf: Mark Williams
Founder, #HowAreYouDad

upcoming events

RCPsych Wales
Approved Clinician or Section 12(2) Induction
19th November, Holiday Inn, Newport

RCPsych Wales
Approved Clinician or Section 12(2) Refresher
21st November, Holiday Inn, Newport

Faculty of Intellectual Disability
Trainee Conference
22nd November, Holiday Inn, Cardiff

The Welsh Psychiatric Society & RCPsych Wales
Joint Winter Meeting
28th November, All Nations Centre, Cardiff

RCPsych Wales
Executive Committee Meeting
6th December, Baltic House, Cardiff

RCPsych Wales
Recruitment & Retention Showcase
9th December, Wrexham Medical Institute

RCPsych Wales
Strategy Launch
TBC

For further details of these, please go to rcppsych.ac.uk/wales

This featured article has been reproduced from an RCPsych Wales blog.

Every few weeks, we host a guest blog on a discussion topic.

If you would be interested in submitting a blog for the RCPsych website, please get in touch with oliver.john@rcpsych.ac.uk
messages from members

As a new addition to the newsletter, we’ve looked to offer opportunity for members to highlight any news or updates that they’d like to share with the wider membership.

We always keen to share updates, and this is really an opportunity to share the ad-hoc requests that are received and often distributed individually in mailout.

Should you have anything that you’d like to share in future, please get in touch with us.

Dr Raja Adnan Ahmed
Consultant Child & Adolescent Psychiatrist
Aneurin Bevan UHB

Dear Consultant colleagues

We are arranging MRCPsych CASC MOCK exam with the assistance of Health Education and Improvement Wales (HEIW) on the Tuesday 3rd of December 2019 at the

Health Education and Improvement Wales (HEIW)
Ty Dysgu, Cefn Coed
Nantgarw,
CF15 7QQ

The aim of this event is to prepare trainees for MRCPsych CASC exam with exam practice and feedback.

You are invited to participate as examiners and your participation would be greatly appreciated. You will receive a certificate and will be able to claim CPD points.

This event will run from 08:30 to 16:30 with morning and afternoon sessions. We appreciate it if you can book the full day, however there is also the option of booking half day which is morning or afternoon sessions, depending on your availability.

Please email rajaadnan.ahmed@wales.nhs.uk with your availability or if you have any questions.

Thank you very much.

Raja.
Dear Colleagues,

Alongside Dr Rhys Bevan Jones I have a role in organising and delivering medical undergraduate teaching in child and adolescent psychiatry with Cardiff University. We have had quite a lot of interest in child psychiatry from students which has been very positive.

Recently, we have had quite a lot of requests from medical students both in Cardiff University and other medical schools in the UK to undertake elective or student selected component (SSC) placements in child and adolescent psychiatry in Wales.

When we have had quite a few SSC and elective students doing placements with us in Gwent it has been a positive experience for us as clinicians and a service as well as for the students. In addition there is the benefit of it helping to develop students’ interest and awareness of our specialty and hopefully increasing the recruitment of future child psychiatrists in Wales.

I was wondering whether there would be interest from CAMHS consultants or services in Wales to supervise medical students for elective or SSC placements and would love to hear from anybody who is interested in getting involved with this. If you would be happy to be contacted by students requesting a placement, or if you would like any more information, please don’t hesitate to e-mail me (Thomas.burden@Wales.nhs.uk) , Rhys Bevan-Jones (BevanJonesR1@cardiff.ac.uk) or Liz Forty (FortyL@cardiff.ac.uk) . Many thanks.

Dr Tom Burden
Consultant Child & Adolescent Psychiatrist
Aneurin Bevan UHB

Child & Adolescent Faculty
Leadership Meeting
1st December 2019 DEADLINE

Dear trainees/SAS doctors/Consultants, including a special encouragement to those in first 5 years of Consultant posts

Our popular Winter Institute is themed on Leadership in Child & Adolescent Psychiatry which was chosen after feedback by members, especially trainees.

You can get involved in developing leadership in Child & Adolescent Psychiatry by submitting an abstract for a poster/short presentation on the topic of leadership (leadership values, quality improvement, research, audit, sustainability, mentoring etc). Be as creative and bold as you can!

Accepted abstracts will be invited to present posters and the top 5 scoring abstracts will present at our rapid fire session.

How to submit details of any innovations you have taken a lead on:
Please complete our online abstract form
Closing date: 1 December 2019, 11:59pm
prison health in Wales

Her Majesty’s Prison and Probation Service (HMPPS), the Welsh Government, Local Health Boards and Public Health Wales have agreed priorities to drive improvements in the health and wellbeing of those held in Welsh prisons.

In signing up to a partnership agreement, they’ve worked to recognise the unique statutory obligations of each partner organisation and build on the shared objective of ensuring those in prison can live in environments that promote health and well-being and that health services can be accessed to an equivalent standard of those within the community.

This supports the overarching aim that prison should be a place where an individual can reform their lives.

To achieve this all parties have agreed to work toward the three objectives of the Welsh Government ‘Prosperity for All: The National Strategy for Wales’, ensuring that prisons and health services in prisons:

- Deliver quality health and care services fit for the future
- Promote good health and well-being for everyone
- Build healthier communities and better environment

The four priorities agreed as part of the Partnership Agreement are:

- Prison environments which promote health and wellbeing for all
- Mental health
- Substance misuse
- Medicines management

Within the agreement, it’s identified that in developing consistent mental health, mental well-being and learning disability services across all prisons, services should be tailored to need.

“I want to be able to access quality mental health services in prison that support me as I move between prisons, to develop strategies that will help me cope with being in prison, and stay with me when I am released.”

We’ve agreed with Welsh Government to deliver the works stream for mental health and develop the associated standards, indicators and implementation plan

This work stream will consider mental health legislation and agreed standards for mental health services in Wales and how this applies in prison settings. The aim is to develop an agreed set of standards and indicators for mental health services in prison. This will include dementia, crisis care, learning disability, brain injury and autism spectrum disorder.

Partnership Agreement for Prison Health (2019) Priority on Mental Health

For any further information on the project, please contact Ollie John
The outputs of the workstream will include:

- Proposals for the work stream.
- Agreed set of standards and indicators.

- Implementation plan – including the development of a service delivery plan from the prison health care teams to provide assurance of how the standards will be implemented.

There’ll be a range of activities in delivering this project:

- Developing a set of standards. Evidence will be drawn from a range of sources including bibliographic databases, NICE, Department of Health.
- Ongoing engagement and advice from a range of health and offender health professionals to ensure quality, relevance, consistency and equivalence with best evidence of ‘what works’ in relation to standards for mental health services in prisons, including use of new technologies.
- Series of collaborative stakeholder and evidence gathering events and interviews with key informant to include with clinicians, prison staff, prisoners, HMPPS and community services.
- Assessment of the extent to which existing policy and practice in prisons in Wales reflect the proposed sets of standards.
- Implementation phase.
- Ensure mental health is a standard meeting agenda item at Prison Partnership Boards.
- Provide assurance through producing monthly progress reports, highlighting key actions and outputs, engagement with stakeholders.
- Identify work stream barriers, enablers and lessons learned to inform future solutions.
- Identify best practice across UK to be shared at Partnership Boards.
Welcome to the Autumn Wales PTC Newsletter.

Thank you for taking the time to read this. We’ve been busy representing you and are keen to tell you what we’ve been up to.

This academic year you have two new representatives on the Psychiatric Trainees Committee (PTC).

Harriet and Sarah stepped down and Alex and Haitham have stepped in. They are both core trainees currently working in Cwm Taf.

Alex is currently undertaking a project to look at night time working for SHOs, and will be liaising with local BMA reps. Alex is also part of the Supported and Valued group, and will be attending the Workforce committee meeting in October.

Ann is continuing her second year as the SpR rep. She is completing the national psychotherapy survey, working with psychsoc to improve links with local medical schools and focusing on engagement with the college and improving psychotherapy.

Haitham is currently involved with the committee for the international medical graduates in the Royal College to help be a voice for the IMGs who are adjusting to a new system of training as well as exams and visa situations.

We’re here to support you throughout your training. We believe passionately that by driving improvements in the quality of training and through supporting and valuing each other, we can improve the quality of care and the lives of people with mental illness.
Summary of Exec Committee Meeting

Alex attended the Wales Royal College of Psychiatrists Executive Meeting on 13th September 2019. The Executive meeting occurs quarterly with representatives from Educational bodies as well as specialty faculties and carer representative bodies. All members of the committee were pleased by the fact that 100% fill rate in Wales for Core Training. It was felt that many issues that have been raised in previous meetings may be less present as there are more junior doctors staffed across different health boards. It is thought the offer of paying for first round of exams may have been relevant. The need to improve retention into higher training was also acknowledged however.

This was followed with an update on the Mental Health Act by Prof Fennel. The recommendations on the Wessley report was discussed. The main changes are focusing on the nearest relative and the procedure for changing this. Whether a patient has capacity will become relevant in regard to treatment under the act, a change from previously. This has yet to become law, though there may be a white paper by the end of the year.

There was much discussion generated from Patient and Carer Representative groups around the need for longer term placement beds for patients in the community. A consensus was reached in terms of the need for long term beds for those with severe mental health difficulties, however where this funding would come from was not formally agreed. Finally, there was an update on moving buildings, which is still under review as the owners of Baltic House are selling the building. Options or where to move to are still being considered, though hopefully the college will be able to up size, allowing a space for the college to host a greater range of events.

Trainee Forums

As our only PTC rep carrying on from last year, I (Ann) would like to explain a bit about a forums and what we accomplished with them. Our last forum was held in July. These forums were set up by the PTC a few years ago as a way to reduce the barriers between the trainees and those higher up, as well as allow issues to be discussed and improved. Last year, we were able to use the feedback gathered in the forums to clarify the amount of sessions SpRs can spend on research (2 if can show the extra session is required) and to support the development of the academic guide. This guide shows who to contact and how depending on your research interests.

The forums continue to highlight psychotherapy as an issue. Balint and core trainee access has improved but much more needs to be done. Last year, Harriet surveyed all psych trainees to investigate the national views on the long case and the psychotherapy access in other divisions. Harriet and Ann are currently writing this up as an RCPsych report and the hope is it will further illustrate Wales’ need to make improvements. Dr Kate Duffton has also been working hard to see how supervision could be better provided and has met with psychotherapy supervisors in Wales to develop this. Hopefully we will have an update for you soon.

The forums also highlighted the isolation core trainees can experience. Online forums, such as Workplace (similar to a closed group on Facebook), were discussed at our last forum. Workplace is currently being trailed by trainees in 2 divisions and the feedback is really positive. We may revisit this at a forum once the trails have finished. For now we have set up an all Wales Core Trainee WhatsApp group, mirroring the SpR group. If anyone is not on the relevant group and would like to be, please let us know. Lastly the forums have also highlighted the need for ongoing socials. We are happy to oblige!
The next forum will be on the 5th December in post grad, Llandough Hospital with video links hopefully in Heddfan, Wrexham, from 2pm. If you are attending and need parking on the Llandough site please see the info below. They have recently opened a park and ride service but we haven’t heard any feedback yet. Hopefully all 3 of us will be attending so will be a nice chance to meet those of you we haven’t met yet.

Delegates attending a study day in the Education Centre are required to park in a Staff Permit Area and will need to ensure that they are registered to park by emailing UHL@parkingeye.co.uk from an @wales or @cardiff.ac.uk email address. Personal email addresses will not be accepted. Please enter UHL Database in the Subject field and in the Body of the text enter, Please add the following Vehicle Registration to the UHL Database stating the date of the event. Failure to do this can lead to a penalty of up to £70.

Socials

Last year we had some very successful socials and would like to thank you for your support. This year we have linked our socials with the RCPsych in Wales Welcome Events. These are new events and are taking a different form in lots of divisions throughout the UK. We have chosen to try our out of hours with an emphasis on the social aspect whereas other divisions have made things a more formal affair in the daytime. The aim of these events is to help understand what the college does and how it can help us in our careers, as well as of course socialise. We held our first event on the 25th September down Cardiff Bay. It was great to meet some new faces and catch up with some people I hadn’t seen in a while. Keith Lloyd and Ceri Evans gave an informal talk about the college and training opportunities. The event was mostly attended by core trainees and I do wonder if calling them ‘welcome events’ put off some registrars. We are hoping to hold socials in North Wales in December/January and Swansea in the New Year. We will ask for some feedback to help us develop these further but in the meantime feel free to contact us with any suggestions.

STC Meeting

The Psychiatric Specialty Training Committee meetings are held at HEIW and has input from all the people associated with your training. This includes all the TPDs, college tutor lead, head of school and staff from HEIW. The first STC meeting was in September and sadly none of us from the PTC could attend. It’s rare this happens and we’re seeking out the minutes. We have attached the minutes from the STC meeting at the start of summer.

PTC Annual Meeting

I would like to speak about the PTC annual meeting held in Belfast in September. We (Haitham, Alex and Ann) attended the PTC annual meeting in September. For two of us (Alex and Haitham) it was a new experience to attend such a meeting and for me (Haitham) it was a whole new experience to go to Northern Ireland which I found fascinating.

Belfast was a new experience that put us into contact with a good group of aspiring trainees (the PTC reps) and it was a good opportunity for us to meet other reps from all over the country. I mean there were a lot of accents were in one room a true image of diversity and I guess good representation.

There were a lot of projects that were discussed over two days, there were updates about current projects as “Supported and valued” which aims for an overview of the trainees support and looking up ways to expand the support. There were also updates about the recruitment and retention. Worth saying that Wales have achieved hundred percent core trainee recruitment this year, I always asked myself who wouldn’t want to live and work in the most beautiful country on Earth in my personal opinion, but now we can say a lot of people are realising that.
“Exams”...exams, when that word is mentioned I am sure it will draw the attention from a lot of people. A change of the exam format has been discussed in the meeting. Dr Ian Hull the head of the new examination committee explained the envisaged changes to the Mrcpsych exams outline.

There is a movement in the college to change the exams to computer based exams and the introduction of “Very short answer” questions as it is mirrors more the knowledge and not just the recognition as the current situation with the MCQ format. A percentage of the exam is planned to be “very short answers”. It has been discussed in the meeting that this might not be feasible for all the candidates as the computer will not detect spelling mistakes. Dr Hull stated that they are looking into these concerns and that they are trying to figure out to make the exams as fair as possible and reflect the knowledge of the trainees and be relevant to work as much as possible.

Some concerns have been discussed as with candidates with Dyslexia who might be needing extra time to complete the exam, Dr Hull informed us that special cases will be considered to cater for all candidates. It has been discussed that There has been also a provision to a change of the scoring scheme for the CASC exam, it has been suggested that the patient (simulator) will be in charge of giving the communication skills score for the candidates.

These suggested changes will go through a voting process and the candidates will be given a year in advance prior to the changes.

Also in the September meeting there was a session about a guide to the examination costs. It is worth mentioning how open and honest the college was about finances, and where the money goes.

On occasions the college will have excess money from the exams which are spent on Tron (Trainees on line) which is an application relevant to the exams. The transformation to the digital system of exams will be expensive and it is expected that there will be no excess from the exams at least for the first year.

There were also a number of workshops in the meeting. One of them was the IMG’s support workshop. The focus of the workshop was to look into the current difficulties faced by the IMGs trainees who represent a high percentage of the trainees. Surveys have been done that showed the main difficulties that face the IMG trainees from the application process, visa issues and the exams. The committee is currently preparing a report to outline the main difficulties which face the IMG trainees and help tackle these difficulties.

As the PTC reps for we have to be on a number of faculties and attend their meetings and report back the updates. On the September meeting the allocation and election of faculties took place, Ann will be attending the meetings for the faculty of child and adolescent psychiatry, Alex will be with the committee for work improvement and Haitham with the faculty of addiction psychiatry.

In a nut shell, The PTC meeting has been a really good opportunity to shed light on the recent updates of the college and the topics that are quite important to the trainees. We will keep you updated with any new project and changes!!!
Professor James Walters’ research uses genetics to increase the understanding of the nature of psychiatric disorders, aiming to improve clinical care for those with psychosis and schizophrenia. This work relies on partnerships with patients, families and colleagues, as demonstrated by the international consortium that James co-leads, bringing together 500 researchers and 75000 research participants worldwide, providing novel insights into the basis of schizophrenia.

The review panel said, “This year we had exceptional candidates and it was very hard to determine an outright winner so further judges were enlisted. The judging panel's decision was that Prof James Walters is the winner of this award however would like to acknowledge that the others shortlisted are also outstanding researchers. Professor Walters demonstrates his commitment to training the next generation through leading Cardiff undergraduate psychiatry curriculum re-development and has supervised many medical students, psychiatric trainees and PhD students. Prof Walters is a worthy recipient of this award.”
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 winter edition, and we are currently accepting content until the 16th December.
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, the Adolescent Mental Health Data Platform and MindEd have both kindly contributed, and here 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.
The Adolescent Mental Health Data Platform (ADP), a research infrastructure developed at Swansea University led by Professor Ann John, recently teamed up with the Cross Council Emerging Minds Network to showcase opportunities for research in the field of child and adolescent mental health.

Swansea University welcomed over 50 attendees from academia, public sector and third sector to a special event held on Wednesday 23rd October 2019. The main purpose was to raise awareness of the wealth of ADP data available for mental health research, highlight upcoming funding calls and other opportunities, and to facilitate discussions around future collaborations among researchers, charities and public sector workers.

Professor John and her team are currently developing algorithms and concepts to enable research ready data so the scientific community can concentrate on actually doing the research. Once published through peer review processes these code lists, algorithms and concepts will be freely available to the research community.

These pioneering research and tools developed through the ADP will ultimately support children and young people’s mental health by informing policy and practice. This step into the real world is the driving force behind the ADP. It can take on average 17 years to translate research into practice - we aim to challenge these timelines using real world data to transform young people’s lives.

Curate, Create, Collaborate

The ADP, funded by MQ the mental health research charity and partnered with the SAIL DataBank, is an infrastructure with all the necessary permissions to securely house data. Following approval from the ADP’s research governance panel, researchers can use privacy protecting anonymised data, pooled and linked from multiple sources, to conduct research within a safe and secure platform.
At the joint meeting ADP researchers Ms Amanda Marchant, Dr Marcos Del Pozo Banos and Dr Yasmin Friedmann, highlighted specific studies conducted in the ADP- an exploration of artificial intelligence techniques to identify risk and resilience factors in children’s mental health, the relationship of social media and wellbeing, as well as the link between deprivation, educational attainment and mental health.

**Emerging Minds Network**

Emerging Minds is a mental health research network, funded by UK Research and Innovation (UKRI), with the aim of encouraging research across sectors and disciplines.

The Emerging Minds Network has a fund of £500,000 to distribute, in a competitive process in order to enable research collaborations.

Like the ADP, their aim is to learn more about mental health in children and young people and understand more about prevention and early treatment.

As part of the event, and a highlight for many, was when Gemma Parry, a Service User, delivered an inspiring first-hand account of her experiences of living with mental health issues as a young person, her struggles and her successes.

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**Get in touch**

[adolescentmentalhealth.uk](http://adolescentmentalhealth.uk)

contact@adolescentmentalhealth.uk

@ADPMentalHealth

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**Are you a researcher?**

The ADP are looking to collaborate with researchers who are interested in young people’s mental health, as well as organisations who can link their data with our existing data on the platform, allowing for innovative research into the field of mental health.

**We offer**

- A wealth of data from multiple datasets, which is pooled and linked
- Data security and anonymity, ensuring ‘research-ready’ data
- Information governance compliance – privacy protecting
- Efficient data transfer systems and remote access

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**Do you have data?**

**We offer**

- A safe haven for your data
- Efficient and secure data transfer systems
- Disclosure control
- Concept library – research-ready algorithms to prepare data
YOUR DATA AND MENTAL HEALTH RESEARCH

Are you aged 16-24, and want YOUR opinions on your data and mental health research to #BeHeard?

Take part in the SHARE UK research survey at surveymonkey.co.uk/r/2s3ymx5; to help shape future research so we can go on to answer the questions that really matter.

Adolescent Mental Health Data Platform | SHARE UK
YOUR DATA
AND
MENTAL HEALTH RESEARCH

HAVE YOUR SAY...

ARE YOU AGED 16-24? TAKE OUR SURVEY TO HELP US LEARN MORE ABOUT HOW RESEARCH COULD HELP YOU. We want to hear from people both with or without a history of self-harm.

Complete the survey at: SURVEYMONKEY.CO.UK/R/2S3YMX5
or email us at shareuk@swansea.ac.uk

If you have any questions or would like more information, please email us at shareuk@swansea.ac.uk.
The next few weeks will see the culmination of our winter events season, it’s been an incredibly busy and successful period.

New and recent staff changes will lead to exciting new, increased and diverse projects. We’ve already a number to update in the next edition.

It’s soon to be all change as the position of Chair of RCPsych Wales goes out for election as Prof Keith Lloyd comes to the end of his tenure in post.

We look forward to promoting the candidates in contention to succeed Keith, they’ll be in a fantastic position to offer succession to the significant impacts and support that has been given during Keith’s tenure.

We’re currently out to consultation on our longer term strategy for Mental Health. This currently has been drafted, and faculty chairs are offering comment. Once the strategy is finalised and published it will be launched publically, and we’ve already received significant interest from stakeholders in the course of its development.

We’re fast approaching the Spring 2020 political conferences ahead of the 2021 Welsh Assembly Elections. Now is the time that political parties will be developing their own political manifestos from identified priorities.

We’ll be working to influence, ensuring mental health and specific recommendations from our strategy are at the forefront of debate.

The turn around is quick for our next newsletter, we very much hope that you’ve enjoyed what you’ve read and please get in touch if you’d like to contribute content and thoughts for future editions. We’re accepting content up until the 16th December, and are continually grateful for members who share their work for the attention of the membership.

Diolch, Ymlaen.

Ollie.

MindEd

With three-quarters of adult mental disorders in evidence by the age of 21, effective early intervention can be essential in preventing the development of ill health and disability.

MindEd provides accessible, engaging online training in emotional and behavioural ‘first aid’ and essential therapeutic skills for all those involved in the mental wellbeing and care of children and young people in the UK.

The education and knowledge provided is instrumental in breaking down stigma and maximising the life chances for all children and young people.

In 2018 these resources were extended to include a programme of learning supporting the mental health of adults with a Learning Disability, aimed at the care workforce.

MindEd offers free, completely open access, online education with over 350 sessions. Our e-learning is applicable to a wide range of learners across the health, social care, education, criminal justice and community settings.

MindEd is delivered by a consortium of partner organisations, hosted at the Royal College of Psychiatrists, and funded by the Department of Health, the Department for Education and Health Education England. The e-learning content has been written and edited by leading experts from the UK and internationally. We are confident that the learning materials represent the very best advice and knowledge, presented in an easily digested, engaging and practical way.

Our aim is to provide simple, clear guidance on children and young people’s mental health, wellbeing and development to any adult working with children, young people and families, to help them support the development of young healthy minds.

The e-learning content is written to be suitable for all types of users, from healthcare and non-healthcare workforces, such as teachers or GPs, through to the general public.
MindEd - e-learning to support healthy minds

About the MindEd programme
MindEd offers free, completely open access, online education in over 450 topics

- 450 topics
- Open access
- Free
- Accessible
- Engaging
- Online training
  - Simple, clear guidance on children & young people's mental health, wellbeing & development
  - Three-quarters of adult mental disorders in evidence by the age of 21
  - Skills for all those involved in the mental wellbeing & care of children & young people in the UK

Who is it for?
Those working & volunteering with children & young people & the health and care workforce

- Teachers
- Paramedics
- Youth workers
- GPs & nurses
- Midwives
- Sports coaches

Top 10 benefits for learners

1. Increased awareness
   - Understanding of child mental health
2. User involvement
   - From young people, parents and carers
3. Developed by a panel of experts
   - In the field of child mental health
4. High quality learning resources
5. Supported by well-respected partner organisations
6. Easy to use
   - 'Stand-alone' modules
7. Real life case studies
   - Used to inform your learning
8. Flexible approach
   - Learn at your pace when & where you like
9. Free registration
10. Certificates
    - Proof of completion

MindEd resources have been developed with funding from the Department of Health, Department of Education and Health Education England and produced by the MindEd Consortium and its partners.

The MindEd programme is delivered by the MindEd Consortium:
Royal College of Psychiatrists/Royal College of Paediatrics and Child Health/British Psychological Society/Royal College of Nursing/Royal College of General Practitioners/National Children's Bureau/YoungMinds/Royal Pharmaceutical Society
Rydym wedi ymrwymo i gynyddu ein darpariaeth Gymraeg drwy'r coleg. Rydym wedi ymrwymo i gyfathrebu a gweithio'n effeithiol yn Gymraeg, Saesneg ac yn ddwyieithog.

Rydym wedi ymgymryd â'r gwaith hwn gyda chymorth Swyddfa Comisiynydd y Gymraeg, gan greu cynllun datblygu i gefnogi ein huchelgeisiau. Yn ystod y misoedd cyntaf, rydym wedi dechrau rhoi cyfrifon deuol ar y cyfryngau cymdeithasol ar waith. Rhowch ddilyniant i ni ar Twitter

Cыта chefnogaeth ddiolchgar yr Aelodau Rydym wedi dechrau gwneud sylwadau rheolaidd ar straeon newyddion Cymru, yn fwyaf diweddar ar raglen materion cyfoes S4C, 'newyddion', a thrwy'r radio a phodlediadau fel 'Manylu', ar BBC Sounds.

Rydym yn diweddarau adnoddau presennol a newydd ar ardal sydd newydd ei chreu ar ein gwefan.

We’re committed to increasing our provision of Welsh Language throughout the Welsh College. We’re committed to communicate and work effectively in Welsh, English and bilingually.

We’ve undertaken this work with support of the Welsh Language Commissioner’s Office, creating a development plan to support our aspiration. In the first few months, We’ve begun to operate dual social media accounts. Please give us a follow on twitter

@seiciatreg | rcpsych.ac.uk/cymru

With grateful support from members we’ve begun to comment regularly on Welsh language news stories, most recently on S4C’s current affairs programme ‘Newyddion’, and through radio and podcasts such as ‘Manylu’, on BBC Sounds.

We’re updating existing and new resources on a newly created area of our website.
Coleg Cymraeg

Fel y corff meddyygo profesiynol ar gyfer seicriatreg yng Nghymru, rydym yn gosod celennau ac yn hynnyddo rhagoriad ym maes seicriatreg a geintio iechyd meddal.

Rydym yn anwawn, cymrychodd a chofrifo seicriatdдиon yr ganoladaeth i’r Llywodraeth ac asiantwethau eraill, gyda’r nod o wela canlynliadau pobl à salwch meddal, ac iechyd meddal jeigddion, eu tuedduodd, a chynhyrchuodd.

Rydym yn wlad dystganoledig ac yn Gyntaf Coleg Brenhinol y Seicriatdyddion.

Dîlywch ni @seicriatreg
Dîlywch ni @rcpsychWales

Our information is also available in the English language

Find out more

Dull Ysgol Gyfan

Mae’n blaster gan Coleg Brenhinol y Seicriatdyddion yng Nghymru, mewn partynnosiaeth i’r Llywodraeth Cymru, gyhoedd ei unrhyw hadedd addysg 2018, sef ‘Dull Ysgol Gyfan’.

Dygyw mwy

Amdanom ni
Etholiadau Coleg 2020
Newyddion
Ein digwyddiadau
Polisi
Hyfforddiant
#HyfforddiGweithioByw

100%

SWYDDI HYFFORDDI A LENWYD MEWN SEICIATREG