



*The Welsh Psychiatric Society*  
*Y Gymdeithas Seiciatregol Gymreig*

# Autumn Newsletter 2011





**Welcome** to the first edition of the new Welsh Psychiatric Society Newsletter. I hope that it will enable members to keep in touch with news and events from around Wales and provide a forum for us to keep in touch and share views.

I aim to produce a newsletter on a quarterly basis as follows: -

**Autumn** – October

**Winter** – January

**Spring** – April

**Summer** – July

I intend to eventually sub-divide the newsletter into a number of proposed different sections and would welcome contributions towards these. The sections are: -

- **Committee News**
  - Updates from the WPS Committee for members
- **Conference News**
  - Reviews of the bi-annual WPS conferences
- **Forthcoming Events**
  - Both those arranged by the WPS and also others that might be of interest to WPS members including related Arts events
- **Trainee News**
- **Student News**
- **Question Time**
  - Profiles or e-interviews of Psychiatric professionals in Wales
- **Spotlight on...**
  - Discussion and debate around a topical subject
- **What's occurring?**
  - Any news or views from around the country
- **Quotable Quotes**
  - From the famous or not so famous!!
- **New Releases**
  - Reviews of new books, films or theatre productions with a psychological/psychiatric theme

Remember this is your newsletter, so please get involved and send your contributions to me – I will try and include as much as possible – many thanks!

*Liz*

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## Committee News

The **WPS Committee** is now back up to full strength. **The Officers** are as follows: -

President – Dr Mike Shooter  
Vice-President – Professor Mike Owen  
Vice-President – Dr Don Williams

Chairman – Prof Keith Lloyd  
Secretary – Dr Liz Clarke-Smith  
Treasurer – Dr Ann John  
Student Liaison Officer – Dr Ben Shooter  
Trainee Liaison Officer (co-opted) – Dr Rhys Bevan-Jones

A review of **WPS Annual Membership fees** has been undertaken and adjustments made as follows: -

Student Affiliateship – Free  
Trainee and Retired Membership – £10  
Single Membership – £15  
Joint Membership – £20

Our membership is strong with 148 current members. But we are keen to encourage new members to join us particularly those at early stages in their careers.

The WPS accounts remain in robust shape. The Society continues to offer Student Prizes as follows: -

**WPS Prize for Excellence in Psychiatry** – for the highest performing student in Med School 4<sup>th</sup> Year Psychiatry Examinations

**WPS Elective Prize** – awarded for the best submitted Student Elective Period Proposal

### **WPS 50<sup>th</sup> Anniversary**

Since the last newsletter in 2009, the WPS has had an important birthday! 2010 marked the 50<sup>th</sup> Anniversary of the establishment of the Welsh Psychiatric Society. This important occasion was celebrated in Autumn 2010 with a banquet, which was hosted in Cardiff Castle in the company of our Breton colleagues. The links fostered for so many years between the Breton Psychiatric Society and the WPS have remained strong and it was fitting that they were able to join our celebrations. Events held jointly with the RCPsych in Wales also included a reception in the Pierhead Building in Cardiff Bay hosted by Assembly Member Edwina Hart (then Minister for Health) and the Ernest Jones Memorial Lecture given by Dame Brenda Maddox.



## **A Tribute and Appreciation of Dr Dafydd Huws (1935– 2011)**

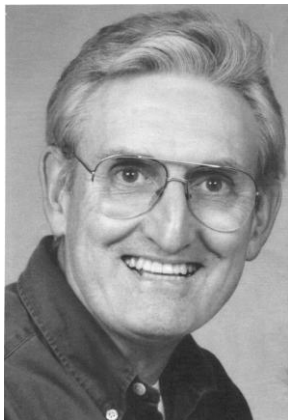
### **- Former Consultant Psychiatrist Cardiff**

It would be a bold psychiatrist who would attempt to describe Dafydd, even given unrestricted space and the most immense vocabulary. Lively, entertaining, witty, charming, - the words come readily, but although the words do not lie, neither do they tell the whole truth. Yet, it might be that it was those indefinable qualities of his which gave rise to his most engaging attributes.

Little did I know at the time that our first meeting would lead to an endearing friendship that lasted for more than fifty years, and which only ended with his untimely death in July of this year. It happened in the dissecting room at the Anatomy Department of the Cardiff medical school, where we were both undergraduates. He was surrounded by a group of our fellows, to whom he was talking with much vigour about Wales, its history and language. I stood there, an eager eavesdropper, marvelling at the way in which he was able to present his case.

There are others who can speak with more authority about his professional attributes. For me, and many others, it was the intensity of his belief in the future of Wales and the Welsh languages that mattered. Without doubt, he would have made a successful politician, but it was all to the good that he should have stayed in the psychiatric field. He told me once, though, of his belief that becoming a doctor didn't require much acumen, but – leaning over as though to emphasize the point - 'being a farmer, that calls for intelligence and a great deal of hard work.' And one could sense that, happy though his life in Cardiff had been, the longing for his native Cardiganshire was never far from the surface.

The courageous way in which he, Rhian, and their children faced his terminal illness was exemplary, and any words of sympathy, however deeply felt, seem inadequate. Heddwch i'w lwch.



*Dafydd John Lewys Huws (1935–2011),  
Former Consultant Psychiatrist, Cardiff.*

Tribute given by Dr Tom Davies,  
Retired Consultant Psychiatrist

## Conference News

May 2011 saw the Welsh Psychiatric Society and RCPsych in Wales host its' Spring conference at the Village Hotel in Swansea. The conference was entitled 'Modernising Mental Health Services' and came at a time when all services are trying to deliver optimal care within particularly challenging financial constraints. It was therefore interesting to hear of new initiatives from around the UK that might help achieve this goal.

As an Old Age Psychiatrist I was particularly interested to learn from Prof Sube Banerjee of his service model delaying time to institutionalisation, reducing crises and improving quality of life in individuals with dementia. And, as always, he was a very entertaining and stimulating speaker.

The whole age spectrum of services was covered as Prof Swaran Singh discussed the barriers to care between Child and Adolescent MHS and Adult MHS and how some of these barriers can be broken down. The interface between Primary and Secondary Care was also reflected upon by Prof Linda Cask who advocated a collaborative stepped care approach.

Prof Tom Burns provided a cautionary and reflective consideration of the interpretation of mental health services research, suggesting that a healthy scepticism is as important as enthusiasm. His observation that if something really works you don't need a randomised controlled trial to show it (citing the Fosbury Flop high jump technique as an example) certainly engaged the audience and challenged the current hierarchical claims of the RCT!

This was the first time that this venue had been used for one of our meetings and overall the feedback for the venue, the speakers and organisation was very positive.

Liz Clarke-Smith  
October 2011





## Poster Prizes

### CATEGORY N – NEW RESEARCH IDEAS

No.	Author	Title
1	Helen Daniels	<i>Developing a trial platform of text-messaging to reduce repeat self-harm</i>
2	Dr Richard Tranter	<i>The challenges of integrating research within a new clinical service: DUET (Depression: Understanding mechanisms and Evaluating Treatments)</i>

### CATEGORY R – RESEARCH FINDINGS

1	Dr Padmaja Chalasani	<i>Identification of groups among those admitted to hospitals in Wales following intentional self-harm (ISH) from the anonymised routine data on hospital admission in Wales</i>
2	Dr Anita Pierce	<i>Atypical Antipsychotics for Tourette Syndrome</i>

### CATEGORY A – AUDIT

1	Dr Arpita Chakraborty	<i>Antipsychotic prescribing in dementia patients in care homes: Completion of an audit cycle</i>
2	Sylvia Baker	<i>Audit of ASD Diagnostic Pathway Cardiff CAMHS</i>



## WINNER – New Research Ideas – Helen Daniels

### ***Developing a trial platform of text-messaging to reduce repeat self-harm***

To develop a complex health intervention using text-messaging to reduce the repetition of self-harm in young people at high risk.

The study will follow the first two phases of the Medical Research Council's (2008) guidelines on the development and evaluation of complex health interventions.

This study will inform the development of a definitive randomised controlled trial.

Self-harm is a major public health concern. Repetition is common and is associated with considerable morbidity and increased risk of suicide, especially in young people. There is a need for evidence-based interventions to reduce self-harm repetition in this group.

## **WINNER – Research Findings – Dr Padmaja Chalasani**

### ***Identification of groups among those admitted to hospitals in Wales following intentional self-harm (ISH) from the anonymised routine data on hospital admission in Wales.***

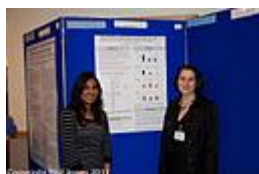
While repeat self harm admissions indicate higher risk of suicide and one admission to hospital with self harm is considered a predictor of subsequent hospital admission with similar behaviour, those who have several hospital admissions are known as a separate group and not necessarily acting with suicide intent.

To discern groups among those who are admitted to hospitals following ISH in relation to future suicide (undetermined causes) and subsequent hospital admissions from SH A dataset with variables selected based on the literature and availability on the database of Patient Episode Database Wales (PEDW) that stores all hospital activity data has been assembled. Person linked data on subsequent ISH admissions and death was extracted from the relevant databases. A Two Step Cluster Analysis was run with all the variables of interest on SPSSv17.

Those who are likely to die from ISH related reasons are different on various demographic characteristics and features related to index hospital admission.

Only stable variable and those available on the database are included in the analysis. The outcomes of interest are treated as independent variables in this analysis.

The relation between the features associated with self harm and the outcomes is complex. More focussed research based on identified groups is likely to aid more refined risk prediction and tailored service provision.



## **WINNER – Audit – Dr Arpita Chakraborty**

### ***Antipsychotic prescribing in dementia patients in care homes: Completion of an audit cycle***

To ensure antipsychotic prescribing in EMI care homes in Newport complies with best practice

Standards based on NICE – SCIE guideline on Dementia (CG 42, November 2006):

- (1) Target BPSD symptoms identified, quantified, documented in all cases.
- (2) Physical causes excluded.
- (3) Comorbid depression treated in all cases.
- (4) Non-pharmacological intervention should be tried prior to initiation of antipsychotic medication.
- (5) Discussion taken place with carers in all cases.

Medication titrated slowly and reviewed three-monthly.

All EMI care home patients on antipsychotics were audited in Newport in November 2009.

Data were collected by visiting care homes, review of case records and treatment charts. The audit loop was closed by re-auditing in January 2011.

- (1) BPSD symptoms identified, quantified, documented - 20% in 2009, 87.5% in 2011.
- (2) Physical causes excluded – nil in 2009, 83.3% in 2011.
- (3) Co-morbid depression identified and treated - 50% in 2009, 81.2% in 2011.
- (4) Non-pharmacological intervention tried prior to initiation of antipsychotics – nil in 2009, 87% in 2011.
- (5) Discussion with carers – nil documented in 2009, 87% in 2011.
- (6) Antipsychotics slowly titrated - 40% in 2009, 87.5% in 2011. Three-monthly review – nil in 2009, 79.16% in 2011.

Continue to maintain current improved practice with incorporation of checklist



## Forthcoming Events

### The Royal College of Psychiatrists in Wales Joint Meeting with The Welsh Psychiatric Society

#### 'Real Evidence - Real Practice'

**Friday 2 December 2011**

Wrexham Medical Institute,  
Wrexham

The Royal College of Psychiatrists in Wales and the Welsh Psychiatric Society are holding their joint event 'Real Evidence - Real Practice' on Friday 2 December in Wrexham.

The new Minister for Health and Social Services, Welsh Assembly Government will open the conference and our confirmed talks are:

- Mental Health in Veterans - Professor Jonathan Bisson
- Implementing the Integrated Family Support Service in Wales - Phil Chick and Donna Davies
- The Impact of DBT within a Developing Health Service - Karen Amner, Andrew Donnai, Margaret Meleady and Chris Jones
- Dying for a Drink: Findings from the Deaths Involving Alcohol in Wales (DIAL) Study - Professor Rob Poole
- **KEYNOTE LECTURE - Update on the Mental Health Programme Board** - Mrs Mary Burrows and Mr Stewart Greenwell, Co-Chair's, MHPB
- For further information please contact [sconway@welshdiv.rcpsych.ac.uk](mailto:sconway@welshdiv.rcpsych.ac.uk)

### Translation: From Bench to Brain

#### Art Exhibition and Public Engagement Event, BayArt Gallery, 54B/C Bute Street, Cardiff Bay 31st October 2011 to 4th November 2011

Between Monday the 31st October and Friday 4th November 2011, BayArt Gallery in Cardiff Bay will be hosting an art exhibition entitled *Translation: From Bench to Brain*. The exhibition will contain the work of two artists, Julia Thomas and Rhys Bevan Jones who are collaborating with the MRC centre and who have interests in issues such as genetic studies related to mental health, classification, metaphor and representation, variability, identity, and 'big science'. The overriding theme of the exhibition will be how scientific information is relayed from the laboratory bench into social consciousness, with an awareness of the ethical side-effects that such a translation can create.

Further details: - <http://medicine.cf.ac.uk/en/event/translation-from-bench-to-brain/>

### Ernest Jones Memorial Lecture

- Date to be confirmed – Probable early 2012

## **Trainee News**

A group of higher trainees in psychiatry are preparing a clinical training day for junior doctors in Cardiff on 29<sup>th</sup> November to help them prepare for the RCPsych CASC exams. There will be workshops in the morning and a mock CASC examination in the afternoon.

The group came together initially in 2009 as an independent not-for-profit organisation in response to the low RCPsych exam pass rate and the lack of mock examinations in Wales. This is the fourth 'Hyfforddiant CASC Training' (HCT) day the group have organised ('Hyfforddiant' is the Welsh translation of 'training'), and feedback from participants so far has been positive. The core HCT committee members are Dr Mo Qamruddin, Dr Ranjini Rao, Dr Scott Hall, Dr Sharmila Menon, Dr Rhys Bevan Jones, Dr Omer Minhas and Dr Indira Priyadarshini, and they are assisted by other enthusiastic psychiatric trainees.

The mock CASC stations will replicate genuine exam stations and conditions, and candidates will be provided with feedback on their performance. The mock CASC stations will be examined by experienced consultants and registrars, including RCPsych examiners, and patients and carers will be 'role played' by professional actors and medics. Audiovisual equipment will be used to record stations.

The HCT committee would like to thank all involved in preparing for the event on 29<sup>th</sup> November, and hope to expand its role further in helping and 'mentoring' junior trainees in future. For further information, please visit:  
[www.hyfforddiantCASCtraining.org](http://www.hyfforddiantCASCtraining.org).

### **Dr Rhys Bevan-Jones**

Higher Psychiatric Trainee and WPS Trainee Liaison Officer – October 2011

## Student News

In 2010 the **Wales Student Psychiatric Society (WaSPS)** was thought up over a cup of coffee during an out-patient clinic full of DNA's. The aim was to provide a forum for undergraduates to engage their interest in Psychiatry through seminars, trainee links and general discussion. Through the support of an enthusiastic committee, we have a growing membership already over 150 strong and have held a number of events, the most recent being a successful film evening as part of MedFest in conjunction with the College's Psychiatric Trainees Committee:

*'After enjoying a Moroccan mezze buffet, almost 50 students settled down to a fascinating exploration of the image of doctors in cinema through the decades. We were fortunate enough to be joined by a captivating bunch of panellists, who deftly lead the discussions examining the relationship between medicine and cinema. Panellists were chaired by Cardiff's clinical lecturer in psychiatry Paul Emmerson, and included Mike Shooter, former President of the Royal College of Psychiatrists, Brian Glasser, author of 'Medicinema: Doctors in Films', Keir Waddington, a specialist in the social history of medicine and comedian Dan Mitchell.'*

**Josie Phizacklea (4<sup>th</sup> Year Medical Student)**

We are looking forward to forming strong links with the WPS and Welsh Division of the College and through this hope not only to encourage a general interest and understanding of mental health but also to enhance recruitment into Psychiatry. If you want to join or have an idea or some time to offer then please contact us either through Facebook or myself.

### **Dr Ben Shooter**

Specialty Doctor Mental Health and WPS Student Liaison Officer October 2011

## **Winner WPS Student Prize for Excellence in Psychiatry 2011**

### **REBECCA COX**

I am 22 years old and have just finished my fourth year at Cardiff University. I am originally from the New Forest in England, but hope to stay in Wales for the rest of my career. I am hoping to do a foundation job in psychiatry after I graduate next year. Out of all my placements psychiatry was the one I found the most interesting and enjoyable. It is a subject I really love learning about, from the history of psychiatry to the current day medical practice.

## Spotlight on .....Suicide Mitigation

The majority of people who end their lives by suicide are not in touch with mental health services within a year of their death. However 40% have contact with Emergency Departments (D Cruz *et al* 2011) and around 60% visit their GP within a month or so of their death by suicide (Luoma 2002). Every contact with a suicidal person represents a potential opportunity to intervene and prevent them from going on to die by suicide.

Suicide mitigation is a different way of thinking about individuals at risk from suicide and starts from the assumption that suicidal thoughts need to be taken seriously and met with empathy and understanding on every occasion. Instead of focusing on quantifying and characterising suicide risk so that it can be 'managed', the emphasis in suicide mitigation is on identifying the person's individual needs, instilling hope, creating jointly with them a 'safety plan' and empowering them to seek and accept help (Cole-King & Lepping 2010). Suicide mitigation highlights this ambivalence and challenges the common perception that it is not possible for someone without specialist psychiatric knowledge and training to help a suicidal individual resist acting on their suicidal thoughts. The question we all should be asking is: *What can be done to enable this person to not want to end their life today...this week...this month?*

Everyone can potentially help someone with suicidal thoughts. Increasing hopefulness, resilience and reasons for living have been shown to reduce suicide risk. The response to someone experiencing suicidal thoughts needs to be compassionate, proportionate, appropriate, person centred, pragmatic and timely. It needs to be sensitive to the nature of the suicidal thoughts and the individual needs of the person experiencing them.

### **Connecting with People suicide and self harm prevention training**

The *Connecting with People* training aims to increase understanding and compassion reduce the stigma associated with self harm and develop participants' ability to engage in a collaborative, compassionate and effective way with people who have suicidal thoughts or following self harm. The training is targeted at busy frontline practitioners in statutory and third sector organisations, communities and people with lived experience. As well as aiming to change 'hearts and minds', it equips participants with practitioner friendly clinical resources, simple distress reducing techniques and safe ways of responding to a suicidal individual. In particular, it aims to demystify the process of suicide risk assessment and response to suicide risk. The training aims to support the development of a common language and culture, promoting a more integrated response across statutory services, third sector providers and communities. Previous participants in *Connecting with People* report that they feel 'empowered' to engage with suicidal individuals.

*Connecting with People* forms part of the Royal College of Psychiatrists and Royal College of GPs education programmes and will form part of the 2012 BMJ Masterclass series. It is cited in the RCPsych College Report on self-harm and suicide and has secured the support of the RCGP/RCPsych Primary Care Mental Health Forum. Cardiff University has commissioned a *Connecting with People* 'Train the Trainer' programme to disseminate the medical student version of the training throughout Wales. It is also a founding project of the College of Medicine: [www.collegeofmedicine.org.uk/connecting-people-training](http://www.collegeofmedicine.org.uk/connecting-people-training)

*Connecting with People* has a flexible, modular form enabling different versions to be tailored to the needs of healthcare, non-NHS, third sector organisations and communities. It is firmly evidence-based and uses a mixture of lecture style and facilitated discussion sessions, and can be continuously updated to incorporate new research. The training can be delivered on site, reducing impact on staff time and travel requirements. The Train the Trainer programme builds in-house capability to deliver the Connecting with People training within organisations. For additional information please contact: [Louise@openminds.org.uk](mailto:Louise@openminds.org.uk)

## Evaluation

Feedback from participants so far has been overwhelmingly positive and early indications are that the training is having a very positive impact in changing the hearts and minds of medical professionals, leading to a more patient-centred approach. This is also supported by anecdotal reports from patients.

**Feedback** (Many attendees of the training were already working in mental health services)

- **98%** (530/541) rated the quality of the presentations as 'very good' or 'good'
- **94%** (481/510) increased their understanding of self harm and suicidal thoughts. (This is achieved using the clinical tools.)
- **92%** (380/415) increased self reported empathy (many having commented that they were already empathic)
- **94%** (342/364) increased their belief that they had a role in suicide prevention
  - **100%** of the 90 attendees from the Emergency Department

**Immediate responses to 'What have you learnt during this session that you plan to use in the future?'**

- *'Compassion'*
- *'How to assess the risk of a person who presented with suicidal thoughts and confidence to use the knowledge!'*
- *'To be person centred. Awareness of a 'safety plan' and to provide self help techniques'*
- *'Framework for assessing patients, including instilling hope'*

## Testimonials

*'The Connecting with People Programme is what we needed to inspire and give confidence to GPs who learn an effective way to be able to successfully handle and support very challenging patients, saving lives and inspiring them with confidence and satisfaction'* (**Dr Ian Walton, Chair Primhe**)

- *'It's not rocket science and it was really inspiring'* (Consultant Psychiatrist)
- *'Excellent, practical strategies'* (Consultant Psychiatrist)
- *'A whole patient approach to risk as opposed to just scoring scales'* (Junior Doctor, ED)
- *'I now understand that A&E staff can make a difference'* (Senior Doctor, ED)
- *'I used to think that people who killed themselves were selfish, after your training I now know how desperate they must have been'* (Consultant Physician)
- *'Inspirational'* (Director, Local Mind Association)
- *'Inspiring'* (Carer for wife with Bipolar Affective Disorder, Local Mind Association)

## Dr Alys Cole-King

Consultant Liaison Psychiatrist (Betsi Cadwaladr University Health Board)

Email: [alyscoleking@btinternet.com](mailto:alyscoleking@btinternet.com)

## The Physicians of Myddfai – A Continuing Tradition

Wales has two medical traditions. In north Wales there are the Bonesetters of Anglesey. In south Wales a comparable tradition is the Physicians of Myddfai. Myddfai is a small village in northeast Carmarthenshire. On the 2<sup>nd</sup> July this year a very special function was held in Myddfai, a meeting to celebrate the Physicians and the fact that the tradition continues to flourish in the twenty-first century.

It was held in the new village hall, which had been opened on the previous Thursday by Prince Charles. 150 people came together on a perfect summer's day. Sunshine from morning till night, the smell of new-mown hay in the air and kites hovering overhead. Many had come from some distance, from England, Scotland and the United States. The audience was varied; local people, doctors from the area and individuals interested in the tradition of the distinguished physicians.

Eminent speakers followed a splendid lunch. Professor Sioned Davies, Head of Welsh at Cardiff University outlined the Legend of Llyn Y Fan Fach and how the maiden from the lake taught her eldest son Rhiwallon the healing properties of herbs and the elements of medicine. Rhiwallon and his three sons became well-known doctors and in this way the tradition of the Physicians of Myddfai was established. Dr Morfydd Owen, Aberystwyth described the historical evidence that exists about the Physicians, material from ancient books and manuscripts. The Physicians were not herbalists but doctors practising to a high standard and receiving high fees. The third speaker was professor Terry Turner from Cardiff, who created the exhibition about the Physicians at our National Botanic Garden at Llanarthney. He described a range of remedies that the physicians employed.

Dr Brynley Jones, Llanwrda brought us into the nineteenth century when he outlined how the area around Myddfai had continued to produce high quality doctors. He concentrated on Sir John Williams (1840-1926) from Gwynfe, without doubt the greatest medical benefactor to Wales. He played the pivotal role in the creation of the Welsh National Library in Aberystwyth, one of the great libraries of the world.

Dr Donald Williams, Swansea developed this theme by describing the career of Ifor Lewis (1895-1982) who was born in Llanddeusant. An eminent doctor and an important surgical pioneer. He told the meeting about two doctors from Llangadog who, until fairly recently, were consultants at Barts, the world famous hospital in London. Mr Gareth Rees was a cardiac surgeon and Mr Glyn Evans an obstetrician and both were in the audience. He concluded that the village of Myddfai had continued to produce exceptional doctors. Also present were Dr John Davies Guildford, Dr Heti Davies Edinburgh and Professor Robin Jones from Seattle. All three were brought up in the village.

Robin Jones is the perfect confirmation that the tradition is alive and well today. He is the son of Llwyn Meredydd Feddyg a local farm that has strong links with the Physicians and his family are direct descendants of the hereditary physicians. Dr Jones is now a professor of Oncology in Seattle, a world-leading centre for cancer studies.

Everyone had enjoyed a day of reunion and happy celebration. It will be remembered for a long time to come.



### Report: - Dr Don Williams Oct 2011

Photo copyright: - Mark Revitt

Back row, Lt to Rt; Mr Gareth Rees, Dr Glyn Rhys, Mr David A Jones, Dr Richard Annear, Dr Bruce Lervy, Professor Robin Jones, Dr John Davies, Dr Sion Edwards.

Front row Lt to Rt; Dr Howard Davies, Miss Olwen Harries, Dr Ann Rhys, Dr Carole Thomas, Dr Anna Davies, Dr Glyn Evans, Dr Heti Davies, Dr Gordon Thomas



## Quotable Quotes

*My definition of an expert in any field is a person who knows enough about what's really going on to be scared – PJ Plauger*

*In the realm of ideas, everything depends on enthusiasm. In the real world all rests on perseverance – Goethe*

*If a cluttered desk is the sign of a cluttered mind, what is the significance of a clean desk? – Laurence J Peter*

*If the human brain were so simple that we could understand it, we would be so simple that we wouldn't – Emerson Pugh*

### January 2012 Newsletter Edition

I'd be grateful if members could send me contributions for the January 2012 Newsletter by **Friday January 6th 2012**.

My email address is: -

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