

If you have anything you would like to see included in future editions, please contact us.

Contacts

Don Williams
Tel: 01792 202606
Email: donwilliams@osduk.com

Karl Rice
Tel: 01291 426738
Email: karl.rice@gwent.wales.nhs.uk



The Welsh Psychiatric Society
Y Gymdeithas Seiciatregol Gymreig
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Spring Newsletter 2008



Sillon Beach, St Malo

President

Professor Bill Fraser CBE, FMedSci

Vice-Presidents

Professor Mike Owen FRCPsych, FMedSci
Dr Mike Shooter FRCPsych

"The primary problems of the planet arise not from the poor, for whom education is the answer. They arise from the well educated, for whom self-interest is the problem."

*William Sloane Coffin 1924-2006
American preacher and antiwar activist*



Le Mont St Michel

COMING EVENTS

Every summer Wales stages the world's premier literary festival – The Hay Festival. And this year is the twenty first. To anyone interested in the interface between psychiatry and literature it is a must. However there are three parallel sessions and there is a wide diversity of speakers and presentations and runs from 22nd May to 1st June. The programme should be available from the middle of April on the website www.hayfestival.com.

Already we know about some of the speakers; Jimmy Carter the former president of the US, Alan Bennett the great playwright and John Irving the great American novelist. On a lighter note Jeremy Clarkson the motor-genie will be talking to Rosie Boycott about cars and comedy. We are so fortunate that this cultural feast is in Hay-on-Wye in the middle of Powys and easily accessible. In addition to the festival the wonderful book town is at hand.

EDITORIAL

Wales' new Nobel Laureates

2007 was an exceptional year for Wales. The country always does well in the performing arts, punching well above its weight. However last year was spectacular as two of our scientists became Nobel Laureates; Sir John Houghton, FRS and Sir Michael Lewis, FRS - one from north Wales and one from the south!



After his school days in Rhyl Sir John became an eminent meteorologist. From 1988–2002 he was chairman and co-chairman of the Intergovernmental Panel on Climate Change. This United Nations' committee was instrumental in getting the whole world to accept the reality of climate change and global warming. Sir John shared the Nobel Peace Prize with Al Gore. He now lives in Aberdyfi.

Sir Martin Evans is the Director of the School of Biosciences and Professor of Mammalian Genetics at Cardiff University. After a distinguished career in Cambridge he moved to Cardiff in 1999. In 1981 he discovered embryonic stem cells, which launched the stem cell revolution. This has had a profound impact, from basic medical research, the understanding of the genetic basis of disease to the developments of new treatments. Sir Michael received The Nobel prize for medicine with two other scientists; Oliver Smithies and Mario Capecchi.

On the programme "*Desert Island Discs*" Sir Martin explained how a 'Cambridge man' moved to Wales.

In Cambridge he saw that it was unlikely that he would get the top job and as a result he accepted the position in Cardiff, which gave him a "*wonderful opportunity to mould a broad biological sciences faculty*". He spoke warmly about what was " a very good move" leading to "a wonderful period of my life". His affection for Cardiff and Wales was obvious; one of his records was Bryn Terfel singing "Hen Wlad fy Nhadau".

The Society

2007 has also been a good year for the WPS; during this time there has been a steady stream of new members from a wide cross section of people, reflecting our multi-professional nature. Last year two successful conferences were held. The second of these was a two-day meeting with our Breton colleagues in St Malo and Karl Rice has written about this in this issue. In addition our web site is proving to be a successful shop window for the surfing public. We have had several requests for advice on a variety of topics; vocational guidance, private psychiatric treatment, options for psychotherapy, study tour of south Wales and it has also functioned as "*Friends Reunited*" with a request from the US for the current address of a long lost colleague. The two parties were delighted when contact was re-established.

50th Anniversary: Death of Dr Ernest Jones

Also by way of our website Chris Hill, a retired academic publisher now living in Swansea, reminded us that Dr Ernest Jones, Freud's colleague, friend

Deaths

At the end of last year **Dr Yves Thobie**, a Breton colleague, died. He was a strong supporter of the Welsh link. An obituary will appear later.

On 15th February 2008 at the age of 59, **Mrs Elizabeth Williams** died after a long illness. Her husband Dr Paul Williams a very able Cardiff trainee later worked with Professor Michael Shepherd and Professor Anthony Clare at the Maudsley Hospital. Her funeral was at the Chilterns Crematorium on 27th February. This was a very moving service. Paul and their three children Abigail Simon and Theresa paid tribute to Elizabeth and read "Death is nothing at all" and a member of the cast of Phantom of the Opera sang "Wishing you were here again".

OBITUARY

Dr John Aled Williams

Aled was an enthusiastic and loyal member of the WPS. He will be remembered with affection for his devotion, his warm kindly manner and for his interesting comments and questions. He was equally devoted to *Y Gymdeithas Feddygol* the Welsh language medical society.

A native of Bangor, who studied medicine in Liverpool, he won the Gold Medal in Anatomy and qualified in 1949. During National Service he developed an interest in children's diseases. Soon afterwards he began to work in the child guidance service in North Wales attending clinics in Wrexham, Dolgellau and Blaenau Ffestiniog. In 1970 he was appointed consultant psychiatrist to Bryn-y-Neuadd Hospital, Llanfairfechan, where he worked until he retired.

Although the Welsh language and the Welsh World were very important to Aled his interests were wide and varied. In 1969 he stood as the Liberal parliamentary candidate for Caernarfonshire. In the local community he was very active; a deacon in the Methodist chapel and the President of the Colwyn Bay Choral Society.

He was married to Dr Janet C Bryce ,an obstetrician from Edinburgh, but she sadly died in her fifties. As a widower for 23 years he found strength as a faithful and committed member of the Friends of Durham Cathedral. He died on 14th of May 2007, aged 80. Two sons and two daughters and 12 grandchildren survive him.

and biographer died on 11th February 1958. Chris is giving a lecture on "*Ernest Jones and the Institutionalisation of Psychoanalysis in the USA and Great Britain*" at an International Conference on Welsh Studies at the University of Toronto this summer. This is very apt as it is the 50th anniversary of his death and also as the University of Toronto awarded Jones the professorship of Psychiatry.

Chris wondered if the Society had plans to celebrate this? At this stage we are exploring the possibility of a lecture in Cheriton Church, Gower where he is buried and we are trying to contact his family. At the general meeting in April we are hoping to have firm proposals about this. Members of the Society are also aware that there is no proper memorial in Wales to Ernest Jones. This will also be discussed at the same meeting.

CONFERENCES



St Malo Conference 29 & 30 Nov 2007

The main body of the expedition to Brittany went by coach from Swansea. Unfortunately there was a major set back right at the beginning. Sadly, our chairman, Dr Don Williams took ill and had to be left off at Singleton Hospital. He and Margaret were unable to continue to the conference. However, he has now fully recovered and is ready for the next opportunity.

The rest of the coach journey went smoothly, with a gentle night on the channel and arrival in St Malo early on Thursday. The conference started almost immediately and M. Guyonvarch, vice president in charge of international affaires at the Brittany Regional Council, welcomed us.

Professors Lloyd and Millet introduced the event, with Prof Lloyd briefly speaking on health promotion and Prof Millet outlining the history of the Brittany psychiatrists and their previous conferences and the long association with Welsh psychiatry.

The morning session was on the theme 'From pathophysiology to treatment for depression'. Presentations were alternately in French and English with simultaneous translation. This seemed to go

Conwy and Denbighshire NHS Trust

- Dr Jeffrey R Jones has retired from his post in general psychiatry at Ysbyty Glan Clwyd

Gwent Healthcare NHS Trust

- After Dr Paul Reynolds, consultant in old age psychiatry, returned to Ireland, Dr Patrick Chance from Bristol was appointed to the vacant post based at St Cadoc's Hospital Newport.
- Dr Anand Jayaraman has been appointed consultant in substance misuse and will be based at Maindiff Court Hospital Abergavenny.
- Dr I Sharma, consultant in general psychiatry and based at Bryngolau Unit Aberbargoed, is retiring.

North East Wales NHS Trust

- Dr Martin Jones from Liverpool has been appointed as a consultant in adult mental illness with responsibility for Flintshire.
- Dr A Salmoiraghi has been appointed as a consultant general psychiatry to lead a crisis intervention team in Wrexham.

Pembrokeshire and Derwen NHS Trust

- Dr Roy Davies, neurophysiology, and Dr Ann West, child and adolescent psychiatry, have retired.

Swansea NHS Trust

- Dr Ameera Mahdi has been appointed as a consultant in general psychiatry and is based at Ty' Einon Gorseinon. Dr Lyn Jones, consultant in substance misuse is retiring.

APPOINTMENTS AND RETIRALS

Cardiff University

Cardiff Neuroscience and Mental Health Inter-disciplinary Research Group:

- Professor Derek Blake, professor of neuroscience;
- Professor Mary Phillips, professor of clinical affective neuroscience;
- Professor Lawrence Wilkinson, professor of behavioural genetics, link chair with school of psychology.

Swansea University

- Dr Mick Dennis, reader in old age psychiatry. This is the first academic post in this discipline in Wales.

Cardiff and Vale NHS Trust

- Dr Adeline Cutinha, consultant in general psychiatry and based at Gabalfa Clinic;
- Dr Ceri Evans a local SpR has been appointed consultant in old age psychiatry and will be based at Barry Hospital;
- Dr W Khalid, consultant in general psychiatry and based at Llandough Hospital;
- Dr Marion Gray and Dr Rhiannon Callaghan have been appointed to a job share post in old age psychiatry;
- Dr Richard Scorer, Dr Drew Ridley-Seigert and Dr Tony Williams have retired.

flawlessly. Indeed I was left with the sensation, possibly akin to auditory hallucination, that someone was talking to me from just behind my head (and making sense).

Afternoon sessions were in workshop format, 'Linking evidence and clinical practice'. As three workshops ran in parallel, simultaneous translation was not possible and some linguistic difficulties ensued. Nevertheless the themes of service organisation, rapid tranquillisation and treatment of behavioural disturbance in dementia were very successful. The final lot of presentations on the metabolic syndrome were well received. Prof Millet ended the educational part of the day with some comments on how continuing professional development was gaining impetus in France.

The rest of the day was given to a drinks reception and then dinner in the town with music and traditional Breton gallettes as the main attraction.

Friday brought the Cardiff faculty in force with a similar format, once again, running seamlessly from the set of presentations on suicidal behaviour to workshops on child psychiatry genetics, alcohol and substance misuse and epidemiological pharmacology, Prof Owen's lecture on the genetics of schizophrenia and the final presentations on bipolar disorder and resistant depression. All were well received.

The conference ended with Drs Dafydd Alun Jones and Huw Bevan-Jones giving their recollections of the origins of the beginning of the Welsh – Breton psychiatry link.

There were further social events. Madame Jacquemin vice mayor hosted a reception at the Town hall, where she outlined the history of the restoration of the building and presented to the WPS a book on the architecture of St Malo. The Welsh contingent went on to dine together in a nearby restaurant.



With the business part of the conference ended, the Saturday was given to sightseeing. Mont St Michel was the main attraction, the grandeur of its cavernous halls reminiscent of scenes from 'Lord of the Rings'.

the University Trust will draw together medical and healthcare professional training, will advance the innovative Graduate Entry Medical Degree Programme for Wales, and will foster research that will generate the medical and health care of tomorrow.

Not only will there be a strengthening of patient care but also great opportunities for research and teaching. The research will be led by Swansea University School of Medicine's Institute of Life Science. The ILS is an innovative centre where disciplines from fields including medicine, engineering, computing, physics and bioscience meet. Where these disciplines intersect, leading discoveries and opportunities are being made. The Institute of Life Science attracted the biggest investment made by the Welsh Assembly Government in a university in decades. And also attracted the likes of IBM and Boots, making it clear that Swansea University is a hotbed of innovation. On the strength of these successes the University Trust has ambitious plans for the future, to grow in size and stature and to take exciting new innovations forward.

Fast facts about the proposed new Trust:

- Will deliver care to a population of around 600,000;
- Will employ 16,000 staff;
- Will have a budget of more than £770 million
- Will have four acute hospitals – Morriston, Singleton, Princess of Wales; and Neath Port Talbot, and 14 other hospitals or clinics with beds.
- Will have 46 community clinics and health centres.

NEWS

Institute of Medical Genetics, Cardiff

In addition to Sir Martin Evans becoming a Nobel Laureate Cardiff University has received another prestigious award recognising its pioneering work in the field of medical genetics. The Institute of Medical Genetics, part of the School of Medicine, has received one of this year's Queen's Anniversary Prizes, which recognise world class levels of excellence in UK Higher Education. The Vice-Chancellor, Dr David Grant, received the award from the Queen at a ceremony in Buckingham Palace in February. The award recognises the Institute of Medical Genetics' work in developing new diagnostic tests and treatments for patients with genetic conditions.

Abertawe Bro Morgannwg University NHS Trust

Swansea and Bro Morgannwg NHS Trusts have merged following the decision by Health and Social Services Minister, Edwina Hart, MBE, AM. The new Trust was formed on 1 April 2008 and is called the Abertawe Bro Morgannwg University NHS Trust. The name includes confirmation University status has already been conferred on the new Trust by Swansea University.

The establishment of the Abertawe Bro Morgannwg University NHS Trust is a major advance in Welsh medicine. The intention is to provide a top-quality medical, health and academic centre in order to drive advances in medical care with the introduction of highly innovative practice that links hospitals and community services. It promises also recruitment and retention of high quality healthcare staff. In particular,

Final fixes of French food led to embarkation on the ferry and a somewhat stormy crossing.

Our thanks go to Alison Lewis who organised this memorable event.

Karl Rice

Spring Conference 25th April 2008

As usual this will be held at the Dylan Thomas Centre in Swansea and will be a joint meeting between the WPS and the Welsh Division of the Royal College of Psychiatrists. Targeting treatments more effectively across the life span is the theme of the meeting. Eminent speakers will be discussing important contemporary issues; drug treatment in dementia, management of ADHD, psychological approaches in psychosis and an up to date review of antipsychotic treatment. In addition both the Welsh Division and the WPS will be holding important business meetings. Further details can be obtained from: -

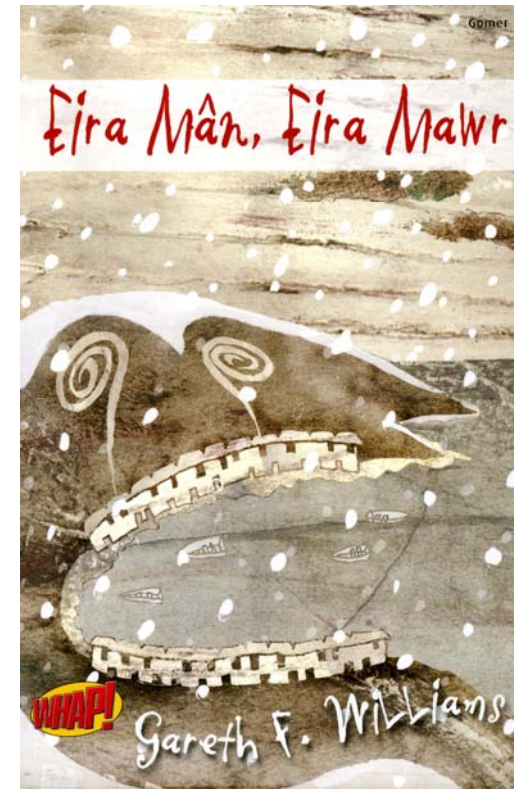
Alison Lewis, CHIRAL, School of Medicine, Swansea University, Swansea SA2 8PP. Tel: 01792 602 355 or Email: a.lewis@swansea.ac.uk or see www.wps.swan.ac.uk.

THE ARTS AND PSYCHIATRY

The interface between the arts and psychiatry has always been important. There is now a resurgence of interest in how the arts can help in the treatment of patients with mental illness and also to improve the well being of patients in general.

Bibliotherapy "the reading cure" is becoming popular again. In many parts of the UK diverse groups of patients find that they benefit from exploring great literature together. This innovation is being promoted by The Get Into Reading organisation, which can be contacted on the websites: www.getintoreading.org and www.thereader.co.uk Its success has been such that Blake Morrison the writer and poet has posed the question "Are Books the new Prozac?". Morrison also relates how Hector in Alan Bennett's *The History Boys* beautifully puts it when he describes how in the presence of great literature; "it's as if a hand has reached out and taken our own". This is the hand that the current bibliotherapy movement is trying to extend.

The visual arts are also important. Rhys Bevan Jones a psychiatric trainee in Cardiff is committed to exploring how art therapy can help psychiatric patients and how pictures can convey complex ideas in a simple form. In addition in his lectures he will be using paintings and films to illustrate aspects of mental illness and how psychiatry has been portrayed. From an early age painting and drawing have been important to him and his creative work is becoming known. A recent example is the cover of a new Welsh novel, *Eira Môn, Eira Mawr* by Gareth F Williams.



As biological psychiatry is so much in the ascendancy, how refreshing to learn of a young psychiatrist in Cardiff who is dedicated to working with patients through their creativity. And in his teaching he will be using the arts to illustrate psychodynamic concepts and psychiatric conditions. Hopefully from his example others will follow.