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**Winter Newsletter 2008**



*Winter sunset at Howey*

**President**

Professor Bill Fraser CBE, FMedSci

**Vice-Presidents**

Professor Mike Owen FRCPsych, FMedSci  
Dr Mike Shooter FRCPsych

**"We are never satisfied, we all yearn for more. Wisdom is the value of knowing what we have."**

***Hanif Kureishi***  
*Contemporary playwright, screenwriter,  
novelist and filmmaker*



**St Madoc's Church, Llanmadoc**

## COMING EVENTS

WPS Spring meeting 2009: Current Controversies in Psychiatry. Friday 8 May 2009, The Dylan Thomas Centre, Swansea.

Hay Festival 2009. This is scheduled for 21 – 31 May 2009. An advantage of joining Friends of Hay Festival it to have earlier details of events and priority booking. Details from [www.hayfestival.com/wales/friends.aspx](http://www.hayfestival.com/wales/friends.aspx)

## EDITORIAL

For us in Wales the most significant anniversary this year is the 60<sup>th</sup> birthday of the National Health Service (NHS) and we should take a special pride in celebrating it. During the first half of the 20<sup>th</sup> Century the concept of a universal health service funded by taxation gradually emerged. Medical care was to be provided on the basis of need and not on the ability to pay. However it did not happen until end of World War II. Fortunately the new Labour government voted in 1945 had the real reforming zeal to convert this noble ideal into reality.



Aneurin Bevan the Labour Member of Parliament for Ebbw Vale was the Health Minister and he was responsible for the birth of the National Health Service on 5th of July 1948. He had seen a prototype of what he wanted in his home town and was determined to "Tredegarise" the rest of the United Kingdom.

Aneurin Bevan was born in Tredegar in 1897. In 1929 he became a member of parliament for that area. "Nye" as he was generally known was one of last century's greatest orators. Sadly he died prematurely in 1960 from stomach cancer. An impressive memorial was erected on the hillside between Tredegar and Ebbw, where he addressed his constituents and the wider world. It is based on an ancient stone circle. Symbolically the central monolith represents Bevan with the three surrounding stones the towns of his constituency – Ebbw Vale, Tredegar and Rhymney.

The NHS is one of the few British institutions that are universally admired throughout the world. We should pay homage to Nye Bevan who did so much for human health. This can easily be done by taking a small detour off the eastern section of the Heads of the Valleys road. The Aneurin Bevan Memorial Stones are at Bryn Serth, just off the A4047 at the top of Sirhowy Hill.

## CONFERENCES

### Targeting treatments more effectively across the lifespan: Swansea 25 April 2008

The Welsh Psychiatric Society Spring Conference brought the now customary hundred or so delegates to the Dylan Thomas Centre to hear a very high calibre of speaker.



Dr Val Anness, Chair of the Welsh Division of the Royal College of Psychiatrists, introduced the meeting, which was then chaired by Dr Mick Dennis, who recently came to Swansea as Reader in Old Age Liaison Psychiatry.

Professor Keith Lloyd had originally been named as Chair but had to leave at short notice to greet PM Gordon Brown on his visit to Swansea. (Our expectations are high that the NHS will now take a marked turn for the better).

Professor Nick Gould of the Department of Social & Policy Sciences, University of Bath, gave us the social work perspective on the development of the NICE Dementia management guidelines. Professor Anita Thapar, Child & Adolescent Psychiatry at UHW Cardiff told us about the latest thinking and research on Attention Deficit Hyperactivity Disorder (Hyperkinetic disorder). After coffee,

## OBITUARIES/DEATHS

### John Farr

John Farr was brought up in Cardiff where his father, Harry Farr, was the Librarian of the Cardiff Free Library. He served in the Navy during the War and he subsequently specialised in Psychiatry. When he came to St. David's Hospital, Carmarthen, the legendary Sidney Davies, who is said to have administered the hospital almost single handed and was not one to be trifled with, was medical superintendent. John Farr was his successor and he was the hospital's last medical superintendent and one of the last in Wales. Under his oversight came the development of the first acute general hospital psychiatric unit in West Wales and the advent of an embryonic community service with the appointment of the first community psychiatric nurses in Dyfed.

He was a founder member of the Welsh Psychiatric Society and a past chairman. His chairman's address, in a memorable meeting in Portmeirion, outlined the history of St. David's Hospital. He had numerous interests including being a prominent member of Rotary and he was a skilled cabinetmaker and photographer.

In the course of his long retirement he witnessed the final demise of St. David's Hospital. His wife, Zena, the daughter of a local vicar, predeceased him, as did one of his four children. He died 19 January 2008, at the age of 93.

*Huw Edwards*

### Eluned Mair Rolfe

On 25 June 2008 Mrs Eluned Mair Rolfe died. Her husband Alun has been a very loyal member of the Society and a past Chairman. The funeral took place on 9 July at the United Reform Church, Abergavenny.

- Dr Rowan Wilson has finished working for the NHS as an old age psychiatrist in Pembrokeshire.
- Dr Dev Makesar consultant in adult psychiatry has moved from his post in Llanelli.

### Swansea

- Dr Christine Brown has recently been appointed as a consultant in substance misuse.

Professor Richard Bentall, a Clinical Psychologist at the University of Bangor, took us through the development of the profession of clinical psychology and how this has linked with the development of psychological therapy in psychosis. Professor Peter Jones, Professor of Psychiatry, Cambridge, spoke on the unexpected findings that atypical antipsychotic drugs were less likely to produce better quality of life scores than older phenothiazine drugs. He left me with a clear take away message that he would want "Stelazine" if he becomes psychotic.

The afternoon was given to poster presentations in three different categories. These were judged by Professors Bentall and Jones and Dr Dennis and prizes of book tokens were allocated.

In the New Research category Dr Elizabeth O'Mahony gained first prize for "*Physical Monitoring in Patients with Severe Mental Illness (SMI) – An Oversight in Community Care?*" Matteo Cella was second with "*Database of Uncertainties about the effect of treatment for Mental Health (DUETs)*".

In the Research Findings category, Faye Griffith-Noble was first with "*BLIS: Attitudes of healthcare professionals (HCPs) to physical health promotion for people with serious mental illness*". Dr Richard Tranter was second with "*Paid a Sdyrbio*".

In the Audit category Dr Adil Kadri was first with "*Nurse Led Old Age Liaison Psychiatry Service*" and Dr Divya Ganesh Nallur was second with "*Compliance with Blood Borne Virus (BBV) screening and Hepatitis B vaccination within Cardiff Community Addiction Unit (CAU)*".

The day ended with business meetings of the Welsh Division of the Royal College of Psychiatrists followed by the Welsh Psychiatric Society. Around twenty people attended these. Dr Karl Rice was stepping down as the WPS Secretary and Dr Mick Dennis was elected as the new Secretary. Don Williams thanked Karl for his excellent work

for the Society and he conveyed to Mick his best wishes for a successful tenure of office.

**Karl Rice**

### **Targeting treatments more effectively across the lifespan. Part 2: 7 November 2008, Llandudno**

The autumn meeting of the Welsh Psychiatric Society continued its theme from earlier in the year by considering mental health issues across the lifespan.



Although there were only about 50 delegates on the day it was encouraging to see a clear multidisciplinary element to the audience. The surroundings of the Imperial Hotel encouraged a relaxed conference that was generally enjoyed by attendees. There were four presentations; Early and Intensive Behavioural Therapy in the Treatment of autism in Children by Professor Richard Hastings, Suicide and Self-Harm in Older People by Dr Mick Dennis, Substance Misuse in Older People by Professor Ilana Crome and an update from Phil Chick, Wales' Director for Mental Health, on recent Mental Health Policies and Strategies for the Principality.

- Dr Murali Krishna was appointed to the EMI team at Wrexham Maelor Hospital and is currently consultant in old age psychiatry covering the Deeside area.
- Dr Rita Kronstorfer is also a consultant in old age psychiatry at Wrexham Maelor.
- Dr Alberto Salmoiraghi is another consultant who runs the Crisis Team in Wrexham who was based at the Royal Liverpool Hospital.
- Drs Tom Lorenz and Peter Roots are fairly new consultants for the CAMHS teams and Dr Jonathan Nash leads the Flintshire Learning Disabilities Team.
- Dr Sanjay Ingley is currently the consultant in old age psychiatry covering the Bodnant/Conwy area, based at Glan Clwyd Hospital.
- Dr Anita Pierce is consultant psychiatrist for the Home Treatment Team based at Glan Clwyd Hospital.
- Dr Sumit Chandran was appointed consultant psychiatrist covering the Pwllheli area.

### **Powys**

- Dr Gareth Hughes retired last year, a definitive appointment to replace him has not been made.
- Earlier this year Dr Jonathan Hill moved from his consultant post in South Powys to Merthyr Tydfil. Dr R Safer has now filled this vacancy in adult mental illness with some work in old age psychiatry.

### **South West Wales**

- Dr Bibek Gupta has resigned from his old age psychiatry post in Dinefwr.
- Dr Angela Owen consultant in old age psychiatry has moved from Dyfed to Cardiff.

consultant general adult psychiatrist at Bryn Golau Resource Centre, Aberbargoed Hospital and Dr Agi Tyson as a consultant in general adult psychiatry at Hywel Dda centre, Chepstow.

## North Wales

- Recent Retirals: Neil Davies, retired a couple of years ago, as did Dr Christine Edwards. Recently Drs Colin Lanceley and Russell Lister (consultants in general adult and old age psychiatry), who were based at Glan Clwyd Hospital, retired from the North Wales NHS Trust. Locum consultants currently hold both posts and it is hoped that there will be substantive appointments in the New Year.
- During the last few years there has been an increase in the number of consultant appointments in North Wales, particularly in Wrexham.
- Dr Peter Lepping, consultant psychiatrist/senior lecturer (and recently appointed deputy medical director at Wrexham Maelor Hospital).
- Dr Pritpal Singh, consultant psychiatrist and joint scheme organiser of the North Wales Training Scheme. Dr Singh is also postgraduate organiser for the Wrexham Maelor Hospital and is Clinical Tutor at Wrexham.
- Dr Rob Poole came from the Royal Liverpool Hospital to be consultant psychiatrist at Mold. He is co-author with Dr Robert Higgo of the recently published book "Clinical Skills in Psychiatric Treatment".
- Dr Susan Ruben came to Deeside Hospital from Liverpool to head the Crisis Team. She was previously a consultant in Substance Misuse at Liverpool.
- Dr Javier Rodriguez-Mendieta was appointed consultant in general adult psychiatry and is based at Deeside Hospital.

Professor Richard Hastings is a leading expert on behavioural intervention for autism and his lecture proved a highly informative and authoritative review of the subject. Professor Ilana Crome from Keele University emphasised the importance of substance misuse problems in the older generation, in particular in the under-recognised issue of alcohol misuse in this age group.

Phil Chick kept us up-to-date with mental health strategies in Wales, in particular the recent release of the Suicide Prevention Strategy, the new Mental Health Act and also NHS organisational issues in relation to services across the Principality. Dr Mick Dennis talked about suicide and self-harm in older people and important preventative strategies in reducing suicide in this age group.

Although many had travelled a significant distance to come to this conference, we were lucky with the weather and the general feeling was that the conference was well worthwhile. Llandudno is a delightful old Victorian seaside resort, with views of the surrounding mountains showing early season snow.

On a lighter note, some amusement was had at the tale told by two esteemed academic members of a South Wales University. Taking advantage of the new aviation services provided from Cardiff Airport to RAF Valley in Anglesey they believed would save them much time and stress. Unfortunately, they forgot to realise that they would be landing on the far side of the island, many miles from Llandudno. As a consequence of the fire alarms going off in the tiny terminal building they then had to endure the cold and wind, whilst trying to locate a taxi willing to take them to Llandudno without the need of a bank loan!

The poster prize winners were: -

## Audit

1<sup>st</sup> prize: Dr Lesa S Wright, ST3 in Forensic Psychiatry, Ty Llywelyn Forensic Unit, Bangor. Biochemical Monitoring for patients with Learning Disabilities on Antipsychotics.

2<sup>nd</sup> prize: Dr Divya Sakhuja, Specialist Registrar, Swansea. Audit, the completion of Form 38/39 for patients detained under Section 3 of the Mental Health Act.

### **New research ideas**

1<sup>st</sup> prize: Dr Seren Roberts, Research Fellow, Bangor University. Understanding the incentives and barriers to attending a Healthy Living Group for people with Severe Mental Illness (SMI) in Wrexham.

2<sup>nd</sup> prize: Dr Archana Jauhari, ST-5, Wrexham Maelor Hospital. A survey of the use of Internet amongst mental health professionals in North Wales NHS Trust for providing health information and education to patients with mental health problems.

### **Research findings**

1<sup>st</sup> prize: Michelle O'Brien, PhD Student, Bangor University. The Efficacy of a Self-Administered Parenting Intervention for Parents of Children with Attention Deficit Hyperactivity Disorder (ADHD).

2<sup>nd</sup> prize: Dr YS Adusumilli, Associate Psychiatrist, Bronglais Hospital. Scheduled Intermittent Hospital Admissions for Frequent Inpatient Service Users.

*Mick Dennis*



## **APPOINTMENTS AND RETIRALS**

### **Academic**

- Professor David Menkes left Wrexham and returned to New Zealand a couple of years ago. Interviews will take place on 16 January for the Chair in Psychiatry to be based at the Wrexham Academic Unit. This will be a Glyndwr University/North Wales NHS Trust appointment. There are three interested candidates, one of whom is local.

### **NHS**

#### **Cardiff**

- Dr Delyth Alldrick has retired from her position as consultant psychiatrist for the elderly and Associate medical director of mental health services. Dr John Lewis, consultant in adult mental illness has taken over as associate medical director. Dr Angela Owen who was working in Carmarthen has taken up Delyth's old age psychiatry post.
- Dr Giselle Martinez has moved to take up a new post of consultant psychiatrist in old age liaison psychiatry.
- Dr Tayyeb Tahir has been appointed to a new post of consultant in liaison psychiatry at UHW.

#### **Bridgend**

- Dr Janice Hillier has moved from Cardiff to the Caswell Clinic to take up a position as consultant forensic psychiatrist.

#### **Gwent**

- There are three new consultant appointments in this area. Dr Sian Fielding, consultant in general adult psychiatry at Dan y Bryn, Ebbw Vale. Dr Alison Howe,



## WPS Prize

The Society's Annual Prize for 2008 was awarded to Eve Corson and she received her certificate at the autumn meeting in Llandudno.

Eve Corson is a final year student. She grew up in Merthyr and Ammanford and her first degree was Pharmacy at Cardiff. After working and travelling for a couple of years she started on the Graduate Entry Course in Swansea. She was delighted to win the prize and hopes to pursue a career in psychiatry in South Wales.



## Welsh Psychiatric Society Special Lecture

Saturday 18 October 2008 was an important occasion for the Welsh Psychiatric Society. A memorial lecture was held at Cheriton church at the north-western end of Gower. This was to commemorate the 50<sup>th</sup> Anniversary of the death of the famous psychoanalyst Dr Ernest Jones.

Ernest Jones was born in 1879 in Gowerton near Swansea. He qualified in medicine from University College Hospital, London. In the early 20<sup>th</sup> century he met both Carl Jung and Sigmund Freud and became increasingly interested in psychiatry. Over the coming years he became a close friend and colleague of Freud. He was responsible for bringing many of Freud's ideas to the English-speaking world and was a great influence in the evolution and development of psychoanalysis in both the United Kingdom and the United States.

Ernest Jones managed to persuade Freud to flee Vienna in 1938 to escape the increasing Nazi influence and the subsequent holocaust. He was also responsible for writing Freud's biography. Ernest Jones died on 11 February 1958 and was cremated at Golders Green Crematorium though his ashes were later laid to rest in the family grave at Cheriton church.

Cheriton church itself is a delightful edifice dating to Norman times, partially hidden from the road in a leafy valley before reaching the village of Llanmadoc. It was a typical autumnal day on North Gower; mild and breezy with brief showers interspersed with sunny intervals. Many members of the Welsh Psychiatric Society and Dr Jones' close family had made the trip to Cheriton; the church was packed with nearly a hundred people.

Leon Kleimberg delivered a fascinating and informative lecture on the life and work of Ernest Jones. Without necessity to resort to the modern trappings of a PowerPoint presentation, Leon Kleimberg masterfully held the audience's attention. Leon Kleimberg is an analyst with the

British Psychoanalytical Society and visiting Lecturer of the Tavistock Clinic, though originally he hails from South America. He was influenced by Jones from an early age and this may have been one important factor in determining his ultimate career path.

After the lecture most people adjourned to Llanmadoc village hall where there was a reception. All agreed that they had had a splendid time. The buffet provided was outstanding and many lingered for a while longer in conversation with friends and colleagues.

*Mick Dennis*

## NEWS

### Academic

Psychiatry in Cardiff has had a further prestigious accolade. The impressive research track record of the Department of Psychological Medicine has been recognised. It is about to receive the status of Medical Research Council (MRC) Centre. This is a major accomplishment and we extend our very warm congratulations to Professor Mike Owen and his staff for a really exceptional achievement

### NHS

The administrative and management arrangements within the NHS continue to change like perpetual musical chairs. On 1 April 2008 the Hywel Dda Trust was established. The merger of Pembrokeshire & Derwen, Ceredigion and Mid Wales and Carmarthenshire NHS Trusts created it.

Hywel Dda, also known as Hywel The Good is remembered as one of the most successful native Welsh rulers prior to the Norman Conquest. By 942 AD, he ruled over most of the country and claimed the title King of all Wales. Hywel Dda's great achievement was to create the country's first uniform legal system, in which the laws of Wales, often called the Laws of Hywel Dda, were codified and set down in writing for the first time.

The HQ for the new trust is at Hafan Derwen, Parc Dewi Sant, Carmarthen. This is the enterprise park created by the closure of St David's Hospital.

On 1 July 2008 the North Wales NHS Trust was formed following a merger between Conwy & Denbighshire NHS Trust and North East Wales NHS Trust. This is based at the Trust Headquarters in Wrexham.