

# IOP VIEWPOINT

**KING'S**  
College  
LONDON

News for people  
at the Institute  
of Psychiatry

Issue 22  
March  
2007

## Circulars: to be, or not to be? That is the question...

A debate about the future of IoP-wide circulars is raging. Some people are so outraged by their existence, they have threatened to resign if they continue to receive them. Others argue passionately that everyone has a right to be sent information and circulars should stay.

Now the IoP Information Services and Systems Committee has decided to inform any future decision it takes by carrying out a piece of research to find out what the majority of staff and students think. The research will be in the form of a web-based survey – sent round by circular. Look out for it in your inbox sometime soon.

The questionnaire will not only elicit views about circulars, it will also aim to find out what

## Community involvement

The IoP has teamed up with other Camberwell organisations and local residents by joining the *SE5 Forum*. The Forum is a 'grassroots, non-political, umbrella organisation that exists to work for the improvement of Camberwell to benefit all members of our diverse community.' It seeks 'to see and understand what is happening within the area, to listen to concerns and raise them with the relevant organisations.' Institute secretary Laurence Benson is a member of the Forum Committee that meets regularly to discuss local developments and campaigns, and is made up of a dozen residents or workers, and seven representatives of local organisations.

Anyone who lives or works in Camberwell can join the Forum, which means all IoP staff and students are eligible. Members are encouraged to participate in the Forum's work by attending public meetings, blogging and emailing other members through the website and sharing their knowledge, thoughts, ideas and concerns about the community.

- To find out more or register as a member, visit [www.se5forum.org](http://www.se5forum.org).

## £1 million Getty donation

John Paul Getty III's foundation is donating £1 million to King's College London to endow a chair for research into epilepsy. The postholder will be a key academic in the planned King's Clinical Neuroscience Institute that will be home to some 200 academic clinical neuroscientists: epilepsy will be one of the main themes of work. A major appeal is underway to raise the £26 million needed to build the Institute next to the newly opened James Black Centre.

information people need and how they want to receive it. The results will help draw up a plan for the best ways to communicate internally – including a recommendation about whether circulars have a future.

Meanwhile, gone are the days of King's College London all-staff emails: they have been replaced by a once-a-week, information-packed ezine that arrives by email every Friday.

King's-wide circulars have been binned following a review of internal communications. Now, only all-staff emails about emergencies, about major new policies and from the Principal or his delegate will be sent out.

- Email [ezine@kcl.ac.uk](mailto:ezine@kcl.ac.uk) by 12 noon on a Wednesday with news for the following Friday ezine.

## New official noticeboards

New *Institute News* noticeboards have been installed across the campus where posters and leaflets about internal and external IoP events can be displayed. The noticeboards will be regularly maintained and out-of-date information will be removed. To get your material displayed, contact Site Services to access the new centralised service.

Email electronic posters and leaflets for display to [IDandCopying.services@iop.kcl.ac.uk](mailto:IDandCopying.services@iop.kcl.ac.uk) or send hard copies in the internal post to the Support Services Supervisor, PO12. Material will be posted on the noticeboards within 24 hours of receipt. Site Services can also distribute posters and leaflets to all sections via post boxes or arrange a 'desk drop' in open plan offices and under doors for individual offices.

- Visit [www.iop.kcl.ac.uk/departments/?locator=643&context=887](http://www.iop.kcl.ac.uk/departments/?locator=643&context=887) for more information.

## WHAT'S ON...

Visiting Academic Dr Kim T Mueser from the Dartmouth Medical School in Hanover, New Hampshire, will be giving a series of lectures and workshops at the IoP from Tuesday 15 to Friday 25 May. The titles are: *Trauma and Post Traumatic Stress Disorder in Severe Mental Illness*; *Training Forensic Patients in Illness Self-Management: Current Status and Future Directions*; *Psychosis and Comorbid Substance Misuse: An Update on Theories of Etiology, Illness Management and Recovery Programme Workshop*; and *Schizophrenia, Antisocial Personality Disorder and Substance Misuse: Evidence for a Distinct Subtype*. Contact Kate Wisbey in the Forensic Mental Health Teaching Unit, [kate.wisbey@iop.kcl.ac.uk](mailto:kate.wisbey@iop.kcl.ac.uk), ext 5279, to find out more.

## In brief...

Are you adventurous and up for a challenge? In September this year, a group of cyclists will embark on a 600km sponsored cycle ride in Madagascar to raise funds for research into eating disorders through the IoP-based Psychiatry Research Trust (PRT). *Cycle Madagascar* proved such a huge success in 2005 – raising more than £121,000 – that its organiser Nina Jackson is leading a repeat challenge. If you would like to find out more (on a no-commitment basis), contact Cindy Smith (ext 0319) or Lesley Pease (ext 0107) in the PRT.

Keep fit or calm down during lunchtimes and before or after work at the Maudsley Gym or Sanctuary, just on the left as you enter the main entrance of the hospital. Regular weekly classes include *Belly Dance* in the Gym on a Tuesday from 12 noon to 1pm (email [mrmiggins13@hotmail.com](mailto:mrmiggins13@hotmail.com) for more information); *Kung Fu* in the Gym on Mondays and Thursdays, 6.30pm to 8.30pm ([catarina.sacadura@slam.nhs.uk](mailto:catarina.sacadura@slam.nhs.uk) or [t.russell@iop.kcl.ac.uk](mailto:t.russell@iop.kcl.ac.uk)); *Yoga* in the Gym on Mondays from 12 noon to 1.15pm ([belle@yogabelle.co.uk](mailto:belle@yogabelle.co.uk)) and on Thursdays in the Sanctuary ([mark.sutherland@slam.nhs.uk](mailto:mark.sutherland@slam.nhs.uk)); and *Meditation* on Mondays from 5.15pm or Thursdays from 8.30am, both in the in the Sanctuary ([mark.sutherland@slam.nhs.uk](mailto:mark.sutherland@slam.nhs.uk) or [jane.hutton@slam.nhs.uk](mailto:jane.hutton@slam.nhs.uk)).

The Research Executive Committee and the Heads of Departments Meeting have merged into a new Institute Executive, chaired by dean Peter McGuffin. It is made up of heads of Interdisciplinary Research Groups and heads of departments. The Executive Committee now considers new and replacement HEFCE (Higher Education Funding Council for England) funded academic and research posts: at its first meeting, it agreed two new professors in Addictions. All academic salaries have now been centralised into a single budget, overseen by the dean. Previously, individual departments looked after the money that goes with the people they manage.

The recycling pilot scheme in the SGDP Centre has proved so successful, it will be extended to all IoP buildings by the end of April. The scheme involves staff and students sorting their waste into three bins in common areas – one for food waste, one for confidential waste and one for other recyclable materials, including paper, glass and metal.

## Bid to light the way in public engagement in science

The IoP wants to be a Beacon for Public Engagement in Mental Health. A first round application has been made to the Higher Education Funding Council for England (HEFCE) for beacon status, to lead the way on explaining science and research results to a wider audience and on changing the culture of academia to make it more outward-looking. The beacon status would bring with it £1.2 million over four years.

If successful, there would be an *Ask the Psychiatrist* tour of the UK; *Brain-Storms* to find out what people think about mental health research; touring exhibitions for galleries, schools and community centres across the UK; a new *Museum of the Mind*; a website with information packs, blogs and message boards; *Open Days* for sixth form students considering a career in medicine; *Road Shows* for carers and others interested in latest developments in treatment and care. The IoP hosted-website [www.mentalhealthcare.org.uk](http://www.mentalhealthcare.org.uk), would be developed and extended as part of the Beacon's work, and a *Public Advisory Board* would inform and influence all activities.

In addition, the IoP-based Beacon would offer training to journalists in mental health research, run a fact-checking phone line service for the media and appoint *Journalists or Broadcasters in Residence*. Academic staff would get training on setting up public engagement activities as well as media training to help them talk to a lay audience.

The bid is being led by former dean George Szmukler. Partners in the venture include charities MIND and Rethink; The Royal Society

for the encouragement of Arts, Manufacture and Commerce (RSA); Bethlem Art and History Collections Trust which runs the UK's only full-time psychiatric museum; Mental Health Media – an organisation that works with media professionals to combat negative portrayals; and South London and Maudsley NHS Foundation Trust. HEFCE will announce this month whether the outline bid submitted by the IoP has made it through to the next stage which involves drawing up a business plan with detailed activities and costs. If successful, the plan is to have staff in post and a website developed by Spring 2008.

The new £8 million initiative in public engagement has been launched by the UK higher education funding councils and Research Councils UK, in association with the Wellcome Trust. All higher education institutions were invited to bid to become a Beacon for Public Engagement and for a share of the £8 million funding available.

- The next in the series of public engagement events being organised jointly by the IoP's Mental Health Knowledge Centre and The European Dana Alliance for the Brain will be on Tuesday 19 June and will discuss the machinations of the brain during puberty. Experts from the IoP will be speaking at the event, which is to be held at the Dana Centre, next to the Science Museum in South Kensington. Visit [www.danacentre.org.uk](http://www.danacentre.org.uk) for more details and to book tickets.

## 24 hour access to screens

Staff and students will have 24 hour access to a new computer room, created in the main building as part of the Science Research Infrastructure Fund building work, and due to be open for business at the end of this month.

There are two new rooms on the second floor of the main building: room A has 20 seats and will be dedicated to teaching only. The other, room B, has 27 seats and can be booked for teaching but will mainly be used as a public access terminal room, open round the clock, seven days a week. Access will be controlled by swipecard and all computers will be connected to the IoP network. Both rooms have advanced video projection and sound systems to aid teaching and can be joined together when a large number of seats are required.

## New vice-dean appointed

Dr Shitij Kapur has been named new vice-dean and professor of psychiatry at the IoP and will take up post in September. His is now chief of research at the Centre for Addiction and Mental Health in Toronto, Canada, and professor of psychiatry at the University of Toronto. His main research interest is psychosis and its treatment: he will continue work aimed at understanding how, why and when medications used to treat schizophrenia work when he joins the IoP.

## WHAT'S ON...

An exhibition of works by Michelle Beharier (*Transference*) and Ari Henry (*I hurt so I hurt*) opened in March at the gallery in the main IoP building and will be on show until Friday 4 May.

## Finally, we're in..!

by  
Professor Jack Price

Just before Christmas, the first members of the IoP's new Centre for the Cellular Basis of Behaviour (CCBB) finally moved into their new laboratories after roughly two years' delay. The project has been visited by every conceivable setback since its inception in 2001, but floods, cracked paintwork, failed air-handling systems, and Japanese bindweed (I kid not) have all failed to deter us, and finally we're in.

Well, some of us are. Unfortunately, our tribulations are still not over. But first let me clear up the alphabet spaghetti surrounding the project. The CCBB is a new section of the IoP's Department of Neuroscience, and, when it reaches full capacity, will effectively double the research effort in basic neuroscience. The development project of which the CCBB is part was originally called the Centre for Cell and Integrative Biology, creating immediate confusion between CCIB and CCBB. I am pleased to report that with its opening in January by the Chancellor of King's College London, the Princess Royal, the new building has a new name: the James Black

Centre. So, CCIB is now defunct: we are the CCBB in the JBC. Clear?

So, what is the CCBB for? As I've said, the first objective was to increase substantially the IoP's effort in neuroscience. We see this as both an increase in overall capacity, and an opportunity to move into new research areas. Neuroscience under the guidance of Professor Brian Anderton has long been a strong discipline here at the IoP, and we now have an MRC Centre of Neurodegeneration Research under Brian's direction to confirm the esteem with which our research in that area is held. What the IoP lacked, however, was the opportunity to grow into other areas of neuroscience, particularly those most pertinent to our core strengths in psychiatry. The CCBB allows us to drive that expansion.

But the CCBB is not just an increase in size for neuroscience: it also represents a substantial upgrading of our facilities. The early 'seed corn' investment in the project, particularly by the British Heart Foundation and the King's Medical Research Trust, has allowed us to leverage further funding from research councils, charities, and philanthropists. As a consequence, we have been able to invest heavily in new equipment, particularly in microscopy, histology, and genomics. Through collaboration

with our medical school colleagues, we are also securing access to state-of-the-art cell sorting and proteomics facilities.

Buildings are fine, but science is people. The creation of the new section has allowed us to recruit some exceptional neuroscientists. Most prominent are our two new professors of neuroscience. Professor Noel Buckley, recruited from Leeds University, is interested in how gene expression changes during normal brain development and how this might be perturbed in disease. Professor Peter Giese has come from UCL and studies the molecular basis of cognition and memory. His work is of relevance both to neurodegenerative disorders such as Alzheimer's Disease, and also to the cognitive problems associated with disorders such as schizophrenia. In addition we have recruited some outstanding junior academic staff to work in areas such as neural stem cells, schizophrenia research, and brain repair. All have been attracted by the excellent facilities we have been able to build into the JBC, but more especially by the opportunity they perceive for their work here to make a genuine impact on brain disorders.

I have not yet touched on what is perhaps the single most important goal of the CCBB.

Situated as it is between the Weston Education Centre and the Rayne Institute, the JBC lies at the heart of the medical school campus, and we share the building with colleagues from the medical school. But we are not just sharing space. We are aiming to build a genuinely interactive and collaborative relationship between the two schools. With our medical school colleagues, we have already identified mutual interests in stem cells, MRI imaging, and gene expression analysis. We believe this is just the start.

So it's all systems go in the JBC. Well, not quite. The Chancellor might have opened the building, but all the building is not open. Delays and system failures mean that some parts will not be ready for business until June. The MRI suite is still a building site, and the second floor labs and proteomics suite will not be complete until the Summer. So some members of the CCBB will still be found squatting around the IoP for a little while yet. Nonetheless, we are all very excited with our new building (much nicer than the SGDP), and plagues of locusts notwithstanding, we've made a start.

*Jack Price is Director of the Centre for the Cellular Basis of Behaviour.*

## Death of Rob Kerwin

Rob Kerwin, professor of clinical neuropharmacology in the Division of Psychological Medicine and Psychiatry, died on 8 February. He was 51.

After studying medicine at Trinity College, Cambridge, he began his training in pharmacology with a postgraduate research scholarship at Bristol University's medical school, and later trained in psychiatry at the Maudsley Hospital. 'Within three years of starting psychiatry, Rob had become a senior lecturer and consultant, an unheard of rate of promotion,' said Professor Robin Murray. During his career, Rob pioneered new treatments for psychosis and helped to develop the first edition of the *Maudsley Prescribing Guidelines*, now the prescribing bible for psychiatrists around the world.

'Rob's research will continue to point the way towards a better understanding and treatment of mental illness for many years,' said Robin, head of the Division.

## Website becomes more 'corporate' and up to date

The IoP website is being revamped by web editor Ian Gowrie to give it a more 'corporate' look in line with King's College London pages. At the same time, Health Service and Population Research has almost finished updating its web-based information and the Division of Psychological Medicine and Psychiatry has just embarked on an updating process.

Now a new web content specialist is to be appointed to work with departments to help them plan ways of maintaining their pages. He or she should be in post by the end of April and will help to identify training needs to make sure the website remains relevant and useful to external visitors. The new front page of the website now includes a feature which shows the most visited pages each day.

• Guess who is the most 'hit' upon in the IoP website staff directory? According to statistics collected

by the web office, Dr Vaughan Bell, a trainee clinical psychologist in Psychology tops the most looked up league. His entry receives more visits from an external audience than any of the IoP's 'big names', including Professors Paul Salkovskis (2nd); Robin Murray (4th); and Michael Rutter (5th).

So to what does Vaughan Bell attribute his popularity? 'Probably because the page is linked from [www.mindhacks.com](http://www.mindhacks.com) which is a website I write for,' he says. 'Mind Hacks gets many thousands of readers a day, so I suspect most of the visits are just people idly clicking at the bottom of the short articles I write.'

Entries in the staff directory can be a useful resource for journalists and other academic institutions. Visit the *information for current staff* pages on the website to add yourself to the directory or to amend and update your existing entry.

## Making the news: seek advice about the best way to do it

The IoP hit the headlines last month with the publication of the study funded by The Alzheimer's Society which predicts the number of people with dementia in the UK will soar to 1.7 million by 2050, and reveals that families and individuals currently save the state £6 billion a year on dementia care. Professor Martin Prince in the Section of Epidemiology in Health Service and Population Research was one of the lead researchers on the project, carried out in conjunction with the London School of Economics.

If your research is similarly newsworthy, make sure you flag up the results well in advance of their publication date with Camilla

Palmer, the IoP's press and public relations officer. The important thing to realise though, she says, is that not all research results are going to get the same sort of coverage as the Alzheimer's story. 'The press won't necessarily get as excited about research results as academics do,' she said. 'They are more likely to be interested if the work is ground-breaking, or if the results will affect a lot of people or change familiar ways of understanding or treating a mental illness or health problem. It helps if there is a human interest angle, or the project is topical and relates to something already in the news.'

• Contact Camilla on ext 0483 or at [camilla.palmer@iop.kcl.ac.uk](mailto:camilla.palmer@iop.kcl.ac.uk).

## Be careful at work

Be aware of potential health and safety hazards at work, says Institute secretary Laurence Benson. There has been a spate of incidents which threaten the well-being of staff and students. These include forgetting to rinse out kettle descaler and drinking heavily chlorinated water from the toilet taps.

'As a general rule, think about the health and safety consequences of your actions,' said Laurence. 'Water should be drunk from the kitchen taps, and if you decide to descale a kettle, put a notice up to tell your colleagues. If there's a problem with cleaning, talk to Site Services – don't bring in cleaning fluids from home.' Toasters are already banned, but fan heaters are equally hazardous: 'fan heaters can cause fires and should not be used in offices,' said Laurence. 'If you're cold, tell Maintenance and you will be given safe extra heating, such as an oil filled radiator.'

## And...

An office in 103 Denmark Hill remains vacant because an anonymous DIY enthusiast changed the locks without telling anyone. When workers tried to gain access to decorate the room for a new occupant, they discovered they were barred because their keys didn't fit. The original locks had already been changed when the previous occupants moved to make way for the recently completed building works. 'Someone must have brought a Black & Decker from home to change the locks again,' said Institute secretary Laurence Benson. The identity of the unknown squatter may be revealed when the locks are changed for the third time...

## In brief...

The Education Support Team (EST) is to be the caretaker convenor of the Student Forum until a new chair is found: the post has remained vacant since Fergus Kane stepped down. The EST will call and arrange meetings, chair them and take minutes in the inter-regum. The next Forum meeting, is on Thursday 19 April at 12.30pm in Seminar Room 5, first floor, main building. Lunch is provided.

For the second year running, a researcher at the IoP has won the *Young Minds in Psychiatry Award for Schizophrenia*, given by the American Psychiatric Institute for Research and Education in collaboration with Astra Zeneca. This year's winner is Carmine Pariente, a senior lecturer in the Division of Psychological Medicine and Psychiatry. The award (\$45,000) will be used to fund a project looking at the effects of stress on psychosis. Carmine will receive the Award at the annual meeting of the American Psychiatric Association in San Diego in May. Last year's winner was Paola Dazzan, who also works in the Division of Psychological Medicine and Psychiatry.

The IoP's new email system is up and running: everyone with an [@iop.kcl.ac.uk](mailto:@iop.kcl.ac.uk) address is now using a state-of-the-art Microsoft Outlook 2003 system provided by a Microsoft Exchange 2003 server. The system operates independently and the idea is to now work with King's College London's central Information Services and Systems team to make sure staff and students with an IoP address can have access to King's systems: at the moment they need a separate [@kcl.ac.uk](mailto:@kcl.ac.uk) address in order to do so.

Wondering what to do with lost property, or want to find out if someone has handed in a possession you've mislaid? Take lost property to, or reclaim it from the reception desk in the main building. 'Lost property is logged and flogged after three months if nobody claims it,' said Neil Thomas, head of Site and Catering Services. 'Any income will be given to the Psychiatry Research Trust.'

The Sainsbury Centre for Mental Health (SCMH), which is affiliated to the IoP, has teamed up with the Youth Justice Board and the Department of Health to fund a two year project which will review evidence of what works most effectively to address the mental health needs of children and young people who offend. The results will be used to develop and improve services for young people in custody or involved with youth offending teams in the community, 31 per cent of whom have mental health or related problems such as self-harm, psychosis-like symptoms and learning difficulties. The Youth Justice Service Development Project is due to begin work later in 2007: SCMH is currently recruiting staff for the project.