

Consortium forges greater links for neuroscience

The King's Neuroscience Consortium has been launched to strengthen links and promote greater collaboration between research teams across the College.

The virtual Consortium includes the MRC Centre for Developmental Neurobiology based on the Guy's Hospital campus; the Wolfson Centre for Age Related Diseases in the School of Biomedical and Health Sciences; the IoP's Department of Clinical Neuroscience (already a consolidation of the Department of Clinical Neuroscience at the School of Medicine and the Department of Neurology at the IoP); and the IoP's Department of Neuroscience, where the MRC Centre for Neurodegeneration Research is based.

Other research groups which have overlapping interests and are based either at the IoP or in the School of Medicine are also members of the Consortium, led by IoP dean Professor Peter McGuffin. The King's Clinical Neuroscience Institute, once built, will be a major member of the Consortium.

A new website, detailing the activities of Consortium members and presenting a coherent public face for the speciality, will be live within the next couple of months. The Consortium will organise research days where its members can network and share information, and public events to promote the research teams' work to a wider audience.

The Consortium has been created in the wake of a College-commissioned External Review of Neuroscience at King's College, published in January 2006 (which made recommendations for improving collaboration) and takes forward proposals made in response to that Review by leading College neuroscience academics about ways to better integrate their activities.

• A £3 million gift from the King's Medical Research Trust (KMRT) is a turning point in the appeal to raise the money needed to build the new King's Clinical Neuroscience Institute next to the James Black Centre, said major gifts fundraiser Gary McAllister. 'With KMRT's support, researchers will be able to make a real difference to the understanding and treatment of debilitating neurological disorders such as stroke, dementia, epilepsy, Parkinson's disease, multiple sclerosis and motor neurone disease,' he said.

Harvey scoops this year's teaching award

Harvey Wells has been given the IoP's Award for Excellence in Teaching 2006/07. The Award is part of a King's College London scheme, now in its fifth year. The winner of the Award receives £1,000.

Harvey, based in the Section of Mental Health Nursing in the Health Service and Population Research Department, was nominated by students who attended the Dual Diagnosis short course in autumn 2006. The course gives healthcare professionals the knowledge and skills they need to work effectively with people who have a dual diagnosis of mental health problems and substance misuse: Harvey is the programme leader.

He joined the IoP two years ago after working in a variety of mental health and substance use services as a clinician: his job here is his first teaching post and he says he finds teaching 'challenging and rewarding.' He is currently developing new education programmes for mental health professionals to be offered by the Section of Mental Health Nursing from September this year.

• For more information about short courses run by the Section of Mental Health Nursing, visit www.iop.kcl.ac.uk/departments/?locator=436&context=937.

Book for depersonalisation

Professor Tony David and colleagues from the Section of Cognitive Neuropsychiatry in the Division of Psychological Medicine and Psychiatry are the authors of a new book about using cognitive behaviour therapy for depersonalisation. *Overcoming Depersonalisation and Feelings of Unreality* was published in July by Constable and Robinson as part of the consumer-friendly cognitive behavioural-based 'Overcoming Series'.

Depersonalisation – when people feel detached from themselves, as if they are in a dream or a film – can be a symptom of anxiety, depression, post traumatic stress disorder, panic, epilepsy or migraine, or can be experienced when people are in a stage of fatigue, stress, fear, emotional turmoil, or after taking drugs. It can also be an illness in its own right. The Depersonalisation Research Unit in the Section of Cognitive Neuropsychiatry is also headed by Tony David. To find out more, visit www.iop.kcl.ac.uk/departments/?locator=911. Visit www.constablerobinson.com/ to find out more about the book.

In brief...

A campaign to recruit a new chair for the Student Forum will soon be launched: the position has been vacant since former chair Fergus Kane stepped down. The Education Support Team is writing to all students with information about the role and posters appealing for a volunteer will be displayed around the IoP. During the first few weeks of the new term, the Education Support Team will be organising a number of social events for students in a bid to recruit a team willing to get involved the Forum's activities. To find out more, contact student support officer Becky Cooper, ext 0237, rebecca.cooper@iop.kcl.ac.uk.

A new private dining room is available for lunchtime hire, just off the café diner. The converted office has a table that seats six comfortably and is reserved for dining from 12 noon to 2pm. At other times, it can be booked for meetings without food. Lunch can be delivered as a plated meal or as a buffet. For more information, contact Room Bookings on ext 0326 or email Julia.Richardson@iop.kcl.ac.uk. There are also three new rooms in the W1 corridor that can be booked for meetings and teaching sessions for up to 10 people.

A scheme that aims to dramatically increase the amount of waste the IoP recycles will not now be fully implemented until the beginning of September. Even though the scheme – which allows staff and students to sort their waste into three different bins – has been successfully trialled in the SGDP building and café diner, there have been unavoidable delays in extending it to other buildings and offices, said head of Site and Catering Services Neil Thomas.

A new book published in June offers help and advice to families involved in the care and support of people with an eating disorder. Professor Janet Treasure from the Section of Eating Disorders is one of the authors of *Skills-based learning for caring for a loved one with an eating disorder: the new Maudsley Method*, published by Routledge. The book is based on results of research and personal experience. Visit www.taylorandfrancis.co.uk.

The café diner 'lounge' is open for business with 50 seats and both wireless and plug in network access. It's billed as 'an ideal place for study, non-confidential meetings and relaxation.'

WHAT'S ON...

The work of the Department of Psychology will be showcased on Friday 14 September at its research day in the Wolfson Lecture Theatre. *Applying Science to the Real World* is the title of the day and there will be a series of presentations about the work of the department. Visit www.iop.kcl.ac.uk/events/?id=426 for abstracts and a downloadable booking form, or email l.anderson@iop.kcl.ac.uk for more information.

Volunteers to organise Maudsley Debates needed

Calling all academics: could you organise a Maudsley Debate? The search is on for keen and enthusiastic individuals to volunteer to organise one of the popular public Debates, held at the IoP since 2000.

The often controversial Maudsley Debates were the brainchild of Professor Robin Murray, head of the Division of Psychological Medicine and Psychiatry. Over the years, guest speakers have included Germaine Greer, Lord David Owen, mental health tsar Louis Appleby and tabloid agony aunt Virginia Ironside. The final judge of the speakers' arguments at each Debate is the audience.

A group of potential Debate organisers has already met to start planning topics for 2007/08: anyone willing to take responsibility for organising one of them (which mainly involves contacting potential speakers) should contact communications officer Louise Pratt, louise.pratt@iop.kcl.ac.uk. • The vast majority of past Maudsley Debates are available as podcasts on the IoP website. Visit www.iop.kcl.ac.uk/podcast/?id=66&type=album.

Lyn Pilowsky's portrait is first for IoP women

A specially-commissioned portrait of Professor Lyn Pilowsky, head of the Section of Neurochemical Imaging and Psychiatry, was unveiled in June to celebrate her time at the IoP. She attended the unveiling event, which was packed with colleagues and friends.

After neurosurgery earlier this year, Lyn has since spent time in a hospice and, at the time of going to press, was at home with the support of a live-in nurse.

The portrait is hung outside the Wolfson Lecture Theatre along with portraits of former deans. Lyn is the first lady of the IoP to be honoured in this manner: the portrait was based on a photograph and commissioned by dean Peter McGuffin.

Jeffrey Sachs launches *Lancet* series with IMH

Professor Jeffrey Sachs, director of the Earth Institute at Columbia University and Special Advisor to United Nations Secretary-General Ban Ki-moon, will be the chief guest at the launch of *The Lancet Series on Global Mental Health*. Many of the articles in the Series have been penned by researchers at the IoP who are part of the International Mental Health (IMH) group.

Professor Sachs was the architect of the UN Millennium Development Goals – agreed to reduce extreme poverty, disease and hunger by 2015 – and is this year's BBC Reith Lecturer.

The launch takes place on 3 September at King's College London's Franklin Wilkins Building on the South Bank: many of the authors will be speaking, including Professor Martin Prince who co-ordinates the IMH group, made up of researchers from the UK and collaborating overseas institutions. The launch is co-hosted by the IoP, the London School of Hygiene and Tropical Medicine and *The Lancet*, and is supported by the World Health Organisation.

The Lancet Series on Global Mental Health documents key issues, including scarcity, inequity and inefficiency of mental health resources and barriers to improving mental health services.

IoP experts feature in BBC documentaries

BBC journalist Jeremy Paxman visited the IoP in June to film an interview with Edgar Jones, Professor of the History of Medicine and Psychiatry, about the treatment given to poet Wilfred Owen at the Maudsley Hospital. Owen suffered from shell shock during the First World War: the interview was for a documentary to be shown this Autumn.

Several members of staff and students approached Mr Paxman in the café diner, and asked for his autograph...

IoP experts are contributing to another BBC documentary about the UK classification of drugs, including cocaine, ecstasy and cannabis. Dr John Marsden from the Addictions Research Unit, will be commenting on the current understanding of the effects of different substances: his colleagues will be highlighting their research into THC, the component in cannabis that creates 'a high'. This programme will also be aired in the Autumn, as part of the *Horizon* series.

A visible dean...

Dean Peter McGuffin isn't planning to be a distant ruler: he wants to make sure people at the IoP and South London and Maudsley NHS Foundation Trust (SLaM) know who he is and vice versa. 'Shortly after I first took up the job I was somewhat taken aback when a fairly senior colleague asked me: "What does the dean do exactly?"', he said. 'But then it struck me she was probably not alone, and that maybe there were lots of people across the IoP and SLaM who didn't have a clue who I was, or what I did. In fact, given the scale of the combined organisations, there was probably a lot of stuff that I was ignorant about too.'

As a first step, he has teamed up with SLaM chief executive Stuart Bell and is visiting the main clinical services that are interwoven with research carried out at the IoP. The two men have started with Lambeth Hospital where staff showed them around and told them about the work there, and at local community mental health teams. In return, Professor McGuffin told them what's happening here at the IoP.

Friendship most important thing in children's lives

Judy Dunn, a research professor in the SGDP Centre, was quoted extensively in the press in June following the results of a survey carried out about childhood friendship published by The Children's Society. The survey is the first in a series being commissioned as part of The Children's Society independent *Good Childhood Inquiry*, which is chaired by Professor Dunn and seeks to open a debate about what makes for a good childhood in a modern UK.

The survey revealed that children's freedom to play out with their friends is being curtailed by adult anxiety about the modern world. It also showed that early friendships often last a lifetime, with 69 per cent of respondents saying they are still in touch with at least one childhood friend.

Children contributing to *The Good Childhood Inquiry* have said friends are the most important things in their lives. *Friends* is the first of six themes to be considered by the Inquiry: download a summary of the evidence by visiting www.goodchildhood.org.uk. The next theme to be investigated is *Family*: the Inquiry will report its final conclusions in 2008.

WHAT'S ON...

Professor Nick Rawlins from Oxford University will be delivering the First Jeffrey Gray Memorial Lecture on Friday 14 September. *The Anxious Brain. Memory, pain and fear, from mutants to man* starts at 6pm in the Wolfson Lecture Theatre. Nick Rawlins is the Watts Professor of Psychology in the Department of Experimental Psychology at Oxford and carried out his doctoral research with Jeffrey Gray. Admission to the lecture is free: for more information email l.anderson@iop.kcl.ac.uk.

From 1 July, smoking is banned in public places and many smokers are deciding to finally quit. Help is on offer from smoking cessation services in the form of patches, gum and other nicotine substitutes, and the newspapers are reporting an increase in work for hypnotherapists. Another option is to 'cold turkey' – one chosen more than a year ago by Harry Meteyard, business manager in Biostatistics and Computing and Forensic Mental Health Science.

Giving up smoking by Harry Meteyard

I gave up smoking on 6 March 2006. I had never given up before, but I was determined that I'd give it a fair go. I took a week off work to prepare myself for what I thought was going to be a really difficult task after smoking for nearly 25 years. I made a decision that the only approach for me was the cold turkey one – I was put off the idea of nicotine replacement medication after a friend was still chewing nicotine gum eight years after stopping smoking. Not the same piece, I'd like to add.

I didn't really have a countdown to the day – I just picked a date and stuck to it. Initially, I felt quite anxious when I wanted to have a cigarette, but I managed to distract myself quite well in that first week by visualising my regenerating lungs. I just imagined how my body was ridding itself of years of cigarette abuse.

Once back at work, things were a little more tense. I used to have a cigarette break usually at 10.30am and the 15 minutes either side of this time were always the most difficult for me. It was the same for my other previously timed cigarette breaks at lunchtime and mid-afternoon. I would be grumpy and snappy,

to say the least. A t-shirt emblazoned with 'Nicotine withdrawal, please bear with me' would have been very beneficial for all around me and would have helped with the parting of the masses in the café diner every time I walked through. The grumpy/snappy feelings soon went away (although many probably wouldn't agree!) and the first three weeks were by far the worst. On the whole, I found the experience of giving up a lot easier than I'd expected.

I still get the feeling that I'd like a cigarette, and then, when I realise I no longer smoke, disappointment floods me for about ten seconds. Although I hate it when smokers sit next to me on the train – their clothes absolutely stink and it is disgusting, and I'm glad that isn't me anymore – there isn't usually a day goes by when I don't think 'Ooh I'd like a cigarette.' But I don't smoke anymore. Instead, I've become one of the rather smug brigade of ex-smokers who are happy to write about their experiences. Long may it last.

- King's College London Policy on Smoking already bans it in all buildings and vehicles, and immediately outside entrances and exits or near to windows or air intake units. At least four people have been caught on CCTV cameras having a cigarette on IoP premises since the ban was introduced: after 1 July, smokers who light up inside will not only be in breach of College Policy and face disciplinary action, they will also be committing a criminal offence.

If you want NHS help to stop smoking, call the NHS Smoking Helpline on 0800 1690 169, visit www.gosmokefree.co.uk or text GIVE UP and your full postcode to 88088 to find your local NHS Stop Smoking Service.

How to make sure your records management is the best...practically and legally

There are six easy steps to make sure your records management is the best, says IoP records officer Max Mwakitalu.

'Firstly,' he says, 'ensure the records you create are accurate and reliable and your system of creating them is consistent and in line with your departmental or business activities and decisions.'

'Secondly, name your files and folders consistently and explicitly, so that others will be able to find things if they are not familiar with your indexing. Use descriptive information to enable better understanding and easier retrieval.'

'Thirdly, remember that records could be viewed by people outside the IoP. Be aware of the legal implications of the Data Protection Act 1998 and the Freedom of Information Act 2000 and remember that you could be held accountable, especially when dealing with information that could be damaging.'

'Fourthly, be aware of the Records Management procedures when you create your records. These include retention

guidelines which stipulate the legal number of years your records should be kept, the forms you need to complete when you send or request your semi-current records to or from storage, and the classification number of your records. Avoid sending duplicate copies to the semi-current storage facility, and do not over-fill the boxes provided.

'The fifth step is to consider security requirements for specific types of records. Keep personal data and other confidential information under lock and key.'

'And finally, dispose of confidential records in a legal and professional way. Use the confidential disposal sacks provided by Site Services and ensure you dispose of records at the right time. Keep a list of records you have disposed: you might need it in future.'

- Every email you send counts as an IoP record. Emails are subject to the same legislation as documents because they often can contain evidence of business transactions, says Max Mwakitalu.

More Dana public events

Does your heart rule your head? That's the title of the public event on 19 July at the Dana Centre in South Kensington, organised jointly by the IoP's Mental Health Knowledge Centre and the European Dana Alliance for the Brain. The panel of experts – including Professor Anne Farmer from the SGDP Centre – will discuss whether moods and emotions are linked to genes. The event starts at 7pm: visit www.danacentre.org.uk/events or call 020-7942 4040 for tickets.

The next Dana Centre event is scheduled for 18 October and will be about anti-social behaviour.

Statistical Genetics Unit

A new Statistical Genetics Unit brings together researchers from the SGDP Centre and the Department of Medical and Molecular Genetics in the IoP's sister School of Medicine. The Unit is led by Professor Cathryn Lewis in the Department of Medical and Molecular Genetics and will develop statistical methodology for use in genetic studies, and collaborate with molecular and clinical colleagues on research projects looking for genes that contribute to illness and behavioural traits. There will be two new academic posts within the Unit, launched in July.

Brian Anderton new Fellow

Professor Brian Anderton has been elected a Fellow of the Academy of Medical Sciences. A professor of neuroscience, Brian Anderton is director of the MRC Centre for Neurodegeneration Research here at the IoP and head of the Department of Neuroscience. He also chairs the IoP/SLaM Neurodegeneration and Brain Injury Interdisciplinary Research Group (IRG). Find out more about the Academy of Medical Sciences by visiting www.acmedsci.ac.uk/.

In brief...

The First Mediterranean Maudsley Forum is being organised by the Division of Psychological Medicine and Psychiatry and will take place 22-24 October in Italy. The course is for psychiatry trainees and junior specialists and follows in the successful wake of the annual London-based Maudsley Forum, now in its seventh year. This will be held, along with an Advanced Forum, on 10-14 September. Last year 75 young psychiatrists from 26 European countries came to the capital to attend these training courses. Visit www.iop.kcl.ac.uk/MediterraneanMaudsleyForum or www.iop.kcl.ac.uk/MaudsleyForum for more information.

Are you looking for a competitively priced colour photocopying service? Look no further than your computer: you can send material to be colour copied as an attachment to IDandCopying.Service@iop.kcl.ac.uk. For more information, type 'colour copying' into the search bar on the IoP website, or ring Bob Willmott in Site Services on ext 0973.

The staff directory on the IoP website has been redesigned and there is now the option to make your entry for internal eyes only. Visit <http://internal.iop.kcl.ac.uk/> to add yourself to the directory. You should also make sure you're on the King's College London internal directory pages which are a resource for the main switchboard.

Professors Graham Thornicroft and Martin Knapp within the Health Service and Population Research Department are two of the authors of *Mental Health Policy and Practice Across Europe*. The book has been given the 2007 Baxter Award by the European Health Management Association: the award is for an outstanding publication and/or practical contribution to excellence in healthcare management in Europe. The other two authors of the book, published by Open University Press in January this year, are David McDaid and Elias Mossialos, both at the London School of Economics and Political Science.

The IoP faces a space crisis: 150 new people will be joining the organisation before Christmas and need somewhere to work. Portacabins in carparks are one option being considered by senior managers. Existing staff may be asked to squeeze together to make room for new colleagues and give up an office if they have more than one. The new members of staff are being recruited to fulfil the work demands of a spate of recent new grants and funding awards.

To get the latest up-to-date information about services from IT, Site Services and Estates, and to find out what's on the menu at the café diner, set up an alert to the circulars intranet site: <http://portal.iop.kcl.ac.uk/sites/Circulars/default.aspx>.