

IOPVIEWPOINT

News for people
at the Institute
of Psychiatry

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KING'S
College
LONDON

Maudsley Debate date

The first Maudsley Debate of the new academic year is on Tuesday 27 November. Professor David Healey from Cardiff University will be proposing: *This house believes that psychiatrists are unable to resist the seductive messages of the pharmaceutical industry.* Professor David Taylor, chief pharmacist at South London and Maudsley NHS Foundation Trust, will speak in opposition. Other speakers are Dr Peter Aitken and Professor Tony Hale. The debate starts at 5.30pm in the Wolfson Lecture Theatre: everyone is welcome.

Student Forum leaders

The Student Forum is now led by a triumvirate: the new job-sharing chairs are Sarah Savage, Lorna Taylor and Sarah Smith: all completed the Neuroscience MSc last year and are now PhD students. Sarah Savage is researching Asperger's in adults; Lorna is investigating language and cognitive changes in Motor Neurone Disease; and Sarah Smith is working on the neuropathology of Lysosomal Storage Disorders. All three want to help students have a 'productive, successful and fun' time while at the IoP. You can contact them at: sarah.savage@iop.kcl.ac.uk, lorna.taylor@iop.kcl.ac.uk and sarah.smith@iop.kcl.ac.uk.

Parenting Academy opens

The National Academy for Parenting Practitioners opened this month. Children, Young People and Families Minister Beverley Hughes was at an official event to mark the start of business of the government-funded collaborative venture between the IoP, the Family and Parenting Institute and Parenting UK. The Academy will train professionals who work with parents, and run a programme of research to develop and trial practical, easy to deliver programmes that improve parents' skills and make a difference to the antisocial behaviour of children.

WHAT'S ON...

There are two pre-Christmas after-work IoP Film Society screenings: *Delicatessen* on Monday 3 December in the Small Lecture Theatre, and *Sing-a-Long Rocky Horror Picture Show* on Thursday 13 December, venue to be confirmed. Both start at 5.30pm. All staff and students are welcome to join the Society: membership costs £5 for the year. For more information, email julie.smith@iop.kcl.ac.uk.

Masterplan for future campus development

Proposals to transform the front of the main IoP building in De Crespigny Park are now being considered as part of a campus-wide strategy. The King's College London-led plan sets out to make best use of space, link different parts of the organisation together and develop new facilities for students and staff.

The whole-campus proposals will be a masterplan for the future, setting priorities, which can be realised as funding is secured or becomes available, said Institute secretary Laurence Benson.

'It's about meeting currently unmet needs – like social facilities, for example, how to make it more like a university campus, how to bind together the large blocks of activity on either side of Denmark Hill, finding out the potential for development and setting priorities for investment,' he said.

Senior members of staff at the IoP are being consulted on the plan, the production of which

The IoP Christmas Party...

takes place on
Thursday 6 December
at The Living Bar
in Coldharbour Lane, 7pm
Everyone is welcome!
Live music, DJ, tickets £5
including one free drink

Organised by the Student Forum. Any proceeds will be donated to charity.

is 'imminent.' Meanwhile, plans drawn up for the front of the main building by architect Will Alsop will be considered in the light of the overall strategy and priorities. The Alsop plan involves remodelling the space inside the front of the building to include a new Library, new seminar rooms and reception area, and the creation of a three or four storey atrium to wrap around the side of the building and replace the existing entrance.

Recycling for all

by
Neil Thomas,
facilities manager

By the time you're reading this, all Institute buildings on the campus will have a new three bin collection system for daily waste which, with a little effort from everyone, will increase our collective recycling effort from 15 per cent to a minimum target of 70 per cent. Increasing our recycling to this extent will mean considerably less waste goes to landfill, and further reduce our carbon footprint by cutting our transportation needs.

Everyone is asked to segregate their general daily waste out at the point it is produced – at their desk, in the library or in the café diner for example. I ask for everyone's support to make the Institute a greener place to work. Each workstation will have a recycling tray: once full its contents must be emptied in the recycling bins, placed in key locations throughout buildings. There will also be a clearly identified non-recycling bin for wet waste, and a confidential waste bin. Bins will be collected and emptied every day.

During a trial of the scheme at the SGDP Centre, some teething troubles were identified which have since been tackled. Some staff commented about the distance they had to walk to empty their workstation recycling tray, for example. So we doubled the locations of the bin-sets in order

to cut the walking distance in half. A minority of people felt that it was too much to take their tray to the bin-set at the end of every day – but it only needs to be emptied when it's full! Others complained at having to walk down the corridor to the wet waste bin immediately after eating a yoghurt or to dispose of their apple core. These items can be left with the other waste and taken to the bin-set when it's convenient: a special journey is not required! But please take care not to contaminate the recyclables.

Other comments were about the bins looking untidy, top heavy and impeding safe evacuation in the corridors. All locations have been agreed with the College Fire Safety Officer. We've changed the colour scheme to a neutral grey and are using more sturdy models.

The third locked bin for confidential waste means you can get rid of your daily confidential waste as you generate it, negating the need to keep sacks on the floor. Initially the locking mechanism didn't work and confidential data was 'at risk' – this was a manufacturer's problem, which has now been addressed. You will still need to order bags for confidential waste when having a major office clear out: these are available through the Facilities Helpdesk as usual.

Cardboard packaging is included in our recycling scheme and should be left at your workspace and marked up 'waste': it will be removed by the cleaning

New archive collections

Four collections of material relating to the history of psychiatry in the UK and of national significance are now in the IoP archives.

Records officer Max Mwakitalu has been working with Geoff Browell in the College Archives to identify and secure material from Sir Aubrey Lewis, in charge of the IoP from its establishment in 1948 until 1966; from child psychiatrist Lady Hilda Lewis (nee Stoessiger); from professor of forensic psychiatry John Gunn; and from Professor Bill Yule about post traumatic stress disorder, including papers from the study following the capsizing of the Herald of Free Enterprise in 1987.

A bid has been made to the Wellcome Trust to enable this material to be catalogued and made easily accessible to researchers.

The Sir Aubrey Lewis collection includes his report on pre-war European psychiatric facilities, wartime papers and scripts of his broadcasts on the state of mental health in the UK.

team the following morning. However, if you have a large amount of packaging rubbish and it's getting in the way, contact the Helpdesk and we'll send a janitor to collect it on the day, as soon as we can. Advance notice is appreciated for very large consignments. Everyone has a part in keeping our corridors and workspaces safe – please keep the corridors clear for emergency evacuation and reduce the risk of slips and trip hazards.

Smaller paper recycling schemes that exist within departments or buildings can now cease, so there is now no need to store sacks of paper awaiting collection, again making corridors safer places.

Our suppliers sort your recyclables into categories at their depot: see how they do this through a link on the Facilities recycling pages on the IoP website. They also provide regular reports on how we are doing in terms of recycling: we will share these reports on the website too.

For further information, please type 'recycling' in the IoP website search box. If you have any further questions or concerns, please email Helpdesk.Services@iop.kcl.ac.uk.

Currently, our partners at South London and Maudsley NHS Foundation Trust and King's College Hospital do not have extensive recycling schemes in place, and if IoP staff and students are based in their buildings, local arrangements apply.

in brief...

www.mentalhealthcare.org.uk has launched a new monthly newsletter to keep carers, families, friends and professionals up to date with the latest research findings from the IoP. The by-email newsletter also includes mental health stories from the national press and a list of events and opportunities to participate in research. If you would like to be added to the mailing list, email Mental Health Care's web content manager Sarah Gentleman, sarah.gentleman@iop.kcl.ac.uk.

More than 200 people had completed a questionnaire asking for their views on how best to communicate internally at the time of going to press. The deadline for responses to the questionnaire – sent by email to all – was 15 November, but if you missed the day or didn't see the circular, you can still contribute by emailing your views to Sue Colwell, director of knowledge management, sue.colwell@iop.kcl.ac.uk. The survey includes a question about the future of circulars – should they stay or go?

Members of the junior medical staff and visiting fellows are invited to enter for the Denis Hill Prize 2008. The annual prize is awarded for research undertaken while holding a clinical position, or a research registrar post. The winner will receive £500. Email entries to Selina.Chughtai@slam.nhs.uk and also post them to the Postgraduate Research Centre, 111 Denmark Hill, London SE5 8AZ by Monday 7 July 2008.

The Library is to open half an hour earlier on weekday mornings. From Monday 3 December, staff will be at the counter at 8.30am from Mondays to Fridays. The Library will continue to open at 10am on Saturdays.

All PhD students should by now have collected a notebook in which to record the activities they carry out during their study. The notebooks, and the *Research Student's Handbook for 2007/08*, which contains guidance on how to complete them, are available from the Education Support Team, educationsupport@iop.kcl.ac.uk.

The IoP will close on Friday 21 December and not open again until Wednesday 2 January 2008. The Library, however will be open 8.30am to 1pm on Monday 24 and from 10am to 3pm on Thursday 27 and Friday 28 December.

in brief...

King's College London's staff volunteering scheme offers you the chance to get involved with activities and events in Southwark, Lambeth and Westminster – from reading with a child at school to helping clean up the River Thames. Find out more by calling 020-7848 2714 or visiting www.kcl.ac.uk/volunteering.

Professor Sir Michael Rutter was on the speakers' platform at *Love, Life and Adoption*, the last of the public engagement events jointly organised in 2007 by the IoP's Mental Health Knowledge Centre and the European Dana Alliance for the Brain, held earlier this month. The public events held at the Dana Centre in South Kensington will continue in 2008.

Nearly 300 commuters who use Denmark Hill station signed a petition to keep the train service running to London Bridge. The petition was sent to Network Rail who were consulting on the future of train services in south London: one proposal is to divert trains on the South London Line from London Bridge to Lewisham or Catford.

A new Research Report, highlighting the work of the IoP, is to be published in the New Year. The report will be widely distributed in this country and overseas, to academic and NHS organisations, policy makers and politicians, charities and funding bodies, and the general public. A comprehensive distribution list is currently being put together by freelancer Mandy McKinnon and will include updating some of the existing mailing lists held by different departments. 'Please co-operate if you are contacted by Mandy regarding distribution lists,' said IoP public relations officer Camilla Palmer.

The John and Lucille Van Geest Foundation has donated £150,000 to help fund work at the IoP to search for biomarkers in Alzheimer's Disease, led by Professor Simon Lovestone in the MRC Centre for Neurodegeneration Research.

Psychiatrist and broadcaster Anthony Clare, who died at the end of October, trained at The Maudsley in the early 1970s, carried out research at the IoP and was vice-dean in 1982. 'His legacy includes very many psychiatrists who were persuaded to take up the subject by the inspirational model that he provided of psychiatry at its best,' said former colleague and friend Professor Robin Murray.

WHAT'S ON...

The Department of Forensic Mental Health Science is organising the *5th National Conference on Research in Medium Secure Units*. The free conference takes place on Tuesday 29 January and advance booking is required: visit www.iop.kcl.ac.uk/events/?id=542 for more information.

The Data Protection Act: what researchers should know about principles 1, 2, 5, 6, 7 and 8...

by
records officer
Max Mwakitalu

The Data Protection Act came into force in March 2000 and regulates the obtaining, holding, using, processing and disclosing of information relating to living individuals. The Act applies both to manual and computer-processed data, and lays down the principles of good information handling which are designed to make sure that personal data is used in a way that is fair to individuals and protects their rights. It also ensures that data about them is processed only with their knowledge and consent. The Act classifies certain types of personal data as sensitive, and this covers information about ethnic or racial origin; political opinions; religious beliefs; trade union membership; physical and mental health; sex life;

and criminal offences or alleged offences. Extra precautions have to be taken when processing sensitive personal data.

The following principles of the Act apply to data collected for research, history and statistics:

- *The 1st Data Protection Principle* requires subjects to be told about the purposes for which their data will be processed, including any disclosures that may be made, at the time when information is collected;
- *The 2nd Data Protection Principle* states that data must be processed for specific purposes. Researchers are exempt on this principle, as long as they gain consent from individuals to use the same data for a different purpose when they originally collect information;
- *The 5th Data Protection Principle* states that personal data shall not be kept for longer than is necessary for the purpose for which it is processed. Researchers are again exempt from this principle and may keep data indefinitely (a 100 year rule applies). At the start of a project, the team should consider the retention period;

Nurse-led project for people with MS up for award

A project that focuses on the mental health needs of people with Multiple Sclerosis (MS) has been shortlisted for a *2007 Guardian Public Services Award*. The Awards highlight often unacknowledged inspirational work in the public sector, and the winners were being announced at the time of going to press.

The nurse-led project was launched by the MS Service at King's College Hospital in collaboration with Health Service and Population Research's Section of Mental Health Nursing, and the Section of Cognitive Neuropsychiatry in Psychological Medicine and Psychiatry.

One in two MS patients can experience depression, and about a third suffer from anxiety. Other

Winning business plan?

PhD students, post doc researchers and Masters students could scoop £5,000 if they come up with a winning business idea and enter King's College London's new Business Plan Competition.

Launched in October, the new competition is a joint venture between King's College Business London and King's Graduate School and, according to director of King's Business Dr Alison Campbell, 'seeks to nurture venturing and entrepreneurial spirit in the graduate population so that they are equipped with business and commercial awareness for their future careers, whether they be in academia, business, or not-for-profit arenas.' Business ideas could include products, services, social enterprise, technology, or health and lifestyle ventures which may or may not be related to research or study: entries are invited from teams of two to five.

To find out more about the competition, visit www.kcl.ac.uk/business/bussplan.

mental health problems such as mood swings, cognitive impairment, and even psychosis are not uncommon.

Mental health nurse specialist Sally Jones provides psychiatric assessments and treatment advice: referrals come from the MS Clinic's neurologists at King's College Hospital and specialist MS nurses in Southwark Primary Care Trust. As well as assessing patients, Sally offers short-term cognitive behavioural therapy for those who most need it.

When the project ends in 2009, researchers will evaluate its success, taking into account the opinions of medical professionals, patients and carers. The project is funded by The MS Society and Teva Pharmaceuticals.

Listening to patients

Three-quarters of the people who use services run by South London and Maudsley NHS Foundation Trust say they have not been given, or offered, a written copy of their care plan. Half said they had not been told who their care co-ordinator was. These were two of the findings from the most recent survey of patients, part of a national NHS programme co-ordinated by the Healthcare Commission.

In the light of this feedback, The Trust has now introduced a new care plan folder: the idea is to make sure service users are given written copies of their plan, together with details of their care co-ordinator, which can be written inside the folders.

Thirty-eight per cent of those surveyed also said they had not been told they could bring a friend or relative to their care review meeting and senior managers are urging all staff to make that clear to people.

The full results are published at www.healthcarecommission.org.uk.

- *The 6th Data Protection Principle* empowers a number of rights to individuals, one of which is the right to see and have a copy of all the information held about them by an organisation. This right does not apply to personal data collected for research purposes, as long as the results of the research are not made public in a form that identifies data subjects;
- *The 7th Data Protection Principle* states that appropriate measures must be taken to protect personal information from loss or damage, and from disclosure to third parties. It is particularly important to comply with this principle and researchers should ensure that appropriate access control mechanisms such as password protection and restricted access should be in place for any personal data held on computer, and that any sensitive personal data held in manual files should be kept under lock and key. Any personal data used for research should be disposed of in an appropriate way when the project is complete: paper files should be shredded or thrown in confidential sacks,

and data stored on hard discs of computers should be wiped by degaussing, then by deleting files. If personal data is processed offsite, and if laptops are used by staff either at home or when travelling, particular care should be taken to prevent loss or accidental disclosures;

- *The 8th Data Protection Principle* states that personal data must not be transferred outside the European Union without appropriate safeguards. Make sure individuals consent to the transfer, and that they are aware that their consent means their information might be available in countries with no data protection legislation. This principle should be taken seriously on collaborations and projects that include participants outside the European Union.

- If you have any queries about the Data Protection Act and how it applies to your research, please contact me by phone, ext 0277, or at max.mwakitalu@iop.kcl.ac.uk.

Prize for dean

Dean Peter McGuffin has been given the *Lifetime Achievement Award* by the International Society of Psychiatric Genetics. He received the annual award at the Society's main meeting, the World Congress of Psychiatric Genetics, from Society President Professor Ming Tsuang, who is an IoP alumnus. In his acceptance speech, Peter traced the history of genetic marker studies from a personal perspective – from his start as an MRC Fellow at the IoP in the genetics 'hut' in the late 1970s through to the present day high-tech research in the state-of-the-art equipped SGDP Centre. *The Lifetime Achievement Award* is given for 'a major contribution to the advancement of the field of psychiatric genetics'.

RAE preparations end

Preparations in universities for the RAE (Research Assessment Exercise) 2008 are almost over: two years worth of work culminates on the submission deadline of 30 November. The aim of RAE 2008 is to produce profiles for higher education institutions to help determine funding from 2009/10 onwards from the Higher Education Funding Council for England and similar bodies in Scotland, Wales and Ireland.

The R&E Office managed the collation of the IoP submission, which goes under Unit of Assessment 9 (Psychiatry, Neuroscience and Clinical Psychology) within the overall King's College London submission.

Personal safety day

A personal safety day is to be held on Thursday 13 December and anyone at the IoP can attend. The event will take place in the SGDP Centre. For more information, email security.services@iop.kcl.ac.uk or ring ext 0569.

Priory Lectures

The Priory Group is teaming up with the IoP to launch The Priory Group Clinical Science Lecture Series, starting in 2008. The independent provider of psychiatric services is giving £50,000 worth of sponsorship to fund one lecture a year for five years. The lecture will be given twice – once at a Priory Hospital, and once on College premises. The lectures are to be organised by the IoP and an advisory group made up of representatives from both organisations will choose topics and speakers. The first lecture will take place in February next year.

Health and safety info

Health and Safety advisor David Mullen has updated the IoP health and safety website pages to make it easier to find information. Visit www.iop.kcl.ac.uk/departments/?locator=409.

Support for students

Welfare advice and guidance

Drop-in sessions in the Student Welfare Office (W2.04) in the café lounge. Mondays 12 noon to 2pm
Wednesday 4pm to 6pm
Fridays 11am to 1pm
To book an appointment outside these times, call Becky Cooper, ext 0237.

Counselling

Available by appointment on Mondays in room 2.48 in the Weston Education Centre.

To book a time, call ext 1731 or email counselling@kcl.ac.uk.

Chaplaincy

For students and staff. College chaplain Tim Ditchfield is available at the IoP every Tuesday. To book an appointment, call ext 1808 or email tim.ditchfield@kcl.ac.uk.

Careers advice

In the Student Welfare Office (W2.04). Make an appointment with Terry Jones, the Graduate School Careers Advisor (Graduate Research Students) by emailing phd-careers@kcl.ac.uk.