

## The College

### The Twentieth Annual Meeting, 1991

The Twentieth Annual Meeting of the College was held at Brighton Metropole Hotel, Brighton from 2–6 July 1991 under the Presidency of Professor A. C. P. Sims.

#### *Scientific Meetings*

The Scientific Meetings were held at the Brighton Metropole Hotel.

#### *Business Meeting*

The Business Meeting was held on 4 July and was chaired by Professor A. C. P. Sims. It was attended by 100 members of the College.

The Minutes of the previous meeting held in Birmingham on 11 July 1990 and published in the *Psychiatric Bulletin*, December 1990, were approved and signed.

The Report of the Registrar and the Annual Report were received and approved.

The Report of the Treasurer and the Annual Accounts for 1990 were received and approved.

The appointment of new auditors, Buzzacott, and new fees and subscription rates were approved.

#### *Registrar's Report*

The College continues its function of maintaining and constantly updating its standards of psychiatric practice through, among other things, the work of its Assessors on Advisory Appointments Committees. There have been two satisfactory and lively days devoted to training Assessors. At both meetings there was a mixture of those newly appointed as Assessors and those who have fulfilled this function for a number of years. One of the most difficult tasks has been the necessity to adhere to the standards when being pushed hard by the managers and local colleagues to fill a post that has been vacant for some time. Nonetheless, it is precisely those specialties that have had difficulties in meeting demands for consultants, to fill the vacancies, that have been most insistent that we should continue to demand adequate training. We have been producing further guidelines to assist our Assessors, not only when appointing consultants, but also when choosing senior registrars and registrars on entry to training programmes.

For nearly three years, following the Spokes Inquiry, there has been much discussion concerning

good medical practice in discharge and aftercare procedures. The original guidelines have been rewritten, revised and sent out for consultation to start the process all over again, at least twice. However, the latest report was passed at Council on 21 June, and after being shown to those professions, with whom we work, will then go on to the Department of Health.

Over recent years the numbers of sections has grown and so also has the number of special interest groups. The latest suggestion is for a group on 'transcultural psychiatry'.

Dr Jim Birley, our immediate past President, has just returned from a visit to the USSR in connection with concerns about the abuse of psychiatric practices in that country. Following the visit of our team, led by the present Dean, Dr Fiona Caldicott, to South Africa, a dialogue is being maintained with organisations in South Africa in the hope that the recommendations made during that visit last year can be carried out to the benefit of those who use psychiatric services in that country.

Nearer to home, Professor Kolvin, Vice-President and I visited Leros to advise the Intervention Team, now working in the Childrens' Section of the hospitals on that island.

Major changes in the Health Service were put into effect on 1 April this year. The College relies on the information from its members to monitor these changes and to give advice to purchasers, to ensure that adequate services are maintained in all parts of the country following those changes. As yet there is little evidence as to what particular effects can be ascribed to the establishment of Trusts. Some of the concerns expressed about GP Budget Holders have been attributed to misunderstandings arising out of hurried documents rather than to actual intention. The College's connections with patients through the Patients' Associations and with particular groups such as MIND, National Schizophrenia Fellowship, etc., are invaluable in monitoring the ever changing situations. We now have a Patients Liaison group chaired by Professor Brice Pitt.

The celebrations for the 150th Anniversary are in full swing now with this meeting in Brighton. It is the first time we have had a five day meeting and daily registration exceeds 500 on each day. We have many visitors from abroad and our guests at the dinner tonight will include politicians and other

distinguished people from our host County of Sussex and much further afield. Tomorrow we have the visit from our Patron to look forward to.

Dr ANN GATH  
Registrar

### *Election and introduction of Honorary Fellows*

The following were unanimously welcomed to the Honorary Fellowship.

#### **Dr J. L. T. Birley (introduced by Professor Robert Buglass)**

It is a rare honour and a great personal pleasure to introduce Dr James Birley as an Honorary Fellow of our College.

James Leatham Tennant Birley is by any account a remarkable man. Of course, you all know him as the recently retired President of our Royal College. But there is so much more to him than that alone. In fact I can believe that those of you who do not know him very well, and that future generations of psychiatrists, will often suspect that more than one person has been subsumed under this well-known name.

We have first the bare biographical facts. Jim was born to a distinguished family. His father was a student of Haldane's at Oxford, then went on to medicine and consultancies in neurology at St Thomas's and Queen Square. His work for the Medical Research Council on stress and fatigue in pilots during World War I is still well-known and quoted. Jim was born in Wimpole Street, as befits a later leader of our profession. At Winchester he inevitably became Head Boy. Oxford and St Thomas's saw him following closely in predestined pathways. And then to our great good fortune his interests turned to psychiatry.

This then is the privileged pathway and beginning, yielding a man with enormously wide interests, a subtle wit, literary leanings and an enduring passion for music. We find him surrounded by an exceptionally delightful family – Julia, herself a writer of distinction, and four remarkable children. More books are written by the next generation of Birleys. But what marks them off from many a brilliant family is that they are, without exception, perpetually a joy to meet. Jim leads them in ballads at the piano, in madrigals in the garden. And the garden itself is a sight to behold – a tribute to his enthusiasm and energy. Jim, in this setting, is the Squire of Sydenham Hill!

We turn then to a different facet of the picture – the psychiatrist engaged on clinical and academic endeavours at the Maudsley Hospital. A spell on the MRC Social Psychiatry Research Unit leads to the

Birley of life events schedules and schizophrenia, involvement in developing the Present State Examination, and a profound commitment to social aspects of psychiatry. As a newly appointed consultant he confronts the daunting task of building services to the local Camberwell community.

The work is no sterile exercise, exploiting resources already to hand. By his energy and personal initiatives Jim helps to develop community services on a widespread scale. His achievements are remarkable. He started the Windsor Walk Housing Association, establishing several houses for supervised patient accommodation. This is the first housing for the mentally disordered to be set up in Southwark. Unwanted cupboards are scavenged from the Maudsley; both Jim and Julia take part in nailing carpets to the stairs. Following a public meeting with David Ennals, in Southwark in 1971, Jim is stimulated to found the Southwark Association for Mental Health. He takes on the role of Vice-President, Julia that of Secretary. The Association becomes active on many fronts for the support of local projects. One conspicuous image is of Jim behind the megaphone at the annual Maudsley fete which he masterminds for 15 consecutive years. The differences between patients, staff and members of the public melt away as he persuades them to enjoy themselves while contributing to the cause. This, he feels, is a much better way of raising funds than candlelit suppers for consultants and their wives.

Meanwhile the serious business of psychiatry carries on. A huge clinical load is carried without complaint. His walk-in clinic continues into the late hours of the evening. Jim is seen as representing, quintessentially, the "caring face of psychiatry".

This should surely be enough for one self-impelled and socially conscious citizen. But the scene shifts again to positions of high office. In 1971 Jim is elected to the Deanship of the Institute of Psychiatry, and occupies this arduous post for 12 outstandingly successful years. With scrupulous fairness and unshakable good nature he governs by consensus, confronts hard decisions, draws strength from periods of turmoil and ensures that the Institute prospers. He emerges at the end with approval on every side and, perhaps more surprisingly, with friendships all intact.

The Deanship of the College follows straight afterwards, then, with the inexorable logic of some great fugue, election to the Presidency. There is no need for me to dwell on the debt which the College, and all of us, owe to Jim Birley for the hard work, leadership and diplomacy which he has so consistently shown in this role. But we will recall that recent years have been fraught with problems and perplexities as the government has introduced its several reviews and reforms. We are grateful that the College has had at its helm a man of wisdom and discernment, and with

the courage to speak forthrightly wherever patient welfare appeared to be threatened.

Somehow, in a most remarkable manner, these disparate strands of counterpoint proceeded in time together. The President of the College still carried out his evening clinics. The work for the local community never faltered. The parties continued in the garden on Sydenham Hill. Jim persisted through it all as national consultant to the Samaritans. Fascinated by ideas as well as by practicalities his writings turned to philosophical and broader aspects of psychiatry. Recently, for example, he has delivered a lecture to the Society for Applied Philosophy with the intriguing title – ‘The Doctor, The Patient, and Bishop Berkeley’.

And having relinquished the Presidency, what next? It now seems quite possible that he has commenced his most important task of all. He currently heads the internationally constituted review team of the World Psychiatric Association which is attempting to monitor the Russian psychiatric scene. Possibilities of political abuse will be investigated closely. Diplomacy, tact and good nature will be abundantly required.

Mr President, ladies and gentlemen, I present to you a man with a rich blend of skills and attributes which he has used to great good purpose – a mixture in some respects paradoxical – immensely hard-working yet no driven workaholic; tremendously effective while being essentially unaggressive; relaxed, friendly, approachable and full of humour. In Jim Birley we find a man who has not sought self advancement yet has had it thrust upon him, and has accepted enthusiastically the challenges that have come his way.

#### **Lord Ennals (introduced by Professor Tom Arie)**

President, in honouring David Ennals today, we are honouring “a good man” – in both of the common senses of those words. His every contribution to public life has been beneficent, and there is hardly a major humane and sensible cause, here or around the world, of which he has not been a powerful and effective champion.

He comes from a remarkable family, the members of which have devoted themselves widely to the promotion of human wellbeing. I have to confess that it was not David’s name that I first heard of among the Ennals’s, but that of his brother John, when in my schooldays immediately after the War John Ennals was the moving spirit in the United Nations Association. His younger brother Martin has been Secretary of the National Council for Civil Liberties and of Amnesty International. We will speak about David himself in a moment, but it should be noted that the family tradition has passed on to his children, and many of us here have benefited lately from

following the admirable and informative articles on welfare rights commissioned by the *British Medical Journal* from Simon Ennals, his son.

As a Captain in the RAC David was badly wounded in the War and was a prisoner in German hands. He vowed then that if he survived his wounds and his captivity, he would devote his life to the cause of peace. It would be a very good world if all who made such resolutions pursued them as resolutely as has David Ennals.

Demobbed, David Ennals became Secretary of the Council for Education in World Citizenship, moving later to the United Nations Association. In 1964 he entered the House of Commons for Dover, having previously served as Overseas Secretary of the Labour Party, and as Chairman of the Anti-Apartheid movement. In that connection, President, it is a special proud link for us to be honouring today both Lord Ennals and Sir Raymond Hoffenberg.

David quickly became a Minister, and moved through a series of offices to become Minister of State in the then still new Department of Health and Social Security, under Dick Crossman. But in the 1970 Election he lost his Commons seat. Out of the Commons, and out of office, the job he took was that of Campaign Director for MIND, and that is where I, and probably many others here today, first met him. I remember him vividly in those days, bringing style and clout to the MIND office and the MIND Campaign. In 1974 he was back in Government, now as Member for Norwich. After a period as a Foreign Office minister, he entered the Cabinet in 1976 as Secretary of State for Social Services.

Never, President, has there been a more constructive, well-informed and sympathetic person in charge of that Department. Let me mention only two among his ministerial initiatives: first, the appointment of the Committee under Sir Douglas Black, Sir Raymond’s predecessor as President of the Royal College of Physicians, to enquire into inequalities in health, an issue which rightly still reverberates. The other was the first thoroughgoing endorsement by the Department of the then still new field of psycho-geriatric services. On the latter, I well remember, though I doubt that he does, that I wrote to congratulate him on his wisdom!

I remember him more personally, receiving visitors in his office at the Elephant, a picture of Nye Bevan on the wall, relaxed, impressive, setting one at one’s ease in the Elephant’s version of the Oval Office (this was long before its top brass was top sliced into the bosom of Whitehall). Entirely his own man, and often an astringent critic of psychiatry, David Ennals has always been, when the chips are down, a friend and an ally.

President, if I were to list the causes with which David Ennals has been associated, and mightily powerfully he still is in what is anything but

retirement, then I would outrun by far the time allowed me. So I will make a selection—and I hope that it does not leave out too many of his favourite ones. In the mental health field, it is sufficient to say that he is part of recent psychiatric history, indeed of its folk-lore, and not only because of the famous episode when, with a couple of colleagues, he spent several days in a mental hospital masquerading as a patient.

Many years ago I gained a little notoriety by suggesting that the House of Lords was the perfect model of a good geriatric day hospital. Well, I have to say now that Lord Ennals, and not only because he is still young and far too fit, is quite unlike any day patient I have ever known. For in addition to being the busy Opposition spokesman on Health, he whizzes around the world more widely even than any flight of professors. When in the House, he receives a stream of people in connection with the array of causes with which he is involved. He is currently particularly active in work for single homeless people, for a children's medical charity, and for group homes; and he is President of the College of Occupational Therapists. Above all he is as vigorous as ever in the cause of human rights, for instance as Co-Chairman of Global Co-operation for a Better World; or Chairman of the Asian Committee of the British Refugee Council. Alzheimer's disease, Huntington's chorea, and AIDS are among other current concerns, and I have seen him wearing the tie of Action for Research on Multiple Sclerosis. Alongside all this he has been a fervent campaigner for Clean Air, is Patron of the National Society of Non-Smokers, and he has been an effective advocate for seatbelt legislation. Another special interest is in the issues affecting small states, and he has just been to Malta in connection with that. Self-determination – for Tibet (he put up the Dalai Lama for the Nobel Prize), for the Baltic States, for the Kurds – the list could go on and on. It is the chronicle of issues espoused by decent men in our time; and it would have been enough for an ordinary man to have taken up any one of them.

So, President, I present to you and the College a friend of the sick, the poor, the oppressed – and a singularly good friend of psychiatry; and it is with quite special enthusiasm and regard that I ask you, and all our colleagues, to welcome the Right Honorable the Lord Ennals of Norwich as an Honorary Fellow of our College.

**Sir Raymond Hoffenberg (introduced by Professor Israel Kolvin)**

It is a source of considerable pleasure and a great honour for me to introduce Professor Sir Raymond Hoffenberg as an Honorary Fellow of the Royal College of Psychiatrists. It is not easy to provide a

mere brief citation as Sir Raymond has distinguished himself in so many ways – as a clinician, as a scientist, as a medical politician and as a humanitarian under political scrutiny. Sir Raymond modestly tends to keep his own counsel and will divulge little about the professor or the man; I have, therefore, had to become an investigative journalist in order to obtain even this brief précis of his achievements.

In his youth Raymond Hoffenberg excelled at sports and also academically. His medical studies in Cape Town, South Africa were interrupted by the Second World War. After serving in the armed forces in North Africa and Italy, he completed his medical training in 1948 and within ten years was already a senior scientist, having on the way won a Carnegie travelling fellowship to the US. He was fiercely opposed to his government's racial policies and demonstrated his commitment to academic freedom and to race relations in an era when such endeavours were politically and personally hazardous. However, not being one to modify principles for the sake of expedience, Raymond Hoffenberg increased his courageous stand against racism by becoming Chairman of the Fund that defended and aided those in the forefront of the struggle against apartheid.

By that time his superb skills as both a teacher and clinician had been recognised; nevertheless, far from being a dry academic, he was personable and approachable. The espousing of liberal causes and making time for humanitarian issues added to the attractive personal qualities of this medical scientist. It is easy to understand the considerable influence that he had on the undergraduates: for instance, he organised clinics in the slums to help the underprivileged, and in this and other practical ways helped the students towards an appreciation of their social responsibilities and the need to utilise their medical skills for the sake of the deprived. By his example he helped the students to become socially aware without stirring them up. He became an inspiration and a role model to generations of students and, not surprisingly, was an adored professor of medicine.

Nevertheless, his endeavours led to him being "banned", which meant that although he was allowed to lecture on medical themes, he was not permitted to be with more than one or two people simultaneously. His position became untenable and in 1968 he was allowed to leave South Africa on a one-way exit permit. However, his exit was no unseen departure; students and faculty went en masse to give him a rousing send-off at the airport.

This was a great loss to the South African academic scene but it was the UK's gain. Raymond Hoffenberg was immediately appointed as senior scientist at the MRC and as Consultant Endocrinologist at the Royal Free Hospital School of Medicine. In due course he moved to Northwick Park and then

to the University of Birmingham as the William Withering Professor of Medicine. In the UK he continued his biochemical research into the mechanisms of control, synthesis and metabolism of plasma proteins. His clinical research, which focused on thyroid disorders and the control of thyroid hormone function, led to the development of an assay of thyroglobulin as a marker for thyroid cancer. His editorial interests led him to become Chairman of the journal *Clinical Science and Molecular Medicine* and an Editorial Board Member and subsequently Editor-in-Chief of the *Quarterly Journal of Medicine*.

Over the last 15 years his manifold skills have received national and international recognition and acclaim: he has become a member, and often Chairman or President, of many research or medical societies – including the Medical Research Council, Royal Society of Medicine, Section of Endocrinology, the Association of Physicians; and the 1942 Club. He has also held office as Chairman of the Council of the British Heart Foundation and of the UK Coordinating Committee on Cancer Research.

The medical fraternity has marked his achievements with the award of numerous Doctorates and Fellowships. In 1983 he was appointed President of the Royal College of Physicians. In 1984 he received a Knighthood; in 1985 Sir Raymond was appointed President of Wolfson College and subsequently was made a Trustee of the Nuffield Provincial Hospital Trust and of the Wolfson Foundation.

Mr President, a polymath is defined in the *Oxford English Dictionary* as a person of much or varied learning, a great scholar, and this label seems an eminently appropriate description of Sir Raymond, with his scientific and medical skills and social and political interests. What of his links with psychiatry? The Mental Health Foundation, recognising the considerable potential value of such a polymath to psychiatry, invited him to be their President. However, they may not, at that time, have been aware that he already was a co-researcher and author, with the psychiatrist Dr Jane Grey, of a journal article on the subject of 'Stress and Thyrotoxicosis'.

The award that we are bestowing today is our way of thanking Sir Raymond for his commitment to social and humanitarian issues – his enlightened principles are among those that our College holds dear; and also we welcome most sincerely the pledge of his considerable energies and expertise to the field of mental health research.

Mr President, I ask you and the Royal College of Psychiatrists, to welcome as an Honorary Fellow, Professor Sir Raymond Hoffenberg.

**Professor Narendra N. Wig (introduced by Professor Robert Priest)**

Professor Wig qualified as a physician at King George's Medical College, Lucknow in 1953 and

proceeded to MD four years later. After his initial specialisation in general medicine in India he received a Rockefeller Foundation Fellowship to study psychiatry at the Maudsley Hospital in 1961 and at the Western Psychiatric Institute, Pittsburg, USA in 1962. He also holds a double DPM, one from England and one from Scotland.

Professor Wig returned to India in 1963 and established a Department of Psychiatry at the Postgraduate Institute of Medical Education and Research, Chandigarh, which under his leadership soon became one of the leading research and training centres in the country. He was appointed as Professor of Psychiatry at the Institute at the age of 37. At Chandigarh he embarked on the well-known international research studies sponsored by the World Health Organisation, for instance those on the outcome of schizophrenia, cross-cultural study of expressed emotions, the study of acute psychosis and studies on psychiatric diagnosis and classification. However, for many he will be best remembered for his work on the extension of mental health services in the rural areas around Raipur Rani near Chandigarh, through the integration of mental health into primary health care and by organising simple task orientated training for primary care physicians and health workers. This work later became a model for developing Mental Health Services within the national mental health programme in various states of India and also in other parts of the world. In 1980 he took on an even more prestigious post as Professor and Head of the Department of Psychiatry at the All India Institute of Medical Sciences in New Delhi.

To many of you, Professor Wig will be best known from his association with the World Health Organisation. He has been associated with this Organisation since 1970 both with the research studies mentioned earlier and also by serving on its expert panel on mental health. His department at Chandigarh was designated as a WHO collaborating centre in 1976.

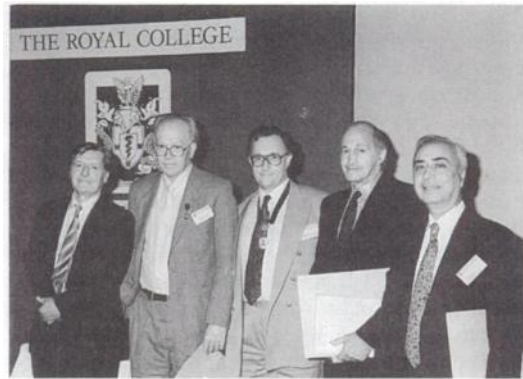
In 1984 he was appointed Regional Adviser on Mental Health for the Eastern Mediterranean Region and he remained in Alexandria until recently. During this period he was involved in the development of mental health programmes in an area that stretches from Pakistan to Morocco. Professor Wig has had a strong research orientation throughout his professional life. He has published over 200 scientific papers and has won many prizes for his research. He was elected to the Fellowship of the Indian Academy of Medical Sciences in 1974.

As a past Registrar of the Royal College of Psychiatrists I feel a strong affinity with Professor Wig who was General Secretary of the Indian Psychiatric Society between 1969 and 1973. My own association with Professor Wig was strengthened when we both

served on the Committee of the Royal Psychiatric Association, during the 1980s. I miss his presence there now.

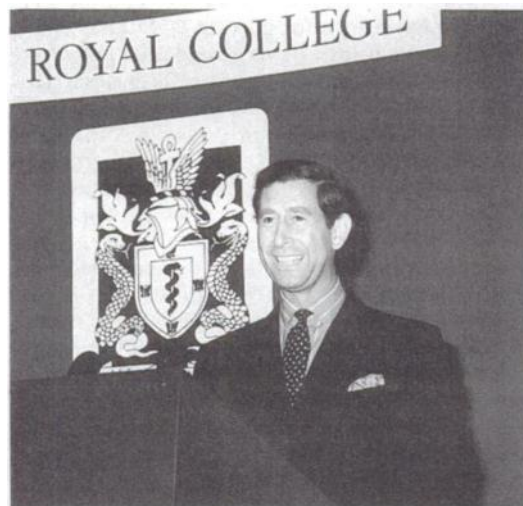
Professor Wig has received a large number of distinctions during the course of his career. It is therefore a privilege for us that he has accepted the Honorary Fellowship of the Royal College of Psychiatrists.

*The President, Professor Andrew Sims, with newly elected Honorary Fellows. From left to right: Lord Ennals, Dr James Birley, Professor Sims, Sir Raymond Hoffenberg, and Professor Narendra Wig.*



HRH The Prince of Wales, Patron of The Royal College of Psychiatrists, gave a Special Lecture at the College's 150th Anniversary Meeting at the Brighton Metropole Hotel on 5 July. The text of his lecture appears in the December issue of *The British Journal of Psychiatry*. Prince Charles was made an Honorary Fellow of the College at the Annual Meeting.

Prince Charles was introduced to Members and staff of the College by Professor Sims.



*Prince Charles with, from left to right, Dr William Boyd, Treasurer, Professor Ann Gath, Registrar and Dr Fiona Caldicott, Dean.*

*Prince Charles with Professor Hugh Freeman, Editor of 'The British Journal of Psychiatry' (right).*





*Prince Charles with Vanessa Cameron, Secretary of the College.*



*Prince Charles with Christine Gear, Appeals Co-ordinator at the Christmas Card Competition stand.*

## Appointment as consultants of candidates deemed insufficiently trained

### Addendum to Guidance for College Assessors on Advisory Appointments Committees

The College has discussed the unsatisfactory situation where a College Assessor on a Consultant Advisory Appointments Committee has considered a candidate to be insufficiently trained, but the Regional or other Health Authority has recommended this person for appointment as a consultant.

The College is entitled to make a judgement whether such an unsuitably trained consultant is able to train other psychiatrists. The College Assessor should not short-list anyone who has not completed at least three years of higher training recommended by the Joint Committee on Higher Psychiatric Training and should point out the insufficiency at that time, i.e. prior to the Appointments Committee. The Assessor should also report to the College the details of the candidate's training, both at general professional and higher levels.

The College would then determine whether this candidate, if appointed as a consultant, would be regarded as an educational supervisor or not. The advice of the College Assessor would usually be accepted but, if the Appointments Committee persists with the recommendation to appoint someone with grossly discrepant training, such as minimal senior registrar experience or no higher training but a series of locum consultant posts, then the following procedure would be implemented.

The Regional Health Authority or other employing authority would be notified that this consultant was not regarded as an educational supervisor and would therefore not be entitled to have psychiatric trainees working under his direction. The consultant would be able to apply to the College, after not less than one year of working as a consultant, to become an educational supervisor. Such applications would be referred to the Central Approval Panel to enable such a candidate to be assessed for suitability as an educational supervisor.

In practice, the Regional Health Authority is unlikely to proceed with the appointment of a consultant when the College Assessor on the Appointments Committee has expressed his intention of recommending to the College that the candidate be refused the status of educational supervisor. In addition, the College would be unable to recommend to the GMC that the candidate's name be placed on the specialist "T" register.

Professor A. C. P. SIMS  
*President*  
Dr A. GATH  
*Registrar*

*Approved by the Court of Electors  
June 1991*