
Miscellany

Insomnia Clinic

The Bethlem & Maudsley Trust and Institute of Psychiatry have opened the UK's first clinic for the treatment of insomnia in elderly people. It will be free of charge and will focus on behavioural techniques that improve sleep habits without medication. The Maudsley's Insomnia Clinic for Elderly People is an out-patient service which is open to anyone over the age of 65 years with a referral from their GP.

Mental health management award

The Wessex Project, a collaborative project involving professionals from health, probation, prison and social services sectors, has won the 1994 Graham Day Award. The national award, organised by Newcastle City Health NHS Trust, was established with the aim of recognising effective management of mental health services. The panel of judges included retired industrialist Sir Graham Day and chose the innovative project for the £5,000 top award. The other finalists were Southampton Community Health Services NHS Trust and Wirral Mind.

National Children's Bureau

Professor Philip Graham has been elected as the new Chair of the National Children's Bureau. Professor Graham was for 25 years consultant psychiatrist at the Hospital for Sick Children, Great Ormond Street, London. He was also Professor of Child Psychiatry at the Institute of Child Health from 1984 to 1990.

Health at Work in the NHS initiative

The Health Education Authority are seeking help in a study to evaluate the Health at Work in the NHS initiative. Part of this evaluation is a survey to find out the views of hospital staff. Responses will be treated in the strictest confidence. Further information: Dr Ray Adams, Project Consultant, Health Education Authority, Hamilton House, Mabledon Place, London WC1H 9TX (telephone 071 680 0680).

Awards

The Shaping British Psychiatry Journalists' Award is an extension of the Pfizer UK Shaping British Psychiatry educational programme and is in recognition of the role that the media can play in shaping psychiatry in the UK. The award of £2,000 is open to all sectors of the media addressing a medical and/or consumer audience: television and radio programmes, video, published and unpublished feature articles and news stories. Closing date for entries is 30 September 1995. Further information and application forms: Shaping British Psychiatry Press Office, Action International House, Crabtree Office Village, Eversley Way, Thorpe, Egham, Surrey TW20 8RY.

The SmithKline Beecham 1995 Healthy Alliance Press Awards will be presenting two prizes of £1000 for articles in two categories: medical journal and consumer newspaper/magazine. Both the medical and consumer category articles must be written on 'Partnerships in Practice'. Published articles submitted will be eligible if published from 1 October 1994. Entries must be received by the Healthy Alliance Press Office by 1 March 1995. Further information and application forms: The Healthy Alliance Press Office, PO Box 56, Egham, Surrey TW20 8QZ (telephone 01784 434 353; fax 01784 431 323).

The Mental Health Foundation Essay Prize will be awarded for an original essay with particular relevance to psychiatry. Entry is invited from candidates currently practising medicine in the UK or Republic of Eire, and in training at any grade from senior house officer to senior registrar or equivalent. The winner and runner-up may be invited to present their papers at a meeting of the Section of Psychiatry of the Royal Society of Medicine. Closing date for entries is 31 March 1994. Further information: Alyson Taylor, Sections Officer, Royal Society of Medicine (telephone 071 290 2985).

New publications

A report *Impact of Depression* resulted from a multidisciplinary panel, consisting of professionals from fields such as psychiatry, general practice, health economics, occupational health and patient groups, who each highlighted the impact of depression from their own standpoints. A copy can be obtained by written request to Clarinda Cuppage, Burson-Marsteller, 24-28 Bloomsbury Way, London WC1A 2PX.

Challenging Community Care Decisions is a blueprint from the Public Law Project designed to help lawyers and voluntary agencies advise people who are experiencing community care problems. The briefing covers all aspects of social services community care from assessments for community care to the provision of services and identifies seven ways of challenging unsatisfactory community care decisions. As well as the briefing, the group has designed a booklet for people who need community care, carers, and those who provide community care services.

Copies of the briefing can be obtained from: Challenging Community Care Decisions, The Public Law Project, 17 Russell Square, London WC1B 5DR, price £10.00 including postage and packing. Enquiries about the leaflet should be sent to the same address.

Shenley Relatives' link (SRL), the campaigning group for the mentally ill that has grown out of the fight to save Shenley Psychiatric Hospital in Hertfordshire, have published their report *Towards a New Shenley: positive proposals for mental health care in Brent and Harrow*. The report costs £5.00 including postage and packing and is available from Shenley Relatives' Link, 36 Brambling Close, Bushey Hall Drive, Bushey, Hertfordshire WD2 2HW.

Helping You Cope was written by the Tranquilliser Working Party of the Mental Health Foundation and is a guide for the general public on starting and stopping tranquillisers and sleeping tablets.

Further information: The Mental Health Foundation, 37 Mortimer Street, London W1N 7RJ.

Forthcoming events

The 2nd St George's Conference on **Suicide and the Murderous Self** will be held on 24 February 1995. Further information: Philippa Weitz, The Conference Unit, Department of Mental Health Sciences, St George's Hospital Medical School, London SW17 0RE (telephone 081 725 5534, between 11.00 a.m. and 4.00 p.m.; fax 081 725 3390).

A one-day conference **Women and Drugs** will be held at the International Convention Centre, Birmingham on 15 March 1995. Further information: The Women's Inter-Agency Group, West Midlands Regional Drugs Taking Unit, c/o Unity Centre, 6 Unity Place, Oldbury B69 4DB (telephone 021 544 3939; fax 021 544 2094).

The Annual Day Conference in Psychiatric Rehabilitation in the Community will be held on 16 March 1995 at the Postgraduate Medical Education Centre, Maple House, East

Surrey Hospital. Further information: Mrs Jill Gunn, Postgraduate Administrator, PGMEC, Maple House, East Surrey Hospital, Three Arch Road, Redhill RH1 5RH (telephone 0737 782925 or 768511, extension 1429).

A meeting of the Transcultural Psychiatry Special Interest Group will take place at the College on 20 March 1995 with the theme **Ethical Issues in Transcultural Research**. Further information: Jean Wales, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG (071 235 2351).

A one-day conference **Psychiatry and Medicine**, to mark the retirement of Professor Arthur Crisp, Chairman of the Department of Mental Health Sciences, St George's Hospital Medical School, will be held on 30 June 1995. It will examine the changing face of psychiatry over the past 25 years and see what advances and challenges await in the