



columns

always regret that I didn't take him up on it.

John has always been distinguished by an excellent grasp of local issues, having served on a Community Health Council and on a London Borough Council, where he chaired the education committee in the 1980s at a time of the special education needs debate, about getting children with learning disabilities into normal schools, and also at the time of the Swann Report on improving racial understanding in schools. So one of his drivers has been antidiscrimination and this drives him in politics.

A few weekends ago, he was in Prague, recalling how he had visited the shrine of John Palach, the Czech student who had stood in front of the Russian tanks, and is a lasting symbol of standing up to tyranny.

While in the Department of Health, he was an excellent Minister. He listened and discussed, and was very enthusiastic to see progress. He helped the implementation of Health of the Nation, was enthusiastic about tackling stigma, improving services, developing the Spectrum of Care, arguing for sufficient 24-hour nursed beds for small numbers who need continuing high levels of support for the national strategy for suicide prevention, and for integration of mental health into primary care. He took a vigorous approach to a number of issues. He supported the publication of the findings to a national psychiatric morbidity survey programme, including data on mental health and employment. He supported the moves to tackle the considerable problems around the health and social care divide, and helped initiate many developments, which are now coming to fruition. He was a major asset in the implementation of the care programme approach, which is now routine practice. We all missed him greatly when he was suddenly reshuffled off to Transport. Some months later he lost his seat in the general election, and as they say, 'every cloud has a silver lining'. I quickly found an opportunity to draw him into international mental health work, and John has moved from a national stage to an international stage.

While working with me in the WHO Collaboration Centre at the Institute of Psychiatry, he was great company, very thoughtful and a wonderful asset when visiting other countries. On the same principle that it enhances the impact if you can use a GP to teach other GPs, I discovered that using a minister, albeit a former one, greatly enhanced the impact of a meeting with ministers. They knew that John understood the constraints under which they operate, as they seek to do their best to achieve change while protecting their political backs. John's time as transport minister has meant he is a great enthusiast for public transport –

indeed, I often now think he would sit comfortably in the Green Party, which doesn't seem to have been one of the Parties on offer in Oxford in the 1960s. This passion for public transport, and indeed for walking, adds greatly to the excitement of visiting a foreign country with him, but occasionally has the unfortunate effect of arriving rather later for meetings than anticipated. John quickly became well networked, not only with government and ministers around the world but also with WHO, the World Psychiatric Association and a number of key non-governmental organisations including the Geneva Initiative on Psychiatry.

Although he is an MEP, he still does a huge amount of constituency work. He enjoys helping people find the way through the Kafka-esque bureaucratic maze to help them live freely and effectively. He has always listened, and this means he has a deep understanding of the complexities of mental health services and the problems experienced both by users and by professionals. While an MEP, John is continuing the WHO link on mental health and epilepsy, and continues to work with the Geneva Initiative in Eastern Europe and China. He raises issues on mental health in the European Parliament and is trying to get better facilities for mental health in Bulgarian prisons.

The European Network of Mental Health Policy Makers led by the Finns has worked hard since its inception in the mid 1990s to get mental health on the European agenda, and succeeded in getting mental health on the agenda of successive EU presidencies for a number of years. John Bowis has played a key role in this, giving a key note speech at the first conference in Tampere; subsequently chairing a session at the Belgian conference last year and most recently, the Greek Minister of Health, Costas Stefanis asked him to address the Greek Presidency conference on Stigma and Discrimination in Mental Health and John had helped him to pull in most of the health ministers from across Europe and the accession countries!

But this is just a small part of what he is doing for mental health. He is also mainstreaming mental health within the European Parliament itself.

In 2000, John wrote the report of the Committee on the Environment, Public Health and Consumer Policy. This report is entitled 'Public Health and Consumer Protection aspects of enlargement' (2000/2081 (INI)). It emphasises the improvements in the abuse of psychiatry, while drawing attention to the need to improve mental health services across primary, secondary and tertiary levels of care, and the need to end the health and social care divide.

Already this year, John has written the Committee of Development and Cooperation Report. It is entitled 'Commission communication on Health and Poverty reduction in developing Countries', and it calls attention to the low priority given to mental health in low income countries and its links with poverty, it calls on the Commission and member states to place greater emphasis on mental health, and for more investment in mental health in low income countries.

John is of course a brilliant speaker as many of us know and those of you who haven't heard him before are about to discover, and he speaks with conviction and resonance because above all he listens. It is a privilege to do this citation for him, and he brings great distinction to the College Fellowship.

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## Lord Bragg

### (Introduced by Professor Cornelius Katona)

Melvyn Bragg was born in 1939 in Wigton, Cumbria. He won a scholarship to Wadham College, Oxford, where he read history. He joined the BBC as a general trainee in 1961. Three years later, he was appointed editor of BBC2's first arts programme, *First Release*. Since then, he



has become the pre-eminent figure in arts broadcasting.

As editor and presenter of The South Bank Show and as Controller of Arts for London Weekend Television, Melyvn Bragg is well known for his promotion of literature and the creative and performing arts. He is equally respected for his contribution to the public awareness of basic and social sciences and of philosophy. He has chaired The Darwin Debate on BBC2, which looked at the significance of evolution theory for human society and the Radio 4 series on the history of science, *On Giants' Shoulders*. He has also presented a 20-part history of Christianity on ITV. His recent radio series 'The Routes of English' and current 'In Our Time' project are likewise testimony to his range.

Melyvn Bragg has also achieved both popular and critical success as a writer, again with a surprising breadth of output. As well as several screenplays, he has written 17 novels, one of the most recent of which, *The Soldier's Return*, won the W. H. Smith Literary Award for 2000. He has also written a biography of Richard Burton. His new novel, *Crossing the Lines* was published last month. *The Adventure of English 500 AD–2000 AD*, a revised account of his widely acclaimed ITV series about the English language, is forthcoming this October.

He has been President of the National Campaign for the Arts since 1986, and a Governor of the London School of Economics since 1997. He has honorary degrees from the Universities of Wales, Liverpool, Lancaster, Leeds, South Bank, St Andrews, Northumbria, Brunel, Northumbria, UMIST and the Open University. He was made a Life Peer in 1998, becoming Lord Bragg of Wigton in the County of Cumbria. He was elected Chancellor of Leeds University in 1999.

It is not only for these extraordinary achievements that we are honouring Lord Bragg. He has, as we psychiatrists put it, a long history of commitment to the cause of mental health, stemming back to his own experience of mental illness in his teenage years, which he has discussed publicly with exemplary bravery. In his own words, 'The experiences were terrifying. I could literally feel a part of me leaving and hovering above my body'. As a result, he has become one of the country's most powerful advocates for people with a mental illness. He has been involved with MIND in Carlisle for 16 years, and became President of MIND in 2001. As he puts it: 'I saw people with mental distress being outcast and stigmatised and misunderstood'.

Lord Bragg is one of that very select band of intellectuals who can lay claim to the Renaissance ideal of the 'uomo universale'. For this and for his commitment to the cause of mental health, it is

both a privilege and a personal pleasure for me to present him for the College's highest honour, the Honorary Fellowship.

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## Professor John Cox

### (Introduced by Professor Dinesh Bhugra)

Professor John Lee Cox has made significant contributions to British Psychiatry at a number of levels, in a number of ways. I shall follow three aspects of his contributions. Having graduated from Oxford, he attained his membership of the Royal College of Physicians in 1970 and Membership of the Royal College of Psychiatrists in 1978. He received his DM from Oxford in 1978 and was elected as a fellow of Royal Colleges of Physicians of Edinburgh in 1985 and of London in 1997. He worked as an academic psychiatrist in London, Uganda and Edinburgh before being appointed as Foundation Professor of Psychiatry at the University of Keele. In this role, and as Head of the Department during two periods, he not only motivated a generation of psychiatrists from the UK and abroad but also led a service development in a number of subspecialties in the Department. His clinical interest and contributions in the field of perinatal psychiatry have been enormous. He won the Hospital Doctor of the Year Award in 1992, which in his humble style he attributed to those around him. His leadership in developing innovative services and his research interests led to the development of the Edinburgh Postnatal Depression Scale (EPDS) as a widely recognised and used screening instrument. It is apposite that the second edition of the book on the EPDS is being launched here.

He was awarded the Marcé Medal in recognition of his distinguished contribution to the field of perinatal psychiatry and he served as President of the Marcé Society. As a teacher, he established MSC in General Psychiatry in Keele, which has been extremely popular among local and international students. His interest in the field of transcultural psychiatry, spirituality and cultural matters have led to a number of changes in clinical practice and management. His interest in education and training, along with his charm and enthusiasm, led to his election as Dean of the College having previously been the first Chair of Section of General Psychiatry. As President of the College, he made his mark by being one of the most approachable, innovative and interested leaders. The College can truly look towards an international role, largely due to his influence. His interest in issues of race have led to the College assessing institutional racism within itself using

external assessors. The international activities have led to his election as Secretary General of the World Psychiatric Association – the first British psychiatrist in 30 years to achieve this.

In summary, Professor Cox is a psychiatrist of significant stature, who is well known nationally and internationally for his contribution to the advancement of mental health in general, and transcultural psychiatry and perinatal psychiatry in particular. He is an excellent clinician and scientist, and is outstanding for his hard work in both academic and service development areas. He has made significant contributions at local, regional and national levels where his international status in the field of perinatal psychiatry is distinguished and outstanding. He can justifiably be singled out as one of the outstanding individuals across various medical disciplines.

President, ladies and gentlemen, it is appropriate that I present Professor John Lee Cox to you in this city, whose name will forever be linked with him.

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## Dr Pearl D. J. Hettiaratchy

### (Introduced by Professor Susan Benbow)

Dr Pearl Hettiaratchy is a distinguished clinician, doctor, psychiatrist and old age psychiatrist, who has contributed to the National Health Service (NHS) over a period of more than 30 years. She qualified in Sri Lanka, one of three family members who took up medicine: her brother was a physician and her sister Port Health Officer in Colombo.

She came to the United Kingdom in 1968 for a clinical attachment at St James Hospital, Portsmouth, where she later commenced her first consultant appointment in 1975 after completing her training. Here, together with a nurse manager colleague, she pioneered the development of old age psychiatry services, setting up the first travelling day hospital for older people in the UK.

She has enthused colleagues of all disciplines, and educated people from many backgrounds to reflect on and improve their practice. For 5 years from 1983 to 1987, she single-handedly ran the Region's Day Release Courses in the Psychiatry of Old Age, and educated 400–500 key professionals, who are now leading old age psychiatry services regionally and nationally. She moved to Winchester in 1984, where she continued to teach and develop services.

Pearl has worked for the Royal College of Psychiatrists on committees concerning later life, nursing, ethnic issues and unethical practices, and has also served as