



columns

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, Melvyn 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.

Melvyn 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.

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.

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



Vice President. She has been an important role model for younger people coming into the specialty. She was featured as one of five psychiatrists giving their views on why psychiatry is a rewarding career to choose, in the College's career information pack produced in 1990, and again in 1994. What she wrote here is typical of Pearl's approach to her work:

'the field of psychiatry fascinates me. It takes time, patience and diligence to unravel the workings of the human mind and one can never fully understand its intricacies. Every patient I see, even after 23 years' experience is still a diagnostic puzzle and a therapeutic challenge. So there can never be any burnout or boredom.'

And further:

'At the core of psychiatry is the ability to empathise, understand and give something of yourself to the patient within the therapeutic relationship...'

Pearl has been determined and devoted to her work: her humanity and compassion are shown by her willingness to take unpopular stances when in the interests of her patients. Her advice was overruled during a ward closure in 1994 and eight elderly patients died shortly after moving from long-term hospital care into private nursing homes, against medical advice. The ensuing scandal led to guidance on long-term care, an ombudsman's enquiry and a Select Committee hearing. Pearl was quoted in the press as saying:

'the care team becomes the family of the patient. They are faces in their failing memories.'

She has worked tirelessly on behalf of older people in need of long-term care, unafraid of making her views known.

Pearl was elected to the General Medical Council (GMC) in 1994, and re-elected in 1999. Her election was a great event in Sri Lanka, as she was the first Sri Lankan to serve on the GMC. Her re-election was reported in *Island International* on July 21 1999: the report noted that Pearl had participated in the discussions the GMC had with Sri Lanka's Minister of Health in 1998 on holding the Professional and Linguistic Assessments Board test (part 1) in Sri Lanka. This was a landmark achievement and she has continued to work to support the development of services in Sri Lanka. With the GMC she has served on the Racial Equality Group, the Steering Group for Performance, the Professional Conduct Committee, the Standards Committee, and the Working Group on withholding and withdrawing life-prolonging treatment. She became Medical Screener for Conduct and Performance in 1997 and regularly investigates complaints against doctors.

She retired from clinical practice on 4 February 2002, after 34 years' continuous service in the NHS, but later that year on

23 October, her work was recognised and honoured when she was invested OBE by Her Majesty the Queen at Buckingham Palace for services to old age psychiatry.

Pearl continues to be active in voluntary work, medico-legal work and medical politics. She is actively involved in national and local fora in influencing policy and decision making in the NHS, and her advice is respected on a range of subjects including the ethics of health care, the support of doctors in difficulty and issues in multi-ethnic populations. Following the inquiry into the death of Stephen Lawrence, she has become involved in work with the Chief Medical Officer on racism in medicine, and is about to become an official role model for ethnic minority doctors. For many of us, she has been an unofficial role model for a number of years. One of the pleasures of her retirement is to be able to spend more time with her family, especially her six grandchildren.

Pearl is a valued, loved and respected psychiatrist and old age psychiatrist. I am delighted to present her for the Honorary Fellowship of the Royal College of Psychiatrists.

Dr Benedetto Saraceno

(Introduced by Professor Hamid Ghodse)

Dr Benedetto Saraceno is the Director of the Department of Mental Health and Substance Dependence of the World Health Organization (WHO) in Geneva – and, as such, can be said to be responsible for the world's mental health. Leading up to this elevated position is a career of considerable eminence, of which I can only offer a brief outline now. Benedetto Saraceno graduated as a doctor from the University of Milan and moved swiftly into psychiatric practice, obtaining his post-doctoral degree in psychiatry from the University of Parma. He progressed from strength to strength and soon became Chief of the Psychiatric Unit at the Mario Negri Institute for Pharmacological Research, with a distinguished academic record. But his interest in a broader landscape for his talents was manifest by his gaining a qualification in public health and epidemiology. This led him towards the international stage and during the 1990s he contributed to a number of WHO projects in South and Latin American countries. This in turn led on to his appointment as the Head of the Laboratory of Epidemiology and Social Psychiatry and Director of the WHO Collaborating Centre for Research and Training in Mental Health at the Mario Negri Institute.

Later, in 1996, he moved to Geneva as Programme Manager in the Division of

Mental Health and Prevention of Substance Abuse. Yet again, he made his mark and, with the reorganisation of the WHO, he was appointed Director of the Department of Mental Health and Substance Dependence – a post in which he has continued to demonstrate his industry and leadership. For example, he convinced the WHO to designate 2001 as the World Health Organization Mental Health Year and to dedicate the World Health Report of 2001 to mental health. This is the first time that mental health has been accorded such a prominent position in the WHO Programme of Action and, for those of us who work in and are dedicated to services that are often perceived as 'Cinderella services', such recognition is very important. It also illustrates the underlying theme of Benedetto Saraceno's professional life, which has been dedicated to the need of giving voice to the underserved, the excluded and the poor. This topic was a major preoccupation for him as a young psychiatrist working in Italy, when he led the Italian psychiatric reform; it was broadened during his service in Latin America, and was the key issue of his WHO programme 'Nations for Mental Health'. The same topic is the main axis of the new WHO mental health Global Action Programme.

Dr Saraceno is also committed to the international role of the Royal College of Psychiatrists, with the firm belief that the College has a unique position in training, education and advocacy. His initiative led to a memorandum of understanding between the College and the WHO for research training fellowships and, with his persuasive encouragement, the WHO is firmly committed to closer collaboration with the College.

In summary, Dr Saraceno, with his distinguished academic and clinical background, is a psychiatrist of significant stature. He can be singled out as an individual who has made, and continues to make, a major contribution to global mental health, by his sustained and vigorous efforts for the advancement of psychiatry and mental health around the world, and particularly for those who are least able to speak for themselves. As such, he is eminently worthy of the highest honour that the College can bestow – an Honorary Fellowship. For us, the presence among us, of a person of such high international esteem, emphasises the importance of mental health as a global issue. It is therefore a great pleasure for me to present Dr Benedetto Saraceno to you as an Honorary Fellow of this College.

The Vote of Thanks on behalf of the Honorary Fellows for 2003 was given by Mr John Bowis, OBE, MEP.