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# Miscellany

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## **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of the media addressing a medical and/or consumer audience: television and radio programmes, video, published and unpublished feature articles and news stories.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).