

**Professor Hamish McAllister-Williams  
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Dear Colleague,

17<sup>th</sup> December 2018.

**Re: NCMD Fourth Annual Mood Disorders Meeting  
Friday, 1<sup>st</sup> March 2019, Metro Centre Marriott Hotel, Gateshead**

It is with great pleasure that I extend an invitation to you to attend the fourth annual **Northern Centre for Mood Disorders (NCMD)** meeting.

NCMD was launched in 2015 with a remit to increase research into mood disorders, foster best clinical practice and support related educational activities for health care professionals and the general public.

The NCMD meeting for 2019 has been organised by myself and colleagues in Newcastle University and the Regional Affective Disorders Service aimed at consultant psychiatrists, associate specialists, senior trainees, nurses and pharmacists interested in mood disorders. This year the programme is a varied mixture exploring the management of both bipolar and unipolar disorder with both a reflection on the past and a perspective on the future. Above all, it will provide CPD of relevance to clinicians.

There is a charge of £40 for attendance to cover the costs of running the meeting. We would anticipate that you will be able to claim this from your study leave budget and suggest that this is an extremely cost effective way of obtaining 4.5 hours of quality CPD (subject to peer group approval). **[TO BOOK YOUR PLACE PLEASE CLICK HERE FOR THE WEBSTORE LINK](#)** or go to the NCMD Website at **[mood-disorders.co.uk](http://mood-disorders.co.uk)** and follow the links.

I look forward to seeing you on the 1<sup>st</sup> March.

Yours,



Hamish McAllister Williams

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# NCMD Mood Disorders Meeting, Friday 1<sup>st</sup> March 2019

- 09.00-09.30      **REGISTRATION**
- 09.30-09.45      **Introduction and Welcome**  
Hamish McAllister-Williams
- 09.45-10.30      **Symptom stratification and treatment choice: Is it possible?**  
David Cousins
- 10.30-11.00      **Mortality in severe mental illness, then and now**  
Nicol Ferrier
- 11.00-11.30      **TEA AND COFFEE**
- 11.30-12.30      **Symposium – simple management of complicated depression**  
Chair – Hamish McAllister-Williams
- o **A view from primary care** - Mari McGeever (tbc)
  - o **Alcohol co-morbidity in depression** - Sarah Troughton
  - o **Exercise interventions in depression** - Alan Currie
- 12.30-13.30      **BUFFET LUNCH**
- 13.30-14.45      **Novel Treatments for Mood Disorders**  
Chair – Alan Currie
- o **Neurostimulation – Beyond ECT to VNS and TMS** - Hamish McAllister-Williams
  - o **Using psychedelics - Psilocybin** - Mourad Wahba
  - o **The use of pro-dopaminergic treatments – Pramipexole**  
- Stuart Watson
- 14.45-15.15      **TEA AND COFFEE**
- 15.15-16.45      **Bipolar Practice**  
Chair – Stuart Watson
- o **Challenges of Adolescent Bipolar Disorder (and transitions)** - Adi Sharma
  - o **Management of bipolarity: improving practice** - Richard Morriss, University of Nottingham
- 16.45-17:00      **Final questions and closing remarks**  
Hamish McAllister-Williams