

Remarks R and D Conference

Good Morning.

For those of you who don't know me I am Ken Jarrold. I have had the privilege of being the Chair of the Council of Governors and of the Board of Directors of CNTW since February 2018.

Unfortunately I missed the 2018 Conference and I was determined to be here today.

A very warm welcome to you all. I am sure that you are looking forward to the day as much as I am. As you will see from the programme we have a rich mix of speakers, posters, stalls, project reports and lightening talks.

Have a great day.

In the 21 months that I have had the privilege of serving CNTW I have come to realise that it is the best organisation I have served in my 50 years of involvement with the NHS as a manager, consultant and Non-Executive Director and Chair and, of course, as a patient and carer.

Because the Chair of CNTW does not have to spend most days dealing with crises, unlike the Chairs in some other organisations, I have been able to spend time trying to understand what makes CNTW special. Some of you may have seen the bulletin article in which I shared my conclusions. I identified a number of factors including lived values, the circle of experience built by long serving and expert staff, innovation, good quality support services, Informatics and IT, and education and training. However, it became very clear to me that R and D had to be on that list, that R and D is one of the factors that makes CNTW special.

NTW has a long history of research and development going back to the late 1940s and the establishment of the academic department of Psychiatry just before the NHS was founded.

If we think about what changes services, what makes things better for service users and carers, we come to the conclusion that research and development is a fundamental factor. When the NHS was established there were no effective medication for mental illness. Imagine trying to care for people without effective medication. The whole development of services has depended on service users being able to live in the community supported by medication, and other treatments including talk therapies.

A senior nurse, who is still working at CNTW, shared with me what life was like on the wards at St Mary's Stannington, one of the hospitals that provided the services that eventually became NTW. On the ward there were three jars of medication, largactil, mellaril, and orange juice. Compare that with the range of medication available today. Millions of people around the world, including the person I care for, are able to live more independent lives because of the R and D that lead to the production of drugs like clozaril.

Other therapies including talk therapies, and innovations in service design, have also come about because of research and development. All over the world, and not least in the UK, researchers are seeking for new medication, or combinations of existing medication, that will significantly slow or even halt the process of dementia. As someone who is hoping to live until I am 101, I have a personal interest in that research!

Research and development is one of the factors that makes CNTW special because it is about the desire to know more, to use that knowledge for the benefit of service users and carers, to innovate, to improve. R and D is the opposite of complacency it is restless and enquiring.

At the heart of R and D is basic and applied research carried out by academics and clinicians of all backgrounds and a strong clinical academic team is essential to that process. We are very fortunate to have distinguished researchers working in Trust. We need research opportunities at all levels including more Professorial appointments. The challenge of R and D is about just about quantity, in terms of number of patients recruited into portfolio studies, but also quality. To meet the challenge of quality we need more research leaders capable of securing competitive research funding for high quality studies which can be done in collaboration with other centres in the UK and internationally.

Today is a celebration of R and D. We must honour the strong legacy we have, celebrate what is being done today and build for the future.

Have a great day.