PSYCHIATRY RESEARCH TRUST

Newsletter

Issue No. 52
Winter 2013

....To raise funds for research into mental illness and brain disease in co-operation with the Institute of Psychiatry and Bethlem Royal and Maudsley Hospitals
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TRUST DIRECTOR'S REPORT

Dear Friends,

Financially speaking, the PRT, like the rest of us, has been hard hit by the recession. Our annual income from grants and gifts has halved over the last two or three years while, at the same time, our expenditure, largely on research grants, has more than doubled. It is not a situation that we can sustain for very long and we badly need assistance to remedy it.

But don't worry, I'm not asking you for a direct donation. What I am asking you for is your help – in any way that will raise a bit of cash.

You've done it before in a hundred different varieties. Now I am asking you to do it again. So put on your thinking caps and think of all your sad, suffering, fellow citizens who need your and our sympathy and practical support.

For, despite all we do, mental health services remain the Cinderella of the NHS, affecting many more people than either cancer, heart disease or diabetes, shouldering some 30-40% of the NHS load and yet receiving only 13% of the NHS budget. Creating, with the under-treatment of so many people with crippling mental illness what has been called 'the most glaring cause of health inequality in our country'.

The Institute of Psychiatry is a world-renowned centre for Research, Teaching and Treatment in the mental health field. The PRT exists solely to raise funds for the Institute's research work. The basic raison d'etre of both organisations is to relieve the suffering of all those many thousands of people whose lives are blighted by mental ill health.

We are doing our best to do our bit and I know you'll help us.

You could start by becoming an official member of the PRT and encourage all your friends to do the same. It will only cost you £15-£20 a year and for that ridiculously small sum you can turn to us for help and advice in the mental illness field at any time and also receive not only this Newsletter two or three times a year but have access to our outstanding collection of leaflets on a wide variety of mental health conditions, each one written by a nationally renowned mental health specialist.

Leslie Paine, OBE MA(Oxon)
Trust Director
(unpaid)

Extract from CHRISTMAS by John Betjeman
(1906-1984)

Provincial public houses blaze
And Corporation tramcars clang,
On lighted tenements I gaze
Where paper decorations hang,
And bunting in the red Town Hall says
'Merry Christmas to you all'.

And London shops on Christmas Eve
Are strung with silver bells and flowers
As hurrying clerks the City leave
To pigeon-haunted classic towers,
And marbled clouds go scudding by
The many-steepled London sky.

And girls in slacks remember Dad,
And oafish louts remember Mum,
And sleepless children's hearts are glad,
And Christmas-morning bells say 'Come!'
Even to shining ones who dwell
safe in the Dorchester Hotel.

And is it true? And is it true,
This most tremendous tale of all,
Seen in a stained-glass window's hue,
A Baby in an ox's stall?
The Maker of the stars and sea
Become a Child on earth for me?

EXPLORING NEW HORIZONS
in Mental Health
and Brain Disease Research

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LESLEY'S COLUMN

It only seems yesterday that I was hoping you were all enjoying long deserved warm and sunny weather and, here we are already, galloping towards Christmas!

With Christmas in mind, you will find our Christmas card selection on the back cover of this Newsletter with the order form on the inside back cover. If you would prefer to, you can also download the order form from our web site.

Before the Christmas season we have two events. On the 8th December Natalie, Veronica and Stephanie Pruitt will be running in the Honolulu marathon and on the 13th December there is a memorial rave in London in memory of Zak Shadazzle with proceeds being donated to the Eating Disorders Unit. While it might be too late to donate before these events, you can still donate via their Just Giving donation pages or, of course, send a cheque directly to PRT with a note saying which event you are supporting. In our Summer 2012 Newsletter, we reported on Patrick Jubb who raised nearly £3,000 with his mammoth 'Big Push' paddle board challenge. Well, he's at it again, this time with his 'Skateathon' which will see him skating 2013 miles in a little over six weeks! Details of all these events and how to donate to them can be found on page 6 of this newsletter.

In our last newsletter we advised that we would be publishing an update of research projects currently being funded. Our apologies that this does not appear this time round as we ran out of space but we will include this in our next issue. In the meantime, the following five articles are reproductions of end of project award reports and address different approaches to understanding depression and schizophrenia across the generations.

We hope you enjoy this 52nd edition of the PRT newsletter and, though at the time of writing, it seems rather early, Deanna and I will take this opportunity to wish you all a very happy Christmas and New Year.

Lesley Pease
Chief Administrator

A MOLECULAR PATHWAY-BASED APPROACH TO GENE-ENVIRONMENT INTERACTIONS

Conrad Iyegbe

Project Description

This work will target ~900 First Episode cases and controls recruited for a cross-cultural study exploring the genetic basis of first episode psychosis in the South-East London catchment area. An additional 1700 population-based controls characterised for varying levels of sub-clinical psychiatric symptoms, also form part of the study sample.

The project involves harnessing a broad array of social-environmental and genetic information collected on these samples, to assess the effects of gene-environment interaction on a selected range of clinical outcomes.

Gene-environment interaction (GxE) implies that some genetic effects may only be detected in response to specific environmental stimuli, such as stress. It is currently believed that the concept of gene-environment interaction may be a helpful model for understanding the conditional nature of the relationship between psycho-social stress and the risk of psychosis.

The genes of primary interest to this study are concentrated in molecular pathways known to mediate the therapeutic action of atypical anti-psychotic drugs. The gene variants (single nucleotide polymorphisms, or SNPs) being targeted have been prioritised according to their ability to regulate the expression of genes and alter the characteristics of the protein products for which they code. An enrichment procedure for SNPs most likely to be mediators of GxE interaction will be performed using cutting-edge (Bayesian) statistical science.

Those with strongest evidence will be followed-up; re-analysis in independent samples will determine whether the effects attributed to these loci can be replicated successfully.
decline.

Progress in Past Year

• Progress in the current year has built on the genotyping work described previously.

• An ongoing MSc project entitled "An investigation of the AKT1 biological network and its role in the sub-clinical expression of psychosis" is underway (student name: Akarmi
Bhachu)

• The project is scheduled for completion in October 2013 (analysis and results). The final submission date is January 2014 (whole thesis).

• Specifically, we are evaluating the broader impact of additive variation from the AKT1 network on psychosis symptoms, using the SELCoH cohort (n=1400).

• We are doing this by correlating functional scores (counts of functional alleles per subject), with the levels of psychosis symptoms reported by participants, who all derive from the general population.

• All findings will be validated in the GAP case-control cohort (n~1000), to explore whether functional scores also have a bearing on the risk of psychosis. (The GAP dataset contains the same set of genetic variables being explored in SELCoH),

• The next stage of this work will look at the effect of different risk environments on the performance of the functional scores in association tests.

• The goal of this work will be to find empirical evidence that GxE potential resides within functional SNPs involved in AKT1 signalling.

• This work will include an attempt to enrich for GxE mediating SNPs using Bayesian statistical approaches.

NEUROIMAGING AND HORMONAL MARKERS FOR POSTPARTUM PSYCHOSIS AND THEIR EFFECT ON THE BEHAVIOUR OF THE NEWBORN

Astrid Pauls

Project Description

The purpose of this study is to advance our knowledge of postpartum psychosis by investigating potential clinical, cognitive, neuroimaging or hormonal markers present around the onset and progression of postpartum psychosis within the first year after delivery. This study, which is the very first neuroimaging study that has ever been conducted in this under researched and challenging population aims to help identifying women who are at high risk of developing this illness in the future. Furthermore, we aim to assess whether these markers might impact on the behavioural development of the baby. In order to achieve this, forty six women have been recruited for the study during pregnancy or within the first year after delivery. Twenty five of these women were at "high-risk" for postpartum psychosis because of either previous history of postpartum psychosis, history of bipolar or schizoaffective disorder, or family history of postpartum psychosis, of those, 12 have developed postpartum psychosis after delivery; and 21 control women at "low-risk" of developing postpartum psychosis were recruited. During the first visit, we evaluated general background information, obstetric and medical information, and any relevant clinical history. Furthermore, cognitive functioning and hormone levels were assessed. Within the first year following delivery, women underwent a Magnetic Resonance Imaging (MRI) scan assessing differences in brain function (e.g. memory function) and brain structure such as white matter between the three groups

Progress in Past Year

Recruitment and testing of participants was completed in April 2012. Twenty five women at risk of postpartum psychosis and 21 healthy controls completed all assessments (clinical interview, cognitive and hormonal assessments and the MRI scan). During the past year data have been analysed and written up in form of a PhD thesis with a focus on the clinical, cognitive and emotional data as assessed with questionnaires, functional MRI and a behavioural task. The results of the clinical and sociodemographic data suggest that women with postpartum psychosis presented similarly in their clinical profile, socioeconomic background, and medical and obstetric history to women with a diagnosis of an affective illness unrelated to childbirth. There were also no noticeable differences concerning the symptomatology between postpartum and non-postpartum episodes, which is in line with previous studies. Women with postpartum and non-postpartum episodes showed a similar impaired verbal memory performance compared to healthy controls, indicating that women with postpartum psychosis have a comparable verbal memory dysfunction to that observed in women with bipolar disorder and psychoses unrelated to childbirth. As a second assessment of cognitive functioning in women at risk of postpartum psychosis, an fMRI working memory paradigm was employed. Women at risk of postpartum psychosis showed a trend towards impaired task performance accompanied by differential brain activation during the most challenging task condition, possibly reflecting increase in the task demands, which may have been more challenging for the "at risk" groups. This finding is in line with working memory deficits found in women with bipolar disorder and psychoses unrelated to childbirth. Facial emotional processing was also investigated using an fMRI paradigm. We found a differential modulation for fearful faces in women with postpartum episodes compared to healthy controls. This finding suggests an increased emotional response to facial fear processing. This is the first study to show that women at risk of postpartum psychosis present with deficits in verbal and working memory and facial emotional processing accompanied by differential brain activation compared to healthy controls, while being matched for sociodemographic, medical and obstetric and clinical variables. Women who have suffered from postpartum psychosis also show, in addition to a similar clinical profile, similarities in their cognitive profile to women with non-postpartum episodes, bipolar disorder and psychoses unrelated to childbirth in general. These results represent a first step towards a better understanding of cognitive and emotional processes in postpartum psychosis. During the coming months we will focus on the publication of these results. Furthermore in March 2013 a MRC/Medical Research Foundation grant has been obtained which will be used for further funding in order to continue the study.

Publications & Conferences Attended

Two publications in preparation. One invited talk and six European conferences attended.

COGNITIVE FACTORS IN ADOLESCENT DEPRESSION

Eleanor Leigh

Project Description

Understanding what maintains depression in children and young people is crucial in helping us to develop better treatments. Psychological factors, including cognitive processes (for example thinking styles) are known to be important in depression in adults. One process that has been investigated is rumination, characterised by repetitive "why" thinking. Research with adults has shown that rumination is implicated in the onset and maintenance of depression. This has led to the development of psychological treatments for depression that specifically target rumination, to positive effect. We have good reason to suspect that rumination is also relevant to children and adolescents, but unfortunately there has been much less research carried out with a youth population. This is important to carry out as current psychological treatments have been found to have only modest effects and we cannot assume that findings with adults hold for adolescents. To bridge this gap we planned to investigate rumination in a school-based sample of young people. Firstly, we wanted to know whether rumination is associated with symptoms of depression and whether it predicts higher levels of depressive symptoms at 6 months follow-up. Secondly, we wanted to know whether, amongst those at high risk for depression, engaging in rumination leads to poorer social problem-solving

and more negative thinking compared to a more concrete, present-focussed thinking.

Progress in Past Year

We have collected cross-sectional and longitudinal data on N=497 young people. We have so far analysed the cross-sectional data. Amongst young males and females, we found that a tendency to ruminate increased with age and was associated with depression and anxiety symptoms and poorer attentional ability. Amongst females, but not males, higher scores of parental depression and anxiety was also associated with an increased tendency to ruminate. Regression analyses revealed that rumination is a significant predictor of depression symptoms over and above gender, age, anxiety and attentional ability. The degree to which rumination predicts depressive symptoms may depend on age and on gender. Amongst males, increased rumination significantly predicted increased depressive symptoms regardless of age. Amongst females, a greater tendency to ruminate predicted higher concurrent depressive symptoms, however the predictive power of rumination varied with age in females, with rumination becoming a stronger predictor with increasing age. These exciting findings indicate the relevance of rumination in depression. We are about to commence analysis of the longitudinal data and will then prepare articles for submission to peer reviewed journals.

We have completed two experimental studies on 85 young people. Our experimental data has shown that young people at high risk of depression had poorer social problem-solving ability when engaging in rumination compared to an alternative concrete thinking style. This effect could not be accounted for by differences in mood or attentional control. Similarly, young people made significantly more negative predictions about the future when engaging in rumination compared to a more concrete thinking style, over and above any effect of mood or verbal fluency. For the first time we have demonstrated that rumination directly impacts on problem solving and future thinking, two processes known to be important in depression. This provides key support for interventions targeting rumination amongst young people. In relation to the experimental research we have completed analysis and are currently preparing articles for submission to peer reviewed journals.

Publications

Four papers in preparation.

IMPACT OF NUTRITION ON ADULT NEUROGENESIS AND DEPRESSION

Dr. Sandrine Thuret

Project Description

Our brain and behaviour can be influenced by diet, just as are the cardiovascular system and most other organs systems. Indeed, during adulthood, new neurons are sparsely generated in a specific area of the brain and an increase of newborn neurons (neurogenesis) is associated with improved mood, whereas a decrease occurs with stress and depression. Interestingly, certain antidepressants works by increasing neurogenesis but have unwanted side effects. Recently we found that changes in diet could promote the formation of additional newborn neurons. We want to understand how diet influences the formation of newborn neurons and affects our mood.

In this project we are particularly interested in studying the effect of nutrients present in our every-day diet that have been shown in epidemiological studies to have a positive effect on depressive symptoms. We therefore suspect they are having this behavioural effect by increasing neurogenesis. Such molecules are for instance Omega-3 fatty acids, for example present in fish, or polyphenols present for example in red grapes. We will first study the effects of these nutrients on neurogenesis in a normal context, and next in a context of stress. Thereafter, we will study the mechanisms by which they stimulate neurogenesis or prevent the decrease of neurogenesis upon stress.

Once we understand the neurobiological mechanisms that link nutrition with the generation of adult newborn neurons and stress, we will be able to develop new pharmacological targets, but also recommend a specific diet to stimulate the formation of newborn neurons through nutrition to increase the number of newborn neurons upon depression or prevent a decrease of newborn neuron upon stress.

Progress in Past Year

The project aims were to (1) identify the effects of nutrients on Adult Hippocampal Neurogenesis (AHN) in control and stressful conditions and (2) identifying the molecular mechanisms by which they modulates AHN. In this proposal, they were subdivided as follow:

Objective 1.1: To determine the effect of nutrients on AHN.
Objective 1.2: To determine the effect of nutrients on AHN in an in vitro model of stress and depression.

Objective 2.1: To identify genes involved in the dietary regulation of AHN.
Objective 2.2: To validate the genes involved in the dietary regulation of AHN.
By March 2013 we had achieved objectives 1.1, 1.2 and 2.1. Below is a summary of our findings:
Diet in form of Omega-3 fatty acids (EPA and DHA) is known to have beneficial effects on mood. Interestingly, it has been hypothesized that anti-depressants may exert their effects by increasing AHN. Depression has been associated with elevated levels of the endogenous glucocorticoid Cortisol and decreased AHN. This raised the possibility that certain diets may help protect against depression via modulating AHN.

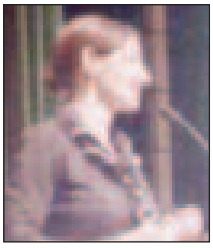
Indeed, by using a human hippocampal cell line and developing an in vitro model of stress by exposing the cells to cortisol (Anacker et al., 2011), our studies showed that the dietary supplements EPA and DHA have the capability to prevent the effects of Cortisol, namely decreased proliferation and neurogenesis and increased apoptosis, by increasing the percentage of diving cells and neurogenesis while decreasing apoptosis mainly by promoting survival. Resveratrol, a stilbenoid present in the skin of red fruit, prevents the Cortisol induced changes by increasing the percentage of dividing cells and neurogenesis but has no effect on apoptosis.

During this last year, by investigating gene expression changes upon stress and exposure to nutrients we have identified new genes and pathways that might be responsible for regulating AHN and have the potential to be used as future drug targets to treat depression.

The next part of the project on validating the genes identified (objective 2.2) is ongoing and expected to be achieved by 31/12/2013. However, a further extension might be necessary and will be requested in due course.

To conclude, this work provides for the first time evidence in a human in vitro model of neurogenesis and stress that EPA, DHA and Resveratrol can modulate neurogenesis and prevent its decrease induced by stress. However, further animal and human intervention studies are needed in the future to refine the application of these nutrients for preventing or treating mood decline.
Reference: C. Anacker, P. A. Zunszain, A. Cattaneo, L. A. Carvalho, M. J. Garabedian, S. Thuret*, J. Price, and C. M. Pariante* (2011). Antidepressants increase human hippocampal neurogenesis by activating the glucocorticoid receptor. Molecular Psychiatry, 16, 738–750. *Co-corresponding authors.

Publications & Conferences Attended
Six publications & invited speaker to seven meetings, seminars and public engagement activities.



VARIATIONS IN CARE PATHWAYS AMONG YOUTH AT RISK OF SCHIZOPHRENIA

Dr. Sara Evans-Lacko

Project Description
Evidence of the beneficial impact of early intervention for schizophrenia is clear; however, delays to receiving care following a first episode of psychosis average 2 years. As most adult schizophrenia is preceded by juvenile psychiatric disorders, there are clear implications for improving early access to care. Yet, little is known about factors which improve initial access to and continuity of care among young people at risk of psychosis. This study aims to delineate current care patterns among young people who have been assessed for risk of schizophrenia. It will highlight existing barriers to optimal care among young people experiencing high risk of developing schizophrenia disorders. Specifically, we interview parents of young people aged 11-18 years living in Greater London, recruited from the Child Health and Development Study cohort, to: (1) Determine the prevalence of current patterns of care accessed by youth; (2) Identify pathways into formal and informal care, and (3) Investigate facilitators and barriers to care (e.g., clinical profile; sociodemographic characteristics; social cohesion and/or neighbourhood characteristics; parental awareness of, and/or functional impairment associated with, psychotic-like experiences; and stigmatising attitudes). We will determine specific care access patterns and barriers to care experienced by young people at risk of schizophrenia relative to young people presenting other psychopathology, and to typically-developing youth. Our goal is to provide information that may improve earlier access to mental health care and social support for this vulnerable group.

Progress in Past Year
This study commenced on November 1, 2010. A part-time research worker, Ms. Petra Gronholm, co-ordinated and conducted telephone interviews with caregivers of children from the Child Health and Development Study cohort. Recruitment and assessment of participants was completed in August 2012. Since then, Ms. Gronholm has worked with Drs. Evans-Lacko and Laurens on the analysis and synthesis of the findings, and in the preparation of a manuscript for publication. Ms. Gronholm has continued weekly supervision meetings with Dr. Evans-Lacko over the past year, and both Dr. Evans-Lacko and Ms. Gronholm had regular contact with Dr. Kristin Laurens regarding study progress.

In total, 637 families were sent an invitation to participate in the study, among whom 407 (64%) completed an interview, 166 declined participation (26%), and 64 (10%) could not be contacted.

Initial analyses suggested that the majority of parents seek informal sources of help to discuss their child's mental health problems and that psychotic-like experiences may present a specific barrier to formal help-seeking from a health care professional. The findings also highlighted the importance of caregivers' stigma in relation to the young person's mental health service use. Specifically, the likelihood of mental health service use across health and education settings increased for the young person as caregivers reported less stigma.

In terms of future research studies, collection of these initial study data funded by the Psychiatry Research Trust has led to additional research endeavors which build on these initial data. Dr. Evans-Lacko has identified a similar cohort in Brazil which is comparable to the UK-based Child Health and Development Study cohort in terms of recruitment method and clinical information collected. This will provide a unique opportunity for international comparison. In collaboration with Dr. Laurens, Dr Evans-Lacko has been successful in obtaining a European Research Council Starting Grant. This grant provides five years of funding (€1.5 million) to collect additional data from UK and Brazilian study participants and to perform analyses regarding barriers in accessing formal medical care and social support and to investigate international comparisons.

In regards to building research capacity, Ms. Petra Gronholm, completed her MSc dissertation using data collected from the Psychiatry Research Trust study in August 2012 and was awarded the Watson prize for best dissertation of students enrolled on the MSc in Mental Health Studies. She was subsequently awarded a competitive PhD studentship from the NIHR Specialist Biomedical Research Centre in Mental Health which began in October 2012. Her PhD will build on the findings from the Psychiatry Research Trust study. It will focus specifically on the early impact of stigma and discrimination for young people at risk of developing psychotic disorders. Drs Evans-Lacko and Laurens co-supervise Ms. Gronholm on her PhD, in collaboration with Professor Graham Thornicroft.

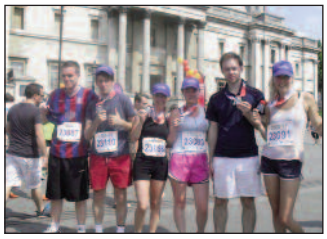
Publications & Conferences Attended
One publications in submission and four European conferences attended.

2013 London 10K Run

On Sunday 14th July 2013, 21 runners supported the Psychiatry Research Trust by taking part in the London 10K Run. This year we increased our number of places from 18 to 24 as this event always proves to be popular. Unfortunately, three runners needed to withdraw at the last minute because of injuries.

The weather was glorious though the temperature not particularly helpful to those running. Fortunately the organisers laid on plenty of water points, we remembered to bring bottles of sun screen and we had invested in some baseball caps which proved really useful. Not only were we able to identify our runners more easily but the caps also helped protect them from the sun.

We are happy to report all of our runners crossed the finish line in amazing times, the average times being between 60 to 95 minutes. Well done.



We would like to thank all who participated in raising funds for the Psychiatry Research Trust. They raised a magnificent £2,730. Special thanks to Jean-Pierre Laake who had, a few months earlier, raised funds by running the 2013 London Marathon which brought the total for the summer's running events to £3,450. All our runners raised impressive amounts for which we thank them sincerely and we would like to make special mention of Sam Shaughnessy who raised more than double his original sponsorship target.

If you would like to participate in the next London 10K Run and raise funds for the Psychiatry Research Trust please get in contact with us on psychiatry_research_trust@kcl.ac.uk

SKATEATHON

Patrick Jubb

Last year we set out on Friday the 13th July to longboard between the Turner Contemporary in Margate and the Tate Modern in St Ives. We got lost, a lot! At one point Tony the support rider lost me in Tesco's…Express! (True story)

All in all, the entire trip clocked up a little over 650 miles. We then managed another 400 miles at two fixed sites on the way back (in less than 9 days). We Raised nearly £3000 pounds for the Psychiatry Research Trust and attracted interest from **Stephen Fry, Status Quo, the Guardian, the One Show and were met by Mark Kermode and the staff of the Tate Modern in St Ives with the whole thing covered by three County Radio stations.**

This year I'm attempting to skate 2013 miles in a little over 6 weeks! That's 56 miles a day!! (More than 2 Marathons…… A Day!

To sponsor Patrick and support his fundraising for the PRT, go to his web page at Justgiving www.justgiving.com/longboard or you can send a donation via the PRT's office making sure you mark it for Patrick's event.

HONOLULU MARATHON

Natalie, Veronica and Stephanie (sisters 2, 3 and 4 of the Pruitt clan) are active runners, triathletes, equestrians, yogis, circusers...etc. This will be the first full marathon for Vern and Steph and the third for Nat.

The Pruitt girls are nothing if not unconventional so, when deciding to do the marathon in Hawaii, the decision was very easy. Why not do one of the most grueling races in one of the most amazing locations?! And to top it all off, get to raise money for the PRT while doing it.

To follow their progress and sponsor the Pruitt sisters, visit their JustGiving page at www.justgiving.com/Pruitt

ZAK MEMORIAL FUND

Following the death of a very close friend, Zak, to anorexia, Chris Johnston and friends are organising a fundraising event in her memory with proceeds going to the PRT for the Eating Disorders Unit's research and support that helps sufferers of the illness. The event takes place on 13th December at the UNION CLUB – Vauxhall, 66 Godding Street, London, SE11 5AW.

Chris writes:

"On December the 13th we will come together to celebrate the life of Zak Shahdazzle in the only way she would have wanted - with friends and fellow ravers dancing hard to the music she loved to party to!

Those of us lucky enough to know Zak will always remember the instant impact she had on us and her lasting effect on those she met. Our favourite little raver, always had the biggest smile, such energetic dance moves and the most uplifting presence to ever hit the dance floor!

The tragedy of losing such a unique and inspirational life has been a huge loss to this world but her spirit will forever live on and she will never be forgotten!

This will truly be a night to remember, so expect some amazing decor, visuals, comfy chillout area, free glowsticks to the first 50 on entry, and only the most positive vibes as we come together to remember the one and only Zak Shahdazzle! With DJ's and live acts covering styles from Electro, Trance, Progressive Trance, Psytrance, Hard Dance, Hardstyle, Hardcore to Freeform, there will be something for everyone".

Visit https://www.facebook.com/events/219281938245082/?ref=br_tf for full information. If you are unable to make the event, you can always support it by sending a cheque (marked for Zak's fund) directly to us.

CHRISTMAS CARD LIST 2013

ORDER FORM

Name .....

Address .....

.....

Card & Greeting	Each Price	10 Pack	Quantity
1 Christmas Hearts (128 x 128) With Best Wishes for Christmas and the New Year	45p	£4.00	
2 Chestnut Leaves (148 x 210) Season's Greetings	50p	£4.50	
3 Adoration of the Magi (128 x 128) With Best Wishes for Christmas and the New Year	45p	£4.00	
4 Peace, Hope, Love, Joy (128 x 128) Left blank for your own message	45p	£4.00	
5 Deep Winter (148 x 210) Season's Greetings	50p	£4.50	
6 Santa (100 x 100) Merry Christmas and a Happy New Year	40p	£3.50	
7 Angel of the Lord (100 x 100) Season's Greetings	40p	£3.50	
8 Star of Wonder (128 x 128) With Best Wishes for Christmas and the New Year	45p	£4.00	
Pack of 5 assorted cards (not illustrated)	£1.00 per 5 pack		

Please add £2 for p&p Cheque enclosed total :

Please make payable to Psychiatry Research Trust
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❶Christmas Hearts

❷Chestnut Leaves
Sally Brodholt

❹Peace, Hope, Love, Joy

❸Adoration of the Magi

❺Deep Winter
Sally Brodholt

❻Santa

❼Angel of the Lord

❽Star of Wonder
Helen Brindley