

# Psychiatry Research Trust

...To raise funds for research into mental illness and brain disorders in co-operation with the Institute of Psychiatry, Psychology and Neuroscience and Bethlem Royal and Maudsley Hospitals  
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## EDITORIAL

We always know when summer is on the way because brilliant people turn up to take part in all sorts of events to raise funds for us. This year has certainly been no exception. Over the summer we have two people walking miles to raise sponsorship. Benjamin around Suffolk and Rachael from London to Cambridge. A team from the Section of Imaging and Neurobiology in Psychosis at the Institute of Psychiatry, Psychology and Neuroscience (IoPPN) is taking part in a 'Run or Dye' event. Run or Dye is the most colourful 5k event where participants get showered in safe, eco-friendly, plant-based powdered dye at every kilometer, turning them into a Technicolor canvas. Not everyone will be using their feet though – Vasilica will be using her fists! She will be taking part in Pink Collar Boxing. Ladies Pink Collar Boxing is an event organisation bringing together local ladies to compete in a "White Collar Boxing" style tournament. I'm happy to say that they do received eight weeks training before the event. Further information and how to sponsor these brave supporters follows in this edition and, remember, you can always sponsor anybody be send a cheque directly to the Psychiatry Research Trust (just be sure note what the sponsorship is for). Over the

past months people have raised funds in a variety of ways and we must thank those who, among other things, have run marathons, walked, shaved off beards, given up alcohol and given donations in lieu of wedding anniversary or birthday gifts. Accounts are included about Stella and her team of Christmas Wrappers and Hazel who walked from Land's End to John O'Groats. A huge thanks to them all. There follows several short end of project reports which include the effects of cannabis use, schizophrenia, MND & stem cells and family psychosis. There is also a more lengthy report on International Mental health. This looks at three projects we funded over a period of time in Sri Lanka, Ghana and India. These reports reflect just a small example of projects that the PRT fund and we do hope that you find these of interest.

Returning to the subject of events, we do have a limited number of places for this year's British London 10k run which will be taking place on Sunday, 12th July. If you are interested in taking part of would like to sponsor a runner, please do get in touch.

Wishing you all an enjoyable and sunny summer.

**Lesley Pease**  
Chief Administrator

## RUN OR DYE



We are a group of energetic researchers with backgrounds in psychology, biology, and psychiatry working in the Section of Imaging and Neurobiology in Psychosis (SINaPs) (Department of Psychosis Studies), and we are donning our running gear to raise money for the Psychiatry Research Trust. Our group,

led by Dr Paola Dazzan, Reader in the Neurobiology of Psychosis at the Institute of Psychiatry, Psychology and Neuroscience, will be running the 5K Run or Dye colour run in Ipswich on 25th July 2015. Run or Dye is the "world's most colourful 5K": at each kilometre along the course, the SINaPs team will be showered with (eco-friendly, plant-derived) dye! The plan is to get fit, get colourful, and raise lots of money for a good cause.

As psychiatric researchers, SINaPs want to raise money for a cause about which we feel passionate. Therefore, the Psychiatry Research Trust was an obvious choice. So, as we train over the next few months leading up to the run, we will be pestering friends, family, and colleagues for sponsorship. Our team members have a wide range of

abilities – from complete beginners to half-marathon runners – but we will need all the encouragement and support we can get to get everyone around the course in July. If you would like to sponsor the SINaPs team, visit

**Kyra-Verena Sendt**  
Research Worker (OPTiMiSE and APUS-eCig trials)





**AMIR ENGLUND**

### **THE ACUTE COGNITIVE, PSYCHOLOGICAL AND ELECTROPHYSIOLOGICAL EFFECTS OF CANNABIS CONSTITUENT**

#### **PROJECT DESCRIPTION**

The aims of my research were to explore the specific interactive effects of different cannabis compounds in healthy human volunteers, and how this relates to the effects of cannabis and potential links to psychotic illness.

Cannabis Sativa L contains more than 100 different compounds known as cannabinoids. The compound most responsible for the intoxicating effects of cannabis is known as  $\Delta$ 9-tetrahydrocannabinol (THC), and is also thought to be responsible for the negative effects of cannabis (psychosis, paranoia and memory impairment). However, cannabis also contains compounds which may counter the effects of THC. These are cannabidiol (CBD) and  $\Delta$ 9-tetrahydrocannabivarin (THCV). In the first experiment 48 healthy volunteers came for an experimental visit each, where everyone received an intravenous injection of THC (1.5mg). Participants were randomly assigned to take a tablet of either CBD or placebo 3.5h before the THC injection. In the 2nd study 10 healthy volunteers came for two visits each, separated by two week, where each experimental visit included an intravenous THC injection (1mg). Each experimental visit was preceded by 5 day dosing with either THCV or placebo.

#### **PROGRESS IN PAST YEAR:**

All studies have been completed, thesis written up, and viva was passed with minor corrections.

#### **WHAT THIS RESEARCH HAS SHOWN:**

In experiment 1 we found that pre-treatment with CBD significantly inhibited THC-induced psychotic symptoms, paranoia and impairments to verbal memory. In experiment 2 we found the lower dose of THC did not induce symptoms of paranoia or psychosis. However, the impairment seen on verbal memory in experiment 1 was evident and significantly inhibited by THCV pre-treatment. THCV also inhibited THC-induced increase of heart rate.

#### **IMPLICATIONS:**

This research has increased our understanding of the interactive effects of difference cannabis compounds which may be important for recreational use of cannabis as well as the impact of cannabis on mental health. With the indication of CBDs protective effects, we are now running clinical trials with CBD as an add-on antipsychotic for patients with schizophrenia.



**CAROLE SHUM**

### **MODELLING MOTOR NEURON DISEASE USING INDUCED PLURIPOTENT STEM CELLS**

#### **PROJECT DESCRIPTION**

The aim of my project is to model aspects of Motor Neuron Disease (MND) using stem cells and to develop a cellular model to study its disease mechanisms and screen for drugs that effectively reverse this process. Specifically, the proposed project studied the role of a protein named Fused in Sarcoma, in MND. To do this, I used stem cell lines derived from a patient with a genetic mutation in the Fused in Sarcoma gene and from two healthy controls. We used established techniques to generate motor neurons and to determine whether motor neurons with the mutation will exhibit features commonly observed in MND, such as aggregation of mutant protein and cellular toxicity. I also used microscopy and biochemical techniques to study the morphology of control and mutant motor neurons, looking at differences in cell morphology and the expression of proteins necessary for normal function and physiology. Finally, I used molecular biology techniques in an attempt to correct the abnormal features observed in the neurons with mutant protein.

#### **PROGRESS IN PAST YEAR**

In the past year, we have focused on studying the effects of the pathogenic R521C mutation on neuronal and synaptic morphology. We have found that this mutation dramatically alters the morphology of neurons. Specifically, neurons with this mutation look much simpler in shape than control neurons. In addition, we also found that this mutation also affects the localization of proteins that are critical for neuronal function and physiology.

#### **WHAT THIS RESEARCH HAS SHOWN**

These findings suggest that this mutant protein may contribute to MND by altering morphology and the location of proteins. This in turn may impair the normal function of motor neurons to ultimately lead to their degeneration.

#### **IMPLICATIONS**

These results support the use of this model system to study MND and disease mechanisms.



**DR MURIEL WALSH / DR MARTA DIFORTI**

### **MAUDSLEY FAMILY PSYCHOSIS STUDY & PRETERM BIRTH FOLLOW-UP STUDY**

#### **PROJECT DESCRIPTION**

The aim of the research was to support the infrastructure for two large scale on-going studies at a time when it was difficult to get support for this: a) the Maudsley Family study and b) the Preterm Birth Follow-up Study. Dr Muriel Walshe carried out the bulk of the work, and after she left it was completed by Dr Marta Di Forti.

#### **PROGRESS IN PAST YEAR**

The Maudsley Family Psychosis Study produced a range of important findings particularly establishing the existence of minor brain structural, neuropsychological and electroencephalic (EEG) abnormalities in the first degree relatives of people with schizophrenia. The data from the family study was then pooled with other similar genetic studies of schizophrenia being carried out across the world, and thus contributed to some of the most impressive gains in new knowledge concerning schizophrenia. In particular it was established that at least 108 different genes contribute to the susceptibility to schizophrenia.

*The Preterm Birth Follow-Up Study* has undertaken the heroic task of following and examining the long-term outcome of babies who were born preterm in 1979, and are now in their thirties. It has demonstrated that while some individuals who had very traumatic births develop surprisingly well, overall the preterm individuals have subtle neurocognitive, neuropsychiatric, behavioural and neurological deficits. These are mediated by underlying brain changes compared with individuals born full-term; in particular the preterm individuals show decreases in grey matter volumes. Interestingly, even in those preterm individuals who perform certain tasks well, functional MRI studies have shown that they use different and more complex neural pathways to carry out the tasks than individuals born full-term.

#### **OUTCOME FOR THE RESEARCH PROJECTS AND RESEARCHERS**

Dr Muriel Walshe moved to UCL along with Dr Elvira Bramon and we continue the collaboration them and with Professor John Powell on the Maudsley Family Study which is now funded by the MRC. Dr Marta Di Forti has now also been funded by the MRC to develop her work on gene-environment interactions in schizophrenia. Dr Chiara Nosarti is now leading the Preterm Birth Follow-Up Study which is funded by both the MRC and Wellcome Trust. Thus, the support from the Psychiatry Research Trust at a critical time enabled us to develop two important areas of research which have flourished and are now securely funded by other organisations, and also facilitated the careers of researchers.



## RICARDO SAINZ FUERTES

### EFFECTS OF SCHIZOPHRENIA SUSCEPTIBILITY GENE EXPRESSION ON THE CELLULAR PROTEOME.

#### PROJECT DESCRIPTION

The aim of my research was to elucidate some of the molecular mechanisms by which genes confer risk to schizophrenia. Large genetic studies have now identified several schizophrenia susceptibility genes. Some of these encode molecules that are known to regulate the expression of other genes. However, the genes that they regulate, and therefore the molecular mechanisms, are largely unknown. In these studies we manipulated the expression of these susceptibility genes in human neural cells to examine how this affects the expression of other genes.

#### PROGRESS IN PAST YEAR:

By the end of the project, we had successfully manipulated the expression of two well-supported susceptibility genes for schizophrenia (MIR137 and TCF4) in human neural progenitor cells. Because the proteomic platform we had intended to use measures a limited number of brain-expressed genes, we used microarray technology to provide a global assessment of RNA changes following manipulation of these genes instead. This has given us a much clearer picture of the biological functions of these susceptibility genes and the genes they regulate.

#### WHAT THIS RESEARCH HAS SHOWN:

We have shown that the TCF4 gene regulates genes involved in cell cycling, while miR-137 regulates genes involved in neuronal differentiation. Subsequent work in Dr Bray's laboratory has shown that TCF4 indeed regulates human neural progenitor cell proliferation.

#### IMPLICATIONS:

These data indicate specific neurodevelopmental mechanisms through which MIR137 and TCF4 confer risk for schizophrenia. This will aid in the development of more accurate (cell and animal) models of the disorder, through which novel treatments can be tested.

## INTERNATIONAL MENTAL HEALTH

The Psychiatry Research Trust provided a grant to 'International Mental Health (IMH) at the IoP', the precursor to the Centre for Global Mental Health to assist in the aim of fostering policy-relevant research in low income countries, while building capacity for research through collaboration with overseas partners. The grant allowed the continuation and development of research collaborations with, the Forum for Research and Development in Sri Lanka, The Kintampo Health Research Centre in Ghana, and Sangath in Goa, India. The projects featured in the application added value by building on existing externally funded IoP-led projects, providing necessary funds for two PhD students (Samanthika Ekanayake and Rosie Mayston) to complete their field research, and by extending a Wellcome Trust Master's level fellowship to a full PhD (Benedict Weobong). The projects addressed three key research priorities for IMH at the IoP – migration and displacement, maternal depression and child health, and links between mental disorders and infectious disease

The work outlined in the grant application has been successfully completed. The PhD research projects were finished as planned, and all three students were awarded their PhDs. A total of 10 publications, to date, have appeared in peer-reviewed journals, attracting a total of 74 citations. All three PhD students have taken up post-doctoral positions, and are continuing to work in Global Mental Health or transcultural psychiatry. The links between the Institute of Psychiatry and the overseas research partner organizations have continued to flourish, with other projects ongoing.



## PROJECT 1 - SAMANTHIKA EKANAYAKE

### THE EXPERIENCE OF DISPLACEMENT AND RESETTLEMENT POST-TSUNAMI IN MATARA, SRI LANKA

Natural disasters cause immense suffering among affected communities. Most occur in developing countries, which have fewer resources to respond to the resulting traumas and difficulties. As a consequence, most survivors have to rely on their own coping resources and draw from what support remains within family, social networks and the wider community to manage and deal with their losses and consequent emotional distress. Samanthika Ekanayake's PhD research focused upon the impact of the Asian tsunami upon those

affected in the Matara district of southern Sri Lanka. A particular focus for her work was upon the impact of international aid relief efforts, and government policies on resettlement. She carried out a detailed qualitative study designed to investigate how survivors responded in Sri Lanka, and the range of coping strategies adopted and resources mobilized. In-depth interviews were conducted with 38 purposively sampled survivors. Their accounts emphasized the importance of extended supportive networks, religious faith and practices, and cultural traditions in facilitating recovery and sustaining emotional well-being. Government and external aid responses that promoted these, through contributing to the re-establishment of social, cultural, and economic life, were particularly valued by participants. Recourse to professional mental health care and Western psychological interventions was limited and survivors preferred to seek help from traditional and religious healers. Her findings tentatively suggest that long-term mental health following disaster may, in the first instance, be promoted by supporting the re-establishment of those naturally occurring resources through which communities traditionally respond to suffering.

Subsequent to her receiving her PhD, Samanthika was awarded a post-doctoral training fellowship in the SAMI (Social Aetiology of Mental Illness) program at the University of Toronto, working with Dr Kwame McKenzie, a leader in the field of transcultural psychiatry.

Although Samanthika has not yet returned to the Sri Lankan Forum for Research and Development, our links with the Forum, and Prof Athula Sumathipala continue. Subsequent to Samanthika's PhD, another student from the FRD, Chesmal Siriwardana was awarded a Wellcome Trust Master's level fellowship to study the impact of migration in conflict affected populations. He has also gone on to be awarded a KCL PhD.



## PROJECT 2 - BENEDICT WEOBONG

### MATERNAL DEPRESSION AND INFANT MORTALITY, MATERNAL MORTALITY AND MORBIDITY IN GHANA

Benedict Weobong's PhD research used the opportunity presented by two randomised controlled trials (Obaapa and NEWHINTS) underway in Kintampo, Ghana, to conduct a nested cohort study to test the hypotheses that:

- 1) antenatal depression is independently associated with low birth weight and neonatal mortality
  - 2) postnatal depression is independently associated with infant mortality, maternal mortality and morbidity
- For his Master's fellowship he had validated the Patient Health Questionnaire, in Kintampo, as a measure of post-natal depression. Inclusion of the PHQ-9 in the routine antenatal and postnatal assessments of the Obaapa and NEWHINTS trials enabled Ben to address these hypotheses, in what was one of the largest perinatal depression cohort studies yet to be attempted.

With the help of funding from PRT, Ben Weobong has successfully completed the DON population-based cohort study in Kintampo, Ghana, recruiting 20,920 women during pregnancy, 13,360 of whom were also assessed for depression symptoms in the postpartum period. The aim of this study was to assess the effects of antenatal, and postnatal depression on perinatal outcomes, maternal and infant mortality. This is one of the few such studies to be carried out in sub-Saharan Africa, where the risks to mothers and infants is highest, and one of the largest such cohort studies ever completed, hence giving adequate power to test for these associations. Ben has also reported on the determinants of antenatal depression, and the predictors of postnatal depression.

The main findings were that

- a) The prevalence of antenatal depression was 9.9%. The determinants were mainly psychosocial; maternal age >30 years, single mother, lower wealth quintile, unplanned pregnancy, and previous pregnancy loss
- b) Antenatal depression was independently associated with reduced bed net use during pregnancy, prolonged labour, preterm births, peripartum complications, postpartum complications, non-vaginal delivery, and newborn illness. However, there were no associations with neonatal deaths, still births or low birth weight
- c) the prevalence of postnatal depression (3.8%) was lower than that of antenatal depression with many cases resolving. However, antenatal depression was still the strongest predictor of postnatal depression. The other determinants were adverse birth- and baby-related factors - peripartum/postpartum complications, newborn ill health, still birth, or neonatal death.

d) Postnatal depression (both incident and persistent) was strongly independently associated with both infant morbidity and mortality. However, antenatal depression that subsequently resolved was not associated with any increased risk to the infant. 16,560 singletons were followed for 67,457 infant months from the time of their mothers' Postnatal Depression (PND) assessment and 130 infant deaths were observed. Postnatal depression was associated with an almost 3-fold increased risk of mortality up to six months (RR 2.86, 95% CI 1.58-5.19), and a two-fold increase up to 12 months (RR 1.88, 95% CI 1.09-3.24).

After completing his PhD, Ben was appointed as post-doctoral fellow and clinical trials coordinator for the mental health intervention studies conducted by Prof Vikram Patel at Sangath, Goa, India. This has provided an excellent post-doctoral training opportunity. Ben has now published 14 papers in all, and will return to Ghana at the end of his period in Goa, with a view to applying to the Wellcome Trust for an intermediate (career development) fellowship. We are continuing, through Ben, a strong collaboration with the Kintampo Health Research Centre, and are currently supervising another Ghanaian PhD student (Naana Ageyman) who is conducting a community survey of dementia and social aspects of ageing in the Kintampo Demographic Surveillance Site.



### PROJECT 3 - ROSIE MAYSTON

#### Mental Health and HIV-Related Service Utilisation in Goa, India

Rosie Mayston was awarded an IoP MRC studentship in October 2006 (supervisors Prince and Patel) to study links between mental disorders and HIV in developing countries. The studentship provided a stipend and limited research costs. Her PhD research project was based in Goa, India. Her aim was to study the impact of common

mental disorders, cognitive morbidity and alcohol and substance use disorders on engagement with HIV services, from the point of first contact at a government run voluntary testing and counseling service, based at Goa Medical College. This work was conducted under the umbrella of a DFID research consortium linked to the National Aids Research Institute in India.

The funding provided by PRT was critical to the successful completion of this PhD project, which was subject to unforeseen delays in the awarding of the necessary project approvals by the National AIDS Research Institute of India. It was also necessary to increase the sample size for the cohort study, given the unexpectedly low seropositivity rate among those attending for voluntary testing and counseling at the Goa Medical College facility. Rosie Mayston and her Indian research team managed to recruit and screen 1934 attendees at the clinic, for depression and anxiety disorders, and alcohol and substance use. These participants were then followed through to their return to the clinic to receive the test result (post-test counseling) and then for three further months to assess whether those who were found to be HIV positive attended the antiretroviral treatment (ART) assessment, and engaged with services (linkage to care).

Rosie found that even at the stage of HIV testing, independent of prior knowledge or suspicion of HIV status, depression and cognitive impairment (impaired verbal fluency) were already significantly more common in those who turned out to test HIV positive. This is the first time that this association has been reported, attesting to the potential importance of biological and CNS factors in explaining these associations even in the early disease stage.

Those with common mental disorders (CMD), and alcohol use disorders (AUD) were much less likely to attend for post test counseling. There was also a strong effect, among those who were HIV positive and received their test result, for decreasing linkage to ART services with increasing levels of depression symptoms. Cognitive impairment was not associated with linkage to care. Given the salience of comorbid common mental disorders to every stage of linkage to care, Rosie also studied the determinants of CMD, AUD and cognitive disorder in this sample. CMD occurred in the context of social and economic stressors (violence, poor education and food insecurity) and symptoms of sexually transmitted infection at the time of first contact. AUD was associated with perpetration of violence and risky sexual behaviour, while cognitive morbidity was associated with low knowledge of HIV risk.

Rosie has now published three papers from her PhD and was also invited to lead a systematic review on the association between mental disorder and HIV outcomes in the prestigious journal AIDS. This was an extension of a review that she had prepared as part of the background to her PhD. One further publication from her PhD, on findings from the qualitative research she conducted in Goa is in preparation.

Subsequent to her PhD, Rosie took on the role of Programme Leader for our Global Mental Health MSc. After performing this role for two years, she has returned to full-time post-doctoral research in the Health Service and Population Research Department. She coordinates the capacity building component of the NIMH funded Africa Global Mental Health Hub consortium (AFFIRM Africa Africa Focus on Intervention Research for Mental Health), and is collaborating on several projects in Ethiopia and South Africa, and supervising an Ethiopian PhD student. She is also leading the qualitative research component of a 10/66 Dementia Research Group project exploring the impact of caring for a dependent older person on household economic functioning in China, Nigeria, Peru and Mexico. Rosie was recently awarded a further grant by the PRT to continue her collaboration with Sangath, and to further her research into the impact of mental health on engagement with HIV services, by developing and piloting a brief psychological intervention targeting those presenting to voluntary testing and counseling services.

### WALKING SHOES ON THIS SUMMER FOR BENJAMIN AND RACHAEL

#### Benjamin's walk around the county.

Benjamin Lawrenson plans his country walk at the end of July. He writes:

Just going to have a big old walk around Suffolk for Psychiatry Research Trust because Forest Gump did well doing it & I can't run

I'm planning on doing a long old walk around the whole of Suffolk. With just a bag on back, and a t shirt to raise awareness for my chosen charity.

I have suffered with a lot of mental health issues in the past couple of years, and have received fantastic help from doctors and psychotherapists to ensure I continue on the road to normality, if you like.

I'd like to raise a little awareness for Psychiatric Research Trust - as these people really do have such a difficult job, and with the right kind of funding and awareness will potentially help to prevent thousands of suicides, self harm incidents, and many more mental health related issues.

You can sponsor Benjamin by going to <http://www.justgiving.com/Benjamin-Lawrenson>

#### Walking 100km in 20-30 hours London to Cambridge

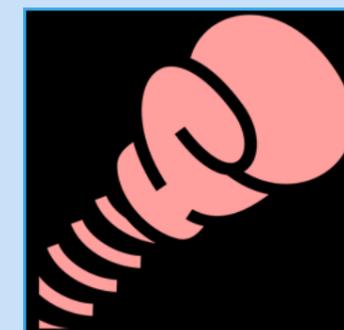
At the end of August, Rachael Clarke plans to walk from London to Cambridge in 20-30 hours.

To sponsor Rachael, go to <http://www.justgiving.com/london2camb>



[www.justgiving.com/psychiatryresearchtrust/](http://www.justgiving.com/psychiatryresearchtrust/)

### VASILICA'S PINK COLLAR BOXING



And for something very different - Vasilica Cristea writes:

I am taking part in a boxing event for Psychiatry Research Trust because I want to experience a new challenge.

Event: pink collar boxing on 6th June 2015

Donating through JustGiving is simple, <http://www.justgiving.com/Vasilica-Cristea1> fast and totally secure, so please help me to raise money for mental illness research, by donating money to my JustGiving page, or by buying tickets for Charity Boxing event, where you can see me boxing on Saturday 6th June at Aston Villa.



## EXCEL FOR CHARITY WRITING COMPETITIONS

We send a big thanks to the Excel for Charity Writing Competitions which, in addition donated money from the competition entries will be donating £2.50 from every copy of this book sold.

This anthology of over forty poems from thirty four different and varied poets, is published by SPM Publications in association with Excel for Charity. Buy Paperback from SPM Publications at <http://www.sentinelpoetry.org.uk/publications/bridgewatcher/index.html>

Buy Kindle version from [amazon.co.uk](http://amazon.co.uk)

## CHRISTMAS GIFT WRAPPING



On Christmas Eve, Stella Weston, with her team of supporters, spent the day wrapping last minute gifts at the Elmsleigh shopping centre in Staines. This has become an annual event to raise funds for Parkinson's Disease research with over £1,000 being raised in just the one day this year. Stella reported that it was a really fun day with many, many, grateful men doing their last minute shopping. Some were the same customers as last year who thought it is a great idea and were very generous. They had a lot of helpers and a lot of banter with some staying all day.

## LAND'S END TO JOHN O'GROATS

Many thanks to Hazel Guha who raised over £800 in sponsorship from walking from Land's End to John O'Groats. Her father, Martin, sent us this account of her travels:

Hazel started off from Lands End on the 22nd April 2014, walking all by herself, with her tent, sleeping-bag, and all her clothes etc on her back [though she stayed in hostels etc when they happened to be available]. She took 59 days to reach John O'Groats, walking all the way and not using any wheeled vehicle at all - we met her at one point, where the camp-site we were in was about a mile down the road, so I offered her a lift to the site, saying I would drop her back at exactly the same spot, but she refused even that, and walked all the way. We met her again at the start of the Pennine way, and walked a few miles with her, but we couldn't keep up, we were slowing her down though she was carrying her full pack and I was just carrying a thermos and two packets of sandwiches. She took one day off from walking, to visit Bath, and one day off to climb Ben Nevis [not my idea of a way of taking a break from a walking holiday]. She wasn't at all concerned about her safety - she says has walked in far more dangerous places around the world. I wasn't particularly worried about her when she was out in the wilds on her own - I was more worried about the fact that she had to walk unaccompanied through Glasgow, coming into town along the canal bank and out the other side, but she said that was fine. She came back to London on the bus, and was at work the following week. She saw lots of wild-life on the way, but no interesting adventures.

She hadn't intended to be sponsored - she was going to do it anyway, but so many people asked her, so I suggested the PRT as an appropriate charity.



## DONATIONS

If you would like to sponsor any of the above events or make a general donation please remember that, if you do not want to donate on line via Justgiving, we are always happy to receive cheque payments (if for a particular event please mark which one it is for). It's always very satisfying to open the day's post and finding a cheque!