

**Royal College of Psychiatrists
Women and Mental Health Special
Interest Group Annual Conference**

4 December 2020

**CONFERENCE
BOOKLET**

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GENERAL INFORMATION

Conferences resources page

Please see the following link to access the [conference resources](#) webpage.

Certificates

Certificates of attendance will be emailed to delegates after the conference.

Speaker presentations

Please note a presentation link (with non-editable pdf versions) will be emailed approx. 3 weeks after the conference to all delegates after obtaining the authorisation of the authors of the presentations. Unfortunately, it is not always possible to supply presentations due to some items being unpublished and copyright issues.

Accreditation

This conference is eligible for up to 6 CPD hours subject to peer group approval.

Feedback

A detailed online feedback form can be found at - <https://www.surveymonkey.co.uk/r/8MZRSMW>

All comments received remain confidential and are viewed in an effort to improve future meetings.

If you wish to tweet about the conference use @RCPsych #WomensMH20

On demand

After the conference you will be sent an email with links to the recordings so you will be able to watch the conference on demand.

PRESENTATION ABSTRACTS AND BIOGRAPHIES (LISTED BY PROGRAMME ORDER)

Friday 4 December

Session 1

Introduction & Welcome Dr Claire Wilson

Claire Wilson MRCPsych PhD is an MRC Clinical Research Training Fellow in the Section of Women's Mental Health at King's College London in the UK. She is also an Honorary Specialist Registrar in Psychiatry at South London and Maudsley NHS Foundation Trust. Her expertise is in psychiatric epidemiology, having worked on a number of large UK and international birth cohorts to investigate the intergenerational transmission of risk for mental health and disease. She is particularly interested in how multimorbid physical and mental ill health and substance misuse come together in the preconception and perinatal periods to shape offspring outcomes across generations. She is also a keen educator and the academic secretary for the Women and Mental Health Special Interest Group of the UK's Royal College of Psychiatrists.

Barriers to gender and race equality: past and present Professor Yasmin Alibhai-Brown

A brief history of the struggles for race and gender equality in the UK. How progress is never linear but cyclical, slow and cumulative, never 'done'. And how political leadership shapes both progress and retreat. The time we are in now, exemplifies momentum and progress *and also* retreat from determined counterforces. It is complicated. Activism and strategic campaigns have to understand that context.

Professor Yasmin Alibhai-Brown was exiled from her birthplace, Uganda, in 1972. She is a journalist, broadcaster, author and columnist on the *I* newspaper and Sunday Times magazine. She has written for the Guardian, Observer, Sunday Times, Mail on Sunday, Daily Mail, New York Times, Time Magazine and other publications. She has won several awards including the Orwell prize for political writing and in 2017, National Press Awards columnist of the year prize. She was specially commended for this award again in 2018. She is a part time professor of journalism at Middlesex University and was governor of the Royal Shakespeare Company. For ten years She was co-chair of major Imperial College/Health Trust research project headed by Lord Ara Darzai on patient safety. She is a national and international public speaker, a consultant on diversity and inclusion and trustee of various arts organisations. She is co-founder of the charity British Muslims for Secular Democracy. Their new report, *The Inner Lives of Troubled Young Muslims*, based on research by Ms Alibhai-Brown and five other Muslim women, was published in November. Her recent books include *Refusing the Veil*, *Exotic England*, *In Defence of Political Correctness*, and most recently, *Ladies Who Punch*. She has twice been voted the 10th most influential Asian in Britain. She has eight Hon degrees.

Leadership on the line Mandu Reid

Mandu is Leader of the Women's Equality Party. After graduating from LSE, Reid worked at in project and programme management for HM Treasury, the Department for Culture, Media and Sport and the Greater London Authority.

Mandu Reid took over the interim leadership of the WEP in April 2019, and was confirmed as party leader in January 2020. She has been described as "the first black, bisexual leader of a political party in the UK". Reid is the party's candidate for the 2021 London mayoral election, having replaced Sue Black, who had to withdraw for health reasons

Orbit Sivan Rubinstein

Join King's College London artist-in-residence choreographer, Sivan Rubinstein, who will open the conference by leading a short, very gentle movement warm-up to connect the mind with the body. When many of us spend hours sitting in front of a screen in a digital environment, this short session is to remind us of the importance of bodily movement for both our mental and physical well-being.

No movement or dance experience is required to participate.

Sivan Rubinstein is a London based choreographer whose art uncovers contemporary cultural issues which facilitate creative public conversations. Her work is deeply rooted in collaboration with academics, artists, communities and methods of alternative learning.

Sivan has been chosen as the UK artist for Pivot Dance commissioned by Creative Europe, selected by The Place for the "Exit Visa" programme, and given the title of "Exceptional Artist" by the Israeli Ministry of Culture.

Her work has been presented at Bloomsbury Festival (Wellcome Collection, London), Being Human Festival (London), Arts and Humanities Festival (King's College London), Sotheby's, Sadler's Wells, Migration Museum, The Place (London), Turner Contemporary (Margate), Dance4 & The Attenborough Arts Centre (Midlands). European Dancehouse Network; B.Motion Festival, Hangartfest (Italy), The Dutch Dance Festival (Netherlands) and the 2019 YAP Residency Program in Beijing, China.

Session 2

Chair: Dr Beena Rajkumar

Beyond Assumptions - Nimco Ali

Nimco Ali is co-founder and CEO of The Five Foundation, the global partnership to end female genital mutilation.

Ali has written extensively on national gender rights. Her book *What We're Told Not to Talk About (But We're Going to Anyway): Women's Voices from East London to Ethiopia* was published by Penguin Books in June 2019. It includes stories of women who are sharing experiences they have always been told should be "secret and shameful" as well as Ali's own story of living with FGM.

In October 2020, Ali was appointed by Home Secretary Priti Patel as an Independent government Adviser for Tackling Violence Against Women and Girls.

In 2014, Ali and Hussein received a community/charity award at the 2014 *Red Magazine* Woman of the Year awards for their work with Daughters of Eve. They also placed sixth in the Woman's Hour Power List 2014. She was named one of BBC's *100 Women* during 2018.

On International Women's Day 2019 it was announced that the 2019 Geneva Summit for Human Rights and Democracy's International Women's Rights Award would be awarded to Ali for her "approach to ending FGM by offering holistic support to survivors of the practice".

Ali was appointed Officer of the Order of the British Empire (OBE) in the 2019 Birthday Honours for services to tackling female genital mutilation and gender inequality.

Session 3

Chair – Dr Ruth Reed

Dr Ruth Reed is a consultant in child and adolescent psychiatry in Oxford. I am co-chair of the Women and Mental Health Special Interest Group of the RCPsych.

Our experience of caring for medics during the pandemic Dr Caroline Walker and Dame Clare Gerada

Dr Caroline Walker is a Doctors' Wellbeing Specialist and founder of The Joyful Doctor. She is a psychiatrist and therapist by background and holds an active caseload of doctors for NHS Practitioner Health.

Caroline is a mum of two, and an international role model for doctors with mental health conditions. Through her own lived experience of both mental and physical health conditions as a doctor, Caroline came to realise that we desperately need more support to take care of ourselves and each other.

The Joyful Doctor offers coaching, webinars and workshops to healthcare professionals across the world, alongside actively campaigning to reduce stigma for doctors in distress, across social media and through The Joyful Doctor Podcast.

You can follow Caroline and the work of The Joyful Doctor here:

www.joyfuldoctor.com

Email: teamjoy@joyfuldoctor.com

FB: @joyfuldoctor

Tw: @joyful_doctor

Ins: thejoyfuldoctor

Lin: Caroline Walker

iTunes/Podcasts.com: The Joyful Doctor Podcast

Professor Dame Clare Gerada is a registered Medical Practitioner with an understanding of and experience in the provision of general practice, mental health and addiction services. She undertook her psychiatric training at the Maudsley and Bethlam Hospitals, 1986 – 1990.

Since 1991 Dame Gerada has worked as a Principal in General Practice though has maintained her interest and expertise in the addiction field. Dame Gerada writes, teaches and lectures widely on the subject of the role of general practitioners in the care of substance misusers. Since 1993 Dame Gerada has been the lead clinician for the Consultancy Liaison Addiction Service which provides support to general practitioners such that they are able to deliver effective care to drug users.

Dame Gerada has held a number of national roles, including, Senior Policy Advisor Department of Health, Drugs and Alcohol. Director of RCGP Substance Misuse Use Unit & was Chair of RCGP National Expert Group on Substance Misuse. In both of these roles, Dame Gerada provided national leadership in substance misuse, developing the RCGP Certificate in Substance Misuse and supporting the creation of shared care working across England.

Director Primary Care, National Clinical Governance Support Team, 2003-2006: responsible in part for developing Governments' response to the Shipman Inquiry. Vice Chair RCGP 2007 – 2010. Chair RCGP 2011 – 2013. Dame Clare Gerada was awarded a DBE in the 2020 Queens Birthday Honours for services to General Practice.

Adlewyrchu Arnaf i -Reflecting on Me - Kizzy Crawford

A Welsh speaker with Bajan heritage, 23 year old Kizzy Crawford's solo career began just a few years ago and in that time, Kizzy has developed an increasing sophistication to her songwriting and performance, which is complimented by her soulful voice that boasts both range and charisma.

Her ambition as a young Welsh mixed race artist is to make her mark by fusing bilingual soul-folk jazz and she's already getting recognition for her work with airplay on BBC Radio 1, BBC Radio 2, BBC 6Music, BBC Radio 4, BBC Radio Wales, BBC Radio Cymru, Jazz FM.

Over the last few years, Kizzy has performed at many festivals including Cambridge Folk Festival, Cheltenham Jazz, Festival No 6, Womex, Sŵn Festival, Cornbury Hay Festival, How The Light Gets In and she has performed as guest artist with BBC National Orchestra of Wales.

Kizzy has performed live on TV for S4C, Children in Need for BBC 1 and the 6 Nations advert campaign. Kizzy's music is regularly used in TV & online adverts, her song 'Caer O Feddyliau' featured on an ident for S4C and her track 'Shout Out' and Welsh language version 'Yr Alwad' featured in the 2015 VISIT WALES TV & online ad campaign

Kizzy signed to publishing company BDi Music in 2014 and she was later selected as a BBC Horizons12 Artist which included the opportunity to perform a live session at BBC Maida Vale. Kizzy was also a featured artist with Gwilym Simcock for a BBC Radio 4 music programme and she was invited to perform on The Verbs 'Young Talent' programme for BBC Radio 3. Kizzy has played many gigs including shows at the National Assembly for Wales during WOMEX, Glastonbury, London Jazz Festival, Cheltenham Jazz, Hay Festival, Dinefwr Festival, the Plaid Cymru Conference, Blissfields, Wakestock, Celtic Connections, L'Orient, Abergavenny Food Festival (where she performed her single Golden Brown live on BBC Radio 4) and the Prince Edward Island Festival, Canada. Kizzy has played as support

artist for Gruff Rhys, Newton Faulkner, Benjamin Francis Leftwich and has performed alongside Cerys Matthews at the House of Commons, Westminster.

In 2016, five of Kizzy's songs were selected as set works as part of the WJEC 2016 A Level Music syllabus, she sat in the contemporary music section alongside Gruff Rhys, The Manic Street Preachers and the Super Furry Animals. Consequently, Kizzy was invited to chat about this achievement and perform one of the set works for BBC Radio 4's Woman's Hour. Later that year, Kizzy co-wrote music with jazz pianist & composer Gwilym Simcock for the collaborative project Birdsong-Can Yr Adar which toured throughout Wales and at London Jazz Festival. Birdsong was based on the Celtic Rainforest of Carnogafallt and was a partnership project with Sinfonia Cymru, RSPB Cymru, PRS & Arts Council of Wales. The Birdsong album was released in May 2018 via Basho Records followed by a launch in London and tour of Wales.

Last year, Kizzy signed to Freestyle Records (home of Omar & Courtney Pine) and released her single Progression / Dilyniant which received support from BBC Radio 2, 6Music & BBC Wales as well as being played daily on Jo Whiley & Simon Mayo's drivetime show. Recent shows include Cheltenham Jazz Festival, Brecon Jazz, UNESCO Berlin & The Great Escape and Kizzy is thrilled to be releasing her debut album in October 2019.

Session 4 -

Chair – Rubina Pabani

Rubina Pabani is head of short form at ITN Productions making video and podcast content as well as executive producer on a few productions. I am also half of the BBC Sounds podcast Brown Girls Do It Too which won best podcast at the British podcast awards in 2020.

She has produced two series for BBC Three, has made documentaries in vertical at Barcroft for Snapchat and is currently making an Op-Ed for the New York Times. She dreams of running a video unit that produces factual content that inspires like Akala, has all the sass of Yung Filly and creates meaningful impact like Greta Thunberg.

How can mental health professionals challenge sources of discrimination in those for whom we care? Panel Discussion with Nimco Ali, Dr Claire Roberts, Dame Clare Gerada, Dr Rajesh Mohan

Claire Roberts is in her first year of core psychiatry training based in Yorkshire. Prior to studying medicine Claire completed a degree and Masters degree in fine and history of art at Goldsmiths University of London. She studied medicine at University of Warwick and completed her foundation training in Warwickshire. Her interests out of work include painting, playing rugby and growing veg on an allotment.

