

Royal College of Psychiatrists



Job description

Job title:	Presidential Lead for Lifestyle Determinants
Term of office:	Co-terminus with President (September 2026 – July 2029)
Responsible to:	President
Working with:	
Governance	President and other College Officers
Management	Chief Executive, Head of the Public Mental Health Implementation Centre and other College staff as required
Responsible for:	Presidential Scholar for Physical Activity, Exercise and Nutrition
Elected/appointed:	Appointed
Scope:	UK-wide/nation specific/division specific/worldwide
Time commitment:	1 PA per week
Salary:	Unpaid/Voluntary

Job purpose

This role will lead the College's work on physical activity, exercise, nutrition and other lifestyle determinants of mental health, promoting prevention and early intervention approaches that support improved mental and physical health outcomes. The postholder will work collaboratively across the four nations, with faculties, divisions, special interest groups, other Presidential Leads and external stakeholders to champion the integration of lifestyle approaches across mental healthcare, education, training and policy.

Key responsibilities

- Develop and lead an action plan for the College's work on physical activity, exercise, nutrition and lifestyle determinants of mental health.
- Promote prevention-focused approaches that improve mental health and wellbeing through addressing lifestyle and environmental determinants.
- Influence policy and service improvement initiatives relating to physical activity, nutrition and healthy lifestyles, ensuring mental health is appropriately represented.
- Work with relevant stakeholders to improve inpatient environments, including access to physical activity opportunities, green spaces and high-quality nutrition for patients and staff.
- Support the inclusion of mental health within national nutrition and dietary pathway developments, including digital pathways.
- Work with staff and members of the College across the four nations of the UK to tailor activities to the specific national contexts the College works across the UK
- Engage with GIRFT programmes and other national improvement initiatives to promote integration of mental and physical health considerations.
- Support workforce development by promoting education and training on physical activity, nutrition, lifestyle determinants and wellbeing.
- Explore partnerships with external organisations, including the British Society of Lifestyle Medicine, to strengthen development opportunities for psychiatrists.
- Support the President as one of the College's key representatives on this agenda, including stakeholder engagement, events and external enquiries.
- Managing the work of a Presidential Scholar

Person specification

Essential

- Must be a Member, Fellow or Specialist Associate of RCPsych.
- Demonstrable commitment to prevention, health promotion and reducing health inequalities.

- Knowledge of the evidence relating to physical activity, nutrition and mental health.
- Excellent communication and influencing skills.
- Ability to work collaboratively across organisational boundaries.
- Track record of leadership at national, regional or organisational level.
- Ability to work effectively across the differing health, care and policy contexts of England, Scotland, Wales and Northern Ireland.

Scope

Some member roles have a global or UK-wide remit, whereas others are nation or region specific. If your role has a UK-wide remit, please be aware that health and social care, education and training, local government and some taxation are all devolved areas in Northern Ireland, Scotland and Wales. Justice and policing are devolved powers for Scotland and Northern Ireland. To reflect this, the RCPsych has Devolved Councils and structures in each nation which lead the College's engagement on these matters, and devolved policy can often vary to meet national requirements.

If you have any questions or need any guidance about the situation in any of the four nations, please speak to your College staff contact.

The College Values

Courage

- Champion the specialty of psychiatry and its benefits to patients
- Take every opportunity to promote and influence the mental health agenda
- Take pride in our organisation and demonstrate self-belief
- Promote parity of esteem
- Uphold the dignity of those affected by mental illness, intellectual disabilities and developmental disorders

Innovation

- Embrace innovation and improve ways to deliver services
- Challenge ourselves and be open to new ideas
- Seek out and lead on new, evidence-based, ways of working
- Have the confidence to take considered risks
- Embrace the methodology of Quality Improvement to improve mental health services and the work of the College.

Respect

- Promote diversity and challenge inequalities
- Behave respectfully – and with courtesy – towards everyone
- Challenge bullying and inappropriate behaviour
- Value everyone's input and ideas equally

- Consider how own behaviour might affect others
- Respect the environment and promote sustainability.

Collaboration

- Work together as One College – incorporating all members, employees, patients and carers
- Work professionally and constructively with partner organisations
- Consult all relevant audiences to achieve effective outcomes for the College
- Work together with patients and carers as equal partners
- Be transparent, wherever possible and appropriate.

Learning

- Learn from all experiences
- Share our learning and empower others to do the same
- Value and encourage personal feedback
- Use feedback to make continuous improvements
- Create an enabling environment where everyone is listened to, regardless of seniority
- Positively embrace new ways of working.

Excellence

- Deliver outstanding service to members, patients, carers and other stakeholders
- Promote excellent membership and employee experience
- Always seek to improve on own performance
- Promote professionalism by acting with integrity and behaving responsibly
- Demonstrate accountability in all that we do
- Uphold the College's 'Core Values for Psychiatrists'.

INTERNAL COLLEGE CONTACT:

- Department: National Collaborating Centre for Mental Health (NCCMH)
- Name of Contact and Email: Tom Ayers, Tom.Ayers@rcpsych.ac.uk
- Job Title: Director of NCCMH