Royal College of Psychiatrists

Job description

Job title:	Presidential Scholar for Lifestyle Determinants
Term of office:	Feb 2027 – June 2028 (with potential to extend)
Responsible to:	Presidential Lead for Lifestyle Determinants
Working with:	
Governance	President and other College Officers
Management	Lead staff contact for Presidential Lead for Lifestyle Determinants
Elected/appointed:	Appointed following advertisement on College website and competitive interview
Scope:	UK-wide
Time commitment:	2 PA's per week
Salary:	Unpaid/Voluntary

Job purpose

To support the Presidential Lead for Lifestyle Determinants in the delivery and implementation of the College's work to embed evidence-based lifestyle approaches into psychiatric practice, prevention, education and service improvement.

The Presidential Scholar will contribute to initiatives promoting the integration of lifestyle determinants, including physical activity, nutrition, access to inpatient green spaces, sleep and social connection, into mental healthcare across the four nations. The role will provide opportunities to develop skills in leadership, quality improvement, education, research and policy development, working collaboratively with College committees, Public Mental Health Implementation Centre (PMHIC), specialist networks and national and international partners.

A particular focus will be supporting the development of practical educational resources, PMHIC-aligned inpatient quality improvement initiatives and the dissemination of emerging evidence in lifestyle psychiatry.

Key responsibilities

1. Work with the Presidential Lead to support the delivery and evaluation of the College's work on lifestyle determinants, contributing to agreed priorities, action plans and progress reports.
2. Support the development and delivery of evidence-based educational resources, CPD, webinars, workshops and other professional development activities on lifestyle determinants in mental healthcare, working with relevant College teams and external partners.
3. Collaborate with Public Mental Health Implementation Centre, relevant inpatient quality networks to support the development of QI initiatives promoting healthy nutrition, physical activity, access to green space and other lifestyle determinants within inpatient psychiatric settings.
4. Assist with reviewing emerging evidence, preparing briefing papers, educational materials, presentations and draft publications relating to lifestyle and psychiatry and its application to clinical practice.
5. Support the Presidential Lead in engaging with members across RCPsych in Northern Ireland, RCPsych in Scotland, RCPsych in Wales, the English Divisions, as well as with faculties and other relevant stakeholders.
6. Support the Presidential Lead in relevant national and international collaborations.
7. Contribute to the communication of the College's work on lifestyle determinants through conferences, webinars, newsletter and other appropriate channels, highlighting examples of good practice and improvement.
8. Attend agreed meetings with the Presidential Lead and relevant College groups, support the monitoring of progress against objectives, and participate in regular supervision and development opportunities relevant to the role.
9. Collaborate with the other Presidential Scholars and Leads as required.

Person specification

Essential

1. An ST4-ST6 or SAS doctor, who is a current member/associate of the College
2. Demonstrable interest in lifestyle determinants of mental health, including physical activity, nutrition, sleep, social connection, prevention and the relationship between physical and mental health.
3. An interest in quality improvement, evaluation, research and the translation of evidence into clinical practice would be desirable.

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4. Previous involvement in education, quality improvement, audit, research or service development projects, particularly relating to physical health, prevention or lifestyle interventions in mental healthcare.
5. Experience or interest in developing and delivering educational activities, presentations, teaching or professional resources and research projects.
6. Excellent communication skills.
7. Excellent administration skills and experience of working in a support role with an ability to organise own workload.

Applications are welcome from across the UK.

Please note that, if shortlisted you will be required to provide written support for your application from your Training Programme Director (TPD) and Head of School, or from your employer.

Scope

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: NCCMH • Name of Contact and Email: Tom Ayers, Tom.Ayers@rcpsych.ac.uk • Job Title: Director of NCCMH