

**SEPSIG6 Minutes
Manchester
22nd March 2019**

1. Minutes of last meeting-nil to add
2. Review of annual report- AC fed back on the collective role of the SIG chair and finance officer in compiling annual reports to the Royal College of Psychiatrists. A copy of the annual plan was circulated. AC & AJ spoke about future leadership planning for when their 4-year executive terms end in August 2020. **Interested parties are invited to contact AC or AJ.**
3. Feedback from RCPsych SIG Chairs' and Finance Officers' meetings - AC fed back on the recent event, organized by the college and attended by all 15 SIG chairs. The event was featured in the most recent issue of *Insight*. This was a great networking event and useful to learn about progress of other SIG's within the college.

A number of important collective issues were discussed including allowing SIG leads to have freer access to email circulation lists of members.

AJ feedback on his work as the finance officer. Current budget stands at +£8119 although costs of SEPSIG6 are still to be deducted. AJ suggested ways to proactively use the money such as creating essay prizes, medical student bursaries, trainee initiatives. Both AC & AJ invited suggestions and for these to be communicated to them. **Any suggestions to AJ.**

4. IOC/BJSM update - AC updated the SEPSIG on the latest sports psychiatry publications that are due to be published around June 2019. **Information only.**
5. AC & AJ spoke about expanding the executive which has 2 elected positions and several co-opted members leading on specific projects. They informed the group that their terms as chair and finance officer will end in Autumn 2020. Suggestions for future new executive roles include a secretary, trainee representative, communications lead and a link worker with sports medicine. Elections will be by usual college procedures and nomination by two other members. **Formalise new positions and write a short paragraph of roles and responsibilities at SEPSIG7.**
6. College Library – suggestions for books to be added to the library. AC suggested we recommend around 6 initially (*book title, publisher, author, ISBN number*) Suggestions include: -

- Sports Psychiatry Handbook, Oxford Press, Currie A & Owen B
 - International Society for Sports Psychiatry (ISSP) Manual
 - Stubbs B & Rosenbaum S Exercise Interventions for Severe Mental Illness
 - CN (Nahman) proposed a book on exercise/eating disorders
- Additional suggestions to AC please.**

7. EIS Survey- AC, CL and AM (SEPSIG members) are involved in a prevalence study of EIS funded athletes. Data collection is nearing completion and writing will begin soon. Very preliminary findings demonstrate 5% 'caseness' within UK elite athletes, similar rates in Paralympic population too. **Information only.**
8. ETN 3rd Mental Health of Athletes Conference - AJ updated SIG on the next ETN Conference on 22nd June 2019 at Stamford Bridge, Chelsea Football Club. The keynote speaker will be David Cotterill (ex-professional footballer and mental health advocate). AJ is chairing the event. Additional presentations will be by SIG members, TR & AM. SEPSIG members are eligible for discounted event tickets. **Information only.**
9. Feedback from other activities. ST feedback on his physical activity in UK Psychiatrists survey (n=94). ST invited to present his findings at the next SEPSIG event as a brief update. This would tie in nicely with a Brendon Stubbs keynote on exercise related to mental health. **ST to be added to programme for SEPSIG7.**
10. Planning for future meetings and submissions

AC outlined the current SEPSIG event venue strategy which alternates between London and other non-London cities (Manchester, Leeds and Birmingham to date). London tends to attract larger numbers although we will still wish to promote inclusivity and new networks across the UK.

Discussions regarding the next London venue were considered (Autumn 2019). The pros and cons of choosing the RCPsych college site or ISEH were outlined. AC would prefer to utilize the college building although cost, capacity (>50) and availability will need to be explored. ISEH would be an alternative option and have been very hospitable in the past. TR & LD expressed preference for the ISEH venue. This was supported by non-London based SIG members (due to its improved transport connectivity). **AC will liaise with venues and confirm the venue for next SIG.**

11. Subsequent Meetings
 - March 2020- Suggestions include Scotland, AMc will explore potential venues in Edinburgh and will feedback to the group. An alternative option could be in Wales.

Future Proposals (August 2020)

Proposed Structure: 1 keynote, 2 symposia and an updates section.

Topics suggested include Suicide & Sport (TMc), Concussion(TMc, PH?), Brendon Stubbs Keynote for exercise, credentialing as a sports psychiatrist (curriculum to be developed by PH, TR, AM)

AMc to get info on Edinburgh venues

TMc to begin work on a suicide and sport symposium (2-3 speakers)

AC to contact PH re leading a similar concussion symposium

AC and AM to contact Brendon Stubbs.