

Royal College of Psychiatrists

Volunteering & International Psychiatry Special Interest Group (VIPSIG)

Committee Meeting Minutes

Friday 18 August 2017 Royal College of Psychiatrists, London

Present

Sophie Thomson (air), Madip Jheeta (Finance Officer), Ruairi Page (Secretary), Anis Ahmed, Madeline Osborn, Elena Ros, Jane Mouny, Louay Eltagy, Alex Moore, Karim Rajput, Mhl Adhazd, Marianna Siapera, Gergana Manolova, Marianna Siapera, Gergana

Apologies

Sally browning, Brad Hillier, Peter Hughes

EXECUTIVE MEETING

No specific matters arising. Proceed to general meeting.

GENERAL MEETING

Minutes of last meeting

Discussed and feedback received

Matters arising

Human rights and global mental health- 29 September 2017- Guest speakers have been organised. ST would like for the event to be promoted by attendees at today's meeting.

JM- Is going to ask Bendon Cox (brother of Jo Cox) to open the event.

Jane Mouny has worked extremely hard in organising this event.

Finance Officer- Mandip is unsure as to whether the group has been receiving the GBP1000 from the general adult faculty

mhGAP Orientation Weekend- Springfield Hospital- general consensus is that it is well worth attending. Again it is a free event. Up to 70 attendees already, where it will be capped at. Sophie would still like to hear from volunteers who are interested in attending future events.

Newsletter- Editors are currently collecting information for the next edition of the newsletter. Gergana gave an overview of the format of the newsletter, and discussed the special edition to celebrate World Health Day on depression.

JM discussed the need for us to have contact from the newsletters and for the essay prize winning article to be included.

Mark Turner (Royal College) is to be communicated via alongside Jonathan Bennett for website queries

Essay prize winner- The prize is for a free ticket to the Human Rights Conference 29 September.

ST discussed the idea of having a Communications Officer.

World Health Day edition on depression- 39 articles altogether- and it was very well received.

Psychological first aid conference- Louay gave update about the conference- lots of interest obtained. The group are considering running the same day again next Spring. Discussions about whether to run PFA on it's own or HIG alongside. General consensus is that half day on both was successful and popular way of organising the day.

Mandip discussed the positive feedback from the 2 x half days on PFA/HIG.

The group attendees voted on the setup of the day and it was agreed (majority) that the next day will be done together (PFA and HIG), but also a full day PFA course for all professionals.

PFA- written for all disciplines- Discussion held as to different marketing strategy required to promote event further.

Conference work:

International Congress (Edinburgh)- ST has feedback that there has been a request for another Global Mental Health workshop

Possible themes discussed- Reverse learning) was put forward as an idea by Mariana. Group agreed this is an interesting topic. Includes learning about how the UK can learn from lesser developed countries, who have much lesser facilities/finances.

MO discussed breaking this down to basic topics to generate interest.

Another idea for a theme was put together for theme on working with refugees.

Deadline for submission for workshop is 12 September 2017.

Volunteer Handbook- Has been reviewed, edited and uploaded onto the website. Gives broad information as to volunteering, advice about volunteering, how to arrange/apply

College and GP link- Peter wrote to GPs about collaborative work/course on global mental health. The price for a course for GPs has been negotiated the Royal College of GPs and price has been agreed at GBP900. VIPSIG require the breakdown of costs, responsibilities for admin etc to be arranged. Peter Hughes has been organising this. MO explained

GPs unlikely to attend if did not get accreditation for this. Option of drug rep company of sponsoring the event was discussed.

MJ- Update on money- The SIG have sufficient funds to fund the joint GP course (GBP900). MJ reported that the group is not having any financial difficulties. Discussed possibilities of having course venue provided and advertising.

Links of the group with Royal College of GPs was widely encouraged. No strong objections to agreeing the GBP900 for GP conference. Action Agreed for the group to pay GBP900.

Burma project- ST reported this is going very well. 7x courses (teaching GPs) have been carried out, including meeting with minister of health for Burma. Currently working on a prison project, mindful of GPs. Exciting project.

Communications: Facebook- very positive feedback from the group

The idea of communications officer is well received.

VIPSIG chair- Sophie Thomson has been duly elected and was congratulated by the group.

Annual essay prize- Word count: Up to 3000 words of any topic of choice

Discussed article submissions for Human Rights conference on 29 September

Date of next meeting has been changed from 17 November 2017 to 15 December 2017. Discussed location of next meeting- Birmingham has been agreed.

Video link has been organised by AA from the Tamarind Centre, Birmingham

Discussed more lines of email advertising required, for people who do not use Facebook.

MO discussed lack of advertising about the VIPSIG meetings. JM said the amount of emails (global) sent has been moved to unlimited

PROJECT UPDATES

MADLINE GAVE VERY INTERESTING AND INFORMATIVE PRESENTATION ON SMMHEP AND WORK IN MALAWI

-Covering demographics of Malawi, SMMHEP, mental health services and common disorders in Malawi. impact of mental disorders in malawi, volunteering opportunities. Undergraduate, postgraduate, district project and outcomes.

-3-6week teaching programmes

-Madeline is looking to fill vacancies for March and April 2018 programmes

-The group got up and running through personal contacts, founded by Rob Stewart

Finance Update-

MJ has put together a Business Plan for VIPSIG- The objectives of the SIG from Business Plan were outlined and discussed.

MJ Financial Officer update- Finances have been healthy. Last finance injection was PFA/HIG. Restrictions on using funds for projects. mhGAP training is biggest event. Done for free but with donations. Difficulties have arisen in actually spending fund money. Discussed VIPSIG not being able to fund individual volunteering projects due to college rules. 8000-9000 funds available

Dr Ahmed discussed investing money in video link facilities. Sophie discussed this being requested by organisers in Burma.

IT equipment- College have facilitated the SIG using equipment for podcasts.

Discussed use of video for mhGAP orientation weekends.

Action plan- To continue to work on video technology.

Gergana discussed a project of hers with Kings which has grants for videoing equipment and has very kindly agreed to trial videoing with this at the mhGAP orientation weekend.

Karim applied for grant for developing resources for Arabic speaking people in the UK. Is working with Louay to translate a mental wellbeing handbook which has been completed and adapted for arabic speaking people. Ideas are to make an e-book/app. Also have been working on mindfulness audio books for Syrian/Afghan patients, working with children to offer resilience.

ST discussed more work around language translating- lots of different languages spoken from committee members- opening ideas for translatory work.

Annual Essay competition- Winners announced in March. Very high standard of entries.

Announced 4 winners overall. Winners to be presented their awards at the VIPSIG orientation weekend.

Annual essay competition- open to Doctors (Non-consultants), trainees, medical students

Thoughts about theme for essay competition- Decision made to keep theme open- opens the competition up to more trainees and medical students

Decision made to delay the annual essay competition due to the other 2 essay competitions running at present

Marianna discussed the upcoming medical students psychiatric conference- colleagues of Marianna on the global health Msc are going to be presenting. Karim discussed broadening invites to conferences/VIPSIG events to extend from the college- i.e. NGOs, medical students, social workers, different disciplines

MO discussed risk of conferences when too generic putting psychiatrists off attending.

Discussed overall objectives of the group: 4 meetings/year, networking options, helping with projects, communications lead, academic lead

Gergana discussed that she has put together a bibliography for Global Mental Health and will send to Sophie to review, with a view to publishing via the VIPSIG.

AOB:

AA- Is interested in academic role. Has kindly arranged for location at Tamarind Centre, Birmingham, for next meeting which has video link facility. Discussed work with spiritual leaders

JM- Discussed opportunity for joint conference with the Spirituality SIG

MO- Discussed need for broadening the reach and communication for VIPSIG

ER- Has been in touch with Age UK to arrange psychosocial support packages for patients with dementia. Would like to share her work with the group.

Future events

Dates of next committee meetings

Venue: Tamarind Centre, Birmingham. 1:30pm- executive meeting, 2:00pm- general meeting.

Confirmed: Friday 15 December 2017