



Women and Mental Health Special Interest Group Royal College of Psychiatrists

Annual General Body Meeting.
6th July 2018.

Venue: Royal College of Psychiatrists, London.

Attendees

Nicola Byrne, Rina Gupta, Rebecca Horne, Nisha Shah, Claire Wilson, Raka Maitra, Hannah Rollman (with 10-month-old son) and Simi Sachdeva-Mohan

Apologies

Syeda Ali, Estela Weldon, Elizabeth Tyrrell-Bunge, Gill Cresswell, Bosky Nair.

Chair's report

Chair, Nicola Byrne, congratulated the group for new initiatives and welcomed new members. Over the last couple of years the SIG's profile has been increased because of successful Women in Mind events and a strong twitter presence. Nicola reflected on the last meeting with RCPsych CEO, Paul Rees and the possibility of more support from RCPsych in the SIG's activities.

WHMSIG has been invited by Agenda Alliance and Mental health task force on women's mental health and domestic violence. WHMSIG has attracted overseas women psychiatrists, such as from Melbourne, Australia who have been inspired to form a Women's mental health SIG in their country. The Women in mind events and the CPDs focussing on a holistic approach to women's mental health, continue to be popular and there is potential for generating some revenue from these events. More participation from SIG members and some financial support from the College would certainly help expand the SIG activities.

Treasurer's report

Treasurer, Syeda Ali, communicated via email that 'as of July 2018 the SIG's total funds are £1054.00'. The group does not have any source of income at present but has been able to carry out its activities owing to successful collaborations.

Secretary's summary:

Women in Mind events

WHMSIG has established collaboration with the Diversity and Inclusion team at IoPPN to organise the Women in Mind events. This has been a very successful collaboration and three events have been hosted in the past year with Dr Clare Gerada, Baroness Shami Chakrabarti and Harriet Harman MP as the guests. These events are very well attended and are absolutely free to all the attendees. A dedicated letterhead has been created for the official invites with joint logos of Kings College, RCPsych and WHMSIG with due permissions.

The IoPPN provide the venue, banner and posters for the events at no cost. Events are advertised using the Eventbrite website and members of WHMSIG and IoPPN are informed via email.

College is unable to provide the venue or any promotional material without the SIG incurring the costs.

Women in Mind events in 2017-2018

Harriet Harman – March 2017

Panel with Dame Fiona Caldicott, Baroness Shami Chakrabarty and Abigail Burgess reflecting on digital identities and the impact on girls' and women's mental health- Oct 2017

One event in 2018 got cancelled owing to last minute withdrawal by the guest.

Future event planned with Geraldine Strathdee – Oct 2018.

Digital traffic in relation to WiM events:

Mark Turner, Digital Content Officer at RCPsych has provided some stats from the website:

Interview with Harriet Harman- 31 views

Shami Chakrabarti- 33 views

Clare Gerada- 171 views

(Stats only from YouTube videos and not Vimeo, hence under-represented).

Popularity of WIM events have raised profile of WHMSIG and RCPsych. CEO Paul Rees and communication to consider funding as College venue not available for free as yet. Meeting with CEO, Paul Rees has been positive.

Recent survey among WHMSIG members shows a growing interest in knowing journeys of women psychiatrists in leadership positions.

CPD

WHMSIG organised a CPD in 2017 with RCCOG on 'Me, myself and my hormones: women and their mental health'. This CPD was organised by Nicola Byrne, Shubulade Smith and Kathryn Abel. The speakers included obstetricians, psychiatrists, a philosopher and had a panel discussion at the end chaired by Zoe Williams from the Guardian. The CPD day was very well received.

College provided organisational support for the CPD while RCOG provided the venue. All the speakers had kindly participated without a fee. Attendees were charged a fee to cover College's organisational support. No income was generated for the SIG.

This year, WHMSIG has organised CPD day Domestic Violence and Mental Health on 7th December. Registrations to open shortly. This CPD was organised by Nicola Byrne, Louise Howard, Shubulade Smith and Claire Wilson. Mental Elf is happy to cover but charges are £1000 + VAT for 2 days which is not currently affordable by SIG. To discuss with CEO, Paul Rees and RCPsych Communication regarding covering CPDs as WHMSIG's popularity grows. To also discuss with College regarding possible revenue as speakers and programme is organised by WHMSIG.

Some points to be kept in mind for the CPD: College has position statement on domestic violence and impact on children and adolescents. One of the speakers criticised by LGBT community. Ongoing legislative debates regarding who can be called women.

WHMSIG decided that its position would be to focus on supporting women not about the term as understood and interpreted by others.

Congress

WHMSIG's symposium proposal was accepted at the International Congress of RCPsych 2018. IC2018 WMHSIG symposium: Wed 27 Jun- Domestic Violence and Abuse (DVA), Domestic Homicides and Mental Health Services: optimising the

response to DVA by mental health services. See:

[https://www.rcpsych.ac.uk/pdf/Full%20programme%20v21\(2\).pdf](https://www.rcpsych.ac.uk/pdf/Full%20programme%20v21(2).pdf)

It was very well attended and also led to a successful social afterwards where 12 members came and enthusiastically participated. Social was organised by Claire W and Elizabeth T.

Future proposal for symposium at IC2019 would be on 'Delivering Trauma informed care in Psychiatric services'.

Participating with other organisations and Policy work

Nisha S has liaised with All Party Parliamentary group on Mental Health and domestic abuse.

WHMSIG has a positive relationship with Agenda Alliance but more thought needed on how WHMSIG can be a strong voice for women's mental health in the public domain or have an active parliamentary role. Zoe M from RCPsych Policies will liaise but needs a WHMSIG representative.

Nisha S attended the Mental Health task force on women's mental health and domestic violence webinar and provided feedback.

Gill C contacted WHMSIG to work on gender pay gap following her article in the BMJ. WHMSIG would like to focus on gender pay gap.

WHMSIG has initiated working on a position statement following the #me too movement.

As WHMSIG profile in gaining prominence and WHMSIG is being invited to participate in parliament and other organisations, it would be important to have a media representative for WHMSIG.

Career

WHMSIG conducted a survey among its members.

Careers survey: 57 responses. This was comparable to responses on surveys conducted by RCPsych. CEO, Paul Rees was present when the results were initially presented at a previous executive meeting and was thought that the survey captured the active participation of WHMSIG members.

Main themes that emerged in the survey were the following:

63% were not part of the previous WIPSIG.

40% were either not aware of the SIG or not participated in any SIG activities.

31% - main themes-

Childcare, retirement, career progression, mentoring, networking and leadership

Currently members source of support: informal peer groups, coaching, BMA, MWF, RCPsych website.

Main themes for future work for the SIG: Members would like to see more of mentoring, return to practice and leadership activities.

66% did not use or remember career development activities

82% wanted a doctor adviser within PSS specialised in women's issues

WHMSIG was invited at Psychiatric support services (PSS) meeting to focus on women specific support from RCPsych. There was a suggestion of a joint return to practice half day workshop bearing in mind not to duplicate PTC's efforts in this direction. The other suggestions were to building resources addressing women specific issues and return to work. Raka M and Rebecca H are actively working on this.

WHMSIG contributed to Education and Training Committee at RCPsych on request of CEO, Paul Rees. Claire W is the WHMSIG representative for RCPsych Education committee.

Possible event with Pathfinder fellows interviewing women psychiatrist role models was discussed. Bex Cooper from RCPsych is happy to support. WHMSIG unable to lead on this but happy to support if RCPsych leads on this.

Social Media and website

WHMSIG has been active on social media and has found it to be an effective way of communication regarding updates on women's mental health issues as well as promote CPD and Women in Mind events.

Claire Wilson and Raka Maitra have been maintaining the social media sites and would welcome more participation from SIG members. WHMSIG now has 345 followers on twitter. WHMSIG is the only SIG with a strong twitter presence.

RCPsych has 66k followers and PTC has 3722 followers. Recent survey shows interest among members regarding career related matters and hence career related posts tagging RCPsych could attract more members and more active participation thus further raising WHMSIG's profile.

Rina Gupta worked on the college website for WHMSIG and now actively oversees it. The website is frequently updated with WHMSIG activities, hosts the video and podcasts of Women in Mind events to reach a wider public, and informs about any forthcoming events such as CPD. Mark Turner from the College is the designated person for WHMSIG website and has made helpful short URLs which look much nicer on promotional materials.

WHMSIG's website has gained some popularity owing to hosting of WIM event videos. A trainee from Melbourne found the website helpful and has contacted us to start a Women in Psychiatry group in Australia. Nicola B and Raka M are liaising to support the establishment of the group.

As the College acquires a new website, the WHMSIG website would need to be updated.

Media

WHMSIG Chair is regularly informed of the weekly communication round up at the College.

Executive

Nicola B wants to step down as Chair as it has been two years in office. WHMSIG was revived By Nicola and now that the SIG has re-established itself, the new Chair would need to formalise election and appointment of Chairs and executive members of the SIG. An invitation to expression of interest for WHMSIG Chair to be circulated among members by email. WHMSIG Chair elections to be organised if more than one person expresses interest.

Current WHMSIG Executive 2017-2018, revised following executive members opting out owing to their other commitments.

	Role	Specialty	Location
Nicola Byrne	Chair- stepping down	General Adult	London
Syeda Ali	Treasurer	Forensic	Manchester
Raka Maitra	Group Secretary	Child and Adolescent	London
Rebecca Horne	Careers Lead	Adult and Old age	Norfolk
Nisha Shah	Careers Lead	Perinatal and General Adult	London
Ruby Osorio	Women and Substance misuse	Addictions	London

Estela Welldon	Arts & media Lead	Forensic Psychotherapy	London
Rina Gupta	Website Lead	Perinatal and General Adult	North Essex
Claire Wilson	Academic and Events Lead	Core trainee	London
Elizabeth Tyrrell-Bunge	Core Trainee Lead	Core Trainee	London
Natasha Budhwani	PTC Committee Rep		
Lucinda Richards Funmi Deinde Smitha Naidu Alessandra Cappai Chrissie Clark Carol Kan	Previously active		

Next executive meeting to be decided following the appointment of the new Chair.