



Women and Mental Health Special Interest Group Royal College of Psychiatrists

Annual General Body Meeting.

9th June 2017.

Venue: Royal College of Psychiatrists, London.

Attendees

Nicola Byrne, Rina Gupta, Rebecca Horne, Estela Welldon, Zoé Mulliez, Lucinda Richards, Claire Wilson, Funmi Deinde, Raka Maitra.

Apologies

Syeda Ali

Chair's report

Chair, Nicola Byrne, congratulated the group for new initiatives and welcomed new members. The group has established a collaboration with IoPPN in hosting the Women in Mind events. The group has also been able to organize CPD days informing psychiatrists about women's mental health issues. The group has been active on social media such as Facebook and Twitter and has seen increased participation from other individuals and organisations interested in women's mental health. 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 May 2017 our year to date expenditure is £250 in collaboration with the Royal College of Physicians. This leaves the WMHSIG with total funds of £1354.00'. 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.

Claire Wilson and Lucinda Richards from WHMSIG are actively involved in inviting guest speakers. 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.

Future Women in Mind events

WHMSIG needs more participation from SIG members to suggest the women they would like to see at the WIM events. It would be very useful if personal contacts of SIG members could be tapped.

Estela Welldon kindly shared her books with the group and the possibility of organising WIM events around book launches was discussed. Other women psychiatrists have also contacted the WHMSIG via email regarding their upcoming books.

Some speakers such as Jeanette Winterson, Jenny Eclair have shown interest to be guests the WIM events however were unable to do so without a fee. It is not clear if there is any way that the College could support this financial aspect as the WIM events are well attended public engagement events that raise the College profile.

CPD

WHMSIG organised a CPD last year along 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.

Future CPD

This year, WHMSIG hopes to organise another CPD day revolving around the topic of women and their sexuality covering topics such as sexualisation of young girls, sexuality and domestic violence, and perhaps the importance of trauma centred care or an insight into current policies in relation to young girl's and women's mental health. The aim is to make this CPD multidisciplinary with views from psychiatrists, philosophers and policy makers.

Shubulade Smith, Nicola Byrne and Lucinda Richards will meet later to discuss plans for this CPD. CPD will be organised with the College and Nicola will also aim to discuss possible income generation for the SIG from the CPD.

Congress

Last year WHMSIG proposed a symposium on Trauma Centred Care that was not accepted for RCPsych Congress 2017.

The aim is to propose the symposium again for RCPsych Congress 2018 and prepare an appropriate carefully thought out revised version to increase chances for its acceptance. A symposium on Trauma centred care will provide an important platform for psychiatrists and policy makers to effect a much-needed change in current practice.

Women in Medicine Exhibition

WHMSIG collaborated with Royal College of Physicians for the Women in Medicine exhibition 2017. Dr Helen Boyle, first woman president of the Medico-psychological Society and Dame Fiona Caldicott, the first women president of the Royal College of Psychiatrists were the nominated women from RCPsych for this exhibition. The launch of the Women in Medicine exhibition has been deferred till September.

Raka Maitra hopes to organise a Women in Psychiatry virtual exhibition for the RCPsych Congress 2018 along with Claire Hilton, Chair HOPSIG and Frances Maunze, College Archivist. The initial plans have been reviewed and approved by

Claire Hilton and she has kindly offered to promote the exhibition on the HOPISIG website and newsletter. Sarah Lawton, an artist, has confirmed her participation for the exhibition.

The main financial costs involved are framing artist's works for the exhibition, travel reimbursements for the artist and the interviewers, costs of digitisation and finally the costs of the stalls at the Congress. The aim is to propose the costs to the College for the Congress and if this pilot is successful then to apply to another funding body for a travelling exhibition. Lucinda suggested contacting Maudsley Charity and Zoé Mulliez suggested to explore funding options as part of the 'Choose Psychiatry' campaign at the College.

Career

Rebecca Horne has proposed a need to focus on women psychiatrists and their mental health. Raka Maitra has contacted Psychiatric Support Service and BMA in this regard. BMA, although interested, were unable to commit owing to their existing anti-stigma campaign. Psychiatric support service is currently limited by resources.

WHMSIG was delighted that two practicing women psychiatrists, with mental health issues in the past, have extended their support for any work in this area. As this is a sensitive area within the context of professional careers, the SIG suggested that the two women be invited to the SIG's next meeting to discuss the way forward. The SIG also felt that psychiatrists with mental health issues is a wider topic that may not be within the remit of SIG activities. The SIG is however committed to support women psychiatrists and welcome ideas.

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. Women in Mind UK Facebook page has 109 likes and 111 followers. Women in Mind UK has 237 followers on Twitter.

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.

Policy

WHMSIG was invited to a roundtable conference on Women's Mental Health last year. WHMSIG was contacted by Agenda Alliance and invited for a seminar at the parliament focussing on Poverty, Abuse and Disadvantage. However, this seminar was cancelled.

Zoé Mulliez, Policy Analyst at Royal College of Psychiatrists, recently submitted a proposal for the Women's mental Health Taskforce set up by the Government for which she consulted WHMSIG. We are delighted that Zoé is keen to be involved with WHMSIG.

Media

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

Executive

We have updated the list of executive members reflecting current active executive members going forward for the next year.

WHMSIG Executive 2017-2018

	Role	Specialty	Location
Nicola Byrne	Chair	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
Smitha Naidu	Social Media Lead	General Adult	Kent
Claire Wilson	Academic and Events Lead	Core trainee	London
Lucinda Richards	Events Lead	Higher trainee General Adult	London

Funmi Deinde	Trainee lead	Core trainee	London
---------------------	---------------------	--------------	--------

Meetings

'Slack' has been very successful in establishing a quick and effective way of communicating with the members of the executive. It has reduced reliance on emails, members can be contacted instantly if needed and hence many discussions, especially around events, have been very productive sessions of brainstorming.

Meetings held:

AGM 13th June 2016

Executive meeting 24th February 2017

AGM 9th June 2017-06-19

The group has been able to book rooms at College for executive meetings and organise conference calls for those unable to attend. Virali Shah, SIG administrator at the College has been helping with organisation of these meetings.

Next executive meeting Friday 6th October, 4 pm at Royal College of Psychiatrists.