



Women and Mental Health Special Interest Group Royal College of Psychiatrists

Annual General Body Meeting.
12th June 2019.
Venue: Royal College of Psychiatrists, London.

Introductions

Present: Beena Rajkumar, Ruth Reed (dial-in), Raka Maitra, Ruby Osorio, Claire Wilson, Elizabeth Tyrrell Bunge, Calum Mercer (Director of Finance & Operations, RCPsych), Sara Davies (dial in)

Apologies: Rina Gupta, Natasha Budwani, Syeda Ali, Rebecca Horne, Estela Welldon

Presentation on Working Group on FDS (Faculties, Devolved councils & divisions, SIGs) Finances

Calum gave an overview of activities of FDS, devolved councils and divisions, number of members of SIGs - we have been overtaken as the largest SIG by philosophy, transcultural, private and independent practice and spirituality and psychiatry. Max. number of 15 SIGs registered with the College at any one time. Members may be signed up to multiple SIGs.

Also went over College's financial position - 2019 £112,000 FDS direct surplus (money made from conferences etc by faculties and SIGs) and income and expenditure of the College.

Funding position of SIGs - £38k surplus from conferences and events across all 15 SIGs.

WMHSIG direct surplus £5k (+£1k) - spending of this is subject to restrictions. Working group currently underway to reform how this works.

Beena asked for clarification regarding how much money from our surplus we can spend and if there is a cap on how much direct surplus we can have at any one time. Calum to feed back to us with results from the working group.

Please also see presentation sent around from Calum Mercer.

WIM events

WIM events started 2016.

2016-2018- 5 events.

Guests – Lady Clare Gerada, Baroness Shami Chkarabarti, Harriet Harman, Abigail Burdess, Dame Fiona Caldicott, Geraldine Strathdee and Ulrike Schmidt.

Events organised with Inclusion and Diversity, IoPPN, Kings College London.

All events held so far at IoPPN. Very well attended.

All events recorded and uploaded on WHMSIG Webpage.

Last event with Geraldine Strathdee not recorded- logistical issues.

Survey in 2018 had shown more interest in knowing journeys of women psychiatrists in leadership positions. Hence last event with Geraldine Strathdee fitted well with SIG members interest as well as appealing to a wider audience.

Future events to be discussed. Claire W to update.

Lizzie and Claire have been meeting with D&I team at IoPPN and liaising with Ruth and Beena. Discussed plans for 3 events running over the next academic year. 1st event will be on trafficking on 15th October (needs to be clarified) at Bush House running in conjunction with KCL. Lizzie and Claire along with D&I team will look at evaluating this event.

Raka to be CC'd in to updates for WiM.

Discussed possible next event involved Susie Orbach and looking at body image. She attended South London Partnership Women Leaders when Raka discussed WiM and she said she may be interested. We need to clarify if Susie will be available for the event without charging fees. So far, none of the invited guests have charged any fees.

CPD

Domestic Violence and Mental Health- 7 December 2018

Next CPD on Sexual Violence on 6th December 2019- Claire to update.

CPD programme to be finalised in next few weeks - a Guardian journalist, Sarah Johnstone and playwright Mariem Omari, who are happy to come and chair panels. Claire will finalise the programme and send around when completed.

Ruth brought up essay prize - decided on cash prize of £100 and free attendance at CPD day where winner will be presented with prize. Discussed how to promote this: VAM network to promote this along with SIG reps within their trusts and via RCPsych. Essay topic: In today's #MeToo era what is the role of the professional in dealing with sexual violence?

Career

WHMSIG and LTFT has produced a revised LTFT document- waiting for Dean's approval.
- Raka

WHMSIG, PTC and PSS had produced a document on guidance during pregnancy- soon to be published. The document needs generic contact for SIG – Kathryn Squire is looking into this.- Raka

Sara Davies updated re LTFT document - Kate has approved the webpages for LTFT working. Webpages are in the process of being uploaded now and will also be included on the Members section of the website to include doctors not in training. Number of linked colleagues around the country from heads of schools involved (generally from England - need some from Scotland, Wales and Northern Ireland). Point of linked colleagues was for PSS to be aware of LTFT employees. Discussion around having this published on the RCPsych webpages but worry about this becoming out of date as soon as it's updated so consider holding this list centrally.

Sara Davies happy to write a piece on this for the SIG newsletter.

Sara has been asked to come and speak at the Psych Ed conference in September in Glasgow about LTFT training and how to support trainees. Sara planning to highlight website and update trainers about where to access information on LTFT training at this event.

Ruth suggested aiming to get SIG newsletter out in next month or so.

Sara asking about accrued annual leave within maternity leave in training. Discussed fact that this may be based on competencies to get through prior to CCT. Also issues around renewing/reviewing competencies after clinicians return from maternity leave. Needs to be clarified in future Gold Guide.

Physician mothers with children with complex needs- Raka met with Associate Registrar for wellbeing and retention Mihaela Bucur on 9th May 2019. Next meeting with the wellbeing and Retention committee on 11th July.

Raka had first meeting with wellbeing and Retention committee. Next meeting 11th July with PSS involvement - aim to get contact person from RCPsych and WMHSIG. Raka in touch with few hundred clinicians about these issues but many do not wish to speak publicly about this and want to remain low profile. Facebook page has been made for this. PSS does not contact trainees with complex circumstances at present and this needs to be addressed. RCPsych happy to support this. PSS informally on board with this at

present and should be on board formally following meeting on 11th July. To consider whether there should be an area of this in the SIG newsletter. A physician parent of a child with complex needs has recently featured on BBC North. Raka also recently started a physician and non-physician dad's group - in early stages.

SIG representations

Claire W, Beena and Ruth Attended the SIG Chairs meeting held on 28th Nov 2018.

Beena and Ruth

Beena recently presented on Complex Trauma in Women at the Northern Ireland Trainees conference in Belfast.

Beena and Ruth met up with College President Wendy Burn and contributed to Women's Voices conference.

Beena and Ruth met up with Agenda and Safe Lives to discuss further joint work.

Beena did some media work in raising awareness of the Landmark BJPsych paper on the Influence of Domestic Violence on Mental Health and GP's not spotting Domestic Violence.

Ruth had received an email that committees need co-opted members. She had update that SIGs don't need this as we don't have an official executive committee. Ruth suggests that we designate committee members roles and responsibilities and to confirm that more silent members are asked to clarify what they would like their involvement to be. Went over list that's currently on our website and updated those who are no longer involved.

Claire discussed clarifying process of people joining the SIG and reflected that numbers of attendees attending AGM today are low. Discussed why turnout to AGM has been low and how to improve this.

Raka discussed having a SIG banner when representing the SIG at events/conferences etc. Would cost several hundred pounds - College can make this for us if we decide we want to go ahead.

Discussed how to celebrate the 25th anniversary for WMHSIG next year.

Discussed sending out email to members with roundup/summary of activity within SIG and to gather opinions on best way to celebrate anniversary.

Spoke about appointing a financial officer and Ruby has very kindly volunteered to take on this role - Beena will clarify with Ruby what this involves.

Symposium

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.

IC2019 WMHSIG symposium on 2nd July on Trauma informed care.

Update from Claire is that the symposium is organised and going ahead.

Website

*WIM events have attracted some traffic to the website.
Survey shows some members read minutes to keep aware.
Website updates with all minutes 2016-2019.*

Website comes up if searched with 'RCPsych Women and mental' but not if searched with 'WHMSIG'

A column regarding recommended books, films , podcast relevant to Women's mental health and women in psychiatry – discussed but this has not yet been set up. Raka updated that College and Comms are happy for the column to take place.

It was decided that instead of featuring on the webpage, it is best placed as a column in the newsletter. Lizzie could take a lead on this and Claire happy to assist.

Book chapter by Ros Ramsay et al- very thorough description of history of the SIG. To consider obtaining permission to upload/feature ?- this discussion was postponed.

Social media

Twitter followers steadily rising. Currently 576 followers. Raka and Claire are responsible for this.

RCPsych has 66k followers. Career related posts tagging RCPsych would attract more members.

PTC has 3722 followers.

Claire and Raka involved in keeping WMHSIG Twitter up-to-date.

Membership and involvement

IC2018 social – first social held.

IC2019- update from Claire W

RCPsych strategy: input provided in 2018.

RCPsych education committee: Claire Wilson WHMSIG representative. Update ?

In 2018 Members emailed enthusiastic for involvement.

Rasheeda, Hannah, Simmi, Bosky,

Gill Creswell contacted following her article on gender pay gap in the BMJ.

Possibility of Local WHMSIG groups discussed but not implemented.

Raka suggested that people in other areas (eg devolved nations) could possibly set up their own network under the WMHSIG title.

Membership of SIG – updates by Beena and Ruth, current co-chairs.

Ruth suggests that we designate committee members roles and responsibilities and to confirm that more silent members are asked to clarify what they would like their involvement to be. Went over list that's currently on our website and updated those who are no longer involved.

Beena spoke about 2 new people who would like to be involved with WMHSIG- Ilara, a consultant originally from Italy who is applying for SAS jobs in London at present though doesn't have membership with the Royal College. Raka suggested that Ruth and Beena suggest prerequisites for membership to the SIG and email around the SIG committee and we can reach a consensus. ? Affiliate members.

Psychotherapist, Nicola Phillips wants to be involved. Discussion around allowing potentially interested people to join WMHSIG committee - Raka suggesting that they dial in for conference calls at the AGM if not able to attend in person and they can decide from there if they want to continue attending.

AOB

A group from Australia, who have been in contact with SIG since 2018 have now formed 'Women in Psychiatry' group and had the inaugural event on 2nd of May, 2019. Skype call held with Raka on 28th May 2019. One of their members is coming to London for a year and wants to be involved.

To discuss potential for liaison to support this group.

They have asked for 6 monthly telephone call to be supportive. Raka has done this with call in May- next call in November.

Beena suggesting an International section in the newsletter and how to involve 'affiliate' members and how this will support with female psychiatrists internationally.

Action points:

- Clarify exec committee - Ruth to email about this
- Clarify how to involve affiliate members internationally - Beena to email about this
- Newsletter is being coordinated with Ruth, Beena and Rina - Lizzie and Claire to run media/cultural area. Claire to write about WIM. Raka has offered to format the newsletter.

Deadline for newsletter 30th July.

- Beena suggested making a resource to support female psychiatrists to celebrate 25th anniversary of the SIG. Email to be sent for other ideas to work out how to celebrate.

Next meeting

Ruth suggests October - exact date TBC