



## AGENDA

	Overview	Actions
Introductions	<p>Meeting over Microsoft Teams:</p> <p>Ruth Reed (chairing), Beena Rajkumar, Raka Maitra, Ruby Osorio, Estela Welldon, Claire Wilson, Ilaria Galizia, Fiona Duncan, Lizzie Tyrrell Bunge, Rina Gupta, Rebecca Horne, Catherine Langley, Rajandeep Mann, Philippa Greenfield, Julia Barber, Anna Sri</p> <p>Non exec attendees:</p> <p>Sana Fatima Tiff Earle Samantha Perera Shaheen Shora Sujoy Ray Carmel Durkin Rakhshanda Alam Megha Jeswal Maria Atkins Jo Bowen Malini Mahesan Maria Broughton Katherine Clyde</p>	

<p>Finances</p>	<p>Ruby: Fed back re. finances and the changeover to a new officer- Philippa Greenfield following election. Many thanks to Ruby for her work as finance officer thus far. Philippa to have financial officer role training and supporting Ruby until she takes this over.</p> <p>Current SIG balance £13,214. Income for last financial year was £2,160 gross. £500 on conference expenses: speaker travel costs, essay prize and catering.</p> <p>Conference is main form of income for the SIG.</p> <p>Plan is to have another essay prize at upcoming conference/CPD day but this doesn't necessarily have to be related to the theme of the conference. College have rules around prize amounts and making their own certificates for winners.</p> <p>Next conference will be in format of Webinar - need to keep some of the budget for potential guests as those with lived experience are usually paid an honorarium.</p>	
<p>Newsletter</p>	<p>First newsletter ready. Noted thanks to all involved especially new committee member Anna Sri for her hard work finalising this and to Raka Maitra. The newsletter focuses on effect on Covid on various aspects of women and their mental health.</p> <p>Newsletter planned for International women's day was not sent out owing to COVID Lockdown as a celebratory note seemed out of tune with grim reality however the discussed positives of newsletter being responsive to current events.</p> <p>Newsletter planned to come out biannually. Next one planned for October; consider regular lived experience contribution and international links contributions.</p>	<p>Next issue and topic to be agreed ready for autumn edition</p>

<p>CPD and 25<sup>th</sup> year celebration</p>	<p>College is only hosting online events until 2021. As an online event, the suggestions are for - a full or half day online event, or a 1-2 hour webinar or a series of webinars.</p> <p>Essay prize reinstated in 2019. Winning Essays featured on website. Essay prize: Aim to send out topic 6 weeks ahead of due date so around September. Raj has volunteered to look into College guidance on prize money and certificates etc. Ilaria volunteered to be involved in marking of the essays.</p> <p>Discussed but not actioned- Possible event with Pathfinder fellows interviewing women psychiatrist role models. Bex Cooper from RCPsych is happy to support.</p> <p>Careers compendium: 25 women project exploring 25 women's careers in psychiatry will go ahead led by a subgroup from the committee and some attendees expressed interest in joining and were encouraged to contribute. Committee wanting to celebrate the achievements of less recognised women, not only those in leadership roles.</p> <p>CPD day/ Conference - introduction from Claire Wilson. Usually in December of each year. This year it will take place online. Friday 4th December provisional date. Theme to be around women in society and the 25th celebrations of WMHSIG. Claire asked to make proposal to the College which group gave their input with. Title: 'Empowering Women in Society - Celebration of 25 years of WMHSIG' Theme is about looking at gender based expectations and stereotyping of women in society and how this affects our well-being and mental health. To showcase the challenges and achievement across the field of women's mental health across a diverse range of perspectives across a range of disciplines (subject to change but this is rough idea). Want to try and attract a larger audience for this conference. Beena suggested the themes of how patriarchy affects day-to-day life, women who have challenged patriarchy and informed services to promote wellbeing for women. Would be good to link in with Black Lives Matter movement. Philippa suggested themes of COVID affecting people from BAME backgrounds and gender pay gap. Raka suggested women's role as unpaid carers for dependants. Jo and Carmel brought up steering group idea and exploring identity. Estela spoke about book she had published in 1988 called <i>Mother Madonna Whore; The Idealisation and Denigration of Motherhood</i>. Further discussion to happen with Estela about what has and has not changed since she wrote this book and how this might be incorporated into conference.</p> <p>CPD events have been very successful in the past. Attached – Feedback from recent CPD Day Dec 2019. Topic: Sexual Violence and Mental Health</p> <p>Raka suggested that any attendees of the meeting interested in being involved with different working groups should email Catherine Langley directly so she can collate list of interested people and pass this information over to Julia who is managing the various groups. Possible guests considered and to be discussed further.</p>	<p>Planning meeting to be held in July.</p>
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Working group to meet to discuss conference to take place ASAP. Claire has emailed out possible dates for this.

Next meeting in October to plan event centred around International Women's Day in March

<p>Women in Mind (WiM) events</p>	<p>WIM event planned with Susie Orbach and Abigail Burdess. Cancelled because of COVID lockdown. Next event? Issues around virtual or in person.</p> <p>Claire introduced WiM to new attendees. Series of events running in conjunction with D&amp;I at IoPPN at Kings College/Maudsley. Recently informed us that due to current pandemic they are unable to confirm funding at present.</p> <p>Although funding is an issue for the higher education sector at the moment Beena made point that the financing of the events may be less of an issue with the event moving online.</p> <p>Other options - online only event (would attract more guests) or face-to-face event later in the year financed only by SIG.</p> <p>Claire suggested discussing approaching D&amp;I at IoPPN about collaborating with online only event. Raka and Lizzie involved with WiM are in support of online event over face-to-face. Support from other members too and discussed that online format may attract more interesting guests and throws it open to wider range of attendees not just London based.</p> <p>For those interested in learning more about WiM 'Mending the Gap' podcast episode from 28th October 2019 was centred on the last event.</p>	<p>Further planning on 13<sup>th</sup> July.</p>
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Career	<p>LTFT – no further actions.</p> <p>Psychiatric Support Service- pregnancy policy for female psychiatrists being discussed at their upcoming meeting. All progress stalled owing to Covid.</p> <p>Raka fed back that PSS, WMHSIG and PTC are planning on working on this further with it getting picked up at next PSS meeting. All at the discussion stage at the moment.</p> <p>Women/ parents with children with complex needs- ongoing discussions with Mihaela Bucur, Wellbeing committee, Ross Runciman-Chair PTC and also had meeting with Jen Kenward, Experience lead NHSE. Connected with a group of doctors being led by RCA trainee, Sethina Watson looking at shielding and shielding by proxy for caring responsibilities.</p>	
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<p>Other</p>	<p>Medical students have contacted us interested to join – chairs have liaised and invited them to attend meetings if they wish.</p> <p>Email received from Vanessa Raymont, Director, Oxford Brain Health Clinical Trials Unit- would like to reach out to women psychiatrists for study:</p> <p>1 in 10 women suffer from Endometriosis. Whilst this remains a complex conditions with many comorbidities, the area that require the most support is diagnosis, management of chronic pelvic pain and mental health issues. Currently, in the UK, there isn't a clinical pathway available for this cohort of patients to access MH services. The clinical needs within the acute setting, and primary care, do not always refer patients to MH as a result of this. As a result of this, the ELEMI project intends to look at psychological/psychiatric associations in women with endometriosis with a view to gather long-term observational data that would inform potential practice changes through the generation of new scientific and clinical knowledge. The project has 3 parts; a systematic review of the literature (part A), an exploratory clinical trial, which would survey women with endometriosis in primary and secondary care, as well as gynaecologists and psychiatrists who maybe seeing them (Part B) and a pragmatic MedTech clinical trial (Part C), to build a self-help MH orientated app This would recruit sample of 100,000 patients (inclusive of 3 potential sub-studies). The total duration for this project is approximately 10 years.</p> <p>SIG keen to support by publicising to members – Ruth double checking that this is ok to do so within SIG remit &amp; then to circulate with next communication to wider SIG.</p> <p>Within college request: Dominique Gardner Working at National Collaborating Centre for Mental Health at the RCPsych- a research organisation that is a partnership between RCPsych and University College London, based on the second floor of the College.- Interested in collaboration with a number of the Special Interest Groups at the College and keen to see if there is an opportunity to collaborate with the Women and Mental Health SIG. Existing committee members to let Ruth/Beena know if they're interested in being involved with this.</p>	<p>RR to circulate request from Vanessa Raymont once double checked with College re SIG remit</p> <p>RR and BR to link with Dominique Gardner once clear which committee members would like to join</p>
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Membership and involvement.

Membership guidelines established at last Exec meeting.  
Julia had sent out an invitation for thematic groups:

A proposal for four working groups.

1. Women's Mental Health;
  - Domestic Violence
  - Sexual Violence
  - Trauma informed care
  - Women, hormones, menstruation and menopause.
  - Women and Substance misuse
  - Women and pregnancy
  - Women and children
2. Women's Careers
  - PSS (Psychiatrist's Support Services)
  - LTFT (Less than full time)
  - Women with Children who have complex needs
  - International Women Psychiatrists
  - Trainee Issues
  - Other careers issues like gender pay gap
3. WMHSIG networking/ issues
  - News letter
  - Joint SIG day and networking
  - Annual Conference
  - Women in Mind event
  - 25th Anniversary Conference
4. Essay Prize
  - Developing topic
  - Evaluating submitted essays

Ruby: varied international membership in WMHSIG. Wondering how best to use these international links. For those interested in developing these links to get in touch with Ruby to discuss further.

Julia has had a lot of responses already about the working groups and people have a lot of rich and varied experience. Would be good to have even more interest and get things started in terms of clarifying of aims of the various working groups.

