# **Woman and mental health special interest Group of the royal college of psychiatrists**

# **annual general meeting**

# **DATE- 2nd June 2016**

# **Venue- institute of psychiatry**

**Attended by:**

 Nicola Byrne (Chair) \* Rebecca Horne

 Smitha Naidu Funmi Deinde

 Syeda Ali Alessandra Cappai,

 Rina Gupta\* Ruby Osario,

 Raka Maitra Samaa El Abd.

**\*Minutes**

**Apologies** Alice Ashby, Nisha Shah, Hilary Scurlock, Estela Weldon, Claire Wilson, Chrissy Jayarajah, Carol Kan, Jennifer Espie, Gianetta Rands, Louise Howard, Ros Ramsay; Roshini Oommen; Jane Mounty; Gregory Weppner; Sri Kalindini; Vicky Cleak; Jo Bowen; Aileen O'Brien.

**Minutes of last AGM** (June 2014)

The minutes from the last meeting on the 26th of June 2014 were reviewed and accepted as most members were new to the group and not present in the previous meeting.

# Chair's report

Currently the group has just over 3000 members; around 360 voted in election of Chair last Summer; around 20 replied to Autumn consultation, in summary a large but not currently very engaged membership, so lots of potential for improving this.

**History** of the group briefly reviewed

**The new objectives:**

Agreed after group consultation last autumn, essentially building on past group work whilst taking us in more outwardly facing direction. They can be seen on the website.

**Ambition for the group**:

Psychiatrists to learn from and network with each other, but also to engage with and learn from both healthcare professionals outside psychiatry - taking a cross-discipline approach to women’s mental health - and also the wider public; in doing so we hope to ‘showcase’ psychiatry at the same time, raising interest in and awareness of psychiatry as a career.

**Current challenges:**

Prohibitive cost of using the College as a venue for meetings and communication with the group.

**Venue:**

The difficulties in hiring rooms at the College were discussed. We don’t have the financial reserves to use the large meeting room. Only one ‘free’ room for us to use (which is in high demand so limited availability) and that is for use during day only, so not possible to use for evening networking events after 6pm. It is also understood that there is no AV equipment in that room to record events. We are also not allowed to take in our own drink and nibbles; in-house college catering has to be used, which increases the expenditure and would take the entry fee beyond the principle of low cost networking / social events. So for now we have looked elsewhere and started the group’s ‘Women in Mind’ networking events (see below) at a free venue at the Institute of Psychiatry, which we can use after 6pm, there is no rule against taking in our own refreshments to keep costs down and we also have access to free AV recording of the event. Currently the library team at the Bethlem hospital are helping us with free podcast and short film editing / production for events. If the networking events prove popular and successful we’d be in a position to revisit the situation with the college.

**Communication**:

Historically all group communication has been via the SIG administrator. They’re very efficient & helpful, but having this channel of communication alone inevitably restricts on-going fluid dialogue between group members and there are strict college rules on what the SIG admin is allowed to circulate to the group. Both our web page and SIG admin emails are not allowed to publicise non-college events e.g. last year we were informed that passing on information about Louise Howard’s free CPD event on women’s mental health (a day supported by her research grant without any commercial interest) was not allowed because it was not a college event. This was a shame as the event would have been of potential interest to group members, of benefit to their CPD and thus ultimately their patients. Understandably however the college needs to ensure as an institution it doesn’t promote events it can’t vouch for. To circumvent this problem we’ve followed the precedent established by The Faculty of LD by setting up FB and Twitter accounts that engage group members whilst being clear the content is by individual psychiatrists rather than from the college as an institution (so neither of their accounts have any college logo for example).

**Progress so far**:

Twitter and FB accounts set up as ‘Women in mind’, using this rather than the SIG name, to be clear it is group members as individuals communicating with each other and wider world, not an official arm of the RC making any college statements / position. There is no college logo on either site. Also to be more outwardly engaging with non-college members we thought ‘Women in Mind’ would be a better, more memorable name than full SIG title. As of yesterday the FB and Twitter accounts have been linked to our RC website page, but this is pending formal digital team approval. It was suggested in discussion we add a clear caveat to both Twitter and FB to spell out the distinction between the group and the college as an institution.

# treasurer's report

Syeda confirmed that the current balance is £1304 (after recent payment of essay prize £250 from prize awarded in ?2014 but not paid, we had notice of this when the winner got in touch recently). £770 of this balance is the reserve. Syeda stressed to the group it is imperative that we maintain a healthy balance sheet and must ensure we don’t risk loosing money at this point, for example with any risky ventures such as running a CPD event by ourselves (discussed below).

# Secretary’s report [position vacant]

The group was asked to volunteer for this position. Raka Maitra has subsequently volunteered.

# EXECUTIVE COMMITTEE 2016 – 2017

**Executives confirmed for next year**

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| Nicola Byrne – Chair Syeda Ali - Treasurer Rina Gupta - website Becky Horne - careersNisha Shah - careers Chrissie Clarke - public engagementFunmi Deinde- trainee lead; eventsCarol Kan - events Estela Weldon - Arts & media | Alessandra Cappai – social mediaSmitha Naidu – websiteRuby Osario – women & substance misuseJennifer Espie- Primary care linkClaire Wilson- Academic link & social mediaRaka Maitra- Group Secretary; Social Media |

**Standing down:** Rashda Tabassum: transcultural lead; Sherlie Arulanandam: international lead; Claudia Cooper: careers; Stephanie Stone: undergraduate lead; Jemma Reid: website.

**Positions vacant**: Group secretary & Vice Chair.

Raka Maitra & Alessandra Cappai kindly offered to try these positions respectively over coming months.

Academic secretary suggested by Louise Howard in past (ref in committee minutes Nov 2013), since the meeting Claire Wilson has volunteered.

# Website and Social Media

**Group webpage in RC site –** need to review current use & future ambition.

Working group was suggested as need to look at what do group members want from it?

Discussed things / needs of diff groups to consider:

* Professionals: useful source of information, CPD, academic blog. What’s new in research or service provision this year?
* Public: resource advice / info – links to useful websites [possibly currently forbidden by college policy – would need to discuss further with website team]
* Interest for all: our own event podcasts; other podcasts; links to relevant Ted Talks; books / publications, likely issues to discuss with RC re what is allowed

How to engage group members with the webpage? Suggested email the entire group via SIG admin every 2 months or so with summary update. Recognised many if not most will miss updates on social media.

**Social media –** need to review purpose, posting, monitoring - again need working group.

Potential for group to look at using social media for: updates on research, service developments, psychiatry, psychology, mental health nursing, connect with other health care professionals; wider media: e.g. women’s hour R4; newspaper / magazine articles of interest; medical careers e.g. recently contract negotiations unfairly discriminating against women. Could also include international perspective: e.g. Women Deliver; Child mothers; recent Amnesty International report on decriminalising sex work; report on DV increasing as women’s equality improves.

Yesterday on Twitter followed RCN, BPS, and Agenda to start making more cross disciplinary links.

# ‘Women in mind’ networking events

Our first event was held on the 19.05.16 with Dr Clare Gerada as our first guest interviewed. This was attended by 35 people; very positive feedback from both the attendees and Dr Gerada herself was received (to the extent she has volunteered to come back as an interviewer in future, suggesting her friend Dame Sally Davies as the guest) A podcast will be uploaded within next couple of weeks. This was not a money generating exercise however and we made a grand total of 30p. We learnt a lot organising it for the first time. One problem identified was a large number registered (71) for free via Eventbrite but only 35 attended. We may want to change how we register / charge in advance in future so we can plan better re numbers.

Discussion then focussed around frequency, guests and working groups.

Future guests to invite? Aiming at a mix from health, media, politics, the arts.

Current ideas include Professor Dame Sally Davies (CMO for England); J.K. Rowling; Jo Brand; Joanna Lumley; Tracey Emin; Jacqueline Wilson; Lily Alan; Victoria Coren-Mitchell; Harriet Harman; Theresa May; Sarah Wollaston; Philippa Perry; Sandi Toksvig; Clare Balding; Cherry Healey; Prof Clarissa Smith, Dr Heather Brunskell, Nimko Ali.

Recognised majority will say no, but if we are ambitious and go for it some will say yes, those present agreed there’s exciting potential to engage a wide range of people with the idea.

Shami Chakrabarti former director of Liberty has already agreed to come to an event provisionally agreed Oct 13th.

Collaboration with other SIGs: potential to invite women of shared interest with other SIGs as Women in Mind guests e.g. Mary Beard with history SIG. Nicola has suggested the latter to them and they’ve confirmed interest in this idea subject to discussion at their next meeting.

Syeda has confirmed payment via college possible for future events if we stick to less than 50 attending.

# women in psychiatry (careers)

Becky happy to jointly lead on this now and will contact Nisha Shah to make plans.

# College conference

Discussed wanting to promote the group at the forthcoming conference through flyers / poster and / or a stand to increase membership and engagement. [NB since meeting Syeda established with college we’d be charged £3900 for a stand; an add in the programme would cost between £950-1250; a flyer in the delegates pack is £500; it’s also £350 to leave flyers out for delegates to pick up (none of which we can afford).

Raka suggested we hold informal gathering at the conference for anyone there to meet up and discuss the group further.

# CPD events

Lade Smith, psychiatrist on College events board, invited Nicola to be on organising committee for a planned college CPD day on women’s mental health later in the year. Nicola asked if anyone else wanted to be involved. David Williams at RC organising first meeting to discuss, date awaited. This would be a great opportunity to be involved in CPD whilst not having the financial risk of running the conference ourselves.

**CPD events / planned in recent group history reviewed:**

Forensic themed conference planned Spring 2015 had to be cancelled. Ideas for the day looked very interesting from group minutes and need revisiting in future poss at the event suggested by college.

March 2014 the RSM joint conference on women’s mental health – understood to have gone well and very well received.

The Mental Health of Disadvantaged Women’ - September 2013 - cancelled

Two conferences in 2012 lost money as undersubscribed – ‘A Lifetime of Caring’ (held with the Northwest Division of the RC), ‘Women, psychiatry and Leadership’ in London, although both very popular with delegates.

‘Gender differences in prescribing’ shared with psychopharmacology SIG in 2010 at IOP understood to have been very successful.

Samaa El Abd suggested we could develop CPD via webinars, she has already been involved in a very successful one linking David Taylor at IoP via skype with paying audience in UAE. Would be an opportunity to generate revenue for the group also. Group agreed this is something we should actively explore in future.

**Other:**

Nicola participating in round table discussion on behalf of this group organised by Agenda next week on reducing violence against women and girls, alongside a variety of organisations inc. AVA, CQC; DoH; Mental Health Foundation; Mind; Public Health England, Rethink; RCN; NHS England. Will try and make links for the group there.

The topic of meetings outside of London was raised with no conclusion other than needing to be actively addressed in future, perhaps in first instance by seeking out group members happy to lead on running events / venue organisation elsewhere.

# Dates of next meetings

Discussion around frequency and venues - suggestion was to organise next group Exec meeting before a ‘Woman in Mind’ event.

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