

Special Interest Groups' Annual Reports 2015

Background

Each year the College's Special Interest Groups (SIGs) are required, by the College's Bye-Laws, to submit brief Annual Reports. The table below lists the current SIGs and their Annual Reports are attached.

	SIG
1.	Adolescent Forensic
2.	Arts
3.	Forensic Psychotherapy
4.	Lesbian and Gay
5.	History
6.	Occupational Psychiatry
7.	Philosophy
8.	Private & Independent
9.	Spirituality
10.	Transcultural
11.	Volunteering & International
12.	Women

According to the Bye-Laws a maximum of 15 SIGs can exist at any one time. There are currently 12 established SIGs (see above). Two more are in the pipe-line:

- a new Evolutionary SIG will have its inaugural meeting on 12 January 2016
- the necessary 120 signatures of support for a new proposed Sport and Exercise SIG have been invited via the College's e-bulletin (outcome to be reported to Council).

Adrian James
Registrar

April 2016

Adolescent Forensic Special Interest Group Annual Report to Council 2015

Activities

During 2015 the Adolescent Forensic SIG has held the following meetings/events:

Date	Venue/Location	Subject/purpose of meeting/nos of attendees
February 2015	Forensic Faculty Meeting	Business Meeting
17.9.15	Child and Adolescent Faculty Meeting	Business Meeting – though as few members of the Executive were able to attend and most attendees were new to an Adolescent Forensic SIG meeting, this was an introduction to the work of the SIG.

Background

We have a large number of members and have been running for many years. The Adolescent Forensic SIG was set up to bring together those interested in adolescent forensic work, to build up clinical and research networks and ensure that dual training continues to be offered.

Executive Committee

The Adolescent Forensic SIG Executive Committee comprises:

Name	Role
Heidi Hales	Chair, elected 5/2015
Oliver White	Financial Officer, elected 2013 Specialist training, coopted 2007 Forensic faculty liaison, coopted 2015
Cesar Lengua	Child and Adolescent faculty liaison, coopted 2015 Consultation group
Richard Church	Website editor, coopted 2007
Suzanne Coghlan	Senior trainee rep, coopted 2013 Blogger
Peter Misch	Medicolegal rep, coopted 2002
Enys Delmage	Independent sector rep, coopted 2014 Consultation group

Ernest Galton	Forensic developmental disability, coopted 2002
Alexandra Lewis	Prison rep, coopted 2012
Laxmi Kathuria	Co-Scottish rep, coopted 2014
Ahmed Waleed	Co-Scottish rep, coopted 2015 Newsletter editor, coopted 2015
Catherine Mangan	Northern Irish rep, coopted 2015
David Kingsley	Consultation group, coopted 2015
Nick Hindley	Forensic CAMHS rep, coopted 2015 EFCAP link

Commentary

The main objectives of the Adolescent Forensic Psychiatry SIG (AFPSIG) are:

- To promote forensic mental health services for young people
- To support training in child and adolescent forensic psychiatry at all levels
- To support clinical and academic developments in this field
- To respond to relevant consultation documents to speak up for the needs of our patients
- To act as an information and networking resource

We have arranged our day conference for 18th April on 'Considering dilemmas in today's practice – child witnesses and ADHD in complex settings'. This will have two parallel streams:

- Getting the right story: Supporting children and young people in legal processes and court settings
- Complex Settings, Complex Presentations: Keeping ADHD in mind?

We have started a newsletter, to keep our membership informed and encourage more involvement from everyone. This will be uploaded to our webpage three times per year and link emailed around to the membership.

We are introducing an extra executive meeting in London in June, to help the executive to attend at least one meeting each year as meetings in the forensic and child and adolescent faculty meetings often involve extra cost in attending the conference.

We have continued our links with the EFCAP (European Forensic Child and Adolescent Psychiatry) group. This contributing £500 each year.

Nick Hindley has stepped down as Chair of the SIG, having completed his term in office. Heidi Hales has taken on this role.

Heidi Hales, Adolescent Forensic SIG Chair
Date 4.1.16

Arts Special Interest Group Annual Report to Council 2015

Activities

During 2015, the ArtSIG held the following meetings/events:

Date	Venue/Location	Subject/purpose of meeting/nos of attendees
28/10/15	Royal College of Psychiatrists	Inaugural Meeting 17 Attendees

Background

We have 406 members and have been running since October 2015. The ArtSIG was set up to provide a forum to promote the relevance of the arts in mental health, including how mental disorders are represented in the arts, how the arts may help promote mental health, and facilitate dialogue and collaboration with artists & arts organisations, professionals from disciplines other than psychiatry, service users and other interested parties.

Executive Committee

The ArtSIG Executive Committee comprises:

Name	Role
TBS Balamurali	Joint Chair
Peter MacRae	Joint Chair
Ciaran Regan	Financial Officer

Commentary

Objectives for the past year:

Establish the ArtSIG, with introduction to the wider membership of the college, promoting discussion of the aims and objectives.

Set up a framework to promote communication and collaboration, as described in the aims above.

How we achieved our objectives and with what outcome:

Inaugural meeting held.

Significant interest expressed from members of College and other fields.

We are still in process of establishing a suitable framework.

We have established contact with several arts organisations.

We visited the Soteria Berlin, and agreed a collaborative seminar on the role of architecture in mental health, in 2016.

Our objectives for 2016:

Hold regular SIG committee meetings, inviting feedback from members and others.

Forging stronger links with arts organisations within mental health Trusts.

Provisionally agreed events:

- Actors Touring Company – performance by an actor on his experience of bipolar disorder.

- Collaborative seminar on architecture/mental health.

Peter Macrae & TBS Balamurali
ArtSIG Chairs

30th December 2015

Forensic Psychotherapy Special Interest Group Annual Report to Council 2015

Background

The SIG was formed in 2007 and has 1409 members.

The SIG was set up to:

- promote and encourage the practice of forensic psychotherapy in the treatment and management of mentally disordered patients who carry out violent or destructive acts against others or themselves
- share knowledge and work in the field to develop the specialty
- bring together psychiatrists from allied specialties, and other professional groups, with an interest in the field
- contribute towards training for junior psychiatrists and CPD for consultant psychiatrists
- encourage and supports interest from the wider College membership
- help support educational and training initiatives for psychiatrists working with particular patient groups, for example, offender patients suffering from personality disorders
- act in an advisory role and resource for other College Faculties or SIGs
- contribute to relevant consultations on policy and practice development
- stimulate research in the field.

Executive Committee

The Executive Committee comprises:

Name	Role
Dr Dan Beales	Chair
Dr Brian Darnley	Financial Officer

--	--

Activities

During 2015 the Forensic Psychotherapy SIG has held one meeting:

Date	Location	Purpose of meeting
4 th September 2015	Bristol	Planning meeting following change in Executive.

In addition, Dr Darnley attended the College Training for SIG and Faculty Executives Officers in 2015 and has prepared and submitted a Business Plan to the College.

Dr Beales led submissions to NICE Consultations on quality standards for Personality Disorder and the development of guidelines for the management of violence.

Dr Beales took part in consultations with the College Quality Network for Secure Mental Health Services to support the development of new guidelines on relational security (See, Think, Act; 2nd Edition, 2015). A need for access to theoretical resources to support this work has been identified, and SIG members (Dr Beales and Dr Gardiner) are preparing a reading list for the Quality Network website, and we are planning a learning event in 2016 on psychodynamic aspects of relational security.

Dr Beales is also presenting in January 2016 to the NHS/National Offender Management Service Personality Disorder Offender Psychiatry Group on co-morbid personality disorder and mental illness, and will work with this group to arrange a joint meeting on this topic in 2016.

Dr Beales and Dr Darnley are also liaising to support the development of training opportunities across the South West, including the development of an academic programme for junior doctors and presentations to the SAS doctors' regional academic programme.

Commentary

In 2015 Dr Beales and Dr Darnley took up their new roles in the SIG.

The SIG has previously held meetings exclusively in London and is now looking at planning meetings that alternate between London and other centres, with the aim of increasing accessibility and member participation.

To support this a planning meeting has taken place jointly with the National Forensic Psychotherapy Development Group, with trainee representatives and consultants based in Bristol, Exeter, Leeds, London and Nottingham.

We are currently planning further meetings in 2016 (see above).

Signed:

Dr Dan Beales

Chair, Forensic Psychotherapy Special Interest Group

Consultant Forensic Psychiatrist and Medical Psychotherapist

Avon and Wiltshire Partnership Mental Health NHS Trust

Date:

6th January 2016

LGB Special Interest Group

Annual Report to Council 2015

Activities

During 2014-2015 the LGB SIG has held the following meetings:

Date	Venue/Location	Subject/purpose of meeting/nos of attendees
28/03/14	UCL London	Planning meeting for the International Congress, discuss political issues, planning training. Attended by 7 members
31/10/14	UCL London	Training workshop planned. Seminar on discrimination by psychiatry discussed. Attended by 5 members.
07/11/14	UCL London	Training, Seminar, International Congress discussed further. Attended by 5 members.
13/02/15	UCL London	As above, Memorandum of Understanding between colleges and Therapy Organisations on Conversion Therapy discussed with response for Royal College publication.
22/05/15	149 Tottenham Court Road, London W1T 7NF	International Congress applications finalised. Training workshop discussed.
24/06/14	The Barbican Centre	AGM at the International Congress.
04/09/15	149 Tottenham Court Road, London	LGB issues in the undergraduate curriculum for medical students. International Congress 2016 applications planned. Training workshop for the Royal College discussed. Seminar on discrimination in psychiatry accepted for the Congress, final planning discussed.
18/12/15	Meeting postponed to January 2016	

During 2014-2015 the LGB SIG has held the following events:

Date	Venue/Location	Subject/purpose of meeting/nos of attendees
24/06/14	The Barbican Centre	International Congress Session – Spirituality and Psychiatry.
24/06/14	The Barbican Centre	International Congress Workshop – A Gender for Change: Transsexualism and Psychiatry.

Background

We have 929 members and have been running for fifteen years. In February 2001 a Special Interest Group in Gay and Lesbian Mental Health was established in the College to promote discussion and research, provide expertise within the College and contribute to education.

The Group's aims are to promote and research the mental health of LGB people, promote training for all mental health professionals regarding the mental health of LGB people, to support and advocate for LGB mental health professionals and to advise on mental health, social and other local and national policy relating to LGB mental health. The group is open to anyone and everyone who may have an interest in LGB issues regardless of their own sexuality.

Executive Committee

The SIG Executive Committee comprises:

Name	Role
Daniel Hodgson	Chair
Maire Cooney	Financial Officer
Michael King	Executive Member and Ex-Chair
Helen Killaspy	Executive Member
Shawn Mitchell	Executive Member

Commentary

Objectives for the past year (2015):

The main objectives over the last twelve months have been in these main areas: planning for representation at the International Congress with LGB-related issues, developing a training workshop for the College as a unique educational tool to augment generic training and provide guidance to the Royal College on a number of political issues such as equal marriage, conversion therapy and discrimination.

How you achieved your objectives and with what outcome:

Following the SIG's success in organising two well attended sessions at the RCPsych International Congress in 2014, we have submitted a further high quality

session suggestion for the 2016 Congress on “Discrimination in Psychiatry” which has been accepted for the programme. We hope that this session will appeal to wide audience, including a focus on the potential for psychiatry to discriminate against women, service users and LGB people.

The SIG is also planning a diversity training workshop for mental health staff to be held at the RCPsych in the first half of 2016 aimed at improving knowledge and understanding of LGB issues.

Your objectives for 2016:

The SIG continues to advise the Royal College on a number of political and ethical issues relating to sexuality and psychiatry.

The training workshop is in its final planning stages and plans to be launched in the first half of 2016.

The seminar on discrimination in psychiatry has been accepted for the International Congress in June 2016.

The SIG plans to advise and endorse medical student representatives in their goal to have a broader educational experience with respect to undergraduate medical training in Universities across the UK.

Professor King with the support of the SIG is a member of the organising committee for a conference on ‘Human Sexuality’ in Durham in September 2016 in which there will be head-to-head papers on sexuality and why the Christian churches have opposed equal marriage.

The SIG is planning to send out a questionnaire to all its members to explore how the SIG can evolve over time and meet the needs of the College, its members and the wider organisations working with LGB issues.

A handwritten signature in black ink, appearing to read 'DJ Hodgson', with a long, sweeping horizontal line extending to the right.

Dr Dan Hodgson, Chair of LGB SIG
15 December 2015

History of Psychiatry Special Interest Group

Annual Report to Council 2015

Activities

During 2015 the History of Psychiatry SIG (HoPSIG) has held the following meetings:

Date	Venue/Location	Subject/purpose of meeting/nos of attendees
20.3.15	RCPsych, London	Inaugural meeting, officers elected. Presentations: Dr Claire Hilton, 'Presidents and their Portraits'. Dr Walid Abdul-Hamid, 'PTSD in the Ancient World.' Tour of portraits and archives. Discussion of future. Attendance 14.
20.5.15	RCPsych, London	Workshop. Presentations: Prof Eric Taylor 'Disruptive Children in Psychiatry, 1762-1912' Dr Fiona Subotsky, 'Zoophagy in the Asylum' Attendance 11.
29.10.15	RCPsych, London	'Ready, Steady HoP' workshop. Prof Edgar Jones, 'The treatment of war neuroses at Mill Hill Hospital in 1943'. Dr Elizabeth Hardwick, 'Bleeding Lunatics: Nineteenth-century medical discourse on bloodletting for the treatment of mental disorders'. Ross Macfarlane and Emma Hancox, 'Resources and research: what's new at the Wellcome Library' Attendance 21

Background

We have 461 members and have been running since March 2015. HoPSIG was set up to

1. Raise awareness of the value of understanding the history of psychiatry.
2. Encourage research into the history of psychiatry, including the history of the RCPsych.
3. Be a forum for psychiatrists wishing to research the history of psychiatry, to find others with shared interests and to discuss research ideas and work in progress.
4. Facilitate networking with academic historians.
5. Welcome non-College members who are interested in HoP, including people with medical and non-medical backgrounds.
6. Keep people informed via a webpage and newsletter.
7. Organise workshops and conferences about the history of psychiatry, including about historical methodology and resources.
8. Organise history sessions at annual International Congress, and with Faculties and Divisions.
9. Liaise with, and support, the RCPsych archives department, e.g. producing exhibitions, introducing online systems to facilitate archive access.

Executive Committee

The History of Psychiatry SIG Executive Committee comprises:

Name	Role
Clare Hilton, Fiona Subotsky	Co-Chairs
Jane Mounty	Financial Officer
Francis Maunze (Archivist), George Ikkos (Honorary Archivist)	De Officio members
Paul Lomax, Maheera Cheema, Howard Ryland	Trainees

Objectives for 2015	Outcomes
<ul style="list-style-type: none"> • Establish the SIG, set up Exec Committee 	Achieved
<ul style="list-style-type: none"> • Transition from 'Friends of the College Archives' 	Achieved
<ul style="list-style-type: none"> • Start workshop meetings 	Achieved (see above)
<ul style="list-style-type: none"> • Set up Website 	Achieved – Google 'HoPSIG' for access
<ul style="list-style-type: none"> • Promote interest by encouraging trainees to join in 	3 trainees have expressed interest in helping the Exec; medical student presentation meeting planned
<ul style="list-style-type: none"> • Encourage interested non-RCPsych members to 	Links established with Wellcome Library, Institute of Psychiatry, Oral

join/liaise	History Society, Society of Apothecaries
<ul style="list-style-type: none"> Start Newsletter 	First 'HoPSIG News and Notes' Autumn 2015
<ul style="list-style-type: none"> College Archives Department collaboration 	Exhibition on 'Shellshock in WWI from the Antiquarian Books', Autumn 2015
<ul style="list-style-type: none"> Develop financial base 	System for payment for small meetings now in place
Objectives for 2016	
<ul style="list-style-type: none"> Regular Executive Meetings 	
<ul style="list-style-type: none"> 3 seminar/workshop meetings: 	
1. March 2016 – Medical student presentations	
2. At Congress, combined with AGM, Oral History interviews 'Changes I Have Seen'	
3. Autumn meeting, possibly Manchester	
<ul style="list-style-type: none"> Continue to update and develop Website 	
<ul style="list-style-type: none"> Continue Newsletter 	
<ul style="list-style-type: none"> Develop liaison with other interested organisations 	
<ul style="list-style-type: none"> Continue liaison with College Archives Department and Library 	
<ul style="list-style-type: none"> Look for opportunities to collaborate with other College groups – SIGs, Faculties, Divisions 	

Clare Hilton, Fiona Subotsky HoPSIG Co-Chairs. 1.1.16



Annual Report 2015-2016

Occupational Psychiatry Special Interest Group (SIG) – Royal College of Psychiatrists

The Occupational Psychiatry SIG is comparatively new and, though times have been relatively quiet for the SIG in 2015, there are reasons to celebrate and much to anticipate in 2016. The SIG has almost 1,000 members, signalling not only how many psychiatrists rightly see occupational psychiatry as important, but also reflecting the importance of the SIG to the College's activities as a whole.

The new Chairman, Mike Isaac, and the Treasurer, Jeya Balakrishna, are determined to build on the momentum of our predecessors, the founders of the SIG. A priority is to form a small executive committee to serve the interests of the SIG membership and of occupational psychiatry generally.

Members will be asked to contribute to a survey about the SIG's general activities and how these activities align with members' current needs. The SIG membership has a wide geographical spread and it has been historically welcoming to other disciplines at its educational meetings.

The Occupational Psychiatry SIG has two essential and compatible roles. First, the SIG exists to foster learning and best practice in occupational psychiatry. Through educational meetings, members have been able to network, as well as benefit from speakers from several disciplines, not only psychiatry. Non-psychiatrists have also been able to attend such meetings. This will be a continuing priority for the SIG.

Secondly, the SIG has an important role to play within the activities of the College. Work and mental health have been of obvious importance to psychiatrists; but it is only comparatively recently that other organisations, including government, have formally become more interested. Various parts of the College have of course already been deeply involved in this, but the intention is that members of the SIG will similarly become involved.

Work already underway, for example, in conjunction with the Faculty of Occupational Medicine of the Royal College of Physicians, the Royal College of General Practitioners and ourselves is a readymade opportunity for the SIG to become involved in defining what constitutes a good occupational psychiatry service. The Department of Work & Pensions, particularly, is interested in work and mental health and the SIG can build on the already extensive work done in building the work and mental health pages on the College website.

It is a priority for the SIG to develop a strong web presence through a website that also provides educational opportunities and a means of networking. This is in its early stages, but progress so far is good.

There is also to be a SIG presence in forthcoming roundtable discussions on fitness to drive that are being held under the aegis of the GMC, with input from other agencies, including DVLA.

The SIG's involvement in these College activities reflects not only the importance of occupational psychiatry, but a potential new direction for the SIG working at the centre of this essential part of psychiatry.

Dr Mike Isaac
Chair, Occupational Psychiatry SIG
April 2016

Philosophy Special Interest Group Annual Report to Council 2015

Activities

During 2015 the Philosophy SIG has held the following meetings/events:

Date	Venue/Location	Subject/purpose of meeting/nos of attendees
25 th Mar 2015	Royal College of Psychiatrists.	Annual general meeting. This is held to review activity and plan future events such as conferences. The meeting was attended by six members. The President of the college Sir Simon Wesley attended by invitation.
23 rd , 24 th & 25 th Sept 2015	Royal College of Psychiatrists.	Third UK Conference on Philosophy and Psychiatry. Moral and Legal Responsibility in the Age of Neuroscience. There were 120 attendees over the three days of the conference.

Background

The Philosophy and Psychiatry Group has been running for more than seventeen years. It was set up to provide a forum for dialogue between philosophers and psychiatrists. We have organised three very successful philosophy and psychiatry conferences in 2011, 2013 and 2015. We contribute to the International Network of Philosophy and Psychiatry. We have contributed to other College conferences e.g. Forensic and General Adult Faculties. There are local groups in London, Scotland and elsewhere that run smaller scale events.

Executive Committee

The Philosophy SIG Executive Committee comprises:

Name	Role
Dr John Callender	Chair
Dr Jonathan Hurlow	Financial Officer
Dr Drozdstoj Stoyanov	Vice Chair
Dr Allerdiena Hubbing	Web Page Advisor
Dr Steve Ranplin	Joint Newsletter Editor
Dr Abdi Sanati	Joint Newsletter Editor

Other sub-committee members are Dr Gwen Adshead, Dr Ralf-Peter Behrendt, Dr Matthew Broome, Dr Lisa Conlan, Dr Subodh Dave, Professor Bill Fulford, Professor Julian Hughes, Dr Afzal Javed, Dr Elselijn Kingma, Dr Marek Marzanski, Dr Edward Mitchell, Dr Gareth Owen, Dr Hannah Pickard and Dr Tim Thornton.

Commentary

Our main event in the course of 2015 was the Third UK Conference on Philosophy and Psychiatry. This was held at the Royal College of Psychiatrists in London. The theme of the conference was Moral and Legal Responsibility in the Age of Neuroscience. The event attracted a distinguished range of speakers from psychiatry, philosophy and jurisprudence. In addition to the UK, we had speakers from the United States, Poland, Germany, Croatia, Bulgaria and the Netherlands. We plan to have a major conference every two years and to set up smaller scale one day meetings in other years.

Our 2013 conference yielded a profit of approximately £4000 which nearly doubled our bank balance. The financial outturn of the 2015 conference is not yet complete but we expect that this will again have shown a healthy profit.

The 2015 conference achieved its main aim of bringing together people from different backgrounds to discuss the theme of the conference. The culmination of the conference was a session on psychiatry and counter-terrorism. A psychiatrist who had grown up in Romania gave a talk on communist re-education and the implications of this as a precedent for psychiatric involvement in counter terrorism. This was followed by discussion by a panel comprised of Maajid Nawaz, Quilliam Foundation, Lord Alex Carlile, QC, author of a major report to the Home Secretary on prevention of terrorism, Deputy Assistant Commissioner, Helen Ball, New Scotland Yard, Senior National Coordinator for Counter Terrorism Policing, Dr Hergeet Marway, Department of Philosophy University of Birmingham and Dr Simon Wilson, Consultant Forensic Psychiatrist.

I believe that we were very successful in meeting our objectives for 2015. In particular attendance at our conference exceeded our expectations. In 2016 our main objectives will be to continue the work of the SIG; to organise a one day conference in the latter part of the year; and to begin planning for a major conference in 2017.

Dr John Callender
26th December 2015

Private & Independent Practice Special Interest Group Annual Report to Council 2015

Activities

During 2015 the PIPSIG has held the following meetings/events:

Date	Venue/Location	Subject/purpose of meeting/nos of attendees
27/04/15	BMA Birmingham	Telepsychiatry 40+ attendees (incl Skype)

Background

We have 3166 members and have been running for many years. PIPSIG was set up to represent the interests of those working in the independent sector (as employees) and in (self-employed) private practice.

Executive Committee

The PIPSIG Executive Committee comprises:

Name	Role
Danny Allen	Chair
Lesley Haines	Vice-chair
Anney Varghese	Financial Officer/Newsletter Editor
Tom Carnwath	Co-opted member
KatyBriffa	Co-opted member
John Sharkey	Northern Ireland rep
Paul Divall	Retired members rep
Ajat Sanikop	Co-opted member
Ankur Agarwal	Secretary

Commentary

Our 2015 objective was to run the conference which developed guidelines which we are now presenting to the College for adoption. Next year we are looking at running activities to help retired psychiatrists.

Danny Allen PIPSIG Chair 9th November 2015

Spirituality and Psychiatry Special Interest Group Annual Report to Council 2015

Activities

During 2015 the Spirituality and Psychiatry SIG (SPSIG) has held the following meetings/events:

Date	Venue/Location	Subject/purpose of meeting
06/03/15	RCP, Prescott St	Mindfulness: Theory and Practice
20/04/15	RCP, Prescott St	Trainees event
04/11/15	RCP, Prescott St	Whither the Soul of Psychiatry?

Background

We have over 3000 members and have been running for 16 years. The SPSIG was set up to provide a forum for psychiatrists to explore the influence of the major religions that shape the cultural values and aspirations of psychiatrist and patient alike. The spiritual aspirations of persons not identifying with any one particular faith are held to be of no less importance, as well as the viewpoint of those who hold that spirituality is independent of religion.

The SPSIG aims to contribute a framework of ideas of general interest to the College, stimulating discussion and promoting an integrative approach to mental health care.

Executive Committee

The Spirituality SIG Executive Committee comprises:

Name	Role
Paramabandhu Groves	Chair
Sophie Thomson	Financial Officer
Ali Gray	Secretary
Jo Barber	Service user rep
Andrew Clark	
Chris Cook	
Simon Dein	
Sarah Egger	
Chris Findlay	
Chetna Kang	

Andrew Powell	
Russell Razzaque	
Stephen Turner	
Rob Waller	
Lucy Grimwade	Trainee rep
Nick Hallett	Trainee rep

Commentary

Over the last year we aimed to run two meetings and a training event. The first meeting, Mindfulness: Theory and Practice followed on from a successful SIG workshop on mindfulness at the International Congress in 2014. The meeting on mindfulness in March 2015 was over-subscribed with more than 100 attendees, and requests to run similar events in the future. In April we held a training event, which unfortunately attracted very few participants. It was unclear why there were so few, but it may have been overshadowed by the March event. A similar training event held two years ago had been more popular.

In November we held a more informal meeting, Whither the Soul of Psychiatry?, which was an opportunity for members to reflect on the work of the SPSIG and consider future areas for exploration. There were about 40 attendees and we received positive feedback as well as the meeting stimulating ideas for future meetings.

We produced two newsletters (published on the College website), and more details of the events over the last year together with book reviews can be found there. We were pleased to award the SPSIG essay prize to Marco Narajos for his essay, An Evolutionary Neurotheology Approach to Depression.

In 2016 we plan to run two meetings: one on the contribution of faith groups to mental health, and one on hallucinations. A new publication, Spirituality and Narrative in Clinical Psychiatry: Stories of Mind and Soul, edited by Andrew Powell and Chris Cook is due out in February 2016.

Paramabandhu Groves, SPSIG Chair
09 December 2015

TRANSCULTURAL SPECIAL INTEREST GROUP ANNUAL REPORT 2015

The Transcultural Special Interest Group (TSIG) remained active since last year's report. We remain committed to the work of the College; provide guidance to the College members and the public on transcultural psychiatry related matters. Our networking expanded and now involves wide range of interested individuals in Europe and North America. Our membership remains solid.

The group contributes to college's consultations on policy and training. We have provided input into CPD programmes, reviewed articles and on one occasion a chapter in a book.

Contribution to Section 136 Document:

I participated in giving feedback and comments on black and ethnic minorities issue in the section 136 document produced by the College. I highlighted the importance of taking the cultural background of the patient during assessment as ignoring this issue may lead to errors in the diagnosis and management.

Transcultural SIG Symposia at The Royal College we have organised and Chaired Three symposia:

1. Stigma, A global Perspective 23.10.2015 at the Royal College of Psychiatrists:

I gave a talk about Transcultural Psychiatry and my plans for the future of the group. I invited seven speakers to talk about different aspects of stigma in different countries. I invited Prof. Sartorius who kindly accepted to chair the meeting but apologized in the last minute.

2. I talked about stigma in psychiatry around the world in South Essex Trust.

3. We contributed to the World Psychiatric Association Meeting in Madrid 13-16.09.2014 by two symposia.

College's International Congress 2016

I am in the process of talking with other special interest groups in order to put a proposal for a symposium at the International Congress, as my attempts to host a symposium on our own didn't find success for two successive two years.

Bulletin of TSIG

We managed to put together an issue of our newsletter in March 2015. It has eleven items, reporting the SIG activities, Transcultural psychiatry articles, Transcultural news around the world and forthcoming activities around the world. We are in the process of producing another Newsletter.

Finance

The finance of TSIG remains in a healthy status. We have appointed an interim treasurer following the resignation of the previous one. A new finance officer has been elected for the next term of the office.

Election of new officers

We managed to appoint representatives for different parts of the UK and around the World. We also appointed representatives of specialities as follows:

Regional Representatives

Dr Salman Shafiq	North West
Dr Parvathy Pillay	South East
Dr Kate Wood	South West
Dr Sandeep Mathews	Wales

Faculty Representatives

Dr Deji Ayonrinde	Academic
Dr Jason Luty	Addictions
Dr Hamideh Heydari	Psychotherapy

Worldwide Representatives

Dr Dina Elgabry	Egypt
Dr Ana Miorelli	Spanish Speaking Countries
Dr Arabinda Chowdhury	Indian Subcontinent
Dr Mark Agius	Mediterranean Countries

New Challenges

We managed to organise three symposia at the Royal College and produced our newsletter.

Our ambition is to try to organise regular symposia at the Royal College, at least twice a year. To produce regular issues of our Newsletter twice a year.

To try to organise symposia in other parts of the United Kingdom and hopefully in other parts of the world.

To liaise with other cultural psychiatry SIG in Europe and in The United States.

We plan to continue contributing in symposia in the World Psychiatric Association Meeting and with European Cultural Psychiatry SIG.

Despite the fact that various groups and individuals do the cultural psychiatry work, I remain convinced that there is a big role for TSIG to play in the coming years and in highlighting the new developments in cultural psychiatry which is now a well established part of academic and clinical psychiatry.

Our plan is to make TSIG take more proactive role in promoting cultural aspects of psychiatric practice in the United Kingdom and other parts of the world.

Hellme Najim
Chair
December 2015

**Volunteering and International Psychiatry Special Interest Group (VIPSIG)
Annual Report to Council 2015**

Activities

During 2015 the VIPSIG SIG has held the following meetings/events and some of those participated in are listed (not exclusive list): Specific SIG meetings are underlined

Date	Venue/Location	Subject/purpose of meeting/nos of attendees
16.1.2015	Royal College of Psychiatry	<u>VIPSIG executive meeting</u> followed by General meeting 16 attendees. Strategic planning meeting
19.3.15	Lecture Queen Mary's Westfield	Global mental health academic event. 25 attendees
19.3.15	Medfest –Guy's Hospital	Medfest About 25 people
28/29 March 2015	mhGAP support – Wales –Lesotho link Cardiff	10 volunteers supported in Cardiff in mhGAP for Lesotho training
30.3.15	webinar	Global mental health –global audience
18.4.15	UCL	Academic presentation-Gender and culture 20 approx
29.5.2015	Royal College of Psychiatry	<u>VIPSIG executive meeting</u> followed by General meeting 8 attendees
3,4. 6.2015	Monrovia, Liberia	Representing VIPSIG at 3 country post ebola reconstruction meeting
2.7.2015	Annual Congress workshop on volunteering	Workshop on volunteering Attended by about 25 people
3.7.2015	Planned presentation on Psychological First Aid	Cancelled by College and rescheduled for 2016

7.7.15	Royal College of Psychiatry	Co-opted member of human rights committee
14.8.2015	Royal College of Psychiatry	<u>VIPSIG executive meeting</u> followed by General meeting 19 attendees
August 2015	mhGAP event to support volunteers	Support for 4 volunteers in mhGAP skills –Sierra Leone and Maldives Gordon Hospital, London
2.9.2015	Webinar- Humanitarian work	Global MHPSS webinar –global audience representing College of Psychiatrists and VIPSIG
12.9.15	Cambridge	Academic presentation -20 Psychiatrists
24.9 – 2.10.15	Institute of Psychiatry	Support of MSC Global Mental health -30 attendees
8,9,10 October 2015	WHO Geneva	Dr. Peter Hughes-representing Royal College of Psychiatrists and VIPSIG at mhGAP forum and part of committee for review of mhGAP IG
29.10.2015	Webinar Experiences and lessons learned from integrating mental health with general health care using the WHO mhGAP Intervention Guide in three humanitarian settings	Webinar global Dr. Peter Hughes-representing VIPSIG and Royal College of Psychiatrists
29.10.2015	Guy's Hospital	VIPSIG represented at world mental health day –Sierra Leone and Somaliland
9.11.15	College of Physicians	CNWL conference. 2 workshops 30 approx
16.11.15	UCL	Academic presentation -30 approx
29.11.2015	Royal College of Psychiatry	<u>VIPSIG executive meeting</u> followed by General meeting

Background

We have 1833 members and have been running for 5 years since 22.6.2011. The VIPSIG was set up with the following objectives

- Promote volunteer work overseas and expand the population of people interested in this work.
- Be a voice that will inform the College and serve as an agent in this work.
- Have a fundraising role in order to develop more volunteer possibilities.
- Produce a newsletter in order to celebrate volunteerism in the UK and globally.

- Establish e-groups in order to promote this field by regular discussion.
- Promote appropriate training materials for volunteers overseas.
- Explore web-based psychiatry training to assist training sites in mental health.
- Establish links with non-governmental organisations and Diaspora communities.
- Promote overseas electives for medical students and encouragement of psychiatry as a career.
- Promote the overseas experience in psychiatry as a desirable attribute for the NHS

It has its history in the Volunteering Sub-Committee of the Board of International affairs .

Executive Committee

The VIPSIG Executive Committee comprises:

Name	Role
Dr. Peter Hughes	Chair
Dr. Mandip Jheeta	Financial Officer
Dr. Ruairi Page	Secretary

Commentary

Objectives for 2015

- 4 meetings of VIPSIG –achieved
- 1 of these meetings to be outside London –Not achieved
- Annual Conference –postponed due to College re-organisation of finances
- Psychological First Aid event –cancelled by College as came straight after congress
- Newsletters – 2 published for 2015-achieved
- VIPSIG Essay prize –achieved and another round in place for 2015 - 15 essays 2014-2015 and now 21 for 2015 round-achieved. MedMinds Birmingham 2015 prize winning essay highlighted as UK volunteering & encouraging recruitment into psychiatry
- Fundraising – mhGAP event in Springfield University Hospital generated funds for VIPSG and Myanmar project –achieved. Funds healthy due to donations and from previous conference.
- Promotion of blogs- a number of global blogs on College website
- VIPSIG promoted at retirees event in College 2015.
- Website development –still in progress
- Social media –being developed –partially achieved
- Representation at Diaspora committee and International advisory committee-also Iraq sub-committee –achieved
- Promotion of volunteering through College Volunteer scheme. Also surveys of volunteering in UK of members and of NHS managers 2015- achieved

- Myanmar training programme 2015 –achieved. Training of primary care workers in mhGAP.
- Promotion of College Syrian Refugee Task Force –achieved
- Representation of VIPSIG at conferences, academic presentations and other educational events-achieved
- Representation at College Human Rights Committee
- Research development –members have produced various papers this year
- Generate enthusiasm for the area and advocacy –partial achievement

Challenges 2015 and 2016

- Funding arrangement changes at College has necessitated strategic change in our operations and led to cancellation of annual conference. We do not have resources to have annual conference from now.
- Continuing momentum
- Challenges of developing website
- Linking to other organisations.
- Building up national profile
- Funds
- Developing new projects and capacity for these
- Research
- Academic and educational opportunities

Objectives for 2016.

- 4 VIPSIG meetings
- 1 outside London meeting
- Advocacy
- Research
- Representation at Annual congress
- Representation at International Advisory Committee, Diaspora committee and Iraq Sub Committee
- Essay prize
- Development of Website
- Conference including Psychological First Aid and mhGAP Humanitarian Version
- Support of College Volunteering scheme
- Support of Syria Refugee Task Force
- mhGAP event but this is now held at Springfield University Hospital rather than College event. Supported by VIPSIG members.
- Request for mhGAP training by Save the Children

- Fundraising – events, donations. Possibility of funds from adult faculty.
- Representation at Human Rights Committee
- Promotion of blogs
- Promote recruitment into Psychiatry through medical, foundation schools.
- Promotion of Global mental health.
- Development of further links to other colleges, professions, UN and NGOs
- Developing projects in Kashmir, Jordan, Nigeria, India and other countries. Particularly supporting higher specialist trainee Ghana project.

Dr. Peter Hughes
Chair of Volunteering and International Psychiatry Special
Interest Group
Dec 2015

Women and Mental Health Special Interest Group Annual Report to Council 2015

History of the Group

Our group, formerly known as the *Women in Psychiatry Special Interest Group* (WIPSIG), was founded in 1995. We have 3075 members. Since its inception, the group has functioned as a network to both promote the mental and physical health of female service users and to draw attention to gender inequalities in women's careers in psychiatry. The group has hosted conferences and provided teaching for professional development on a diverse range of topics, including women and leadership; women's mental health in pregnancy; gender differences in prescribing; domestic violence; trafficking of women and women as perpetrators of violence. Members of the executive have also participated in the development of policy at both a Royal College and Department of Health level. In 2013, under the leadership of the last Chair, Dr Katina Anagnostakis, the group's name was changed to the *Women and Mental Health* group.

Now the group is twenty years old, we hope to build on existing achievements while moving in a more outwardly facing direction. We want to engage with other disciplines and the wider public, sharing our knowledge and expertise while learning from others. Central to our endeavour is curiosity: what are about the current choices and challenges for women at different stages of life and how might they navigate through them in mentally healthy ways? In our approach to these questions we recognise women often find other women's stories and suggestions valuable, alongside and sometimes above professional advice. We hope therefore to develop our group and webpage as a resource for professionals and the public, bringing together both professional expertise and the wisdom of lived experience.

Our specific objectives now and how we propose to achieve them are outlined in more detail below.

Recent activity

I was appointed Chair and Syeda Ali as treasurer in the Summer of 2015, when the term of office for Dr Anagnostakis and Dr Edwards came to an end. I'm new to the group and Syeda was new to the Executive. Prior to our appointments the group had been quiescent since the last Executive

meeting in March 2014, following the group's joint conference with the RSM. In a verbal handover Dr Anagnostakis explained this was due to a combination of long-standing committee members leaving and logistical problems with meetings.

As two candidates stood for Chair an election was held and over three hundred members voted, indicating a significant level of active interest within the group.

Given the hiatus in activity and many on the Executive moving on, the election was an opportunity to re-evaluate objectives and future activity. In Autumn I circulated a consultation document to all members and the response was encouraging, with members from a range of disciplines coming forward to get involved for the first time in an active role on the Executive, outlined below.

Executive committee

	Role	Speciality	Location
Nicola Byrne	Chair	General Adult	London
Syeda Ali	Treasurer	Forensic	Manchester
Rina Gupta	Website lead	Perinatal & General Adult	North Essex
Ruby Osorio	Website lead	Addictions	London
Estela Welldon	Arts & media lead	Forensic Psychotherapy	London
Sherlie Arulanandam	International lead	General Adult	Swindon
Rashda Tabassum	Transcultural lead	Older Adults	Walsall
Smitha Naidu	Events lead	General Adult	Kent
Carol Kan	Events lead	Eating Disorders	London
Christina Clark	Public engagement lead	Early Intervention (nursing)	London
Alessandra Cappai	Website lead	Forensic (ST)	London
Claudia Cooper	Women's careers lead	Older Adults	London
Nisha Shah	Women's careers lead	Perinatal & General Adult	London
Stephanie Stone	Medical student lead	Current undergraduate	London

Funmi Deinde	Postgrad trainee lead	Current trainee (CT)	London
Jemma Reid	Website lead	General adult (ST)	Hertfordshire

We're essentially a new Executive although fortunately have retained the experience of a long-standing member, Nisha Shah, with two recent (2014) Executive joiners, Claudia Cooper and Rina Gupta.

We met for the first time in November at the Royal College, with four of us attending, Rina Gupta, Syeda Ali, Estela Welldon and myself, with three more new members contributing by telephone, Sherlie Arulanandam, Carol Kan and Rashda Tabassum. Prior to the meeting I'd familiarised myself with past group activity and achievements by going through the college library archive of minutes and newsletters. At this first meeting we reviewed the group's history, discussed the consultation response and started to make plans.

Since this first meeting several more members have come forward to get involved, Ruby Osorio, Smitha Naidu, Alessandra Cappai and Jemma Reid. As we aim to engage the group more with undergraduates (hopefully aiding recruitment), psych trainees and our health care colleagues outside of psychiatry, we've also actively recruited a nurse with a background in journalism and interest in public engagement, Christina Clark, CT Funmi Deinde and medical student Stephanie Stone to join the Executive. In future I hope we will also consider the potential for active contribution both from other specialities (in particular primary care and obstetrics & gynaecology) and outside medicine.

Everyone's ongoing participation and roles on the Executive will be subject to yearly agreement at our AGM, to ensure the Executive remains active.

Revised group objectives

In 2014/14 the group's objectives were described on our website as follows: *'WMHSIG seeks to ensure the provision of holistic care to women using mental health services. It also seeks to improve the working lives of women psychiatrists and to promote their careers.'*

Following the consultation, I've agreed with the Executive the following revised / new objectives:

- 1) To function as a network** for the dissemination of ideas, knowledge, service development and experience to improve the provision of mental health services for women
- 2) To engage the public** in dialogues, debates and discussions about social and cultural issues relevant to women's mental health, both in the UK & elsewhere
- 3) To contribute to a public women's mental health agenda,**

raising awareness of women's mental health issues, reducing stigma, improving access to support and contributing to solutions and positive socio-cultural change in the UK & elsewhere

4) To support women psychiatrists' working lives, including career development within management and academia

We're aiming to achieve these through our webpage, events and CPD as follows:

Coordinated website activity

The group webpage will itself be the 'home' of the group activity (rather than a newsletter), with regular three monthly emails to the group membership to alert them to new items of interest on the page. On an ongoing basis we will share updates and posts of interest (e.g. links to relevant research, service development, arts and media items of interest) via a new group Twitter account, which we'll upload to our page also. In December myself and Rina Gupta met with David Setchell from the RC website team to discuss these plans.

Rather than make general open requests to the group for material (previously found to be an unsuccessful approach with the group newsletter, which ended in 2014), members of the Executive will be tasked with proactively approaching experts for information (e.g. 'top 5 developments in speciality X relevant to women's mental health over the last 5 years') and as an Executive as a whole I will be encouraging us all to pool together material of interest we come across both professionally and in the wider world.

Regular social events

These will be open to all, including the public, for a small entry fee. At these events we will debate and discuss challenges to women's mental health with notable women in the public eye, bringing together the wisdom of experience with professional expertise. We envisage these events will be small (up to 50 people) after work 6-7pm discussions with social networking over drinks and light refreshments after. As we can't afford to host these at the College we've a plan to secure free venues via the private hospital chain Partnerships in Care. They have hospital premises across the UK, which we plan to make use of as we hope to better engage people outside of London.

Occasional educational events

These will be for psychiatrists and other health professionals. We understand that two of the more recent group conferences, although well received by attendees, were financially challenging, so we intend to develop CPD events within a less financially risky framework such as submitting proposals to host sessions within the RC annual International Congress.

Plans for the coming year

Immediate priorities

- The website page will have out of date content removed and new background and objectives uploaded, with a framework in place to allow the website team to start to upload items of interest.
- We will organise a group Twitter account and its administration.
- Executive structure and roles will be refined and agreed in particular to the website development and Events planning – who is doing what.
- The Events sub-group will meet / communicate via phone or Skype to map out potential event themes / interviewees, venues and dates across the year. We will contact Sonia Walter from the College Events team to cross check the dates as not clashing with planned RC events.
- The Website sub-group will meet / communicate via phone or Skype to agree how to progress actively seeking out content for the website. They will coordinate with the RC website team to discover what further refinements to the page are possible with the new website functionality coming online in Jan.

As the year progresses

- We will start to regularly post on Twitter and upload items of interest to the webpage and then summarise these in a 3 monthly email to the group to link them into the webpage.
- We are aiming to have our first group event in March.
- We will have an AGM at the International Congress – ensuring those who can't attend are contacted prior to the meeting for their feedback and views.
- We will put together a submission for group to run a CPD session at the International Congress 2017.

Dr Nicola Byrne, Women and Mental Health SIG Chair
Date: 4/1/16