

Sports and Exercise Psychiatry SIG



Date: Wednesday 3 March 2021

Venue: Online meeting via Zoom

Time	Session
13.00	Welcome and Introduction Dr Amit Mistry, SEPSIG Chair
Symposium 1: Supporting the Elite Para-Athlete	
13.10	Keynote interview Baroness Tanni Grey-Thompson and Dr Amit D. Mistry
13.45	Elevating Mental Health as a Priority within Para Sports Medicine and Sports Science Dr Cheri Blauwet
14.15	Paratriathlon and Psychiatry: Lessons learned Dr William Rhys-Jones
14.45	Breath work Dr Claire Gillvray
14.55	Break
Symposium 2: Exercise for Mental Illness: Evidence Base & Entrepreneurs	
15.05	A personal reflection on exercise for mental health Dr Adrian James
15.30	Keynote talk: Exercise & Mental Health: An Update on the evidence base Dr Joseph Firth
16.00	What is the 'Live More Movement'? for Sport in Psychiatric Hospitals

	Matt Waugh
16.25	Community wellbeing and mental health, why I set up Cognitive Sports Therapy? Dr Claire Gillvray
16.50	Final panel Q&A
17.00	Meeting Close

Speakers

Symposium 1: Supporting the Elite Para-Athlete

There is increased media awareness and research related to the unique physical and mental health needs of elite para-athletes. SEPSIG is delighted to host our first-ever symposium focusing on this important area within sport & exercise medicine.

Our first symposium hosts an all-star panel of elite para-athletes who have not only competed on the international sporting stage but continue to influence clinical, research and governmental policy within para-athlete and mental health support.

Baroness Tanni Grey-Thompson remains one of Britain's greatest Paralympic athletes. She won 16 medals from 1988-2004 and has competed in five Paralympic Games. In 2005 she became 'Dame' Tanni Grey-Thompson for her services to sport. In March 2010, Tanni was created a life peer and was conferred as Baroness Grey-Thompson, of Eaglescliffe in the County of Durham. As a working peer Baroness Grey-Thompson uses her experience and knowledge during debates in the House and she has spoken on a range of issues including Disability Rights, Welfare Reform, and of course, Sport.

Tanni is heavily involved in sport and physical activity at a national strategic level. She is the current chair of UK Active and board member of the London Marathon, the Sports Aid Foundation, the Duke of Edinburgh Awards and Join In. In addition, she holds Board Member positions for several organisations such as Transport for London, the London Legacy Development Corporation and the London 2017 Organising Committee.

Dr. Cheri Blauwet, MD is an Assistant Professor in Physical Medicine and Rehabilitation at Harvard Medical School and an attending physician at the Brigham and Women's Hospital and Spaulding Rehabilitation Hospital. She serves as Director of the Kelley Adaptive Sports Research Institute. Dr. Blauwet is also a former Paralympic athlete in the sport of wheelchair racing, competing for the United States Team in three Paralympic Games (Sydney '00, Athens '04, Beijing '08) and bringing home a total of seven Paralympic medals. She is also a two-time winner of both the Boston and New York City Marathons.

Translating her background as an athlete to the clinic setting, Dr. Blauwet now serves as a Member of the International Paralympic Committee's Medical Committee and serves on the Board of Directors for the United States Olympic and Paralympic Committee (USOPC) as well as numerous other leadership roles throughout the Olympic and Paralympic Movement. In 2016, she was the recipient of the Harvard Medical School Harold Amos Faculty Diversity Award and was named one Boston's "Ten Outstanding Young Leaders" by the Greater Boston Chamber of Commerce.

Dr William Rhys Jones is a Consultant Psychiatrist at CONNECT: The West Yorkshire and Harrogate Adult

Eating Disorders Service, part of Leeds and York Partnership NHS Foundation Trust (LYPFT). He co-chairs the national MaRSiPAN (Management of Really Sick Patients with Anorexia Nervosa) dissemination group which aims to develop MaRSiPAN pathways in every acute NHS trust in the UK by the year 2022. His research interests include early intervention in eating disorders, severe and enduring eating disorders, innate health, dual diagnosis and physical risk management in eating disorders. He is a media spokesperson for the Royal College of Psychiatrists, b-eat (the main UK based eating disorders charity) and LYPFT with recent appearances on BBC Breakfast, the Victoria Derbyshire Show and Panorama.

Dr Rhys Jones is a Para-Triathlete (visual impairment PTVI) who has represented Great Britain at ETU and ITU competition level winning silver at the 2019 ETU para duathlon championships in addition to several national championships podium results.

Symposium 2: Exercise for Mental Illness: Evidence base & Entrepreneurs

Based on the latest research we can be confident that moderate physical activity levels have a strong therapeutic effect across the mental health (wellbeing to severe mental illness) spectrum. Symposium two will include leading, personal insights from Dr Adrian James (RCPsych President) and an update on the evidence base, from global research leader Dr Joseph Firth. Following these introductory talks we will welcome two colleagues who have put theory into practice and founded companies focused on providing lifestyle (exercise) interventions for supporting those with mental illness and wellbeing needs.

Dr Adrian James is the president of the Royal College of Psychiatrists (2020-2023), Consultant Forensic Psychiatrist at Langdon Hospital in Dawlish, Devon and a keen cyclist! He is a former Medical Director of Devon Partnership NHS Trust and Founding Chair of the School of Psychiatry at the Peninsular Deanery (2006-2008).

He was the elected Chair of the South West Division of the Royal College of Psychiatrists (2007-2011) and sat on the College Council in this capacity. In 2010 he was appointed Chair of the Westminster Parliamentary Liaison Committee of the Royal College of Psychiatrists (attending the three main Party Conferences 2011-14 in this capacity).

He was Clinical Director for Mental Health, Dementia and Neurology, working for NHS England South West (2013-2015, interim from 2012-13). He has also acted as a Reviewer and Clinical Expert for the Healthcare Commission and its successor organisation the Care Quality Commission (CQC).

He set up the RCPsych Quality Improvement (QI) Committee and Workforce Wellbeing Committee and has staff workforce wellbeing as a key priority under his leadership.

Dr Joseph Firth is a UKRI Future Leaders Fellow at the University of Manchester, U.K and expert advisor to the World Health Organisation's physical activity guidelines group. His current research primarily focuses on the interface between physical and mental health in people with mental illness. He chaired the 2019 Lancet commission on "Protecting Physical Health in People with Mental Illness" and is particularly interested in evaluating the benefits for physical and mental health outcomes and developing novel approaches towards behavioural risk factors reduction in people with mental illness. Currently, he is investigating how digital technologies can be used for health promotion in the early stages of mental illness, in order to reduce cardiometabolic risks and improve recovery in young people.

Dr Firth has worked as a Research fellow in Sydney, Australia. He remains actively involved in multiple Australian projects such as the 'Take Charge' physical exercise support scheme for people affected by mental illness in New South Wales and Victoria.

Matt Waugh is a mental health nurse, fitness instructor & founder of Live More. Matt works as a health & fitness nurse on psychiatric intensive care units at St Charles Hospital. Matt is on the NHS Clinical

Entrepreneur Programme & was awarded a 2020 Churchill Fellowship for physical activity. He won a place on the prestigious Kings'20 Accelerator for Live More, securing funding for projects renovating intensive care unit gyms with world class art. In 2021 Live More is partnering with Culinary Medicine, improving staff & patient cooking in intensive care unit kitchen spaces, informed by nutritional psychiatry.

Dr Claire Gillvray is a member of both the Royal Colleges of Psychiatrists and General Practice. Her interest in the field of sports psychiatry led to a MSc in Sports and Exercise Medicine from Bath University in 2010. Her research into addiction to sport won the poster prize at the 2019 Royal College of Psychiatrists Addiction Conference. She founded Cognitive Sports Therapy in 2019 which creates individual and group programmes combining therapy with exercise, mindfulness, yoga and breathwork to help build mental strength. She has competed for Great Britain and Ireland in her age group in triathlon at world championship level and is an ISSA certified personal trainer.