**SEPSIG 15 22/11/23 Business meeting**

Previous meeting minutes from March 2023 will be emailed to delegates:

Committee Updates:

**Dr Amit D Mistry (Chair):**

Discussed the recent annual SIG chairs day and outcomes of this. Re-capped on SEPSIG being the fourth fastest SIG group in the college and second largest SM following on X (formerly twitter). Discussed recent RCPsych South Eastern Eating disorders in sport conference presented by Dr Mistry, Dr Nahman and Dr Tagg, Highlighted the need to branch out and propose free Thursday webinar content through CALC (e.g. exercise and MH: suggested collaboration between Prof Nigel Camileri [Malta], Dr Claire Gillvray and Dr Lekka.

Dr AM encouraged attendees to apply for new executive positions and outlined timeline (need x2 nominations for positions) in December 2023, voting opens in Feb 2024 and results out in April 2024. New Exec (chair and finance officer) will take over in Summer 2024 in time for RCPsych June 2024 AGM. Also, new positions will become available dependent on the new executive.

Discussed SEPSIG16 for around April-May 2024. Suggested topics have included addictions in sport, gambling,

head injuries/concussion, medication education in sport, TUEs/anti-doing and PED misuse. Delegates keen to do more workshop formats. Advised we should aim to do collaborations with other SIGS/faculties as this can help with budgeting and spreading costs. There is a suggestion to do next SEPSIG16 in Malta although would need to confirm dates/logistics ASAP. Other options include remote (financially safer) or Face to Face. All Face to face options in UK would need to be heavily discounted.

SEPSIG17 (F2F) for RCPsych London HQ-either Friday 4 October 2024 OR Friday 18 October 2024 is available. We will request the 4/10/2024 as other date is close to half term dates.

**Dr Caz Nahman (Finance officer)**

+£18,000 overall in bank

To propose new budget, work plan, strategies and future projects at next financial review (July-August 2024)

Discussed challenges of getting catering budgets right (not paying over the odds) and ensuring we break even if hosting face-to-face events.

Dr Nahman has recently been involved with online concussion teaching through Oxford and will have online resources that delegates can attend in January 2024.

**Dr Claire Gillvray (exercise lead)**

Dr Gillvray has arranged a meeting with the RCPsych presidential lead for physical activity. This is to embed lifestyle interventions for mental health into RCPsych educational curriculum. She has recently been appointed

Lifestyle Medicine lead for Cambridge Peterborough NHS trust. Aiming for services to have mandatory videos for staff at encouraging patients and physical activity role in mental health.

Has updated the FSEM position statement on the role of physical activity for mental illness (new website material to be uploaded)

She is working on developing Parkrun activities through Mental Health services (patient and staff involvement) and driving through RCPsych.

Link for free Thursday RCPsych webinar proposal form below:

[**https://forms.office.com/Pages/ResponsePage.aspx?id=isSqdaspMEKtrGnT5-0-d0-G8yniy4BNudJ\_-LH4KMtURDFEOUxVVDcwWk9VMlRJVVVJVThaT0ZEMiQlQCN0PWcu**](https://forms.office.com/Pages/ResponsePage.aspx?id=isSqdaspMEKtrGnT5-0-d0-G8yniy4BNudJ_-LH4KMtURDFEOUxVVDcwWk9VMlRJVVVJVThaT0ZEMiQlQCN0PWcu)

**Jennifer Keal (trainee rep)**

Stable number of trainees part of SEPT, ongoing challenges for trainees to get Sports Psychiatry clinical exposure. Trainees looking to do a QI project exploring trainee experience in this regard and how we can improve this area for them. This will need ethical approval and will be modelled on a similar questionnaire done through the Neuropsychiatry SIG.

Dr CN and Dr DP have offered liaising with ISSP (Carla Edwards) to see whether their free diploma and mentor-mentee setup can be set up as a separate UK cohort. Also, to map where potential consultant psychiatrist supervisors are based in the UK to help trainees develop their project and interests. We respected that this had been a trainee agenda for some time and need to move forward on this.

At this stage we have agreed to having a PTC rep on SEPSIG as we already have a trainee lead.

**David Prossor (social media)**

Close to 1.5K followers on @X (twitter), Second largest followers for SIG group through the college. He has been working on building the Sports Psychiatry Journal social media strategy too.

Both DP and AM had a recent scoping meeting with a British journalist to see whether a sports psychiatry media piece could be commissioned in the future.

Suggestion for future podcast to be modelled on the format of Case Studies in Sports Psychiatry. Encouraged trainees/other clinicians to get involved if have an active interest in this media area.

**Nicole Lekka (dance)**

She has been involved with two IADMS projects: dance for health and MH advisory group. At the Annual IADMS conference in October, she  contributed to 2 sessions on psychosocial development of dancers and emotional regulation for dancers. Also, has been approached to  participate in the One Dance UK promo video campaign. Outside of dance she has been liaising with local sport charities within her local area e.g. sport for confidence to help inpatients' physical activity, especially during transition to the community.

**Thomas McCabe (educational update)-not present but emailed feedback**

Dr McCabe has had a proposal for presentation on exercise interventions in liaison psychiatry accepted. This is scheduled for May 2024.

Dr McCabe has submitted a proposal for a workshop on 'Mental Health outcomes for contact sport athletes' for the RCPsych Congress in Edinburgh in 2024. Dr Phil Hopley is one of the proposed contributors.

Little progress has been made with regards engaging Medical Schools or Societies with regards an introduction to sports and exercise psychiatry. This could be an area of exploration for one of the trainees. Please liaise with myself should this be of particular interest to anyone.

**Dr Jack Tagg (social secretary)- not present and now working in Australia.**

As no longer in the country we will need to appoint a new social secretary. We acknowledged Jack’s enthusiasm for the role and will need to recruit into this position. To continue with the progress he made in creating a bi-annual news letter.

**Tim Rogers (curriculum)-not present**

AOB:

Next conference SEPSIG16 April 2024 (?) (venue/format and themes TBC/ASAP)

SEPSIG17 Friday 4th October 2024

Applications for exec nominations to open up next month.

Dr Amit Anand has recently done a concussion survey for Nottingham CC and will look to promote his work in due course (Jan-Feb 2024). This would be good overlap in work performed by Dr Nahman.