**Strategy meeting Thursday 10/11/22 [zoom] 18:30PM Minutes**

13 delegates in attendance.

3 topics covered as part of next steps for SEPSIG: -

* Conference planning for 2023
* Committee Positions
* Trainee Opportunities

1. **Conferences 2023**

Discussed the pros vs cons of venues in and outside of London. Need to factor in venue costs and accessibility for delegates. Ideally would like to be able to offer hybrid (F2F/remote) options for attendees but need to factor in costs for a relatively small SIG. To ensure profitability for the SIG in 2023 we have proposed both events to be in London e.g. ISEH, Tottenham Court Road and RCPsych HQ.

Provisional Dates & Venues for SEPSIG #14 & SEPSIG #15

Friday 14th April 2023 – venue TBC (Institute of Sport & Exercise Health, Tottenham Court Road, London?)

Friday 29th Sept/ or NOV 2023 at RCPsych and as a potential collaboration with the Faculty of Eating Disorders (TBC)

Future proposed topics- exercise and mental health e.g. moving medicine, dance, disordered eating, how to involve and work with SEM, addictions, research updates, long covid/common injury management in athletes, older adult mental health related to sport e.g. dementia risk in head injury, prevention and physical activity.

We agreed the importance of diverse speakers for each symposium e.g. athlete, psychiatrist/medic, relevant allied health professional/ governing body representative

All proposed symposium topics need to be relevant towards CPD opportunity (as per recent conference feedback)

1. **Committee Positions**

Current executive:

Chair (elected, AM-2024)

Finance Officer (elected, CN-2024)

Trainee lead (appointed 2022, JK)

Curriculum lead (co-opted, TR)

Dance liaison (co-opted, NL)

Media lead (DP)

To offer three new positions within the committee:

1. Social secretary
2. Exercise and MH lead
3. Education lead

We discussed expectations for each role and will formally send this out as a role description. We will invite all interested parties to submit up to a 200-word summary on why they would like to apply for the position and what skills/experience they have in this specific area. The executive will then decide on suitable candidates and will announce new positions in January 2023.

**Social Secretary:**

-Take and send out minutes at each business, strategy and relevant SEPSIG meetings/events

-Organise social events pre/post SEPSIG conference meets

-Attend and contribute to committee meetings

-Regular communication with committee and SEPSIG members to ensure all are kept updated on all SEPSIG matters.

**Exercise & Mental Health lead:**

-Committee lead who has a specialist interest/passion for promoting physical activity for those with severe mental illness (SMI).

-To act as the lead SEPSIG contact for physical activity initiatives such as Moving Medicine, Movement is Medicine etc.

-Must be able to successfully network with exercise researchers, exercise campaigns, organisations who are leaders in this area

-raise exercise profile through relevant college channels e.g. publications, CPD online, Choose Psychiatry etc.

-Provide relevant content to promote on our website and twitter account, liaise with media lead (DP)

**Education Lead:**

- Lead organiser for SEPSIG related material on CPD Online. This will include updating previous module and on developing ‘bitesize learning’ and a new podcast series.

-Lead on setting up Choose Psychiatry/ Psychsoc collaboration events for interested FY doctors and medical students. To invite and organise speakers for each event.

-Promote SEPSIG work through RCPsych publications, materials and external opinion pieces

-Update SEPSIG recommended reading list for trainees

-To work with senior psychiatrists on developing educational resources.

**3 Trainee opportunities**

Discussed the high quality of posters at SEPSIG13 and wanting for this to be an annual opportunity for trainees. There are future ambitions for this to extend into essay prizes, QI projects and an annual research grant (to present findings at autumn SEPSIG event).

We highlighted the challenges of gaining practical experience in sport & exercise psychiatry as trainees. However, there are great opportunities to work on theorical knowledge and be formally certified in this e.g. ISSP program <https://www.sportspsychiatry.org/page-18106> . Dr CN has recently completed and mentored on the ISSP program and willing to create a UK-based mentoring program/supervision for this. This will involve working with SEPT and formalising a program.