

Isle of Man Sport Aid Mental Health Strategy – Steering Group

Minutes

Wednesday, 11th November 2020, 20:00-21:05

In attendance: Nikki Arthur (NA), Ian Braid (IB), Helen Collis (HC), Gianni Epifani (GE), Lee Holland (LH), Tom McCabe (TM), Hollie Quayle (HQ), Catherine Reid (CR), Ian Sharpe (IS), Richard Sille (RS), Sarah Vorster (SV)

Apologies: Janelle Quayle (JQ)

1. Welcome and Introductions (RS/IB)

RS thanked the members of the Group for giving up their time to contribute to the MH strategy – an important development for all stakeholders in Isle of Man Sport Aid. There being no objections, IB took the chair and asked members to introduce themselves.

2. Current Situation (RS)

RS outlined the current situation at Isle of Man Sport Aid. TM commented that what was described mirrored his experience of other sport organisations in UK. RS gave an overview of the recommendations made in respect of mental health in the June 2019 Applied Psychology Audit Report prepared by Dr Hays.

It was noted that the MH Strategy needs to be targeted towards athletes (IS/CR) but also the wider support network, as these people have significant influence over environmental factors affecting athletes and are subject to similar pressures themselves (LH).

After some discussion, the Group acknowledged that a significant opportunity existed to develop a mental health strategy that dealt with prevention and early intervention (TM/HQ). Such a strategy could have a positive impact on all stakeholders in the Isle of Man Sport Aid system and have broader appeal in the community. A phased approach would be necessary to accomplish this.

It was noted that a certain amount of psychoeducation already takes place in schools (NA). However, depending on levels of self-awareness, people might not recognise those signs in themselves (TM/HC). It was suggested that a needs analysis or survey might be appropriate to verify our assumptions (HQ).

The benefits of an official 'launch' were also discussed. SV and GE both commented that they had contacts who might be able to assist with this.

Given the anticipated quantum of work involved (including needs analysis, marketing, PR, and communications), it was noted that additional resources might be beneficial.

3. Terms of Reference (IB)

The terms of reference were presented. There was some discussion around the scope of the project, whether it should initially focus on just athletes or have a wider focus on athletes and their supporting environments. It was agreed that environments (and the people in them) have significant impact on individual factors and, as such, the wider environmental factors within Isle of Man Sport Aid system should be within scope.

It was agreed that the workings of the steering group should be transparent. It was agreed that minutes and regular updates be published on a publicly available platform such as the Isle of Man Sport Aid website. There should also be relevant signposting to that platform using other communication channels (CR/HC).

4. Any Other Business (ALL)

There was no other business.

5. Date of Next Meeting (ALL)

Next meeting to take place on Wednesday 9th December 2020 at 8pm. Zoom link to be emailed out (RS).

A handwritten signature in black ink, appearing to be a stylized name.

Chair:

Date: 9th December 2020