

# Isle of Man Sport Aid Mental Health Strategy – Steering Group

## Minutes

Wednesday, 9<sup>th</sup> December 2020, 20:00-21:05

**In attendance:** Nikki Arthur (NA), Ian Braid (IB), Helen Collis (HC), Gianni Epifani (GE), Hollie Quaye (HQ), Janelle Quayle (JQ), Catherine Reid (CR), Ian Sharpe (IS), Richard Sille (RS), Sarah Vorster (SV)

**Apologies:** Lee Holland (LH), Tom McCabe (TM)

### 1. Welcome (IB/RS)

JQ was welcomed to the group. Apologies were received from LH and TM. On behalf of the group, IB offered congratulations to TM and his partner on the safe arrival of their first child.

### 2. Approve Minutes of Previous Meeting (ALL)

The minutes were taken as read. RS to publish signed minutes on the website.

### 3. Matters Arising (IB)

The terms of reference were agreed. RS to publish signed terms of reference on the website.

It was agreed to defer discussion regarding any official launch until January 2021.

### 4. Work in Progress (RS)

Sport Aid Committee. RS gave an update on his recent meeting with the Sport Aid committee. The committee were very supportive of the work to date, thanked the group for their efforts, and asked to be kept regularly updated on progress. The Sport Aid committee noted two areas of concern, resources (see below) and scope. To ensure the project is tightly controlled, sustainable, and deliverable, it was agreed that Phase 1 should focus predominantly on the Sport Aid athletes. Subsequent phases of the project can consider broadening and building the MH strategy to a wider group. It was noted that many of the preventative elements of the MH Strategy could (also) be focussed on the younger athletes at Sport Aid Academy level.

Volunteer Intern. Rather than recruit an intern, RS advised that the Sport Aid Committee's preference would be to utilise existing administration resources or co-opt someone onto the steering group in an administrative role. Given the nature of the skillset required, the group felt that a current or recent psychology student may be best equipped for the role. HQ advised that a BPS placement could be an option. It was felt that there might be a large pool of students looking for such work experience.

**Action** RS to discuss existing resource capacity with IOM Sport.

TEAMmate Emotional Support Service. RS advised that he and IB had held a preliminary discussion with Switch The Play (a UK-registered charity) which provides an emotional support service to athletes. There was general support for the concept, which reduced the stigma attached to help-seeking behaviour and provided a triage service. TM had voiced some concerns earlier in the day to RS about the quality of first contact and continuity of care with such services. Given that Sport Aid athletes live in a variety of geographic locations, it

was felt that a mix of local and off-Island support services would be required. GE advised that he had an existing relationship with the psychiatry team locally within DHSC.

**Action** RS to liaise with GE and investigate DHSC referral channels.

**Action** RS to arrange a meeting between TM, IB, and Switch the Play to discuss these concerns.

#### **5. Survey / Needs Analysis (RS)**

IB thanked HQ for her efforts in pulling together some initial thoughts on a survey / needs analysis. IS noted the MH framework in the academic paper circulated which offered a solid foundation for any MH strategy. It was agreed that this constituted a base to work from, but it was also important to consider the specifics of the Isle of Man context. It was agreed that the MH strategy should be informed by triangulating data from the steering group, the academic research, and the athlete survey. It was agreed that the Sport Aid and Sport Aid Academy groups should be surveyed to understand any differences.

**Action** RS / IB to draft a survey; strategy group to email RS with ideas to be included in scope for the survey

#### **6. Any Other Business (ALL)**

There was no other business.

#### **7. Date of Next Meeting (ALL)**

Next meeting to take place on Wednesday 13<sup>th</sup> January 2021 at 8pm. Zoom code to follow.

A handwritten signature in black ink, appearing to be "RS", written over a faint dotted line.

Chair:

Date: 14<sup>th</sup> January 2021