

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

## Minutes

Wednesday, 13<sup>th</sup> January 2021, 20:00-20:55

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

**Apologies:** None

### 1. Welcome (IB)

IB welcomed everyone back and thanked them for their input over the last month.

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

The minutes were taken as read.

**Action** RS to publish signed minutes on the website.

### 3. Matters Arising (IB)

- IOM Sport Aid Committee. IB advised that he and RS had held a meeting with Andy Varnom (Chair of IOM Sport Aid) and Chris Quine (Sports Performance Co-Ordinator). The meeting was very positive. IOM Sport Aid Committee is supportive of the work of this group and keen to maintain regular contact.
- Intern / Additional Resources. IOM Sport Aid would prefer us to engage additional resources on an ad hoc basis, rather than recruit an intern. As such, RS has begun to speak to a number of local Psychology students who might be interested in helping to analyse the survey data. IOM Sport has also offered ongoing administrative support.
- DHSC Referral Channel. GE advised that recent changes in personnel at DHSC and the enforced lockdown have prevented him from making the introduction. Update to be given at the next meeting.
- Official Launch. It was agreed to defer discussion regarding a 'hard' launch until next month.

### 4. TEAMmate Emotional Support Service (IB)

TEAMmate Emotional Support Service. IB advised that he, TM, and RS had met with Switch the Play to try and address some of the concerns previously noted by TM. TM outlined some of the concerns with outsourced mental health services and crisis lines; model of care, quality of first contact, continuity of care, accountability, and feedback. Conversely, providing a pathway outside of 'the system' may appeal to some. It was agreed that, although there were potential shortcomings of an outsourced mental health service, having a variety of pathway options would be beneficial.

**Action** RS/IB to proceed to a further conversation with Switch the Play.

IB advised that Switch the Play had been allocated a number of places on an upcoming Mental Health UK 'Introduction to Mental Health' webinar at 13:30 on Wednesday 3<sup>rd</sup> February 2021. The charity is willing to offer some of those places to members of the Steering Group.

**Action** IB to email Steering Group and gauge interest in attending the MHUK webinar.

## 5. Survey / Needs Analysis (RS)

There was a discussion about whether to include questions relating to gender, ethnicity, and whether athletes are able-bodied athletes or living with a disability. It was agreed that this information is relevant and such questions should be included. The language used in the survey was also discussed. It was agreed that the language is age appropriate.

It was noted that the survey would be distributed direct to Sport Aid athletes, Academy athletes and those who have recently exited the Sport Aid programme, via email. The survey is anonymous, and no person can be identified from their data. GDPR is covered when athletes sign up to Sport Aid / Sport Aid Academy, including parental consent. It was agreed that the covering email should include a paragraph about where people can find help or support, should they need it.

**Action** RS to amend the survey to include questions on gender, ethnicity, and whether athletes are able-bodied or living with a disability.

**Action** HQ/CR to draft a covering email and send to RS.

## 6. Website (RS)

RS described the content that was now available on the Mental Health and Wellbeing page of the IOM Sport Aid website (<https://www.isleofmansport.com/sport-aid/mental-health-and-wellbeing>).

CR offered some creative ideas about what else might be useful to include on the website platform. After discussion, the group agreed that a blog highlighting athlete stories and their experiences of managing mental health would be a useful addition. Stories from local athletes are particularly powerful. It was also noted that athlete stories in a podcast format might also be a welcome addition, together with links to more specific resources.

**Action** RS to investigate how a curated blog could be integrated into the webpage.

**Action** TM offered to write some introductory blog posts on anxiety management and sleep hygiene.

BelievePerform website. RS advised that IOM Sport had recently engaged in a partnership with BelievePerform. The BelievePerform platform offers a range of courses, shorter training plans, and infographics on psychology and mental health. The plan is to roll this out over the next few months to athletes, parents, coaches, and support staff.

**Action** RS to provide members of the Steering Group with access to the BelievePerform platform.

**7. Any Other Business (ALL)**

There was no other business.

**8. Date of Next Meeting (ALL)**

Next meeting to take place on Wednesday 10<sup>th</sup> February 2021 at 8pm. Zoom code to follow.

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

Chair:

Date: 11th February 2021