

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

## Minutes

Wednesday, 10<sup>th</sup> February 2021, 20:00-20:50

**In attendance:** Nikki Arthur (NA), Ian Braid (IB), Helen Collis (HC), Tom McCabe (TM; part meeting), Hollie Quaye (HQ), Catherine Reid (CR; part meeting), Ian Sharpe (IS), Richard Sille (RS),

**Apologies:** Gianni Epifani (GE), Lee Holland (LH), Sarah Vorster (SV)

### 1. Welcome (IB)

IB welcomed everyone to the meeting. It was noted that JQ had decided to leave the group. IB informed the group he had thanked JQ for her contribution.

### 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)

- DHSC Referral Channel. The Department, through the Community Wellbeing Team, is keen to have a presence on the steering group. It was agreed that this would be beneficial, and we look forward to welcoming our new member at the next meeting.

**Action** RS to liaise with GE to arrange appointment.

- Official Launch. It was agreed to, again, defer discussion regarding a 'hard' launch.
- Website. Enquiries are underway with the relevant IT services to understand how we can integrate a curated blog into the website. Once the method has been established we will begin to source relevant content, starting with TM's thoughts on anxiety management and sleep hygiene.

**Action** RS to follow up and establish estimated time scales.

### 4. Survey / Needs Analysis (RS)

The survey has been amended to include questions relating to gender, ethnicity, and whether athletes are able-bodied or living with a disability. The survey will be distributed this week to Sport Aid athletes, Sport Aid Academy athletes and those who have recently exited the Sport Aid programme, via email. HQ and CR have drafted a covering email to accompany the link to the survey. It was agreed that responses should close on 28<sup>th</sup> February 2021.

A number of conversations have taken place regarding any requirements for ethical approval. The advice received is that, due to the nature of the topic area, ethics should be considered in the design of the survey. As such, we have included an explicit consent statement, limited respondents to those aged 16 and over,

and provided signposting to appropriate support. To publish the mental health strategy as a case study or an applied piece of work, ethical approval is not required. IB advised that the steering group had undertaken due diligence, and this should be recorded in the minutes to demonstrate good governance in our work.

**Action** RS to request IOM Sport to send out the covering email and survey link without delay. Reminders to be sent out on 19/02 and 22/02.

## **5. TEAMmate Emotional Support Service (IB)**

Mental Health UK / Switch the Play – Introduction to Mental Health Webinar. It was noted that the webinar was interesting and informative and it or similar would be a useful tool for raising awareness of mental health and wellbeing in the wider sporting community (to include parents, coaches, support staff, etc.).

TEAMmate Emotional Support Service. The cost of the service £65 per contact was noted, and it was felt that, although not prohibitive, it did seem high for a triage service. The question was raised as to whether equivalent local services are available, either in the public or charity sectors. It was agreed to tentatively continue conversations with STP, and investigate alternative services, but be guided by the professional opinions of HQ and TM.

**Action** IB to raise these concerns with Switch the Play.

**Action** RS to investigate what, if any, equivalent local services are available.

TM left the meeting.

## **6. Believe Perform Platform (IB)**

All members of the Steering Group had been granted full access to the platform. It was noted that the content would certainly be beneficial to different groups, but the layout was unwieldy. RS advised that different groups could be created within the platform and differentiated content could be drip-fed on a monthly basis. It was agreed to allow a further period of 7-10 days for members to interrogate the library before testing the group structure for distributing resources.

CR joined the meeting.

**Action** RS to allocate members to groups and distribute some test data for comment.

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

Island Athlete Migration Research Project. RS advised that IOM Sport Aid was in discussions with Talented Athlete Scholarship Scheme (TASS) to conduct a research project around transition. Proposed outcomes include how to better prepare athletes for off-Island transition, how to better support them as dual career athletes, and how to better support them post-retirement. IOM Sport Aid is looking to collaborate with Jersey and Guernsey, islands with whom we already have close ties.

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

Next meeting to take place on Wednesday 10<sup>th</sup> March 2021 at 8pm.

A handwritten signature in black ink, consisting of several overlapping loops and a long horizontal stroke at the end.

Chair:

Date: 10<sup>th</sup> March 2021