

**Sport and Exercise Psychiatry SIG
Spring Meeting**

22nd March 2019

Manchester Institute of Health and Performance
299 Alan Turing Way, M11 3BS



MHP

Manchester
Institute of
Health &
Performance
Operated by HCA Healthcare

9.00 Registration

9.30-9.45

9.45-11.00 Symposium 1. Women in sport

Female sports participation – Hayley Jarvis
Recent initiatives - Rebecca Robinson
Female athlete clinic - John Rogers

11.00 -11.30
Coffee

11.30-12.30 Updates

BPS joint work – Gary Woods and Tim Rogers
ISSP curriculum overview – Amit Mistry
Moving Medicine – Catherine Lester and Amit Mistry
Book proposal – Tom McCabe and Amit Mistry
Dance update – Nicoletta Lekka

12.30-13.00 Keynote: EIS Mental Health Expert Panel – James Bell
with Steve Peters, Allan Johnston and Alan Currie

13.00-14.00
Lunch

14.00 – 15.15 Symposium 2. The psychiatrist in sport

Mental health needs in sport – Catherine Lester
Building a mentally health team culture – Tim Rogers
Psychiatry in sports medicine – Allan Johnston

15.15-15.30
Short tea break

15.30-16.00 Business meeting

16.00 Meeting ends

Hayley Jarvis is Head of Physical Activity at Mind. Among her responsibilities are managing the *Get Set to Go* programme which supports people with mental health to become more physically active. She helped to develop a national training course on Mental Health Awareness for Sport.

Dr Rebecca Robinson is a SEM Consultant in Sheffield. She is lead physician to GB canoeing, works with GB boxing, provides a clinical service for athletes at the Centre for Health and Human Performance in London and will shortly start work in a female athlete health service at MIHP.

Dr John Rogers is Medical Director at MIHP and a Consultant in Sport & Exercise Medicine. He is also a visiting professor at Manchester Metropolitan University.

Dr. James Bell has held several roles in elite sport including National Lead for Psychology with the Rugby Football Union (RFU). Since 2017 he has been Head of Culture Development at UK Sport and since January 2019 responsible for Culture & Mental Health across the UK High Performance system.

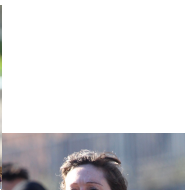
Dr Catherine Lester has a postgraduate Diploma in Mental Health, a Master's degree in SEM and completed her specialist SEM training in 2018. She has worked with multi-sports, hockey and rugby (currently with Northampton Saints). She has clinics at Pure Sports Medicine and with the NHS in Cambridge.

Dr Tim Rogers has worked in many sports including football, rugby, cricket, tennis, golf, horse racing and boxing. He has also undertaken postgraduate training in applied sports psychology.

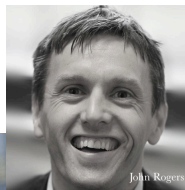
Dr Allan Johnston was employed as Rugby League's first sports psychiatrist and now works in diverse fields including football, track & field and ballet. He is widely published in sports psychiatry and recently joined the English Institute of Sport's Mental Health Expert Panel.



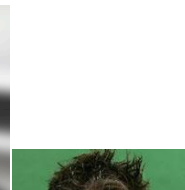
Hayley Jarvis



Rebecca Robinson



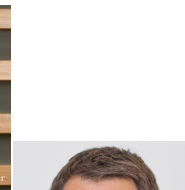
John Rogers



James Bell



Catherine Lester



Tim Rogers



Allan Johnston



The Manchester Institute of Health and Performance (www.mihp.co.uk) is a short tram ride from central Manchester.

Take tram route G and alight at Velopark.

The address is 299, Alan Turing Way, M11 3BS.

The cost is £95 including lunch and refreshments. Let us know if you have any special dietary needs. Attendance is open to all college members and trainee psychiatrists. Places will be limited. To book your place go to the SEPSIG page on the Royal College website. www.rcpsych.ac.uk/members/special-interest-groups/sport-and-exercise/events