

Minute Report of 3rd Transnational Project Meeting

11th and 12th March 2020 – Skype calls

On 11th and 12th March 2020, all project partners participated in the 3rd SPHERE project meeting through Skype.

The meeting, foreseen in Tampere (Finland) at HLU's headquarters, was made by teleconference due to the COVID-19 outbreaks across the European Union – and related restrictions.

Participants

- Valerio di Tommaso (ECOS)
- Francesca Cirulli (ECOS)
- Stefania Cerino (ECOS)
- Santo Rullo (ECOS)
- Stefano Moliterni (ECOS)
- Tatjana Udović (SSOI)
- Fernando Cross-Villasana (TUM)
- Sampsa Kivisto (HLU)
- Johnnie Garside (EitC)
- Paul Sellars (CMet)
- Diane Crone (CMet)
- Alberto Bichi (EPSI)
- Carlotta Giussani (EPSI)

On March 11th, the call started at noon (Brussels time).

Introduction

- Valerio Di Tommaso greeted all partners and introduced the topics to discuss.
- Stefano Moliterni presented an overview of the intellectual outputs released to date and the related dissemination activities carried out in the project countries.

Pilot Actions Overview

- Stefania Cerino presented “Horses & Butterflies”, one of the two pilot actions implemented in Italy by ECOS. The pilot started in November 2019 and ended in February 2020. Cerino showed a presentation with all activities carried out and the results which the Italian National Health Institute is currently analysing.

- Sampsa Kivisto presented “Happy Mind Sports”, the pilot implemented in Finland by HLU and divided in two different actions: one including patients coming from a Finnish Clubhouse who already knew each other, and one including patients from local mental health centres who did not know each other at the beginning. The pilot started in February 2020 and will end in May 2020.
- Johnathan Garside presented “Football Therapy”, the pilot implemented by EitC in UK, which started in November 2019 and ended in February 2020. Garside showed and described also the monitoring tools used during the implementation.
- Tatjana Udović presented “Athletic Therapy”, the pilot implemented by SSOI in Croatia, which started in November 2019 and ended in February 2020.

All these partners have then shared their presentations with the whole consortium.

- Diane Crone and Paul Sellars from CMet presented the procedure to evaluate pilots’ data and invited all partners who implemented or have been implementing the pilots to share summary data by May/June 2020. However, please be aware that CMet are still waiting ethical approval from the University and this requires all pilot action project leads to provide CMet with a signed consent form, sent out by PS after the meeting.
- All partners are invited to record interviews about their own roles within SPHERE (possibly with a white background and a SPHERE banner) and send them to ECOS by June for the final editing of the SPHERE documentary.

COVID-19 is impacting all European projects’ activities, so deadlines may change over the next weeks. ECOS will get all partners informed. Here the link with the last information update from the European Commission:

https://eacea.ec.europa.eu/about-eacea/news/news/information-for-beneficiaries-whose-activities-are-impacted-coronavirus_en

First Steps towards the SPHERE Protocol

- CMet will be the WP leader of the protocol, so Diane Crone and Paul Sellars showed the next actions to define it.

The phases for the creation of protocol are summarized below:

1. Evidence gathering
2. Case study audit and map development
3. Guidelines development
4. Revision and finalisation of guidelines
5. Guideline informed Pilot Action development
6. Evaluation of the guidelines through the Pilot Actions
7. Finalising Guidelines
8. ‘Sign-off’ of Guidelines, Case Study examples and Scientific Protocol

CMet has then shared its presentation with all partners.

Possible Validation/Evaluation of all Results

During the call, the partners discussed the possibility to make the project results validated/evaluated by an external entity.

The European Psychiatric Association is a plausible candidate. ECOS will contact it.

All partners should provide contacts of psychiatric societies in their countries by May 2020.

The call ended at 3:30 pm (Brussels time).



On March 12th the call started at 10 am (Brussels time).

Last information about the Protocol WP

- CMet sent an updated version of its presentation regarding the protocol phases – described with further details.

Over the next days, CMet will organise a specific Skype call with the members of scientific committee to discuss the following:

1. Agree and confirm the protocol plan;
2. Discussion on dimensions of mental health and ICD-11 (led by Francisco and Santo);
3. Discussion on validation and/or endorsement for SPHERE guidelines.

Moreover, all partners are invited to check the existence of national guidelines for exercise in psychiatric rehabilitation in their own countries – and share them with the consortium.

First Multiplier Sport Event and 4th TPM

- ECOS proposed to combine the first multiplier event (organised by EitC in Liverpool, UK) and the next transnational project meeting (organised by CMet in Cardiff, UK) in the same period so that all partners may participate in both events and able to cover the travel costs with the lump sum foreseen for the TPMs.
- EitC is willing to organise its multiplier event on 4th and 5th June 2020.
- CMet provided some information about the location and tips for travelling and accommodation in Cardiff.

Also in this case, it is now impossible to see what is going to happen with the COVID-19 outbreaks spreading all over Europe. Further information will be provided by ECOS over the next weeks.

Dissemination Strategy

Regarding the strategy to properly communicate and disseminate the project results, all partners should prepare a plan of conferences or events to present SPHERE outputs in their countries and possibly even abroad.

CMet presented its strategy to all partners. It is included in CMet's presentation.

Some months ago, ECOS sent to all partners a dissemination strategy including a list of possible events related to the project field. Please add events and conferences to such list and send pictures and articles related to SPHERE.

Monitoring Activity

Carlotta Giussani presented all monitoring activities carried out by EPSI over the past months and shared the presentation with all partners.

The call ended at noon (Brussels time).