



mind & body



Introduction

Welcome to the new (and improved) Mind & Body newsletter. This month, the Mind & Body Team attended an [IMPARTS Seminar](#) and heard from a variety of speakers from across the partnership. Talks covered a range of interesting and useful initiatives including [very brief advice on smoking cessation](#) and Public Health England's [Physical Activity Clinical Champions](#) programme. And Zac Hanna, previously featured in this newsletter, shared his experience as a patient.

We've had a great 2017, and can't wait to develop the programme even further in the new year!

Mind & Body Blogs

This month's blogs feature [Mary Yates](#) on the importance of a smoke-free NHS and the [benefits of switching to vaping from tobacco smoking](#), [Anto Ingrassia](#) of the Children and Young People's Health Partnership (CYPHP) on how they are helping to meet the mental and physical health needs of children and their families, and [Dr Andy Slack and Dr Joel Meyer](#), blogging about the recovery process after intensive care.

Mind & Body in action



The RE:EDITT Project aims to develop an online therapy treatment for anxiety and depression in people with long-term physical conditions. The development of the tool will be informed by a wide range of people, including researchers, therapists and patient representatives. The team are also working with Lambeth and Southwark Improving Access to Psychological Therapies (IAPT) services to ensure that treatments developed will be able to be implemented successfully. [Check out their blog for more information.](#)

Mind & Body Expert Advisory Group



We're looking for patients, service users, carers or family members, who have direct experience, or who have cared for someone, with a co-occurring mental and physical health condition, to help inform and co-produce Mind & Body projects and areas for service development.

Please email eliza.hinchliffe@slam.nhs.uk to register your interest.

IMPARTS Five Day Course

The IMPARTS Project offers a teaching module for clinicians in a general hospital setting with key clinical skills in the assessment and treatment of common mental health problems.

No prior knowledge of mental health is assumed.

The course is run over five weeks, one day per week.

The next term of this course will start on Tuesday 27th February.

Mind & Body Clinical Skills Course

Free to all clinical staff of partner trusts, staff will learn to manage patients' physical and psychological needs.

The course will be held on:

- Friday 19 January
- Friday 16 March
- Friday 18 May

It will run from 9am-5pm (lunch provided) at The Anatomy Museum, King's College Strand Campus, WC2R 2LS.

Learning Resources



The King's Health Partners' Learning Hub hosts a wealth of mind and body resources, from [mind and body in children](#) and young people, or [people with intellectual disabilities](#), to skills for [collaborative care planning](#), and [giving brief advice on stopping smoking](#). Check out the resource for staff health and well-being too- Happier@Work.