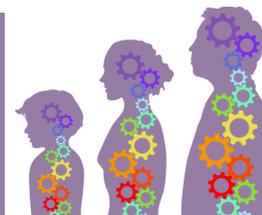




mind & body



Introduction

2017 was a year of growth and opportunities for the Mind & Body programme and we're looking forward to an even better 2018. We'll be working on some exciting new projects with our partners and of course further supporting our Champions Network with networking events, focus groups, and keeping our [Mind and Body resources](#) up to date. In this edition there are further details on our learning and development offering. Keep an eye on emails for upcoming events, especially around the theme of staff health and wellbeing!

Mind & Body Programme Team.

Mind & Body News

A new [King's College London study](#) has found that one in four pregnant women have mental health problems. The research is the first UK study to examine the prevalence of mental health problems or mental disorders when seen by a midwife for pregnancy care. Mental illness during pregnancy has an association with negative outcomes for women and their children.

Mind & Body in action

The Psychology in Hostels Project is a service provided by South London and Maudsley NHS Foundation Trust in partnership with Lambeth Council and Thames Reach homeless hostels. They work with adults that have complex needs in the Lambeth homeless hostel network.

The team were finalists in the Health Service Journal Awards 2017, and the programme has seen great success with participants.

[Check out their blog for more information.](#)



Learning and Development Strategy Published

We've published additional [learning and development resources](#) on our website, as well as our new [learning and development strategy](#). The resources are divided into three levels, with provision for all staff, clinical and non-clinical, at all levels.

We hope staff will feel supported, engaged and valued throughout their training in Mind & Body. For any questions contact us at: mindandbody@slam.nhs.uk



NHS London Leadership Academy Summit

'[London is Open Minded](#)' is the annual London Leadership Academy Summit for leaders across the health sector to learn, share and connect.

The Mind & Body team are pleased to be presenting at the event and would encourage anyone working in leadership across our partnership to attend.

The event will be held at London's City Hall on Friday 9 February and is an all day event.

Mind and 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 16 March and Friday 18 May

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

Email eliza.hinchliffe@slam.nhs.uk to register.

IMPARTS Seminar



The IMPARTS Seminar series returns for 2018 on the benefits of integrating mental and physical healthcare in children and adolescents on **Wednesday 14 March 2018 2pm-5.30pm**

If you're interested in attending, please register [on the website](#).