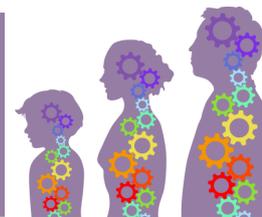




mind & body



Introduction

The Mind & Body Team, our partners, and Champions, are all committed to addressing health inequalities and working towards parity of esteem for mental and physical health. This disparity also persists across research. Our Academic Director, Professor Matthew Hotopf, shared some shocking statistics about this at an NIHR Mental Health Collaboration event last week. For example, for every person affected by mental illness, £9.75 is spent on research, whilst for every person affected by cancer £1,571 is spent. Read more about the gap in funding for mental health research in the [MQ Landscape Analysis](#).

This month our newsletter features an event for World Sleep Day, new blog posts, and a spotlight on partner service SHRINE.

Mind & Body blogs

For Time to Talk Day, Thursday 1 February, we posted a blog by Gemma Dutton, Wellbeing Lead at South London and Maudsley, about the importance of [keeping the conversation on mental health open](#). Dr Anna Janssen and Marion Steel, of the Psycho-Oncology Support Team, have also contributed a blog this month on the importance of recognising the [needs of patients who are diagnosed with cancer](#).



Mind & Body in action

SHRINE (Sexual and Reproductive Health Rights, Inclusion and Empowerment) delivers and evaluates sexual and reproductive healthcare for people who use drugs problematically, people with Serious Mental Illness (SMI), and people with Intellectual Disabilities (ID). This equates to around 10,000 people across Lambeth and Southwark. The service works flexibly to reach their target groups. To refer a patient to SHRINE email kch-tr.SHRINEReferral@nhs.net or phone 02032995038.

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

World Sleep Day



South London and Maudsley NHS Foundation Trust will host a lecture for World Sleep Day on March 16. Dr Mike Farquhar, Consultant in Sleep Medicine at Evelina London Children's Hospital, will be discussing the impact of shift work on sleep and wellbeing. To attend, [sign up on Eventbrite](#). There will also be a 'power walk' organised at every South London and Maudsley site, beginning at 1.30pm. Please see this [poster](#) for starting points.

Physical Activity Clinical Champions

Public Health England are offering FREE training sessions for health care professionals.

Brief advice on physical activity from healthcare professionals improves clinical outcomes. This training focuses on practical tips to easily integrate this into clinical practice.

The sessions are available across England until 30 April, book your free sessions by emailing physicalactivity@phe.gov.uk.

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
- Friday 18 May

It will run from 9am-5pm (lunch provided) .

Email

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

Medically Unexplained Symptoms Lecture

Dr Richard Brown (Manchester University) will be giving a lecture on medically unexplained symptoms (MUS) at the Robin Murray Lecture Theatre in Denmark Hill on 24 April, 1-2pm.

Dr Brown will be speaking on both MUS models and psychodynamic approaches to MUS, based on his own research and recent paper.

This will be an excellent review of a complex medical issue and will be a good opportunity to discuss joining up and integrating services.