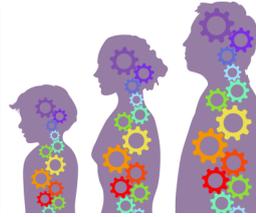




# mind & body



## Introduction

As the NHS Constitution sets out, staff have a right to work within a healthy and safe workplace. Sometimes, this can feel like a struggle and we know that somewhere around 30% of sickness absence across the NHS is accounted for by stress. We've heard from many of you about the importance of looking after our staff's health – both mind and body – as well as our patients'. At Mind & Body, we want to contribute to the conversation for this important topic, including through an event on 26 April. If you have any suggestions about what we might be able to do in this area, or if you would like to share your experiences, please contact us at [mindandbody@slam.nhs.uk](mailto:mindandbody@slam.nhs.uk)



### Mind & Body blogs

Wednesday 14 March was NHS No Smoking Day. To highlight this day, we posted a [blog](#) by Mary Yates, Nurse Consultant at South London and Maudsley, about how she has changed her attitude about patient smoking, and how the numbers of inpatients at South London and Maudsley who are smoking has fallen in recent years. To find out more, please visit [Smokefree](#).



### Mind & Body in action

The [RE-EDITT:LTC](#) (Resource for Electronic Development of Interventions for Talking Therapies in Long Term Conditions) project is nearing the end of its first year, and has been rebranded COMPASS. COMPASS is an online Cognitive Behavioural Therapy platform that has been designed to help manage distress in the context of a long-term condition. It has been built for patients that can fall between two different services, knowing that they are experiencing mental health symptoms as a result of their physical syndrome, but not necessarily meeting the criteria for a mental health disorder. The team and patient representatives are busy writing the content for the website and testing its functionality, as well as working with local Improving Access to Psychological Therapies (IAPT) services to build in direct referrals and promote multidisciplinary working.

### Staff Health and Wellbeing Event, Thursday 26 April

The Mind & Body team are holding a networking event for staff health and wellbeing. It will be an opportunity to speak with colleagues, hear from experts in staff health and wellbeing, participate in interactive sessions and stalls, and receive helpful resources and practical tips on looking after your health and wellbeing.

The event will take place at 5:30pm on Thursday 26 April at the Wolfson Lecture Theatre, at the Institute of Psychiatry, Psychology and Neuroscience (next to the Maudsley Hospital). For more information see this [flyer](#).

### Southwark & Lambeth People's Assembly Event

On 17 April, from 5:30pm, Southwark and Lambeth Strategic Partnership are holding an open public People's Assembly meeting, where members of the public can have their say about the partnership's priorities for 2018/19. There is also a slot during the event for a discussion of the Mind & Body programme.

If you are interested in attending, please email [mindandbody@slam.nhs.uk](mailto:mindandbody@slam.nhs.uk)

### 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 18 May 2018.

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

Email [eliza.hinchliffe@slam.nhs.uk](mailto:eliza.hinchliffe@slam.nhs.uk) to register.

### Recruit more Mind & Body Champions

Anyone in King's Health Partners can be a Mind & Body Champion, and we are looking for a wide range of staff representing all areas of our organisations, whether they are junior or senior, patient facing or administrative, academic or clinical.

If you think a colleague may be interested in becoming a Mind & Body Champion, please direct them to [www.kingshealthpartners.org/mindbody/champions](http://www.kingshealthpartners.org/mindbody/champions)

