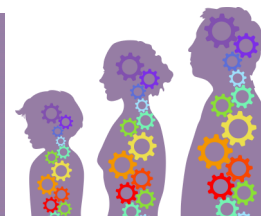




mind & body



Introduction

South London and Maudsley NHS Foundation Trust have recently launched a new five-year Physical Health Strategy and Implementation Plan which aims to bridge the 15-20 year mortality gap between those with serious mental illness and the general population. The Strategy sets out steps to spread understanding of physical health among staff; build new and innovative partnerships with local community groups, organisations and networks, maximise the opportunities presented by digital technology - including working towards interoperability with GPs and other clinicians, e-diagnostics and e-prescribing, and developing a clear vision as to how service users can benefit from the King's Health Partners Institutes.

Mind & Body Blogs

Last week, our Programme Director Kate Lilywhite published a [blog](#) about the huge benefits of joint mind and body care from a Value Based Health Care perspective. In the blog, she discusses case studies and statistics around the interaction between mental and physical health, and how an integrated approach can represent excellent value for the NHS as well as improving care outcomes for patients and service users. For example, investment in social workers and psychologists for diabetes patients as part of the 3 Dimensions for Diabetes programme, was calculated as saving the NHS an average of £850 per year for each patient involved, even once the cost of those extra services were taken into account.

Mind & Body in action

Over the last few months, the IMPARTS Programme has continued to expand. It is now live in over 50 outpatient clinics, with more than 22,000 patient screenings having taken place since launch. There are a further 34 services signed up, and in the pipeline ready for launch soon, and we have plans to extend the service to as many as 120 clinics and services. We are also looking at diversifying IMPARTS's range - developing new models for inpatient and community care settings and collaborating with the Children and Young People's Healthy Partnership to launch a new, bespoke patient facing portal for young people in primary and community settings. This is due to go live shortly. An IMPARTS Massive Open Online Course on depression and anxiety is also due to launch later this year.

Mind & Body e-Learning

This short and interactive resource explains how physical and mental health commonly influence each other. We are asking everyone to complete the [eLearning](#) as a first step to officially joining the Champions network. You'll need to register on the [King's Health Partners Learning Hub](#) to complete the course, but this only takes a few minutes if you are not already registered. Please email us, with your certificate, on mindandbody@slam.nhs.uk to let us know when you have completed the course and we'll arrange to send you your Champion's badge!

S&L People's Assembly Event

On 17 April, the Southwark and Lambeth Strategic Partnership held their first People's Assembly event, an open meeting where members of the public could have their say about the partnership's priorities for 2018/19. During the event, there was time for discussion of the Mind & Body Programme. In this discussion, Billie shared how her journey, which included chemotherapy, radiotherapy and a stem cell transplant, impacted her mental health.

You can read her story [here](#).

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 River Room, King's College Strand Campus, WC2R 2LS.

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

More dates to be launched soon!

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 a colleague is interested in becoming a Champion, please direct them to mindandbody@slam.nhs.uk or the [Mind & Body website](#).

