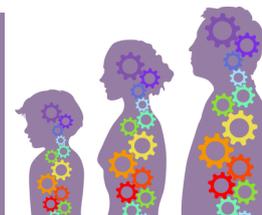




# mind & body



## We want your ideas!

Do you want to be involved in solution-focused discussions around **'Improving mind and body care for patients in South East London'**? Then join our workshop! We will run two 45-minute sessions on **5 June 2018, first at 14:00 and then again at 15:00 at etc.venues, Prospero House, 241 Borough High Street, SE1 1GA**. We will be using a patient story to facilitate an open discussion and group work on how we can improve mind and body care across health and social care settings. We hope to have participants with a variety of experiences and professional backgrounds. If you would like to join either workshop please [register via this link](#). The workshops will follow the [King's Health Partners Annual Conference 2018](#).

## Mind & Body blogs

For Mental Health Awareness Week, which took place between 14 and 20 May, we published four blogs. Dr Rumina Taylor, our new Value Based Healthcare and Mind & Body Lead, blogged about her plans to [drive the work of the Mind & Body agenda forwards](#); Siobhan Gee, Psychiatric Liaison Pharmacist at South London and Maudsley, wrote about [improving patient outcomes](#) by taking a Mind & Body approach to pharmaceutical healthcare; Mary Yates, Nurse Consultant at South London and Maudsley, wrote about the [impact smoking can have on mental health](#); and Helen Kay, Occupational Health Lead at Guy's and St Thomas', talked about how staff can [maintain and improve their mental health and wellbeing](#). You can read all of the blogs [here](#).

## Champions in focus

As part of Mental Health Awareness Week, Alexis Jones, Mind & Body Champion and Guy's and St Thomas' Trust Executive Assistant, organised events at her workplace to help raise awareness and encourage her colleagues to talk about stress, the theme of this year's week. They had a bring your own staff lunch and a bake stall to raise money for [Mental Health Fight Club](#), which offers all people a place to connect with others, take time out and be active. Alexis and her team are planning to continue the staff lunch and set up regular lunch time walks.



## Champions Network Staff Health and Wellbeing event

On 26 April, we had more than 85 Champions attend the Mind & Body Staff Health and Wellbeing event. Mind & Body Champion and Princess Royal University Hospital Nurse, Sarah Spencer-Adams, and Shelley Dolan, Chief Nurse at King's College Hospital, shared their perspectives on the importance of staff wellbeing. Dr Jane Hutton, Consultant Clinical Psychologist at King's College Hospital, ran a session on mindfulness, and the Mind & Body team encouraged the audience to think about the [5 ways to wellbeing](#) and their [Mindapples](#). It was also great to have stalls from [Happier@Work](#), King's College London and Trust Occupational Health and Wellbeing teams at the event. Keep an eye on this newsletter for more events and opportunities to network!



## Online 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](#).

All Mind & Body Champions must [complete our mind and body e-learning](#) to receive their badge. Once you complete this, please email us so we can send out your badge to you!

## IMPARTS Seminar, 17 July

We would like to invite you to the next IMPARTS Seminar on **Trauma and Healthcare**. This will be held on **Tuesday 17 July, 14:00 - 17:30**, and will be followed by a drinks reception.

The Seminar is taking place at the **Academic Neuroscience Centre Lecture Theatre, Ruskin Wing, King's College Hospital**.

For further information and to book your place, please visit <https://www.kcl.ac.uk/ioppn/depts/pm/research/imparts/seminars/seminars-form.aspx>

## Recruit more Champions

Anyone working in King's Health Partners or in health in the wider community 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](mailto:mindandbody@slam.nhs.uk) or the [Mind & Body website](#).

