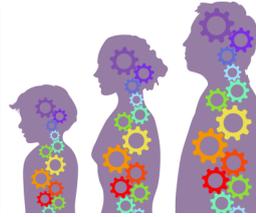




mind & body



News

The last month has seen us launch our new [What can you do as a Mind & Body Champion](#) guide. This was in response to the feedback that we have received from Champions who wanted to get more involved in promoting mind and body care. This document outlines what Champions can do to improve mind and body care in their teams and beyond. We want Champions to raise **awareness** of mind and body, **advocate** for it, **practice it** while doing their day to day jobs, and to **lead** for better mind and body care.

We have also updated the Mind & Body Programme's [website](#). There are all-new Champions Network and Staff Health & Wellbeing sections, both of which have a range of useful resources.

Mind & Body blogs

To mark Learning Disability Awareness Week, Karina Marshall-Tate, Head of Education & Training at South London and Maudsley NHS Foundation Trust, wrote a blog this month about optimising care for people with learning disabilities (LDs), and tuning into their mental and physical health needs.

In the blog, she describes the inferior care outcomes for those with LDs, and consequently the critical need for improvement in the quality of care that they receive. She also describes the changes that can be made to day-to-day practice that can make a big difference in helping improve the care given to those with LDs. You can read her blog [here](#).



Champions in focus

Sharon Hudswell is the Making Every Contact Count (MECC) Training Lead at Guy's and St Thomas's and a Mind & Body Champion. Sharon is passionate about care that values the 'whole' person and believes that by normalising this in our work, people's overall health will improve and cultural change will emerge. MECC is about improving everyone's awareness of health and wellbeing issues, and ensuring people feel supported to take action to improve their health behaviours. Sharon's role is to train staff to develop the skills and confidence to have an open conversation with their colleagues and patients about their wellbeing and deliver healthy messages. For more information on MECC contact Sharon on Sharon.hudswell@gstt.nhs.uk or visit <http://www.makingeverycontactcount.co.uk/>.

Mind and Body in Action: Camberwell Skylarks

The Camberwell Skylarks is a singing group mainly for people with Parkinson's Disease. Formed in 2017 by Julia Johnson, a senior Speech Therapist at King's College Hospital (KCH), the group meets monthly at St Luke's Chapel, King's College Hospital. They are led by Nicola Wydenbach, specialist tutor and opera singer. Parkinson's can cause changes to people's speech, pitch and tone of voice. Singing can help people to manage the onset and progression of Parkinson's, and the joy and camaraderie of choral singing has been shown to lift peoples' mood and improve quality of life. For more information about the group, please visit <https://www.camberwellskylarks.co.uk/>.



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>

Mind & Body Clinical Skills Courses

Our 1day Mind & Body Clinical Skills Course is free to all clinical staff of partner trusts. Staff will learn to manage patients' physical and psychological needs.

The course will next be held on **Monday 24 September** and **Monday 15 October 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.

New IMPARTS online course

IMPARTS have launched their first Massive Open Online Course. The free interactive online course, titled 'Integrating care: depression, anxiety and physical illness', will open on 10 September and is open to everyone, including clinical and non-clinical staff. Please register at <https://www.futurelearn.com/courses/integrating-mental-and-physical-health-depression-and-anxiety/>

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