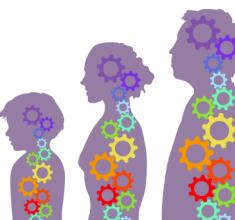


# mind & body



## News

Guy's and St Thomas' Charity has published a new report, '[From One to Many](#)' about people with multiple long-term conditions in Lambeth and Southwark. The report, which explores people's progression to multiple long-term conditions, which here includes Serious Mental Illness, Depression and Dementia as well as physical long-term conditions, discusses the age and demographics of this crucial group, and also examines the most common combinations of conditions. There is also a detailed set of 'next steps' of how we can build on this work, and numerous patient stories. You can read the report [here](#).

## Mind & Body blogs

Kirsty Giles, Recovery College Manager at South London and Maudsley (SLaM), has written about how the Recovery College was set up, and how it is building on its success with a new focus on mind and body. Set up outside of the traditional clinical boundaries within mental health care, Recovery Colleges use an educational setting to help service users improve their personal mental health and wellbeing. Services are also available to SLaM staff. In the coming year, there will be a series of new courses to encourage students to increase their physical activity to support mental and physical health alike. You can read the blog in full [here](#).

## Mind & Body Clinical Skills Course

The Mind & Body Programme's [Clinical Skills Course](#) is coming up soon. Using role-play, interprofessional group work and didactic teaching, participants will follow two patient journeys through the acute and psychiatric healthcare systems. Participants will gain an understanding of how mind and body interact and the needs of people with physical and mental health problems, improve skills in managing challenging mind and body clinical situations and understand better the services available to people with mind and body needs.

The course will be run on Monday 24 September and Monday 15 October at the River Room, King's College London Strand Campus, WC2R 2LS. It is free to all clinical staff from King's Health Partners and local health and care groups. To register and for more information, please contact [eliza.hinchliffe@slam.nhs.uk](mailto:eliza.hinchliffe@slam.nhs.uk).

## Mind & Body in Action

[London Bubble Theatre Company](#), based in Southwark, offers drama workshops, creative projects and volunteering opportunities for all ages. Their projects include [Tea Break Theatre](#), a free group open to adults, facilitated by theatre professionals. The group offers the opportunity to share tea over conversation then participate in a variety of theatre-based activities that encourage movement, expression and interaction with others.



Project Coordinator Lucy Bradshaw says groups like Tea Break Theatre have a significant impact on perceived levels of health and loneliness. One of their regular members reflects that: "*It gives me a purpose now to go out on a Friday, whereas I'd probably just be sitting at home thinking of myself [...] it's made me more aware of people around me and I've enjoyed the company.*" Tea Break Theatre meets on Fridays from 10.30-12.30pm, resuming on 7 September. People can be referred by their health professional or self-refer. To refer or for more information on London Bubble activities contact Lucy at [lucy@londonbubble.org.uk](mailto:lucy@londonbubble.org.uk) or visit <http://www.londonbubble.org.uk/>

## Identifying the Gaps for Innovation Blog

The Health Innovation Network published a [blog](#) about some innovative training, run jointly by Maudsley Simulation and South London and Maudsley's Psychological Medicine and Older Adults team which helped staff learn how to have the often challenging conversations about diagnosis and advanced care planning.



Health  
Innovation  
Network  
South London

## Complete the Mind & Body e-Learning

If you haven't already, please complete the Mind & Body e-Learning to receive your badge and become a fully fledged Mind & Body Champion!



The short course can be found on the King's Health Partners Learning Hub [here](#), is free and only takes around 30 minutes to complete.

## New IMPARTS open 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/>



Integrating Mental & Physical healthcare:  
Research, Training & Services