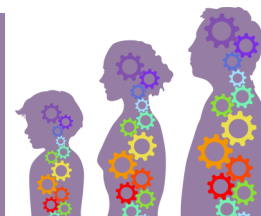




# mind & body



## We want to hear from you!

The Mind & Body Programme want to hear from you! We would really appreciate your feedback on the Champions Network engagement work over the past year to let us know how we're doing—what have you liked about engaging with us, what could be better, and to share any new ideas on ways we can meaningfully engage with you and the network. Your feedback will help inform how we work with you over the coming year and will be included as part of our 2018 Engagement Report. [Please click here to complete the short survey.](#)

### Mind & Body blogs

This month the BMJ opinion has published an article written by Sarah Markham, who is a member of the Mind & Body Expert Advisory Group and an academic with King's College London. Sarah writes about the importance of integrated care for improving health outcomes for people like herself with both mental and physical health needs. Sarah specifically discusses the important work of the Mind & Body Expert Advisory Group, a group made up of patients, service users and carers who are involved in developing the work of the Mind & Body Programme and related [projects](#). You can read Sarah's article [here](#). Visit our website to read the Mind & Body Patient and Public Engagement [strategy](#).

### Mind & Body in Action: Equally Well UK

King's Health Partners and our NHS partners - Guy's and St Thomas', King's College Hospital and South London and Maudsley NHS Foundation Trusts - have all joined [Equally Well](#), a new collaborative to support the physical health of people with a mental illness. The initiative was set up by the Centre for Mental Health, Kaleidoscope and Rethink Mental Illness, to drive forward progress towards equal rights to comprehensive healthcare between those with mental illness and those without. By becoming members of Equally Well UK, we can help spread and learn from the good practice that already exists in joining up mental and physical health, spur on more innovation, and ensure equal access to health and care for all people. All members of the network have signed the [Equally Well Charter](#). Read more [here](#).

### Mind & Body in Action: HSJ Shortlisting for 3DLC team

King's Health Partners [3 Dimensions for Long Term Conditions \(3DLC\)](#) has been shortlisted in the Innovation in Mental Health category of the 2018 Health Service Journal (HSJ) Awards. 3DLC provides integrated medical, psychological and social care for people in Lambeth and Southwark who have heart failure, chronic obstructive pulmonary disease (COPD) or resistant hypertension and mental ill-health. Using the [Integrating Mental & Physical healthcare: Research, Training & Services](#) screening tool, over 1800 patients have been screened for mental health issues. Of this group, the prevalence of probable major depressive disorder or anxiety is between 30-40%. Of the patients screened, 400 patients have been referred by their long term condition clinician for psychological or social support intervention from the 3DLC team. [Read more about 3DLC](#) and watch a video on Shawn Collick's experience with long-term conditions.

### Mind & Body Programme Education & Training Survey

We are currently conducting a survey on Mind and Body Education & Training to take stock of our current offer and see where new training might be most effective going forward. Please fill in the survey, and send it on to colleagues so that they can also have their say.



The survey takes just 20 minutes, and can be found [here](#).

### Mind & Body Clinical Skills Course

The next Mind & Body Programme's one-day [Clinical Skills Course](#) is coming up soon. Participants will gain an understanding of how mind and body interact and the needs of people with physical and mental health problems.

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

### New Mind & Body and Maudsley Simulation Course

[Healthy Bodies, Healthy Minds, Healthy Lives](#) is an introductory course to motivational interviewing skills to support staff to have health change conversations with their patients and service users. The course is suitable for Nurses, Doctors and other AHPs who work in areas where lifestyle, wellbeing and exercise is discussed as part of holistic care. The course is run over 2 separate days on 29 November & 6 December. [Register here](#).