

mind & body



One year of Champions!

Our timeline highlights the fantastic work, opportunities and key events our Champions have been involved in since the network launched.



Started publishing monthly Champions newsletter to highlight Mind & Body news, events and opportunities. Check out our top staff blogs below!

100
Champions
signed up



October '17

Roadshows held across our trusts to mark World Mental Health Day and encourage staff to become Champions.



November '17

Launched the Mind & Body Champions Network, with around 200 Champions signing up at the event.



2018

February '18

Became the first in the country to set up a team offering integrated physical and mental healthcare to people living with blood cancer, launched with Leukemia UK.

300
Champions
signed up

March '18

Developed a guide on how to be a Mind & Body Champion.



April '18

Held a Staff Health and Wellbeing event to better understand how we can support staff wellbeing so they can provide whole person care to patients.

May '18

Marked Mental Health Awareness Week with staff across the partnership contributing blogs on how they're supporting joined up care.



August '18

Launched focus group series examining the importance of mind and body care in specialist areas staff said were most relevant.

September '18

Online course launched shedding light on the relationship between physical illness and depression and anxiety, with more than 5,000 people signing up! Staff can now sign up to the January 2019 course.

400
Champions
signed up



IMPARTS programme confirmed to be live in 52 clinics. More than 50,000 patients screened for signs of anxiety or depression alongside their physical health needs.

Became a member of Equally Well, signing a charter to commit to supporting the physical health of people with a mental illness.



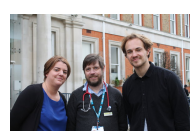
More than 500
Champions
signed up



Top five mind & body blogs

My body is broken but my mind is recovering

Recovering my mental health after cancer



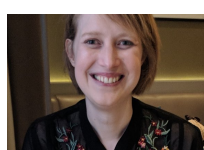
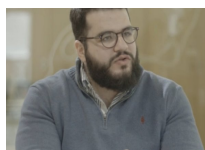
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Life after intensive care- physical recovery is only half the story

Mind and body care – the highest value proposition of all?

Creating calm from KAOS