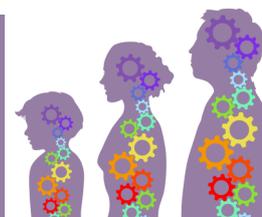




mind & body



We want to hear from you!

Education & Training Survey - Please [complete the survey](#) and give your views on Mind & Body education. Please share with colleagues so that they can also have their say.

Attend our focus group - if you are interested in mind and body care for children and young people, come along on Wednesday 28 November 5.30-7.00pm to share your experiences and best practice. Email mindandbody@slam.nhs.uk for info and to register your attendance.

World Mental Health Day

For World Mental Health Day on 10 October, we published a great [series of blogs](#) from staff in community and acute settings with a particular focus on young people. These include:

- Using the Teen Health Talk tool to support young people to [open up about their holistic health](#)
- Highlighting the [positive effects](#) of offering holistic support to young people on adult wards. For 18-year old-Ciara, this meant being helped to realise that her repeated admissions were related to her own psychological symptoms
- [Dr Sharon Pimenta](#), Paediatric Consultant, on finding that children were being re-referred to her clinic for emotional and not physical symptoms
- The bio-psycho-social approach promoted by the Children & Young People's Health Partnership (CYPHP) Health Check of looking beyond mind and body to [mind, body and context](#).

Mind & Body in Action

Hear about work by two Mind & Body Champions in support of the launch of South London and Maudsley's physical health strategy at Lewisham.

"Everything is better in my life now I have stopped smoking and I don't miss anything about it". Smoking prevalence in the general population is now 15% but on some inpatient wards this is 80%. Admission to a smokefree hospital can be an opportunity to start the journey to quitting tobacco so read Melissa Wood's blog about her work to support [patients at South London and Maudsley to go smokefree](#).



Sophia Awan blogs on [how occupational therapists support patients](#) to engage in meaningful, productive, and healthy activities to support their recovery and wellbeing.

Mind & Body in Action

Rachel Bowley, Clinical Nurse Specialist (CNS) at the Oral and Maxillofacial Surgery, King's College Hospital, [blogs](#) about how the team are looking after the mental health of patients undergoing treatment by identifying needs (including using the Integrating Mental & Physical healthcare: Research, Training & Services (IMPARTS) screening tool) and onward signposting and referral.



Champion in Focus

Jenny Hull, a Mind & Body Champion, has just launched the Guy's and St Thomas's NHS Foundation Trust staff Disability Forum following her experience of working whilst coping with a disability and ill health. Jenny hopes the Forum will help to recognise the important connection between mind and body for staff, and will enable staff to request the support that they need and bring about positive changes within the organisation. Contact jenny.hull@gstt.nhs.uk for more information.

Children & Young People's Practitioners Skills Course

This course is focussed on promoting mind and body care for children and young people with complex needs. This course aims to equip staff working with children, young people, and families with the skills to manage both the overlap of physical and psychological needs, as well as develop a better understanding of contextual factors that affect health outcomes. For the course dates and to register click [here](#).

New Mind & Body and Maudsley Simulation Course

Healthy Bodies, Healthy Minds, Healthy Lives is a two day 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 allied health professionals who work in areas where lifestyle, wellbeing and exercise is discussed as part of holistic care. For the course dates and to register click [here](#).