



# mind & body



**Season's greetings!** Welcome to our festive edition of the newsletter. Thank you for all your work in 2018 to improve mind and body care for patients - what a year it has been! From the Mind & Body team, we wish you a healthy and happy festive period.

## Thinking of New Year's Resolutions?

If you're anything like us, you might be thinking ahead to your plans for 2019 and setting new goals for the year ... Instead of the standard resolutions, why not sign up for our [Integrating Care: Depression, Anxiety and Physical Illness Massive Open Online Course](#) (MOOC)? Starting on Monday 14 January 2019, the course is approximately two hours a week for three weeks and can be done at a time that suits you. The free course explores the connection between mental and physical health, and approaches to integrating care. On this course you will learn more about how mental and physical health interact including looking in depth at the relationship between physical illness and depression/anxiety. You will also improve your ability to recognise symptoms and sources of help. For more information and to sign up, visit the [website](#).



## Mind & Body in Action

*"Although I appeared to recover physically, I was not coping mentally. Anxiety and fear of the cancer returning threatened to consume me... But using Compass changed my life."*



Research shows that around 30% of people with a physical long-term condition also experience mental health problems. In response to this, Kings Health Partners is developing an online Cognitive Behavioural Therapy tool, Compass, to help people with long-term physical health conditions (LTCs) who are experiencing anxiety and/or depression. The tool is undergoing final testing before being piloted in two services from late January 2019: Southwark Improving Access to Psychological Therapies Service (IAPT) and St Thomas' Congenital Heart Disease. Watch [Penny talk about her experience](#) of being involved in developing Compass, and find out more about Compass [here](#).

If you know someone with a long-term physical health condition and depression or anxiety living in Southwark, they can refer themselves for psychological therapy by contacting [Southwark IAPT](#) who can discuss psychological therapy options with them.

## Champion in Focus - Link Age Southwark

Parisa Herbert works for Link Age Southwark. Link Age Southwark aims to improve the physical, mental and emotional wellbeing of older people by reducing the effects of social isolation and loneliness through building meaningful friendships between older people and volunteers. Link Age Southwark offers a variety of groups, including exercise, bridge, reading, singing, yoga, lunch, reminiscence and more. It also specialises in the care and wellbeing of older adults living with mild to moderate dementia. Get in touch if you feel inspired to volunteer or if you would like to refer any older people who would benefit from befriending or any of the groups offered. Visit the [website](#), call 020 8299 2623 or email [info@linkagesouthwark.org](mailto:info@linkagesouthwark.org)



**A big thank you** to everyone who came to the focus group on children and young people's health on 28 November. It was really helpful to hear about all the work being done on mind and body care for children and young people and ideas for the future. If you missed it, watch this space for further information and also check out the [Children and Young People's Health Partnership](#) website.