Let’s celebrate

Since we launched the Mind & Body Champions Network last November an incredible 500 of you have signed up.

To mark one year of the network, we’ve produced a timeline highlighting the wonderful work, opportunities and events that you have been involved in over the last year. We also published a blog and video from Champions and a special thank-you message from senior leaders across our partnership. Click each tab to read or watch at your leisure!

Senior leaders thank Champions

Watch on YouTube | Watch on King’s Health Partners website

Just another normal working day...

How did a “typical Thursday” end with Sarah Spencer-Adams starting a journey of rethinking her own mental health and the importance of whole person care? Sarah shares how a personal experience with anxiety and depression led her to become a Champion. Read more

Staff give their thoughts on being a Mind & Body Champion

Watch on YouTube | Watch on King’s Health Partners website