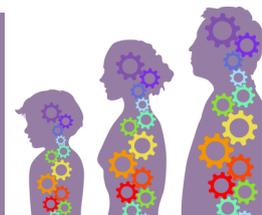




mind & body



Happy New Year!

We are excited to kick off the year with a Mind and Body Wellness at Work event for staff on 6 March 2019. Come along to boost your knowledge and learn some practical tips to look after the health and wellbeing of yourself and others. Please save the date! Register [here](#).

Staff Health and Wellbeing Toolkit

Champions have told us how important it is for staff and teams to feel engaged, and have the time and support to look after their wellbeing at work and in everyday life. Working with Champions and our colleagues across King's Health Partners, we have developed a toolkit which provides all staff working across health and social care with a collection of resources all in one place. This can be used to support Mind and Body wellness within teams. It includes wellbeing tips and advice, bitesize sessions on a variety of topics that can be independently led by teams, as well as information and links to existing resources and services for staff. To find out more, please come along to the event on 6 March 2019.

Mind & Body in Action: Children and Young People's Health



With the Children and Young People's Health Partnership, we recently co-delivered a Champions Focus Group to discuss mind and body care for children, young people and their families. The group identified key opportunities to improve routine screening for mental health issues in young people, share existing good practice, develop signposting/information packs for families and increase the education and training offer for staff. The group also talked about sharing patient stories with the network to raise awareness and understanding. Over the next few months, we will build on these areas with Champions; if you are interested in getting involved in this, please email mindandbody@slam.nhs.uk.

Champion in Focus: Meet Dr Naomi Stent

Naomi is a GP in a busy Lambeth practice. She is working with the Mind & Body Programme one day a week and will be focusing on improving our engagement with social and primary care. She is passionate about General Practice and enjoys many aspects of this challenging and unpredictable speciality. She enjoys applying a holistic approach to her clinical practice and is particularly interested in improving management of patients with medically unexplained symptoms. If you are a GP and interested in becoming more involved in the Mind & Body Programme please get in touch with us at mindandbody@slam.nhs.uk. We'd love to hear from you!



Mind & Body and Maudsley Simulation Course

Sign up for our free two day course run by the world class mental health training provider, Maudsley Simulation. [Healthy Bodies, Healthy Minds, Healthy Lives](#) is an introductory course to motivational interviewing skills for nurses, doctors and other allied health professionals. It supports staff to have health change conversations with their patients and service users. Dates available in February and March. **Places are limited, register now!**

Check our website for all [Mind & Body training opportunities](#).

Mind & Body IMPARTS Seminar

The next half day IMPARTS (Integrating Mental & Physical healthcare: Research, Training & Services) seminars will be held at Guy's Campus on 12 February from 14:00-17:30. This free seminar explores the use of psychological interventions at the physical/ mental healthcare interface. For further details and to book, click [here](#).

Want to be happier@work?

As part of the happier@work programme to improve staff wellbeing, a half day course explores some of the stresses currently facing staff and helps staff to develop practical skills to support themselves and reduce stress. Staff from Guy's and St Thomas' and South London and Maudsley NHS Foundation Trusts and King's College London are invited to this event. King's College Hospital NHS Foundation Trust staff have sessions on different dates. Click [here](#) for more details.