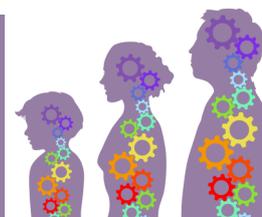




mind & body



We want to hear from you! Come to our **education and training focus group discussion**: Wednesday 10 April at 5:30pm – 7:00pm in the Function Room, Henriette Raphael House, Guy's Campus, SE1 9RT. Please email us at mindandbody@slam.nhs.uk to register your place.

Integrating Mental and Physical Healthcare at South London and Maudsley

We're excited to announce the start of our new project – Integrating our Mental and Physical Healthcare Systems at South London and Maudsley NHS Foundation Trust. Funded through a grant from the Maudsley Charity, this 3-year project aligns to the Trust's physical health strategy. It aims to improve health outcomes and establish improved treatment pathways between the Trust and local general hospitals for medically deteriorating patients. The project team is nurse-led, bringing together expertise from different professional groups. The project team will also: deliver specialist training to support the broader SLaM workforce to feel confident working with physical health; launch a new volunteer-led 'health champions' service for service users; and support roll out of 'HealthLocker', the Trust's patient portal. Watch this space!

Mind & Body Wellness at Work Event

80 people from a range of south London health and care organisations attended our Mind & Body Wellness at Work event on 6 March. The event, opened by Dr Matthew Patrick, CEO of South London and Maudsley NHS Foundation Trust, saw the launch of the [Mind & Body Staff Health and Wellbeing Toolkit](#). Designed by staff for staff, the toolkit includes a range of practical information, resources and sessions to support staff and help get the best out of our teams. Speakers included Dr Richard Graham from Good Thinking UK about work to support the wellbeing of Londoners and Alice Baldwin, Mind & Body Champion and CAMHS Practitioner, who shared her own mind and body story. Attendees had the opportunity to participate in practical workshops on the modules in the toolkit such as sleep, mindfulness and stress. Feedback showed 91% of attendees strongly agreed or agreed that the event helped them to feel more confident in understanding how to support their own or their colleagues' wellbeing and they feel able to make a positive change.



Mind & Body engagement with staff, service users, patients, carers and the public



Over the past 18 months, the Mind & Body Programme have engaged over 2000 staff, service users, patients, carers and members of the public to discuss mind and body care. We have recently published our [2018 Engagement Report](#), which shares key themes from our engagement along with priority areas for action. These include sharing patient information more widely, switching from treatment focused to preventative care, and improving partnerships between national and local organisations. These themes will be considered in all aspects of the Programme's ongoing work and development. When asked about the experience of engaging with the Mind and Body Programme, one Expert Advisory Group member stated, "Being able to have a voice, see what work is happening within health and contribute to its delivery, the fact that I am passionate about body-mind work, meeting different people, challenging thoughts and perspectives."

Mind & Body and Maudsley Simulation Course

Sign up for our free two day course run by the award winning 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 May and June. **Places are limited, register now!**

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

Mind & Body Champions workshop

Sign up to the [Mind and Body Champions workshop](#) at the [King's Health Partners Annual Conference](#) on 16 May 2019. This is an opportunity to reflect on our first year of Champions and hear from you about your experience of the programme. We're also looking for Champions to help with the workshop - [email us](#) if you are able to help out.



Mind & Body Clinical Skills Course

The next Mind & Body Programme's one-day Clinical Skills Courses are being run on 17 May and 17 June. This course aims to equip staff with clinical skills to help manage both the physical and psychological needs of patients. It is free to all clinical staff from King's Health Partners and local health and care groups. To register, or for more information, contact mindandbody@slam.nhs.uk