Mind & Body Champions
2nd Birthday

November 2018

1st Birthday Celebrations begin
We celebrated one year of our Champions Network. There was videos, a blog and a special thank you message from senior leaders to mark the occasion.

February 2019

Staff Health & Wellbeing tanked launched
The STAFF Health Tank is about sharing guidance, good practice and innovative ideas and solutions to support staff members’ mental health.

March 2019

Launch of the Mind & Body Leaders Network
This helps staff to:
- identify barriers
- solve problems
- test solutions

April 2019

Education and training focus group held
Giving us the opportunity to learn more about how to support the development of our local workforce.

May 2019

10 Years of King’s Health Partners

June 2019

600 Champions Signed up
Advocating for the importance of treating mental and physical health as one.

July 2019

700 Champions Signed up
In just 6 months another 100 Champions join the network

August 2019

Massive Open Online Course

Integrating Care: Depression, Anxiety and Physical Illness Massive Open Online Course returned with more than 20,800 people signing-up.

September 2019

World Mental Health Day 2019
The team participated in events across the partnership to raise awareness and recruit more champions.

October 2019

Three Dimensions for Long-term Conditions (3DLC) project bags Award
Three Dimensions for Long-term Conditions (3DLC) project wins ‘Highly commended’ at the Positive Practice in Mental Health awards.

November 2018

Mind and body care focus group is set up
Specifically, focused on mind and body care for children and young people.

Naomi Stent joins the Mind & Body Team
The new Primary Care Clinical Advisor joins to improve social and primary care engagement with the Mind & Body programme.

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