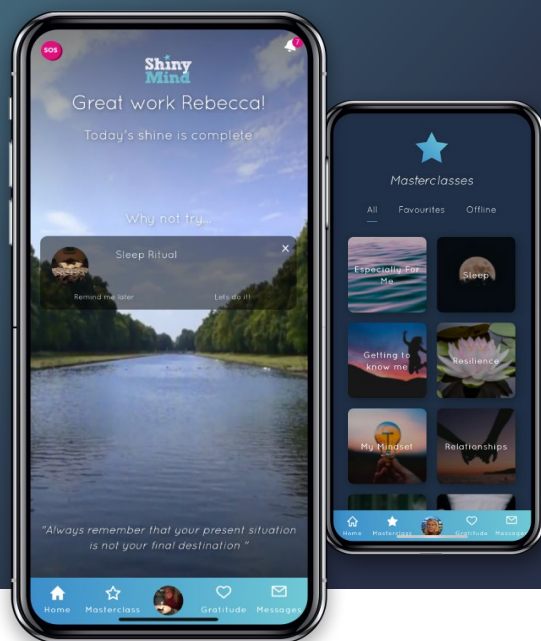




ShinyMind – Helping Birmingham & Solihull STP primary care staff Shine Bright Agenda



Time	Presentation	Speaker
13:00	Welcome and Housekeeping	Jane Hubble, Clinical Quality Lead, Primary Care
13:05	Launch of ShinyMind App	Rebecca Howard, ShinyMind In this session, Bec will be introducing you to the ShinyMind app, a 24/7 wellbeing and resilience toolkit created with the NHS for the NHS, and how you can get access as well as guiding you through one of the app's most popular Relationship masterclasses - the Drama Triangle. Here you will learn how to maintain healthy and happy relationships by understanding and identifying the roles we subconsciously play and how we can pull ourselves out of the triangle and break the cycle. Karen Storey, Primary Care Nursing Lead NHS E & I Karen will be sharing how ShinyMind has been busy supporting GPN nurses across the country throughout the pandemic and the positive impact it has had across on primary care teams.
14:00	SMI and physical health checks update	Dr Tarun Gupta, Clinical Lead for Mental Health Transformation & Integration, BSOL CCG
14:15	Diabetic Footcare Pathways	Angela Walker, Podiatry Lead Clinical Specialist, BCHC
14:30	The NHS Low Calorie Diet Programme for the remission of T2DM	Nicky Gilbert, Manager for the NHS Low Calorie Diet Programme Momenta Newcastle Ltd Corrie Gardiner, Long term Conditions Project Officer Bsol CCG
14:40	HCSW project	Shelley Caines, Project Lead, BSol CCG & Healthcare Facilitator, BSol Training Hub
14:50	Mentor Register	Sue Brookes, Lead Nurse BSol Training Hub



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