



**Achieve  
together**



# Mind, body & spirit

# Achieving together

With support from a nurse-led Health Promotion Team, Achieve together are focused on the physical, mental and spiritual wellbeing of people we support.



In collaboration with Unity, a representative body of people with lived experience, the Health Promotion Team focus on evidence and research based practice in a wide range of wellbeing areas. This ensures support teams have the skills, knowledge and confidence to support specific health conditions, while educating and empowering people supported to lead healthy, fulfilled lives.

The nursing team consists of adult, learning disability and mental health nurses working with a healthcare facilitator team, skilled in health promotion, prevention and planning to coach and mentor support teams, competency assess Delegated Healthcare Activities, provide bespoke training and liaise with local health teams to minimise health inequalities and risks.

## Physical & Neurological Wellbeing

- Excellent Health Planning, Promotion & Prevention
- 24 Hour Postural Management
- Sexual Wellbeing
- Oral & Respiratory Health
- Sleep Quality
- Bowel Health
- Obesity & Malnutrition
- Smoking cessation & reduction
- Complex Epilepsy
- Dementia support
- Effective use of Disdat Tool, Restore2 Mini, SBARD
- Compassionate end of life support

## Mental Wellbeing

- Supporting with self-help skills to manage anxieties, low moods, panic attacks etc
- Clear mental wellbeing support plans involving local health, community and voluntary services
- Clear Mental Health Plans for specific mental health conditions
- Self-harm and suicide prevention
- Promoting Mental Health First Aid

## Spiritual Wellbeing

- Supporting people to engage with and explore their religious faith
- Supporting awareness of practices such as Mindfulness Meditation, Tai Chi, Yoga, Qigong, Breathing Techniques, practicing Gratitude to aid a sense of awareness in the present moment,
- being non-judgmental and seeking a sense of clarity, calmness and purpose
- Supporting people to seek purpose in their life, connecting with local groups and causes that align with the person's views and passions

## What does this mean for people we support?

Achieve together are focused on ensuring excellent evidence-based support, led by a visionary nurse-led team to enhance the life chances for people, supporting people to lead happy, healthy and meaningful lives.