

23 April 2020

*We may be confined but we are not*

*broken*

Good morning,

We hope you, your family and friends are all doing well. We hope that you managed enjoy the Easter weekend (and some chocolate!), despite the lockdown restrictions. It does definitely feels like it is getting warmer, and it is lovely to see all of the spring flowers out.



### Website

Our SPICES project website is now live.

<http://www.bsms.ac.uk/spices>

As you will see we have separate sections for volunteers/participants, and researchers. We also have a section about all of the community organisations that we are working with.

### Introducing the newest member of the SPICES team

#### **Kat Frere Smith, Health Coach**

Hi! My name is Kat Frere-Smith, I'm a mum of two with a career in medical research, and a passion for health coaching.

In 2018 I was diagnosed with a rare autoimmune disease, to add to an already pre-existing neurological condition. I'd always been interested in health and had worked in pharmacy in the hospital for 3 years, but it was looking after myself and my own recovery that led to me wanting to study nutrition and how our lifestyles can help restore and maintain health.

I recently set up an organisation called 'Food Detectives' which works with local primary schools and aims to inspire kids, support adults and encourage all to enjoy healthy foods.

I am a member of the UK Health Coaches Association and I work with people, helping them take back control of their body and their life and find a way to feel their best.

I'm looking forward to working with you on the SPICES project. Feel free to contact me if you have any questions about my role, [k.frere-smith@bsms.ac.uk](mailto:k.frere-smith@bsms.ac.uk)

Once the project is up and running again, Kat will mainly be working with the St. Leonard's and Hastings sites, however other Health Coaches will be joining the SPICES team to support sites.



### Virtual co-design of training for volunteers

We are in the process of looking at how we can continue the projects co-design during this lockdown period, specifically regarding the development of training for the volunteers. This would involve supporting the development of the training resources via virtual online meetings. We are working alongside our training partner, National Centre for Behaviour Change UK (NCBC) led by Kendelle Bond on this process.

Once we are out of lockdown, and prior to the volunteers being trained we plan to organise a face-to-face meeting to ensure that the volunteers are involved in this process as well.

**Meet Kendelle Bond, Director at NCBC**



Kendelle founded NCBC in 2003 and has been working as a Behavioural Psychologist for over 16 years to date. Kendelle originally trained as a Midwife before moving into Behavioural Psychology where she has passionately worked to integrate evidence-based approaches into behaviour change interventions and practice and has delivered extensive training in this area. Kendelle specialises in Cognitive Behavioural Therapy and Motivational Interviewing as a clinical therapist and has extensive experience working within healthcare, social services, criminal justice, addictions, and is an active member of the Motivational Interviewing International Network of Trainers (MINT).

If you have any other questions or would like to access some therapy or coaching over the phone or electronically during this time, please do not hesitate to get in touch with us at NCBC.

**Mental Health resources from NCBC**

NCBC have put together some great mental health resources to support us during this time of COVID-19. To watch their short workshops or for their accompanying worksheets please go to their [Covid-19 Support Page](#).

To keep up to date with their new mental health resources, follow NCBC on Twitter [@ncbc\\_uk](#) and see their Facebook page [@ncbcuk](#).



We think it is so important that we support each other through this difficult and strange time. If there is anything that you would like to discuss with us or anything that we can support you with, please do not hesitate to contact us.