



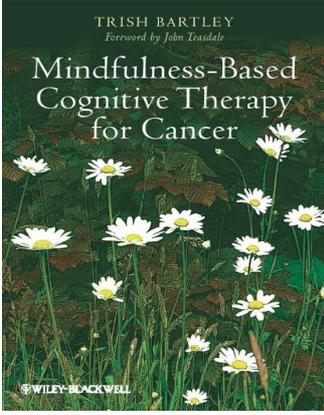
Hi All

Welcome to our **2017 Spring Newsletter** collated to share with the enthusiastic and passionate mindfulness teachers and those interested in learning more about mindfulness and deepening their practice opportunities.

**Please feel free to circulate this Newsletter to any of your friends, family and colleagues.**

**If you would like to adapt this Newsletter for your own mailing list do contact me for a word version**

2017 Spring Edition	Lancashire Mindfulness CIC Newsletter
<p><b>Sign up for the NW Mindfulness SIG</b></p>  <p><b>The Psychological Professions Network</b> Working with Health Education North West to promote excellence in psychological health and wellbeing</p> <p><b>Making Parity of Esteem a Reality</b></p> <p><small>Clare Bagley - Programme Manager PPN North West, HENW Claire Maguire - Clinical &amp; Professional Lead, Penrith Care NHS Foundation Trust Zubeida Ali - Professional Lead for Counselling, Lancashire Care NHS Foundation Trust</small></p>	<p>Over <b>60</b> members across the North West have signed up to join the <b>Mindfulness Special Interest Group</b> supported by the <b>Psychological Professions Network (PPN) and Health Education North West.</b></p> <p>To join up complete this survey below <a href="https://www.surveymonkey.co.uk/r/KJYCZXS">https://www.surveymonkey.co.uk/r/KJYCZXS</a></p> <p>Our <b>next North West Mindfulness Special Interest Group (SIG) meeting</b> will be held in Room BB009, Brook Building, Victoria Street, UCLAN, Preston, PR1 2HE on Friday 14<sup>th</sup> July 10:00 to 16:00.</p> <p>Use of the room is free however there may be limited outlets for purchasing food so we recommend bringing a packed lunch.</p> <p>Contact Lisa Graham at <a href="mailto:lisa.graham@lancashiremindfulness.co.uk">lisa.graham@lancashiremindfulness.co.uk</a> to book your <b>FREE place.</b></p>
<p><b>FREE MINDFULNESS TASTER SESSION</b></p>  <p><b>Just come along on the day</b></p>	<p><b>Saturday 15<sup>th</sup> April 2017, 11:00 to 13:00</b></p> <p>Studio 1, First Floor, The Mandala Yoga &amp; Therapy Centre, 18 Derby Street, Preston PR1 1DT</p> <p>FREE EVENT for you to find out more about mindfulness-based approaches and try some brief practices. Learn about the scientific evidence-base of mindfulness-based approaches and hear our volunteers talk about their own experiences of learning and using mindfulness.</p>
<p><b>8-WEEK MINDFULNESS COURSE (MBCT)</b> <b>Saturdays 10:00 – 12:00</b> <b>- PRESTON -</b></p>	<p><b>Next course with available places is 30<sup>th</sup> September to 2<sup>nd</sup> December 2017</b> Mindfulness-based Cognitive Therapy course - (16 hours teaching), including Day of Guided Mindfulness Practice 25<sup>th</sup> June £160. <b>Course taught by Lisa Graham.</b></p>
<p><b>Day of Mindfulness Practice</b> <b>16<sup>th</sup> April 10:00 – 16:00</b> <b>25<sup>th</sup> June 10:00 – 16:00</b> <b>10<sup>th</sup> December 10:00 – 16:00</b></p>	<p>The Day of Mindfulness can be accessed by those who have completed an 8-week mindfulness course or similar established meditation practice. £25, to book a place contact Lisa at <a href="mailto:lisa.graham@lancashiremindfulness.co.uk">lisa.graham@lancashiremindfulness.co.uk</a> <b>OAP's and those in receipt of benefits £10 discounted price</b></p>
<p><b>Drop-in Mindfulness Practice Sessions on Saturday mornings</b></p>	<p>Saturday morning 9am – 9:30, suitable for those interested in trying mindfulness as well as for those who have completed a course and find benefit from led practice or practicing with others, our intention is that these drop-in sessions are available all year so may sometimes be facilitated by other MBI teachers when Lisa is in holiday.</p>
<p><b>Coming Soon</b></p>	<p>MBCT for Cancer at The Mill, St. Catherine's Hospice</p>
<p><b>2018 MBCT Teacher Training Foundations course</b></p>	<p>We are now inviting <b>Expressions of Interest</b> from potential trainee mindfulness teachers for our year long teacher training pathway in 2018</p>
<p><b>Lancashire Mindfulness CIC Peer Supervision Group</b></p>	<p>To supplement our individual mindfulness supervision we are exploring the need/demand for a monthly mindfulness supervision group, contact Lisa if you are interested <a href="mailto:lisa.graham@lancashiremindfulness.co.uk">lisa.graham@lancashiremindfulness.co.uk</a></p>

<p><b>Advances in MBCT Teacher Training Autumn 2018</b></p>	<p>We are putting together a teacher training program for trained and experienced mindfulness teachers and ask those teachers who would be interested in joining us to contact Lisa to outline CPD needs and the focus of advancing their teaching: <a href="mailto:lisa.graham@lancashiremindfulness.co.uk">lisa.graham@lancashiremindfulness.co.uk</a> Discounts available for teachers who assist Lisa and Peter on the TDC Foundations course 2018.</p>
<p align="center"><b>UPDATE from the UK Network for Mindfulness-based Teacher Training Organisations - Setting Standards for Mindfulness-based Teaching -</b></p> <p>The listing of mindfulness teachers has had a successful first year with <b>269 teachers successfully registered</b> on the listing. Our colleagues at The <b>Mental Health Foundation</b> have reformatted their Be Mindful listing to <b>prioritise UK Network registered teachers</b>. Moving into the second year of the listing a <b>new website is being developed</b> and this will incorporate a "members area" with a forum for members to engage and a blog for member organisations to share messages and news. The Network is also developing a logo that can be used by registered teachers.</p>	
<p><b>Mindfulness and Cancer Specialist Teacher Training</b></p> 	<p>19<sup>th</sup> to 23<sup>rd</sup> June 2017 at Trigonos in Wales with Trish Bartley and Christina Shennan. This is a unique opportunity to immerse yourself in the distinctive approach of Mindfulness-Based Cognitive Therapy for Cancer (MBCT-Ca) - and come together with others in the field to explore the rewards and challenges of working with this population. Key areas of learning include –</p> <ul style="list-style-type: none"> <li>• brief accessible practices</li> <li>• a focus on the wisdom of the body</li> <li>• connecting to the common humanity within the group</li> <li>• special adaptations for people with cancer</li> </ul> <p>kindness in the face of uncertainty For more information <b>LINK</b> If you are a local MBCT teacher with a special interest in cancer and you would like to join Lancashire Mindfulness CIC to train and then offer this provision for Lancashire Mindfulness CIC alongside Lisa please contact me.</p>
<p><b>Still You</b></p>	<p>Mindfulness Practice Days with Paddy Rafferty for Therapists and Health Care Professionals who have attended an 8-week course. Manchester £30 See poster attached.</p>
<p><b>Mindfulness Supervision</b></p>	<p><b>NEW Good Practice Guidelines for Mindfulness Supervisors LINK</b> After a great deal of work from Cindy Cooper and Alison Evans, then a Network working party led by Jenny Wilks, we now have GPGs for supervisors Please circulate as widely as you can in your training organisation and add them to your websites</p>
<p><b>Secular Mindfulness Retreats</b></p> 	<p>The <b>Mindfulness Network CIC</b> offer high-quality, secular, mindfulness-based retreats, including 5-day, 7-day, and guest teacher retreats, in different locations in the UK. All of their retreats will help mindfulness teachers:  Adhere to Good Practice Guidelines  Meet their annual retreat requirements for inclusion on the UK Network's Listing of Mindfulness Teachers . We have variable fees for people on lower incomes. For more information, please click <a href="#">HERE</a></p>

<b>OMC</b>	<b>Great piece on different views and ideas on retreats</b> <a href="http://www.oxfordmindfulness.org/retreats-mbct-teachers/">http://www.oxfordmindfulness.org/retreats-mbct-teachers/</a>
<b>New Research Paper</b>	<b>The Immediate and Long Term Effect of an Intensive Meditation Retreat</b> <b><a href="#">LINK</a></b>
<b>Bangor CMRP</b>	In their <b>Spring Newsletter</b> colleagues in Bangor share the sad news of the passing of Cindy Cooper. Read about her inspirational life <a href="#">here</a> Look out for the CMRP Newsletter and a FREE Mountain Meditation from the lovely Jody Mardula, not to be missed.
<b>Mindfulness RESEARCH</b>	
 <p><b>Mindfulness Research Update: Monthly review of published research</b></p>	<p><b>An online journal</b> informing research and practice:</p> <p>March edition: <a href="https://goamra.org/wp-content/uploads/2014/06/MRM_v8n3_mar.pdf">https://goamra.org/wp-content/uploads/2014/06/MRM_v8n3_mar.pdf</a></p> <p>February edition: <a href="https://goamra.org/wp-content/uploads/2014/06/MRM_v8n2_feb.pdf">https://goamra.org/wp-content/uploads/2014/06/MRM_v8n2_feb.pdf</a></p>
<p>Donald, J. N., P. W. B. Atkins, et al. (2016). "<b>Daily stress and the benefits of mindfulness: Examining the daily and longitudinal relations between present-moment awareness and stress responses.</b>" Journal of Research in Personality 65: 30-37. // <a href="http://www.sciencedirect.com/science/article/pii/S0092656616301118">www.sciencedirect.com/science/article/pii/S0092656616301118</a></p> <p>Theories of mindfulness claim that a state of present-moment awareness enhances self-regulation in the presence of negative emotion. However, very little research has tested this claim in relation to daily stressors. This paper examined whether present-moment awareness during daily stressful events predicted enhanced responding to (a) the same day's event, (b) a stressful event on the subsequent day and (c) stressful events on average, among a sample of adults (N = 143) over 20 days. We found support for these predictions, controlling for negative affect and stress-related appraisals. These novel findings extend the personality literature by showing that present-moment awareness facilitates adaptive stress-responses, independent of an individual's affective state and the severity of threat experienced.</p>	
<b>ASPIRE PROJECT OUTCOME</b>	
<b>NEW - MBCT Implementation Toolkit due out this Year 2017</b>	
<b>Mindfulness Journal</b>	<p><b>NEW</b> - Teacher Competence in MBCT for Depression and its relation to treatment outcome <b><a href="#">LINK</a></b></p> <p>Teaching Mindfulness to Teachers: A systematic review and narrative synthesis <b><a href="#">LINK</a></b></p> <p>What defines Mindfulness- based programs: The warp and weft <b><a href="#">LINK</a></b></p> <p>The effectiveness of mindfulness-based interventions on Maternal Perinatal Mental Health Outcomes: A systematic review <b><a href="#">LINK</a></b></p>
<b>MYRIAD Project Update Mindfulness in Schools &amp; Mindfulness for Life</b>	<p>MYRIAD is investigating how schools prepare young people to manage their emotional health and improve resilience. Funded by the Wellcome Trust this large research project is recruiting over 5000 young people to establish how best to promote health and well-being.</p> <p>If you would like more information about the project, please see the website <a href="http://myriadproject.org/teachers/">http://myriadproject.org/teachers/</a> in particular the 'Information for Headteachers', 'Information for Teachers' and 'Frequently Asked Questions' sections. Please see below for the invitation letter.</p> <p>If you are a mainstream secondary school in the UK who is interested in taking part please email back to this email address (<a href="mailto:myriad@psych.ox.ac.uk">myriad@psych.ox.ac.uk</a>) and we will get back in touch with you to discuss this further.</p> <p>Cohort 1 secondary schools have now been randomised to receive their</p>

	<p>training. The project is entering the second phase of recruitment and seeks 63 new secondary schools (Public, Academy or Independent) for the project.</p> <p>Senior MBCT Trainers might be interested in accessing training to contribute to the MYRIAD Project email <a href="mailto:mbctforlife@psych.ox.ac.uk">mbctforlife@psych.ox.ac.uk</a> or call the team at 01865 613163. They are particularly looking for trainers in Wales, Scotland, Northern Ireland, Cornwall, Norfolk, Suffolk, Cambridgeshire and Lincolnshire.</p>
<b>Other interesting bits</b>	
<p><b>OXFORD MINDFULNESS CENTRE FREE APP</b></p> <p><b>Also see the “new look” OMC website</b></p> <p><b><u><a href="#">MBCT Training Pathway</a></u></b></p> <p><b><u><a href="#">Mindfulness in the Workplace</a></u></b></p>	<p><b>A FREE App</b> is now available from the App store or online. The app has been designed to support people going through the MBCT course and beyond. This project drew on a collaborative project group, led by Jamie Bristow, with the generous teacher input of Mark Williams, Melanie Fennell, Becca Crane, Chris Cullen, Antonia Sumbundu and Christina Feldman. It was funded by our Wellcome Trust Strategic Awards and the teachers all offered their teaching pro bono, enabling us to make it freely available. We still need to develop an android version and are considering if and how to develop this work further. Thank you to all involved.</p> <p><a href="#">App Store</a></p> <p><a href="#">Website</a></p>
<b>Mindfulness Initiative</b>	An Update on the work of the Mindfulness Initiative <a href="#">LINK</a>
<b>CMRP Conference</b>	<p><b>Mindfulness in Society Conference - Chester - July 7th - 11th</b></p> <p>The Mindfulness in Society Conference is organised by the Centre for Mindfulness Research and Practice (CMRP) every two years and is internationally recognised as the leading UK conference combining research and practice.</p> <p>New conference website soon to be launched – <a href="#">sign up here for updates</a>. For the full conference programme and to register visit the <a href="#">CMRP Webpage</a>.</p>
<b>OMC Summer School</b>	<p><b>Oxford Mindfulness Centre Summer School -Aug 28th - Sept 1st</b></p> <p>This year’s programme will be held in the delightful surroundings of St Hugh’s College, Oxford. Led by Mark, Willem, Chris Cullen and Melanie Fennell, the week will be an opportunity to learn from some of the worlds’ leading mindfulness experts, but to also grow your own community of mindfulness practitioners, teachers and trainers from around the world.</p> <p><a href="http://oxfordmindfulness.org/event/summer-school-2017/">oxfordmindfulness.org/event/summer-school-2017/</a></p>
<b>Mindful Living Show</b>	<p><b>The Mindful Living Show - London - June 2nd - 3rd</b></p> <p>The <a href="#">Mindful Living Show</a> is a new 2-day event launching in London. The first show of its kind, it offers an opportunity to learn more about mindfulness and the different ways in which it can benefit lives.</p> <p><a href="http://mindfullivingshow.com">mindfullivingshow.com</a></p>
<b>Mindfulness Association Conference</b>	<p><b>Samye Ling June Conference - Nr. Lockerbie- June 15th - 18th</b></p> <p>This conference titled '<a href="#">Mindfulness in Society - Changing the World One Mind at a Time</a>' is arranged by Scottish teacher-training organisation the Mindfulness Association.</p>

## **Breath Works Courses**

### **Deepening our Understanding and Practice of Enquiry**

2nd - 3rd April, Manchester

Led by Breathworks Programme Director Singhashri Gazmuri

Suitable for: Mindfulness teachers and students

Link - <http://www.breathworks-mindfulness.org.uk/breathworks-teachers-cpd/enquiry-workshop>

### **Mindfulness for Health - 8 week course**

Starts 5th April, Manchester

Led by Breathworks associate Cate Clark

Suitable for: Those living with chronic pain or a long-term health condition as well as those with a general interest in mindfulness and well being

Link: <http://www.breathworks-mindfulness.org.uk/mindfulness-for-health/manchester-course>

### **Refresher session**

22nd April, Manchester

Led by Breathworks associate Stanter Kandola

Suitable for any one who has completed a 8-week mindfulness course

Link: <http://www.breathworks-mindfulness.org.uk/refresher-session>

### **Mindfulness Taster Session**

22nd April, Manchester

Led by Breathworks associate Stanter Kandola

Suitable for: Newcomers

Link <http://www.breathworks-mindfulness.org.uk/taster-sessions>

### **Breathworks Teacher Training Pathways for MBCT/MBSR Teachers**

8th - 10th May, Manchester

Led by Breathworks associate Fidelma Farley

Suitable for MBCT/MBSR Teachers

Link - <http://www.breathworks-mindfulness.org.uk/pathways-for-mbsr-mbct-trainers>

### **Breathworks Teacher Training Retreat**

20th - 26th May, Vajrasana Retreat Centre, Suffolk

Led by Singhashri Gazmuri and Breathworks Associates team

Suitable for those wishing to enter the Breathworks teacher Training programme

Link: <http://www.breathworks-mindfulness.org.uk/become-a-teacher>

Breathworks Meditation Retreat

2nd - 9th June

Adhithana Retreat Centre, Hereford

Led by Breathworks founders Vidyamala Burch, Sona Fricker & Breathworks Associate Team

Link: <http://www.breathworks-mindfulness.org.uk/meditation-retreats>

<b>Great meditation for kids</b>	<b>Are your kids into Trolls?</b> Smiling Mind have joined forces with 20 <sup>th</sup> Century Fox to create a meditation for kids led by their favourite Trolls character Cloud Guy <a href="#">LINK</a>
<b>M&amp;S and Ruby Wax...</b>	M&S launches mental health drop-ins as part of Ruby Wax Project Great work Ruby <a href="#">LINK</a>
<b>Zindel Segal... FAB!</b>	A seven minute practice to shift from doing to being <a href="#">LINK</a>
<b>An unexpected delight!!</b>	An interview by John Oliver with the Dalai Lama <a href="#">LINK</a>
<b>Mindful</b>	International Women's Day: 10 Mindfulness Practices from Powerful Women <a href="#">LINK</a> Seven habit changers for overcoming boredom <a href="#">LINK</a>
<b>Greater Good Berkeley</b>	A sceptical scientist learns to meditate <a href="#">LINK</a> A really good reflection on daydream styles and related research findings to encourage us as teachers to clarify research findings around daydreaming styles. Do more mindful people have a greater sense of self? <a href="#">LINK</a>
<b>FAB short film</b>	Who are you..... <a href="#">LINK</a> <span style="float: right;">someone!</span>
<b>Mindfulness in the Media</b>	<p><b>Health</b></p> <p><a href="#">'Meditating mice' reveal how mindfulness training can reduce anxiety</a> (Daily Mail)</p> <p><a href="#">'Meditating mice' reveal secrets of mindfulness training</a> (New Scientist)</p> <p><a href="#">Meditators Have Younger Brains</a> (Mindful)</p> <p><a href="#">Mindfulness Shows Mixed Results for Older Adults' Well-Being</a> (PsychCentral.com)</p> <p><a href="#">Mindfulness under the microscope - doesn't work for everyone</a> (Australian Financial Review)</p> <p><a href="#">Meditation Can Benefit ALS Patients</a> (PsychCentral.com)</p> <p><b>Lifestyle</b></p> <p><a href="#">Forget the hangover, under-25s turn to mindful drinking</a> (The Guardian)</p> <p><a href="#">Memo readers swap the gym for mindfulness apps in 2017</a> (The Memo)</p> <p><a href="#">How your sex life can be improved with mindfulness</a> (The Independent)</p> <p><a href="#">How 'the sultana exercise' can help you lose weight</a> (The Independent)</p> <p><a href="#">Expert reveals how mindful eating can help YOU lose weight</a> (Daily Mail)</p> <p><a href="#">Study: Mindfulness mitigates rejection fears and destructive behaviors</a> (PsyPost)</p> <p><a href="#">6 areas of your life that could really benefit from mindfulness</a> (Irish News/ also <a href="#">BT.com</a>)</p> <p><a href="#">How to eat mindfully: 7 ways to stop mindless munching, and lose weight</a> (BT.com)</p> <p><a href="#">10 mindfulness hacks to live a more successful life</a> (CNBC)</p> <p><a href="#">Mindfulness: Seize the moment and smile</a> (Scottish Sunday Herald)</p> <p><a href="#">Mindful moment... Silence your inner cynic</a> (Irish Independent)</p> <p><a href="#">How to Be Mindful Sitting in the Dentist Chair</a> (New York Times)</p> <p><a href="#">How to Be Mindful if Your Flight Is Delayed</a> (New York Times)</p> <p><a href="#">How to Be Mindful on the Subway</a> (New York Times)</p> <p><a href="#">Why Mindfulness Can Make You Happier, Calmer And More Productive</a> (India Times)</p>

## **Education**

[Mindfulness to help children's mental well-being in schools](#) (BBC London TV)  
[Teaching mindfulness in school](#)

[Studies suggest mindfulness boosts concentration, decreases stress](#) (Detroit local TV)

[Research indicates mindfulness is a trendy strategy that actually works](#) (EducationDive)

[Faced with outsized stresses, these Baltimore students learn to take a deep breath](#) (PBS)

[Schools Use Mindfulness to Reform Student Behavior](#) (Huffington Post)

[University of Wisconsin students, staff encourage practice of mindfulness](#) (Daily Cardinal)

[Stressed-Out Students Should Turn to Mindfulness](#) (Miami Student)

[A mindful approach to attention seeking in children](#) (The London Economic)

[How to Sustain Your Child's Natural Mindfulness](#) (Parent.co)

[13 Simple Ways I Integrated Mindfulness into My Parenting](#) (Thrive Global)

[How can we teach Suffolk children to cope with the pressures of modern life?](#) (East Anglian Times)

## **Workplace**

[Mindfulness Meditation Helps Quell Negative Thoughts, 'Monkey Mind'](#) (Forbes)

[Hottest office perk is a quiet room in which to explore the depths of your own mind](#) (Quartz)

[Seven top tips for increasing employee motivation](#) (We Are the City)

[Mental health, mindfulness and business](#) (IoD News)

[Five Minute Mindfulness Fixes](#) (Virgin Entrepreneur)

[How to Be Mindful at Your Desk](#) (New York Times)

[Humana Uncovers Wellness Trends to Help Create Healthier Workplace](#) (Yahoo Finance)

[Bringing peak mindfulness to corporate drones](#) (Chicago Tribune)

## **Sport**

[Mindfulness, meditation helping elite athletes on and off the field](#) (ABC News Australia)

## **Politics and Society**

[Why Politicians Should Embrace Mindfulness](#) (Harvard Kennedy School)

## **Digital & Tech**

[It's Time to Keep Calm and Change Our Relationship With Technology](#) (Fortune)

[The founder who built the addictive game Moshi Monsters wants you to be less of a slave to your iPhone](#) (Business Insider)

[Inner Explorer Announces Mobile App to Connect Parents with Classroom](#)

[Mindfulness Programs Proven to Reduce Student Stress and Improve Performance](#) (Yahoo Tech)

A big thank you to the **Mindfulness Initiative** for collating this list

Best wishes to Jamie & his army of helpers

<p>Links to other NEWSLETTERS</p>	<p><a href="https://www.bangor.ac.uk/mindfulness/documents/Summer2016SGH1_000.pdf">https://www.bangor.ac.uk/mindfulness/documents/Summer2016SGH1_000.pdf</a>  <a href="http://www.oxfordmindfulness.org/about/newsletter/">http://www.oxfordmindfulness.org/about/newsletter/</a>  <a href="http://cedar.exeter.ac.uk/media/universityofexeter/schoolofpsychology/cedar/documents/mindfulness/Mindfulness_newsletter_-_March_2016.pdf">http://cedar.exeter.ac.uk/media/universityofexeter/schoolofpsychology/cedar/documents/mindfulness/Mindfulness_newsletter - March 2016.pdf</a>  <a href="http://www.breathworks-mindfulness.org.uk/newsletter-registration">http://www.breathworks-mindfulness.org.uk/newsletter-registration</a></p>
<p><b>QUOTES</b></p> 	<p><i>"Remain sitting at your table and listen. Do not even listen, simply wait. Do not even wait, be quite still and solitary. The world will freely offer itself to you to be unmasked, it has no choice, it will roll in ecstasy at your feet."</i>  Franz Kafka</p>
<p><b><u>UK Network for Mindfulness-Based Teacher Training Organisations</u></b></p>	<p><b>Lancashire Mindfulness CIC</b> are a participating member of the <b>UK Network of Mindfulness-Based Teacher Training Organisations</b>. Our trainers adhere to the <b>Good Practice Guidelines for Trainers</b> and we expect our teachers we train to adhere to the <b>Good Practice Guidelines for Teachers</b>. Our supervisors adhere to the <b>Good Practice Guidelines for Supervisors</b>.  <b>VISION:</b> The Network represents the leading teacher training organisations in the UK  <b>MISSION:</b> We are committed to supporting and developing good practice and integrity in the delivery of Mindfulness-based approaches  <b>OBJECTIVES:</b> We do this by:  Having strong collaborative relationships between organisation members  defining, upholding and disseminating standards  <a href="http://www.mindfulnesssteachersuk.org.uk">www.mindfulnesssteachersuk.org.uk</a></p>

Thanks to The Mindfulness Initiative, The Oxford Mindfulness Centre and other MBI colleagues including Peter and Charlie for their contributions to the Newsletter.

If you do not wish to receive these Newsletters please contact Lisa Graham at [lisa.graham@lancashiremindfulness.co.uk](mailto:lisa.graham@lancashiremindfulness.co.uk)