



Hi All

Welcome to our **2017 Summer 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 Summer Edition	Lancashire Mindfulness CIC Newsletter
<p>Sign up for the NW Mindfulness SIG</p> <p>FREE Event: NW Mindfulness SIG Meeting Friday 14th July 2017</p> 	<p>Over 60 members across the North West have signed up to join the Mindfulness Special Interest Group supported by the Psychological Professions Network (PPN) and Health Education North West.</p> <p>To join up complete this survey below https://www.surveymonkey.co.uk/r/KJYCZXS</p> <p>Our next North West Mindfulness Special Interest Group (SIG) meeting will be held in Room BB009, Brook Building, Victoria Street, UCLAN, Preston, PR1 2HE on Friday 14th 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 lisa.graham@lancashiremindfulness.co.uk to book your FREE place.</p>
<p>FREE MINDFULNESS TASTER SESSIONS</p>  <p>Just come along on the day</p>	<p>Friday 22nd September 2017, 14:00 to 16:00 Richmond House Holistic Rooms, St Annes on Sea, FY8 1PE</p> <p>Saturday 23rd September 2017, & 13th January 2018 11:00 to 13:00 Studio 1, First Floor, The Mandala Yoga & Therapy Centre, 18 Derby Street, Preston PR1 1DT</p> <p>FREE EVENTS 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>8-WEEK MINDFULNESS COURSES (MBCT)</p> <p>Saturdays 10:00 – 12:00 PRESTON</p> <p>Fridays 14:-00 16:00 ST ANNES</p>	<p>Next courses with available places are:</p> <p>PRESTON 20th January to 17th March 2018 OR</p> <p>“NEW VENUE” ST ANNES 29th September to 24th November 2017</p> <p>Mindfulness-based Cognitive Therapy course - (16 hours teaching), including Day of guided Mindfulness Practice 10th December £160.</p> <p>Both courses taught by Lisa Graham.</p>
<p>Day of Mindfulness Practice 10:00 – 16:00 25th June and 10th December, 2017, 15th April 2018</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 lisa.graham@lancashiremindfulness.co.uk</p> <p>OAP's and those in receipt of benefits £10 discounted price</p>
<p>Drop-in Mindfulness Practice Sessions on Saturday mornings</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>

2018 MBCT Teacher Training Foundations course	We are now inviting Expressions of Interest from potential trainee mindfulness teachers for our year long teacher training pathway in 2018. Contact Lisa for an Expression of Interest form: lisa.graham@lancashiremindfulness.co.uk
Lancashire Mindfulness CIC Peer Supervision Group	To supplement our individual mindfulness supervision we are exploring the need/demand for a monthly mindfulness supervision group, contact Lisa if you are interested lisa.graham@lancashiremindfulness.co.uk
Advances in MBCT Teacher Training Autumn 2018	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: lisa.graham@lancashiremindfulness.co.uk Discounts available for teachers who assist Lisa and Peter on the TDC Foundations course 2018.
NEWS Mindful MP voted back in... Hurrah!	The amazing supporter of mindfulness, MP Chris Ruane has been re-elected back into parliament in the Vale of Clwyd. Well done Chris, you deserve it!
Retreats with the Mindfulness Network SEE ATTACHMENTS 	The Mindfulness Network CIC 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 HERE
Mindfulness RESEARCH	
Mindfulness Research Update: Monthly review of published research 	An online journal informing research and practice: APRIL: https://goamra.org/wp-content/uploads/2014/06/MRM_v8n4_mar.pdf MAY: https://goamra.org/wp-content/uploads/2014/06/MRM_v8n5_May.pdf JUNE: https://goamra.org/wp-content/uploads/2014/06/MRM_v8n6_jun.pdf
Mental Elf	Mindfulness for young people: To meta-analyse or not to meta-analyse LINK
	How yoga makes us happy LINK
London School of Economics research study reported in The Guardian	Lord Layard leads new study, findings indicate our happiness depends on health and friends, not money LINK "Well-being Creation"

<p>News from the Oxford Mindfulness Centre</p>   	<p>Read the first in our series of Science blogs on Implementation of Mindfulness Initiatives in Schools, by Stephanie Wilde, Qualitative Researcher for the MYRIAD project.</p> <p>The full details of a randomised controlled trial in the MYRIAD project, which is studying the effectiveness and cost-effectiveness of a mindfulness training programme in schools compared with normal school provision, have recently been published.</p> <p>The Warp and the Weft: A new paper authored by Centre Director Willem Kuyken and other mindfulness practitioners provides a framework to define the essential characteristics of the family of mindfulness-based programs originating from the parent program MBSR.</p> <p>ASPIRE Study: Accessibility and implementation in the UK NHS services of an effective depression relapse prevention programme: learning from mindfulness-based cognitive therapy through a mixed-methods study. We are pleased to announce that the final report of the above study has been published. Please follow the link below for further information. https://www.journalslibrary.nihr.ac.uk/hsdr/hsdr05140/#/abstract MBCT in the NHS LINK. The launch of the National Curriculum for MBCT Teacher Training for IAPT Services, see the link embedded in the article.</p>
<p>Summer Schools and Workshops from the Oxford Mindfulness Centre</p>  <p>Highly recommended</p>	<p>OMC Summer School 2017 Education, Community, Inspiration. This year's Summer School, Investigating Heart without Losing Heart: Mindfulness, Fragility and Compassion, will be held in the delightful surroundings of St Hugh's College, Oxford. Led by Mark Williams, Willem Kuyken, Chris Cullen and Melanie Fennell, the week will be an opportunity to learn from some of the world's leading mindfulness experts, and also to join a community of mindfulness practitioners, teachers and trainers from around the world. Read our blog on why you should attend.</p> <p>Masterclasses: new masterclasses have recently been added to our programme, including Mindfulness-based Cognitive Therapy for Life for Qualified MBCT teachers on 7 and 8 September with Chris Cullen and Willem Kuyken; and an MBCT Supervision Workshop for mindfulness teachers and trainers, with Dr Christina Surawy and Dr Antonia Sumbundu on 2nd and 3rd November.</p>
<p>Randomised controlled trial: Mindfulness meditation is superior to relaxation intervention in people who have tinnitus LINK</p> <p>Willoughby Britton and her team have found that women benefit more than men in response to college-based meditation training LINK IMPORTANT PAPERS FOR MBI TEACHERS & TRAINERS - below PLOS ONE Willoughby Britton article – Study documents a range of challenging meditation experiences – article LINK; research paper - LINK</p>	
<p>Other interesting bits</p>	<p>G</p>
<p>NEW</p>	<p>The International Journal for Mindfulness and Compassion at Work First edition May 2017 LINK</p>
<p>Advice for implementing mindfulness in schools</p>	<p>Great article by Jamie Bristow – How to avoid a poorly designed school mindfulness program LINK</p>

Sussex Mindfulness Conference	A Critical Look at Mindfulness: Safety, Ethics and Integrity Conference Friday 30th June, 2017. See attached poster
Great NHS Choices page about Mindfulness	Mindfulness LINK
Mental Health Foundations BeMindful.org	Download - "How to look after your mental health using Mindfulness" LINK
Great article	Five things you need to know before you go on a meditation retreat LINK
Minding the Gap 2017 Friday 30th June 2017 10:00 to 16:00	Reaching out with Mindfulness & Compassion A free all-day symposium at the University of Salford. Friday 30 th June 10:00am to 4:00pm at the University of Salford, Mary Seacole Building, G21 This day will explore the issues arising from adapting mindfulness practices and curricula to meet the needs of participants who may fall outside the reach of some mindfulness-based interventions (MBI's). Booking via Eventbrite: www.mindingthegap2017.eventbrite.co.uk For queries contact Tim Duerden: t.duerden@salford.ac.uk
Reading for Summer hols	Daily Good - A reading list for your spirit: LINK
	The benefits of a mindful pregnancy LINK
Schools	Wise up to well being in Schools – sign up your school or send this on to the head teacher LINK
Great resources for kids	Action for Happiness: 10 Keys for Happier Living (kids version) http://www.actionforhappiness.org/posters-for-children
Fab new animation – Two wolves... Great ACT animations	Watch: How Mindfulness Empowers Us - with Sharon Salzberg Experiential Avoidance LINK Passengers on the bus LINK The Struggle Switch LINK Sushi Train Metaphor LINK Three main parts of the brain LINK Demons on the boat LINK The Unwelcome Party Guest LINK Three Happiness Myths LINK Internal Struggles LINK
Mindful Eating	How to tackle your cravings with mindfulness LINK
David Whyte	Courage LINK
Matthieu Ricard	How to make compassion thrive LINK Great talk by Matthieu Ricard comes highly recommended by the wonderful Paul Gilbert
Action for Happiness	Can mindfulness change the world? LINK
Don't read if easily offended or under 18!	Comic Strip You're not going to believe what I tell you.... LINK
Mindfully working with emotions	Lovely film by Leslie Greenberg about why we need to work with our emotions and how we can bring mindful care and compassion to how we feel.... FAB LINK

Reflections from Charlie....

If order is natural, then maybe disorder is what we create with all our human fussing.

Serenity is the ability to appreciate natural order.[re; Serenity prayer]

Jiddhu Krishnamurti says " If you trust the river of Life. The river of Life has an astonishing way of taking care of you. An awareness to sometimes just BE [let go] and see what happens!

Is lack of pain worth shutting down our capacity for pleasure? Let us strengthen ourselves to risk JOY. All we need is ourselves and the Moment.

To try to live in a state of Wonder and Surprise [WONDERMENT] and trust that Life will give us what we need [not what WE want] and take from us what it requires for the general good of all beings. To try to live in a state of non expectants and ALL acceptance of what IS happening in the Moment. To be open to experiencing another's pain and sorrow, ignorance and confusion and let the tears of loving awareness and acceptance just flow in the river of Life. To dwell in an understanding of the way things are, through ACCEPTANCE. To try and take ourselves lightly, like a feather in the breeze. Angels can fly because they take themselves lightly. Aahhh that occasional peek we get above, below and around the sides of the veil billowing in the light breeze. That VEIL that we allow to separate us from all that IS, until we make a conscious effort to try to just BE here as we are.

To try to be the best we can for ourselves and all beings and seek no reward. Just accept what is given to us and let that be ENOUGH in this Moment of LOVING AWARENESS. We need to celebrate life as its received and have a willingness to be open to all possibilities. The wisdom to be open to learning from everything and everyone, however pleasant or unpleasant.

The longing heart guarantees little peace, infrequent moments of joy and stunted growth! We are a precious gift to ourselves and others, and we deserve love and nurture.

Above all, make friends with your mind, it really is your best friend and is trying to help you, [its got the hardest job on earth!] just as we help others [and even friends can be trying at times!!].

And then there are times when we need time alone, just to BE. Find the balance between Unity and Separateness. Maybe some people who are lonely, have never rested with themselves in solitude!!

A truly impressive intention to aspire to, thanks Charlie.

The Mindfulness Journal

Free Mindfulness Apps [LINK](#)

How to be mindful when you are anxious [LINK](#)

Free yourself from feeling out of control (includes practice – 30 minute mindfulness meditation to calm the rush of panic) [LINK](#)

This is your anxious brain on meditation [LINK](#)

Are you addicted to being Judgy? [LINK](#) - not sure about the title but lovely article on working with our judging mind and a couple of practice suggestions.

How mindfulness helps anxiety and depression [LINK](#)

Why the brain thrives on mistakes [LINK](#)

Five ways to organise your phone [LINK](#)

How to meditate when you are anxious [LINK](#)

Mindfulness: The antidote to anti-aging [LINK](#)

Confessions of an anxious meditator [LINK](#) great article really capturing lots..

How mindfulness helps you through difficulty [LINK](#)

Five reasons you might have a hard time being mindful [LINK](#)

How practice effects our brain [LINK](#) GREAT film about how repetition helps us learn via thickening of mylin sheath

Sharon Salzberg: How to care deeply without burning out **Great interview with Sharon** [LINK](#)

Will Kabat-Zinn The flighty nature of attention [LINK](#) great article highlights the benefits of retreat experiences

Three breathing techniques for mindful running [LINK](#)

<p>Great work from The Mental Health Foundation</p>	<p>Physically, as a society we're becoming healthier. The same cannot be said about the health of our minds. By 2030 depression will be the leading cause of illness globally.</p> <p>https://www.mentalhealth.org.uk/publications/surviving-or-thriving-state-uks-mental-health</p> <p>https://www.mentalhealth.org.uk/sites/default/files/surviving-or-thriving-state-uk-mental-health.pdf</p> <p>https://www.mentalhealth.org.uk/your-mental-health/podcasts-and-videos/surviving-to-thriving-building-mentally-healthier-britain?utm_source=twitter&utm_medium=email&utm_campaign=mhaw</p>
<p>Breathworks Mindfulness CIC are leaders in the provision of <u>Mindfulness based approaches</u> for Pain, Illness and Stress providing their two signature 8-week courses - Mindfulness for Health (Award winning course for those living with pain and long-term health conditions and Mindfulness for Stress (For those living with Stress and Anxiety). As a Teacher Training Organisation with over 336 teachers in 24 countries we are a founding member of the UK Network of Mindfulness based Teacher Training Organisations and offer continuing professional development for health professionals, mindfulness teachers and students. Breathworks programmes and products are a development of Mindfulness Based Stress Reduction (MBSR) and founded on practice-based <u>research</u>. Our substantial and ongoing research on the clinical benefits of mindfulness revealed that across all scales measured (mood, pain experience, quality of life and confidence in activity despite pain), the Breathworks approach showed statistically and clinically significant improvement.</p> <p>The Department of Health recognises chronic pain as a long-term condition in its own right and as a component of other long-term conditions. It is estimated that 14 million people live with chronic pain in England alone. In 2011, 31% of men and 37% of women reported persistent pain. Of these, 25% (or one in four – 3.5 million) said that their pain had kept them from usual activities (including work) on at least 14 days in the previous three months.</p> <p style="text-align: center;">Breathworks Events & Courses</p> <p><u>Introduction to Mindfulness as a Healthcare Intervention</u></p> <p>28th - 30th June – London For more information and booking please click here.</p> <p><u>Online Mindfulness for Health Course in a World Wide Web Group</u></p> <p>Starting 3rd July for 10 weeks For more information and booking please click here.</p> <p><u>Mindfulness Taster Session</u></p> <p>15th July in Manchester For more information and booking please click here.</p> <p><u>Mindfulness and Meditation Retreat - Inhabiting a Happy Mind</u></p> <p>21st - 24th August in Suffolk For more information and booking please click here.</p> <p><u>Introduction to Mindfulness as a Healthcare Intervention</u></p> <p>18th - 20th September – Manchester For more information and booking please click here.</p> <p><u>Mindfulness for Health 8-week Course</u></p> <p>Starts 28th September for 8 weeks – Manchester For more information and booking please click here.</p> <p><u>Mindfulness and Meditation Retreat A Journey into the Heart of Compassion</u></p> <p>15th - 20th October in Suffolk For more information and booking please click here.</p> <p><u>Training Pathways for MBCT/MBSR Teachers</u></p> <p>1st - 3rd November in Manchester For more information and booking please click here.</p> <p><u>Breathworks Teacher Training Programme</u> For more information and registration please click here.</p>	

<p><u>UK Network for Mindfulness-Based Teacher Training Organisations</u></p>	<p>Lancashire Mindfulness CIC are a participating member of the UK Network of Mindfulness-Based Teacher Training Organisations. Our trainers adhere to the Good Practice Guidelines for Trainers and we expect our teachers we train to adhere to the Good Practice Guidelines for Teachers. Our supervisors adhere to the Good Practice Guidelines for Supervisors.</p> <p>VISION: The Network represents the leading teacher training organisations in the UK</p> <p>MISSION: We are committed to supporting and developing good practice and integrity in the delivery of Mindfulness-based approaches</p> <p>OBJECTIVES: We do this by: Having strong collaborative relationships between organisation members defining, upholding and disseminating standards www.mindfulnesssteachersuk.org.uk</p>
<p>Quotes</p>	<p>Acts of kindness, even in the simplest ways, are what make our lives meaningful, bringing happiness to ourselves and others. - The Dalai Lama</p> <p>Real fearlessness is the product of tenderness. It comes from letting the world tickle your heart, your raw and beautiful heart. - Chogyam Trungpa Rinpoche -</p> <p>The faster we live, the less emotion is left in the world. The slower we live, the deeper we feel the world around us. - Stanko Abadzic -</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