

Hi All

Welcome to our **2018 Spring Newsletter** collated to share with those interested in learning more about mindfulness and deepening their practice opportunities. We also include information about **Teacher Training** and **Retreats** to encourage all UK teachers to abide by **Good Practice Guidelines for teaching Mindfulness-based courses**.

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

2018 Spring Edition	Lancashire Mindfulness CIC Newsletter	
<p>FREE MINDFULNESS TASTER SESSIONS</p>  <p>No need to book just come along on the day</p>	<p>PRESTON - Saturday 28th April & 8th September 2018 11:00 to 13:00 Studio 1, First Floor, The Mandala Yoga & Therapy Centre, 18 Derby Street, Preston, Lancashire. PR1 1DT</p> <p>ST. ANNES - Friday 27th April 2017, 14:00 to 16:00 CANCELLED, we hope to restart courses in St. Annes later in the year with a registered teacher. Richmond House Holistic Rooms, St Annes on Sea, Lancashire. FY8 1PE</p> <p>FOR MORE INFORMATION CONTACT : admin@lancashiremindfulness.co.uk</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>Next 8-week MBCT courses with available places are: PRESTON Saturday 5th May to 30th June 2018, Saturday 22nd September to 17th November 2018. ST ANNES Friday 4th May to 29th June 2018 CANCELLED, we hope to restart courses in St. Annes later in the year with a registered teacher.</p> <p>Coming in 2019: courses in Cumbria. Mindfulness-based Cognitive Therapy course - (16 hours teaching, USB stick with all handouts and practices. trainee teacher and professional participant placements are available.</p>		
<p>Day of Guided Mindfulness Practice SUNDAY, 8th July & 25th November 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>2019 MBCT FOUNDATIONS TEACHER DEVELOPMENT PATHWAY</p> 	<p>EXPRESSIONS OF INTEREST are now being accepted for our 2019 Mindfulness (MBCT) Teacher Training Foundations Course, our yearlong teacher training pathway. For further information about our Foundations Training Pathway please contact Lisa: lisa.graham@lancashiremindfulness.co.uk. This MBCT Course follows the Oxford Mindfulness Centre MBCT Training Guidelines for IAPT Services. Lancashire Mindfulness CIC is a member organisation of the UK Network for Mindfulness-based Teacher Training Organisations.</p>	
<p>2018 ADVANCING MINDFULNESS-BASED TEACHING: TDC Level 2 Non-Residential Teacher Training (6 Fridays) A curriculum based on advancing teaching through shared group practices and reflection to build on your current teaching skills and learn from others. CANCELLED Commencing 7th September 2018. Cost of TDC2 £550 Discounts for teachers who assist on TDC 1 Foundations.</p>		<p>ADVANCING MINDFULNESS-BASED TEACHING: Level 2 Non-Residential</p> 
<p>Sign up for the NW Mindfulness SIG</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. To join up complete this survey below https://www.surveymonkey.co.uk/r/KJYCZXS Our North West Mindfulness Special Interest Group (SIG) meeting was well attended by local mindfulness teachers and local teacher training organisations on 14th July 2017. We hope to host future events in 2018.</p>	



Employment opportunity

Office Co-ordinator Role for Lancashire Mindfulness CIC.
Are you able to use Facebook and Twitter to help publicise Lancashire Mindfulness courses? Are you familiar with MBCT?
Could you respond to emails regarding mindfulness courses?
Initially 2-5 hours per week at £7:83 per hour.
Trial period of three months casual working contract.
Please complete the attached Expression of Interest form.
Closing date 11th May, 2018.

Opportunity to run MBCT courses for Lancashire Mindfulness CIC



Have you trained with Lancashire Mindfulness CIC or with Lisa through Lancashire Care NHS Trust 2007 - 2015? Are you trained to and abide by UK Network Guidelines for Mindfulness Teachers?
Would you like to run courses for Lancashire Mindfulness?
Email lisa.graham@lancashiremindfulness.co.uk

Mindfulness Retreats

Supervision and Retreats with the Mindfulness Network CIC



The Mindfulness Network CIC launched their SUPERVISION website (www.mindfulness-supervision.org.uk) a few months ago and are really pleased to announce **the launch of our new RETREATS website**, which is dedicated exclusively to mindfulness retreats (www.mindfulness-secular-retreats.org.uk). This new website is a one-stop shop where you can learn more about mindfulness retreats in mainstream (i.e. secular) contexts and apply directly online. It is a tangible expression of our vision to ensure that mindfulness teachers, trainees and the general public have access to high-quality retreats. The first blog for the website has been written by Bridgette O'Neill, who describes what her first year as our Retreat Lead has been like as well as her intentions for our current and future retreat provision. You can also read blogs about supervision and personal practice mentoring on our supervision website.

Upcoming mindfulness retreats, [Level 1 - The Foundations of Mindfulness](#), which might be of interest to your mindfulness-based trainees and graduates. This five-day, residential retreat will be facilitated by senior retreat leaders, [Jenny Wilks](#) and [Bridgette O'Neill](#), and will take place at Sharpham House in Totnes, Devon, from 26-30 April 2018.

Our New Website: We are very pleased to announce that **we've now launched our new top-level website** at www.mindfulness-network.org. This website will be our central hub that will signpost visitors to our supervision and retreat websites, and provide general information about the Mindfulness Network, our work and our team.

Mindfulness Training Courses: I'd also like to draw your attention to a new type of offering for us, **our mindfulness training courses**. We are now offering two residential training courses, **Mindful Self-Compassion** (9-14 Sept 2018 in Oxfordshire) and **Mindfulness-based Compassionate Living** (27 Oct - 2 Nov 2018 in West Sussex). More information can be found on our website at <http://www.mindfulness-secular-retreats.org.uk/Calendar/>.

New Mindfulness Retreats: We've also added several **new mindfulness retreats** to our programme (see the attached retreat flyers) including a three-day non-residential retreat near Nottingham and a seven-day residential retreat in West Dorset. These retreats are part of our commitment to offer retreats in a wider range of locations across the UK.

Personal Practice Mentoring (PPM): You may not be aware that we now offer Personal Practice Mentoring. Personal practice mentoring supports ongoing personal mindfulness practice within a mainstream (i.e. secular) framework and context, through one-to-one sessions, with an experienced

 <p>Mindfulness Network CIC</p>	<p>mindfulness-based teacher/supervisor. PPM is separate to supervision. It can help mindfulness-based teachers rekindle inquiry and find inspiration within personal practice, which will, in turn, naturally inform the teaching process. PPM is suitable for:</p> <ul style="list-style-type: none"> ✓ anyone who has completed a group-based, eight-week course such as Mindfulness-based Stress Reduction (MBSR) or Mindfulness-based Cognitive Therapy (MBCT); ✓ anyone who has completed an eight-week distance learning MBSR/MBCT course; ✓ trainee mindfulness-based teachers who are currently on or waiting to join a mindfulness-based teacher training programme; and ✓ anyone who has trained mindfulness-based teachers seeking focused reflection to support the deepening of personal practice. <p>More information about PPM can be found at http://www.mindfulness-supervision.org.uk/personal-practice-mentoring/</p>
<p>Holy Isle Retreats</p>	<p>http://www.holyisle.org/courses/ , enjoy Sara xx</p>
<p>Yoga & Meditation Centre, Dent, Cumbria</p>	<p>http://www.meditationcentre.co.uk/calendar/</p>
<p>Manjushri Kadampa Meditation Centre</p>	<p>http://manjushri.org/ Conishead Priory, Ulverston, Cumbria LA12 9QQ</p>
	<p>10 Reasons a Meditation Retreat is like Rock Music LINK</p>
<p>Mindfulness Research</p>	
<p>ASPIRE Project</p>  <p>Watch this short film from successful implementers at Sussex University/ NHS</p>	<p>An implementation guidance website has been developed using the findings from the ASPIRE project. The ASPIRE project looked at the accessibility and implementation in the UK services of an effective depression relapse prevention programme: Mindfulness-based Cognitive Therapy (MBCT)</p> <p>This guidance aims to help translate the interest in MBCT into improving access to high quality MBCT. It is a set of resources to guide people who are involved in making MBCT available in the NHS and in closing the implementation gap. www.implementing-mbct.com LINK</p>
	<p>Dispositional Mindfulness and Psychological Health: A Systematic Review LINK</p> <p>Mind the HYPE: A critical evaluation of and prescriptive agenda for research on mindfulness and meditation LINK</p> <p>Zen Quotation – “No seed ever sees the flower”</p>
<p>Can you help with this research project?</p>	<p>A research study looking at the barriers to mindfulness experienced by people with reduced sensory awareness or neurological functioning, for example due to Spinal Cord injury or Multiple Sclerosis. Researchers at Buckingham University are looking to recruit a rare group of people – teachers of mindfulness who do themselves live with SCI or MS, but who use mindfulness both in their personal practice and their teaching.</p> <p>Email Katherine.finlay@buckingham.ac.uk. Katherine is a Chartered Psychologist and Senior Lecturer in Psychology.</p>

	<p>AMRA Research news LINK MBCT and cognitive therapy equally effective for relapsing depression LINK College students show less exam distress after mindfulness program LINK Young adults show less aggression after using meditation app LINK Depressed symptoms reduce in COPD following MBCT LINK</p>
<p>Mindfulness Training</p>	
<p>Mentoring Mindfulness Trainees and new teachers</p>	<p>Bangor offered a wonderful training experience last June with Bridgett O’Neal and Trish Bartley. It really helped me to differentiate between supervision and mentoring. There is another similar event next June LINK</p>
<p>Other Information</p>	
<p>ACCESS MBCT goes live International Listing of MBCT Teachers</p>	<p>We are pleased to share the news that ACCESS MBCT is ‘open for business’. The vision for ACCESS MBCT is a global one – making it easier for the public to find out about MBCT courses in their own countries. https://www.accessmbct.com/ - Access MBCT - is now live. This is the culmination of a collaboration which led to the development of an international MBCT training pathway. The intention of ACCESSMBCT is to provide an international listing of MBCT Therapists / Trainers. The UK Network of Mindfulness-Based Training Organisations has an established Teacher Listing and there is ongoing discussion about how the two listings can optimally work together. Click here to access the listing page</p>
<p>Sketches in Stillness</p> <p>A lovely animation, “A few things to remember when you are feeling down”</p> <p style="text-align: center;">LINK</p> <p>Another fabulous animation LINK</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>“Sometimes I need to go off on my own. I’m not sad. I’m not angry. I’m just recharging my batteries.” ~ Kristen Butler <small>Sketches in Stillness.com</small></p> </div> <div style="text-align: center;">  <p>The sun always shines behind the clouds. “Nothing is permanent in this world, not even your troubles.” ~ Charlie Chaplin</p> </div> </div>
<p>Hold the date...</p>	<p>The next UK Mindfulness Conference will be 22nd to 26th March 2019 in Sussex.</p>
<p>Mindful Education</p>	<p>Here Comes a Thought - Lovely film for kids LINK</p>
<p>Friends of Bangor</p>	<p>Newsletter December 2017 LINK</p>
<p>CMRP Conference</p>	<p>Keynote recording 2015: Willem Kuyken & Christina Feldman – What is compassion? The interwoven nature of compassion and mindfulness LINK</p>
<p>WHY poetry in mindfulness courses?</p>	<p>On our current teacher training course one student asked... Why poetry? I found a lovely response to her question on this site, thanks to my students for their questions that make me reflect, learn and grow, xx http://www.ayearofbeinghere.com/p/mindfulness-poetry.html Also found other poetry sites to share with you all: http://meditationscience.weebly.com/selected-poetry.html https://health.ucsd.edu/specialties/mindfulness/resources/Pages/poetry.aspx</p>



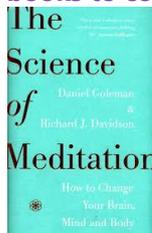
<https://www.londonmindful.com/blog/the-poetry-of-mindfulness/>
<https://poetryofpresencebook.com/mindfulness/>

And of course we have Peter Morgan's amazing collection of poems:
<http://www.wordstositwith.com/collection>

Poetry, Mindfulness and Medicine by Shauna Shapiro [LINK](#)

The picture is of winter flowering clematis – pleasant experience described during our last MBCT course

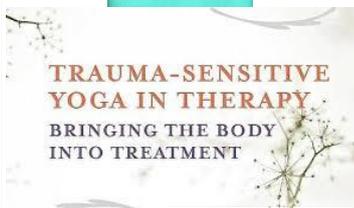
Great books to consider



The Science of Meditation: How to change your Brain, Mind and Body by Daniel Goleman & Richard J. Davidson. Highly recommended by my supervisee – Quote from Jon Kabat-Zinn, "A happy synthesis of the authors remarkable careers which grew from the intuition they shared as students that there was something deep and transformational about meditation... it matters critically at this moment on the planet."

If you are a mindfulness trainee or teacher:

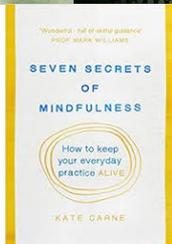
Trauma-Sensitive Yoga in therapy: Bringing the body into treatment by David Emerson. I took this away during our ski holiday and it has transformed how I approach teaching mindful movement.
Amazing resource for MBI teachers.



Building Competence in Mindfulness-Based Cognitive Therapy: Transcripts and insights for working with stress, anxiety, depression and other problems by Richard Sears. Another holiday read and again quite captivating in enabling teachers to reflect on the enquiry process through reading transcripts. This is NOT a how to book but an imperfect and well written reflection on the challenging process of enquiry. Great chapter for trainees on building competence.



The CBT Distinctive Features Series. Mindfulness-based Cognitive Therapy by Rebecca Crane. This second edition by Becca brings the latest research, developments and findings in an easy to read format. Reading both editions side by side at the moment and so far it looks great.



Seven Secrets of Mindfulness: How to keep your everyday practice ALIVE by Kate Carne. This book is a compassionate exploration of the elements required to practise mindfulness and the common blocks we might face. It has some useful tips on how we might overcome obstacles and uses case examples and metaphors to help with this. It delves into working with resistance and how we might get back on track when needed. Thanks Jaime x

Mindful Magazine



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Get more from your glass of wine with this mindful drinking practice [LINK](#)

Three ways Acceptance helps you work with difficult emotions [LINK](#)

Ten minute meditation to work with difficult emotions [LINK](#)

The science and practice of staying present during difficult times [LINK](#)

A meditation for working with anxiety [LINK](#)

Quieting your inner critic [LINK](#)

Gossip awareness: Do you have it? [LINK](#)

11 Steps toward Daily Mindfulness by Zindel Segal [LINK](#)

Free Mindfulness APPS worthy of your attention [LINK](#)

Mindful FAQ's: When to make a meditation session longer... [LINK](#)

How mindfulness can get you unstuck, podcast by Daniel Goleman and Richard Davidson [LINK](#)

The importance of inquiry podcast [LINK](#)

Mindful kids practice: Coming back to the positive [LINK](#)

Greater Good: Berkley

How Mindfulness Protects you as you get Older [LINK](#)

Nine scientists share their favourite happiness practices [LINK](#)

	
<p>BeMindfulOnline.com</p>  	<p>Waiting for an 8-week course or uncertain whether a mindfulness-based approach will be helpful. Why not try the Mental Health Foundation Online Mindfulness course?</p> <p>Includes 10 interactive sessions delivered by Ed Halliwell and Tessa Watt, includes five mindfulness audio meditation downloads and costs only £30. Mobile and tablet ready.</p> 
<p>Mental Elf</p>	<p>LINK to articles on Mindfulness research Thanks Steve xx</p>
<p>Get Self-Help</p>	<p>LINKS to Mindfulness handouts</p>
<p>PSYCHOLOGY TOOLS</p>	<p>LINKS to Mindfulness handouts</p>
<p>STILL YOU</p>	<p>Day of Mindfulness Practice with Paddy Refferty and Christina Shennan, (see poster attached). Manchester Saturday 2nd June.</p>
<p>Poetry</p>	<p>Listening to hail I am myself, as always, like some ancient oak.</p> <p>Matsuo Basho, 18th Century Japanese poet</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</p> <p>www.mindfulnessteachersuk.org.uk</p>

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

If you do not wish to receive these Newsletters please contact our Office Administrator at admin@lancashiremindfulness.co.uk