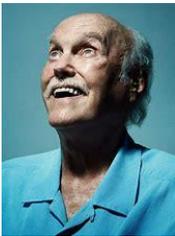


Hi All

Welcome to our **2020 Winter 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.

2020 Winter Edition	Lancashire Mindfulness CIC Newsletter
<b>Our last 8-week Mindfulness course with available places in 2020 begins in PRESTON Saturday 25<sup>th</sup> January 2020.</b> Mindfulness-based Cognitive Therapy course - (16 hours teaching, USB stick with all handouts and practices). <b>FOR MORE INFORMATION CONTACT :</b> <a href="mailto:admin@lancashiremindfulness.co.uk">admin@lancashiremindfulness.co.uk</a>	
<b>CANCELLED</b> <b>FREE ANNUAL Day of Guided Mindfulness Practice SUNDAY, 10am to 4pm 12<sup>th</sup> July 2020</b>	This Day of Mindfulness practice can be accessed by those who have completed an 8-week mindfulness course or similar established meditation practice. FREE to those who have completed a Lancashire Mindfulness CIC 8-week course, £25 for all other participants, to book a place contact Lisa at <a href="mailto:lisa.graham@lancashiremindfulness.co.uk">lisa.graham@lancashiremindfulness.co.uk</a> <b>Please contact my esteemed colleague Alistair Smith regarding practice days at Brockholes <a href="mailto:Alistair@cali.co.uk">Alistair@cali.co.uk</a></b>
<b>CANCELLED</b> <b>2020 MBCT FOUNDATIONS TEACHER DEVELOPMENT PATHWAY</b>	I have a new NHS post working in <b>Blackpool Supporting Minds IAPT Service</b> . This post will hopefully include some MBCT provision but this will likely unfold over the next year.
 <p data-bbox="359 1478 614 1624">"Let it all go. something beautiful wants to grow in its place." ~ Unknown <small>Sketches in Stillness.com</small></p> <p data-bbox="829 1467 1404 1624"><b>S</b>ometimes you just need to slow down, stay calm, breathe, and simply let life happen. ~ Unknown <small>LILHeartToons.com</small></p>	
	Launch of the new website for the <b>British Association of Mindfulness-based Approaches</b> , formerly the UK Network of Mindfulness-based Teacher Training Organisations (UKN): <a href="http://www.bamba.org.uk">www.bamba.org.uk</a>
<b>A moment to remember</b>  <b>Ram Dass...</b>	Honouring the recent passing of Ram Dass on 22 <sup>nd</sup> December 2019 <a href="#">LINK</a> . Ram Dass, also known as Baba Ram Dass, was an American spiritual teacher, psychologist, and author. His best known book, Be Here Now, has been described as "seminal," and helped popularize Eastern spirituality and yoga with the baby boomer generation in the West. He authored or co-authored twelve more books on spirituality over the next four decades, including Grist for the Mill, How Can I Help?, and Polishing the Mirror.



**STILL YOU: organised by Paddy Rafferty:** Paddy is exploring interest in exciting possibility of organizing with Devin Ashwood a six-day non-residential training in Mindfulness Based Relapse Prevention (MBRP). Like all the 8-week Mindfulness courses, MBRP embodies the application of mindfulness to a specific area of human distress, in this case the experience of being trapped in addiction. The MBRP training is 'open both to experienced mindfulness-based teachers, and newer teachers who want to develop MBRP teaching skills. It is particularly suitable for clinicians implementing MBRP in substance misuse contexts, and is relevant to those who want to develop greater clarity about how to attune to and respond to participant vulnerability during mindfulness-based teaching (<https://serintegral.pt/pt/formacao-profissional/mbrp-mindfulness-based-relapse-prevention/module-1-specialist-mindfulness-based-relapse-prevention>). At the moment there are no MBRP courses booked for the UK.



The Mindfulness Initiative **launch their NEW WEBSITE** <https://www.themindfulnessinitiative.org/>



The **Fieldbook for Mindfulness Innovators** has been developed for the Mindfulness Initiative by innovation consultant Menka Sanghvi in order to support pioneers of all stripes in the growing field of mindfulness training. Drawing on expert contributions from across the mindfulness sector and a wealth of experience in innovation, the document invites innovators to explore essential ideas, resources and frameworks as they navigate the field. We hope to stimulate the creation of effective, high-quality innovations that minimise risk and are sustainable in the long-term. [LINK](#)



For the last year former Chief Executive of the Mental Health Foundation, Jenny Edwards CBE, has been leading the development of our policy strategy on health. Her new briefing paper on **Health, Wellbeing and Mindfulness** summarises the case for investment in wellbeing, prevention and mindfulness interventions. Those engaging with policy-makers, service commissioners and other stakeholders in health services will find this a valuable resource [LINK](#), pdf here [LINK](#)

**Oxford Mindfulness Centre**



Mindfulness for Life: Finding Peace Amidst Difficulties and Cultivating Joy, Compassion, Equanimity and Wisdom December 2019 By Willem Kuyken [LINK](#)

**Congratulations to Willem Kuyken** who was recently named in the 2019 Web of Science listing of most highly cited researchers. [LINK](#)

OMC workshops and masterclasses [LINK](#)



FREE audio mindfulness practice tracks [LINK](#)

Michalak, J., Crane, C., Germer, C.K., Gold, E., Heidenreich, T., Mander, J., Meibert, P., Segal, Z.J., (2019) Principles for a responsible integration of mindfulness in individual therapy, *Mindfulness*, 10: 799. <https://doi.org/10.1007/s12671-019-01142-6>

Griffith, G. M., Bartley, T., & Crane, R. S. (2019). The Inside Out Group Model: Teaching Groups in Mindfulness-Based Programs. *Mindfulness*, 1-13. <https://link.springer.com/article/10.1007%2Fs12671-019-1093-6>

**BeMindfulOnline.com**

Waiting for an 8-week course or uncertain whether a mindfulness-based approach will be helpful. Why not try the **Mental Health Foundation** Online

 <p>Mental Health Foundation</p>  <p>Be Mindful Online Mindfulness Course</p>	<p>Mindfulness course? 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><b>Get Self-Help</b></p>	<p><a href="#">LINKS</a> to Mindfulness handouts</p>
<p><b>PSYCHOLOGY TOOLS</b></p>	<p><a href="#">LINKS</a> to Mindfulness handouts</p>
<p><b>Mindfulness Retreats</b></p>	
 <p>Mindfulness Network CIC</p>	<p><b>MAIN WEBSITE:</b> <a href="http://www.mindfulness-network.org">www.mindfulness-network.org</a>  <b>SUPERVISION WEBSITE:</b> <a href="http://www.mindfulness-supervision.org.uk">www.mindfulness-supervision.org.uk</a>  <b>TEACHER TRAINING WEBSITE:</b> <a href="http://www.teach-mindfulness.org">www.teach-mindfulness.org</a>  <b>RETREATS WEBSITE:</b> <a href="http://www.mindfulness-secular-retreats.org.uk">www.mindfulness-secular-retreats.org.uk</a>  <b>COMPASSION WEBSITE:</b> <a href="http://mindfulness-compassion.org.uk">mindfulness-compassion.org.uk</a></p>
<p><b>Holy Isle Retreats</b></p>	<p><a href="http://www.holyisle.org/courses/">http://www.holyisle.org/courses/</a> , Highly recommended by 2017 graduate trainee Sara.</p>
<p><b>Yoga &amp; Meditation Centre, Dent, Cumbria</b></p>	<p><a href="http://www.meditationcentre.co.uk/calendar/">http://www.meditationcentre.co.uk/calendar/</a></p>
<p><b>Mindful Movement Retreats with our lovely colleague Sarah Silverton</b></p>	<p>Sarah is a very experienced mindfulness teacher and trainer based in North Wales, to see more details go to her website:  <a href="http://www.sarahsilvertonmindfulness.co.uk">www.sarahsilvertonmindfulness.co.uk</a> , <a href="http://www.thepresentcourses.org">www.thepresentcourses.org</a></p>
<p><b>Manjushri Kadampa Meditation Centre</b></p>	<p><a href="http://manjushri.org/">http://manjushri.org/</a> Conishead Priory, Ulverston, Cumbria LA12 9QQ. Highly recommended by two of our 2018 trainees Mandy and Jane.</p>
 <p><b>UK Mindfulness Network TEACHERS LISTING</b></p>	<p>The yearly meeting of UK Network Teacher Training Organisations provided a wonderful opportunity to develop a range of work streams. The most important news is the UK Network will become a legal organisation <b>British Association of Mindfulness-based Approaches (BAMBA)</b>.</p> <p>Other work streams include an equality and diversity working group, a visibility and marketing working group, the evidence-base for new programmes working group, external partnerships working group and the setting up of BAMBA working group.</p> <p>I hope to report back to you on the work of these working groups over the next few years.</p> <p>The new convenor for BAMBA is Tim Sweeney, lead of MBCT services and training in Nottinghamshire.</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 me at [admin@lancashiremindfulness.co.uk](mailto:admin@lancashiremindfulness.co.uk)

**I begin my new NHS post in Spring 2020 so am unsure at this time whether there will be future Newsletters.**