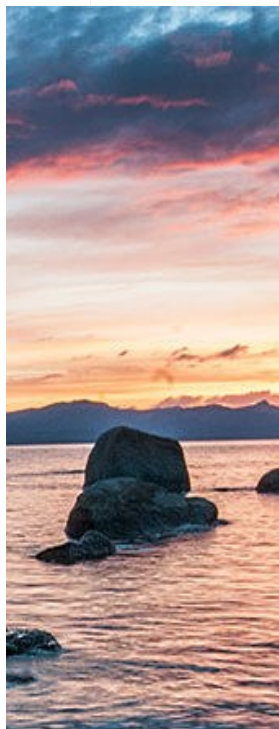


Sussex Mindfulness Centre News: Winter 2020



SMC has been very busy this year, despite lockdown, and 2021 is also looking full with 15 staff mindfulness groups, new cohorts for our training programmes, research projects and new work with various other organisations including the British Safety Council, the Office for National Statistics and also a planned meeting in parliament.

Challenges & Thank yous

2020 was a hugely challenging year for so many people. Mindfulness practice shows us moment by moment the continually changing nature of our experience but this year has brought uncertainty into focus in a whole new way. By being able to return to a refuge point – whether this is the breath, our feet, the body, or an intention to be present, or to bring a kind focus to ourselves and others – we can access a reliable, steady point from which to relate to our lives.

We want to thank everyone for all the work they have done and continue to do, to teach, train, administer, promote, research and practise mindfulness, and to continue the benefit of this approach in SMC and beyond.

Robert, Clara & SMC team

Mindfulness Training & All Day Retreats

New 8-week mindfulness courses for Sussex Partnership staff

If you work for Sussex Partnership and may be interested in learning mindfulness we are arranging new staff courses throughout 2021 and post them here:

<https://sussexmindfulnesscentre.nhs.uk/practice/groups-for-staff/>

All day retreats

Hold the dates of 19th June and 13th November for our mindfulness all-day retreats. More details here: <https://sussexmindfulnesscentre.nhs.uk/events/retreats/>

MBCT Racial Awareness with Tina Basi

Dr Tina Basi is a recent graduate of our MBSR MBCT Teacher Training programme (2019) and is teaching a new course, MBCT Racial Awareness, which she has developed.

Please see more details here for her introduction evening/orientation:

<https://www.londonmindful.com/intro-to-mindfulness-and-racial-awareness.html>

<https://www.londonmindful.com/8-week-mindfulness-course-mbct-and-race.html>

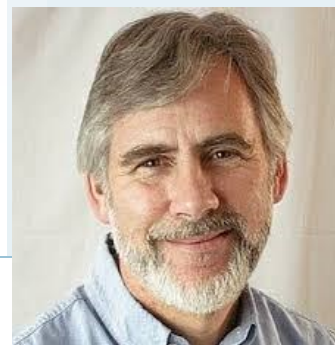
Visit our website for more information on mindfulness or compassion related events

<https://sussexmindfulnesscentre.nhs.uk/events/compassion-oriented-events/>

FIRST BAMBA HOME RETREAT

Join Mark Williams on the first BAMBA home retreat on 27th February 2021, it's called 'Mindfulness Beyond Covid'

This is a rare opportunity to practice with Mark, the co-creator of MBCT and bestselling author of 'Finding Peace in a Frantic World'. This is BAMBA's first-ever day retreat, designed for both registered teachers and others who have a regular mindfulness practice. It's an opportunity for BAMBA members and supporters to come together online and share our practice – and a rare opportunity to practise live with Prof Mark Williams (co-developer of Mindfulness-Based Cognitive Therapy). Robert Marx will also be teaching at this event. Find out more [here](#)



“Start living right here, in each present moment”
Mark Williams co-developer of MBCT

Reflections from Robert Marx about working online

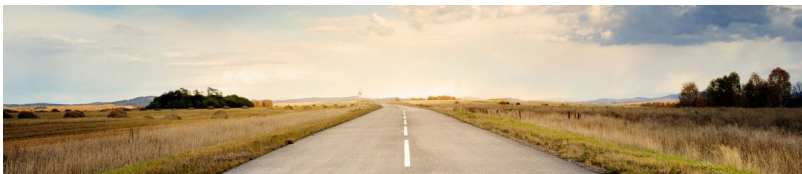
Dr Robert Marx consultant clinical psychologist and Sussex Mindfulness Centre co-lead shares learning from adapting to working virtually throughout 2020 with patients, staff mindfulness courses and drop-ins.

Most of us have been running MBCT groups for patients and staff, and shorter MBIs, online throughout this year. For someone who was a techno-Luddite a year ago, I have tried to take a beginner's mind approach, and have been pleasantly surprised. Not only has it been much more possible than I expected to do the practices and inquiry, but some patients and staff have commented on how they prefer it. It does seem to offer some people a sense of safety and privacy in their homes they could not have had in a group in a hospital, and it makes access for some cheaper, easier and more environmentally-friendly. Like nearly everything, there are pros and cons, and the access and privacy advantages are not available to people without a reasonable internet connection and a protected space at home from which to join. And while some people find online work easier going, others find it more tiring.

Adaptations are necessary and we have benefited from the written and videoed guidance provided by our colleagues Taravajra, Karunavira, Fergal Jones, Kay Octigan, Tim Sweeney, Paul Bernard and others on how to adapt mindfulness groups for online use. We also owe a big thank you to Sussex Partnership IT Department for their innovative work on piloting zoom which has improved the functionality and connection of what we do online in so many ways.



"Not only has it been much more possible than I expected to do the practices and inquiry, but some patients and staff have commented on how they prefer it."



Keep your Mind in Gear

We've produced a new film using mindfulness to improve road safety among young drivers

Many collisions on the roads are caused due to failure to look properly/emotional/physical distraction. **1 in 5 new drivers will have a collision within the first six months** of learning to drive. Failure to look properly is the largest collision factor for young drivers. Research suggests that mindful driving can improve driver awareness and increase driver safety.

Brighton & Hove City Council and Sussex Mindfulness Centre decided to see if a short film could help by introducing mindfulness.

The aim of this short film is to target young drivers, demonstrating why mindfulness techniques are worth using. It aims to introduce mindfulness to drivers in order to give them a centreing tool to help them fully engage with the road environment when they are driving, and not get distracted.

Click to view here: <https://vimeo.com/466120176>

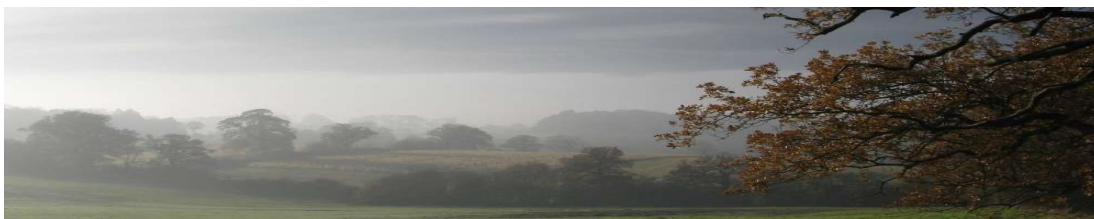
For more information see: www.mindinggear4roadsafety.com

'Keep your Mind in Gear', young drivers urged

11.36 | 30 November 2020 | Young drivers



A new film has been published, which uses 'mindfulness' in an attempt to improve road safety



Vanessa Hope shares thoughts about the Mindfulness Self-compassion teacher training course, 15-21 March 2021



"I am very much looking forward to our next MSC Teacher Training (MSCTT) in the UK next year. It will be good to be back at Ammerdown, near Bath, where we were so well supported when we worked there in 2019 both by the staff and the nourishment of the beautiful grounds.

I am also delighted to be teaching once more with my dear colleague and fellow trainer, Ali Lambie, with support from Zoe Shobbrook-Fisher. They are both valuable members of the team who currently facilitate the MSC UK Network which brings together the community of MSC teachers here in the UK so that we can share our experiences and support each other in the wonderful work of bringing MSC to a world where it is much needed.

It gives us a real sense of pride that we, here in the UK in 2014, were the first to host an MSC Teacher Training in Europe. At that time we were hosted by The Centre for Mindfulness Research and Practice, Bangor University. Since the university has no longer been able to continue with this role, the Sussex Mindfulness Centre generously offered to take over as host in 2019.

There have been other changes too. We also now have the exciting development of an additional training that follows the MSCTT, called the Practicum, a further ten-week online training that allows trainees to become more skilled in teaching the programme before they finally venture into teaching the course themselves.

Since 2014 MSC trainings have happened all over the world and have become truly international in scope. MSC courses are being taught globally and, in these troubled times, never have they been more needed. I first encountered MSC when Chris Germer and Kristin Neff – the co-founders of MSC – taught the first MSC Core Skills programme in the UK in 2012. The resources that I learned then have become a vital part of my life, not least during the Covid-19 pandemic. I have found that being able to tenderly care for my own needs gives me a strong foundation from which to respond to the cries of the world without becoming too overburdened.

I have a deep love of both the MSC programme and of the rewarding work of training others to become teachers. So I am particularly hoping that the Teacher Training scheduled for 2021 will take place in person, in spite of our current circumstances, as it will be the last such event that I take part in before I move to more part-time work. It will truly be a joy and a privilege to once more be encouraging new MSC teachers to flourish and continue this most valuable work. "

We are planning to run this course, subject to Government restrictions, and Ammerdown has social distancing and sole room occupancy in place. We will refund in full if we have to cancel due to Covid-19 rulings. For booking details see our website: <https://sussexmindfulnesscentre.nhs.uk/events/compassion-oriented-events/>

For more information, please see the MSC UK community website: <https://mindfulnesscompassionuk.com/>

PROMISE STUDY UPDATE

The PROMISE study is currently unavailable as phase one of recruitment has come to a close. During this phase, Charlotte Dunkeld, Doctoral Researcher and Chief Investigator (supervised by Dr Clara Strauss) is pleased to announce that we managed to exceed our original study targets. In total, 2100 staff members signed up to the study across 16 different NHS sites across England.



If you would still like to participate in PROMISE, fear not! We have secured the necessary approvals to extend recruitment within NHS sites across Kent, Surrey and Sussex, so please keep your eyes peeled for updates across staff communication channels! We would like to extend our thanks to all 470 of our colleagues from Sussex Partnership NHS Trust who took part in this initial phase.

Supporting Wellness in the Workplace

Sussex Mindfulness Centre is happy to be a partner in 'Being Well Together' a new health, safety and wellbeing programme from The British Safety Council. The new flexible programme is a one-stop-shop for everything organisations need to adopt, develop and implement a successful health, safety and wellbeing plan. It recognises that every organisation is at different stages of their wellbeing journey by supporting the provision of tailored solutions and where appropriate signposting to partners, such as Sussex Mindfulness Centre. Addressing wellbeing in the workplace can help organisations reduce working days lost, decreases in productivity, presenteeism and risk of accident or injury. It can also improve workplace culture, which will in turn improve overall performance.

Organisations can sign up to the Being Well Together programme and become a supporter on either one or three-year renewable programmes. During this time, they will have access to a huge online resource hub, as well as a dedicated support manager to help them navigate the resources and tailor a wellbeing programme best suited for their organisation. Visit www.beingwelltogether.org for more information.

Short films about learning to teach mindfulness

Thanks to everyone who has signed up to learn to teach mindfulness with us, starting in 2021. We owe a big 'thank you' to all of our mindfulness teachers who generously gave their time and shared their experiences and expertise to make these two really helpful short films advertising our two teacher training programmes:

<https://sussexmindfulnesscentre.nhs.uk/train-to-teach-mindfulness/>



"You can't stop the waves, but you can learn to surf."
Jon Kabat-Zinn

ANNUAL CONFERENCE

Due to COVID-19 we cancelled our conference in Brighton this year but our 2021 conference will be held on Friday 17th September with Prof Willem Kuyken and Byron Lee. Details will be here soon: <https://sussexmindfulnesscentre.nhs.uk/events/>
Email: smc@sussexpartnership.nhs.uk for further information.

SPFT STAFF DROP-INS

Thursday morning 8.15-9.00am

No experience required and all are welcome.

First Tuesday of the month 1.30-2pm

'Lunchtime' mindfulness with Lucy Edwards.

First working Monday of the month 5-6pm

For staff and service users who have completed the 8-week course. The first one of the new year will be held on 4th Jan 2021.

NEW weekly Mindfulness Drop-in at Shepherd House for staff and residents

Dominic Ford is starting a mindfulness session at Shepherd House, every Friday from 22nd January 2021 at 2.30pm. (for staff and residents)

See more details on our website: <https://sussexmindfulnesscentre.nhs.uk/events/drop-ins/>



Exploring a measure of Emotional Regulation (EMER)

Dr Alison Roberts is testing a new questionnaire designed to measure how well people manage their emotions. This questionnaire has been designed on the basis of a well-researched and accepted model of 'emotion regulation' but hasn't yet been used with people who have a range of mental health difficulties. We want to collect answers using this questionnaire along with some other relevant information to find out how well it measures the ideas it is intended to measure.

This project is part of a wider programme of research to explore whether Mindfulness Based Interventions can be adapted to provide a safe, effective and accessible treatment option for people who have problems managing emotional intensity (sometimes diagnosed as borderline or emotionally unstable personality disorder). This group of people often have difficulties accessing talking therapies and clinicians often find it challenging to know how best to support them.

Mindfulness Centres collaboration MBCT in IAPT training programme

We have been commissioned by Health Education England for a 3rd cohort of MBCT training for 86 trainees nationally led by Sussex Mindfulness Centre. The training is scheduled to start in March 2021.

This is a collaboration between Sussex Mindfulness Centre, the Nottingham Mindfulness Centre (led by Tim Sweeney), Tees, Esk and Wear Valleys NHS Foundation Trust mindfulness services (led by Paul Bernard, assisted by Peter Morgan and Jo Cromarty), the IAPT trainings at the Psychology Department at Exeter university (led by Nicole Jamani), and the Oxford Mindfulness Centre Competency Assessment Department (led by Kay Octigan and Sophie Samson). Details here: <https://sussexmindfulnesscentre.nhs.uk/train-to-teach-mindfulness/>

Other 2020 activities...

- Our teacher training has continued throughout 2020. Applications have closed for the 2021 intake, but please take a look at the film about learning to teach on our website here: <https://sussexmindfulnesscentre.nhs.uk/train-to-teach-mindfulness/> and you may be inspired to learn to teach in 2022!
- Covid-19 meant we couldn't run our Mindful self-compassion workshop with Kristin Neff and Christopher Germer face-to-face in Brighton this year. However thanks to the generosity of spirit of the Center for Mindful Self-compassion, we were able to switch to an online format. A big 'thank you' to our wonderful Niki Larsen who administered this! This brought together delegates from all over the world which helped us feel more connected than we could have hoped for. We're hoping to run the face-to-face event, in person in 2021, however if this isn't possible, we will explore online again.
- For detail of our events: see here: <https://sussexmindfulnesscentre.nhs.uk/events/>
- We have also been delighted to welcome two new members of staff to SMC in the last few months: Laura Hearnshaw, Psychology Graduate Intern, and Sally Turner, Senior Assistant Psychologist, who have both already made a hugely positive impact on the work of Sussex Mindfulness Centre.

Mindfulness in the workplace

Maximising the efficiency and wellbeing of the workforce

As we all know, sometimes problems from home can make it difficult to cope and focus on work. We work with companies to deliver mindfulness training to their employees as mindfulness is known to build resilience and performance. So when problems do arise, staff are equipped with the tools and techniques to deal with them.

As part of the NHS, we bring together mindfulness practice, research and training to give people the skills to cope with life's stresses. We've been delivering evidence-based mindfulness to our staff and patients at Sussex Partnership since 2006 and this experience makes us well-placed to deliver mindfulness to staff in other organisations. Our teachers are highly-trained, well-supervised and maintain a consistently high level of up-to-date training.

The business case for mindfulness

Work-related stress is the biggest cause of sickness in the UK and mindfulness can help reduce sickness and also improve staff engagement. It can help reduce stress, reactivity to stress and improve focus....we can't change the stress, but we can change the way staff deal with it, and give them the ability to pause and not simply react, which can only be good for business!

Fitting mindfulness into the work schedule

We are delighted to have Paula Bellers', Julia Powell's and Brett Davis' expertise enabling us to think more widely about developing the provision of SMC mindfulness groups to staff in other organisations. With over 50 trained teachers working with us, we can offer bespoke mindfulness training, (from taster sessions to 8-week courses at various times in the day) to suit the needs of each business and workforce. If required, we can offer continuing support to maintain the positive effects. To find out more, please contact us on E: smc@sussexpartnership.nhs.uk

Clearing

Do not try to save
the whole world
or do anything grandiose.
Instead, create
a clearing
in the dense forest
of your life
and wait there
patiently,
until the song
that is your life
falls into your own cupped hands
and you recognize and greet it.
Only then will you know
how to give yourself to this world
so worthy of rescue.
Martha Postlewaite

Contact us

If you want to get in touch or join our mailing list here are ways to contact us:
Sussex Mindfulness Centre
E: smc@sussexpartnership.nhs T: 0300 304 2057 Twitter: @smcmindful_SPFT
Newsletter created by Paula Bellers and Laura Hearnshaw

