

## COMMUNITY MINDFULNESS: staying connected, local and accessible

Sussex Mindfulness Centre's 6<sup>th</sup> annual conference

Friday 21<sup>st</sup> September 2018

at the Sussex Education Centre, Nevill Avenue, Hove BN3 7HY

### PROGRAMME

09:00 - 09:30	Registration	
09:30 – 10:00	Session 1: Introduction	
09:30 – 09:40	Welcome and Introduction	Robert Marx & Clara Strauss
09:40 – 09:50	Sussex Mindfulness Centre and Sussex Partnership NHS Foundation Trust	Samantha Allen
09:50 – 10:00	'Quality Improvement through Mindfulness'	Steve Yarnold
10:00 – 11:15	Session 2: Practice and workshops	
10:00 – 10:20	Mindfulness Practice	Tamsin Bishton
10:20 – 10:30	<i>Break to get into workshops</i>	
10:30 – 11:15	Workshops:	
	1. 'Keeping it real'	Julia Racster-Szostak
	2. 'Engagement and mindfulness-based approaches'	Fergal Jones, Moitree Banerjee & Sarah Strohmaier
	3. 'The importance of mindful movement in an 8 week course'	Taravajra
	4. 'From trainee to confident mindfulness teacher: turning towards the difficult transitions'	Lucy Edwards & Liz Stapleton
	5. Mindfulness Practice	Andy Cable
11:15 – 11:45	MORNING BREAK	
11:45 – 12:30	Session 3: Workshops	
11:45 – 12:30	Workshops:	
	6. 'Not Really For Me?: Reflections on Mindfulness'	Helen Leigh-Phippard, Mike Hales & Julia Racster-Szostak
	7. 'Should we recommend mindfulness-based self-help resources to people using mental health services?'	Kate Cavanagh, Tamara Leeuwerik & Heather Taylor
	8. 'Living with heart; an introduction to mindfulness based compassionate living'	Bridgette O'Neill
	9. 'Poems for Mindfulness'	Heather Ball & Hazel Ragoonanan
	10. Mindfulness Practice	Lana Jackson

12:30 – 13:30	<b>Lunch Break</b>  <i>N.B. Lunch will not be provided. Attendees are requested to bring lunch with them.</i>	
13:30 – 15:00	<b>Session 4: Practice and workshops</b>	
13:30 – 13:40	Mindfulness-based Compassionate Living Practice	Carolyn Pollak
13:40 – 13:50	‘Mindful Decision-Making in the Board and Council of Governors’	Dominic Ford and Martin Richards
13:50 – 14:00	<i>Break to get into workshops</i>	
14:00 – 14:45	Workshops:	
	11. ‘How can we cultivate compassion? Bringing practice and research together.’	Clara Strauss, Robert Marx & Jenny Gu
	12. ‘Adapting MBCT for young people’	Brenda Davis, Ruth Sequeira, Lana Jackson & Tessa Wylie
	13. ‘Teaching Introduction to Mindfulness at Recovery College’	Nicky Mouat
	14. ‘Mindfulness is not enough’	Jo Chittenden & Tamsin Bishton
	15. Mindfulness Practice	Catherine Cameron
14:45 – 15:15	<b>Afternoon Break</b>	
15:15 – 16:30	<b>Session 5: Practice and plenary</b>	
15:15 – 15:25	Mindfulness practice	Fergal Jones
15:25 – 16:10	Plenary - Reflections of the Day	Robert Marx & Clara Strauss (Chairs)
16:10 – 16:20	‘Increasing access to Mindfulness Based Cognitive Therapy’	Adrian Whittington
16:20 – 16:30	Mindfulness Practice	Lynn Ley
16:30	Conference close	

## **SPEAKERS**

**Samantha Allen**

**Chief Executive, Sussex Partnership NHS Foundation Trust**

Sam Allen became Chief Executive of Sussex Partnership NHS Foundation Trust in March 2017.

Sam started work in the NHS in 1996 and has a background both in the operational management and leadership of mental health services and health and social care commissioning. Sam also gained valuable experience working with an international healthcare organisation in the private sector. An important aspect of her work is developing effective partnerships with experts by experience, families and carers, clinicians, support staff and partner organisations, to ensure efficient clinical care and improve experience and outcomes.

Sam is a Chartered Manager, Fellow of the Chartered Management Institute and holds an MBA from Aston Business School.

**Steve Yarnold****Associate Director for Quality Improvement, Sussex Partnership NHS Foundation Trust**

I am passionate about riding bicycles and being outdoors. Being from the North of England I am a Rugby League fanatic. I have three inspiring children who provide me with daily mindfulness coaching. I'm a Registered Mental Health Nurse with a career spanning 20 years in a variety of settings. I have a special interest in secular meditation, compassionate leadership and the science of improvement (QI).

**Dominic Ford****Director of Corporate Affairs, Sussex Partnership NHS Foundation Trust**

Dominic joined Sussex Partnership in September 2017, having been in a similar role at Brighton and Sussex University Hospitals NHS Trust for almost five years. Dominic has worked in the NHS since 1989, in the acute and mental health sectors and spent five years in the predecessor organisations to the Care Quality Commission, leading the mental health programmes there.

**Martin Richards****Non-Executive Director, Sussex Partnership NHS Foundation Trust**

After a long career in the police service in five different counties Martin has experience of mental health challenges at both street and strategic level. As Chief Constable first in Wiltshire and (more recently) Sussex he has a record of achievement in organisational and cultural change especially in the context of budget reductions.

He joined the Trust in January 2016 and is independent chair of the Safeguarding of Children and Vulnerable Adults in the Diocese of Chichester. He also serves as a governor at St Christopher's School, Hove.

**Dr Adrian Whittington****Director of Education and Training, Sussex Partnership NHS Foundation Trust**

Adrian is a Consultant Clinical Psychologist and mental health education specialist with a track record of leading change in mental health care through education, psychology and psychological therapies, and recovery oriented practice.

Working across university and healthcare organisations Adrian leads innovation in develops learning and education programmes at all levels of study that lead to a better experience for people who use services. He is committed to increasing access to evidence based, recovery oriented interventions in mental health care and to a stronger voice for people with mental health challenges and their families.

Adrian specialises in Cognitive Behavioural Therapy and Post Traumatic Stress Disorder.