

**COMMUNITY MINDFULNESS:**

**staying connected, local and accessible**

Sussex Mindfulness Centre’s annual one-day conference

Sussex Education Centre, Nevill Avenue, Hove BN3 7HY

Friday 21st September 2018

9:30am to 4:30pm (registration from 9am)

**Conference highlights:**

* A full day of practice sessions and workshops led by local teachers, trainers, researchers and former service-users;
* Keynote talks by Sam Allen, Chief Executive, and Adrian Whittington, Director of Education and Training, Sussex Partnership NHS Foundation Trust;
* The opportunity to connect with others in your local community who share an interest in mindfulness.

This event is free to SPFT staff / current and recent service users / advocates and trainers. £50 for other attendees via ‘Eventbrite’. Tea and coffee will be provided. To book your place contact: [SMC@sussexpartnership.nhs.uk](mailto:SMC@sussexpartnership.nhs.uk).

@SMCmindful\_SPFT #SMC 2018 for live tweeting Sussex Mindfulness Centre