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| **COMMUNITY MINDFULNESS: staying connected, local and accessible**  Sussex Mindfulness Centre’s 6th annual conference  Friday 21st September 2018  at the Sussex Education Centre, Nevill Avenue, Hove BN3 7HY  **PROGRAMME**   |  |  |  | | --- | --- | --- | | **09:00 - 09:30** | **Registration** |  | | **09:30 – 10:15** | **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 – 10:15 | Mindfulness Practice | Tamsin Bishton | | **10:15 – 11:15** | **Session 2: Practice and workshops** |  | | 10:15 – 10:25 | ‘Quality Improvement through Mindfulness’ | Steve Yarnold | | 10:25 – 10:30 |  |  | | 10:30 – 11:15 | Workshops: |  | |  | 1. ‘Keeping it real’ | Julia Racster-Szostak | |  | 1. ‘Engagement and mindfulness-based approaches’ | Fergal Jones, Moitree Banerjee & Sarah Strohmaier | |  | 1. 'The importance of mindful movement in an 8 week course' | Taravajra | |  | 1. ‘From trainee to confident mindfulness teacher:  turning towards the difficult transitions’ | Lucy Edwards & Liz Stapleton | | **11:15 – 11:45** | **Morning Break** |  | |  | **Session 3: Practice and workshops** |  | | 11:45 – 11:55 | Mindfulness Practice | Lana Jackson | | 12:00 – 12:45 | Workshops: |  | |  | 1. ‘Not Really For Me?: Reflections on Mindfulness’ | Helen Leigh-Phippard and Mindfulness Advocates | |  | 1. ‘Should we recommend mindfulness-based self-help resources to people using mental health services?’ | Kate Cavanagh, Tamara Leeuwerik & Heather Taylor | |  | 1. 'Living with heart; an introduction to mindfulness based compassionate living' | Bridgette O’Neill | |  | 1. ‘Poems for Mindfulness’ | Heather Ball & Hazel Ragoonanan | | **12:45 – 13:45** | **Lunch Break**  *N.B. Lunch will not be provided. Attendees are requested to bring lunch with them.* |  | | **13:45 – 15:00** | **Session 4: Practice and workshops** |  | | 13:45 – 14:00 | Mindfulness-based Compassionate Living Practice | Carolyn Pollak | | 14:00 – 14:10 | ‘Mindful Decision-Making in the Board and Council of Governors’ | Dominic Ford and Martin Richards | | 14:15 – 15:00 | Workshops: |  | |  | 1. ‘How can we cultivate compassion? Bringing practice and research together.’ | Clara Strauss, Robert Marx & Jenny Gu | |  | 1. ‘Adapting MBCT for young people’ | Brenda Davis, Ruth Sequeira, Lana Jackson & Tessa Wylie | |  | 1. 'Teaching Introduction to Mindfulness at Recovery College' | Nicky Mouat | |  | 1. ‘Mindfulness is not enough’ | Jo Chittenden & Tamsin Bishton | | **15:00 – 15:15** | **Afternoon Break** |  | | **15:15 – 16:30** | **Session 5: Practice and plenary** |  | | 15:15 – 15:35 | Mindfulness practice | Fergal Jones | | 15:35 – 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 |  | |
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**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.