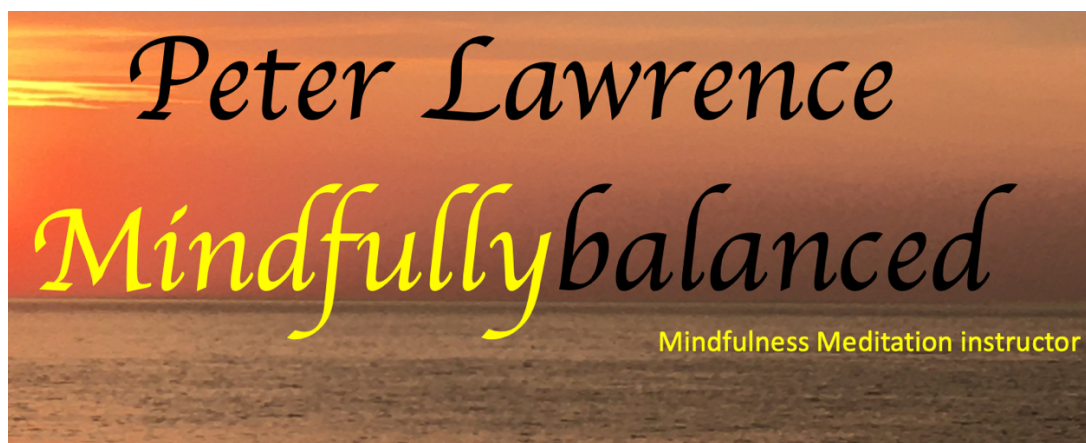


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Mindfullybalanced.co.uk

Date: 19th March 2021

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Section 1:

Update weekly sessions:

Next week's timetable is below.



Monday 22nd March - 9am and 8.30pm
Wednesday 24th March - 9am
Thursday 25th March – 6.30pm
Friday 26th March - 9am and 11.30am

Saturday 27th March - 11am - specifically for pain management.

If you want the Zoom code for the session(s) you would like to attend, please contact me through my website's 'contact page'

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Section 2:

TH Hub - Mindful Movement for Cancer

On Tuesday April 13th I will be starting 'Mindful Movement for Cancer' sessions as part of the Thornton Heath Hub. These sessions are funded to run for 12 weeks every Tuesday evening between 7.30 - 8.30pm through Zoom. This will be for people living with, in remission or caring for someone who has cancer and live in the Thornton Heath area.

This course came about when Cheryl Johnson recently created and ran a Cancer Creativity group which included, Introduction to Macmillan Cancer Support, healthy eating, art and craft workshops, sex and cancer, looking good and feeling better, creating festive decorations, healthy baking and mindfulness including movement.

This was a such popular course and from the very positive feedback Cheryl will run other courses later this year, also what came from the feedback was how much the participants enjoyed the Mindful Movement session, and from this the 'Mindful Movement' course was developed.



For funding reasons attendees must:

- Live in the Thornton Heath area
- To express an interest please contact either:
 - Cheryl Johnson – cancercreativitygroup@gmail.com
 - Peter Lawrence – mindfullybalanced.co.uk/contact
 - Saera Haque - saerahaque@croydonsocialp.com
- Agree:
 - for contact details to be kept on file. Your details will not be shared without your permission, and then only with funders for auditing purposes.
 - to complete a pre-course questionnaire which will be sent to complete on-line, before the course starts.
 - to complete an on-line post-course questionnaire on completion.
- Information from these questionnaires will be confidential.

This will be an exciting and interesting course with lots of fun, movement and learning mindful techniques to help improve well-being and quality of life.

Section 3:

Main findings from the January Survey and forward thinking

The Survey findings, which I ran in January, are now ready to view on my website page:

Mindfullybalanced.co.uk/survey

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The main findings from the survey were: (*and forward flow*)

- 100% reported that attending the sessions were beneficial to their well-being and mental health.
This meets the aims and shows the sessions are on the right track for funding and that the sessions are helping attendees
- 80% said they enjoyed the sessions, with 65% responding that attending the sessions helped them cope better with stress.
This shows attendees are benefitting from the sessions
- The main two reasons to attend the sessions were to improve mental health and stress. With 89% responding that it did.
It shows the intentions and the outcomes match, another tick for funders!
- There was a huge positive response matching the attendance to the sessions reduced visits to the GP by 76%.



This is really significant, and I'm so pleased with this, as one of the main reasons why the Social Prescribing initiative was set up was to help people improve their health and well-being holistically, for example: by attending initiatives like Mindfulness meditation, without having to use the NHS resources, and this proves that these sessions work.

- The most popular weekday sessions were the morning 9am ones.
These will keep going, and as reported changes to the timetables have now happened in relation to attendance.
- The top two session times most preferred were Saturday and Sunday mornings.
*Saturday at 11am sessions already exists.
From Sunday 4th April (Easter Sunday) or 11th April, I will start a session starting from 10am – 11am, this is the only time I am free, for a trial of 4 weeks to check attendance, if it is popular this will continue. So please let me know if you will be attending this session.*

This feeds in perfectly for further funding and demonstrates the impact of these sessions have in improving well-being and quality of life, as well as easing visits to GP surgeries which are all aims of the Social Prescribing initiative!! So this is great news and I'm so pleased with the impact these sessions are having!

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Section 4: Good news

The Thornton Heath Hub, previously mentioned in Newsletter 3/2021, will officially start on Monday April 12th, with Mindfulness Movement for Cancer on Tuesday evenings, and Mindfulness for youth on Tuesdays (times being arranged but looks like this will be from 4pm – 4.45pm, then a further Adult Meditation session being arranged through the Hub between 5pm – 6.30pm. More information on what will be available will be advertised in this newsletter plus in GP surgery's in the Thornton Heath area.

I have been asked to continue my mindful work with **Avanti Mental Well-Being CIC**, an organisation based in Mitcham providing services for individuals and groups with mental health needs and for voluntary and statutory organisations and projects working with this client group. Their services are client-centred.

I continue my voluntary work with Mind, taking Meditation sessions twice a week and have recently started working with their Recovery Space initiative. Recently a person stated that:

'I was able to feel my body starting to feel panicky as my breathing increased and I felt my heart pounding, and using the mindful techniques I knew worked for me I was able to bring the panic feeling under control'.

This is just so brilliant!

If you have anything to share in this section, please contact me.

Section 5: Quick read – Nasal Breathing exercises

In newsletter, 3/2021, the quick read section explained the benefits of nasal breathing. Below I continue developing the benefits with few examples of how to practice the nasal breath.

These are suggestions and if you find it difficult to move your body in a particular position, as shown below, please respect your body and either ease the movement or do not do it, and only use the ones you can physically do.

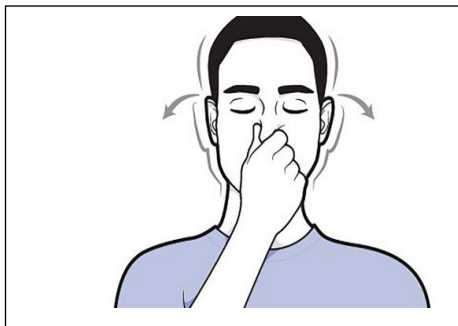
(Taken from a report from the NY Times and Irish Times **By Kelly DiNardo**)

We breath roughly 25,000 times a day, but until recently few of us gave much thought to this automatic bodily function.

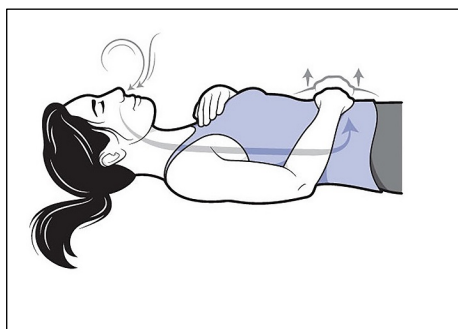
“If there's some good to come out of Covid, it's that people are paying more attention to how they're breathing,” said **James Nestor, author of “Breath: The New Science of a Lost Art,”** which explores how we breathe, how that's changed and how to do it properly. “You can't be truly healthy unless you're breathing correctly.”

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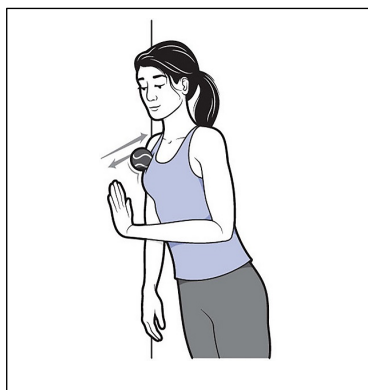
How we breathe affects us at a cellular level. Research shows changing the way we breathe can influence weight, athletic performance, allergies, asthma, snoring, mood, stress, focus and so much more. You can learn to breathe better and these exercises can help.



Congestion clearing An exercise in, *The Oxygen Advantage*, by Patrick McKeown, may help decongest the nose: sit up straight, gently inhale and exhale through the nose, then pinch both nostrils shut. Shake your head up and down or from side to side until you feel the need to breathe. Take a slow breath in through the nose, or through pursed lips if the nose is still congested. Breathe calmly for 30 seconds to a minute and repeat five more times.



Belly breathing Lie flat on your back with your knees bent. Place one hand on your chest and the other on your belly just below your rib cage. Breathe in slowly through the nose so your stomach expands against your hand. The hand on your chest should not move. Slowly exhale through the nose or pursed lips and feel the belly move down to its original position. Repeat for five to 10 minutes. As you get more comfortable with the technique, practice sitting or standing.



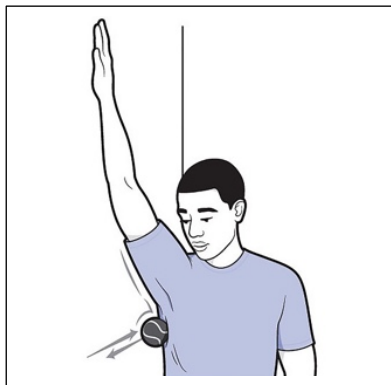
Grab a ball and roll away

When you breathe into the chest, muscles in the neck, shoulders, upper chest and back try to help out and can become tight. And when muscles of the upper body are chronically tight, they can restrict normal breathing. Massaging the upper body with a tennis or massage ball can break this cycle and loosen, lengthen and relax the muscles.

Pectoral roll Stand facing a wall and place the ball under your collarbone at the sternum. Lean against the wall and slowly roll the ball back and forth, side to side, along the valley below your clavicle several times. Repeat

on the other side of your chest.

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Intercostal roll Standing with your side to the wall, raise the arm closest to the wall overhead and place the palm on the wall. Put the ball under the armpit at the top of your ribs, lean into the wall, and gently rock back and forth. Lower the ball 1 inch and repeat. Continue down your side, massaging the intercostal muscles between your ribs, until you reach your lower ribs. Repeat on the other side.

There will be more ways to help with improving your breathing in the next full newsletter. 7/2021.

Please note, from now on the newsletters will be different. There will be a Full Newsletter like this every two weeks, and in between there will be a timetable only newsletter with just the times of the sessions for the following week.

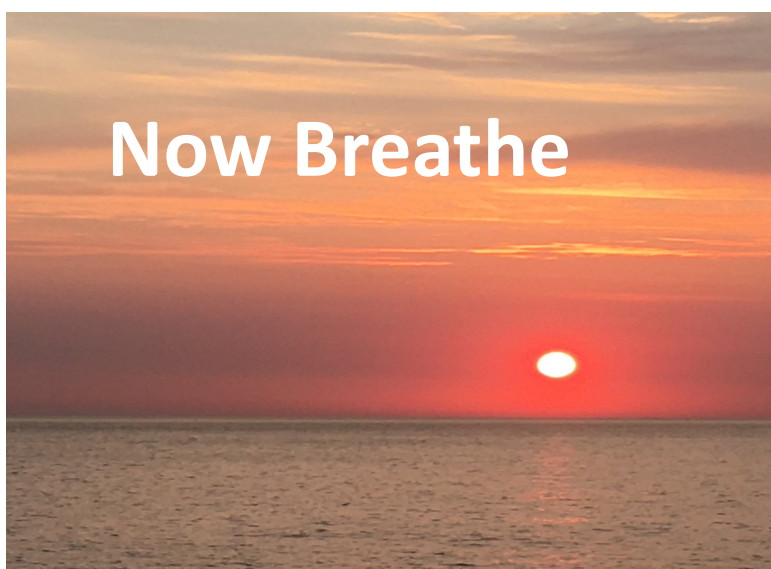


Photo: Sunrise Portland Bill – by me

Yay!!!

Take care everyone.

With kindness

Pete