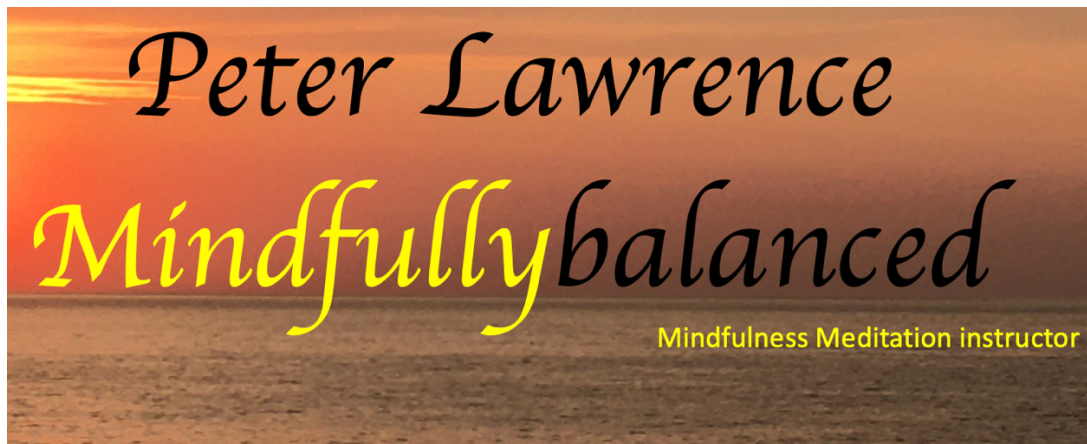


# Newsletter 6/2021



Mindfullybalanced.co.uk

Date: 26<sup>th</sup> March 2021

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Section 1: Update weekly sessions

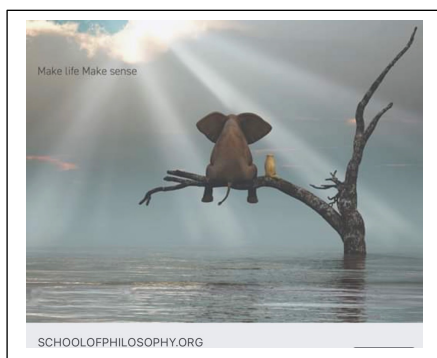
Section 2: TH Hub – Mindful Movement for Cancer

Section 3: Good news – funding and testimonials

## Section 1:

### Update weekly sessions:

**Next week's timetable is below.**



Monday 29<sup>nd</sup> March - 9am and 8.30pm

Wednesday 31<sup>st</sup> March - 9am

Thursday 1<sup>st</sup> April - **7.30pm Please note time change**

**This will only be for this week**

Friday 2<sup>nd</sup> April - 9am and 11.30am

Saturday 3<sup>rd</sup> March - 11am - specifically for pain management. Please contact me if you would like to join this session.

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

**Please note: I will be taking the sessions over Easter and taking a holiday at the last week of April.**

**I'm running a trial for Sunday morning sessions between 10am – 11am, from April 11<sup>th</sup>. Please let me know if you will be attending. Thank you.**

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## Section 2: (*This is repeated from newsletter 5/2021*)

### TH Hub - Mindful Movement for Cancer

On Tuesday April 13<sup>th</sup> 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.



*Photo by Frances Britt Taylor*

For funding reasons attendees must:

- Live in the Thornton Heath area
- To express an interest please contact either:
  - Cheryl Johnson – [cancercreativitygroup@gmail.com](mailto:cancercreativitygroup@gmail.com)
  - Peter Lawrence – [mindfullybalanced.co.uk/contact](http://mindfullybalanced.co.uk/contact)
- 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:

### Good news – Funding and testimonials

It was announced this week that Sports England will be funding more sessions for the Croydon Social Prescribing initiative (CSp), which will include Mindfulness Meditations. This is such brilliant news to add to the funding from London Sports. Sports England alongside London Sports are very interested and like the work that we do, in helping with physical health, well-being supporting the local area. This also reflects the hard work the

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Social Prescribing team, which includes, Paul Macey, Jennine Bailey, Cheryl Johnson, Janey Williams and Saera Haque.

Saera Haque was recently awarded the Champion for South West London for the National Association of Linkworkers. Saera works at Parchmore Medical Centre, where as a Linkworker she informs people of all the CSp activities. These activities, like Mindfulness meditation help people's health in a holistic way rather than medically. As shown in my last survey, after attending my sessions 76% reduced their visits to the GP. Well done Saera!!!

The following testimonials are from attendees from my sessions:

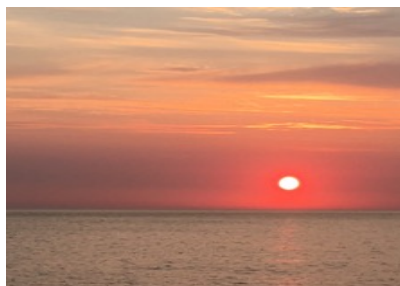


'I had to go the dentist recently, which I don't like at all, to have a tooth removed. I usually struggle with the dentist, but this time I started to be mindful of my breath and was able to settle and get through it without any problem' **AA – March 2021**

Peter's mindfulness sessions are just great. They are fun, inspiring and beneficial to my mental wellbeing. Peter is using various techniques to enrich our practice even further. Thanks to that, I frequently acquire new tools to deal with my stress and anxiety. It also helps to discover new things about myself. I'm so grateful these sessions are available to me and others who would normally not be able to afford such a service. Thank you, Peter. **Anonymous - from survey**

I thought you might like to know, I had to go for a routine MRI last week to check some discs in my back, which in the past has been a very challenging experience as I am claustrophobic! This however was my first one since starting mindfulness and I am thrilled to say that through mindful meditation and breath work, I managed the whole 30 minutes without so much as a flicker of panic. **TG March 2021**

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



Yay!!!

Take care everyone.

With kindness

Pete