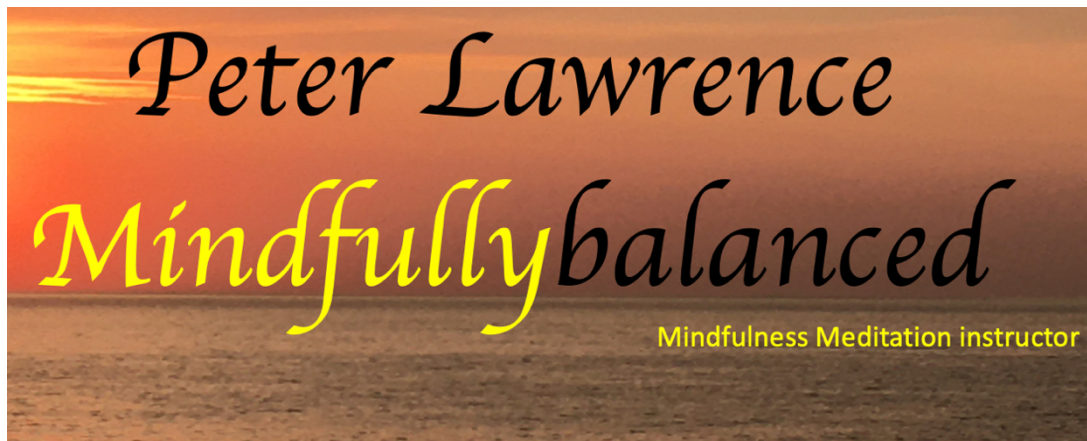


Newsletter 2/2021



Mindfullybalanced.co.uk

Date: 26th February 2021

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Section 1:

Update weekly sessions:

Over the next two weeks the 6.30pm sessions on Monday and Thursday evenings, will run between 5.15pm – 6.15pm. Sorry if this causes an inconvenience, it is due to fostering commitments. The sessions include:

Monday 1st

Thursday 4th

Monday 8th

Thursday 11th

The usual codes for the 6.30pm sessions can still be used.

Due to lack of attendance Tuesday 12.45pm session is now withdrawn until further notice.

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For info the weekly Zoom Mindful meditation sessions are:

Monday 1st March - 9am, 5.15pm 8.30pm

Wednesday 3rd March - 9am

Thursday 4th March – 5.15pm 8.30pm

Friday 5th March - 9am and 11.30am

Saturday 6th March - 11am - specifically for pain management.

If you would like to attend the Saturday session please let me know.

Section 2:

Key findings of survey

There were 40 replies to the survey, (78%) thank you so much for this, it has given me food for thought as well as reassurance that the sessions are on the right track in helping and supporting attendees. And your personal feedback has been fantastic.

The summary of the responses per questions are below:

Q1: Do you feel attending Mindful meditations beneficial?

100% Yes

Q2: Please select the main reasons for for your answer to question 1 (top 3 replies)

- I enjoy the sessions - 80%
- I have the techniques to help me and I like to attend sessions to keep up my practice – 68%
- It has helped me deal with stress better – 65%

Q3: What were your main reasons for starting Mindfulness meditation?

- To improve my mental health – 65%
- To help with feeling stressed in my personal life – 53%
- To help with my energy levels – 45%

Q4: How many times do you attend the mindful sessions per week or month: **Answers will be shown in the full report on my website.**

Q5: Has the sessions helped in reducing the number of calling/visits to your GP?

- Yes – 74%
- No – 26%

Q6: Has attending the sessions helped your mental well-being during the pandemic? (top 2 answers)

- A great deal – 58%
- A lot – 33%

Q7: Has attending the sessions helped with physical health during the pandemic? (top 2 answers)

- A moderate amount – 30%
- A great deal – 25%
- A lot – 25%

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Q8: Which session or sessions, do you prefer to attend.

- Monday evenings 6.30 and 8.30pm – 46%
- Thursday evenings 6.30 and 8.30pm – 54%

Q9: If preferred, are there other times that would suit you better?

Answers will be shown in the full report on my website.

Feedback

Below are a few examples of feedback I have received, thank you to everyone who responded. The full report will be available on my website. This information will be sent to the funders to show what the impact of the sessions have been, and hopefully will help with further funding. I'm so happy that so many of you are benefitting from our sessions.

- it felt a safe space
- 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.
- Helps with pain management
- It really helps learn techniques to help Calm
- It has help me mental fiscal and the breathing exercise has help me with the anxiety and panic attacks.
- the sessions are run in a gentle and kind way that helps with my own self acceptance
- The sessions have helped me considerably and have enabled me to continue to support others.
- Absolutely fantastic to learn new skills for mindfulness and the regular appointments help me to keep healthy and active by helping me with pain, anxiety and depression.
- In the past I have attended different mindfulness classes and have to be honest they have not helped me. I have found peters classes to be varied interesting. Informative and they have helped me get through and cope with this pandemic. It has taken me a long time for me to adjust but with his guidance I am making progress. I find his voice calming and his sense of humour uplifting. He has so much enthusiasm and knowledge for his subject and I think that is what has made mindfulness work for me this time.
- It has helped me to breather better, which is important because I have asthma.

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- Helps me sleep better
- (has helped with my) PTSD and anxiety
- It's has help me with my Rheumatoid arthritis
- To have a tool ie breathing techniques and physical exercises to lower stress and emotional discomfort
- Because I was approached by the Social Prescriber at My GP Practice. I thought it was a daft idea but I like trying something new. I loved it right from the start.
- Several weeks ago I had a phone consultation with a GP because I was experiencing symptoms such as lightheadedness and chest tightness. The GP advised that my symptoms sounded stress related, as I have a lot of work stress at the moment in addition to pandemic-related worries. I have found the mindfulness sessions very beneficial in helping me to reduce these symptoms and my overall anxiety. As work stress has increased I have been attending sessions more frequently, and this has stopped me from needing to consult with a GP again as I have been able to reduce symptoms through mindfulness and meditation.
- But I just wanted to add that after the last meditation I had with you (evening) I slept so well, I had not slept that well in years tbh! I woke up feeling rested and energised, I felt relaxed in the mind and body whilst feeling energy and enthusiasm towards the day ahead. Thank you so much Peter, this is such a beautiful work you're doing 🙏

Section 3:

Update registers and changes to weekly community sessions

From the week of the **March 1st Tuesday's 12.45pm** session will no longer run due to lack of attendance. The evening sessions are being looked at and information on these sessions will follow. The Friday session will continue as usual.

Section 4:

Good news

A message from Thornton Heath Hub consortium, in which I am involved, has sent the following message to be included in this newsletter:

Partners (TH Hub) for local communities based around Thornton Heath, have partnered with a Social Prescribing initiative, Croydon Social Prescribing (CSp), in order to assist communities to be proactive about improving their mental health and wellbeing.

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CSp help to progress, empower and coordinate opportunities. Finding the best ways of engaging with patients and the wider Croydon community, developing an array of locally based programmes proven to assist in their health self-management and supporting them through the transition of long-term behavioural change. These can be direct referrals to the programmes from GP's and Link Workers or self-referrals from any organisation or individuals.

The Link Workers patient feedback and consultations will feed into the design of the programme to ensure we are keeping up with local need, identifying possible barriers and improving accessibility.

CSp will also be able to support the programme to be self-sustainable by connecting us with other funding opportunities, supporting applications and facilitating partnership meetings with other initiatives.

We will be delivering as part of CSp Thornton Heath Localities hub, a part of the TH Hub Consortium and attending regular meetings with local providers, Link Workers and residents.

Some of the activities offered and supported by CSP include:

- Counselling
- Cancer Support Group
- Fitness classes
- Wellbeing and Life style coaching
- Mentoring for Young People
- Support for young people with Autism and their families
- Employability and Debt Advice

Funders from London Sport and Crystal Palace for Life attended one of the morning sessions and were so impressed that they offered to Fund the Monday morning session, as part of the overall funding for CSp projects. This is great news as it mean's our work is getting noticed and will lead to more funding opportunities.

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

Section 5:

Quick read – Danny Penman author of Mindfulness in a Frantic World

Thousands of peer-reviewed scientific papers prove that mindfulness enhances mental and physical wellbeing and reduces chronic pain. Clinical trials, including a major study at the University of Cambridge, have shown that the program in our book Mindfulness: Finding Peace in a Frantic World is highly effective at reducing anxiety, stress and depression. Other clinical trials have shown that mindfulness is at least as effective as the main prescription painkillers while also enhancing the body's natural healing systems. For these reasons, the British Medical Association has endorsed our book Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing (published in the US as You Are Not Your Pain). Mindfulness also enhances creativity, clarifies the mind and improves decision-making.

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Here are a few of the main proven benefits of mindfulness meditation:

Anxiety, stress, depression, exhaustion and irritability all decrease with regular sessions of meditation. Memory improves, reaction times become faster and mental and physical stamina increase. In short, regular meditators are happier and more contented, while being far less likely to suffer from psychological distress.

With kindness

Pete