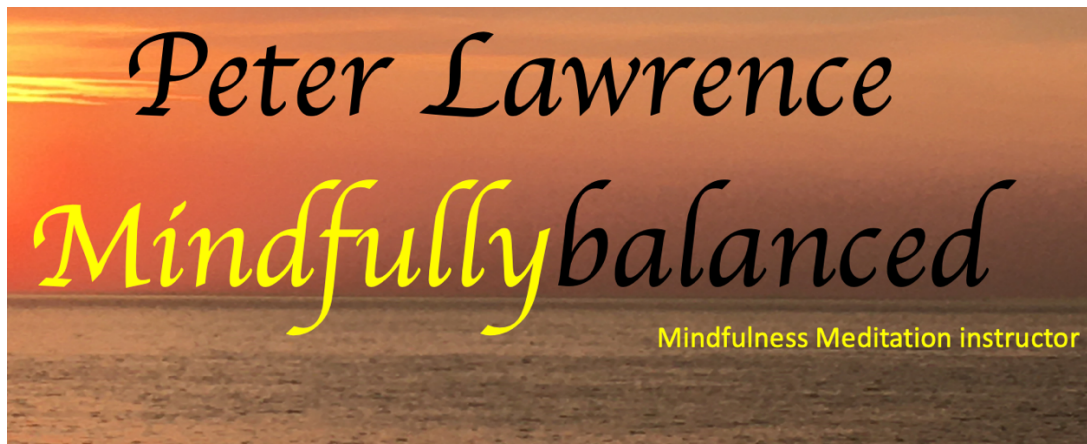


# Newsletter 10/2021



Mindfullybalanced.co.uk

Date: 30<sup>th</sup> April 2021

Contents of this newsletter:

Section 1: Update weekly sessions

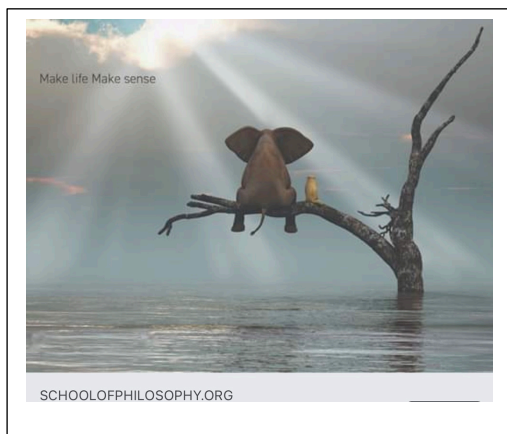
Section 2: News: Thornton Heath Hub

Section 3: Quick read – Art of breathing a lost science

## Section 1:

### Update weekly sessions and my break

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



Monday 3<sup>rd</sup> May - 9am and 8.30pm

Tuesday 4<sup>th</sup> May 7.30pm Movement for Cancer

Wednesday 5<sup>th</sup> May - 9am

Thursday 6<sup>th</sup> May – 6.30pm

Friday 7<sup>th</sup> May - 9am and 11.30am

Saturday 8<sup>th</sup> May 11am

Sunday 9<sup>th</sup> May 10am

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

From the last survey, Sunday mornings showed as a popular time people wanted for a mindful session, so I am offering the following as a trial:

I will run three Sunday sessions in May:

Between 10am – 11am on Sundays 9<sup>th</sup>, 16<sup>th</sup>, and 23<sup>rd</sup>

If you wish to attend, please let me know. If there is not enough participants in the Sunday sessions, they will stop.

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*'During lock down and then being made redundant, my physical and mental health deteriorated, but now I have found Pete's Mindfulness sessions I have started to feel well and energised again. His sessions has helped me so much and I'm so pleased I have found this. I've also learnt how to use Zoom. With the help of my daughter! RB April 2021*

## News:

Below are the information leaflets for the wide range of activities being organised by **Thornton Heath Hub with Croydon Social Prescribing**. If you are interested or know of anyone who lives in the area who may be interested in taking part, please contact the relevant person shown. This is a really exciting initiative and a great opportunity to gain skills, keep fit, join in and learn with others, socialise as well as helping your physical and mental well-being! Brilliant!

## Thornton Heath Hub

For wellbeing & lifestyle management

**A localised hub providing the community with a one stop shop for free support for the whole family including debt and benefits advice, anxiety stress support, exercise classes, cancer support, employability, project for families with autism and youth mentoring sports activities. Activities will be both online and when permitted face to face.**

Programme	Service	Target Audience	Participant Capacity	Day & Duration	Contact
Inclusive Sports	Multi sports and football coaching sessions for young people with Autism	For young people with autism 5-18yrs	Max 10 for each group 5-8yrs and 10-18yrs	21st April for 12wks Wednesday 5-6pm-6:45pm	benperryman@palaceforlife.org 0208 768 6047
Health & Well-being	Nutrition education workshops on various topics	People looking to get more information on food related topics	Unlimited	Monday 6pm-7pm	val@btgenes@gmail.com
Youth Hub	Peer led help, advice and support from 16-18 for 16-18 year olds	16-18yrs	Unlimited	Can be accessed at any time	jamie@troughtonpalaceforlife.org
Counselling Support to Women's Wellbeing	The Wellbeing Women's Group is a peer led support group for women who are experiencing mental health issues, which allows women to share their experiences in a safe environment	Women 18yrs	10 per group	12th April Tuesday 11am	info@prehabukland.com
Cricket coaching	We offer one to one and group cricket coaching for all ages and all levels of skill	For children aged 8 to 18	Unlimited	Saturdays 10am-12pm 12-2pm 2-4pm 4-6pm	Harold 07935465937
Cancer Support Groups	Mouth of Movement for Cancer Exercise for Cancer	Cancer patients over 18yrs	8 per group	Tue 7.30-8.30pm Wed 7.30-8.30pm	Referral to your GP or link worker or email Cancermeetinggroup@gmail.com
School Advocacy project	Support for support, write the letters or attend school meetings. Support if English is a second language	Families with school aged children	Unlimited	Monday 12-1.30pm or anytime via email	usara.haque@nhs.uk
All Inclusive Financial Support	Employability, budgeting and more for one advice	For 18yrs	Unlimited	Tuesday and Wednesday 9am - 6pm	info@allinclusivetraining.org 07988663851

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**Jon Kabat-Zinn, who pioneered mindfulness into the medical world during the 1970s, wrote the book, 'Wherever you go there you are'**

Being in a place not only physically but also being there in your mind too. Really seeing the place you are in, brings presence of mind, focus and enjoyment in the moment and life. You can do this by using your senses of touch, sight, smell, hearing and taste to be fully present in the moment. To the left is the view from the patio of the flat we are staying in on holiday! It's been beautiful to be present in the moment and really being here! Even my breakfast is happy!

## Section 3:

### Short read:

#### Art of breathing a lost science

Fresh off the press in September 2020, this book by science journalist James Nestor, '**Breath. The New Science of a Lost Art**', holds the potential to reach a broader audience given its basis in modern neuroscience. Whilst crucially also recognising the great mystery of breath. And the deeper places we can access in ourselves.

James sojourns many places over many years, on the reader's behalf, to bring an updated view. In the first two pages alone, the pranayama, sudarshan kriya, is mentioned (yogic breath technique). We are taken into the quite profound experience James has in this first pranayama class. He writes, 'I'd come here on the recommendation of my doctor, who'd told me, 'A breathing class could help.'

It is via the 'pulmonauts' where James uncovers many curious findings. From Tibetan Buddhists who astound scientists by their ability to sit almost completely naked in snow, melting the snow around them, as they contain heat in their bodies through breath alone. To Norman Kingsley, a dentist and sculptor who in 1859 designed one of the earliest orthodontic devices - with the intention to widen the mouth and open the airways.

James is American. And as with many Americans, he shows that due to poor 'brown food' diet and not enough hardy chewing of fibrous vegetables, was propelled into this research through self interest and discovery. Plagued by respiratory issues, stemming from the combination of commercial food since 6 months old, that lead to



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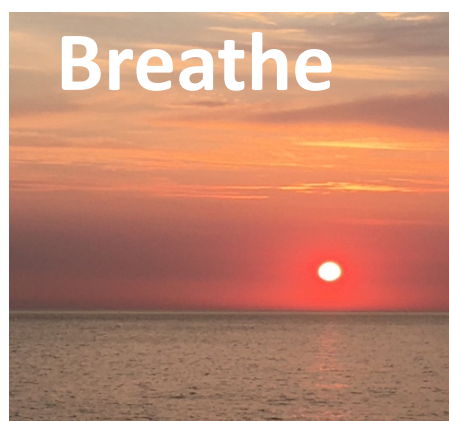
poor eating habits, his mouth was underdeveloped, making his tongue too big for the space it was in. Creating other facial distortions, and this the perfect snoring storm! A stark reminder of the effects of the industrial age on the jaw and teeth.

So there is story. And that makes the book appealing as he is writing it much more from personal experience. Including the agonising research him and another character Olsen endure. Funding it themselves, they both agree to literally have their noses plugged for 10 days, to force mouth breathing. The results are catastrophic in terms of both measured outcomes such as oxygen levels and blood pressure, and how they feel. Which is terrible. A clever way to demonstrate how not to breathe. Nose breathing is a firm non-negotiable.

And this is where the sleep tape comes in! Yes. Taping up your mouth at night. James goes into greater detail of this. I've been doing it. Got my Dad doing it too. Especially if you are a known snorer, this is a great, safe and inexpensive way to begin to resolve the issue. A roll of micropore tape from your pharmacy. Pop a postage stamp sized piece over your both, and off to the land of zzzzz you go.

We are introduced to a number of other contemporary breathing experts. A choir conductor, and by all accounts a real trailblazer in his work, Carl Stough. Who realised through working with singers, how the power of the exhale was being overlooked. This ultimately lead to life saving work with people suffering from emphysema. This was back in the 1940s, where Carl got involved by invitation from the chief of tuberculosis management to breath train a group of patients with severe emphysema. The hospital had no idea what to do with these patients. When Carl comes to them, it is a seemingly hopeless vision of very unwell people, lying on gurneys, as if all laid out to die.

He says in his book Dr Breath, **'I foolishly had assumed that everyone at least had a rudimentary knowledge of physiology. Even more foolishly I had assumed that a universal awareness of the importance of breathing existed. Nothing could have been further from the truth.'**



Yay!!!

Take care everyone.

With kindness

Pete