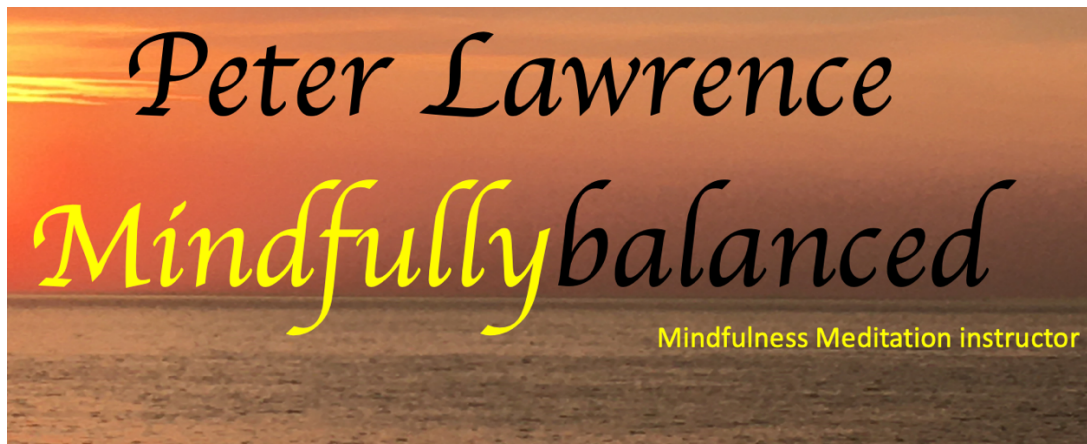


# Newsletter 7/2021



[Mindfullybalanced.co.uk](http://Mindfullybalanced.co.uk)

Date: 2<sup>nd</sup> April 2021

Contents of this newsletter:

Section 1: Update weekly sessions and Sunday session

Section 2: News: TH Hub – Mindful Movement for Cancer

Register numbers

MiSP conference in June

Section 3: Good news and testimonials

Section 4: Quick read – Nasal Breathing exercises part 2

## Section 1:

### Update weekly sessions and Sunday Trial sessions

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



Monday 5<sup>th</sup> April - 9am and 8.30pm

Wednesday 7<sup>th</sup> April - 9am

Thursday 8<sup>th</sup> April – 6.30pm

Friday 9<sup>th</sup> April - 9am and 11.30am

Saturday 10<sup>th</sup> April - 11am - specifically for pain management. Please contact me to discuss attending the Saturday classes.

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'

# Newsletter 7/2021

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 two Sunday sessions in April:

between 10am – 11am

on the 11<sup>th</sup> 18<sup>h</sup> April,

and then 3 sessions in May

at the same times on 9<sup>th</sup>, 16<sup>th</sup>, and 23<sup>rd</sup>

If you wish to attend, please let me know.

## Holiday:

**I will be on holiday, hopefully to Cornwall, from Sunday 25<sup>th</sup> April until Tuesday 4<sup>th</sup> May. I may run the morning sessions at 9am on Monday, Wednesday and Friday depending on if the Wi-Fi where we are staying is ok!**

## Section 2:

### News

**TH Hub - Mindful Movement for Cancer (repeated article) If *you know of anyone who is living with, or is in remission or you are caring for someone who has cancer, and live in the Thornton Heath Area, please let them know.***

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.



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)

# Newsletter 7/2021

- 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.

If you wish to find out more please contact Cheryl: [cancercreativitygroup@gmail.com](mailto:cancercreativitygroup@gmail.com)

## Register marks:

Over the Christmas period, from December 21st through to January 2nd, every day, even Christmas day morning, apart from News Years Day! I took a morning session at first starting at 8.30am for 40 minutes, until one foggy brained morning, a person suggested a 9am start which has stuck ever since!

The number of register marks over this time was:

107 with a total of 37 people attending at different times.

The busiest morning was 31st December when 12 attended! This paved the way for the regular morning sessions which has carried on, and there are a regular 10 – 11 people attending these sessions. If you wish to join, please get in touch.

The total register numbers for the Social Prescribing sessions so far this year has been:

January	187
February	190
March	212

These are great numbers and thank you and are fed back to the funders who are interested in the attendees and the impact the sessions are having.

The most popular session times are the 9am mornings, where we do a few reflective meditations, the non-negotiable nasal humming breath, Gi Kong based movements to warm up the body for the day, and a dance to celebrate life, enjoyment and helping our bodies to move and be healthy.



# Newsletter 7/2021

**The MiSP (Mindfulness in Schools Project) conference on Saturday 19<sup>th</sup> June 2021, between 9.30am – 15.30, through Zoom.**

**The theme of the conference this year is ‘All inclusive’.**

This is a conference for learners, school members and those who are interested in the development of Mindfulness in Schools. I’m still waiting to hear back if I am speaking at this conference, but details are now out on some of the main speakers.

The invite reads:

‘You are invited to spend a day with experts, thought leaders and mindfulness practitioners, who will reflect on how schools can include all teachers and learners on their mindfulness journey’.

**The main speaker this year is:**

**Professor Mark Williams**

***Who will be speaking about:  
Mindfulness and religion – can  
mindfulness include people of  
faith?***



Mark is **Emeritus Professor of Clinical Psychology and Honorary Senior Research Fellow in the Department of Psychiatry, University of Oxford**. He is a Fellow of the British Academy and the UK Academy of Medical Sciences. The main focus of his research and clinical work has been to understand how best to prevent serious clinical depression and suicide. With colleagues John Teasdale (Cambridge) and Zindel Segal (Toronto) he developed Mindfulness-based Cognitive Therapy (MBCT) for prevention of relapse and recurrence in depression, and research has now found that MBCT markedly reduces the rate of future depression in those who have suffered the most serious and persistent forms of major depression.

## **Section 3: Good news**

### **Launch of the TH HUB**

The Thornton Heath Hub, previously mentioned in Newsletter 3/2021, will officially start on Monday April 12<sup>th</sup>, 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 the full list of activities will soon be available and advertised in this newsletter plus in GP surgeries in the Thornton Heath area.

# Newsletter 7/2021



## Funding from Sport England

The Croydon Social Prescribing team have received funding from **Sport England** to sponsor activities based on what we already do, including mindful meditation sessions. A person from the funding team of Sport England recently attended one of my morning sessions to see first-hand what they were like. She feed back how brilliant the session was! This is a great boost to not only the continual funding of the important sessions we do for the community, but also how much our work is regarded by Sport England.

Testimonial:

***'Mindfulness for me is better than dihydracodeine I occasionally take for joint pains in colder months and for long days at work, but rarely take it now, or tramadol (was taking it for 4yrs) as I use a lot of Cherry Vit C and Turmeric daily, which helps me so much that I rarely take painkillers.***

***But 3 days ago I noticed that my often painful Subluxed right shoulder I had for last 4yrs, has Gone!!!***

***I can ONLY put it down to your group work and might be the Qi Kong exercise and especially the tapping the back.***

***So I owe you many thankyou's!' AB (Sep 2020)***

***Thanks for a wonderful session this morning, Pete. Laughing is so good and the YMCA made me laugh too because I kept getting it wrong! It also brought back some lovely memories of great times. JL April 2021***

This is just so brilliant! And it's amazing how music and dance can help lift your mood as well as stimulate happy memories stored in the hippocampus of the brain

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

## Section 4:

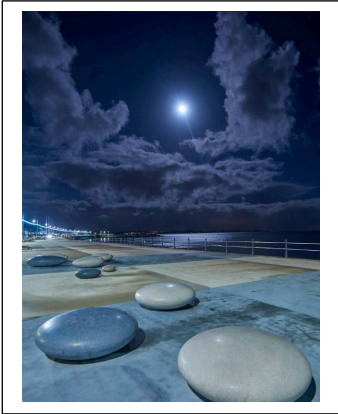
### Quick read – Nasal Breathing exercises part 2

In newsletter, 3/2021, the quick read section explained the benefits of nasal breathing. Below I continue developing the benefits with a 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.**



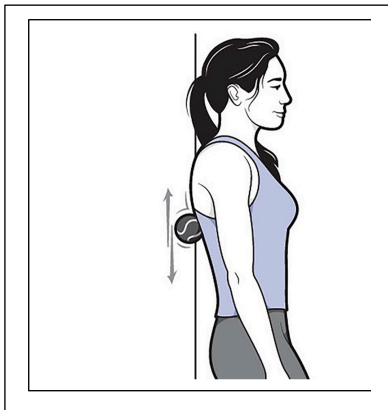
# Newsletter 7/2021



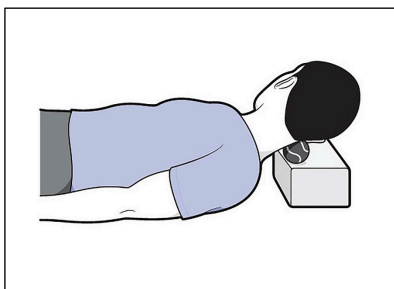
(Taken from a report from the NY Times and Irish Times  
By **Kelly DiNardo**)

“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.”

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.



**Upper back roll** Turn so your back faces the wall. Place the ball at the top of your trapezius, the upper back muscle, and lean into the wall. Gently roll the ball along the outer edge of the shoulder blade by bending and straightening the knees and then lifting and lowering the heels. Think about tracing the line a tank top strap would make. Repeat on the other side.

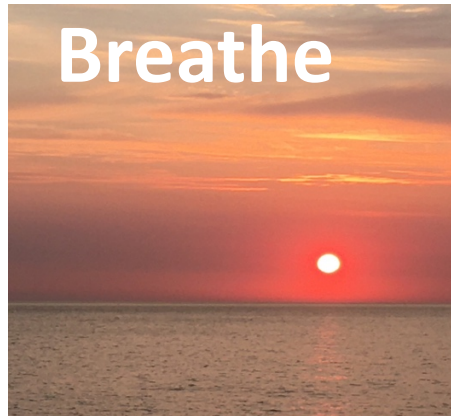


**Neck release** Come down onto your back with a yoga block or thick book under your head. Turn your head to the right and place the ball on your upper neck behind your ear. Take five deep breaths. Then gently nod three or four times, and shake your head three or four times. Switch sides

## Stand/sit up straight

Poor posture restricts the diaphragm and slows down activities like blood flow and digestion. These exercises stretch the legs, lengthen the back and open the shoulders, helping to draw the shoulders back and decompress the spine.

# Newsletter 7/2021



Yay!!!

Take care everyone.

With kindness

Pete