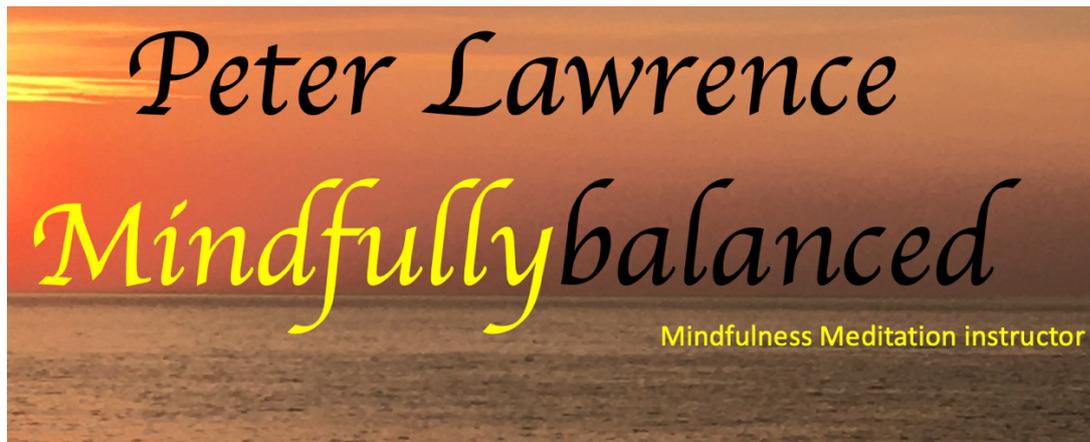


# Newsletter 11/2021



Mindfullybalanced.co.uk

Date: 8<sup>th</sup> May 2021

Contents of this newsletter:

Section 1: Update weekly sessions

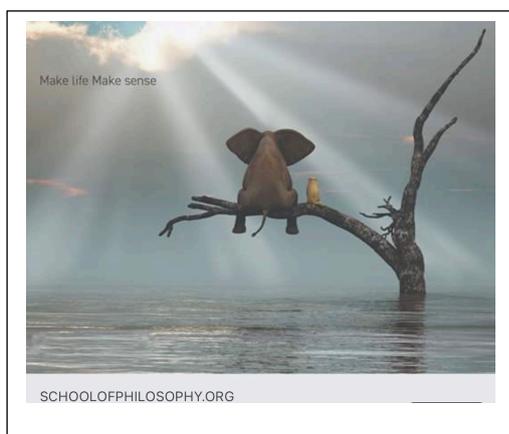
Section 2: Good News

Section 3: Quick read – University of Plymouth Research into Functional Imagery Training (FIT) to help lose weight and help with exercise.

## Section 1:

### Update weekly sessions and my break

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



Monday 10<sup>th</sup> May - 9am and 8.30pm

Tuesday 11<sup>th</sup> May 7.30pm Movement for Cancer

Wednesday 12<sup>th</sup> May - 9am

Thursday 13<sup>th</sup> May – 6.30pm

Friday 14<sup>th</sup> May - 9am and 11.30am

Saturday 15<sup>th</sup> May 11am

Sunday 16<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:

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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. At the moment not many people are attending, If there is not enough participants in the Sunday sessions, they will come to an end on the 23<sup>rd</sup> May.

*Attending Pete's Mindfulness sessions has helped me focus more clearly at work, and I am able to recognise when my mind has wandered off, so I can just take a breath and refocus. This action is so simple but so effective, it's amazing I have not thought of doing this before. Thank you. NN April 2021*

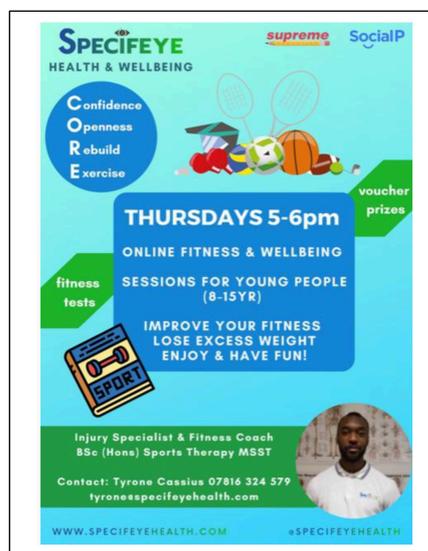
## Section 2: Good News

### Future Zoom sessions

Funding will continue for the Zoom sessions beyond the end of lockdown and returning to what will be a new way of working for most of us, where there will be some face-to-face meetings but also Zoom sessions. This will be ideal to be back meeting 'actual' people, but also a chance to carry on doing things online! This will help having choices and making services fully accessible to help people who may find it physically difficult to attend sessions, plus on cold or winter days and/or evenings, sessions can be delivered in the comfort of a person's home. Great news!

### Thornton Heath Hub for Wellbeing and Lifestyle Management. (repeated from Newsletter 10/2021)

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!



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## Thornton Heath Hub

For wellbeing & lifestyle management



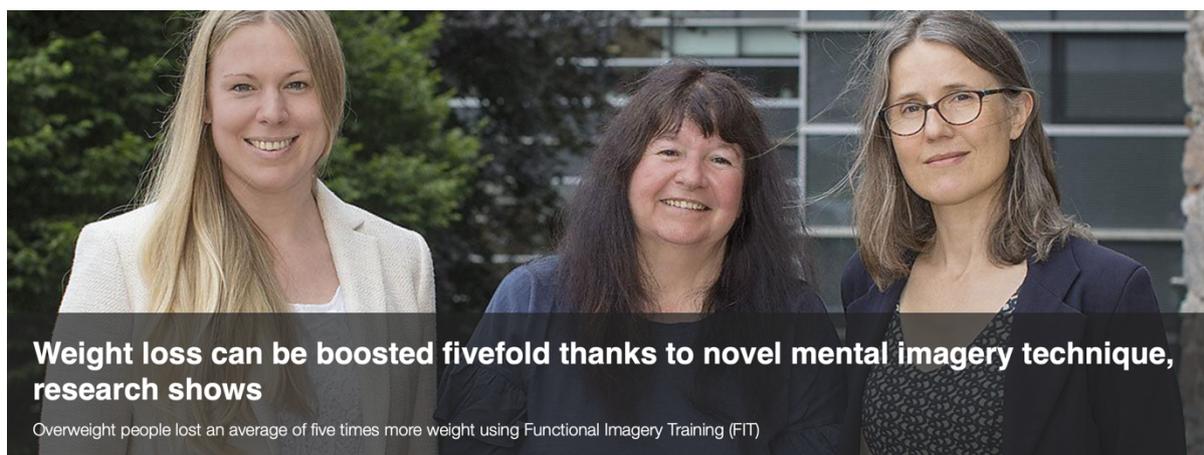
A localised hub providing the community with a one stop shop for free support for the whole family including debt and benefits advice, anxiety/stress support, exercise classes, cancer support, employability, project for families with autism and youth mentoring sports activities. Activities will be both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

Programme	Service	Target Audience	Participant Capacity	Day & Duration	Contact
<b>Inclusive Sports</b>	Multi-sports and football coaching sessions for young people with Autism	For young people with autism 5-18yrs	Max 10 for each group 5-9yrs and 10-18yrs	21st April for 12wks Wednesday 3-45pm-4-45pm	benperyman@palaceforlife.org 0208 768 6047
<b>Health &amp; Well-being</b>	Nutrition education workshops on various topics.	People looking to get more information on food related topics	Unlimited	Monday 6pm-7pm	vabridguez@gmail.com
<b>Youth Hub</b>	Relax at home videos and resources with variety of content from PA to cheer-leading.	5-18yrs	Unlimited	Can be accessed at any time	janiebroughton@palaceforlife.org
<b>Counselling Support to Womens Wellbeing</b>	The Wellbeing Womens group offers women the opportunity to inspire, motivate, educate, lead and elevate themselves whilst sharing experiences in a clear specific safe space.	Women 18+yrs	10 per group	12th April Tuesdays 11am	info@rehabforbrand.com
<b>Cricket coaching</b>	We offer one to one and group cricket coaching via Zoom and at local parks around Croydon.	For children aged 8 to 18	Unlimited	Saturdays 12noon-1-45pm 1-30pm-11-30yrs 2-30pm-14+yrs	Harshil 07935465917
<b>Cancer Support Groups</b>	Mindful Movement for Cancer Exercise for Cancer	Cancer patients over 18yrs	8 per group	Tue 7.30-8.30pm Wed 7.30-8.15pm	Referral from your GP's link on file or email Cancercreativitygroup@gmail.com
<b>School Advocacy project</b>	Support to appeal, write letters or knowledge of your educational rights. Support if English is a second language	Families with school aged children	Unlimited	Monday 12-1.30pm or anytime via email	saera.haque@nhhs.net
<b>All Inclusive Financial Support</b>	Employability, budgeting and one-to-one advice	For 18+yrs	Unlimited	Tuesdays and Wednesdays 9am - 6pm	info@allinclusive@training.org 07988861551

## Section 3:

### Short read:

## University of Plymouth Research into Functional Imagery Training (FIT) to help lose weight and exercise.



### Weight loss can be boosted fivefold thanks to novel mental imagery technique, research shows

Overweight people lost an average of five times more weight using Functional Imagery Training (FIT)

24 September 2018

Overweight people who used a new motivational intervention called Functional Imagery Training (FIT) lost an average of five times more weight than those using

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talking therapy alone, shows new research published today by the University of Plymouth and Queensland University of Technology.

In addition, users of FIT lost 4.3cm more around their waist circumference in six months – and continued to lose weight after the intervention had finished.

Led by Dr Linda Solbrig from the School of Psychology, the research involved 141 participants, who were allocated either to FIT or Motivational Interviewing (MI). The latter is a technique that sees a counsellor support someone to develop, highlight and verbalise their need or motivation for change, and their reasons for wanting to change.

FIT goes one step further than MI, as it makes use of multisensory imagery to explore these changes by teaching clients how to elicit and practice motivational imagery themselves. Everyday behaviours and optional app support are used to cue imagery practice until it becomes a cognitive habit.

Maximum contact time was four hours of individual consultation, and neither group received any additional dietary advice or information.

Dr Solbrig, who completed the work as part of a PhD funded by The National Institute for Health Research (NIHR) Collaboration for Leadership in Applied Health Research and Care (CLAHRC) South West Peninsula, said:

“It’s fantastic that people lost significantly more weight on this intervention, as, unlike most studies, it provided no diet/physical activity advice or education. People were completely free in their choices and supported in what they wanted to do, not what a regimen prescribed.”

The study showed how after six months people who used the FIT intervention lost an average of 4.11kg, compared with an average of 0.74kg among the MI group.

After 12 months – six months after the intervention had finished – the FIT group continued to lose weight, with an average of 6.44kg lost compared with 0.67kg in the MI group.

Dr Solbrig continued:

“Most people agree that in order to lose weight, you need to eat less and exercise more, but in many cases, people simply aren’t motivated enough to heed this advice – however much they might agree with it. So FIT comes in with the key aim of encouraging someone to come up with their own imagery of what change might look and feel like to them, how it might be achieved and kept up, even when challenges arise.

“We started with taking people through an exercise about a lemon. We asked them to imagine seeing it, touching it, juicing it, drinking the juice and juice accidentally squirting in their eye, to emphasise how emotional and tight to our physical



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sensations imagery is. From there we are able to encourage them to fully imagine and embrace their own goals. Not just ‘imagine how good it would be to lose weight’ but, for example, ‘what would losing weight enable you to do that you can’t do now? What would that look / sound / smell like?’, and encourage them to use all of their senses.

“As well as being delighted by the success of the study in the short term, there are very few studies that document weight loss past the end of treatment, so to see that people continued to lose weight despite not having any support shows the sustainability and effectiveness of this intervention.”

***<https://www.plymouth.ac.uk/news/weight-loss-can-be-boosted-fivefold-thanks-to-novel-mental-imagery-technique-research-shows>***



Yay!!!

Take care everyone.

With kindness

Pete