



SUSSEX MINDFULNESS CENTRE NEWSLETTER

Issue #4 – September 2015

SMC's collaboration with Andy Bradley & Compassion circles

The Sussex Mindfulness Centre is privileged to be working with Andy Bradley (pictured right), Founding Director of Frameworks 4 Change, to further nurture and strengthen the culture of compassion within Sussex Partnership Trust. Introducing compassion circles for staff within the Trust has been part of the SMC's collaboration with Andy Bradley.



Between October 2014 and March 2015, three compassion circles were held for Sussex Partnership staff, in Brighton, Newhaven, and Langley Green. Results from analysis of the compassion circles found that staff's levels of compassion significantly increased immediately after participating in the circle. Additionally, staff's levels of both compassion and self-compassion significantly increased 2-4 weeks after participating in the circle. This suggests that compassion circles could have a significant impact on increasing compassion and self-compassion amongst staff members, which has been shown to have benefits for wellbeing (Neff & Germer, 2012).

Reference: Neff, K. D., & Germer, C. K. (2013). A pilot study and randomized controlled trial of the mindful self-compassion program. *Journal Of Clinical Psychology*, 69(1), 28-44.

Staff feedback from the compassion circles was also very positive (see Figure 1). In particular, staff members commented that they valued the opportunity for a safe, supportive space amongst colleagues. In addition staff said they had gained a greater sense of connectedness amongst colleagues, and greater appreciation and compassion for themselves and others. The opportunity to attend more compassion circles, and also to train to deliver compassion circles was welcomed by staff.

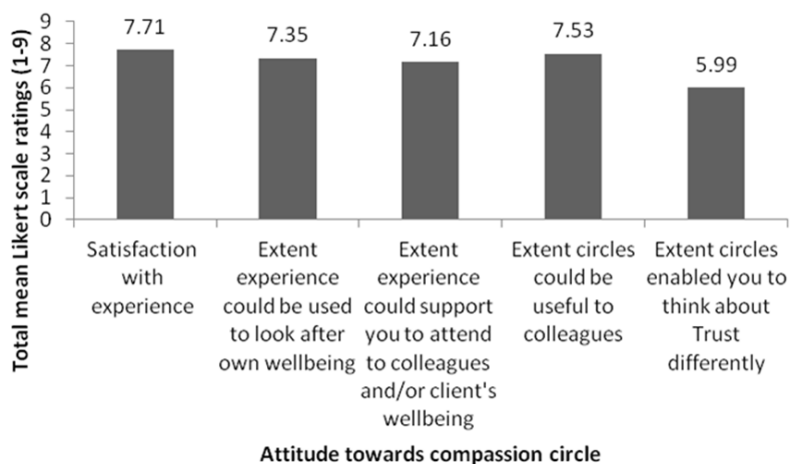


Figure 1: Total mean ratings of attitudes towards compassion circles rated on 9-point Likert scale

In continuing with our work Andy Bradley, the Sussex Mindfulness Centre will be holding two workshops run by Andy in 2016:

“How To Run an Engaging Meeting”

Dates:

- 3rd & 4th March 2016 in Brighton
- 10th & 11th March 2016 in Swandean

Host Leadership

Date:

- 5th April 2016 at the Sussex Education Centre, Hove

To sign up for these events, visit <http://www.sussexpartnership.nhs.uk/day-retreats-and-drop-ins>

Adapted Mindfulness-based Approaches Training now available!

The SMC has been offering a year long Foundation Training in Mindfulness-based approaches (MBSR/MBCT) since 2011. In response to the growing interest and use of mindfulness, and use of interventions that incorporate mindfulness which are not the 8-week MBCT or MBSR course, the SMC has developed, and is **now offering year long training in Adapted Mindfulness-based approaches (for non 8 week programmes)**.

With this training, people will not be able to teach the 8-week course. However, this training will ensure that people wishing to teach adapted mindfulness-based approaches would be able to do so safely and effectively. For Sussex Partnership staff, completion of this training, or equivalent, will become one of a number of requirements needed to meet governance arrangements for delivering mindfulness-based approaches.

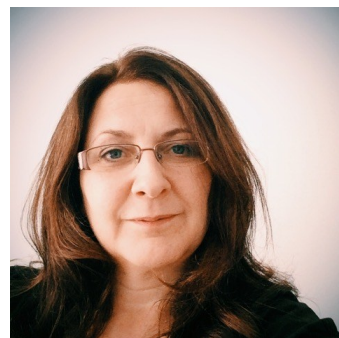
Applications for the 2016 Adapted MBAs training is now open. Deadlines for applications is **13th November 2015. Selection decisions will be made by 14th December 2015.**

The training is open to Sussex Partnership staff (who may be eligible for funding), and to staff from other NHS Trusts, or from community, voluntary or private sectors.

For more details on admission criteria, the course handbook, and the application form, please visit: <http://www.sussexpartnership.nhs.uk/mindfulness-training>

[Interview with Susan Kelly, Social Worker, Mindfulness Teacher, Director of Grow Mindfulness CIC . Susan is a graduate of the SMC MBCT Teacher Training programme.](#)

You completed MBCT Teacher training with SMC in early 2014 - can you tell us a little about yourself and your background?



I've been in social work for more than 25 years, working primarily in children's services. I first

came across mindfulness when I was exploring ways to help myself after experiencing a head injury in 2005. I found enormous personal benefit almost immediately and now consider learning mindfulness to be one of the most important things I've ever done.

I continued to practice mindfulness beyond my recovery and completed initial mindfulness teacher training with Bangor University in 2011. After teaching MBSR courses in the community for a couple of years, I applied for the MBCT Training with SMC where I was lucky enough to co-facilitate a staff mindfulness group with Robert Marx. This was key in developing my confidence around mindfulness in the helping professions and foundational in developing the mindfulness programmes we now teach in social care settings and councils. It was a challenging year for me, as I was physically unwell at that time, but I learned so much and am really happy to have made it through and to now be working full-time in the mindfulness community.

What kinds of work have you been involved in since completing the MBCT Training?

I founded Grow Mindfulness CIC in April 2014 - a not for profit company with a mission to increase access to mindfulness in the UK. I am very conscious that as it stands, Mindfulness Courses are only available to a small portion of those who may benefit and hope we can be part of making a difference here.

We are a small start-up organisation with just myself and a small team of volunteers, including a current Sussex Mindfulness Centre student, Tamsin Bishton. We are passionate about tackling discrimination and developing new funding models to support people who would like to attend high quality, ethically sound mindfulness courses but can't afford them or experience other barriers to access. Our commitment to social justice underpins everything we do. We have launched a peer network for mindfulness teachers in the UK and hope that by collaborating together, we can begin to address inequalities and develop innovative models which meet the needs of diverse communities. We are also looking at models of partnership which bring together people like ourselves in the voluntary sector with entrepreneurs and business leaders who want to make a difference for their teams and communities.

Alongside this, myself and an Associate Teacher with Grow Mindfulness, have been teaching mindfulness in social work and social care – helping the helpers to put on their own oxygen masks first. The programmes have been well received – social workers are very aware of the consequences of burnout and keen to find new ways of resourcing themselves. It's a real privilege to share what I have learned with them as we practice mindfulness together. Our East Sussex Children's Services programme was featured in the Guardian during mental health awareness week and we are now expanding this work into other councils and charities. It is a busy time! We are at the very beginning of our journey but already have a supportive team of members and volunteers around us - they help keep me going on those days where it all feels a little overwhelming. We are also lucky that, as a mindful company, we can practice at work!

What does Grow Mindfulness do to support mindfulness teachers?

We support a national network of Mindfulness Teachers who are professionally trained and committed to following the UK Good Practice Guidelines. Mindfulness teachers have told us that peer support opportunities are really important, so we provide a secure members website and 'real world' networking events and workshops. We are offering support around the 'business end' of teaching mindfulness - how to market courses, use social media, reach out to diverse groups, locate funding and develop partnerships.

- Many thanks, Susan!

Upcoming events

SMC Masterclass

Friday 25th September 2015: Mindfulness, Experience, and the Cognitive Process.

Speaker: John Peacock.

Time: 9.30am — 5pm

Location: Sussex Education Centre

Speaker Bio

John Peacock is co-Director of the Masters degree at the University of Oxford where he also teaches Buddhist psychology. He is Chair of the Oxford Mindfulness Foundation Trust (The fund raising body for the mindfulness centre). Prior to being in Oxford, he taught Buddhist Studies at the University of Bristol and he has also taught meditation for well over thirty years both within the UK and internationally.

Book your place soon! Contact smc@sussexpartnership.nhs.uk or visit **<http://www.sussexpartnership.nhs.uk/day-retreats-and-drop-ins>** for more information, and to view a list of more upcoming events.

Mindfulness drop-ins and all-day retreats

If you have completed an 8-week MBCT or MBSR course and would like to attend a short drop-in group or an all-day group retreat, **drop-ins are held on the first working Monday every month from 5pm-6pm. All-day retreats are held every few months on Saturdays from 10am-4pm. *There is no need to sign-up, just turn up on the day!***

- Next Mindfulness drop-in is on **Monday 5th October 2015. 5-6pm**
- Next all-day retreat is on **Saturday 24th October 2015. 10am-4pm**

A limited number of mats and cushions will be provided so if possible, please bring your own mats and cushions as well as your own lunch.

Drop-ins and all day retreats take place at the Sussex Education Centre.

Contact

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