

## COMMUNITY MINDFULNESS: staying connected, local and accessible

Sussex Mindfulness Centre's 6<sup>th</sup> annual conference  
Friday 21<sup>st</sup> September 2018, 9.30am – 4.30pm  
at the Sussex Education Centre, Nevill Avenue, Hove BN3 7HY

### CONFERENCE PROGRAMME

<b>09:00 - 09:30</b>	<b>Registration</b>	
<b>09:30 – 10:00</b>	<b>Session 1: Introduction</b>	
09:30 – 09:40	Welcome and Introduction	Robert Marx & Clara Strauss
09:40 – 09:50	Sussex Mindfulness Centre and Sussex Partnership NHS Foundation Trust	Samantha Allen, Chief Executive, SPFT
09:50 – 10:00	Quality Improvement through Mindfulness	Steve Yarnold, Associate Director for Quality Improvement, SPFT
<b>10:00 – 11:15</b>	<b>Session 2: Practice and workshops</b>	
10:00 – 10:20	Mindfulness Practice	Tamsin Bishton
10:30 – 11:15	Workshops:	
	1. Keeping it real	Julia Racster-Szostak
	2. Engagement and mindfulness-based approaches	Fergal Jones, Moitree Banerjee & Sarah Strohmaier
	3. The importance of mindful movement in an 8 week course	Taravajra
	4. Practical and conceptual difficulties with teaching 'acceptance'	Jo Chittenden
	5. Mindfulness Practice	Andy Cable
<b>11:15 – 11:45</b>	<b>MORNING BREAK</b>	
<b>11:45 – 12:30</b>	<b>Session 3: Workshops</b>	
11:45 – 12:30	Workshops:	
	6. Not Really For Me?: Reflections on Mindfulness	Helen Leigh-Phippard, Mike Hales & Julia Racster-Szostak
	7. Should we recommend mindfulness-based self-help resources to people using mental health services?	Kate Cavanagh, Tamara Leeuwerik & Heather Taylor
	8. Living with heart; an introduction to mindfulness based compassionate living	Bridgette O'Neill & Kate Gooch
	9. Poems for Mindfulness	Heather Ball & Hazel Ragoonanan
	10. Mindfulness Practice	Lana Jackson

<b>12:30 – 13:30</b>	<b>LUNCH BREAK</b> <i>N.B. Lunch will not be provided. Attendees are requested to bring lunch with them.</i>	
<b>13:30 – 14:45</b>	<b>Session 4: Practice and workshops</b>	
13:30 – 13:40	Mindfulness-based Compassionate Living Practice	Carolyn Pollak
13:40 – 13:50	Mindful Decision-Making in the Board and Council of Governors	Dominic Ford, Director of Corporate Affairs, and Martin Richards, Non-Executive Director, SPFT
14:00 – 14:45	Workshops:	
	11. Compassion in the NHS	Clara Strauss, Robert Marx & Jenny Gu
	12. Adapting MBCT for young people	Brenda Davis, Ruth Sequeira, Lana Jackson & Tessa Wylie
	13. Teaching Introduction to Mindfulness at Recovery College	Nicky Mouat
	14. From trainee to confident mindfulness teacher: turning towards the difficult transitions	Lucy Edwards & Liz Stapleton
	15. Mindfulness Practice	Taravajra
<b>14:45 – 15:15</b>	<b>AFTERNOON BREAK</b>	
<b>15:15 – 16:30</b>	<b>Session 5: Practice and plenary</b>	
15:15 – 15:25	Mindfulness practice	Fergal Jones
15:25 – 16:10	Plenary - Reflections of the Day	Robert Marx & Clara Strauss (Chairs)
16:10 – 16:20	Increasing access to Mindfulness Based Cognitive Therapy	Adrian Whittington, Director of Education and Training and Joint Director of Psychology and Psychological Therapies, SPFT
16:20 – 16:30	Mindfulness Practice	Lynn Ley
<b>16:30</b>	<b>Conference closes</b>	

Please note, conference delegates are asked to choose three workshops for each of the three workshop sessions above, ranking the workshops in order of preference (1 to 3, with 1 being your preferred option). Please indicate your preferences on the form sent to delegates and return the form to [caroline.windley@sussexpartnership.nhs.uk](mailto:caroline.windley@sussexpartnership.nhs.uk) by **5pm on Monday 10<sup>th</sup> September**.

Places for workshops will be allocated on a 'first come first served' basis. Delegates who do not complete their preferences may not be able to attend their preferred workshop. Allocations of workshops will be emailed to conference participants in advance of the conference.

## WORKSHOPS: Further details

<b>Session 1 Workshops</b>	<b>1. Keeping it real</b> - Julia Racster-Szostak	Daily mindfulness or mindful daily-ness? A discussion about how to ensure mindfulness practice escapes the way of all extra things in our lives (getting ditched) and is sewn realistically into what we do in any case, rather than the unreality of what we feel we should be doing.
	<b>2. Engagement and mindfulness-based approaches</b> - Fergal Jones, Moitree Banerjee & Sarah Strohmaier	This workshop will present some recent research on the factors that act as facilitators and barriers to engagement with mindfulness-based interventions. It will also present a synthesis of the research examining the extent to which participants' degree of engagement with mindfulness-based interventions predicts the benefits they receive.
	<b>3. The importance of mindful movement in an 8 week course</b> - Taravajra	Mindfulness Based stress reduction (MBSR) was developed by Jon Kabat-Zinn, a meditator and yoga teacher. Mindful yoga plays a major role in MBSR, being taught over a number of weeks during the course. Mindfulness based cognitive therapy was developed by three cognitive scientists/therapists. In this approach, mindful movement has been allocated a more minor role. In addition, many MBCT teachers lack confidence in teaching movement. The workshop will explore this history and the current place of mindful movement, and its future potential within MBCT teaching.
	<b>4. Practical and conceptual difficulties with teaching 'acceptance'</b> – Jo Chittenden	Acceptance is fundamental to practice and a cornerstone of the teaching – it's almost a synonym for mindfulness - yet participants often struggle with the concept. The realisation of acceptance can however be transformative. In this sessions Jo will explore this theme through discussion and guided practice.
	<b>5. Mindfulness practice</b> – Andy Cable	An opportunity to participate in a longer and deeper mindfulness practice led by an experienced mindfulness teacher.

<b>Session 2 Workshops</b>	<b>6. Not Really For Me?: Reflections on Mindfulness</b> - Helen Leigh-Phippard, Mike Hales & Julia Racster-Szostak	This will be an opportunity to reflect in small groups led by mindfulness advocates on some of the difficulties mindfulness can present for some service users. We hope to have open and thoughtful discussions on what some of these challenges are and to think about possible responses to them.
	<b>7. Should we recommend mindfulness-based self-help resources to people using mental health services?</b> – Chair: Kate Cavanagh, Contributors: Tamara Leeuwerik & Heather Taylor	This interactive session invites us all to think about and share our experiences of mindfulness-based self-help interventions. The session will consider: (a) The evidence base for unguided mindfulness-based self-help interventions (b) The evidence base for guided/supported mindfulness based self-help interventions (c) A consideration of the potential advantages and disadvantages of mindfulness based self-help interventions for people using NHS mental health services.
	<b>8. Living with heart; an introduction to mindfulness based compassionate living</b> – Bridgette O’Neill & Kate Gooch	This workshop will be an opportunity to hear about and explore aspects of the Mindfulness Based Compassionate Living Course. MBCL is designed as a follow on to MBSR and MBCT and is for anyone who would like to deepen their practice through further exploring compassion. During this workshop, you will have the opportunity to engage in some compassion and kindness practice, to learn more about the framework of the MBCL course and to consider how to bring more ‘heart’ into everyday life.
	<b>9. Poems for Mindfulness</b> - Heather Ball & Hazel Ragoonanan	The session will start with a short guided practice, followed by facilitators reading a selection of poems. After each poem, there will be a short, self-guided, reflective practice to offer a space for participants to bring awareness to the effects of the poem on body, thoughts, emotions and wider awareness.
	<b>10. Mindfulness Practice</b> – Lana Jackson	An opportunity to participate in a longer and deeper mindfulness practice led by an experienced mindfulness teacher.

<b>Session 3 Workshops</b>	<b>11. Compassion in the NHS</b> - Chair: Clara Strauss, Contributors: Robert Marx and Jenny Gu	This will be a highly interactive session inviting us all to think about and share about our experiences of this topic both as members of staff and/or as users of NHS services. The session will include: (a) What is compassion and can we define and measure it (and does this matter)? (b) What are some of barriers and facilitators to compassion in the NHS? (c) Is compassion innate or can we cultivate it?
	<b>12. Adapting MBCT for young people</b> - Brenda Davis, Ruth Sequeira, Lana Jackson & Tessa Wylie	The workshop will be both experiential and interactive, hence both practicing as well as discussing some of the adapted and additional practices that we in CYPs introduce to make MBCT accessible to young people. We will also explore other key elements we employ to help promote engagement and attendance.
	<b>13. Teaching Introduction to Mindfulness at Recovery College</b> - Nicky Mouat	This workshop is a short exploration of the planning and implementation of the 3 session Introduction to Mindfulness course, which is currently being rolled out across Recovery Colleges in Sussex. We will look at the structure and content of the course, explore issues around safety for a vulnerable client group, and guide some of the shortened practices.
	<b>14. From trainee to confident mindfulness teacher: turning towards the difficult transitions</b> - Lucy Edwards & Liz Stapleton	Mindfulness teacher training equips us with skills and new learning, but engaging in teaching practice beyond the course can feel daunting. This workshop will provide opportunities to turn towards our thoughts, emotions and bodily sensations related to this period of transition. The invitation will then be for us to consider together what will be helpful ways of improving and developing our teaching and confidence.
	<b>15. Mindfulness Practice</b> – Taravajra	An opportunity to participate in a longer and deeper mindfulness practice led by an experienced mindfulness teacher.

## **KEYNOTE SPEAKERS**

### **Samantha Allen**

**Chief Executive, Sussex Partnership NHS Foundation Trust**

Sam Allen became Chief Executive of Sussex Partnership NHS Foundation Trust in March 2017. Sam started work in the NHS in 1996 and has a background both in the operational management and leadership of mental health services and health and social care commissioning. Sam also gained valuable experience working with an international healthcare organisation in the private sector. An important aspect of her work is developing effective partnerships with experts by experience, families and carers, clinicians, support staff and partner organisations, to ensure efficient clinical care and improve experience and outcomes. Sam is a Chartered Manager, Fellow of the Chartered Management Institute and holds an MBA from Aston Business School.

### **Steve Yarnold**

**Associate Director for Quality Improvement, Sussex Partnership NHS Foundation Trust**

I am passionate about riding bicycles and being outdoors. Being from the North of England I am a Rugby League fanatic. I have three inspiring children who provide me with daily mindfulness coaching. I'm a Registered Mental Health Nurse with a career spanning 20 years in a variety of settings. I have a special interest in secular meditation, compassionate leadership and the science of improvement (QI).

### **Dominic Ford**

**Director of Corporate Affairs, Sussex Partnership NHS Foundation Trust**

Dominic joined Sussex Partnership in September 2017, having been in a similar role at Brighton and Sussex University Hospitals NHS Trust for almost five years. Dominic has worked in the NHS since 1989, in the acute and mental health sectors and spent five years in the predecessor organisations to the Care Quality Commission, leading the mental health programmes there.

### **Martin Richards**

**Non-Executive Director, Sussex Partnership NHS Foundation Trust**

After a long career in the police service in five different counties Martin has experience of mental health challenges at both street and strategic level. As Chief Constable first in Wiltshire and (more recently) Sussex he has a record of achievement in organisational and cultural change especially in the context of budget reductions. He joined the Trust in January 2016 and is independent chair of the Safeguarding of Children and Vulnerable Adults in the Diocese of Chichester. He also serves as a governor at St Christopher's School, Hove.

### **Dr Adrian Whittington**

**Director of Education and Training and Joint Director of Psychology and Psychological Therapies, Sussex Partnership NHS Foundation Trust**

Adrian is a Consultant Clinical Psychologist and mental health education specialist with a track record of leading change in mental health care through education, psychology and psychological therapies, and recovery oriented practice. Working across university and healthcare organisations Adrian leads innovation in develops learning and education programmes at all levels of study that lead to a better experience for people who use services. He is committed to increasing access to evidence based, recovery oriented interventions in mental health care and to a stronger voice for people with mental health challenges and their families. Adrian specialises in Cognitive Behavioural Therapy and Post Traumatic Stress Disorder.