

Mindful Nation UK Report

Manchester & North West Launch Event Invite

Monday 22nd February, 2016, 1pm to 5pm
Digital Performance Lab
University of Salford, Media City
Manchester
M50 2HE

Mindful Nation UK is a report published by the **Mindfulness All-Party Parliamentary Group (MAPPG)** and was launched nationally on the 20th October 2015 in Westminster. The group was set up to:

- review the scientific evidence and current best practice in mindfulness training
- develop policy recommendations for government based findings
- provide a forum for discussion in Parliament regarding the role of mindfulness and its implementation in public policy.

This event will bring together speakers from key mindfulness organisations, university researchers and case studies from the North West. It is a valuable opportunity for you or an alternative representative from your organisation to find out more about what mindfulness is, how it can benefit both the public and private sectors in terms of staff well being and resilience and its benefits to service users. More details of the report and the event programme can be found on the next page.

Please RSVP to:

Markus Greenwood, Mind in Salford, The Angel Centre
1 St Philips Place, Salford, M3 6FA
Tel. 0161 212 4880, mindfulness@mindinsalford.org.uk

What is mindfulness?

Mindfulness means paying attention to what's happening in the present moment in the mind, body and external environment, with an attitude of curiosity and kindness. It is typically cultivated through a range of simple meditation practices, which aim to bring a greater awareness of thinking, feeling and behaviour patterns, and to develop the capacity to manage these with greater skill and compassion. This is found to lead to an expansion of choice and capacity in how to meet and respond to life's challenges, and therefore live with greater well-being, mental clarity and care for yourself and other.

To read and download a copy of the report please follow this link:

www.themindfulnessinitiative.org.uk/mindful-nation-uk



Programme Summary

Programme may be subject to minor changes

12:30 - 12:55 - Arrive

13:00 - Introduction by Markus Greenwood, CEO, Mind in Salford

13:05 - **Keynotes** by Professor Tony Warne, Dean of School, School of Nursing, Midwifery, Social Work & Social Sciences at the University of Salford; **Luciana Berger, Shadow Health Minister for Mental Health**

13:15 - How mindfulness is working and currently being integrated into the public sector, the workplace and through individuals on a self-referral basis within different contexts

Speakers and case studies include Singhashri Gazmuri, Program Director, Breathworks CIC; Markus Greenwood, CEO, Mind in Salford; Geraldine Thomas, Mindflow Training Ltd; Tim Duerden, Senior Lecturer in Multi-Professional Practice Studies, University of Salford & Breathworks teacher; Ken Harrison, Head of Communities, Knowsley Borough Council; Yogesh Patel, Teacher, Urmston Grammar School, Manchester; Colette Power, Breathworks Associate & Teacher, Liverpool; Sylvia Daniels, Carer, Salford; Sue Phesay, Course Participant and Teacher, Salford.

14:30 - Q and A facilitated by Singhashri Gazmuri, Breathworks CIC

14:50 - Refreshment and networking break including drinks and biscuits in the Egg Suite

15:10 - Mindfulness practice session led by Markus Greenwood, Mind in Salford

15:20 - Mindful nation report launch by Jamie Bristow, Director, The Mindfulness Initiative

15:30 - The future opportunities and challenges addressed by the report including integration into different sectors, continuing research and evidence base for clinical effects, social, economic and cultural value as well as regulation, funding and integrity of the field. Speakers include Singhashri Gazmuri, Program Director, Breathworks CIC; Markus Greenwood, CEO, Mind in Salford; Geraldine Thomas, Mindflow Training Ltd; Peter Malinowski, Liverpool John Moores University; Catrin Eames, Liverpool University; Heather Regan-Addis, UK Mindfulness Association

16:35 - Q and A facilitated by Singhashri Gazmuri, Breathworks CIC

16:55 - Concluding address by Geraldine Thomas, Mindflow

Organisers

This event is being organised in collaboration with the University of Salford:

University of
Salford
MANCHESTER



Breathworks, Manchester established 2001, specialising in mindfulness courses & teacher training for long term health conditions, chronic pain, stress, health and social care professionals, workplace wellbeing and resilience.

breathworks-mindfulness.org.uk/



Mind in Salford, specialising in mindfulness courses and teacher training for mental health, physical health, stress, dementia carers and workplace resilience.

mindinsalford.org.uk/mindfulness/



Mindflow, Northwest, specialising in mindfulness courses and teacher training for healthcare professionals, IAPT services, SEN & mainstream schools, prisons and business.

mindflow.co.uk/

Directions

MediaCityUK is close to one of the most comprehensive transport infrastructures in the country.

Trams

- Runs every six minutes in both directions between Manchester Piccadilly and MediaCityUK. This takes only 15 minutes between MediaCityUK and Manchester Piccadilly.

Bus

- The X50 runs every 15 minutes from Manchester city centre to the Trafford Centre via Salford Quays. MediaCityUK is just a few minutes' walk from the Imperial War Museum stop on Trafford Wharf Road, via footbridge over the Manchester Ship Canal.

Car

- For those who need to travel by car, a new link road with the M602 motorway will give drivers the option to approach MediaCityUK from either end of Broadway. The M602 provides onward linkages to major routes leading in all directions. There is very limited parking at the site.