

## Mindfulness for family Carers



### Mind Full, or Mindful?

Mencaps Breaking Point Campaign has highlighted that many aspects of the role that carers have supporting a loved one can be very stressful: The positive impact of mindfulness for reducing the stress of parents caring for their son or daughter has also been highlighted.

Mindfulness is the practice of focussing attention in a non-judgemental, non-reactive way on the present moment and what is happening in our body, mind and the situations around us. There is growing evidence of the benefits of mindfulness for managing a range of difficulties including stress, anxiety, depression, pain and disordered eating.

Practicing mindfulness can help us:

- Deal more effectively with stress
- Understand and embrace the challenges that mark our everyday lives
- Develop greater patience
- Develop better relationships
- Make us more resilient
- Improve our wellbeing



GM JTP



During the workshop we will learn a range of mindfulness and relaxation practices which we can integrate into our everyday lives including:

- Deep relaxation
- Paying attention to our breathing
- Mindful walking
- The 3 step Breathing Space
- Mindful eating
- Mindful communication

This course will be a 4 week course consisting of 2 hour sessions per week for families which include someone with learning disabilities or autism. You need to be able to attend the whole 4 week course and take part in the practical mindfulness exercises

There will be 4 sessions, each 10am - 12 noon:

- i) Wed 23 Nov
- ii) Wed 30 Nov
- iii) Wed 7 Dec
- iv) Wed 14 Dec

Venue: Talbot House  
Newton Heath  
Manchester  
M40 3AT



The course will be led by Dene Donalds. Dene has been practicing mindfulness since 1995 and facilitating mindfulness groups since 2003. He has completed training as a teacher of Mindfulness Based Stress Reduction at Bangor University. He is also an Ordained Zen Teacher who leads retreats and offers mentoring to Zen students across the UK and Europe. Dene teaches mindfulness within the NHS, Prisons and to the general public; with the aim of reducing stress and improving wellbeing: He has led a number of government and privately funded mindfulness based programmes for teams, groups and individuals; offering people the time and space to reflect and develop practical solutions to work and lifestyle challenges.

To book on the course, please book through Fran or Bernie at Talbot House

t: 0161 203 4095

For more information about Mindfulness, please contact:

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