

## SMC conference 17<sup>th</sup> September 2021: Programme

### Emerging from COVID: mindfulness reaching schools, politics and marginalised groups

<b>Time</b>	<b>What</b>	<b>Who</b>	
9.30am (BST/UK time)	Welcome	Clara Strauss and Robert Marx, SMC co-leads	
9.45	Opening address	Sam Allen, Sussex Partnership NHS Foundation Trust, CEO	
9.55	Practice	Hannah Shutt	
10.05	<b>Keynote 1:</b> Mindfulness in politics	Caroline Lucas, MP	
10.30	Break		
11.00	<b>Keynote 2:</b> Mindfulness with people with learning disabilities	Nicola Smith & Celia Heneage	
11.30	Practice	Lucy Edwards	
11.40	<b>Keynote 3:</b> Mindfulness – a source of liberation or masked oppression?	Byron Lee	
12.30	Lunch break	Optional Mindful movement session 1 -1.20 with Ruth Sequeira	

1.30-2.30pm	<b>Parallel workshops</b>		
	<b>Workshop 1</b> Mindfulness with people who have learning disabilities	Gill Hurren, Nicola Smith, Lucy Westcott and Celia Heneage, with a contribution from L'Arche Bognor Regis	This workshop will situate mindfulness with people with learning disabilities in the national/international context and show a brief video of practice in L'Arche Bognor Regis. It will offer participants the experience of an adapted practice, and allow for discussion with different people involved in developing this work locally.
	<b>Workshop 2</b> Colluding or coping? Mindfulness for staff (MBCT-L, Headspace and Frantic world findings)	Clara Strauss and Robert Marx	This workshop will explore the evidence for mindfulness for staff stress, including recent MBCT-L, Headspace and Frantic world findings, and take a critical look at unquestioning implementation of mindfulness in the workplace.
	<b>Workshop 3</b> Mindfulness for people with an Emotionally unstable personality disorder (EUPD) diagnosis	Hannah Shutt, Lisa Ransom and Kate Axford	We will open the session by asking people to identify why you would be cautious of using mindfulness in our client group and then outlining our settings and our experiences of running a 4-week adapted course. We are planning to run an 8-week course at the end of the year and we can discuss the adaptations we would make to this.
	<b>Workshop 4</b> Mindfulness and climate activism	Abbie Mead and Tamsin Bishton	In this workshop we will explore how mindfulness can support us to turn towards the reality of potential climate catastrophe, how it can help us cultivate a deep care for the Earth, and then find skilful ways that we can take positive action, individually and with one another.
	<b>Workshop 5</b> Extending mindfulness demographics, mindfulness expectations and mindfulness provisions	Mike Hales and SMC Mindfulness Advocates	WHAT: Can the mindfulness demographic be extended - through better informed expectations, through adapted provision? WHO: SMC mindfulness advocates HOW: In this session we'll discuss these possibilities, and hopefully set out some initial steps. See our background note downloadable from SMC Website.
	<b>Workshop 6</b> HaMakom – Jewish mindfulness	Bev Cohen and Solomon Slade	HaMakom is the UK's first Jewish mindfulness movement. It means 'The Place' in Hebrew. Mindfulness is highly compatible with Jewish spiritual practice - attending to each moment can help people have a richer, deeper and more personal relationship with their own

			Judaism, with gentleness, compassion and lovingkindness. This time of year is significant for Jewish people - it's Yom Kippur, an opportunity for renewal, for beginning again which is so central to our meditation practice. It's a time of forgiveness and clean slates, the ultimate letting go. The session will give us an opportunity to share about our own experiences on this path and we will offer a forgiveness themed meditation, for which intention is sufficient. Jews and non-Jews totally welcome!
	<b>Workshop 7</b> Are there positive "side effects" of COVID-19? Insights from neuroscience and a personal journey	Helga Dittmar	This workshop will introduce you to neuro-scientific findings that (a) help us understand why and how lock-down has produced a steep rise in mental health problems and (b) may be useful for exploring different types of coping strategies.
2.30	Break		
3.00	<b>Keynote 4:</b> Stepping back and taking a wider view. Preventing depression and realising human potential across the lifespan	Prof Willem Kuyken	
3.45	Panel with keynotes	Facilitated by Clara Strauss and Robert Marx	
4.10	Feedback		
4.20	Compassion Practice	Catherine Cameron	
4.30	Close		

## Social Media



@Sussexmindful\_SPFT #SMC2021 for live tweeting



Sussex Mindfulness Centre