

SMC 8th Annual Conference 2021

Emerging from COVID: extending mindfulness reach to schools, politics and marginalised groups

Friends Meeting House, Ship Street, Brighton BN1 1AF

Friday 17th September 2021

9:30am to 4:30pm (registration from 9am)

Life in a pandemic has been challenging in many ways. Inequalities in our society have been heightened, leaving some groups isolated and others able to connect in new ways. As we take tentative steps towards a 'new normal', how can we ensure mindfulness helpfully reaches populations and institutions that most need it?



- Opening address from Sam Allen, Chief Executive Sussex Partnership
- Caroline Lucas: **The impact of Mindfulness in Politics**
- Prof Willem Kuyken: **Mindfulness and Resilience in adolescence - the MYRIAD study**
- Byron Lee: **'Mindfulness – a source of liberation or masked oppression?'**
- Celia Heneage and Nicola Smith: **Mindfulness with people with learning disabilities**

With workshops looking at:

- the wisdom of the mindfulness advocates
- mindfulness for staff – colluding or coping?

- mindfulness for people with a EUPD diagnosis
- mindfulness and climate change and
- Jewish mindfulness

Tickets

Free: SMC Advocates, current/recent (last 12 months) Sussex Partnership service users, SPFT staff, SMC Trust-Approved Mindfulness Teachers and Trainers (including graduates & alumni over last two years).

Current MBCT IAPT Trainees (intake March 2021) can attend this and the Christina Feldman master class for **£10**

£90: All others

Tea and coffee will be provided, but not lunch. CPD Attendance Certificate Provided.

How to book

Please request a booking form from SMC or download from our website:

Email: smc@sussexpartnership.nhs.uk Web: <https://sussexmindfulnesscentre.nhs.uk/events/conferences/>

Events in a pandemic

It is currently difficult to offer certainties with any event, but if we are able to, this event will run face-to-face. If we are advised to reduce numbers due to social distancing requirements or run this event online, we will keep delegates informed of any changes. If you wish to express interest in attending this event if it runs ONLINE, please contact smc@sussexpartnership.nhs.uk and we can keep you updated of any change to our plans.

Social Media

@Sussexmindful_SPFT #SMC2021 for live tweeting

Facebook: **Sussex Mindfulness Centre**