

Brain Science Wellbeing and Mindfulness

Cambridgeshire and Peterborough 
NHS Foundation Trust

With opening remarks from
Dr Attila Vegh [CEO, CPFT]
& Dr Stuart Whomsley
[DCP Mindfulness Good Practice
Guidelines]

World Mental Health Day
Oct 10th 2012

Kingsgate Conference Centre,
Peterborough

9.30am- 5pm



Dr Cheryl Rezek
Author of *Life Happens*



Dr Rufus May
Clinical
psychologist
and leading
Service-user
movement
figure



Michael Chaskalson
Author of 'The
Mindful Workplace'



Ms. Ruth Passman
Senior Policy Advisor, Dept.
Health

"Mindfulness has been invaluable [for] actively listening to my clients, developing wise and innovative strategies, fostering creativity, supporting my team and colleagues with compassion, providing space for open communication, maintaining focus amid a sometimes chaotic schedule and environment, responsibly managing budgets and timelines, and finding a healthy balance between life and work in general."
Citizen Relations, Client Services.

Go to www.brainbusinessmindfulness.eventbrite.co.uk/
Book early to avoid disappointment

Conference Chair
Ms. Juliet Adams
Founder of Mindfulnet.org

Mindful awareness is about learning to pay attention, in the present moment, and without judgement. It's like training a muscle - training attention to be where you want it to be.

To click and book: go to
www.brainbusinessmindfulness.eventbrite.co.uk/

for more details and the day's timetable see the reverse of this sheet

Brain Science Wellbeing and Mindfulness

A CPFT Conference



October 10th 2012
World Mental Health Day

Timetable

9am	Register
9.30	Opening remarks from Dr Attila Vegh [CEO, CPFT] and Dr Stuart Whomsley on the Good Practice Guidelines <i>Strand 1: What can mindfulness do for you, your client, your patient, your group? Dr Cheryl Rezek and Dr Rufus May</i>
11	Coffee
11.20	<i>Strand 2: Mindfulness and wellbeing at work Ms. Ruth Passman and Mr. Michael Chaskalson</i>
12.20pm	LUNCH
13.15	<i>Strand 3: What can mindfulness do for your effectiveness as a leader or as an organisation? Mr. Michael Chaskalson</i>
14.15	Small groups 1
15.15	Tea
15.30	Smaller groups 2
16.30	Quick-fire end session/panel
17.00	END

COST and BOOKING DETAILS

We have kept the ticket charges [£25] per person down to the minimum possible, which will help cover the cost of the day overall. I should stress that these charges in no way reflect the value of having assembled such a wonderful, powerful and knowledgeable group of guest speakers, in addition to meeting in a state of the art, relaxing conference centre with free, accessible on-site parking [and free wi-fi].

We are setting aside a number of places for service users [free of charge] and voluntary sector group representatives [£20]. If you are someone from this part of our community, email me and we can book you in and register you that way. Email john.nicholson@cpft.nhs.uk

We positively welcome and encourage bookings from our healthcare partners in the primary sector, especially from the developing GP commissioning groups.

John Nicholson on behalf of the organising group
john.nicholson@cpft.nhs.uk

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