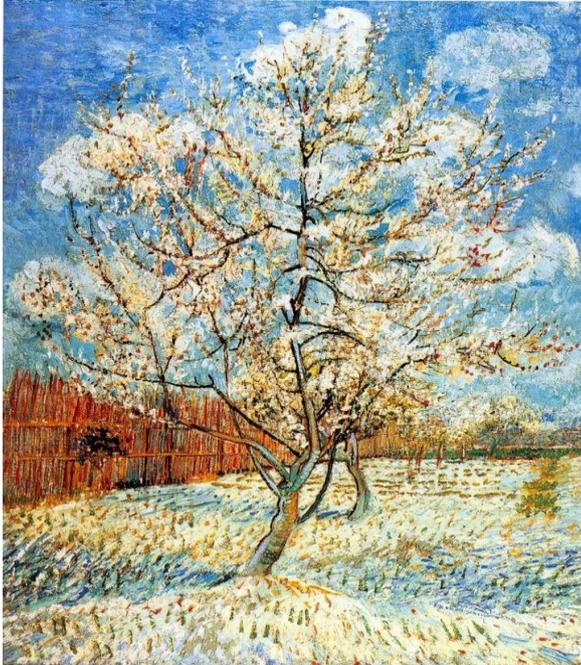


Mental Health Chaplaincy

in Cambridgeshire, Fenland and Peterborough

valuing and nurturing the human spirit



Peach Tree in Blossom, Vincent Van Gogh

New Chaplaincy Service Video

We're sometimes asked 'what does a chaplain do?' This film will show you some of the answers to that question. You will meet and hear from some of the people who know the value of our chaplaincy service in helping those in our care in their time of crisis, and beyond, into recovery.

For more information or if you have any need of chaplaincy, contact john.nicholson@cpft.nhs.uk or call him on 07771 787249 or mary.hanna@cpft.nhs.uk Or 01733 776000

The video is at www.cpft.nhs.uk under the *Patients and Carers* tab and on the Intranet home page, under the Professional tab.

And thanks to everyone who helped us to make the film, including Terry Whyman from ASP Media Services.

We are what we think.
 All that we are arises with our thoughts.
 With our thoughts, we make our world.

Buddha

What are you thinking right now?

Most of the time our attention is not where we intended it to be. Perhaps mindfulness could help. It's just a way of doing something practical to help you get more out of your life, your work, your relationships and your many gifts. And, claims about its efficacy are based on solid, well-researched neuroscience.



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. It is for everyone from all walks of life, young or old. There is no necessary religious component to mindfulness - anyone, with any belief system, can enjoy the benefits of mindfulness. Mindfulness is now being used in the business, education, prisons, Court rooms and hospitals across the world. Mindfulness is now being used in the workplace by a wide variety of people working at all levels, from Chief Executives to shop floor operatives. Mindfulness can help reduce workplace tensions, improve communications & teamwork and reduce workplace conflict. Studies of Mindfulness in a business context have shown that increases in mindfulness are associated with increased creativity and decreased burnout.

Click and book your seat at our CPFT mindfulness conference on World Mental Health Day [Oct 10, 2012] See reverse of this sheet. To book visit www.brainbusinessmindfulness.eventbrite.co.uk/

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What's so funny 'bout peace love and understanding?

[Nick Lowe]

Our Chapel Prayer Space in Fulbourn Hospital Resource Centre is a simple and lovely room whose sole purpose is to enable and promote and connect us with greater awareness to what it means to be alive in mind, body and spirit. And all people in our mental health community, including staff, are welcome to make use of this place for their own nurture, healing and growth.

Some people use it through the week for their own way of praying. Some people use it just to sit and think. Some people use it for Tai Chi. Some people use it as a training space. And then, each Sunday at 11am, between 20 and 30 of us gather there for an hour of [what I understand as] *gentleness and loving kindness*. We begin with a short, informal communion service, and then have half an hour of face to face time over a cup of fresh coffee and a biscuit, in the lovely garden at the back of the building.

We offer the same kind of space in the Sanctuary in The Cavell Centre. Ask Chaplain, Mary Hanna, about it. Call 01733 776000, and ask for the Chaplaincy.



"Oh, sorry. I wasn't answering your prayers. I was on the Bluetooth."

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Brain science business efficiency & mindfulness

Conference for CPFT and its partners

Oct 10th 2012

9.30am-4.30pm

Kingsgate Centre, Peterborough

Featuring internationally renowned, inspiring mindfulness speakers and guest workshop facilitators to follow the threads from the morning to the afternoon smaller groups' sessions, including -

In the morning

Opening words from Dr Atilla Vegh, CEO CPFT and Dr Stuart Whomsley, DCP Mindfulness Good Practice Guidelines. In the Chair, Ms Juliet Adams, founder of Mindfulnet.org

Keynote presentations with Q&As, from:

- Dr Cheryl Rezek, author of 'Life Happens' on the Brain Science.
- Dr Rufus May, Clinical psychologist and leading service-user movement figure.
- Ms. Ruth Passman, Senior Policy Adviser with the Department of Health on NHS Mindfulness pilot projects in the workplace.
- Michael Chaskalson, author of 'The Mindful Workplace' on Business Efficiency and staff self-care through Mindfulness.

After lunch

Workshops with the speakers and guest facilitators to follow the threads from the morning's presentations and begin to plan a way ahead for you, your employees, your organisation, or a combination of these.

- Excellent, state of the art conference facilities: see <http://www.kingsgate-uk.org/how-to-find-us.php>
- FREE ON SITE PARKING
- FREE WIFI
- Ticket price covers the cost of the day's venue, lunch and refreshments

How to book, go to

<http://www.brainbusinessmindfulness.eventbrite.co.uk/>

Some tickets are available at a reduced rate, and some at no cost, for service users or voluntary sector groups. Contact John Nicholson at john.nicholson@cpft.nhs.uk for further information.