

Good morning,

I am contacting you in the hope that you are able to spread the word of a free NHS online mindfulness course to your community, or anyone personally you know who will benefit.

We are delighted to have now received funding from NHS East and West Suffolk Clinical Commissioning Groups and Suffolk Community Foundation to provide free online mindfulness courses to support older adults aged 65 and over and carers and former carers living in Suffolk.

We are hoping that this information could be circulated in a newsletter or email to your community or anyone you may personally know who might benefit. I have a small poster if you think this might be helpful?

Background and information on the course:

The Gatehouse Charity is offering an online mindfulness course that is fully funded to support older adults (over 65) and carers or former carers in Suffolk. The course is led by a clinical psychologist who is also a mindfulness teacher.

The course is based on the mindfulness-based stress reduction course developed by John Kabat Zin but has been adapted for these populations.

We have had really good feedback from participants, and we have found that it improves peoples' attention and memory, as well as reducing loneliness, low mood, stress, anxiety and chronic pain. We have also worked with memory clinic patients in the NHS, and it has been shown to improve memory functioning in people in the early stages of dementia, mild cognitive impairment, or people suffering from carer stress. Many participants have found it simply helps them deal with day-to-day stresses.

We currently have courses running on 8th or 31st January 2024 which involves a weekly meeting via Zoom for 1.5 hours for 6 weeks.

Places are free but limited to around 15.

More information can be found on our website: <https://the-mindful-life.com/>

Hope this finds you well. Please let me know if you require any further information to help support the message.

Best wishes,

Raechel Schoder  
Clinical Research Assistant  
Gatehouse-Caring in East Anglia