

Mindfulness for Life!

A NEW FREE course for people with learning disabilities From Skills for People and the Northumberland, Tyne and Wear NHS Trust



Everyone wants to have a happier and full life. Sometimes life can make us sad, cross, 'stressed out' and tired. Mindfulness is a way to help people live each moment and cope better with life. This means they can lead a happier and full life.



This is a new course for people with learning disabilities to learn how to use mindfulness to cope better with life. The course will be held over 12 weekly sessions in April to the end of June 2017.

To help you decide whether this is a course for you we are holding a taster session on **23rd March 2017**.



What will happen on the Taster Day?

- You will learn about what we will cover on the course in a fun and easy way.
- You will get a chance to learn what mindfulness is all about.
- You will find out if this course is for you.



Want to know more?

Come along to our Taster session on **Thursday 23rd March 2017** at **10.30am to 12.30pm**. You can bring along your supporter.

Meet with the trainers to talk about the course on **Thursday 30th March 2017**.

Where:

Key House, Tankerville Terrace, Jesmond, NE2 3AT

How to find out more or let us know you are coming:

Ring Gail Wright or Kathy Steele on 0191 281 8737

or email **gail.wright@skillsforpeople.org.uk**

or return the form **by 16th March 2017**



Mindfulness for Life Course

Please return this form to Gail Wright, Skills for People, Key House,
Tankerville Terrace, Jesmond, NE2 3AT

I want to attend the Mindfulness Taster Session

I will bring a supporter I need help from Skills for
People so I can
take part

Name: _____

Address: _____

_____ Phone Number: _____

e mail address: _____