

Inglis, Scott and Wilson, David (2018) Mindfulness session. In: Mental Health & Wellbeing Conference, 26 February 2018, University of Cumbria, Lancaster, UK. (Unpublished)

Downloaded from: <http://insight.cumbria.ac.uk/id/eprint/3612/>

***Usage of any items from the University of Cumbria's institutional repository 'Insight' must conform to the following fair usage guidelines.***

Any item and its associated metadata held in the University of Cumbria's institutional repository Insight (unless stated otherwise on the metadata record) may be copied, displayed or performed, and stored in line with the JISC fair dealing guidelines (available [here](#)) for educational and not-for-profit activities

**provided that**

- the authors, title and full bibliographic details of the item are cited clearly when any part of the work is referred to verbally or in the written form
  - a hyperlink/URL to the original Insight record of that item is included in any citations of the work
- the content is not changed in any way
- all files required for usage of the item are kept together with the main item file.

**You may not**

- sell any part of an item
- refer to any part of an item without citation
- amend any item or contextualise it in a way that will impugn the creator's reputation
- remove or alter the copyright statement on an item.

The full policy can be found [here](#).

Alternatively contact the University of Cumbria Repository Editor by emailing [insight@cumbria.ac.uk](mailto:insight@cumbria.ac.uk).

## Mental Health & Wellbeing Conferences Invitation

February / March 2018

For a range of reasons in any year, one in four of us will experience a mental health problem. As colleagues at the MiND charity state, 'we all have mental health just as we have physical health - it moves up and down along a spectrum from good to poor'.

The health and wellbeing of our staff is important and we are committed to raising awareness of mental health and wellbeing matters. We aim to do this through a number of campaigns and initiatives. We will be promoting how and what we can all do to support each other and ourselves in recognising and dealing with matters when they arise.

We have a fantastic range of internal and external experts, practitioners and individual speakers who are delighted to join us at the conferences outlined below. Through these informative and engaging sessions, our speakers will share with you their knowledge, expertise and for some, their personal experiences of dealing with mental health and wellbeing issues.

The events are split into morning sessions for staff and afternoon sessions for students with a networking refreshment event at lunchtime for both staff and students to attend.

The schedule of events are as follows:

<b>Lancaster - 26 February</b>		
<b>Staff</b> Ken Gyles from the TUC presenting Better Health @ Work, Tim Barry (Head of Department, MSS) speaking about the impact of exercise on mental health and Scott Inglis (Senior Lecturer in Mental Health Nursing) and Dave Wilson (Psychological & Wellbeing Manager) delivering a mindfulness session	<b>Networking Lunch</b>	<b>Students</b> A speaker from the Cameron Grant Trust speaking about a lived experience of losing a student child to suicide, Sarah Meehan (Mental Health Caseworker) explaining how students can develop skills to cope with academic stress and an emotional support session delivered by Catherine Hind (student).
<b>Fusehill Street - 27 February</b>		
<b>Staff</b> Ken Gyles from the TUC speaking about mental health and depression, Tim Barry (Head of Department, MSS) speaking about the impact of exercise on mental health and an awareness session delivered by MIND.	<b>Networking Lunch</b>	<b>Students</b> Two awareness sessions delivered by speakers from MIND and Lorrie Coupland (Mental Health Caseworker) and Fred Worsley (Psychological Therapist) explaining how students can develop skills to cope with academic stress.
<b>Ambleside - 8 March</b>		
<b>Staff</b> Ken Gyles from the TUC presenting Better Health @ Work, Dave Wilson (Psychological & Wellbeing Manager) delivering a mindfulness session followed by an awareness session delivered by MIND.	<b>Networking Lunch</b>	<b>Students</b> Awareness sessions delivered by speakers from MIND and Sarah Meehan (Mental Health Caseworker) and Liz Mallabon (Principal Lecturer in Outdoor Studies) explaining how students can develop skills to cope with academic stress.

**Brampton Road - 9 March**

**Staff**

An internal presenter (to be confirmed) and MIND delivering an awareness session.

Networking Lunch

**Students**

A speaker from the Cameron Grant Trust speaking about a lived experience of losing a student child to suicide, Lorrie Coupland (Mental Health Caseworker) explaining how students can develop skills to cope with academic stress and an awareness session delivered by MIND.

**London - 5 March**

**Staff**

Dave Wilson (Psychological & Wellbeing Manager) delivering a mental health awareness workshop

Networking Lunch

**Students**

Dave Wilson (Psychological & Wellbeing Manager) delivering a mental health awareness workshop

To book a place, please click [here](#)