

Haringey Psychology Service for Older People
Victoria Unit, St Ann's Hospital
Tel: 0208 8702 6300

Mindfulness Group



Would you like to know how to cope better with difficult thoughts and feelings?

Do you want to learn more about...

- *Making time for yourself, slowing down and accepting yourself*
- *Watching your thoughts and letting them go without getting caught up and driven by them*
- *Making room for new ways of seeing old problems?*

If so – we would like to help you!

What is mindfulness?

Mindfulness is an ancient Buddhist practice which is very relevant for life today. Mindfulness is a very simple concept. Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgementally. This increases awareness, clarity and acceptance of our present-moment reality.

Haringey Psychology services for Older People are offering an 8 week Mindfulness group to develop strategies for managing the difficult thoughts and feelings sometimes associated with low mood or anxiety.

What will the sessions involve?

The mindfulness group involves eight 1.5 hour-long sessions with two of the team at Haringey Psychology Service. You will be encouraged to practice mindfulness techniques in the group and to explore and reflect on personal experiences of these practices in small groups.

You will also be requested to practice the meditations at home. CDs will be provided to guide homework practices and there will also be take-home sheets. Sessions will be held at the Victoria Unit, St Ann's Hospital.

How can I be referred?

If you feel that these sessions may be useful to you please come to our "taster" session which we write to you separately about.

What will happen then?

You will be contacted by a member of the team who will talk to you in more detail about any difficulties that you may be experiencing and complete a brief screening assessment by telephone to see whether Mindfulness would meet your needs. They will then confirm your place on the group.

Will what I say remain private?

What you discuss during the sessions will remain confidential, unless we believe that you, or others, might be at risk of harm. Where at all possible, we would try and talk to you about this and we would liaise with your GP or other relevant professionals. It will also be essential to respect other group members' confidentiality.

**For further information about Mindfulness
please call the Haringey OP Psychology Service on 0208 8702 6300**