

Mindfulness

sara Lee



What is mindfulness?

Mindfulness is increasingly being used in hospitals, schools and workplaces to help manage stress, pain and depression. *"Mindfulness means paying attention in a particular way: on purpose, in the present moment and non-judgementally."* (John Kabat-Zinn). This 'present moment' is not always easy or pleasant, or the one we would choose to have, especially when faced with illness, but it is also the *only* moment we have to live. Practising mindfulness helps us to notice what is happening here and now, and to make choices about how we 'respond', rather than habitually 'react', to the circumstances of our lives.

How can it help me live with illness?

When diagnosed with a life-threatening illness you may understandably be angry, ask 'why me?', or feel panicky and afraid. Mindfulness is an invaluable tool for learning to live with turbulent emotions, helping us discover alternative ways of responding, instead of following 'default' reactions. It can help us to feel less overwhelmed and find more steadiness through life's ups and downs. We can also begin to experience more acceptance, peace and joy in life as a result. *"Mindfulness puts you in the driver's seat so that you are in control of your mind, rather than your mind being in control of you."* (Marsha Linehan)

Mindfulness at The Sara Lee Trust

Our mindfulness groups are for people living with life-threatening illness and provide an opportunity to meet with others in a supportive, confidential space. We will teach a range of meditation practices and refer you to resources so that you can use these at home in your daily life. You will be invited to participate in meditation practices during the sessions. There will also be time for group discussion, as each week we will reflect on an aspect of our experience and our patterns of thinking, and how mindful awareness can help us when feeling overwhelmed by negativity.

Who will be leading the mindfulness groups?

Liza Waller is a Sara Lee Counsellor who trained with Breathworks to teach 'Mindfulness for Health'. Liza will lead the groups, and they would be happy to speak to you if you want to find out more before signing up for a series.

When and where will this take place?

Participants are invited to attend a series of eight group sessions which will take place on Thursday afternoons and last for 2 hours (with a tea break).

The groups will take place at our Sara Lee Therapy Centre in Sidley to the rear of our charity shop at 54 Ninfield Road. Access is through an adjacent archway. Free parking is available in the public car park on the other side of the street. The Therapy Centre does have a small car park, with spaces prioritised for those with restricted mobility.

The group will meet in the ground floor group space, with access to a private garden when the weather allows.

What next?

To find out more or book a place, please call 01424 547517



Further Information on The Sara Lee Trust Services

Who we are and what we do

The Trust was established in 1996, in memory of Sara Lee, who lived locally and died from cancer, aged 32. Today the Trust continues to provide essential care and services to people in Hastings and Rother affected by cancer and other life-threatening illnesses, including family members and carers.

We provide, free of charge, counselling, complementary therapies and group activities. The Trust delivers over 100 hours of therapy care per week to local people, including patients of St Michael's Hospice and The Rye, Winchelsea and District Memorial Hospital where we have treatment rooms and provide care on the wards. We also provide therapy in the community by visiting patients in their own homes, and from our Therapy Centre in Sidley, Bexhill.

To be referred for our services

Please speak to a health professional responsible for your care (e.g. nurse specialist, GP or consultant). They will need to complete a referral form, which can be downloaded from our website (see below for details).

To find out more about our services, or if you have any comments or suggestions to make about the Sara Lee Trust, contact us at:

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