



Introducing The **Brockenhurst Primary School** Marvellous Mindful Me Club

Would you like to help your child to:

- Learn more about how to manage big feelings?
 - Know how to deal with tricky thoughts
 - Increase their self confidence?
 - Foster kindness in their relationships?
 - Improve their attention span?

Free Taster sessions

- 1) For Children on Tuesday 29 Jan
3.15 - 4.15 pm at School
- 2) For Parents on Tuesday 29 Jan
7.00 - 8.30 pm at the New Forest Mindfulness
Centre, Brockenhurst

As a parent you are already helping your child with these skills and so we have developed this club, using ideas from psychological research and practice, to provide a space for you grow these skills as a family, and as a community of families. The club will start after half term and will run on **Tuesdays** in school from **3.15 - 4.15 pm from 26th February to Tuesday 2nd April. To book please complete and the form below and email it back to home@newforestmindfulness.com.**

The club also includes **3 sessions for Parents** so you can support your children with what they are learning. The parent only sessions will run from **7.00 - 8.30pm on Tuesday 26th February and Tuesday 12th March** at the New Forest Mindfulness Centre, Brockenhurst (address below). Parents are also invited to join their children for the final session of the club on Tuesday 2nd April from 3.15 – 4.15pm. **The cost of the course is £80 per child (including the parent sessions)** and we can offer discounts for those on lower incomes and/or for siblings.

The club is skills-based and psycho-educational for children and parents. It provides an introduction to mindfulness meditation, building on skills for managing attention, thoughts, feelings, relationships and more.

- You will learn more about:
 - How the emotional brain-body connection works and how this can help us to connect with our children and calm them when they're stressed
 - How experience and relationships shape our minds
 - How thoughts, feelings and behavior are connected
 - How we can get stuck in unhelpful patterns and how to practice getting unstuck from them
 - Child emotional and psychological development
- Your children will learn more about:
 - How their minds work
 - How to notice feelings in their bodies
 - How to work with difficult thoughts like 'others are better than me' or 'I'm not good enough' rather than buying into them
 - How to begin to manage big feelings like sadness, disappointment, fear and anger
 - Exercises to grow calm confidence and to steady attention
 - How to foster a friendly and kind relationship with themselves and with others



Club Facilitators:



Dr Maret Dymond-Bassett

I am a Clinical Psychologist with a doctorate in Clinical Psychology from the University of Southampton (DClinPsych), an undergraduate psychology degree (BA Hons) and postgraduate research doctorate (PhD) in perinatal psychology from the University of Reading. My professional training gave me a grounding in Cognitive-Behavioural Therapy (CBT), attachment theory and experience of Systemic (Family) Therapy and Cognitive-Analytical Therapy (CAT).

I began exploring mindfulness personally as a doctoral student at this demanding time of my life and then later trained in: Dialectical Behavioural Therapy (DBT) with The British Isles DBT Training Team; Mindfulness-Based Cognitive Therapy (MBCT) at the Oxford Mindfulness Centre, University of Oxford with Professor Mark Williams and Dr Melanie Fennell; and Mindfulness-Based Childbirth & Parenting (MBCP) with it's founder Nancy Bardacke, RNM.

For the last 7-8 years I have worked at the University of Oxford Mindfulness Centre (OMC), first leading a project investigating the acceptability and usefulness of mindfulness for childbirth and parenting in the UK; and then as Director of their foundational teacher training course in Mindfulness-Based Cognitive Therapy. I currently work for the OMC as an Associate Teacher-Trainer and am a Senior Tutor on the University of Oxford Masters in MBCT. My main role now is as Director of the New Forest Mindfulness Centre in Brockenhurst, where we offer mindfulness / skills courses and psychological therapy for children & adults.

I am passionate about how we support each other as parents in our society and gain the space we need to deepen the skills we already have to navigate parenthood, enriching and strengthening our families and relationships from early childhood into old age. I am an Affiliate of the Center for Child and Family Well-Being, University of Wisconsin-Madison, collaborating with Professor Larissa Duncan, internationally recognized for her development of a mindful parenting framework. I am also collaborating with Midwives in the New Forest and in Oxford, as well as with Nancy Bardacke in the USA and other professionals, on a project to embed mindfulness into the UK NHS for all men, women & families preparing for parenthood.

I am also interested in the importance of wellbeing in the workplace, in how we gain and maintain the elusive (impossible) work-life balance and our own mental and physical health within the fast paced and information-technology based / demanding environments that we operate.

I am registered as a Practitioner Psychologist with the Health and Care Professions Council (HCPC) and a listed MBCT and MBCP teacher with the UK Network for Mindfulness-Based Teacher Training Organisations, meeting their UK Good Practice Guidelines for Mindfulness-Based Teachers.



Club Facilitators:



Dr Nicola Crockett

I am a Clinical Psychologist with a doctorate in Clinical Psychology from the University of Christ Church and Canterbury and a First Class undergraduate psychology degree (BSc Applied Hons) from Cardiff University. I specialise in working with children, young people and their families, with experience across a range of national health and local authority services (including child and adolescent mental health, looked after and adopted children and child physical health).

I currently work within a Paediatric Neuro-rehabilitation service at the University Hospital Southampton (NHS). Within this role I work with children and young people who have acquired brain injuries, and support their families.

I am registered as a Practitioner Psychologist with the Health and Care Professions Council (HCPC).

My work is informed by a range of evidence-based theories including: Cognitive Behavioural Therapy, Attachment Theory, Systemic Theory, Narrative Practice and Dyadic Developmental Psychotherapy (DDP). I'm committed to developing my knowledge and skills and have completed Level One Training at the Institute of Narrative Therapy, as well as Level One and Two DDP trainings, with Dan Hughes. I am currently working towards a Graduate Certificate in Family Therapy at the Institute of Family Therapy in London.

I am passionate about promoting emotional wellbeing in children and young people and their parents. I am interested in how research into attachment, trauma and neuroscience can help us understand problems that negatively impact on our lives, and reduce distress. I'm also interested on the impact of stories surrounding us (within our families, friends, media and politics) on child development, psychological health and family life.

I use a collaborative child-led approach in my work, drawing upon the talents and abilities within children, young people and their networks to grow emotional resilience and facilitate positive change together.



Registration for The Marvellous Mindful Me Club at Brockenhurst Primary School

Tuesdays in school from 3.15 - 4.15 pm from 26th February to Tuesday 2nd April

Parent only sessions from 7.00 - 8.30pm on Tuesday 26th February and Tuesday 12th March

Parents also invited to join their children for the final session of the club on Tuesday 2nd April 3.15 – 4.15pm.

The following questions are designed to help us accommodate any simple needs that you or child may have and to adapt the course to these. Please note this is a skills-based course not a therapy and you will remain responsible for your child's physical and mental health. After reading your form we will call you to say hello. In the meantime if you have any questions or concerns please contact Maret &/or Nicky on 01425 541746.

Parent First Name: Parent Surname:

Child First Name: Child Surname:

Parent Preferred Name: Child Preferred Name:

Parent Date of Birth: Child Date of Birth:

Address:
.....

Post code: E-mail:

Telephone/landline Telephone/mobile:

Physical needs

Do you or your child have any physical illness or other limitation that may make sitting, standing, walking or gentle stretching difficult for you?

Yes

No

☐☐

If yes, please describe as fully as possible, continuing overleaf or at the end of the form if necessary:

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Allergies/Medical Conditions

Do you or your child have any allergies and/or do you have any medical conditions?

Yes

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No

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If yes, please give full details continuing overleaf or at the end of the form if necessary

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Psychological needs

Are there any circumstances in you or your child(ren)'s lives at present which might place additional stress on the family? (e.g. mental health conditions, recent bereavement, past/present trauma, divorce/separation, moving house etc.)?

Yes

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No

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If yes, please describe as fully as possible continuing overleaf or at the end of the form if necessary:

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Reasons for attending

Why do you/your child want to come to the club? What do you hope to gain?

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Permission

I give permission for my child to attend this club. I understand that it is a skills-based club not a therapy.

Name..... (Please print in CAPITAL LETTERS)

Signature..... Date.....

To secure your / your child's place on the course please return this form via email to us at:

home@newforestmindfulness.com

and make payment of £80 by bank transfer to:

New Forest Mindfulness Ltd, Starling Bank, Sort-Code: 60-83-71, Account number: 75 27 06 27

Many Thanks

The New Forest Mindfulness Centre, Unit 2, Forest Villa Courtyard, Lyndhurst Road, Brockenhurst, New Forest, Hampshire, SO42

(Opposite the Snakecatcher pub)

home@newforestmindfulness.com

01425 541600