

Find out more by coming to a taster session at:

**Community Space, TESCO - Consett**  
Genesis Way, Consett, DH8 5XP, Co Durham, UK

On

Monday 20 August 2018 *or* Monday 3 September  
at 3.15 until 5.15

The 8-week course begins on:  
Monday 17 September 3.15 to 5.30

**Other forthcoming courses:**  
Jan2019 – Barnard Castle, Bishop Auckland

Visit our website  
[www.tewv.nhs.uk/mindfulness](http://www.tewv.nhs.uk/mindfulness)

#### Contact us

- *Telephone:* 01325 552017
- TEWV Mindfulness Team  
Management Suite  
West Park Hospital  
Edward Pease Way  
Darlington, DL2 2TS

# Mindfulness in Consett



**Do you suffer from repeated episodes of  
depression?**

**Are you a stressed carer or parent of  
someone with a mental health problem?**

**Mindfulness Based Cognitive Therapy  
may be able to help you**

making a

difference

together

Many of us spend a lot of time brooding about the past, worrying about the future, and being hard on ourselves. These habits of mind are difficult to control and often leave us feeling stressed and low - mindfulness based cognitive therapy (MBCT) can help us to see things differently.

### What do we offer?

Courses of mindfulness based cognitive therapy (MBCT) for people aged over 18 years, who:

- have repeated episodes of depression
- or are stressed by parenting or caring for someone with mental health problems.

### What is mindfulness based cognitive therapy?

Mindfulness is a particular way of paying attention to the present moment that helps us to bring awareness and acceptance to things as they are.

Cognitive behavioural therapy helps us to notice and understand the links between our thoughts, feelings and behaviour.

MBCT combines these two powerful approaches and is a great way to get to know the patterns of the mind and learn to work with these patterns in a new way.

During the mindfulness course you will learn and practise simple meditations and other activities that can help you to:

- be more aware of your thoughts and feelings
- be kinder to yourself
- become more accepting of how things are
- respond more wisely to difficulties and stress.

### What is the course like?

The course includes eight sessions (each two and a quarter hours) and one full day session. Regular attendance is necessary. The course demands effort and commitment and you will need to practice the approach at home on a daily basis.

The course will be run by an experienced mental health professional who is trained to deliver courses of MBCT and there will be about 10 -15 participants.

MBCT is recommended by the National Institute for Health and Care Excellence (NICE) for people with recurrent depression and can also be very helpful for people who have stress in their lives and want to manage the stress more effectively.

*“This course has taught me how to cope and how to help myself. It has given me tools to use, ways of looking at things and has shown me how to turn things around and to be positive, non-blaming and kinder to myself”*

### How to apply

To help you decide if you'd like to come on a course, we ask that you first attend a taster session where you will hear more about the course and try out the approach. There is no need to book a place at the taster session and you don't need to be referred by a professional – you can just turn up. See the back of this leaflet for details.

Once you've been to a taster, you can apply for the course by filling in a simple application form and then we will arrange a telephone call with you to discuss whether MBCT is right for you at this time in your life.

The taster session and the course are both free of charge.