



## **West Region Meeting Notes**

**Saturday, 25<sup>th</sup> June 2011**

**The Cleve Spa Hotel, Wellington, Somerset**

**MBSR and Kinesiology**

The Western Regional Group met on Saturday 25<sup>th</sup> June at the Cleve hotel and spa at Wellington, Somerset. For the second consecutive meeting, we were sharing the hotel with a wedding party. However they all managed to keep the noise under control for our meeting.

We had 2 excellent speakers who provided an entertaining yet thought provoking content to our day.

Clinical Psychologist, Jenny Wilks, spoke to us in the morning on the subject of Mindfulness Based Stress Reduction and through a series of exercises and presentations, reminded us that we can have a better level of control of our thought processes by being aware of what is going on in our body and our thoughts, and living in the present and not being held prisoner by the future or the past.

At lunchtime, the Cleve Hotel pandered to our emotional wellbeing by providing a superb lunch which did little for our waistlines and set a distinct challenge to the skills of the afternoon speaker while our digestive systems did the best they could.

Creative Kinesiologist Judith Vincent spoke in the afternoon using a series of exercises and meditation to demonstrate how we can be more aware of the needs of our body by tuning in to the messages sent out. By becoming aware of what the body is experiencing, we can find more beneficial ways of dealing with life's pressures.

All in all, it was a very enjoyable and informative day held in beautiful south Somerset.

Future events

- 15<sup>th</sup> October 2011 - Managing stress at times of change
- 28<sup>th</sup> January 2012 - Mind Quietening methods
- April/May 2012 – Mindful Employer and Stress risk assessment

*Quotes that we can use to publicise future events*

"I always enjoy these meetings – informal, great fun but always informative with good quality speakers."

*Name: Sue Young*

*Organisation: South Devon College*

"These events consistently provide excellent speakers and relevant CPD."

*Name: Chris Clarke*

*Organisation: Chris & Elizabeth Clarke*

"A really interesting, useful and insightful day. It's great fun to see people being proactive about stress management."

"Come along and meet like-minded people."

"Well organised and interesting speakers on relevant topics".

"Again the South West meeting provided an excellent day – as always."

"Great presenters in both sessions with practical exercises and good discussions. Good networking opportunities and very pleasant company."