



Funded Mindfulness Training

The HeadStart ambition is to equip young people to better deal with difficult circumstances in their lives. Its aim is to prevent young people experiencing common emotional and mental health problems.

HeadStart Kent will focus on building a sustainable system where every young person in Kent will be able to say with confidence:

- People around me understand wellbeing and how to promote it
- My overall wellbeing is not impacted by the pressure to achieve and to 'be perfect'
- There is always someone for me to talk to

HeadStart Kent Mission Statement:

"By 2020 Kent young people and their families will have improved resilience, by developing their knowledge and lifelong skills to maximise their own and their peers' emotional health and wellbeing; so, to navigate their way to support when needed in ways which work for them."

What is Mindfulness?

Mindfulness means paying attention to what's happening in the present moment in the mind, body and external environment, with an attitude of curiosity and kindness. It is typically cultivated by a range of simple meditation practices, which aim to bring a greater awareness of thinking, feeling and behaviour patterns, and to develop the capacity to manage these with greater skill and compassion. This is found to lead to an expansion of choice and capacity in how to meet and respond to life's challenges, and therefore live with greater wellbeing, mental clarity and care for yourself and others. (source Mindful Nation MAPPG 2015).

Participants in this course will benefit from learning from an **industry acclaimed Mindfulness practitioner**, accredited Mindfulness course and sustainability through supervision and support.



The Mindfulness Training levels

Level 1

Mindfulness Awareness Training

School / whole organisation approach.

To ensure that the workforce understands the academic basis of mindfulness, the evidence base, how it can benefit the individuals in receipt of the awareness session and how it can enhance the setting in which the training is being delivered and basic mindfulness skills.

Level 2

Intensive Mindfulness Training

To a core set of staff.

4 days (delivered over 8 weeks), in which they will learn about mindfulness in depth, become practitioners and develop skills to use and deliver mindfulness interventions/ practice within their setting, including courses endorsed by the Mindful Nation UK report (October 2015).

Level 3

Train the Trainer Offer

To train a **mindfulness practitioner** to a level where they are able to deliver the intensive element of the training offer.

Which areas are receiving funding?

The chosen areas are:

Gravesham, Swale, Ashford, Canterbury and Shepway.



Who is eligible to apply?

- School staff** from the chosen districts –including teachers and support teams
- Practitioners** currently working with young people (including refugee workers)
- Early Help and Preventative Workers** (Youth Justice staff, youth workers, attendance and family workers)
- Voluntary & Community Sector** (VCS) currently supporting parents and/or young people.

The training commences in September 2017 and with a further roll out to Maidstone, Thanet and then Dover and Tunbridge & Malling, it will run until April 2021.

If you are a Kent based school or community based youth setting looking to find out more about getting involved...

email julie@socialsense.co.uk
or call 07718 149592