

Mindfulness for Pain, Fatigue and Anxiety

An 8 week programme for those living with NENS

This interactive course just for Neuroendocrine Cancer (NEN) patients will be delivered via Zoom in a friendly, supportive group environment with a maximum of 15 participants. It involves in-depth and personalised teaching on the practice and techniques of mindfulness including taught aspects, discussions, exercises, and support for your own practice.

Day: every Thursday from 11th May - 29th June 2023

Time: 10.30am - 12.30pm

Fee: £135 per person*

Nb You will need to allow about 20 minutes per day to practice, and also purchase Course Handbook via Amazon/other online retailer (£10)

For an initial enquiry or to book your place, please contact:

steve@rareminds.org / **07792 782374**



Steve Smith works within Avon Valley NHS Primary Care delivering Mindfulness-Based interventions for patients living with stress, anxiety and chronic pain.

He has been teaching mindfulness for over 10 years, is the Mindfulness Lead for Rareminds www.rareminds.org and a Trainer/Supervisor for Breathworks www.breathworks-mindfulness.org.uk.

He is passionate about the benefits of Mindfulness as a practical tool for everyday living.

Mindfulness based techniques are increasingly being used in the NHS for a range of chronic conditions, including pain and low mood. Further information about Mindfulness can be found at <https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness>

*This course cost has been part-funded by