



What is mindfulness?

By Dr. Amy Ashton Clinical Psychologist – Pain Management, Lancashire Teaching Hospital NHS Trust

‘A state of relaxed attention in the present moment; focusing just on what is happening now’.

Mindfulness was originally developed by John Kabat-Zinn for use in the modern healthcare system. A growing body of research tells us that learning the skills of mindfulness have far reaching benefits. Mindfulness can reduce stress, improve mood, memory, concentration and attention, and even has health benefits for people with hypertension and diabetes. In fact, The National Institute for Clinical Evidence (NICE – the NHS advisory body) now recommend mindfulness as a preferred treatment for clinical depression. Perhaps most importantly for readers of the SMILE newsletter, mindfulness can improve quality of life and emotional reactions to pain in people with chronic pain conditions such as fibromyalgia and lower-back pain. Mindfulness for pain management involves understanding pain as taking two separate forms: Primary Pain and Secondary Pain. *Primary pain* is the pain sensations themselves – the raw information sent by the body to our brain. *Secondary pain* is often more powerful and distressing. Secondary pain is our reactions to the primary pain (the stress, anger, frustration, depression that we feel in response to our pain, and what these feelings of stress and frustration lead us to do). Mindfulness might not remove the pain sensations itself, but it is very helpful in reducing the *suffering* we experience in response to our pain (the secondary pain).

Mindfulness is a skill that can take many forms. One of the main skills mindfulness for pain management uses is meditation. Mindfulness is about being present and paying attention in the moment; meditation can help us to learn this skill. A typical meditation involves focusing on the breath as it naturally flows in and out of the body. This can help us to be aware of both our body and mind. It can help settle secondary tension that builds up around the pain, and reduce our unhelpful emotional responses to pain. Mindfulness does not assume any religion, nor is it meant to replace pain medication.

Many organisations offer mindfulness based therapy approaches. The pain clinic at Royal Preston Hospital currently runs 6 week courses called Breathing Space, introducing patients to the skills of mindfulness based pain management. These courses can be accessed by patients currently receiving pain management support from the pain clinic. There is also a centre in Manchester called Breathworks, who privately offer 8 week self-help courses in Mindfulness for Health for a fee, visit www.breathworks-mindfulness.co.uk. Local mental health services across Lancashire also offer mindfulness based therapies for managing anxiety and depression, contact Minds Matter on **01772 773433 to discuss a self-referral.**

There is also a wealth of information on mindfulness on the internet, but, like all things online google responsibly! Here are a couple of tried and trusted websites you might want to have a look at:

http://www.freemindfulness.org/http://www.mindfulnesscompassion.org/meditations_downloads.php

Happy meditating! J



Trips and Socials 2016

We are organizing a lunch on the at the Pig and Whistle to celebrate Roy's 90th birthday and Valentine's Day. After SMILE on the 10th February. Please car share where possible also we do not have the funds to pay for your lunch sorry. Ann Skellhorn is presently organizing a Vintage Tea Dance at St Gerard's Lostock Hall on the 18th May (where we had our Christmas Lunch). Costs and times to follow. For information just speak to Ann.

We are looking for trip ideas from you, the committee will arrange the trips but we need your support.

Some ideas:-

- Cheshire Oaks
- Bury Market
- Hayes Garden Centre Ambleside then a trip on lake Windermere finish in Bowness for an hour
- Keighley & Worth Valley Railway Haworth
- Albert Dock Liverpool and a trip on the Mersey ferry
- Canal cruise Chorley??

A list will be on the notice board



Just a reminder tea and coffees at SMILE don't make themselves, so do please sign up for the Tea Rota if you are able to!! Thanks.



Dates For Your 2016 Diary.....

Cath/Pilates:- 20th Jan, 3rd, 17th Feb, 2nd, 16th, 30th March, 13th April and 11th, 25th May.

Gita/Holistic Therapies:- 27th Jan, 10th, 24th Feb, 9th, 23rd March, 6th, 20th April and 4th, 18th May.

****Only one appointment per person within the six week booking rotation please.**

British Red Cross Massage :- 3rd Feb, 2nd March, 6th April and 4th May.

Therapies, Swimming at Ribby Hall :- first Weds each month. Closed when schools are on holiday.

Pat & Ann's Craft Morning:- 9th March.

Speakers

February :- Health Watch Lancashire 10th February 11am/12noon.

March :- Sue Dixon Joint Care & Muscle Maintenance 30th March 11am/12noon.

APRIL :- Joanne Regan Talk on Mindfulness, 27th April 11am/12noon.



We do understand that you can't always make it in to the meetings, but you are always welcome and we continue to meet every Wednesday from 9.30 am to 12 noon at St. Martin's Church Hall, Off Broadway, Fulwood, Preston, PR2 9TH.

Hope you can make it there soon, the kettle is always on!



SMILE's Christmas meal at St. Gerard's Lostock Hall

On the morning of the SMILE Christmas meal the weather was foul (which was what we had to eat) but things brightened up as SMILE members arrived for their annual get together. Everyone was dressed in party frocks, ladies as well, and much jollification took place. The church hall was set out beautifully and the meal was the best we have ever had. The catering staff were, excellent and never stopped smiling even when my lady wife's wine glass exploded.

As we started the raffle much anticipation ran around the room. Our excellent entertainer assisted with the raffle, (34 prizes), all donated and gratefully accepted by smile. Pat, Ann, and Kath did a brilliant job of organising everything. The less said about the so called gentleman reading out the raffle numbers the better. Let us hope that the New Year finds us all refreshed and raring to go with gusto!

Congratulation's Monthly Draw Winners

2015

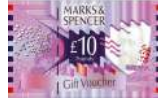
October—Aileen Jones No 39

November—Wendy Fisher No 83

December— Maureen Plaistowe No 55

2016

January—Miriam Winterbottom No 27



Breaking News From the Land and Buildings committee St Martin's Church Hall

Vicki the administer for the Church Hall is presently formulating a new policy on smoking and e-cigarettes.



There is a total ban on smoking and the use of e-cigarettes within the church hall. When the policy as been completed and accepted by the Church Hall committee and I receive a copy I will inform you. A copy of the policy will be on the notice board as well!!!
Kath



Thanks John for writing this humorous article !!!



The Committee of SMILE Preston have agreed a First Aid Disclaimer as from the 1st December 2015. We would be grateful if all members could read the new disclaimer

The Committee of SMILE Preston is not responsible for administering first aid to the members or non-members, whilst at St. Martins Church Hall, at collection, social events or trips out.

A first aid box is ready available every Wednesday morning and is located in the lounge area. The first aid box is checked on a regular basis to ensure all the contents are within date and refilled when deemed appropriate.



If any member suffers an injury they must inform a committee member so the injury can be recorded in SMILE Preston accident/incident book..

If a member or non-member requires first aid whilst at a SMILE Preston meeting, they will have to give oral consent before any advice on first aid treatment is recommended or provided.

If a member becomes unconscious whilst attending a meeting at SMILE Preston the committee will phone 999 for an ambulance. Whilst waiting for medical support the committee where reasonably practicable will endeavor but are unable to ensure their safety.

For safety reasons only two members will be allowed in the kitchen to make the tea and coffee, this excludes the caretakers. The boiler does state hot water so be careful when pouring the water.

This First Aid Disclaimer policy requires reviewing after each SMILE's Preston Annual General Meeting in June of each year, by the New Committee.

Signed By Kath Corbin on behalf of SMILE's Committee 2015/16

K. Corbin



Ann Skellorn organized the selling of the raffle tickets, reindeer dust and food and domino cards at the Christmas lunch and we raised a fantastic total of £338p

Thanks Ann for all your hard work and commitment to SMILE Preston

On behalf of SMILE Preston I would like to say thank you to the following people for their generous raffle prize

Barton Grange

Beeches Chocolates

Booths Fulwood

Booths Penwortham

Caffe Nero Group

Charlies Beauty Penwortham

Glovers Bakery

Greenhalghs Bakery

Marks & Spencers

Peter H Smith

Preston Market - Butchers Michaels

Preston Market - Banana King

Preston Market - Cardwells Bacon

Preston Market - Cheese Stall Keefes

Scissor Sisterz Bamber Bridge wash and blow Voucher

Stockley Sweets

Williams Bakery

Thanks to all members who donated a raffle prize as well



shutterstock . 159193751

Preston Pain Management Team

I would like to say thank to Pain Management Team on behalf of SMILE Preston for their generous donation of £220 made by selling Raffle tickets for their , Christmas Hamper and also items made by SMILE.

The committee and members do appreciate your, support, advice and input into SMILE. We are lucky to have such positive team of professionals



Save Money buy from SMILE

We are now selling



SMILE Pens with Logo on at only £1 each.

SMILE Key rings with Logo on at 50p each.

More and More accessible toilets are now locked and you need a Radar key so we are selling Radar Keys at £2.50p each.

We have a great selection of Greeting Cards for £1 up to £2.50p each card.

Happiness Kit all you will need in an emergency £1 each

If you would like a personalised card see Pat or Ann.

More Items coming soon !!!!



I would like to say a huge thank you to everyone who donated and collected the prizes for the Christmas raffle and the members who made festive items to sell at the hospital collection.

I would like to express my gratitude to all members that helped in the collections they would not have happened without your support. I am looking forward to 2016 being a fun and profitable year, although we have much to do. I am trying to find new ways and venues to raise our must needed funds. Most of you will be aware many of our old collection locations no longer allow us to collect due to changes in their policies. However after several conversations with Morrison's on Blackpool Road they have now relented to us collecting there but this can only be twice a year is better than nothing.

I was quite pleased to secure our stall at R.P.H nearly every month and I am busy making new and different items to sell ,which I will bring to SMILE for your opinion and see what you all think . Also at Christmas I went in to see the manager of the clothes shop in R.P.H armed with a thank you card and box of chocolates and some sweet words, that worked. The manager as agreed to allow SMILE to sell items in the shop throughout the year .

I hope to locate several other shops that will sell our items, so if you can think of a shop even your local chip shop that would sell SMILE items please inform me.

Collection Dates for 2016

We need you to make the collections successful

If you are available to help for just a couple of hours at any of the following collections, Please remember that it is through these collections and stalls, that we can publicise SMILE (Preston) to the wider community, as well as raising the funds we need, so that we can be here for you and your friends at SMILE!

All collections are 10am - 4pm.

Please contact Ann Skellorn if you can help 07784994763

12th February :- Royal Preston Hospital

11th March:- Royal Preston Hospital

10th April :- Morrison's Deepdale

22nd April :- Royal Preston Hospital

22nd May :- Royal Preston Hospital

20th June :- Royal Preston Hospital

15th July :- Royal Preston Hospital

16th September :- Royal Preston Hospital

14th October :- Royal Preston Hospital

11th November :- Royal Preston Hospital

2nd December :- Royal Preston Hospital

