

## MENTAL HEALTH RESOURCE GROUP OF THE COLLEGE OF HEALTH CARE CHAPLAINS

# 'Being Mindful'

A mindfulness based retreat for chaplains and other healthcare professionals

Tuesday July 4<sup>th</sup> – Friday July 7<sup>th</sup> 2017

Shallowford House, Shallowford, Stone, Staffordshire ST15 0NZ

Cost £325

This residential retreat aims to provide participants with the experience of sustaining the practice of mindfulness over a few days. We hope to create a nurturing atmosphere to help us to connect with the natural and simple qualities of awareness and compassion: towards ourselves, others and our environment.

On offer will be the opportunity to experience core mindfulness practices, share silence together for some of the time, rest and be re-energised, and explore the beautiful surroundings of Shallowford House. There is no requirement to have previous experience of mindfulness, but for those already on the mindfulness journey, the retreat offers an opportunity to go deeper into your practice.



The venue is Shallowford House, a retreat and conference centre set within five acres of secluded gardens, woodland and meadow in the rolling Staffordshire countryside. Located just 3 miles from the M6 (Junction 14), Shallowford is easily accessible from all parts of the country ([www.shallowfordhouse.org](http://www.shallowfordhouse.org)). The retreat will be fully catered in en-suite single rooms. We will ask participants to arrive from 4pm on the Tuesday and the retreat will finish after lunch on the Friday.

The retreat will be facilitated by Emma Louis and Stephen Bushell on behalf of the (College of Healthcare Chaplains (CHCC)). Emma and Stephen have both practised various forms of mindfulness meditation for many years.

Emma has worked in healthcare chaplaincy for 14 years and is currently Head of Diversity & Spirituality at Black Country Partnership NHS Foundation Trust. Emma has a particular interest in using mindfulness in her work in the mental health and learning disability setting, as well as putting it into practice as a key element of her own spiritual journey. Emma practises with a mindfulness group in the tradition of Zenn Master Thich Nhat Hanh and has formally developed her Mindfulness Teacher Training skills to enable her to teach Mindfulness Based Cognitive therapy in the NHS.

Stephen Bushell is a Jungian Analyst and psychotherapist working in private practice in Buckinghamshire. Meditation has been central to Stephen's spiritual practice for over 30 years and he has learnt from Eastern and Western approaches.

If you would like further information you can contact Emma on 0121 612 8067 or [Emma.Louis@bcpft.nhs.uk](mailto:Emma.Louis@bcpft.nhs.uk) To book a place please fill in the form below and return with payment by Friday 12<sup>th</sup> May (**cheques payable to CHCC**) to:

Emma Louis, Head of Diversity & Spirituality, BCPFT, Edward Street Community Base,  
Edward Street, West Bromwich, B70 8NL.

Alternatively please request an invoice. If you do this you will need to supply a purchase order number with your booking form. This will then be sent off to CHCC who will then issue you with an invoice.

Please try to book early to assist with planning. **The deadline for bookings is May 12<sup>th</sup> 2017.** Places will be allocated on a first come first served basis.

**Booking Details:**

Name	
Position	
Trust / Organisation including address	
Your contact address (if different)	
Your Tel No	
Your E-mail	
Specify any dietary needs	
Specify any other needs	
Purchase Order Number if requesting an Invoice	