

# HEALTH AND WELLBEING

## EATING FOR HEALTH

A qualified, experienced dietician explains nutrition basics for those who wish to learn more about diet and health. *Leaflet available.*

## MINDFULNESS: FINDING PEACE IN A FRANTIC WORLD

Mindfulness simply means paying attention to our experience in the present moment, without judgement. This eight week course introduces a wide range of mindfulness practices, concepts and skills which can help us to both appreciate the richness of the life we have and to acknowledge, accept and skillfully respond to emotional, mental and physical discomfort and distress. Even a few weeks of practising mindfulness can reduce stress and help improve sleep, concentration and mood. *Leaflet available.*

## MINDFULNESS IN THE WORKPLACE

Mindfulness can enhance wellbeing, focus, creativity and communication and help us to respond more skillfully to pressure and challenges, resulting in calmer, more resilient individuals and a more harmonious and effective workplace. Two day course, *leaflet available.* For further details or to enquire about bespoke training for your workplace, contact Julie Bibby on 648284 or at [julie.bibby@ucm.ac.im](mailto:julie.bibby@ucm.ac.im).

| DAY | VENUE | COURSE CODE | COURSE TITLE                                  | START DATE          | TIME          | LENGTH | TUTOR         | FEE |
|-----|-------|-------------|-----------------------------------------------|---------------------|---------------|--------|---------------|-----|
| Mon | RGS   | ER657-AM    | Eating for Health                             | 09/10/17            | 18.30 - 20.30 | 6 wks  | Shem Allanson | £70 |
| Mon | RGS   | ER657-SM    | Eating for Health                             | 15/01/18            | 18.30 - 20.30 | 6 wks  | Shem Allanson | £70 |
| Tue | UCM   | ED549-ST    | Mindfulness: Finding Peace in a Frantic World | 16/01/18            | 18.00 - 20.00 | 8 wks  | Mrs J Bibby   | £94 |
| Fri | UCM   | PD543-SF    | Mindfulness in the Workplace                  | 23/02/18 & 09/03/18 | 09.00 - 16.30 | 2 wks  | Mrs J Bibby   | £76 |

# HEALTH AND WELLBEING ONE DAY WORKSHOPS

## WORKING MINDFULLY WITH PAIN, DISCOMFORT & DIFFICULT EMOTIONS

Life can often be overwhelming, but by working mindfully with whatever the moment brings we can learn how to meet obstacles and difficulties with wisdom, courage and compassion, essentially defusing them. Mindfulness teacher Mike Kewley, son of Michael Kewley, the former Buddhist Monk - shows us how to create a radical new relationship to hardship through awareness and acceptance.

## HOW TO BE HAPPY

The secret is out: we know that we can train ourselves to be happier, calmer and kinder. Mindfulness teacher Mike Kewley, son of Michael Kewley, the former Buddhist Monk – shows us how we can transform our day-to-day experience of life by using simple and effective mindfulness techniques.

## THE BIG COMPASSION WORKSHOP

Mindfulness teacher Mike Kewley, son of Michael Kewley, the former Buddhist Monk - explores the themes of awareness, compassion and acceptance, suggesting that we are hard-wired for kindness and connection. Mike will introduce 3 powerful and transformative practices to calm the mind, open the heart and heal difficult emotions.

## BEING A SUCCESSFUL VEGAN/VEGETARIAN

This course educates students on how to obtain all the nutritional requirements through vegan/vegetarian diets, their health benefits, incorporating variety and balance of foods and eating out as a vegan/vegetarian in a practical and informative way.

## LOSING WEIGHT EFFECTIVELY - THE HEALTHY WAY

Learn all about what works and what doesn't in tackling obesity/overweight and weight maintenance. Gain understanding on smart eating, incorporating physical activity and behaviour modification that suits you.

## HEALTHY EATING - ALL YOU NEED TO KNOW TO EAT WELL, LIVE WELL AND STAY WELL

A practical approach to learning all about eating well and the role of nutrients in our body; separating the wheat from the chaff. Eating well on a budget, menu plans, eating out healthily and how best to achieve ideal nutrition.

### FOOD AND THE MOOD CONNECTION

This course will teach students all about the food and the mood connection and the importance of good nutrition.

### EATING WELL FOR DISEASE PREVENTION AND AGEING WELL

This course educates on how eating well and living well can prevent the onset of diseases such as diabetes, high cholesterol, cardiovascular, cancer and obesity and learn all about ageing well in an informative and interesting way.

### NUTRITION AND GUT CONNECTION - PROMOTING GOOD DIGESTIVE HEALTH

This course helps students to learn to achieve and maintain good gut health through good food.

## LOVELY LUNCH BOX IDEAS: FOR CHILDREN AND ADULTS

This course looks at practical ways to incorporate a well-balanced packed lunches and at home/take away lunches for children and adults, includes recipes.

### THE COMPLETE WEIGHT LOSS PROGRAMME

Use the way you think about food to change your eating habits & attitudes to losing weight. Learn how controlling what you eat, when you eat and how you eat it, you can lose weight permanently. Diets have been proven not to work for most people so this weight loss programme could be your answer.

### LISTENING TO OTHERS

An opportunity to find out about the work of the Samaritans and learn some of the skills needed to be a good listener.

### DEMENTIA FRIENDS WORKSHOP

An opportunity to understand Dementia and become a Dementia Friend. *Leaflet available.*

| DAY | VENUE | COURSE CODE | COURSE TITLE                                                               | START DATE | TIME          | LENGTH | TUTOR             | FEE  |
|-----|-------|-------------|----------------------------------------------------------------------------|------------|---------------|--------|-------------------|------|
| Wed | UCM   | ED548-AW    | Introductory Session to Find out More About Mindfulness Courses at UCM     | 11/10/17   | 17.45 - 19.00 | 1 day  | Mrs J Bibby       | FREE |
| Wed | UCM   | ED586-AW    | Working Mindfully With Pain, Discomfort And Difficult Emotions             | 11/10/17   | 19.00 - 21.00 | 1 day  | Mr M Kewley       | £12  |
| Wed | UCM   | ED584-SW    | How to be Happy                                                            | 17/01/18   | 19.00 - 21.00 | 1 day  | Mr M Kewley       | £12  |
| Wed | UCM   | ED591-UW    | The Big Compassion Workshop                                                | 25/04/18   | 19.00 - 21.00 | 1 day  | Mr M Kewley       | £12  |
| Thu | SNLS  | EN662-AX    | Being a Successful Vegan/Vegetarian                                        | 05/10/17   | 18.30 - 20.30 | 1 day  | Mrs S Thiagarajan | £12  |
| Thu | SNLS  | EN663-AX    | Losing Weight Effectively – The Healthy Way                                | 23/11/17   | 18.30 - 20.30 | 1 day  | Mrs S Thiagarajan | £12  |
| Thu | SNLS  | EN664-SX    | Healthy Eating – all you need to know to Eat Well, Live Well and Stay Well | 25/01/18   | 18.30 - 20.30 | 1 day  | Mrs S Thiagarajan | £12  |
| Thu | SNLS  | EN668-SX    | Food and the Mood Connection                                               | 22/02/18   | 18.30 - 20.30 | 1 day  | Mrs S Thiagarajan | £12  |
| Thu | SNLS  | EN665-SX    | Eating Well for Disease Prevention and Ageing Well                         | 15/03/18   | 18.30 - 20.30 | 1 day  | Mrs S Thiagarajan | £12  |
| Thu | SNLS  | EN669-UX    | Nutrition and Gut Connection – Promoting Good Digestive Health             | 19/04/18   | 18.30 - 20.30 | 1 day  | Mrs S Thiagarajan | £12  |
| Thu | SNLS  | EN666-UX    | Lovely Lunch Box Ideas: For Children and Adults'                           | 10/05/18   | 18.30 - 20.30 | 1 day  | Mrs S Thiagarajan | £12  |
| Thu | QEII  | EP581-SX    | Dementia Friends Workshop                                                  | 08/03/18   | 19.00 - 20.00 | 1 day  | Alzheimer's Team  | FREE |
| Thu | CRHS  | EC581-SX    | Dementia Friends Workshop                                                  | 08/02/18   | 19.00 - 20.00 | 1 day  | Alzheimer's Team  | FREE |
| Sat | UCM   | PD682-SS    | The Complete Weight Loss Programme                                         | 27/01/18   | 10.00 - 16.00 | 1 day  | Mr D Kenna        | £29  |
| Sat | UCM   | PD574-AS    | Listening to Others                                                        | 25/11/17   | 10.00 - 13.00 | 1 day  | Samaritans Team   | FREE |
| Sat | UCM   | PD581-AS    | Dementia Friends Workshop                                                  | 14/10/17   | 10.30 - 11.30 | 1 day  | Alzheimer's Team  | FREE |