



# Intellectual Output 2 The Mindful Ageing Bootcamp

## Learners' Guide

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# Introduction

**The Mindful Ageing Bootcamp** has been developed as part of the project which aims to support adults aged 50+, in becoming more aware of the importance of mental and physical wellbeing. Alongside this the significance of preventing isolation and other mental or physical problems is emphasised. The programme in general advocates for maintaining a positive, healthy mindset, building resilience and looking after yourself.

The Bootcamp is a 2-3 day programme presenting positive psychology interventions and mindfulness techniques, which can contribute towards a healthy body and mind and explores a range of other activities to give you motivation and ideas for staying active as you get older.

This guide aims to **provide information** for learners and participants of the Mindful Ageing Bootcamp. We hope that it will give you an idea of what to expect over the next 2-3 days and provide some practical tools to reflect on the ideas and activities we will be exploring and how to put these into action.

Learners can also refer to the resources in this guide to help increase their understanding of the **holistic approach** of the programme. Interactive sections are also included, such as the workbook section.

For more information about the project, visit:

The website: <https://mindfulageing.eu/>

The Facebook Page: <https://www.facebook.com/MindfulAgeingEU>

## Our Partner Organisations

Mindful Ageing involves partners from 6 organisations around Europe:



Inova Consultancy, United Kingdom

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BICC, Germany

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CCS, Ireland

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IED, Greece

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E-Seniors, France

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VAASAN AMMATTIKORKEAKOULU  
UNIVERSITY OF APPLIED SCIENCES

VAMK, Finland

## Previous Participants Experience

Pilots of the Mindful Ageing Bootcamps have taken place across our partner countries. Find out what other participants have said about the programme here!



*"Before I joined this course I felt like I was drifting. My recent retirement had come about in a sudden and unplanned way. I had always believed myself to be defined by my career and was feeling lost and lacking direction.*

*This course made me feel in control of the next stages of my life, I now understand that I have real, valid and valuable choices. I understand the next part of my life can be as fulfilling as the last part, if not more so.*

*I also found a great new bunch of friends to go on this journey alongside. We had such a great time."*

Mindful Ageing Co-funded by the Erasmus+ Programme of the European Union inova consultancy



*"An excellent workshop for the over fifties. Great balance of physical activities and theory. Good combination of materials used i.e videos/ handouts/ practical tasks. A valuable use of my time."*

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Photos from UK Mindful Ageing Bootcamps:



## The Mindful Ageing Online Platform

As part of the Mindful Ageing project, we have also developed an Online Learning Platform where you can learn more about Mindful Ageing and all of the topics discussed in the Bootcamp, as well as trying out some online games and activities and getting more tips on staying healthy and active.

Register to the platform at: <https://mindfulageing.lykio.com/>

# Bootcamp Programme Outline

DAY 1 “A Wellbeing Audit”	
In Day 1, we will explore the potential impacts of ageing on the body and mind, what we mean by ‘Active Ageing’ and complete our own ‘Wellbeing Audits’, reflecting on our current attitudes towards ageing.	
Welcome and Ice-breaking activity	Participants will be welcomed to the programme and we will play an ‘ice breaker’ game - “Two Truths, One Lie”
Completing our own ‘Wellbeing Audit’	Participants will complete a short ‘Wellbeing Audit’ form - a series of self-reflective statements looking at how active and mindful we are currently in our day-to-day lives. This will be repeated at the end of the programme, to help us reflect on any changes that have been brought about through the Bootcamp activities.
Background to Mindful Ageing	A brief introduction to the purpose of the project and the results of the research conducted by all partner countries.
Group dialogue	A discussion about mindful practice, ageing challenges and how our judgement and preconceived ideas affect how we age.
Warning signs of poor mental health	A presentation of how to recognize the signs that lead to poor mental health.
Discussion on spiritual health	A discussion of the importance of physical health, mental health and positive psychology.
Planning for positive ageing - What can people do? How to set goals?	A presentation on positive ageing.

Impacts of ageing	A presentation and discussion about the impacts on a person as they grow older.
Open dialogue about personal experiences	Sharing personal experiences and interaction with each other.
Closing of day 1 - Feedback	Feedback and impressions from the participants.
<b>DAY 2</b> <b>“Developing a Healthy and Positive Mind and Body”</b>	
In Day 2, we will focus on using Mindfulness practices to support a healthy and active lifestyle and explore how Neuro Linguistic Programming (NLP) can be used to develop a more positive attitude towards ageing.	
Warm- Up Activity	We will begin with a short Breathing Space Meditation, led by a facilitator.
World Cafe Session	In this session, we will use the ‘World Cafe’ concept to discuss and share ideas around ageing and Mindfulness in a relaxed, informal and creative atmosphere.
Meditation/Mindfulness	In this section, we will introduce what Mindfulness is and how it can support us as we grow older. We will try some simple Mindfulness and meditation exercises
Mind Mapping and Journalling	Here we will explore Mind Mapping and Journalling and how these exercises fit into a Mindfulness practice.
Interactive Mental Games	This will be a more informal section where participants have the opportunity to try out some games and activities which can boost our brain power!
NLP and Reframing	In this section we will explore some of the theories of NLP and how they can support us to rethink our attitudes towards ageing.
Closing of day 2 - feedback	Feedback and impressions from the participants
<b>DAY 3</b> <b>“Let’s Get Started!”</b>	
In Day 3, we will be providing a range of activities and sessions to help you try out some new ways of staying healthy and active in body and mind!	
Activity Sessions	Today will be focused on giving things a go! Keeping in mind the things we have explored over the last two days, this final day of the programme aims to provide



	<p>opportunities to try out new activities or explore some ideas further.</p> <p>It may include: Yoga, Tai Chi, nutrition talks, Zumba and more!</p>
Planning for the Future	In this final session, participants are encouraged to consider the practices and activities they would like to take away with them and to set goals for moving forward.
Evaluation and Feedback	Feedback and impressions from the participants - Questionnaire

## Participant Agreement

The Mindful Ageing Bootcamps are part of the Mindful Ageing project, funded by the European Commission's Erasmus Plus programme. By taking part in the Bootcamp you are benefiting directly from this funding. To find out more about what this means we have developed a Learning Agreement which we ask all participants to read and sign at the beginning of the programme.

Please go to Annex 1 to view the agreement.

## Presentation Slides

Although the Bootcamp is designed to be as interactive as possible, during the sessions your facilitator will use a set of Powerpoint slides to discuss some of the theory and background which we will be using and discussing.

A copy of the slide handout can be found in Annex 2.

# Mindful Ageing Bootcamp Workbook

The following pages provide a space for you to make notes during the Bootcamp sessions and to set yourself goals or action points to work towards building Mindfulness practices into your everyday life.







**Concepts that interest me are:**

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**Important things to remember:**

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**Any other notes:**

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**My Mindful Ageing Bootcamp Journal Day 3**

**The thing I've enjoyed most about today is:**

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**Three things I will take away from today are:**

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**Concepts that interest me are:**

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**Important things to remember:**

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**Any other notes:**

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## **My Mindful Ageing Bootcamp Goals**

It is our wish for everyone who attends a Mindful Ageing Bootcamp to put some of what they have learned into practice to build a healthier, more positive, older age. We invite you to use this section to set yourself some goals to help you maintain what we have started in these sessions.

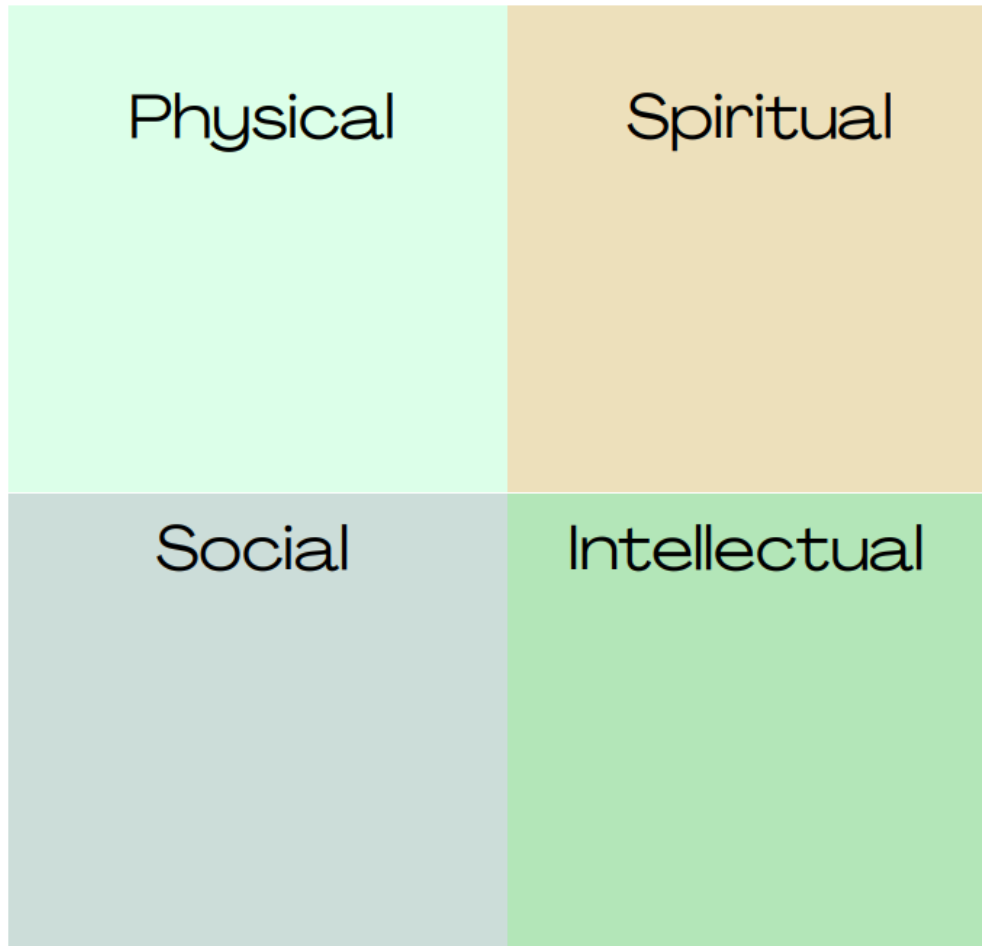
[Try to make your goals SMART:](#)

- Specific
- Measurable
- Attainable
- Relevant
- Timed

For example, *“I will set myself a reminder to meditate each morning for 10 minutes to help me to clear my mind and feel prepared for the day ahead”*.

The goals I want to set myself, after the Mindful Ageing Bootcamp are:

# GOALS



## Evaluation Resources

As this is a funded programme, your feedback is important to us. Please complete the evaluation forms after each session and at the end of the Bootcamp, so we can continue to improve the experience for other people!

See Annexes 3 and 4.

# Contacts

For more information about the Mindful Ageing programme you can visit <https://mindfulageing.eu/> or contact us at:

UK: [cusher@inovaconsult.com](mailto:cusher@inovaconsult.com)

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