



# Mindful Ageing

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**NEWSLETTER**

"It's only after you've stepped outside your comfort zone that you begin to change, grow, and transform."

— **Roy T. Bennett**

## UPDATES FROM THE PARTNERSHIP

The Mindful Ageing Project finishes at the end of August and we are pleased to bring you this final newsletter. Over 300 people aged 50+ have directly benefited from taking part in the Mindful Ageing Bootcamps, Support Groups and events with many accessing project materials online.

The Boot Camps consisted of a three day training programme about wellbeing, positive ageing, mindfulness, health and wellbeing. Support groups focused on goal setting, based on Inova Consultancy's award winning circles™ methodology.

In addition, we have officially launched our free Mindful Ageing online platform allowing individuals to learn about positive ageing and mindfulness and connect with like-minded people!

Sign up to the Mindful Ageing platform here to find out more about the project and develop your skills further at: [https://mindfulageing.eu/e-learning\\_](https://mindfulageing.eu/e-learning_)



## PARTICIPANTS FEEDBACK

### What are the three main things you have learned from taking part in the Boot Camp?

*"Be kind to yourself, tomorrow you can always start again, remember to drink daily"* - Finland

*"Living in the moment, knowing and accepting any limitations - appreciating myself as a person. Adjusting to new lifestyle while ageing to enjoy life fully."* - UK

### What would you change in the Boot Camp process?

*"The exchanges are very enriching and constructive. We worked in small groups and it was very enriching. Clear, comprehensive work. Two very intense days, in a good atmosphere"* - France

*"Nothing I think the Boot Camp was well balanced in all areas and was a good lead into areas that you might want to become more involved."* - UK

### What will you take away or implement from the sessions?

*"Very well planned. Varied activities. I have never done yoga before, so I enjoyed the taster sessions - I might start doing yoga!"* - UK

*"Meditation, turning negative into positive, it's ok to review your goals"* - France

### How motivated do you feel to continue with the goals you have set for yourself during the group?

*"I am very determined to continue with the goals I have set"* - Greece

*"Definitely motivated to continue. Very useful meetings and talks which were excellently moderated by our Facilitator"* - Bulgaria

### Further comments

*"I'm quite reflective so I have a lot to think about and process. I'm full of admiration for the other women in the group and their ability to be supportive and kind to everyone else in the group. generally i really enjoy the group sessions - it would be great if they could continue"* - UK

# MINDFUL AGEING FINAL CONFERENCE EVENT



The Mindful Ageing closing event, held in the UK in June, was a celebration of well-being that gathered a group of over 60 participants, mostly aged 50 or older, at the impressive Channing Hall in Sheffield, England.



The conference offered an array of activities and resources that catered to the diverse needs and interests of the participants.



The agenda included interactive warm-up exercises, such as a Mindful People Bingo, which helped participants get to know each other better.



There were also taster sessions for Zumba, Yoga, and mindfulness workshops, which allowed individuals to try out new activities and explore different ways to promote their wellbeing.

The feedback from the participants was overwhelmingly positive, with 80% of them rating the event's organization as 'excellent'. Moreover, over 86% of the participants rated the facilitators highly, highlighting the skill and expertise of the individuals leading the sessions.

Additionally, 83% of the participants expressed satisfaction with the content and its style of delivery, indicating that the event was successful in meeting the needs and expectations of the attendees.

Overall, the Mindful Ageing closing event was a well-organized and engaging event that provided a platform for individuals to learn, connect, and promote their wellbeing.

A large, stylized version of the Mindful Ageing logo is centered on a background with a soft, multi-colored gradient (purple, pink, orange, and teal). The logo consists of the word 'Mindful' in teal above 'Ageing' in dark grey, with a small green leaf-like graphic to the right of the 'g'.

## In France...

**100%**

of the participants left the session with a good understanding of the importance of mindfulness

**100%**

of the participants would recommend the program

*"The whole process was constructive"*



## In Finland...

*By the end of the sessions, made a plan to continue with meetings in the future by sharing their contact information.*

**100%**

of participants found the program interactive and relevant to their needs.

## In Bulgaria...

**100%**

found peer support useful in setting mindful/active ageing goals for themselves.



## In Greece...

**80%**

would recommend the support groups to a friend.

*"The honest discussion has been the best part of the Support Groups for you me".*



## ...and in the UK

**100%**

of participants were highly satisfied with the delivery of the event and facilitator communication throughout it.



## Mindful Ageing E-Learning Platform

The E-Learning platform includes an online toolkit of resources developed for older individuals and support workers. The platform allows users to understand how to use mindfulness, hypnosis, and various other methods to help combat low self-esteem and improve physical and mental health. Click [here](#) to register!

### Overall goals of the E-Learning platform

- Explore how to maintain a positive and healthy mindset.
- Learn about tools such as Mindfulness, Clinical Hypnosis, Meditation, and Neuro-Linguistic Programming (NLP).
- Discover the importance of good nutrition and physical activity.

## PARTNERS

