



Mindful Ageing

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NEWSLETTER

*"It matters not how long we live but how."
Philip James Bailey*

UPDATES FROM THE PARTNERSHIP

We are pleased to inform you that all partners have completed one round of piloting of the Boot Camps and Support Groups. The Boot Camps were a three day training programme for over 50s relating to wellbeing, positive ageing, mindfulness and health and wellbeing. Support groups focused on goal setting, based on Inova Consultancy's award winning circles™ methodology. Partners in the UK, Finland and France have successfully completed both rounds of Boot Camps and Support Groups.

The free Mindful Ageing E-Learning online platform has been developed allowing individuals to learn about positive ageing and mindfulness and connect with like-minded people.

Access the Mindful Ageing platform here to find out more about the project and develop your skills further at: https://mindfulageing.eu/e-learning_

PARTICIPANTS FEEDBACK

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

"Objectives as opportunities in life are limitless." - Bulgaria

"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?

"I really enjoyed the entirety of the process. Sometimes I felt we could do with a little more time but everything was great." - UK

"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?

"I will try and practise more mindfulness. I will be more aware of how thoughts can distort reality. I will do more yoga and tai chi." - UK

"I will continue with walking but adapt my goal depending of my health and the weather." - France

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

"I had already set goals before sessions, now I feel I can achieve them." - Greece

"Meditation helped me so I will practice it again." - France

Further comments

"Excellent sessions. I am proactive in my health and wellbeing but still felt I still learnt lots. The quality and approach of the facilitators was a big factor. I would highly recommend it to all. Not too much was aimed at the older people/ elderly, which was good. Did not make me feel old. Was relevant to all ages." - UK



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.

UPCOMING...

Partners in Bulgaria and Greece will be piloting their second rounds of the bootcamp in Spring 2023.

PARTNERS

