Mindfulness Bulletin

Termly updates on Cambridge University's
Mindfulness Pilot

Bulletin No.2, March 2015

For more information about Mindfulness at Cam
including our new Easter Term timetable, see our webpages:

Website pages - click here

Learning Mindfulness at Cambridge University

We continue to teach mindfulness across the university in
Easter Term, with three 8-week mindfulness training
courses for undergraduates and postgraduate students.
We are also introducing a, 2-week mindfulness course
especially designed to support Cambridge students
through the exam period.

These courses are open to students from any college
because we are now able to use the University's online
booking system. The 8-week Mindfulness Training will
take place at St John’s College, and King's College, and the
2-week Mindfulness for Exams courses will be held at
Queens’, Murray Edwards, Jesus and Wolfson Colleges.

All the courses are taught by the University's Mindfulness Practitioner, Dr Elizabeth English, as
part of a mindfulness research pilot which explores whether mindfulness can increase wellbeing
and resilience among students at Cambridge University.

Click here to see our Easter Timetable

How to book:

- The link for students to register on the courses will be circulated by Senior Tutors in
  Colleges before the start of term.
The delivery and impact of providing mindfulness to the student body will be evaluated by the Department of Psychiatry in collaboration with the Counselling Service.

We are pleased to have appointed Dr Julieta Galante to take a lead role in the evaluation of mindfulness at Cambridge. Julieta, who joins us from the Institute of Primary Care and Public Health at Cardiff University, has an established research interest in the effects of meditation techniques on mental health.

The research team are currently in the process of developing the evaluation protocol in consultation with UoC staff and students, with a view to beginning the study next academic year.

We have had a tremendous response to our suggestion to students to found a Mindfulness Society. But we still need people! If you are interested in taking part in a new Mindfulness Society, please come along to a meeting to see how you could be involved.

Meeting details:
- The Latimer Room at Clare College
- Thursday 12th March
- 12:30-1:30 pm

Dr English will be present to help you decide what kind of support you might like to continue your mindfulness practice, and others will be there also to give advice on how to set up a society. If you cannot make the meeting, but you are interested, then please email Elizabeth English by replying to this bulletin.

This term, students from eight different colleges have done the 8-week mindfulness training. Our thanks to the colleges who hosted the classes; the senior tutors, nurses and other staff who liaised with us to organise the courses. Since this was the very start of the pilot project, we took up offers from a range of colleges amongst the many who expressed an interest in being involved. We chose venues across the city, within and without the city centre. All classes were initially fully subscribed (30 places), and attendance has been good across most courses, given the demands of the practice, and of the busy term. Colleges who took part included: Pembroke and Fitzwilliam (Monday), Trinity College (Wednesday), Caius College (Thursday), Homerton (Friday), and two courses starting mid term at Sidney Sussex and Robinson Colleges (Tuesdays and Wednesdays). As the mindfulness research project continues, we will be inviting other colleges to host mindfulness courses in the