



North East Mindfulness Network Mission statement

The North East Mindfulness Network is a network of mindfulness teachers, based in the North East of England. We work in a variety of settings with a diverse range of service users, clients and customers. The Network promotes quality and standards within mindfulness, both personally and professionally.

Mindfulness interventions are intended to teach people mindfulness in ways that can help with physical and psychological health problems and ongoing life challenges. We are committed to supporting and developing integrity and best practice in the delivery of these interventions. Our experience working with diverse communities and service users has shown us that we need flexible approaches for mindfulness interventions to be effective. We are committed to innovating and evidencing best practice in making mindfulness interventions inclusive and accessible.

Mindfulness can be a powerful psychological intervention that can have significant impact on people's lives, therefore as mindfulness teachers we have a responsibility to teach in an ethical way. We believe that good quality mindfulness interventions can only be delivered when practitioners have: formal meditation/ mindfulness teacher training; a significant personal meditation practice; and ongoing supervision/ CPD. We believe that, as mindfulness is largely an experiential and relational practice, teaching must come from a depth of personal experience in order to be authentic. Without adequate training and experience, mindfulness interventions can be unsafe. Poor quality mindfulness interventions can, at best, give service users a negative impression of what mindfulness is and, at worst, can be triggering and retraumatising for service users with complex needs and difficulties.

The North East Mindfulness Network exists for the benefit of:

- Members of the Network, who are mindfulness teachers, providing support for personal and professional practice;
- Service users, to ensure that the interventions they receive are safe and of as good quality as possible;
- The general public - to ensure that accurate, well-informed messages about mindfulness are available;



- The mindfulness industry as a whole - to provide a positive public message about the value of mindfulness, challenging those messages that might put the industry into disrepute.

The aims of the North East Mindfulness Network will be achieved in the following ways:

- Meeting bi-monthly for practice and discussion;
- Running an annual mindfulness conference;
- Producing a blog;
- Producing a newsletter.

The objectives of the Network are:

- To promote best practice;
- To provide an opportunity for mutual support;
- To provide affordable CPD opportunities for mindfulness teachers;
- To provide space for personal meditation and reflection;
- To share ideas and knowledge about the use of mindfulness interventions with diverse client groups;
- To publicly promote mindfulness.

Members of the Network are expected to:

- Be working towards a minimum of 12 months training in teaching mindfulness;
- Have a minimum of 12 months personal meditation experience;
- Have a regular meditation practice. We understand that a daily meditation is an aspiration for many people and don't expect that members will always meditate on a daily basis but that this will be a strong intention.
- Have experience and/or training in working with the population in which mindfulness interventions will be offered;
- Have a commitment to regular mindfulness CPD and retreat.