



The Derbyshire Mindfulness Project 2017-18

The research project has been commissioned and funded by North Derbyshire, South Derbyshire and Hardwick Clinical Commissioning Groups (CCGs). It is being managed and led by the Derbyshire

Educational Psychology Service. The aim of the 18 month project is to introduce school staff, pupils and foster carers to the concept and practice of mindfulness.

[\(link\) Find out more about Derbyshire Mindfulness Project.](#)

Mindfulness comes to Derbyshire Schools

The research project will focus on introducing pupils aged 9-13 years, and the adults that teach them, to mindfulness. Teachers will be supported to do this by using the Mindful Attention Programme (MAP). This is a nine week course for children, delivered in the classroom.

Mindfulness can be described as paying attention to what is happening in the present moment with curiosity and kindness. Developing the skills and attitudes that make up mindfulness enables children and adults to notice more and learn about how they react to everyday situations. These skills can support them in responding more helpfully rather than simply reacting to what is happening in their lives.

There is a growing body of evidence which suggests that mindfulness programmes for children can be highly effective in making important changes, including: reducing stress, improving wellbeing, cultivating empathy and increasing emotional control.

Some schools in North Derbyshire and Hardwick are already implementing the programme and have recognised the benefits for their pupils:

“ quote....”

For more information about the project please contact Dawn Davies Hull, Senior Educational Psychologist at www.dawn.davieshull@derbyshire.gov.uk or call 01629 533535.