

Dear All

I am a TPD in Paediatrics and I am writing to you to tell you about an exciting NEW opportunity that has arisen as part of the SupportTT programme.

The SupportTT programme is offering FREE mindfulness taster days - "An introduction to mindfulness". These are advertised and available for booking via [Medical Maxcourse](#) and are open to Return To Training trainees from all specialties.

My own experience of mindfulness prompted me to apply for SupportTT funding to deliver this course. I completed an 8 week MBSR (mindfulness based stress reduction) course four years ago and realised its potential in life enhancement and managing workplace stress. I am now engaged in a teacher training programme to become a mindfulness trainer.

Mindfulness arises when you bring your attention to the present moment without judgement and with kindness and curiosity. Neuroscience research has indicated positive changes in brain structure and function brought about by mindfulness practice.

Trainees like you who have had time away from training may face anxiety, fear and perhaps lack of confidence about returning to work. This will depend on the reason for time away, the duration you were off and your own personality and learning styles. Mindfulness can help manage these stresses.

The training will be delivered by Rachael Garside, an experienced mindfulness teacher who has delivered mindfulness sessions within the School of Paediatrics for 2 years.

If you would like to book a place, please visit [Medical Maxcourse](#).

For more information, please contact me on [sanjay.suri2@nhs.net](mailto:sanjay.suri2@nhs.net). If you would like to contact Rachael directly, please do so on [rachael@tallspaghetti.co.uk](mailto:rachael@tallspaghetti.co.uk)

Dr Sanjay Suri TPD Paediatrics