



Pain Concern Mindfulness Sessions 2025/26

Introduction to mindfulness

One off introductory session to experience mindfulness and find out how it may be beneficial in your life

Topics covered

- What is mindfulness?
- How might it help our wellbeing and to cope with pain?
- Practices - mindful eating & body scan

Day/time

Tuesday's 6.30 - 8pm

Duration

1.5hrs

2025 Session dates

June 24

Sept 2

Oct 28

Dec 9



4-week mindfulness course

Following on from the introduction to mindfulness, this course helps us take our first steps into practicing mindfulness techniques which can help us cope better with pain and to live life more in the present moment. We start to explore what's happening in our body and mind and see if we can begin to relate differently to our experience as we plant seeds of helpful attitudes such as curiosity, kindness and non-judgement.

Each week has a follow up email with recordings and links and people are encouraged to try short practices at home.

Topics covered

- Week 1 – The present moment / Checking in to present moment
- Week 2 – The mind / Settling the mind
- Week 3 – The body / Being in the body
- Week 4 – Our attitudes / Cultivating kindness

Day/time

Tuesday's 6.30 - 8pm

Duration

1.5hrs

2025 Session dates

July 22, July 29, Aug 5, 12



8-week course

For people who want to develop a deeper experience of mindfulness and gain the foundations of a personal practice with a view to applying this in daily life. We grow our ability of noticing what is happening in our minds and cultivate qualities of kindness and self-compassion so we can begin to meet ourselves, our pain, and others in a different way. Each week has a follow up email with recordings and links and people are encouraged to try practices at home.

Topics covered

- Week 1 - What is mindfulness & why practice it?
- Week 2 - Start where we are.
- Week 3 - The body as a place to stay present.
- Week 4 - Introducing sound as a support for practicing mindfulness.
- Week 5 - Working with distraction. Movement and breath as a mindfulness support.
- Week 6 - Exploring the undercurrent of our experience and growing kindness.
- Week 7 - Noticing our attitudes.
- Week 8 - Working with life's difficulties and building self-acceptance.
- Week 9 (follow up 1 month after course ends) - A mindfulness-based life.

Day/time

Tuesday's 6 - 8pm

Duration

2hrs per week

2026 Session dates

Jan 13, 20, 27 & Feb 3, 10, 17, 24, & Mar 3.

Week 9 follow up Mar 17



Monthly drop-in session

This informal practice session is for those who have done Cath's courses or have some experience of mindfulness.

Day/time

Monday 7-8pm

Duration

1hr

2025 Session dates

9 June, 7 July, 4 Aug, 1 Sep, 6 Oct, 3 Nov, 1 Dec;

2026 Session dates:

Jan 5, Feb 2, Mar 2

About the teacher



Hi, my name is Cath and I have been teaching mindfulness since 2020. I have felt the benefits of mindfulness in my own life after doing my first 8-week course through an NHS Pain Clinic many years ago. I look forward to meeting you!

I am registered with BAMBA (British Association of Mindfulness-based Approaches) and trained and accredited by The Mindfulness Association.

How to book

Please email mindfulness@painconcern.org.uk or call 07421 125638