

Mindfulness for Pain, Fatigue and Anxiety

An 8-week programme for those living with NENS

This interactive course just for NEN (neuroendocrine neoplasms) patients will be delivered via Zoom in a friendly, supportive group environment with a maximum of 15 participants. It involves in-depth and personalised teaching on the practice and techniques of mindfulness including taught aspects, discussions, exercises, and support for your own practice.

Weekly on a Monday, 5th February - 25th March 2024

Time: 7.00pm - 9.00pm

Nb You will need to allow about 20 minutes per day to practice, and purchase Course Handbook via Amazon/other online retailer (£10)

“The skills I’ve learnt are already making a difference to the quality of my life. They have helped me to see another way of living with cancer; a calmer, kinder way”

For an initial enquiry or to book your place, contact:

steve@rareminds.org / 07792 782374



Steve Smith works within Avon Valley NHS Primary Care delivering Mindfulness-Based interventions for patients living with stress, anxiety, and chronic pain. He has been teaching mindfulness for over 10 years, is the Mindfulness Lead for Rareminds www.rareminds.org and a Trainer/Supervisor for Breathworks www.breathworks-mindfulness.org.uk He is passionate about the benefits of Mindfulness as a practical tool for everyday living.

Mindfulness based techniques are increasingly being used in the NHS for a range of chronic conditions, including pain and low mood. Further information about Mindfulness can be found at <https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness>