



QUARTERLY NEWSLETTER

Autumn 2026

A Warm Hello

Hello and welcome,

Autumn is here - shorter days, cooler mornings, and the changing colours of the season. It can be a good time to slow down, pause, and notice what feels helpful as we move into the months ahead.

In this edition, we're sharing some simple practices, updates from our programmes, and ideas to support your wellbeing, including mindfulness for older adult carers and ways to look after your blood pressure. As always, take what feels useful and go at your own pace.

Warm wishes,

Adele and The Mindful Life Group Team

Mark Your Calendars

Mindfulness for Older Adult Caregivers

Thursday 5th November 2026

Are you a carer aged 65+ looking for a way to find balance and restore your own wellbeing?

Join our six-week mindfulness programme, developed to meet the needs of older adult caregivers and led by a registered Mindfulness Teacher. Sessions run for an hour each week, and are supplemented with weekly handouts and recordings to allow you to practice at your own pace.

At the end of the course, there is an opportunity to join or create a Community of Practice to continue practicing mindfulness with others.

Blood Pressure Balance Programme

Tuesday 20th October 2026

Aimed at people aged 65 and over, this course is the only one of its kind in the UK. Designed to lower blood pressure using mindfulness and breathwork techniques, this programme gives people an alternative way to lower their blood pressure.

Click on the programme names to book - spaces are filling up fast!

From Our Community

Izzy is an Assistant Psychologist placement student with The Mindful Life Group and is currently studying Psychology at the University of Surrey. She has a strong interest in older adult mental health and wellbeing, dementia research, and the ways mindfulness and person-centred approaches can support people in later life. In the future, she hopes to pursue a Doctorate in Clinical Psychology and continue working within older adult mental health. Outside of work and university, Izzy enjoys going to the gym, paddleboarding and painting.

What is your favourite hot drink?

My favourite autumnal hot drink is, of course, a pumpkin spice latte!

What is your favourite thing about Autumn?

My favourite things about autumn are watching the leaves change colour and enjoying Halloween traditions such as picking and carving pumpkins, fright nights and baking yummy treats!

Izzy has been working on a Healthy Ageing blog which relates to our healthy ageing course. To celebrate Healthy Ageing month this September she has been releasing weekly articles which you can find here [on our blog](#).

If you would like to register your interest for the next Healthy Ageing course [you can click here](#)



Inspiration Corner

"Looking After Your Mental Health as We Approach Autumn"

[Click here to read](#)

Why we love it: As Autumn arrives and everything starts to slow down, our mental health can take a hit. This blog gives us some ideas about how we can look after our mental health in these colder, darker months.



Did You Know...

The changing of seasons can influence human psychology?

Research has suggested that we are not too dissimilar to many kinds of animals as we too adapt ourselves due to the seasons.

One example of a shift in our psychology is Seasonal Affective Disorder, which can cause recurring depressive symptoms in later months. However these changes are not just linked to our mental health but also with various other behaviours such as diet and exercise behaviours, colour preference and cognitive performance

[Click here to read the full research paper](#)



**"Every leaf speaks bliss to me,
fluttering from the autumn tree."**

Emily Brontë, English writer

