



QUARTERLY NEWSLETTER



Spring 2026

A Warm Hello

Hello and welcome,

Spring is slowly making its way in - longer days, a bit more light, and small signs of change all around us. It can be a nice time to pause, reset, and notice what feels helpful right now.

In this edition, we're sharing a few simple practices, updates from our programmes, and ideas to support your wellbeing day to day.

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 16th April

[Better Sleep Programme for Caregivers](#)
Thursday 18th June

[Blood Pressure Balance Programme](#)
Tuesday 23rd June

Click on the programme names to book

From Our Community

Sui worked in the finance and payroll department for many years before retiring. One of her earlier hobbies was flower arranging, which she enjoyed for about ten years. She later took up card making, a hobby she continued for around eight years, stopping in 2025 due to a lack of spare time after becoming a carer for her husband.

Sui has taken part in our mindfulness course for older carers, which has helped her feel calmer and better able to manage stress and the challenges she faces in her caring role.

Three words to describe yourself?

Christian, fun and food

One thing that always makes you smile?

My youngest sister

What helps you come back to the present moment?

Mindfulness practices and meditation such as micro-respite & Three Step Breathing Space

Favourite thing about mindfulness?

Awareness and engaging the present moment of your being and the things in your surroundings

Hardest part about mindfulness?

Keeping the mindfulness practice and meditation alive on a regular basis

Inspiration Corner

“Spring into wellbeing: How to refresh your mental health routine”

<https://able-futures.co.uk/news/spring-wellbeing-how-refresh-your-mental-health-routine>

Why we love it: It celebrates Spring as a natural moment for renewal and highlights how the change in season can inspire positive shifts in our mental wellbeing. It shares simple and achievable ideas that encourage small but meaningful changes to help you feel more balanced, energised and ready for a fresh start.



Did You Know...

...Mindfulness has been associated with improved decision making (Karelaia N., Reb J. 2014)

When we practise mindfulness, we learn how to make observations without getting wrapped up in thoughts or feelings. When applied to decision making, this skill can help us weigh options more rationally. Additionally, having this skill can help us feel better equipped to make sound decisions. This decreases the likelihood of putting off or refraining from decision making altogether.

Closing Thought Spring by Donna Ashworth

I have always believed spring to be the harbinger of hope, the launch pad to lighter days, the gateway to life.

Spring soothes our winter-worn souls with anticipation, and its promise for more.

It gently shakes our hibernating toes and whispers, wake now, your wintering days are done.

And so, with each eager sunrise, we emerge, we reignite, we re-energise.

And as with the nature around us, we begin to rise and renew.

Come on in, spring, we have much longed for your light, your joy, for your new.

We are slowly rousing from slumber, welcome back.