



QUARTERLY NEWSLETTER

Summer 2026



A Warm Hello

Hello and welcome to our summer newsletter.

As the days grow longer, we hope you're finding opportunities to enjoy some warmth, connect with what matters, and take care of your wellbeing. In this edition, we're sharing new groups, research, and opportunities to support healthy ageing, brain health, mindfulness, and emotional wellbeing. We hope you enjoy reading it.



From Our Community

Jess is a Trainee Clinical Psychologist and doctorate student at the University of East Anglia. She is currently on placement with us at The Mindful Life Group as part of her training. Outside of the course, Jess enjoys reading and has already nearly reached her 2026 reading goal to read 40 books! She also enjoys running and has recently started attending ParkRuns, loving the uplifting energy and sense of community.

What's one thing that makes you smile?

My little niece, who is nearly one!

Favourite thing about mindfulness?

The flexibility and accessibility of it! You can do it anywhere, with anything. Out for a walk or sitting on the sofa. It really gives you the choice.

What are you excited about in running the Healthy Ageing course?

I'm looking forward to empowering individuals to proactively approach ageing and hopefully increase the number of years spent in good health. I love that the course translates scientific research into actionable lifestyle strategies.

"Ageing is not an option, but how we age is completely within our choices."



Mark your Calendars

Understanding and Managing Stress & Anxiety

Wednesday 15th July

Are you aged 65 or over and looking for practical ways to manage stress and anxiety? Join our four-week online programme designed to help older adults understand how stress affects the brain and develop emotional regulation skills. Delivered in a friendly, supportive small-group setting via Zoom, this fully funded course offers valuable tools to help you build resilience and improve your emotional wellbeing.

Healthy Ageing For Life

Tuesday 21st July

Are you aged 50 or over and keen to learn how to live well throughout later life? In our four-week online programme we will explore the key pillars of healthy ageing - Sleep, Physical Activity, Nutrition and Cognitive Wellbeing - and provide practical strategies that can be applied in everyday life.

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

Inspiration Corner

"The Science Behind Positive Neuropsychology: What Does the Research Tell Us?"

[Click to read here!](#)

Why we love it: This article gently turns the idea of ageing on its head. Rather than focusing on decline, Adele's article brings together decades of research to show how our brains remain capable of growth, resilience and adaptation at any age.

It's an uplifting, hopeful read that sits perfectly with the bright, hopeful, positive energy of summer.



Did You Know...

That staying active may be one of the best things you can do for your brain as you age?

A large-scale review drawing on 13 international studies, following people aged 65 and above, found that those who regularly spent time with family and friends were associated with a lower risk of mild cognitive impairment and dementia.

Even simply having someone to talk to made a measurable difference (Mahalingam et al., 2023). So this summer, that catch-up over coffee, that phone call you've been meaning to make, or joining a community group may be doing more for your brain than you realise. **Connection isn't just good for the soul – it may be good for your mind too!**

Summer Solstice - Lorna Rose Gill

The long grass bending in the sea breeze slips
between the sand and sky, singing subtle
songs for those who dare to stop a while and
listen; declaring there is no need to
scurry by when the sun cradles the day
and the night at bay watches on, no moon
in sight. I am sightless until I stop.

The dog has scent on her nose and I am
forced to slow; am shown the day pried open
like a coconut, the waves crashing on
the shore like white flesh, gleaming slick and wet,
salt curling on sand, sandpipers feasting.

Before me, grass invites rest - so I rest -
and sky and earth and sea progress their endless dance.