



Gogledd Cymru **Gyda'n Gilydd**
North Wales **Together**

Gwasanaethau Ddi-dor i bobl ag Anableddau Dysgu
Seamless services for people with Learning Disabilities

Mindfulness & Well-Being Project: Learning Disability Services

Learning Disability Conference

November 2022

Dr Ceryl Teleri Davies



PRIFYSGOL
BANGOR
UNIVERSITY



APPENDIX 1



AN OVERVIEW OF THE MULTI-AGENCY RESPONSE TO CHILD SEXUAL EXPLOITATION IN PETERBOROUGH

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June 2018



“This is abuse?” The nature of abuse in young people’s intimate relationships, issues for practice

The problem of abuse within young intimate relationships continues unabated, though our understanding of this issue has grown over the years, and there has been limited focus given to the voices of young women. Caryl Teale Davies explains this issue further, and looks at the key messages from a recent research study in order to inform practice development, and to protect young women from the risk of abuse within their intimate relationships.

Young people, intimate relationships and abuse

Our knowledge of how young women come into contact with intimate relationships is limited, as is our knowledge of the nature and extent of intimate partner violence (IPV) and child sexual exploitation (CSE). The research was conducted in a way that was respectful of the young women's experiences and perspectives. The research was conducted in a way that was respectful of the young women's experiences and perspectives.

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Abstract: This study explored a research project that aimed to explore the experiences of young women who are in intimate relationships and who are experiencing IPV. The research was conducted in a way that was respectful of the young women's experiences and perspectives. The research was conducted in a way that was respectful of the young women's experiences and perspectives.

Findings from the questionnaire: young women's attitudes

The young women who participated in the study had a range of attitudes towards IPV. The research was conducted in a way that was respectful of the young women's experiences and perspectives. The research was conducted in a way that was respectful of the young women's experiences and perspectives.

Project Aims

- **Ethos: Social Prescription & Well-being**
- Offer a tailored mindfulness approach to meet the needs of people with a learning disability as a form of social prescription intervention that can be tailored to individual needs.
- Develop the skills and confidence of social care support staff and/or parent/carers to support people with a learning disability to use mindfulness techniques as both a well-being and de-escalation tool.
- Adopt a flexible and bespoke approach to the use of mindfulness with people with a learning disability.

Project Goals

- Learning Disability Transformation & Bangor University
- Steering Group
- Pilot sites: Gwynedd & Conwy & Regional Rollout
- Key output: Toolkit
- Group of specialist staff champions
- Specialist courses: 8 week mindfulness, wellbeing and LD
- One-to-one & groupwork support



Check-in images

If you wish, you can use these images or the emoji chart on the next page to 'check in' with how you are feeling in your body and mind. They can be communication tools to tell others how you are feeling.

Are you feeling?























































- Nervous with a 'butterfly tummy'?
- Rested and content like the dog in the basket?
- Sweaty, hot and bothered?
- Bouncy and excited?
- Restless or tired like a sloth?
- Unhappy or angry like the red fluff monster?

What's there for you today?
Which picture do you feel like today?



Check-in images

Emoji Chart
How are you feeling?

								
LOVED	HAPPY	CONTENT	SLEEPY	SAD	HEARTBROKEN	STRESSED	WORRIED	ANGRY
								
ECSTATIC	WARM	AFFECTIONATE	SHOCKED	ANXIOUS	HESITANT	CONFUSED	DEPRESSED	BETRAYED
								
INTELLIGENT	LUCKY	CONFIDENT	SCEPTICAL	SCARED	HELPLESS	DISAPPOINTED	IRRITATED	EXPLOSIVE
								
ACCEPTED	HOPEFULLY	PLAYFUL	HOPELESS	INVISIBLE	FRUSTRATED	POWERLESS	DISGUSTED	VIOLENT
								
STRONG	SILLY	GOOD	UNSURE	EMPTY	WORTHLESS	GUARDED	SNEAKY	RAGE
								
UNBREAKABLE	EXCITED	ABANDONED	LOST	ALONE	REJECTED	TOXIC	HURT	OVERWHELMED





Weather mind: stormy weather, windy weather, sunny weather, weather that's too hot!

By communicate how our mind is feeling, other can help us let the storm pass...



Season Mind: Which season do you like? Which season matches how you are feeling today? We have four seasons in the UK, each has it own light, temperature and weather pattern. You may prefer anyone of these seasons, depending on what you like doing! Being outside or staying in for indoor activities. You can use the weather season chart to show how your mind is feeling today.



- **Spring Mind:** New possibilities, new growth, change and possibilities! Weather still a bit wet- but getting warmer!
- **Summer Mind:** Warm and dry weather! Weather for outdoor activities! Longer days, with more sunlight.
- **Autumn Mind:** Wet and windy weather! Cold and shorter days. Change in the weather and the structure of the day.
- **Winter Mind:** Change in length of day, less light and colder weather. May have snow and ice and spend more time inside.

Colour mind:

- **Red:** Feeling angry or worried
- **Green:** Feeling calm
- **Yellow:** Feeling happy and sunny



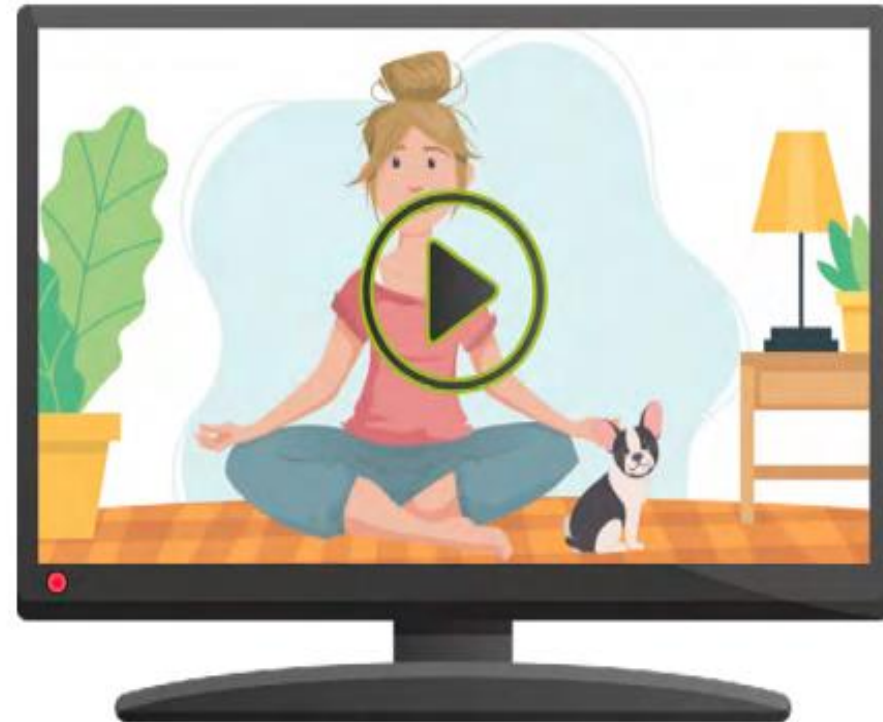
Cartoon mind:

- **Angry**
- **Anxious/stressed**
- **Excited, busy and hyper**
- **Calm and happy**



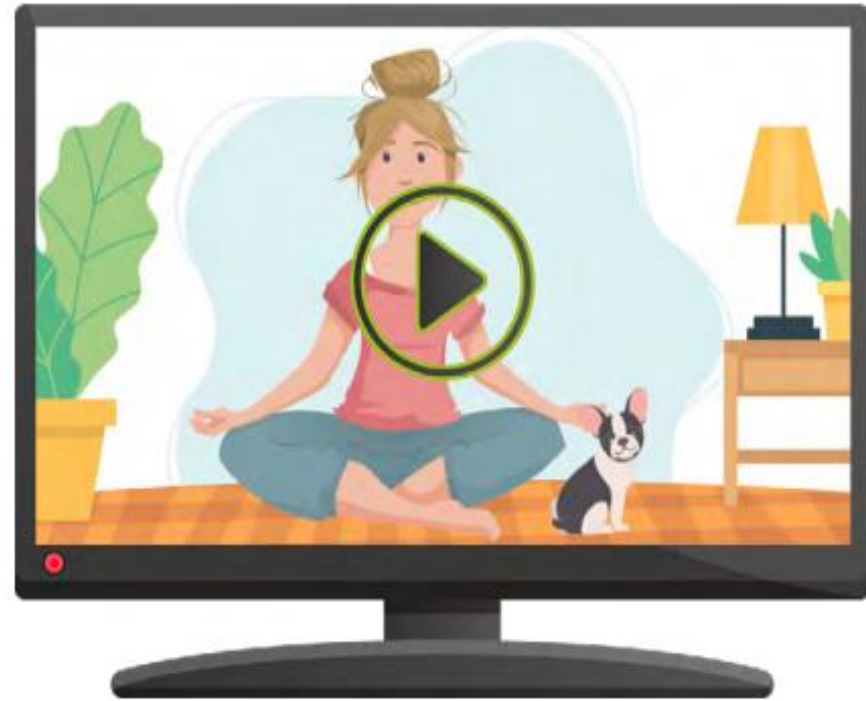
Breathing exercises

- Sitting exercise: breathing
- Practice adaptation: Exercise growing a flower: Exercise 5 minutes
- New exercise: Finger breathing
- Stomach breathing/Belly breathing
- Breathe in a bubble!



Counting & Breathing

You can follow this simple exercise of counting to five as you breath in and then counting to seven as you breath out (you can adjust the breathing numbering as it feels comfortable to you). You can also use your hand to support your breathing here: raising your hand up as your breath in and lowering your hand down as your breath out.



Adapting the practice: Mind Bubbles

You can create your own mind bubbles! You can then watch the bubbles as you breath in an out.

You can use a bought bubble pot or you can make your own,

What you will need:

- Pipe cleaners (to shape as the bubble blower)
- An empty jar
- Water
- Washing up liquid

You can mix the water and washing up liquid in the jar to make the mixture and shape the pipe cleaner as the blower.

Top tip: You can imagine that this is your own breathing bubble! You are in your own safe bubble, sitting our standing breathing in and out as the bubbles float in the air.



Antur Waunfawr!



5 minute briefing

2022-06-22 13:32 UTC

Recorded by
Ceryl Davies

Organized by
Ceryl Davies

Next Steps

- Launch the Toolkit, website and App!
- Training sessions: 8 week course
- LD Community Mindfulness Groups: Each Local Authority area
- Develop a Community of Practice (CoP): Next meeting held on 15/12, 10-12 a.m. at Coed Pella, Colwyn Bay
- Contact details: Ceryl Davies, ceryl.davies@bangor.ac.uk

Any Questions!

Diolch! Thanks!