

Happy New Year and welcome to our latest News Bulletin.

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You can find out more about Civil Service Local [here](#)

To see what's happening in the Midlands and find the latest opportunities visit our [Blog](#)

Follow us on Twitter [@CSLocalMidlands](#)

## Step Up, Step Out, - Employability and Life Skills for Low Risk Offenders

*HMP Stoke Heath - Market Drayton*

In support of a Brilliant Civil Service and to help reduce reoffending, our prisons project "Step Up, Step Out" has now secured volunteering opportunities in HMP Stoke Heath based in Market Drayton. Volunteers will be delivering 4 workshops, to low risk offenders, who mostly have an entry-level education.

The workshops include confidence and self-esteem building, motivation skills and interview skills.

These are people you can really make a difference to whilst developing your own skills set.

The work will be challenging, as these are people at a very early stage of developing work skills, we are looking for volunteers who have the skills to engage with such learners.

We are looking for people who want to change lives for the better by giving ex-offenders the skills employers say they want.

If you are within reasonable travelling distance of HMP Stoke Heath and this is something you want to get involved with please contact us.

The project is also looking to work with ex offenders too so if you know a charity or group that would benefit please let us know.

For more information please email: [andrea.charity@cabinetoffice.gov.uk](mailto:andrea.charity@cabinetoffice.gov.uk)

## P3 Services for Homelessness

**P3** offer services for homeless people and people who are at risk of homelessness.

It is a charity and social enterprise, made up of passionate people, who care about people. We run a variety of services all across the UK that aim to give everyone the chance to be part of the community they live in and feel connected to society. We think that everyone is unique, and with support and confidence can unlock their inner potential, opening up a world of possibilities.

P3 provides many services across the UK in areas including:



- Homeless services
- Young people's homeless service
- Homeless Families Accommodation
- Hospital discharge
- Community rehabilitation
- Leaving care
- Street Outreach
- Criminal Justice
- Children's services
- Supported housing and floating support

Within the hostels and our Navigator Hubs we have opportunities for your staff to help through workshops or one to one sessions for staff and volunteers or clients. We could offer the minimum of five days a year for each member of your team who would like to be involved in this project.

We would also love to explore the opportunity for some joint partnership working with drop in support particularly around income or housing related benefits.

If you visit our website or facebook page you will get more details about the diversity of services we run.  
<http://www.p3charity.org>

If you would like further information please contact [andrea.charity@cabinetoffice.gov.uk](mailto:andrea.charity@cabinetoffice.gov.uk)

## St Basils



St Basils works with young people between the ages of 16-25 who are homeless or at the risk of homelessness; they help over 5,000 young people per year across the West Midlands.

This is your opportunity to volunteer on one of their many projects you can:

- Do a sponsored walk/run/jump
- Sponsor St Basils for a year and arrange fundraising activities within your businesses

For further information on how to get volunteering contact: [info@stbasils.org.uk](mailto:info@stbasils.org.uk)

Go ahead and get volunteering for this worthy cause!

## Food Banks



### Grantham

If you are that someone who haven't used any of their volunteering days or you are looking for the next volunteering opportunity, well here's your chance!

The **Grantham Foodbank** is looking for enthusiastic volunteers to:

- Assist in their warehouse (organising the donated food items, this to include parceling/packing food for the vulnerable individuals/families who use their services)
- Give advice on: benefits, taxes, legal issues (DWP, HMRC, LAA)
- Lead project/s on community gardening within the Grantham area
- Donate food items (non – perishables) No out of date items
- Fundraise (adopt the foodbank for a year)

If you are that someone, for further information contact:

Brian Hanbury  
Project Co-ordinator  
07816872561  
Email the Foodbank

Or Brenda Bond: [Bren.Bond@cabinetoffice.gov.uk](mailto:Bren.Bond@cabinetoffice.gov.uk)

## Great Barr

The foodbank operates on a Tuesday & Friday from 12 - 2pm

Volunteers are needed to:

- Assist in their warehouse on a Monday (organising the donated food items, this to include parceling/packing food for the vulnerable individuals/families who use their services)
- Fundraise (adopt the foodbank for a year)
- Give advice on: benefits, taxes, legal issues (DWP, HMRC, LAA)
- Donate food items (non – perishables) No out of date items

For further information on how to get volunteering contact:

Hazel Powell: [info@greatbarr.foodbank.org.uk](mailto:info@greatbarr.foodbank.org.uk) Tel: 0121 357 5399

Or Brenda Bond: [Bren.Bond@cabinetoffice.gov.uk](mailto:Bren.Bond@cabinetoffice.gov.uk)

## Rugby



Volunteers are the life blood of foodbanks. Your skills could be just what we need. Volunteers are the driving force behind foodbanks. There are thousands of volunteers across the UK, helping The Foodbank Networks get emergency food to people in crisis.

We want you to enjoy volunteering and there are lots of ways to get involved. Whatever role you choose, you will make a real difference to the life of someone in crisis.

For more information on how to get volunteering at the Rugby Foodbank:

John Hemmings: [info@rugby.foodbank.org.uk](mailto:info@rugby.foodbank.org.uk)

Or Brenda Bond: [bren.bond@cabinetoffice.gov.uk](mailto:bren.bond@cabinetoffice.gov.uk)

## EdibleLinks Atherstone



**ediblelinks**  
connecting people  
and communities

Run by health and wellbeing charity, Nuneaton & Bedworth Healthy Living Network, EdibleLinks provides:

- a food bank service
- food to community groups working with vulnerable sectors of the community
- food and support to community "honesty shops" where customers pay what they can afford for groceries.

Ediblelinks have a range of volunteering opportunities for individuals and teams. These include helping with the day-to-day running of the hub by working in the warehouse, acting as a driver's mate and helping with stock rotation.

Read our blog for a first hand account of how rewarding a team building day at the foodbank can be:  
<https://civilservice.local.blog.gov.uk/2018/10/17/making-a-difference-in-the-community/>

If you are interested in this exciting opportunity please contact [Sonya.Johnson@nhs.net](mailto:Sonya.Johnson@nhs.net)

## Schools Engagement

If you are interested in receiving more regular updates and further information about other Schools Engagement Opportunities please email [cslocalmidlands@cabinetoffice.gov.uk](mailto:cslocalmidlands@cabinetoffice.gov.uk) with the subject heading "SEO list" and where you are based. We will send you more details about these types of opportunities as and when they arise.



**Tuesday, 22 January 2019** Derby Moor School Moorway Ln, Derby DE23 2FS  
What's My Line?  
12.30-3pm.

**Wednesday, 23 January 2019** Djanogly City Academy Gregory Boulevard, Nottingham NG7 6ND  
Employability Workshop  
1pm to 3pm

**Thursday, 24 January 2019** Djanogly City Academy Gregory Boulevard, Nottingham NG7 6ND  
Employability Workshop  
1pm to 3pm

**Thursday, 24 January 2019** Merrill Academy  
Workshop 8.45 - 10.55

**Friday, 25 January 2019** West Park School West Road, Spondon, Derby, DE21 7BT  
What's My Line : 11.00am - 12.30pm Lunch: 12.30-1pm  
How to Get on at Work: 1-2pm.

**Thursday, 31 January 2019**  
Allestree Woodlands School Blenheim Dr, Derby DE22 2LW  
The Apprentice: 8.355am - 11.05am

**Friday, 1 February 2019**  
Allestree Woodlands School Blenheim Dr, Derby DE22 2LW  
How to Get on at Work 10.10 - 12.20.

Queen Elizabeth's Academy Chesterfield Rd S, Mansfield NG19 7AP

**Tuesday, 5 February 2019**  
St Benedict's Catholic Voluntary Academy Duffield Rd, Darley Abbey, Derby DE22 1JD  
How to Get on at Work 10.55am - 1.20.

**Wednesday, 6 February 2019**  
What's My Line : 8.10-10.30am  
The Apprentice session: 10.45am - 1.10. 24 Y12/13 students

**Tuesday, 12 February 2019**  
The Bemrose School Uttoxeter New Rd, Derby DE22 3HU  
What's My Line : 8.15am-10.25

Queen Elizabeth's Academy 150 Chesterfield Rd S, Mansfield NG19 7AP  
The Apprentice: 10.25 - 12.20.

If you have any questions, or require further information do not hesitate to contact **Roz Bott**

E: [roz@ideas4careers.co.uk](mailto:roz@ideas4careers.co.uk) | T: 0115 727 0955 | [www.ideas4careers.co.uk](http://www.ideas4careers.co.uk)

As you may be aware our city's E4E programme proudly supports young people to grow and achieve their true potential. Through the help of 150+ local businesses and 660 E4E volunteers, people just like you are kindly sharing their time and enthusiasm, to collectively support thousands of local pupils each year.

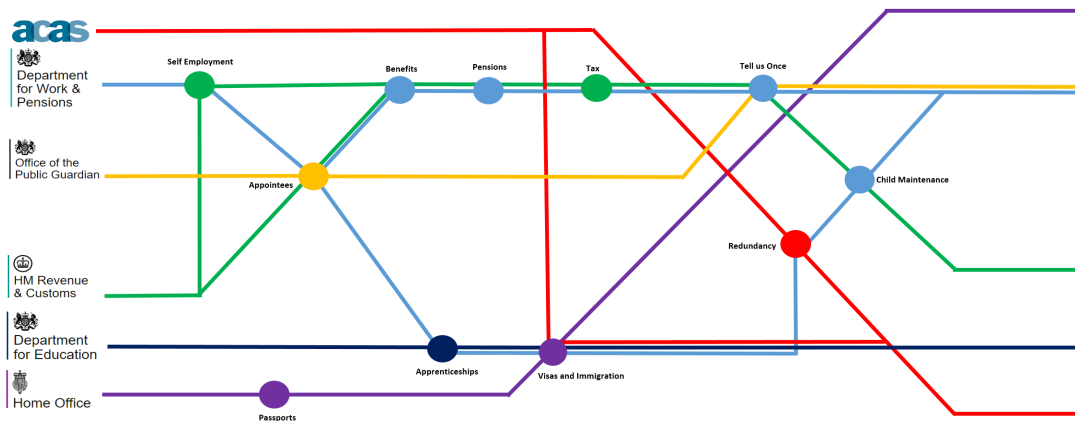
Date	Time	Place	Activity
05.02.19	10.30am-12.30pm	St Benedict	CV Workshop
12.02.19	8am – 1pm	West Park	Enterprise Challenge Day
13.02.19	8am – 1.30pm	Noel Baker	Mock Interviews
15.02.19	8.30am – 1pm	Littleover	Enterprise Challenge Day
27.02.19	8.30am – 12.30pm	St Benedict	Mock Interviews

Note: Mentoring is not stated above as this can start at any time of the year and requires six 1-2-1 meetings between mentor and pupil mentee (agreed around your availability). Please let us know if you are interested in this hugely beneficial and impactful activity.

Some of you will already know the huge value these activities have on our city's children, and the feeling it gives you personally knowing that you've had a positive impact on a young person's life/career journey.

Please send your replies [arshad.iqbal@derby.gov.uk](mailto:arshad.iqbal@derby.gov.uk) and [e4eteam@derby.gov.uk](mailto:e4eteam@derby.gov.uk)

## Government Departments Network Map



### Want To Make Signposting Easier?

Don't know how to signpost customers to other useful Civil Service departments?  
Why Not Use Our Free Adaptive Network Map?

### What It Is

The network map is a simple tool which provides information on different Civil Service departments and how they work together to deliver a service. The map currently features links between 6 selected departments, but can be tailored to the needs of the customer.

Behind each department logo is a fact sheet, which lists the key services offered by that department, alongside contact information, web page links and opening hours.

### How It's Used

The map is currently used by the Department for Work and Pensions work coaches to help provide a more streamlined service for customers. It has been designed for sign posting internal and external customers to other Civil Service departments. Civil Servants can use this in conjunction with other tools available within their department, or as a standalone aid.

All the links within the map are taken from online government sites and therefore will be automatically updated.

### How It Came About

Whilst attending the Civil Service Local Future Leaders Academy, our team (the Bezos Family) discovered that we knew nothing about each other's departments. Did you know there are over 40 Civil Service Departments in the Midlands alone?

To help us understand what each department does and how they are integrated with each other, we designed a simple visual map that made the connections between each one clear. We've spent a year developing this, and we're now ready to share this with the wider Civil Service.

### Testimonials

- "The map is visually appealing and easy to use"
- "The map is another great tool to promote with my staff when doing my coaching"
- "I think this will help me to advise my customers better"
- "I have particularly found the fact sheets useful to hand out to customers"

For more information on how to use the map and to get access, please contact  
[Daniel.Wheatley@dwp.gsi.gov.uk](mailto:Daniel.Wheatley@dwp.gsi.gov.uk) or [Heloise.Anfield@publicguardian.gov.uk](mailto:Heloise.Anfield@publicguardian.gov.uk).

## Working with people experiencing sight loss



Where: Beacon Day Centre Wolverhampton WV4 6AZ

Beacon is an innovative charity that helps people with varying degrees of sight loss to lead full and independent lives. They provide a wide range of facilities and support services at their centres and out in the community.

The purpose built day centre in Wolverhampton is open Monday to Friday and volunteers are needed from 09:30 - 15:30 to support people with sight loss taking part in a range of activities, helping them to use the facilities and be independent.

Or for something completely different, come along to the Fab Lab, their social enterprise. Try your own hand at producing logo T-shirts, decorations and personalised items!

Individuals or groups/teams welcome. Wherever possible volunteers are placed where they have a preference. No previous experience necessary, all we need is enthusiasm and a willingness to help others. And why not treat yourself to lunch in their restaurant too!

Contact: Becky Sinar at [bsinar@beaconvision.org](mailto:bsinar@beaconvision.org) or telephone 01902 880111

## Primrose Hospice



Primrose Hospice is a charity based in Bromsgrove and serving the population of North and East Worcestershire and parts of South Birmingham. We provide individualised care and support for people at end of life and for their relatives including children.

We rely on the generosity of people and businesses to deliver this care and support which is provided free of charge to anyone who needs it. We also rely on volunteers to help us provide these services.

We have over 300 volunteers who work with us actively and are always looking to welcome volunteers to work with us for short periods of time, hours or days to undertake a particular role or task to support us.

If you would like to use to support this wonderful charity then we would be delighted to hear from you. Volunteer's roles can be varied depending on your particular skills or interest and the needs of Primrose Hospice.

Volunteering opportunities:

- helping to maintain the building and facilities,
- fundraising by organising a gifting day at work,
- delivering leaflets and promotional materials,
- devising and delivering your own fundraising events at work or beyond.

We can provide help and support to you or your team to work with us and would be delighted to promote the work that you do on social media and you can be very proud of your contribution.

**We would love to hear from you!**

For more information contact Jo Wright on 01527 871051 or [jo.wright4@nhs.net](mailto:jo.wright4@nhs.net)

## Outdoors and Team Building

### Welcome Change



Welcome Change is a small social enterprise working in East Birmingham / North Solihull established in 2011.

**What:** A team of up to 12 to work in the charity shop/warehouse. Sorting through donations in warehouse and helping arrange stock including steaming and maybe window decoration.

**When:** 18<sup>th</sup> December 10am to 3pm

**Where:** Lea Village, Birmingham B33 9SA

Parking available on or around site.

**What:** Team building activities for groups of up to 15 working in the Community Garden.

Painting fencing, weeding beds, planting in beds (early potatoes & onions etc), make growing trellis/archways. Working on the membrane floor of poly tunnel, weeding growing beds, planting vegetables/herbs/fruit

**When:** 15<sup>th</sup> January 2019 and 19<sup>th</sup> March 2019

**Where:** East Meadway Birmingham B33 0EW

Parking is available near the site.

**Contact:** sam.marsh@welcome-change.org.uk or telephone 07943505055 or 0121 749 5702

## Highbury Orchard Community



Highbury Orchard Community - B13 8QG

Highbury orchard is run partly as a community volunteering project, and partly as a service activity for a variety of specific groups, including woodland play activities for children, Forest School for all ages with adults, particularly those with mental health, wellbeing, or recovery interests. The orchard is tucked away in a corner next to Highbury Park, one of south Birmingham's larger open spaces.

We are seeking groups/teams to help us with the following outdoor activities for 4-6 hours each session:

- Tree planting, including apple trees and hedgerow whips
- Workbenches - a small team with basic carpentry skills is needed to cut and help assemble 3 workbenches
- Developing a Peace Garden - we have up to three days work creating the basic layout, putting in plants, and possibly doing some decorative stonework.

Please note: you will be working with hand tools.

**Location:** Highbury Orchard B13 8QG

**When:** To be arranged

**Find out more:** Please come along on Sunday 20<sup>th</sup> January at 1pm (which is partly given over to the wassail), or Sunday 3<sup>rd</sup> February at 1pm.

These drop-in Sunday sessions are good for solo volunteers, as there are usually teams of 2-3 working on weeding, hauling compost, raking and so on so you can get a good idea of the usual work, and maybe talk about a specific project. Sessions last for 3 hours.

**Contact:** [angela.fisher@cabinetoffice.gov.uk](mailto:angela.fisher@cabinetoffice.gov.uk)

## Government Advice Programme ('GAP')



We are looking for Government Advisors to assist with our Government Advice Programme (GAP). Here at CS Local we work with our local communities, helping vulnerable citizens.

GAP utilises the skills of civil servants to offer a friendly face-to-face service giving practical help & advice in hospices, care homes, food banks.

I'm currently organising *Advice Cafés* at some of these organisations across the midlands and your help is needed!

If you work with:

Department of Work and Pensions;  
Legal Aid Agency;  
Office of the Public Guardian; or  
HM Revenue and Customs,

Please contact Brenda Bond: [bren.bond@cabinetoffice.gov.uk](mailto:bren.bond@cabinetoffice.gov.uk) and let me know which area of the midlands you are in.

## Department for a Day (D4D) Opportunities

Department for a day ('D4D') is a discovery workshop where attendees visit an office or business unit within a Civil Service department other than their own. The day is hosted and facilitated by an ambassador from that office according to a flexible structure which ensures that the attendee gets the most from the day.

The aim of D4D is to allow civil servants to explore and understand different government departments and cultures in the civil service. This will support the vision of a 'Brilliant civil service' by promoting a connected and open network to enable the exchange of best practice and giving civil servants a flavour of what it is like to work in another department.

The D4D project team are looking for ambassadors across different departments to take part in hosting a day. You could help raise the profile of your area of work and learn from interactions with those in the wider civil service.

### Benefits for ambassadors

- Being an ambassador supports your own personal development, you will be demonstrating competencies in leading and communicating, collaborating and partnering. This will allow you to develop transferable skills such as time management, organisation, planning and teamwork
- You will get to share best practice and areas of excellence with other departments, leading to an improvement in their workplace
- An opportunity to raise the profile of your department in the wider civil service
- An opportunity for attendees to share examples of best practice, exposing your department to a wider range of ideas
- By giving an understanding of what it's like to work in your department, an opportunity to attract a wider range of job applicants for future opportunities
- An opportunity to develop or expand your professional network by keeping in touch with your attendees: could you offer further support or mentoring to help their development, and also continue your development of leadership skills and competency at building capability for all?
- You may be able to use any dedicated or budgeted departmental training days to undertake the ambassador role.

If you would like more information or are interested in taking part, please email us at: [claretasker@coal.gov.uk](mailto:claretasker@coal.gov.uk) – it would be great to hear from you.

## Mentor Matching

Civil Service Local Midlands is looking to set up a Mentor Matching service.

Mentoring is a great way to gain insight into where you want to be and how you can get there. By having a mentor, you will gain access to their experiences of when they were once in a similar position to you.

Being a mentor can be a rewarding experience giving you a new perspective as well as the satisfaction of knowing that you have helped someone develop their skills and potential.

**Interested in being a mentor?** Tell us a little bit about yourself; a brief description of your current role and previous experience. If you have faced and overcome any challenges let us know as all this information will help with the matching process.

**Interested in being mentored?** Please tell us what your current role and position is and give a brief description of the type of mentoring help you are interested in.

Contact us at [cslocalmidlands@cabinet.office.gov.uk](mailto:cslocalmidlands@cabinet.office.gov.uk) and label your email mentor or mentoring.

## Discovery sessions

### Meet The Neighbours

Meet the Neighbours is based on the vision for a 'Brilliant Civil Service' which encourages departments to be connected and innovative, promoting the Civil Service as a great place to work. It provides an opportunity to network with colleagues and share ideas that help us all to 'see the big picture'. The aim is that attendees get a better understanding of the work various departments do.

**When:**

1st March 2019 - East Midlands and surrounding areas.

27th March 2019 - Coventry and surrounding areas.

**What:**

Meet the Neighbours is open to Civil Servants of all grades. The event will be a mix of stalls from the various departments in the city and travel to work area, inspirational speakers and informal networking activities. We will have a variety of CS departments taking part where you can find out more about those departments, how all our departments tie in with each others work, job shadowing opportunities, mentoring opportunities plus much more.

Want to get involved? Want to showcase your department with a stand? Or simply want to know more about it?

**Contact:** [vanessa.boden@cabinetoffice.gov.uk](mailto:vanessa.boden@cabinetoffice.gov.uk)

Further details to follow in the news bulletin and on our [blog](#).

## The Criminal Justice System in your Area - Discovery Sessions

Come and join Civil Service Local Midlands at our Criminal Justice Discovery Sessions in Birmingham and Nottingham.

These bite sized learning events are for all Civil Servants of any grade from any department. The focus is very much on “A Brilliant Civil Service” and attending delegates will have the opportunity of listening to presentations from the Crown Prosecution Service, Probation Service and a District Judge or Magistrate.

Key players in the Criminal Justice System will explain how their department works and crucially how they all work together to deliver justice locally.

Delegates will not only have an opportunity to network, and also watch part of a court in session. At Birmingham you will be given a tour of an historic building and in Nottingham you can take part in a moot.

Come along and see for yourself how your Criminal Justice System operates locally and meet some of those involved with its delivery.

Places are limited.

### Birmingham

To book your tickets for [click here](#)

### Nottingham

Date: 7 March 2019

Time: 9:00am to 4:00pm

Location: Nottingham Justice Centre, Carrington Street, Nottingham

Please [book your ticket here](#).

Tea and coffee will be provided, delegates should bring their own lunch.

Please note that you will need to seek approval from your line manager and any travel and subsistence costs must be met by your own department.

## Career Paths Across the Nation

Civil Service Local are holding an event on the 31st January 2019 for Civil Servants up to EO grades based in the Midlands.

This new and exciting event, is designed to inspire staff to be the best they can be. Delivered by Senior Leaders in your region it will cover such things as:

- their career path - Departments, locations, grades
- overcoming challenges, setbacks & building resilience
- utilising personal networks
- managing change and uncertainty
- successes / achievements, most memorable piece of learning.

Career Paths Across The Nation will be based around the vision for a ‘Brilliant Civil Service’ which encourages departments to be connected and innovative, promoting the Civil Service as a great place to work whilst also giving attendees the opportunity to mix with people from different departments, providing the potential to explore and maximise people connections and their impact

**When:** 31st January 2019 at 10:00am - 1:00pm

**Where:** Castle Meadow, Castle Meadow Road, Nottingham, NG2 1AB

If you have any questions or would like to reserve a place: email [Vanessa Boden](#).

Places will be limited, so book early to avoid disappointment. You will need to seek approval from your line manager and any travel and subsistence costs must be met by your department. This can count towards your 5 a year learning and development days. More information on the arrangements for the event will be issued to attendees nearer the time. Limited parking is available on site please advise when booking this event if parking is required.

## Join our Team

Are you looking for an opportunity to develop new skills and competencies?

Do you want to be instrumental in projects that will help the most vulnerable citizens in your local community?



Photo by [Clark Tibbs](#) on [Unsplash](#)

We have exciting secondment opportunities within our Civil Service Local Midlands team.

### **Communications Lead**

If you are a great communicator with social media skills and experience we want your creativity and enthusiasm to develop our communications strategy, increase engagement and expand our reach.

Click here for [Communications Lead role profile and EOI](#)

Closing Date **Friday 25 January 2019.**

### **Project Lead (care leavers and social outreach)**

Would you like to improve the life chances and prospects of some of the most vulnerable young people in our community?

This role would provide you with the opportunity to create and develop projects to support and up skill young people from a variety of backgrounds, improving their chances of gaining employment and a better start in life.

Click here [Project Lead role profile and EOI](#)

Closing Date **Friday 25 January 2019.**

Any questions, queries or for copies of role profiles and EOI forms please contact [cslocalmidlands@cabinetoffice.gov.uk](mailto:cslocalmidlands@cabinetoffice.gov.uk) or [angela.fisher@cabinetoffice.gov.uk](mailto:angela.fisher@cabinetoffice.gov.uk)

Mind...



your own business

## Mind...Your Own Business

are here to raise awareness and promote the benefits of mindfulness, to support the civil service vision in making it a great place to work.

Mindfulness is a state of being fully engaged and aware in the moment you are living in. Mindfulness is an extremely beneficial and evidence-based practice which can relieve stress, reduce anxiety, increase positive self-esteem and promote higher brain functioning. We are a cross government collaborative team from the Civil Service Local Academy. We surveyed 1000 civil servants and established the following;

29% of the people we surveyed did not know what or how mindfulness is practised.

78% of the people we surveyed would like to know more about mindfulness.

83% of the people we surveyed would like to know about different methods of practising mindfulness.

Mind...Your Own Business aims to deliver information to address these. We are launching a newsroom article called "Mind Bites" which will be published monthly.

Mind Bites will address different topics in each publication and provide signposts and links. Scroll down for the first Mind Bites article.

You can follow us on Twitter at [@CS\\_MYOB](https://twitter.com/CS_MYOB)



# Mind Bites

## Mindful cooking



Cooking provides a wonderful opportunity for you to be present, mindful and aware.

Train your mind to become mindful by focusing on the meal you are preparing, the sights, sounds, flavours and aromas.

## A personal story



**Mo Rahman,  
Customer Service  
Supporting Officer,  
Department for  
Education**

I started cooking as a form of mindfulness.

When I cook I don't want to be disturbed and concentrate on what I am doing.

I used to think I was a person who had obsessive compulsive disorder (OCD) but I soon realised cooking as a way to relax.

**Share your mindfulness story by emailing:**  
[MeadenFamily18@gmail.com](mailto:MeadenFamily18@gmail.com)

## Tips on cooking mindfully



Think about what you are going to eat and what you are putting into your body.



Take in the sensation of touch, when you prepare food, how does it feel on your hand?



Take in the noise, for example the sizzle of onions or the sound of boiling water.



Take in the smell of different aromas and flavours, for example the smell of onions heating in a frying pan.



Notice the changing colours and textures of food.



Be a 100% present, when your mind wanders go back to the smell, touch, noise and texture of food.

## Useful links

- Headspace – [Mastering the art of mindful cooking](#)
- Ted Talk – [All it takes is 10 mindful minutes](#)
- Mindful recipes – [Recipes for compassion](#)

**Contact the team:**

<b>Coordinator:</b>	<b>Andrea James</b>	<a href="mailto:Andrea.James@cabinetoffice.gov.uk"><u>Andrea.James@cabinetoffice.gov.uk</u></a>
<b>Delivery &amp; Engagement Lead:</b>	<b>Vanessa Boden</b>	<a href="mailto:Vanessa.Boden@cabinetoffice.gov.uk"><u>Vanessa.Boden@cabinetoffice.gov.uk</u></a>
<b>Communications Lead:</b>	<b>Angela Fisher</b>	<a href="mailto:Angela.Fisher@cabinetoffice.gov.uk"><u>Angela.Fisher@cabinetoffice.gov.uk</u></a>
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<b>Project Leads:</b>	<b>Brenda Bond</b>	<a href="mailto:Bren.Bond@cabinetoffice.gov.uk"><u>Bren.Bond@cabinetoffice.gov.uk</u></a>
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