A green mountains with trees and a sun

Description automatically generated **MINDFULNESS WALES: Nurturing Mindful Communities**

|  |
| --- |
| Mindfulness Wales is seeking funding to undertake research to find out more about mindfulness activities that are already happening across Wales. We think there is much more mindfulness going on that we know about, and we hope that collecting this information we will all have a richer picture of activities, ideas and stories to share and to inspire each other to enhance wellbeing in Wales.  We would like to know if you think having a more comprehensive picture of mindfulness across Wales would be helpful to you and/or your organisation and if it would be likely to help you with ideas and examples to share good practice and further enhance your activities.  Please would you help us by completing this brief questionnaire and return it to Mindfulness Wales by **15th MARCH** **2024** so we have a better idea of the need/interest in the information. This will strengthen our grant application. |

**We welcome responses from individuals or groups/organisations – please select below:**

YOURSELF – GROUP – ORGANISATION – EDUCATION SETTING – HEALTH SETTING – COMMUNITY

**Name of organisation/group if relevant:**

**Area(s) of Wales in which you live or your organisation/group/community works:**

**Would it be helpful/interesting to enhance your own wellbeing provision if you had more information about how and where mindfulness is already being used in Wales?**

VERY HELPFUL QUITE HELPFUL NOT HELPFUL

**Would this information be likely to help you with ideas and examples to enhance the wellbeing provision of your organisation or in your area?**

VERY LIKELY QUITE LIKELY NOT LIKELY

**Any comments on how you think you might use this information and how it might help you:**

To make sure you keep up to date with these developments please sign up to our mailing list:

<https://mindfulness-wales.org>

**Please return this completed form to** [**mindfulnesswalescio@gmail.com**](mailto:mindfulnesswalescio@gmail.com) **or by post to Mindfulness Wales, Park Cottage, Penygarn, Pontypool NP4 8BL**

**BY FRIDAY 15TH MARCH 2024**

**THANKS FOR YOUR HELP!**