

THE EYE OF THE STORM!

It's been a very unusual year, to say the least! And many of us are still trying to process all that is happening. With that in mind, why not join chartered psychologist and mindfulness teacher Martin Wilks for a peaceful evening of reflection and mindfulness next month (June)? Drawing on inspiration from the serene, natural surroundings of Old Hall



Southwold Cafe, Martin (pictured left) will conduct guided sessions to suit beginners and experts alike.

As a director of the community interest company Being Well in Suffolk (BWIS CIC) – a team

of experienced practitioners sharing a passion for optimal health and wellbeing for everyone – Martin promises an insightful evening.

He intends to share an accessible approach to mindfulness whereby we can find an inner calmness at the heart of any storm we may find ourselves experiencing.

“If people have never done anything like this before, they may well feel a bit daunted by the unknown – like we all are to a certain extent,” he smiles. “The evening offers an opportunity for learning new skills, relaxing deeply into the present moment, and – as lockdown eases – collaborating with others in preparing to meet the challenges of the great ‘restart.’”

His credentials are quite impeccable.

Annually, since 2004 he's delivered four to five eight-week mindfulness group training courses locally, reaching many hundreds in his popular classes in

Woodbridge, Felixstowe and Ipswich, and many more via his private psychotherapy practice. He worked as a buddhist chaplain for London prisons from 1993 to 2010, though now he's more focused upon “mainstream, secular versions” of mindfulness. He explains he is a determined proponent of it for social change – believing that building personal resilience is only half the picture.

“We need to bring mindfulness to address our individual vulnerabilities and to address the pathologies within our institutions, our economy, our inequalities and politics, that will otherwise lead, ultimately, to the destruction of the delicate ecological web of life upon which we all are utterly dependent.”

Fascinating stuff, and well worth an evening to declutter one's frazzled mind, and meet new people, all in a beautiful setting!

● The event takes place on Wednesday, 16th June at 7pm at Old Hall Southwold Cafe, Halesworth Road, Reydon IP18 6SG. At £12.50 a head, the price includes a glass of wine on arrival and a tapas-style light supper. Contact details for booking tickets can be found at www.facebook.com/oldhallsouthwold

● For more information on Martin, see www.martinwilks.com or www.bwis.online – where you'll find details of his monthly mindfulness drop-in (online) group

● The BWIS monthly personal development online workshop is called The Life Lounge. Search for 'The Life Lounge' on Facebook.