

## FOI Request Response information

<b>FOI request reference:</b>	2017/039
<b>Date request received:</b>	03/02/2017
<b>Date request responded to:</b>	01/03/2017
<b>Category:</b>	Corporate
<b>Tags:</b>	Mindfulness, Mindsmatter, funding, mental health

### Request Detail:

The questions relate to:

- the number of NHS mindfulness courses:
  - which have run in Lancashire (or just Preston) during 2016
  - which are currently (2017) in operation in Lancashire (or just Preston)?
  - and/or any proposed courses for 2017?
- along with the number of qualified mindfulness practitioners within Lancashire ( or again just Preston).
- has the trust received additional funding relating to mindfulness based interventions
- has the trust experienced any funding cuts which have prevented mindfulness courses from taking place or reduced the number of courses available?
- what is mindfulness used to 'treat' within the NHS (is it just recurrent episodes of anxiety/depression)
- are there any plans to extend its uses in Lancashire (or just Preston)?

### Response Detail:

Please find the Trust response in the attached pdf document.

**Please click on the paperclip symbol, on the left hand toolbar, to see additional attachments.**