



The Mindful Life Group

Dedicated to older adult mental wellbeing

Better Sleep Programme for Caregivers *Join our Free Online Course* for Essex Residents aged **65 and over**

Next course starts: **Thursday 18th June 2026**

Time: **2pm-3pm**

Location: **Online (accessible from home)**

**Based on Cognitive Behavioural Therapy -
The first-line NHS treatment for insomnia**

Why Choose Us?

- ✓ Clinical Psychology-Led
- ✓ Evidence-Based Interventions
- ✓ Tailored for over 65s

Benefits

- ✓ Enhance sleep quality
- ✓ Sense of community
- ✓ Improved daytime function
- ✓ Promote relaxation
- ✓ Designed to improve sleep for both the carer and the person they care for

**Feedback from a
previous participant:**

"My sleep has continued to improve really quite significantly. I am very pleased with the way things are progressing"

For more
information and
to apply, visit
[the-mindful-
life.com](https://the-mindful-life.com)

