

Mindful Moment: Participant Information

Mindful Moment is a free, weekly, 30-minute online wellbeing session provided through Zoom by New Leaf OT Ltd. It offers general education and gentle, mindfulness-informed practices to support awareness, relaxation, fatigue management and everyday wellbeing.

Sessions are facilitated by Charles Talbot, Consultant Neurological Occupational Therapist and BAMBA-registered mindfulness teacher.

Who can attend?

Mindful Moment is open to adults aged 18 and over. Participants are not individually assessed or clinically screened.

The session is educational and is not a clinical assessment, psychotherapy, medical treatment or crisis service. It does not replace advice or treatment from your GP or another qualified health professional.

Participating safely

All practices are optional. You may keep your camera off and your eyes open, change position, pause, stop or leave at any time.

Please stop if you experience pain, dizziness, breathlessness, significant distress or feel unsafe or unsettled. You are responsible for deciding whether the session is suitable for you and for participating within your own comfort and capabilities.

Privacy and conduct

Please avoid sharing detailed personal, medical or identifying information. Although participants are asked to respect one another's privacy, confidentiality cannot be guaranteed in an open online group.

Participants must not record, photograph or take screenshots of the session or share another participant's identity or contributions.

Attendance records

As a condition of its insurance, New Leaf OT Ltd maintains a brief record of each session. This includes your name, email address, confirmation that you are aged 18 or over, date of attendance and any relevant observations or incidents.

Information will be stored securely and used only for insurance, safeguarding, professional governance and safe session management.

Recording

Some sessions may be recorded locally for a clearly explained purpose. You will be informed in advance and reminded before recording begins.

You may keep your camera and microphone off or choose not to attend a recorded session. Appropriate permission will be obtained before intentionally recording an identifiable participant. Separate, explicit permission will be required before an identifiable contribution is published, shared externally or used promotionally.

Participants must not make their own recordings.

Urgent support

Mindful Moment is not a crisis service. If you or someone else is in immediate danger, call 999 or contact the emergency service where you are located. In England, urgent mental health support is available through NHS 111 by selecting the mental health option.

By registering and joining, you confirm that you are aged 18 or over, have read this information and agree to participate respectfully and within your own capabilities.

Contact: Charles Talbot, New Leaf OT Ltd

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Last reviewed: 16.08.2026