



Jules “ I am a mother to two (now grown up) boys and two grandchildren. Lots of local volunteering keeps me active and connected. My work is part time, bringing mindfulness and leadership development together. As a certified mindfulness teacher, I lead a local, weekly mindfulness group both in person and online.”

Shad “Mostly retired from paid work my life revolves around Mindful Self-Compassion, Secular Buddhism, Quakerism and Sheffield Compassionate City and my dear husband and friends. Step-mum to two (now grown up) boys and step-grandma to two grandsons I endeavour to support my husband, Stuart, in being “engaged” grandparents. “