

North Kensington Health & Wellbeing Network

25th November 2021, via Zoom

Actions and Key Points

- Hayley Turner (HT), Health and Wellbeing Manager (KCSC)
- Marika Rauscher (MR), Singing for Breathing and Wellbeing Specialist
- Kalwant Sahota (KS), Self Care and Third Sector Commissioning Manager (NHS NWL CCG)

Agenda

10:00 *Welcome from Hayley*
10:05 *Introduction to Breathwork session*
11:00 *KCSC and NHS NWL CCG updates*
11:15 *Close*

- These monthly meetings will be held from 10am to 11.30am.
- Future meetings can be found on the website [here](#).

Welcome from Hayley:

- HT welcomed the attendees, and introduced MR. She explained that MR runs weekly sessions for North Kensington residents hosted by [Hear Women](#), every Tuesday at 10.30am.

Introduction to Breathwork session (Marika Rauscher):

- MR welcomed the group and explained what breathwork is. MR noted it's convergence and prevalence in yoga, pilates and singing. She pointed out how breathwork can rebalance our state, in relation to anxiety and stress, as well as benefiting heart rate variability and lowering blood pressure.
- MR's core breathwork session began. Techniques included
 - Coherent breathing, which is controlling your breath and slowing it down to 4, 5 or 6 seconds per inhalation and exhalation, in through the nose and out through the mouth.
 - The box breath, which can be used as an energy boost. This is consistent of inhalation (5 seconds), holding your breath (5 seconds) and then exhaling (5 seconds) and holding (2 seconds).

- The warrior breath, which is ten sharp inhales through the nose at once, and then one long exhale
- Oming, which is a deep breathe in, and then an extended oming noise on the exhale
- MR concluded her session by opening the forum for feedback. HT and MR spoke about the difficulties and ease of some of the techniques. HT noted the difficulty of the warrior breath. Gigi Yacoub (GY) noted the ease of tension after practicing the breathing techniques. Joe Batty (JB) added that being asthmatic, he surprised pleasantly himself in being able to successfully do the warrior breath method.

KCSC and NHS NWL CCG Updates:

- HT mentioned the North Kensington Family Based Funding, which had a deadline of Tuesday 30 November at midnight.
- KS gave updates on the NHS Alternative Christmas Fair, and seasonal opening hours service that attended. This included [Men's Shed](#) which are running weekly 'Tinkering Sessions' on Tuesdays between 10am - 4pm up until 22 December.
- KS also pointed to the NHS Winter Webinar, which includes up-to-day health information and a Q&A on 8 December
- JB mentioned the [K+C Christmas Collective](#) hampers programme, which require volunteers during the Christmas period.

Close

Attendance:

Name	Organisation
Bee Burges	Open Age
Fenn Reynolds	KCSC
Gigi Yacoub	Campden Charities
Hayley Turner	KCSC
Joe Batty	KCSC
Julia Pena Guardia	The ClementJames Centre
Kalwant Sahota	NHS NWL CCG
Louisa Sch	VCKC
Marika Rauscher	
Nadia Aasili	Our Power Hub
Reshma Begum	Hestia
Rosana Ordoubadi	Dalgarno Trust

Next meeting: [Thursday 27th January 2022, 10am – 11.30am](#)