**First Minister’s meeting with Chris Ruane MP on Mindfulness, Ty Hywel, 12 March, 2019**

**Present: First Minister, Chris Ruane MP, Liz Williams, Rachel Lilley, Rebecca Crane, Robert Callen-Davies, Vishpani Blomfield, Steve Stanley, Diana Reynolds, Carys Evans**

The meeting engaged in a short mindfulness practice and considered together how mindfulness could be moved into its next stage of impact.  The priorities were: those without resources, community, systemic impact.

The First Minister was interested in the potential contribution of mindfulness to workforce wellbeing, and to cultural change in the civil service, and would welcome a further update on research and practice in this area.

**Next steps**

1. WG officials and M. practitioners to update further on the contribution of mindfulness in supporting curriculum implementation (to benefit staff and pupils in terms of wellbeing and performance).
2. WG officials and M. practitioners to work together to improve access to M. therapies in Wales (especially as a preventative offering for those most in need).
3. WG behaviour change programme (Diana) to convene meetings of WG officials and M. researchers and practitioners to consider how mindfulness can contribute to cultural change, solving practical challenges and supporting Wellbeing of Future Generations ways of working.
4. All to support the development of the network of practitioners and researchers, so as to move from individual good practice towards routinisation within non-expert communities (making everyday practices part of everyone’s repertoire).
5. Mindfulness Initiative to invite FM to M. conference.
6. Report progress (and any more specific requests) to FM once Leverhulme research findings are available.