

FOI Release

Information released under the Freedom of Information Act

Title: Meditation or Mindfulness sessions for staff

Date of release: 21 November 2013

Information request

Information about programmes offering meditation for staff;

1) Any details/guidance on what programmes (if any) on "mindfulness" and/or meditation are offered to staff, including since when this has started.

1a) If 'mindfulness' and 'meditation' classes are two different things, please answer the requests with relevant breakdowns for each - if that makes it over any cost limit, just focus on meditation classes.

2) Over the last year in a monthly breakdown how many sessions have been put on.

3) Over the same period in a monthly breakdown how many people have attended these sessions

4) How much it costs to put on each session (and/or how much each session charges staff), and how much they have costed to put on over the last year.

Information released

The Minerva Sports and Social Association, the Department's Sports and Social Club, have been holding meditation sessions for BIS staff since August of this year. Classes are held on Wednesday lunchtimes and are open to all staff to participate in their lunch break. The classes are informal and are run voluntarily by a member of BIS staff. Attendance is usually 5-6 people and there is no charge to staff or cost to the department.