

Jo Gibson, Mindfulness Therapist

Jo has years of experience as a family worker and has completed some systemic training and training in delivering Mindfulness to young people. Her group will be a Mindfulness programme and her 1:1 support will use Mindfulness skills and therapeutic interventions that she would use in her CAMHS role, tailored to the individual.



Mindfulness Group

All young people have amazing strengths and qualities like kindness, resilience and wisdom. Mindfulness empowers this potential.

We know that mindfulness needs to be fun, inspiring and relevant. This programme is packed full of activities which bring mindfulness alive and helps young people grow their foundations of wellbeing: Social connection, Openness to enjoyment, Meaning & purpose, Action & Agency. Each programme is tailored to the group attending which means we have a flexible curriculum designed to meet their needs. The group runs 4-5pm.

Who we can help

We provide support to young people who are having difficulties with:

- Feeling sad or low in mood
- Worried or anxious
- Low confidence or self-esteem
- Self harming behaviours
- Relationship difficulties
- Bereavement or loss
- Feeling isolated



Our key criteria for A Mindful Paws is that the young person is aged 13-25 and lives in the Huntingdon and St Ives area, including Brampton, Buckden, Godmanchester, the Offords etc. To make a referral to our service, please complete our referral form and return to: amindfulpaws@pm.me



Registered Charity no:118953

Providing Dog Assisted Therapy, Mindfulness-based Therapy, Youth Support Worker interventions and much more for young people aged 13-25 living in Huntingdon and St Ives who need support with their mental health and well-being.



Innovate & Cultivate Fund



We have received support from the Cambridge Community Foundation



Cambridge County Council

About A Mindful Paws

A Mindful Paws was co-founded by Carrie Bates and Jo Gibson both Mental Health nurses with a wealth of CAMHS experience. Youth Support Worker Claire Preston, one of the practitioners also has years of experience working with young people. We are able to support young people with a range of difficulties or mental health issues. We each provide 1:1 therapy/support and a group. We will also be providing group projects such as yoga, life skills, bush crafts etc.



A Mindful Paws runs on Thursdays from 4-8pm at the Gateway at Hinchingsbrooke School.



Claire Preston, Youth Support Worker

Claire uses a counselling approach for one to one support. Her Art group is specifically aimed at young people with social anxiety and is a very gentle, non-threatening space for young people to just be and participate as they feel able to.



Arts & Crafts Group

This is a calming and supportive space for young people to come and be creative. The ethos behind the group is to help and encourage social interaction. However, some people might not want to interact or socialise, they may just want to sit quietly and not feel isolated. The group runs from 4.30-5.30

Carrie Bates, Animal Assisted Therapist

Carrie is a qualified DBT therapist and Animal Assisted Therapist and has adapted the therapy to incorporate dog psychology and behaviour. Her 1:1 support will mainly draw on DBT and other therapeutic interventions but linking in with how dogs manage or how she would help them with similar difficulties.



DBT with Dogs Group

Dogs are very similar to us with their emotions and relationships. They are social creatures and so can face the same difficulties negotiating relationships with other dogs and humans as we can. By using proven therapeutic techniques, the DBT with dogs group can help young people learn to manage their emotions, distress and relationships. My dogs Leo and Barnaby can role model some of this and are there to help support the young people to feel more comfortable to share experiences. The group runs 4-5pm.