

Chris McDermott – What do you offer new researchers? – Transcript

What we can offer as a chaplaincy is a beautiful space over at the Meeting House, next to Falmer House. We host a range of activities around developing wellbeing. One of the key things we do is offer mindfulness sessions several times a week – Monday, Wednesday, Friday and in addition we also do one at BMEc in case your research takes you over there. That's on Tuesdays. These are spaces where people can just chill for half an hour, do some facilitated meditation and just build up, and enlarge that inner peace. It just gives you that much more resilience with coping with whatever you work, life, studies are throwing at you. We also offer a number of food based social activities, so periodically you'll get a news-flash around Twitter, offering free brunches over at the Meeting House and these happen spontaneously. We do schedule them in but some are spontaneous pop-up brunches or lunches. People can come, have a bit of food, we sometimes combine that food-based sociability with music, light music, parties as it were, a couple of times a year we will have live music and food and this just gives people opportunities to chill in different ways.

My door is always open, people often just pop in, chat about lots of things that are going on for them. Very little of it has to do with religion or spirituality, or with meditation but a lot of it is very much related to stuff that is going on with them. I like to think that we contribute to people's wellbeing, having a listening ear.