

Mindful Therapies

Mindful Therapies provides mindfulness activities, counselling, and wellbeing services for people in the community, charities, and workplaces.

Mindful Therapies is made up of Mindful Therapies Charitable Incorporated Organisation (CIO) and Mindfulness Based Therapies Community Interest Company (CIC)

Mindful Therapies runs weekly Community Classes in community venues such as libraries, parks, cafés, community centres and online. These include:

- mindful gardening,
- creative arts,
- cooking,
- yoga, and meditation drop-ins

You can view their class timetable

They also offer:

- **Pay as you can afford counselling service** in Newcastle city centre and online. Counsellors use a mindfulness-informed approach and work with people on issues such as anxiety, low mood, stress, life transitions, and relationships. The service has a short waiting list and no fixed session limit, Contact counselling@mindfultherapies.org.uk to find out more
- **Mindfulness sessions** for charities and community groups.
- **Mindful Impact programme:** training and workshops to help employees manage stress, improve focus, and support work–life balance. They can be short introductions, full-day workshops, or multi-week courses.
- **One-to-one coaching** for managers and training for wellbeing advocates.
- **Room hire:** therapy rooms and a studio space available for hire by therapists, facilitators, and wellbeing practitioners. Rooms can be used for counselling, workshops, yoga, or small group activities. Rates start from £10 per hour.

Last updated: October 7, 2025

Telephone: 07852 595 858

Website: <https://www.mindfultherapies.org.uk/>

Email: mark@mindfultherapies.org.uk

Facebook: <https://www.facebook.com/MindfulnessBasedTherapies/>

Opening Hours: Monday - Friday 9:30-5

Cost: There may be a cost to this service/support

Address:

1st Floor
British India House
15 Carliol Square
Newcastle upon Tyne
NE1 6UF

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