

***Press Release:***

**This bus will support the district's post-pandemic recovery**

People affected by the pandemic will find refuge in the Heart Bus as it stops at Stroud and Dursley during a tour of the UK.

The Heart Bus, an iconic yellow American school bus, is travelling the UK providing an inclusive community space and mobile workshop, creating a safe space for those who have been impacted by the pandemic.

It will visit Victory Park in Cainscross, Stroud on Saturday 26 June and The Pulse leisure centre, Castle Street, Dursley on Sunday 27 June.

Run by non-profit organisation, the Heart Movement shows people how to connect with others, experience the benefits of mindfulness and listening spaces and learn more about the technology of heart intelligence.

Cllr Chris Brine, Chair of Stroud District Council's Community Services & Licensing Committee said:

"The health and wellbeing of our communities is one of Stroud District Council's priorities, so I'm delighted to welcome the Heart bus to the Stroud district.

"Covid-19 has had an adverse impact on the mental health of many people and I am confident that this initiative will help many of those affected by teaching them practical wellbeing tools that will help them in their daily lives."

Ri Ferrier, Managing Director of Heart Based Living Initiative said:

"Our experienced mindfulness teachers and a wide variety of wellbeing lessons will hopefully offer support and compassion to as many diverse groups as possible. We hope that our Heart Bus will spread calm, connection and wellbeing throughout the country, on the greatest and most heartfelt road trip ever attempted."

Those visiting the Heart Bus will have the opportunity to attend workshops that will teach the science of mindfulness and mindfulness activities that can be used in everyday life; how to bring attention to present moment, breathing techniques that activate the parasympathetic nervous system (the rest and digest), how to cultivate happiness and positive emotions and more.

Free tea and soup will be offered to visitors.

The Heart Bus can welcome up to 6 people for indoor workshops and 30 people in their outside space.

There will be a QR code track and trace system in place to ensure the tour is operating within the strictest of COVID safety guidelines.

Watch a video about the Heart Bus [here](#) or visit the website [www.heartmovement.org/bus/](http://www.heartmovement.org/bus/)

There will also be the opportunity to take part in free CPR and defibrillator demonstrations given by The Pulse trainers when the Heart Bus is at Victory Park.

Cainscross Town Council is raising funds to buy a defibrillator for public use in the park. Donations to the fund can be made on the day or at xxx.

### Background Information

Stroud District Council is led by a cooperative alliance of the Labour, Green and Liberal Democrat parties.

### ***About The Heart Movement:***

*The Heart Movement is a non-profit organisation, dedicated to supporting people to live*

*with more balance, connection and emotional resilience. We do this through mindfulness,*

*heart intelligence training and listening spaces*

### ***For media inquiries contact***

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