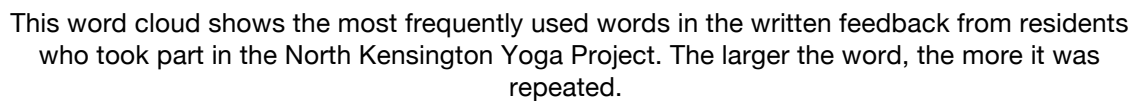




OURMALA's North Kensington Yoga Project

July 2019





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Photography

We have deliberately not used any identifying photos of residents in this report. As part of our respect for privacy, nor did we ask anyone during the project for photos. All photos used in this report were taken by yoga teacher and project manager Emily Brett in the locality during the project.



"It helped her strengthen her body and mind"
– Nadia, a Muslim woman, on how yoga helped her adult daughter

1. Executive Summary

Following requests from residents of the North Kensington area affected by the Grenfell Tower fire, the NHS West London CCG commissioned OURMALA to deliver a pilot project of trauma-informed yoga between April - July 2019.

The aim was to find out whether residents wanted a trauma-informed yoga programme as part of their care package and if so, the best way to achieve agreed outcomes and use resources most effectively. The consensus was that more yoga is wanted in this area for at least the next two years.

The timing of this project fell very close to the second anniversary of the Grenfell Tower fire (June 14th 2019) as well as over Ramadan. However, the local NHS was committed to responding to what residents had asked for. They felt it was better to deliver the pilot yoga project sooner rather than later, despite timing coinciding with these two significant events that would likely affect attendance rates, mood and sleep. This would enable them to quickly and fully assess the potential of providing longer-term yoga, if the pilot showed the demand was there.

Key benefits included:

Every participant saw an improvement in his or her health and wellbeing after every yoga class, regardless of how close the class was to the anniversary or whether it was during Ramadan.

93% saw an improvement in mental health, 88% in physical health, 88% in their general wellbeing and 77% improved in confidence with reduced isolation.

Sleep was one of the greatest issues facing residents and the yoga course resulted in 47% of surveyed participants reporting improved sleep between weeks 1 and 4. Whilst this is a lower

percentage improvement than the other key benefits, it is particularly striking given project timing.

Residents reported using yoga techniques learned in class to calm down and self-regulate during everyday life.

The Service Coordinator for Grenfell United said: “Having worked very closely with the families for 2 years, it’s been very clear that they’ve needed different things at different times to help cope and aid their recovery. To me, and quite visibly, the yoga course has made the biggest impact to our families than any other programme we’ve offered since the fire. The way the women have described it as ‘heaven’ and ‘my time, something I rarely get’ is the vision we work towards providing for our families. Since the course, the attendees have continuously talked about how much of a positive impact it’s had on their lives and how they have since been incorporating the techniques they learnt in their day to day.”

This report provides detail about the project, outcomes and case studies. Most importantly, there is a practical proposal for how yoga should be continued and developed based on participants’ feedback. Its premise is how to provide an appropriate trauma-informed yoga programme, that improves health, promotes and enables self-care and community resilience, and which is sustainable.

The pilot project was delivered within the agreed timeframe and budget with identified cost savings and key learnings to incorporate into any future yoga service. Flexibility was at the heart of our approach, which was essential to be able to truly respond to the needs of the community.

We provided a 6-week pilot yoga course for 6 different cohorts of North Kensington residents at 5 different locations. Two cohorts took place at Grenfell United, comprising direct survivors of the fire who lived in the tower and the directly bereaved. As timing allowed, four of the cohorts also had taster classes before the course started.

Ninety-two residents were referred into the project, 75 actually took part, the female / male ratio of participants was 75% / 25% respectively, 30 ethnicities were represented, and the predominant religions were Christianity (24 participants) and Islam (22 participants).

Impact evaluation included questionnaires at the start, middle and end of the yoga course, focus groups and feedback recorded throughout the project. We looked at changes after everyone’s first yoga class and also ‘longer term’ benefits over the six weeks.

We felt there was also an ethical imperative for providing the community with quantitative data to support their request, should they want more yoga.

The approach taken in delivering this project as well as the proposed continuation plan fully aligns with the local NHS North Kensington Response team’s refreshed community strategy as communicated in June 2019:

- Primary health services with access to specialist services when needed
- Emotional support and wellbeing
- Services for children and young people
- Self-care and social prescribing, which involves connecting people with local community
- Services to improve overall health and wellbeing. Examples might be gardening, chair exercise, art or yoga classes.

For this pilot yoga project, we also took advice from experts in international disaster relief who worked with breath and movement combinations with survivors of the 2001 Twin Towers tragedy, the 2004 tsunami and other incidents. The yoga programme itself was based around best practice for working with survivors of traumatic events and providing them with yoga techniques to use in everyday life to help them feel and sleep better.

About the yoga provider

OURMALA is a UK registered yoga-based charity that specialises in providing free trauma-informed yoga for people seeking international protection in the UK, such as refugees and survivors of modern day slavery. We work with women, men, young people and children, helping them to recover their health and wellbeing and rebuild their lives. We have worked in this field since 2011 and to subsidise our free programmes, we use our expertise to meet the needs of other communities across Greater London, such as residents affected by the Grenfell Tower fire.

We regularly work with people who represent over 40 ethnicities and come from many different faith backgrounds. It is important to understand that the yoga OURMALA teaches is completely neutral in terms of religion and politics. It is suitable for anyone of any age or background. We adapt the yoga practice to suit everyone, whether they have a prosthetic foot, are heavily pregnant, practice while sitting in a chair or have physical or mental limitations. Our focus is on enabling clients to make the practice their own, so they are central to their own healing, and therefore encouraging agency at all times, which is especially important for people recovering from difficult experiences.

The majority of people seeking international protection OURMALA works with have recently experienced a major depressive episode and live isolated from their families, resulting in both physical and mental health problems. These people are some of the most marginalised, underserved and at risk in our society.

Our yoga programme is evidenced as highly effective at improving mental and physical health as well as clients' ability to integrate better into their communities. We take a robust approach to governance, monitoring, evaluation and impact reporting on an ongoing basis.

OURMALA's clients also say that yoga helps to relieve their pain and anxiety, helps them to sleep and start to restore self-esteem and hope, as well as a much-needed sense of belonging in a safe community.

Most of OURMALA's clients are recovering from atrocities such as torture, sexual violence in conflict and human trafficking, and are registered with the UK Home Office. OURMALA gives them a safe space to breathe and provides them with stability through yoga. We also connect clients with critical services, helping them on the road to fulfilling their potential and we give them the opportunity to volunteer and access further training through OURMALA.

Read more: <https://www.ourmala.com/>

NHS context:

Source - North Ken News, June 2019

The North West London NHS CCG have been asking residents in the North Kensington area affected by the Grenfell tragedy what services are needed in the next few years. The local NHS has pledged to support everyone affected and has been providing a range of specific services in addition to the existing services (including the hospital, GP and community services available to all).

“We have learnt a lot in this time from the local community,” says Krishna Sadr, Head of Engagement, NHS North Kensington Response, “now is the time to pause, reflect and refresh. We have spoken to people across the community as well as voluntary and faith groups to understand the impact of the tragedy on people’s lives. They have asked us to:

- understand and reflect the unique and dynamic needs of a population affected by disaster in the services we offer
- provide services that cater for the needs of a diverse local community
- provide information and support to patients which promotes and enables self-care and community resilience

In addition, we have looked at all the information we have about the health of the local community from before the tragedy, the local expertise of our many local clinicians who are delivering care on a daily basis as well as the evidence from other UK and international disasters to see what lessons we can learn.”

Within this context, the NHS is proposing to focus on these areas:

- primary health services with access to specialist services when needed
- emotional support and wellbeing;
- services for children and young people; and
- self-care and social prescribing, which involves connecting people with local community services to improve overall health and wellbeing. Examples might be gardening, chair exercise, art or yoga classes.

Rd. Andrew Steepen, Chair of West London Clinical Commissioning Group, said: “Whether people need a little help or a greater level of care, we will be working with the community and our partners to fund self-care projects as well as a wide range of services to support both physical and mental health needs.”



"I can breathe properly now"—Abdessamad, a young Muslim man

2. Background

North Kensington is made up of five wards and is a highly diverse area, both socially and culturally – home to people of many religions and ethnicities with links to various waves of migration, including those from the Caribbean and Morocco, among others. Some of these residents are refugees, with a study estimating that in the year 2000 there were between 10,000 and 12,000 refugees in Royal Borough of Kensington & Chelsea (RBKC), many of whom settled in North Kensington.

Although the RBKC is one of the wealthiest in the country, it hosts pockets of deprivation with much of North Kensington falling within the 10% of the most deprived neighbourhoods in the UK according to data published in 2015. There are significant inequalities in education, employment and income levels within the RBKC. Compared with other parts of the RBKC, North Kensington has above average rates of poor mental and physical health as well comparatively high rates of child poverty. While the average house price in the borough is over two million pounds, the majority of North Kensington's residents live in socially rented accommodation.

A strong sense of community connection has been present in North Kensington for decades pre-dating the Grenfell fire disaster. In the immediate aftermath, emergency responses and support came from diverse sources included local people volunteering in community centres, faith groups and networks, the NHS, charities and other voluntary and community organisations. Since the Grenfell Tower fire, this sense of community remains strong with community centres and groups continuing to be very active in community recovery. For example, on the 14th of every month there is a silent walk through area surrounding the tower in remembrance of those people who lost their lives in the fire. The silent walks symbolise solidarity with those affected and acts as a call for justice and accountability. Community centres have acted as hubs for local residents to access support services, such as the Curve which hosts part of the Grenfell Health and Wellbeing Service which was set up by the NHS in response to the tragedy.

Over the 2 years since the fire, available data from March 2019 shows that 1,576 adults and 885 children have been referred to the NHS Grenfell Health and Wellbeing Service. While these figures provide some context to the approximate baseline of wellbeing within the demographic of people OURMALA worked with on the pilot programme, the true prevalence rates of mental and physical health needs as a result of the Grenfell Tower fire remain unknown.

3. Our approach

Whilst the project aim was to find out if residents wanted yoga as part of their care package, OURMALA has also provided robust quantitative data evidencing the efficacy of the specialist yoga on mental and physical health, general wellbeing and confidence. This is OURMALA's standard approach but given the context and the fact that many residents' trust had been devastated by events, we also agreed with the local NHS that it would be empowering for residents to have this data to support their request and we intend to share this report with all participants.

Our classes followed a consistent format across all cohorts, blending OURMALA's classic yoga style with Breath Body Mind™ (BBM) techniques. OURMALA's yoga style is trauma-informed, combining best practice posture and breath techniques and teaching principles, including coherent breathing, that improve mental and physical health and wellbeing. BBM is a system of breath and movement combinations developed by US-based psychiatrists Dr Patricia Gerber and Dr Richard Brown, which is well recognised as effective in trauma relief and has been used in many post disaster situations.

It is adaptable to meet the needs of participants and any limitations. All classes provided the option of working on a chair. We also made sure we could adequately support an autistic woman who was non-verbal and had a full time carer by recruiting a 1-2-1 yoga teacher to work with her within the yoga class setting so it the class was fully inclusive.

Four out of the six cohorts had a 'taster' session where participants could come to the yoga space, meet the yoga teachers and the monitoring team, experience a yoga class and ask questions. Enabling participants to get familiar with the space and meet facilitators before their first session is part of our trauma-informed approach and included wherever possible.

All of the yoga classes were taught by one or more of OURMALA's teachers (depending on class numbers), who had attended one of OURMALA's specialist training workshops.

Everyone in the team in direct contact with residents had DBS clearance and was supported by our governance structure including risk management, service delivery agreements, partnerships, insurance, a tried and tested online referral system and monitoring and evaluation framework.

Publicity included flyers and posters that were approved by all the centre managers we worked with to ensure that imagery and wording used was both sensitive and appropriate. We also adapted these so they could be circulated by centres managers on their local WhatsApp groups, which was a popular way of communicating.

In our monitoring questionnaires, when asking about someone's gender, ethnicity or religion, we chose to include a blank space to enable people to answer as they wished rather than having to choose from pre-demarcated labels. This decision was made with the aim of allowing people space to share the way they truly identify themselves with their own choice of language.

We looked for improvements in four areas:

- Mental health
- Physical health
- General wellbeing
- Confidence / reduced isolation

Indicators used to measure each category can be seen in Table 3 (p14). Specifically, we looked at

- How the first yoga class affected all participants

- Improvements over the six-week course in each category above for individuals – i.e. for an individual's overall wellbeing



"The first time standing-up and the balance, I was a bit wobbly in the beginning, but you can hold it together towards the end"

– Hazel, an Irish woman who attended all six classes in the course

4. Project overview

Who took part?

In total, 92 people registered to attend. All were local residents of the North Kensington area. We ran 1 men-only group for an existing football team of young and adult men, 3 women-only groups and 2 mixed gender groups.

The reality was that not everyone began their yoga course in week one and not everyone attended all weeks after their first class.

From what we understand from participants, the main reasons for this, as discussed, were the anniversary of the incident falling so shortly after the end of the yoga and Ramadan. Ramadan was not a complete barrier to participation though, with a number of the Muslim participants attending yoga and speaking about how they felt the benefits especially during this time.

- In total, 83 attended at least one yoga class out of the 6 week course and taster sessions
- 75 accessed the yoga classes, excluding taster sessions
- Highest number of sessions attended was 7, the lowest was 1
- 74 completed questionnaires, 69 of which were usable¹
- 17 participants completed three questionnaires over the six weeks. As our monitoring team was present at yoga classes on weeks 1, 4 and 6, if participants were not there on those weeks, whenever possible they were asked to fill in a questionnaire by the yoga teacher.

¹ Some questionnaires were unusable because the participant had filled in the questionnaire before class but not after or they had left 5 or more questions blank – the latter being a rule set by the monitoring team.

- Some said they were unable to find a class at a time which suited them but would be interested in attending classes at a different time in the future
- Those partaking in Ramadan said that at a different time of the year, attendance was likely to be more regular and consistent

Gender and Age

Of the 74 people who completed a questionnaire, 21 identified as men and everyone else identified as women. One man attended a mixed gender class while all others, who completed a questionnaire, attended the men-only group. Six people said they would describe themselves as having a disability. The number of people from different age brackets is shown above in Table 1.

Table 1

Age bracket	Frequency	Age bracket	Frequency
15-19	9	50-54	10
20-24	5	55-59	4
25-29	5	60-64	7
30-34	6	65-69	4
35-39	0	70-74	1
40-44	10	75+	2
45-49	5	Blank	6

Ethnicity & Religion

Thirty ethnicities were represented as shown in table 2, and several religions.

Table 2

African	4	Caucasian	2	Mixed Race Black African and White British	1
Afro Caribbean	1	English	1	Moroccan	5
Asian	2	English White British	1	N/A	8
Black	1	Ethiopian	1	North African	7
Black African	7	Filipina British	1	Other	1
Black British Caribbean	1	Half English Half Asian	1	Pilipino	1
Black British	4	Indian	1	White	2
Black Caribbean	1	Iraq	1	White & Black Caribbean	1
British	3	Irish	1	White British	7
British Moroccan	2	Mixed	4	White Other	1

Religions represented

- 24 Christian including: Catholic (9), Orthodox (1), Church of England (1), born again (1)
- 10 Blank
- 1 Buddhist
- 1 Jewish
- 22 Muslim
- 11 Not religious, N/A or Atheist
- 5 Personal answers i.e. 'spiritual', 'yes', '50/50', 'in between'

Locations

The yoga classes were set up through a combination of NHS links to community centres in the local area and OURMALA approaching local community centres. Two cohorts were held in the Grenfell United (GU) space, which was set up after the Grenfell fire as a centre to support direct survivors who lived in the tower and the directly bereaved.

Another two of the six yoga groups were held at the Bay 20 Community Centre. One was a closed group for young and adult men involved in a local football group. The other was a mixed gender group open to anyone who wished to attend. The fourth yoga group was based at The Curve community centre. Also advertised as a mixed gender space, only women attended so it became a women-only group by default. The final group was based at the Dalgarno Trust community centre and was a women-only space.

Referrals overview

Referrals were managed by OURMALA in collaboration with the CCG:

- Local GPs
- Community champions
- Self-referrals
- Community leaders
- Others recommended by West London CCG

The closed group of men were recruited through a community leader who worked with the group.

Classes were advertised via flyers and posters at community centres and GP surgeries across North Kensington. We took time to meet, and where possible to get to know better, the managers of all the centres, the men's group leader and Dr Oisin Brannick, GP and Clinical Lead at The Exmoor Surgery. We felt that building personal relationships was not only courteous but essential to developing trust and enabling us to have honest conversations to make sure we were providing exactly what residents wanted.

Because one of the GU classes, on a Friday morning, had low attendance, GU introduced us to 3 faith leaders who said they would advertise the class through their networks. Namely: Clement James, Kids on the Green and the Notting Hill Methodist Church.

Project registration overview

- Directly referred from GPs - 0
- Self-referred after hearing about the yoga through:
 - GP or therapist - 5
 - Local community centre - 35
 - Friends - 14
 - Family member - 2
 - Article in local magazine or newsletter - 10
 - Did not specify - 26



*"I became a lot calmer and less anxious about things."
– Anne, a woman who described herself as African.*

5. Outcomes

Every participant saw an improvement in their health and wellbeing after every yoga class, regardless of how close the class was to the anniversary of the Grenfell Tower fire or whether it was during Ramadan.

1. How the first yoga class affected all participants

- 93% saw improvements in their mental health
- 88% in their physical health
- 88% general wellbeing improved
- 77% improved confidence / reduced isolation

The graph in Figure 1 (p14) shows the average improvement per category using data from all usable questionnaires. Not only were the improvements from before to after participants' first yoga class statistically significant in each category but also this was also true of the data collected at the middle and end of the project.

Tips on how to read the graph below

- The more the blocks move towards the right, the more positive the results as it shows more participants giving more positive responses.
- The dark red sections show the percentage of participants who marked 'strongly disagree' and this continues through the colours to dark blue sections which show the percentage of participants who marked 'strongly agree'. Therefore, if the bars do not move much towards the right but the amount of the red colours decrease and the amount of blue colours increase then this also shows more positive responses.

See the Appendices for more detail on our methodology and tools used.

Figure 1: Overview of improvements per indicator in each category

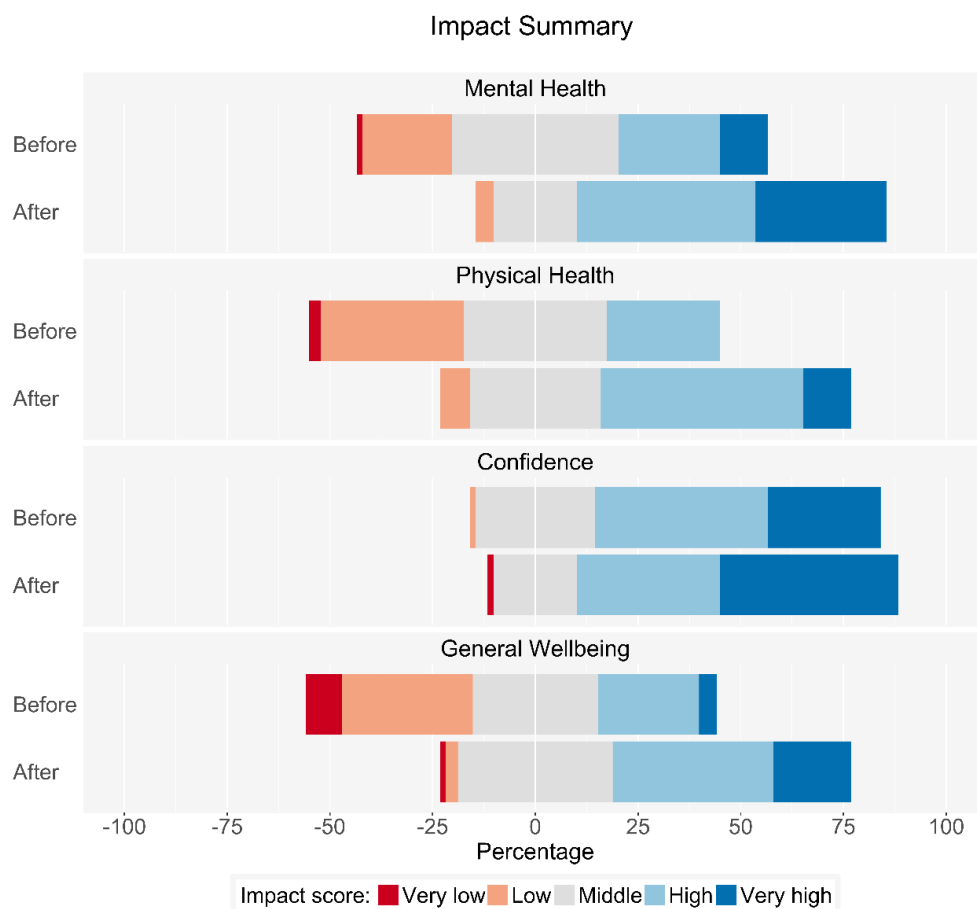


Table 3

Mental Health	Physical Health
68% reduced stress / anxiety / nervousness 57% reduction in depression 57% felt an improvement in their ability to concentrate 28% felt more hopeful 43% felt happier	46% felt stronger 61% less tired 52% reduced pain 41% reduced headaches
Confidence	General Wellbeing
42% reduction in feeling isolated / lonely 41% felt more confident 17% felt more able to make friends 22% felt an improved sense of having a support network 19% felt an improvement in their ability to take part in different activities 9% felt an improvement in their level of English	68% felt more relaxed 49% felt more comfortable in their body 46% felt an improvement in their posture 43% felt they had an improved understanding of how to use yoga tools, such as the breath in their everyday life to feel better

2. How yoga improved wellbeing over the six-week course for each individual

As discussed, this project took place in the lead up to the second anniversary of the Grenfell Tower fire and over Ramadan. All but one of the cohorts had completed the yoga programme by or on the week preceding the anniversary week.

We did not have enough data or a long enough period of time to draw satisfactory conclusions from this study. However, there were certainly some interesting highlights:

- 47% saw improvements in their sleep from weeks 1 to 4; we would have expected sleep to be even more negatively impacted as the anniversary date drew closer
- Stress/anxiety/nervousness, depression and tiredness decreased from the start to the middle of the course and then from the middle to the end
- Happiness, confidence, having yoga skills to help self-regulate in everyday life and support network increased in the same time period

Limitations

Questionnaire responses from those who attended every week of the yoga course except week 4 had to be discounted from the long-term data set as we had only two completed questionnaires for them. This gave us the total of 17 participants whose data can be used to assess the long-term effects of yoga. This relatively low sample size is a limitation of this study and had more people attended more consistently we could have had a more robust data set. See figures 4, 5, 6 and 7 in Appendix 5 for detail.

Another limitation is that a six-week long study is a relatively short period of time. A longitudinal study over six months, a year or longer would be more likely to deliver more concrete data on cumulative and long-term effects of trauma-informed yoga on the North Kensington residents.

What might seem a negative outcome in the short term may be in the service of a longer-term positive outcome. This study was too limited for this to be truly relevant but it is important to highlight.



"I was shocked at the stretches I could do because I never thought I could do that"
– Martin, a young Christian man of mixed Black and White Caribbean descent.

The 'post-it note exercise'

In the focus groups, we asked participants to write down the impact of yoga or what yoga meant to them in one word or a few sentences. Here's what they wrote:

Men's

- Relaxed, safe, positive, free, comfortable.
- Refreshing, motivated, peaceful, comfortable, transitional skills.
- I am very pleased with sessions and I've been feeling very good after four weeks of yoga. Thank you.
- Zen Mode.
- Revitalised and refreshed.
- A way to exercise and help get the blood to all parts of the body and help regulate breathing in a safe secure space.
- Throughout this period I feel the session has helped me with my sports and other things. This was an amazing experience and I'm glad I was involved.
- I felt this session helped me become much more flexible, which has made the chance of an injury on the pitch slimmer. It has also helped me to learn how to control my breathing helping me play football for long periods of time without getting fatigued. Overall this class has made me feel much healthier

Dalgarno

- My experience about yoga class was amazing, physically it was so good and mentally was great helping me to calming more and take all my stress out. Thank you so much x

Grenfell United

- Confidence, physical improvement (no more back ache). Finally, able to enjoy and improve my yoga practice. Relaxation.
- Yoga did me a lot of good especially breathing exercise and my inner body. It did help me, a lot of confidence in myself.
- Relaxation, my breathing, exercise, good therapy.
- Improve my sleeping, improve my breathing technique, helping me to find my safe zone, confidence, improve my body, posture.
- Yoga has helped me to relax. I learned how to breath. Learned new techniques in breathing. Enjoyed sun salutations, enjoyed the stretch. Loved the breathing at the end. The teachers are amazing. They made us enjoy yoga. Thank you.

The Curve

- Nice to have yoga, improve my mental health & physical. Like battery, full charge, remove stress.
- For me yoga it helps me a lot for physical exercise, mental health, even my breathing. Exercise.
- Yoga. Please I ask all of the mentor of yoga to continue, like I had seven operations, yoga is good for my health. Since I attend the yoga my pain is less, could you please continue the yoga. Thank you so much see you soon.
- Yoga as made me feel involved. It has helped me with my breathing and how to focus. I feel a part of a team/part of the community.
- Yoga made my body and mind feel strong and able to focus more on important things.

Bay 20

- Life changing, energy releasing, mind and body balancing.
- A different perspective inside and outside and through the window.
- Yoga has given me the opportunity to dedicate quality time to myself for myself without feeling selfish. It has been very strengthening for me in mind, body and spirit.
- Peace, sleep, relaxation, awareness



"It was quite therapeutic, like therapy work and more a healing process"
– Hiba, a Muslim woman of North African decent

6. Case studies

Twenty-four people took part in focus groups, from which these case studies have been developed. All factors are based on reality but some details have been changed to provide anonymity.

Feedback on using NHS services less

A group of women from Grenfell United (GU), of mixed ages and ethnicities, who were Christian, Catholic and Muslim, discussed their reliance on prescribed drugs and GP visits. They felt strongly that they wanted to manage their difficulty sleeping without drugs and that whilst yoga was not an instant cure, it was definitely helping in a number of ways and providing empowering techniques the women could use to self-regulate:

"I just recently changed the GP because my previous one I didn't find her to be very supportive, especially with the changes that have been happening to my body after the incident [the Grenfell Fire]. I've started with a new GP and she's great. I met her once and I had good feedback. I started going to the gym and doing exercises because it's more beneficial than going to the GP, and even to be honest doing yoga has started to make me think I don't want to do therapy anymore. I don't see the point of sitting and talking, I want to do the physical and I enjoy myself a lot. It helps me mentally better than sitting and a stranger giving me drugs".

"I went to my GP as well for the sleep but then in the end I said I'm not going to take this, I tried it once, that's it, but I said no, I don't want to be hooked on this, I have to do it myself, this is no good."

"For me, I don't like to go the GP but what it [yoga] helps me with is the breathing technique helps me much... It helped me with breathing so sometimes if I have anxiety and I want to go back to my GP or even with my therapist, but with this [the yoga] it helps me and it gives me that technique".

"Well I have started going for walks because my cholesterol is high so I've tried to do that. Talking about to the GP, I only go [is making a difference]... and it was the first I gone in a long time, since what happened. My blood pressure is down and cholesterol is. I'm on medication I can never come off it, but it's first time, the first blood pressure because they have to do three readings, try and relax, and relax. He said obviously something is working and I said what it is.... I'm so happy it's down... I try and eat healthier now and it makes a difference... the yoga and exercise, exactly, yeah, 100%".

"For me, I don't sleep, I'm just awake anyway, it's the way it's been, which is nothing to do with the yoga, I mean the yoga was brilliant and all that but it had nothing to do with it. I just can't relax ... I did take Diazepam after it [the Grenfell Fire] happened, and I was like something, a zombie, I really felt crap and it isn't a route I want to go down, the medication. I just don't really, really want it. I know obviously everyone is different. I'm just hoping I can deal with it, without that... The breathing, I've done a few times at night. I think it might help me, I've done that, I've tried. I'm relaxed as can be but I still can't close these eyes but it does relax me and I done that quite a few times, I've found that helpful, that's as far as I get".

Participants from GU were very keen to access yoga in the longer term and expressed their frustrations at only having access to six weeks as can be seen from the discussion below.

Participant 1: "We find change is difficult to us. I find all the strength [through yoga], especially after Grenfell... Like different key worker, and different things and once you get comfortable, once you like it, you lost trust".

Participant 2: "It's like starting all over again isn't it?"

Participant 1: *"Will they provide support [yoga] later because we're the ones who require this [yoga] class and they promised us to bring and the thing I hate about this is they only give us six weeks thing and then they take away. Once you get used to it and start to improve anything about yourself, you come down and go back to where we used to be. It's like a lot of bureaucratic, you have to wait for the funding, or the process, maybe another two or three months but ... we found this is better than maybe counselling."*

Participant 2: *"It is"*.

Participant 3: *"I did talking therapy as well and I just pushed myself, I said this has to stop because it keeps going back and back... that's why we're losing so many people. The people at home are really depressed and stressed because they start something good and then take it away"*.

Participant 1: *"We've had these huge things happen to us and then six weeks [of yoga]. Who said six weeks? Even the therapy counselling is six weeks block, who said six weeks is enough? It's just so frustrating"*.

Participant 4 : *"It [yoga]... benefits every one of us, as she said. To be honest, tomorrow I've got counselling I'm already thinking I can't make it, any excuse, but if it was yoga I would come. I would make an effort if it's something. We're not used to this talking therapy, we prefer to work together and it benefits everyone. There is no point in us stopping and waiting for the next time, and we're not sure whether we're going to get it or not and it's helping everyone, so why not push for it [the yoga]?"*

Participant 1: *"We will push it [the yoga]"*.

A few soundbites from non-GU yoga project participants:

"I think knowing your body also and understanding your body, understanding your mind. Maybe sometimes you can avoid things, avoid some symptoms I think by yourself. If you feel happy and more connected to others you don't feel you need to go to the doctors." - Muslim woman in her 40s

"[After yoga] You feel happy, more active, you don't need to have any tablets to relax you, especially for mental or stress things." - Muslim woman in her 50s

"I go less to my GP because I do the exercise [yoga]." - local woman aged 75+

Omar, a young Muslim man of North African decent, who had joined the yoga classes with other young men who were part of an existing community group, felt that the yoga benefited him greatly.

“Once you step on this mat, it’s like stepping into your own world,” he said. “The two weeks that I’ve missed out, I’ve been sleeping badly... I did the four [yoga] sessions straight and then I missed two consecutive weeks and in those two weeks, I feel like the sleep has gone bad”.

In a focus group discussion after the yoga course had finished, he and some other Muslim men of North African decent discussed practicing yoga during Ramadan. They made the point that during Ramadan they wanted to continue their regular activities. Here is a transcript of some of this discussion:

Akram: *“I don’t believe that whole ‘I’m fasting, I have to shut the doors, stay at home and watch TV’”.*

Omar: *“It’s an excuse”.*

Abdessamad: *“Life goes on, man. Yeah. That’s the good thing about yoga. You don’t have your phone. You don’t have anything so you’re just shut out...” [In this context, being 'shut out' was a very positive state to be in; referring to being shut out of social media and everyday demands.]*

Nadia is a 52 year old Muslim woman of Moroccan decent who saw a yoga poster in her local community centre:

“I suffer from knee problem quite a lot and it has helped me a lot. In fact just this Sunday I went swimming and I’ve never managed to do a lap, from one end to the other in half a minute. I was quite surprised, and I think that is because of the yoga. It’s what the yoga’s done for me, it’s strengthened me as well physically and I really hope they will give us another chance of going through [yoga] again... I just want to keep this activity and this programme with yoga going so it can help more”.

“I’m 52 years old and I swear to God I feel so much better, I feel so much lighter, mentally and physically because there’s a lot of problems nowadays with stress and people not handling their way of thinking. I think this kind of activities really help a lot. This is actually the first time I’ve experienced yoga... I attended for the whole six weeks. What I can say is mentally and physically I really, really benefited a lot of things. The meditation was something that helped a lot with your mind, your soul and also helps your self-esteem as well and to focus also more. You have better sleep.



Physically I think the stretching and your balance, it's very good for your balance, your muscles. I have learnt how to breathe and manage myself better with how to handle things in the day-to-day life with stress, with security all of these things did help. I wish that it did go on for quite some time. The traumatic problem that we had from Grenfell it has affected a lot of the community here which I think it [yoga] helped a lot. It helps a lot with knowing how to meditate and also with your strength and mind. I think it would benefit a lot of the community around the area ... I think it would be nice to have it for young girls and young boys as well. It's something they should look at for the future, yes. Thank you very much again for giving us this opportunity for this class."

Lizzy, a White British woman, asked her local community centre to refer her to the yoga programme. When asked how she would describe yoga (a question that often reveals insights about how yoga affects inner life), she said:

"I would describe it as combining your breathing with movement so getting optimal inhalation and exhalation will allow your body to relax in order to be able to do the stretching positions. It's also I would say about being in the moment and not thinking about anything external that your mind might wander to. I think concentrating on your breathing and your movements. If you start thinking about the shopping list and how am I going to get home, it's about realising that, so saying to yourself my mind's starting to think about my shopping and then going, no, let's concentrate on this position, or am I breathing in and out. It's about realising that your mind is escaping and then consciously bringing it back to where you are right at that moment".

"I would sleep much better that night [after yoga]. I felt like I would sleep more, like a log, after the days I did yoga than the days I don't do yoga.... Before I started, I definitely had really bad lower back pain. I don't have that anymore since I did the six sessions so for me that's been amazing. No painkillers now, nothing like that. I would say confidence I think. I used to dread going to yoga classes. I've always wanted to be one of those people that go to yoga, but I dreaded going to the classes, but I always ended up doubting whether I'm doing it right and comparing myself to others. I felt that this class with Emily in particular was the right way to start yoga. It was a good pace, the fact that she said there was no pressure and you could stop if you wanted. I did feel an improvement in the six weeks so whilst there was not pressure and it was quite slow,

and a slow pace, I did feel an improvement in how I was practising yoga and as I said physically as well I felt it was an improvement”.

Melissa, a Black British woman who saw a poster advertising the yoga programme noticed a change in her energy levels immediately following a yoga class and also found that she slept better:

“I am very new to yoga and this was my first experience and I didn’t know if you would have time to sit down and concentrate on wellbeing and that. The ‘me time’ I craved, I found here but I wasn’t expected to, and that kind of, I didn’t realise it was going to have such an impact. I think the first yoga session was the first time I had a full night’s sleep in about five years, and yeah, I wasn’t expecting that. That kind of had me leaning to coming back and craving for more. I couldn’t wait to come back next week. Again, like I said to you it got to the stage where I couldn’t manage to detach myself from the things that were going on around me when I was at home. When I [first] tried it at home it didn’t quite work for me and I think I learnt how to let go of what was around me from when I was here and yeah, it was really kind of thrilling, so to speak.”

Miriam, an older lady who practiced yoga mostly in a chair attended several yoga classes. She even brought a friend along to the focus group as her friend wanted to be a part of the yoga classes. Miriam said:

“You know that exercise is very, very good. The pain left my knee, there, the back, everything, it’s good for me. Now I say pain is less than it was. Less than before, so I’m looking for yoga weekly...my tummy before is big, now I lost my tummy, I have noticed. I go less to my GP because I do the exercise.

Suzy, a Catholic lady who attended six consecutive classes saw a poster at the Curve Community centre. Suzy said:

“Yeah, I liked it because it was scheduled, I didn’t book anything in that time, but I also benefited and my daughter benefitted from me doing it as well. I’d go home and she’s on the spectrum and so controlling her emotions is quite hard... I used to say to her, and at the end she’d go HA [a yoga technique for self-regulation], and she was fine again, so she was using the breath exercises to throw it out at the world and feel better about ourselves so we got a lot from it. I was starting to get joint pain here [pointing to her hip] if I sat down and I’ve had no pain in six weeks from where I’ve been using the hip joints and bending it around... I haven’t had it since I’ve been here [at yoga].”

Supporting a non-verbal autistic lady, and her carer, through yoga

Amanda and Olive came to the yoga classes together having picked up a flyer at their local community centre. Olive uses non-verbal communication and Amanda is her friend and carer. OURMALA arranged an additional yoga teacher to give Olive 1-2-1 support so that both she and Amanda could join in the yoga practice in this popular yoga class. Amanda wrote feedback on behalf of Olive: “I wrote on behalf of Olive, she likes it. (I’m carer) She became very quiet, that’s her participation [that shows what a positive effect the yoga had on her”. Read the full testimonial by the yoga teacher who provided 1-2-1 support in Appendix 2.



Andy, a White British Atheist man heard about the yoga programme through friends.

“Great uplifting session turned my mood around totally re-vitalised! I generally did feel more energetic and that fresh feeling, leaving the building and being aware of the trees and suddenly having quite an awareness, and a focus on what was around you and what’s going on in your head. I always smile as I leave here. I think it’s quite a supportive environment so you doing that kind of thing on your own at home it’s not the same. It’s quite nice to have that chunk of time that you’re not looking at your watch, there isn’t other things to do, there aren’t any distractions and there are a group of people who are doing the same thing and getting that, it’s very supportive in that sense. Yeah, it’s great to have that support from the people. I think it was kind of detaching yourself emotionally from the rest of your life just to concentrate on yourself and physical being and your breathing and you know, you’re doing it for a purpose, and not just to exercise, not just a physical thing, it’s a mental thing and a very positive way of thinking about your health. It’s an educational thing. I think some have the misconception as I did, that it was just exercise. It’s a lot more than that and it’s an education, it’s a life skill that I think everybody should learn how to control their own bodies, really. You don’t really think that you have that much control over every aspect of your physical being but you do and it’s very connecting the mind to the body and how the mind can control the anxieties and the stresses and how they play a part in the knotting up of muscles, it’s a big education, for me anyway.”

Ruth, a lady in her 50s saw an advert for the yoga programme in a local newsletter. She gave the following written feedback:

“Great to see form of exercise i.e. yoga to help the general community. It is amazing how different and stronger I feel after each class. Breathing is a great part of this in addition to really stretching my body. I love the experience. It has been an inspiring project of well-being for the last 6 weeks. It would be great to follow up on our progress or perhaps do an upper level to see if we really can utilise this further as a community”.

7. Mini interviews with managers at GU and The Curve

We asked managers at two community centres if they would like to contribute to this report so their voices and objective views could be heard. Here's what they said:

Grenfell United Service Co-ordinator, Tessa Barkhan

How did the yoga courses go from your perspective? *Having worked very closely with the families for 2 years, it's been very clear that they've needed different things at different times to help cope and aid their recovery. To me, and quite visibly, the yoga course has made the biggest impact to our families than any other programme we've offered since the fire. The way the women have described it as 'heaven' and 'my time, something I rarely get' is the vision we work towards providing for our families. Since the course, the attendees have continuously talked about how much of a positive impact it's had on their lives and how they have since been incorporating the techniques they learnt in their day to day.*

If it went well, would you attribute any positive benefits specifically to yoga or a combination of activities participants were doing? *Since attending the course, the women have expressed how they are now putting time aside in their days to breathe, or relax - something they hadn't thought of, or managed to incorporate into their routines before and how the classes had motivated them to do this. The yoga classes have also served as a gateway into other exercise for them. Since the fire, many of the women lost interest in physical activity, however after the classes they feel more energised to pick up exercise again as they have now been able to see and feel the benefits.*

Would you like yoga to continue at GU and if so, how would you design the programme and for how long? *Absolutely. I think it works well as a 6-week course because I think it keeps people focused and the 6 weeks makes it feel more digestible and attainable. I would stage maybe 2/3 weeks break between courses with the ability for those who want to continue to roll over to the next course. To increase retention rates I would charge between £1-£3 per class.*

Any other thoughts you'd like to share about any aspect of the yoga course? *I am very grateful to the course and it's staff for supporting our families and making such a noticeable positive impact to their lives.*

The Curve Centre Manager, Carolyn Mackey

How did the yoga courses go from your perspective? *The yoga went extremely well – All positive feedback from residents – only negative was that it had finished. The yoga was very inclusive and the Yoga tutors were able to support people with disabilities.*

If it went well, would you attribute any positive benefits specifically to yoga or a combination of activities participants were doing? *I would say that residents enjoyed the yoga, and some also used the therapy both, complementary and talking therapies. Residents spoke about the yoga having a positive impact on both mental and physical health.*

Would you like yoga to continue at Curve Community Centre and if so, how would you design the programme and for how long? *I feel the programme would work term time and for as long as possible.*

Any other thoughts you'd like to share about any aspect of the yoga course? *The yoga was brilliant – everyone enjoyed it – and would love it to continue. The whole yoga team were very solution focused and nothing was a problem.*

8. Proposal for how yoga should be continued

Based on focus group conversations and feedback throughout the yoga course, all wanted longer term access to yoga. See p18, p19, p25 and p26 for detailed feedback about this. Here is the proposal for how the yoga programme should be implemented, should the NHS choose to allocate more funding to its provision:

Year 1

NHS fully funds trauma-informed yoga for a year. Participants will pay £1 (or as much as they would like) for each class and these funds would be collected and held by the yoga provider. However, if participants cannot or do not want to pay, they are not obliged to, so limiting any financial barrier.

Classes would be organised as six-week courses to which participants would sign-up and commit.

At the end of the year (or given period of time as decided by the group), participants would decide what to do with the funding. For example, spending the funds to continue yoga classes the next year, holding a community event, donating it to a local charity.

Year 2

The classes would become self-funded, using funds saved in Year 1 and possibly starting to charge for the class (to those who could afford to pay). If necessary, OURMALA would leverage its contacts to seek funding from elsewhere to match-fund. We would also provide a list of recommended free or low-cost local yoga classes maintained by OURMALA, provided by trusted teachers and partner organisations that meet our standards.

Additional promotion and enablement of self-care and community resilience

We will also support participants interested in becoming yoga teachers or health educators through OURMALA's network of contacts, including offering them free or discounted places on yoga teacher training courses. The longer term aim here would be to have more local people representing the demographic in North Kensington teaching yoga and promoting health, self-care and resilience.

We would also encourage and support residents to start their own local groups in the community based on techniques used in the yoga programme if they were interested. In addition, any discounts on trainings in London on yoga or breath body mind would be opened-up to.

Programme cost

The budget for this proposed trauma-informed yoga programme will build upon the agreed costs of this pilot yoga project. Accurate costs will be provided once we understand exactly what is needed in terms of yoga sessions and also the needs of NHS staff and local yoga teachers regarding training. If there are cost savings e.g. through economies of scale, then we will share any cost savings with the NHS. Any income OURMALA receives is used to make trauma-informed yoga accessible to refugees and asylum-seekers through our charitable mission.

Key considerations

The programme needs to have flexibility so that we can make sure it truly reflects the diversity of the local population and can respond to their unique and dynamic needs. If needed, it can be adapted to work specifically with children and young people.

We wanted to find a way for the NHS to meet these needs through the provision of yoga, planning for sustainability, whilst building resilience and autonomy amongst residents, so that they do not become over reliant on a service that they do not control, and which could be discontinued in the future.

Residents from Grenfell United, Dalgarno and the Curve wanted the same yoga teachers. Others were open to local or other teachers.

Two residents expressed interest in training to be yoga teachers and one was interested in attending workshops and learning more about what is involved in yoga teacher training, all of which OURMALA is well positioned to support.

Practical plan

Existing arrangements suited most participants with minor variations suggested, as below.

Location	Day	Time	Gender	Difference to original arrangement + other notes
Bay 20	Thursday	7-9pm	Mixed Gender	Would like time to share a cup of tea after yoga + suggested: <ul style="list-style-type: none">- a men-only class would likely attract more men- class for young people
Bay 20	Tuesday	6:30-8:30pm or 7:30-9:30pm	Men only	Suggested additional classes: <ul style="list-style-type: none">- for young women or a mixed gender class but some felt young women would not come to a mixed gender group- for young people
The Curve	Thursday	1:30- 3:30pm or 1:30- 3:00pm	Women Only	
Dalgarno	Tuesday	10:30am-12:30pm	Women only	Women only class essential
Grenfell United Space	Wednesday	6-8pm or 6:15-7:45	Women Only	A young person's class in addition to the women's class
Grenfell United Space	Friday	10.30am – 12.30pm	Women Only	Would like this to continue. One attendee could not make Weds evening as she works until 6pm.

Additional venues suggested

- The Rugby Portobello Trust
- Venture Community Association
- The empty space next to Bay 20 which used to be a community centre/nursery/kindred studios and is now lying empty

Grenfell United specific feedback

It was very important to the GU group that they have specific classes open to GU members only, in the GU space. It was also extremely important to this group that they have the same teachers.

Additional feedback

- Participants preferred the idea of committing to a six-week series of classes rather than having drop in classes as they felt they would be more likely to commit to attending.
- Some participants at GU, Dalgarno and the Curve were interested to learn more about yoga and possibly getting involved in the classes maybe on a voluntary basis.
- The idea of attending workshops and possibly trainings was also popular among the Curve and Dalgarno participants

Participant payment for yoga classes

The idea of donating £1 or a few pounds towards each yoga class on a voluntary basis was suggested to the groups. The culmination of these donations could then be put towards continuing yoga or something of the groups' choice, such as donating to charity, a community event etc. People responded very positively to this idea. It was important to participants that this be voluntary so that it does not create a barrier to those who might not be able to donate £1 per class. A suggestion was made that the donation pot be kept near the entrance to the yoga space so that people can subtly donate as they come and go and that it is not obvious if someone does not donate. Other participants suggested that those who are willing and able could donate what they felt the class was worth. Participants were very supportive of the idea of being a part of a community and giving back to their communities.



“This yoga class has had a huge impact on my life, I really mean that! The teachers are amazing; I would love for us to be able to have more yoga classes... I feel alive again”!
 – Nora, a Muslim lady who found out about the yoga through a friend

9. Conclusion and next steps

This report concludes the North Kensington Yoga Project and it is strongly recommended that a trauma-informed yoga programme is provided in the area for at least two years

Findings will now be reviewed by the NHS West London CCG. It is expected that later in 2019, a decision will be made about whether to fund more yoga in the area. Should the decision be to go ahead, the standard NHS process will be followed to select a yoga provider.

It is only appropriate here to highlight the specific and strongly felt requests from participants in this project, especially at Grenfell United, The Curve and the Dalgarno Trust, that they keep the same yoga teachers.

OURMALA wishes to convey our thanks to the West London CCG for selecting us to deliver this yoga project. It has been an honour to work with everybody who has been part of this project and to have made a positive difference to the lives of those residents attending yoga classes.

About this report

This report was written by Emily Brett and Lily Kelly-Tarrant. All monitoring and evaluation was conducted and reported on by Lily. Huge thanks to the support of Kalwant Sahota and Dr Hoisin Brannick of the NHS, Daisy Rawlings who voluntarily assisted with data collection throughout this project, Hartley George for voluntarily taking responsibility for the data processing and its statistical analysis, Margherita Watt and Kurt Budge for proofreading and to lululemon athletica for the mats.

Our greatest thanks to the community and GU centre managers and all staff who helped support this project as well as the community leader who was in charge of the men’s group. We would also like to offer huge thanks and our yoga teaching team: Emily Brett, Carolyn Fuest, Lauren Munday, Donna Noble, Violet Metcalfe Trott and Harpal Sahota.

10. Appendices

1. Out-takes – more testimonials from residents

Over the course of the project, we collected feedback on an ongoing basis and through questionnaires and focus groups. Here are some of the words we thought were most valuable to highlight, that didn't make the case studies. They were spoken by women and men representing different ethnicities, religions and ages from across all of the yoga classes.

How would you describe yoga?

"It's more like your inner self".

"Self-improvement".

"I would say it's a more mental, if you're able to listen to yourself, individually, it might be your muscles, your movement anything but just listen and understand yourself in that space".

"Yoga will benefit, it's all about you, your mental health, not only the physical, together".

"It's good for breathing and breathing exercises, it's good to help you focus in mind, so you're not worrying about too many things".

"It just brings it all together really".

Feeling positive

"For me I was full of energy. I was so excited about the class and I had that 15 minutes of my own time, relaxing and the fact that I don't do anything on Friday maybe, I don't know. For me it was energy and not feeling tired".

"I think I felt very energetic, yeah my energy levels have gone right up".

"I feel quite a lot of energy. There is something that I guess is refreshing so it makes you feel. I didn't necessarily feel profoundly different but I think I often come in a bit more worn out than I was at the point at which I left. Yeah, refreshed".

Physical health improved

"Made me much more flexible. I can touch my toes".

"I feel like my core has got better, my core strength".

"I had sciatica from weightlifting. All of the back stretches that we did here, I feel like they really helped alleviate the pain that I have. It's like a pain that's always there, but the stretches here you can see there were different parts of the back that were stretched individually, and I felt that really helped."

"I took the breathing exercises and implemented them when I was playing sports. It helps my recovery time".

"I really liked the stretching when I started I could not do that and then you can go further because you do improve your breathing and you push yourself a bit more with each class as you control your breathing and you get more confident and more experience".

"I feel more relaxed, I'm stressed out and lazy doing my home and that's why we're obliged to do it and our family have sciatica and I think it relieves me so much and the pain is always aching. We have to stretch out these things, it's wonderful. That's why I put the comment I'll continue".

"Well it helps me because I have sciatica and the lady, I don't know her name and she helped me to stretch my back and it's really releasing and the pain's gone".

Ramadan

"Can I also say a lot of ladies have missed this yoga class because it was in the month of Ramadan and I think... most of the women probably felt maybe they couldn't do it with the fasting. I've always wanted to do yoga, so I went for it and I will tell them that it was better actually. When you're fasting I think you have more control. Your meditation is better than when you have breakfast in the morning. Most of the ladies told me how sorry they were to have missed it and it will help to have it back again..."

Sleep

"One of the guys that missed the session today, he's taken the chimes or whatever it is. It's relaxed him. He's got an insomnia problem, so he came to yoga just to clear that up and it has cleared up for him". (Men's class)

"It's an exercise class for the inner self as well as the body but not in that it's strenuous but you definitely get that core strength out of it which is, well I don't really focus on my breathing, I don't breathe from my belly which is probably why my belly is really large and the rest is really skinny. I noticed that when you said breathe in and your belly should expand, my belly tightens up and was doing the complete opposite to what the instructions were. I had to focus... that's probably why I'm not using the muscles on my belly, even though it's probably what I needed and be taught again how to breathe". (Curve) class

"For me, I don't sleep, I'm just awake anyway, it's the way it's been, which is nothing to do with the yoga, I mean the yoga was brilliant and all that but it had nothing to do with it. I just can't relax ... I did take Diazepam after it [the Grenfell Fire] happened, and I was like something, a zombie, I really felt crap and it isn't a route I want to go down, the medication. I just don't really, really want it. I know obviously everyone is different. I'm just hoping I can deal with it, without that... The breathing, I've done a few times at night. I think it might help me, I've done that, I've tried. I'm relaxed as can be but I still can't close these eyes but it does relax me and I done that quite a few times, I've found that helpful, that's as far as I get".

"I don't feel tired after yoga".

"Is tired the same thing as relaxed"?

Wellbeing improved and feeling more positive about life

"For me it was about having a bit of space that was different to the daily life. I think that's what's really nice about it. It was a bit of exercise and it was an opportunity to

free your mind of stress and worry of what's going on. I really valued that. I thought this space was nice as well. You can see the windows, you can see the trees and it felt like a really nice space, so that was very calming. Yeah, I think generally it helped. I was quite stressed when I first started the course I had a lot on, and it was one of the reasons I was quite keen to do it, I thought it's a bit of time to exercise and focus on the breathing and on the here and now and it really helped I must admit."

"It really was nice to have a bit of focussed me time. Apart from the physical side of it which I found very beneficial, and the mental side of it which I didn't really expect has been maybe more, mental positivity particularly from Emily's chats and talking through the reasons behind the breathing and the techniques and the positive messages through the sessions. An hour of the session to focus on doing it which was really nice."

"I felt very peaceful and I really tapped into my nature... I feel like my body is revitalised."

"I found it very relaxing and useful. It was my time, and peace for my time that I could just relax and take a break."

"When I started here I enjoyed it a lot and I look forward to each session. I like the stretching parts, the breathing as well and so it's a combination of both. It has helped a lot; six sessions were really good. I tried the Wednesday group and I tried the Friday group so both teachers are amazing in all the techniques and bringing all of us together. It's something we enjoy as a group."

"It releases all the stresses we have."

"...the tensions, it just comes out. I found it really moving, the 15 or 20 minute wind down, you just felt you're in your own world and breathing in and out, it was really, really good, just so relaxing."

"...you get exercise and you feel better".

"It's very good, it's very invigorating and helps you to move a bit better and it helps me sleep a bit better as well."

"My mind is relaxed, and at peace. Not like before, like a deep stress or pain complaint. It has more effect, that why I said relaxing the mind, relaxing the heart. It's like when you're being exhausted, it's like having no battery but you come here full charged again.... you are fully charged in the end."

Using tools from yoga in everyday life

Facilitator: "What would you say is the favourite skill or tool you learned from yoga"?

Participant: "Breathing".

Participant: "The first thing I learned is breathing, when I'm frazzled the breathing that we do is so good".

Participant: "Yeah, it is so good. I love when we do the breathing".

Participant: "If I'm at work or on the trains, wherever like, I'll do it sometimes."

Participant: "Yeah, when you have days of anger you focus your breathing and it helps you calm down".

2. Yoga with a resident with autism who uses non-verbal communication - testimonial from the 1-2-1 yoga teacher

My experience assisting in the OURMALA classes at The Curve was extremely rewarding. My role was to work one-on-one with Olive, an autistic lady, in order for her to be able to take part and benefit from the class. My presence also allowed Amanda, her full-time carer, to take some time to herself and practice as well.

None of us knew how smoothly it would go, having Olive in class, and whether she would respond positively. From the very first session, I was really pleased to find that Olive was excited and enthusiastic about joining in, and happy for me to assist her. She seemed comfortable with me relatively quickly, and fared well not being attended to by Amanda.

Initially Olive stayed mostly sitting, using the chair for the duration of the class. We did arm and leg stretches, and simple movements along with the rest of the class. With my assistance, Olive could raise and lower her arms, bringing a stretch to her torso and mobilizing her joints. At first, her movements were stiff and hesitant, but with each passing week she loosened up significantly and moved much more comfortably. By the second session she was standing up for some of the class, and making more dynamic movements. She clearly responded to the changes in energy and pace, for example becoming animated during the sun salutations. She was very tuned in to the tone of the class and was engaged throughout.

The most rewarding part for both me, and I think for Amanda. too, was the final relaxation at the end, when the group lay still, breathing in silence. Having been vocal and sometimes excitable during the rest of the class, I was a little nervous that Olive wouldn't be able to stay still, relax and remain silent. However she did just that! As a result she was much calmer and seemed at ease by the end of class. In the second class, she progressed to lying down, rather than sitting, another step which indicated her increasing sense of confidence and safety in the class environment.

I felt very grateful to help facilitate this experience for both Olive and her carer Amanda. I'm sure it benefited them both on a physical and emotional level, allowing them to focus on themselves whilst feeling a part of a group. From the feedback we received from Amanda, and judging on Olive's smiles, eye contact and progress, the benefits were felt by all.

By Violet Metcalfe Trott, July 11th 2019

3. Considerations compiled by OURMALA regarding the proposed continuation of trauma-informed yoga in the North Kensington area – before consulting residents:

This programme has been developed based on two years' funding and the following considerations:

- Any programme in this community should be a direct response to what has been asked for as opposed to an objective idea about 'what would be good for them'.
- There is widespread suffering across the community. Inability to sleep and PTSD are widespread. Reliance on substances to try to sleep is increasing.
- The programme should make a significant difference in the wellbeing and resilience of participants, to their emotional, mental and physical health and ability to take part in life more - not just while participants are attending the service but longer term.
- All yoga teachers should be trained in working with trauma-informed yoga and there should be a robust support framework including what to do in challenging situations, how to manage complaints from service users etc.
- It is widely recognised at the community level that when people pay a small financial contribution to access a service, attendance and commitment increases. This also plays a part in empowering people to make choices about their resources, educates about the bigger picture and reduces expectations of services being provided for free. The transactional aspect here is psychologically and emotionally healthy.
- The plan should take a phased approach to empowering individuals so that rather than becoming dependent on the yoga service, the service and tools and practices become their own.
- Practicing yoga in groups results in greater benefits than practicing alone.
- There are already yoga teachers working in the area. It would be good to engage with them and join-up our approach rather than all working independently: offering them training so that their own teaching is optimised with the most effective methods of working with trauma-informed yoga plus Breath Body Mind ("BBM") practices (which members of the community could then teach safely within their own families and groups, which we would encourage as well as simple yoga postures).
- Empowering members of the community to be able to lead their own sessions is a well-recognised way of making sure that a recovery programme is more sustainable.

- The programme and its staff must be sensitive to trauma, gender, cultural, religious, spiritual, language and socio-economic differences.
- Financial barriers to participation must be removed but
- This programme should not operate in isolation. For best results, it should align with the social, legal, job etc. support that is available in the area. So that we can sign-post to providers of these services and 'they' can sign-post to this programme. The connection between attending this programme and building confidence and resilience to get job-ready should be made, for example.
- The programme itself should have a self-care protocol for all staff working on it.

4. Yoga programme plan

Considerations

Each session will be 2 hours long: 1.5 hours for yoga and 30 minutes for sharing experience, offering an optional 'practice challenge' you can set them to for the week plus reiterating key practices used during yoga that, with practice, will help participants calm down, destress and sleep better when used in everyday life. Keep your teaching simple.

Class sequence:

- Warm-up using Breath Body Mind (BBM) movements including intention-setting + dedication
- Yoga asana
- Coherent breathing with chimes
- Resting, coming to sitting and finishing including coming back to intention + dedication

Timing:

Please use this as a guide and use the timings most appropriate to your participants, based on observation and also their feedback.

	Taster	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Introduction	5	10	5	5	5	5	5
BBM	15	10	15	15	15	15	15
Asana	60	60	55	60	60	60	60
Chimes	5	5	10	15	15	20	20
Finishing	5	5	5	5	5	5	5

BBM sequence for guys:

- Ha breath - with sound for men / silent or with sound — this levels out energy and is

- very grounding so good to start with
- Movement with breath (contact with legs / kidneys etc) in sync with inhale and exhale
- Standing with feet wider than shoulders, knees a bit bent and the arms above head - hold for 1 minute and work up to more
- 4-4 breath / movement combination (sky and earth ...)
- 4-4-6-2 breath movement combination (fyi, this combination stops homicidal and suicidal thoughts + panic by the way; but clearly don't say that...) We can say, if you are feeling angry or low, this will give you back your power and control)

Our most basic objectives are to:

- help participants reduce their stress and improve their sleep and quality of life
- become more aware of their breath
- teach them ocean breath and (as applicable) alternate nostril breathing
- stretch and strengthen their bodies through yoga postures
- teach them coherent breathing with chimes
- inspire them through direct experience of the benefits to use these practices in everyday life

Feel free to communicate these objectives to them.

If you'd like to see the full list of objectives, just let me know and I'll send you the questionnaire we will be using for our evaluation.

A note on the 30 minutes after yoga

Sharing experience of course isn't mandatory. Three times over the six-week programme, Lily will be coming to do questionnaires with all of the participants before and after class. On these days, we will start yoga a little later and complete the questionnaires straight after class. The data collected from these questionnaires will form part of an impact report, which is essential to enable the NHS to release more funding, should participants find the yoga helpful and want more in the future.

Practice challenge suggestion:

Feel free to make this your own, judging what's best for your class...

Taster: write (BREATHE) as a reminder to pop up on phone / on fridge / on piece of paper in wallet / stick in car etc. Challenge is to remember to bring your attention to your breath twice a day, using ocean breath and exhaling down to the ground through feet

Week 1: use ocean breath

Week 2: use chimes for 5 minutes

a day Week 3: use chimes for 10 minutes a day Week 4: use chimes for 15 minutes a day Week 5: use chimes for 20 minutes a day Week 6: use chimes for 20 minutes a day

We will share the chimes track so it can be emailed out. You can also find it on Spotify by

learning '2 bells.

Monitoring & Evaluation

5. Methodology with graphs showing breakdown of effects impact evaluation and data sets

The Monitoring and Evaluation (M&E) methodology was designed and carried out by Lily Kelly-Tarrant with assistance from two OURMALA volunteers. The methodology had a two-pronged approach made up of a quantitative survey and qualitative focus groups. Both the survey questionnaire and the focus group plan were adapted from OURMALA's previous M&E tools and verified with the NHS.

The questionnaire had 20 questions and participants were asked to fill them out, both before and after the yoga class at their first session and also at weeks four and six of the programme. Wherever possible, those who did not attend at week one were asked to complete a questionnaire at the first yoga class they attended, or at the next data collection week. The possible questionnaire responses were 'strongly disagree', 'disagree', 'neither agree nor disagree', 'agree' and 'strongly agree'. Questions 1, 2, 4, 5, 6, 7 and 8 were negatively worded and hence needed to be reverse scored (Strongly agree 1, Strongly disagree 5), whilst the remainder of the questions were positively worded and hence scored Strongly agree 5 to strongly disagree 1. The value of each answer within a category was added together for each participant to give them an overall category score. From this the median average score was calculated.

Returned questionnaires were screened before being included in the data set. If a participant left a question blank in both the 'before' and 'after' section of the questionnaire then it was entered into the data set as a 3 (neither agree nor disagree). If a participant answered a question in only the 'before' or the 'after' section, then the same answer was entered in the blank box i.e. so there is no change between before and after. Participants were asked to tick one box per answer however a few participants ticked two. If a participant ticked two boxes in response to the 'before' and 'after' for the same question, then the ticked box closest to 3 was included in the data set. If a participant ticked two boxes in their 'before' section and ticked one box in their 'after' section then closest of the two ticks in the before section to the response in the after section was included in the data set, and *visa versa*. The amount of these changes made to the raw data accounted for 1.6% of the entire combined short-term and long-term data set. These screening processes were done to avoid any bias influencing the data set. If a participant left five or more questions blank in both the 'before' and 'after' sections, then their responses were discounted from the data set.

The short-term and long-term quantitative data were analysed separately. The short-term data looked at the questionnaire responses from before and after yoga to measure the impact of a single yoga class. The long-term data looked at the cumulative effects of having attended at least four yoga sessions spread across the six-week pilot programme.

The short-term data were processed in two ways. Firstly, using participants first questionnaire responses only, the percentage of participants who experienced at least one positive change was calculated for each of the four categories (mental health, physical health, confidence and general wellbeing). Additionally, the percentage of participants that experienced a positive

change for each individual question was also calculated. The results from this can be seen in Table 3 (p14).

To test the short-term hypotheses, that partaking in a yoga class would improve participants' scores in each of the four categories, a Wilcoxon signed rank test with continuity correction was performed. Data for before and after each yoga class were compared separately for the start, middle and end of the pilot programme. This data is presented in Figure 1 (p14).

To test the long-term hypotheses, that partaking in a six week series of yoga classes would improve participants' scores in each of the four categories, a Friedman rank sum test was used to compare the baseline scores for each category across the start, middle and end of the pilot programme. All statistical analysis and graphing were carried out in "R" and using the *ggplot2* package. The results of these tests can be seen in figures 3,4,5 and 6 (p38-p41).

Each of the six different groups had a designated focus group scheduled within two weeks of their last yoga class. One group opted to have their focus group immediately following their last yoga class as the alternative date would have overlapped with Eid celebrations. This group's last yoga class was shortened to an hour rather than an hour and a half so that the focus group would finish at the usual time ensuring that those participants who were fasting during Ramadan were able to get home in time to break their fast. All focus groups were held at the same location and at the same usual time as the groups' yoga classes. All focus group transcripts were read once for comprehension, then again to unpick themes which became apparent between and across the different groups focus group discussions.

Additionally, all questionnaires had space for participants to share feedback in their own words. All focus groups included an activity where participants were asked to write down a short summary of the impact of yoga for them. You can see these pieces of text in the Word cloud on the inside cover of this report.

The median averages of the 'before' and 'after' yoga scores were calculated for questionnaire responses from the start, middle and end of the programme as can be seen in Figure 2 (p36). All of the changes were significant with a P value smaller than 0.05 (see p42-p45) and therefore prove all of the short-term hypotheses that partaking in a yoga class improves a participant's

- Mental health
- Physical health
- Confidence
- General wellbeing

These median averages can be seen in Figure 2. It should be noted that each category had a different number of indicators so the highest possible score for each category varies as follows.

- Mental health highest possible score was 25
- Physical health highest possible score was 20
- Confidence highest possible score was 30
- General wellbeing highest possible score was 25

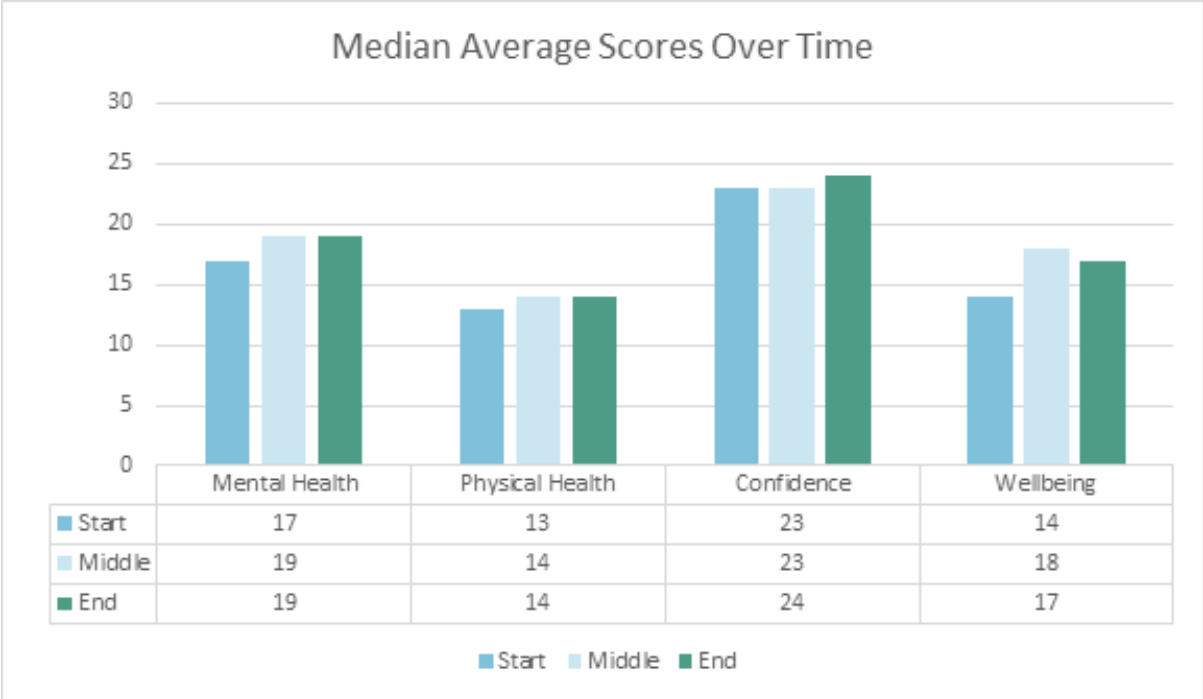
How to read this chart

This chart shows the median average scores over the six-week yoga course.

The numbers below each category represent the ‘score’ from each before/after questionnaire across all 17 participants who contributed to this data set.

The maximum score for Mental Health and Wellbeing is 25; for Physical Health it’s 20 and for Confidence it’s 30. You will see that in each of the categories there is an improvement. Whilst this is what we would have hoped for and expected, and the increases may not seem dramatic, read in the light of the anniversary of the tragedy fast approaching, this does provide compelling evidence that yoga made a positive impact on these residents’ lives.

Figure2



Quantitative Results from Long-term Data

To test the long-term hypotheses a Friedman rank sum test was used to compare the 'before' yoga scores for each category across the start, middle and end of the pilot programme. Responses from 17 participants at the beginning middle and end of the programme were included in this data set. None of the results were significant with a P value smaller than 0.05 (see p46-p47) and therefore they do not prove the long-term hypotheses that the baseline scores of participants would increase from the start to middle to end of the pilot programme for:

- Mental health
- Physical health
- Confidence
- General wellbeing

Despite none of the long-term results being significant it is interesting to see how responses to individual indicators changed over time. The following graphs (figures 3, 4, 5 & 6 p38-p41) show how yoga affected the 17 people who completed three questionnaires over the six-week course. Each graph represents one of the areas measured and shows the results for each of the indicators from participants' responses before their yoga class at the start middle and end of the project.

Tips on how to read the graphs

- The more the blocks move towards the right, the more positive the results as it shows more participants giving more positive responses.
- The dark red sections show the percentage of participants who marked 'strongly disagree' and this continues through the colours to dark blue sections which show the percentage of participants who marked 'strongly agree'. Therefore, if the bars do not move much towards the right but the amount of the red colours decrease and the amount of blue colours increase then this also shows more positive responses.

Figure 3

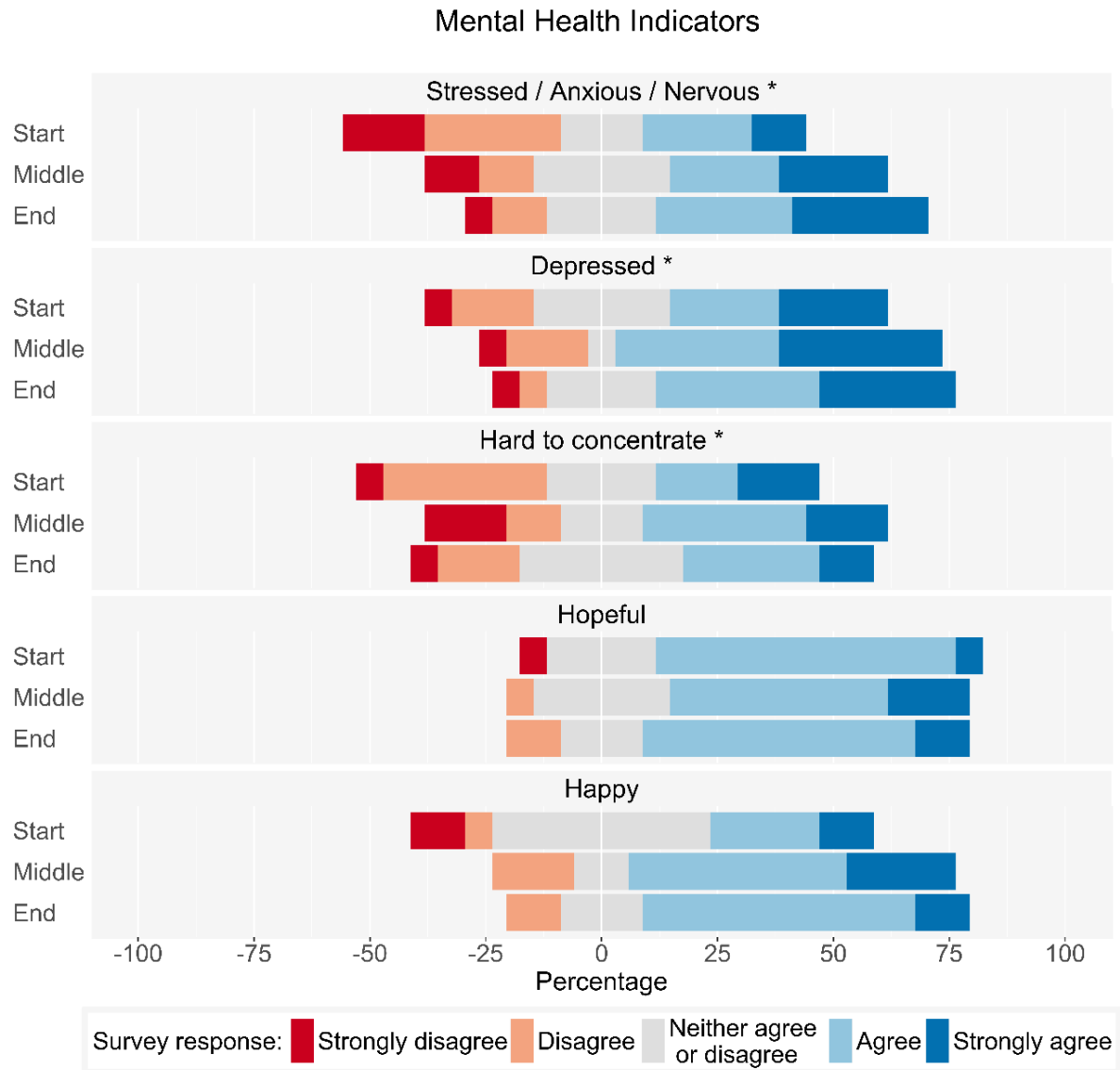


Figure 4

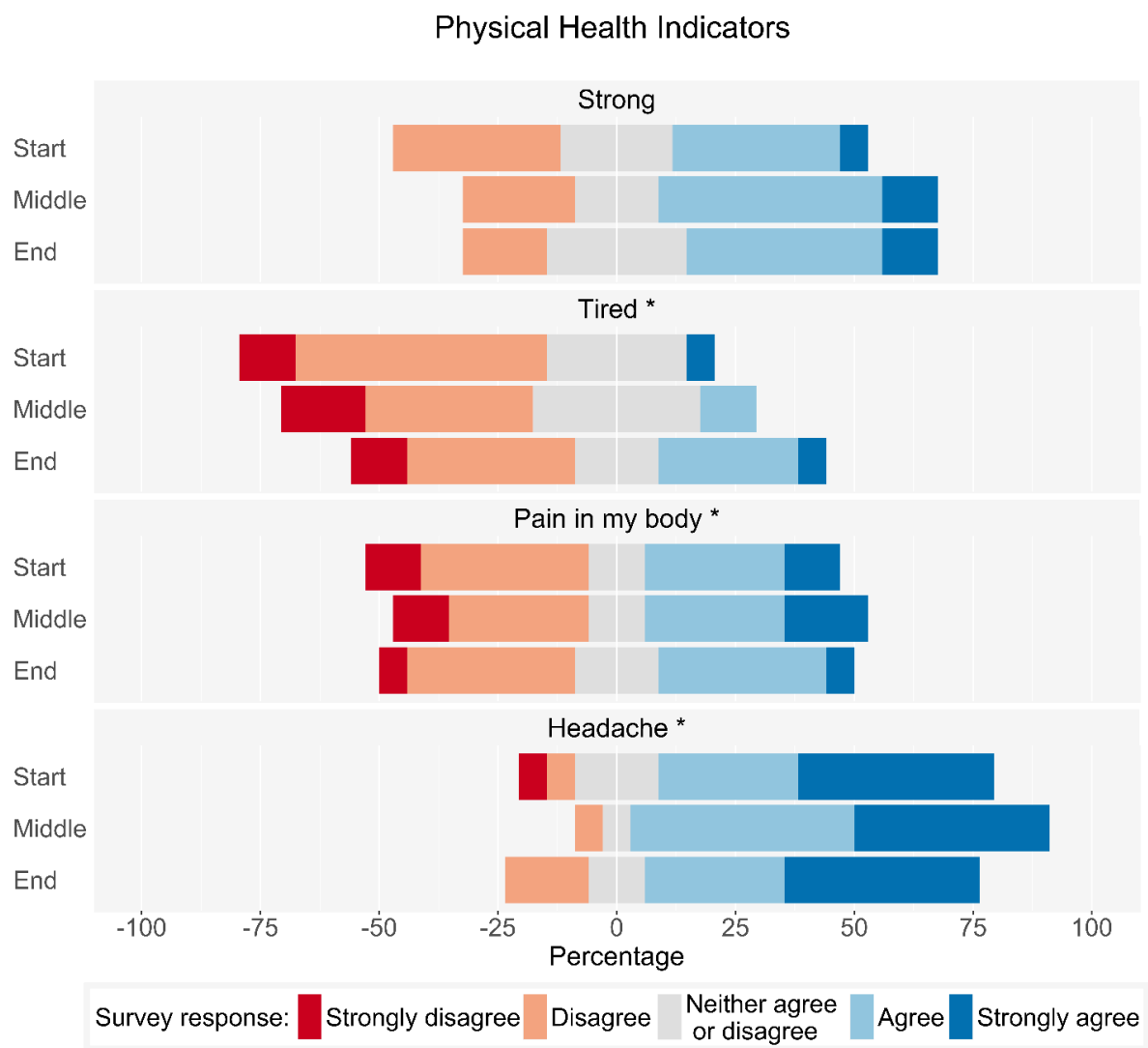


Figure 5

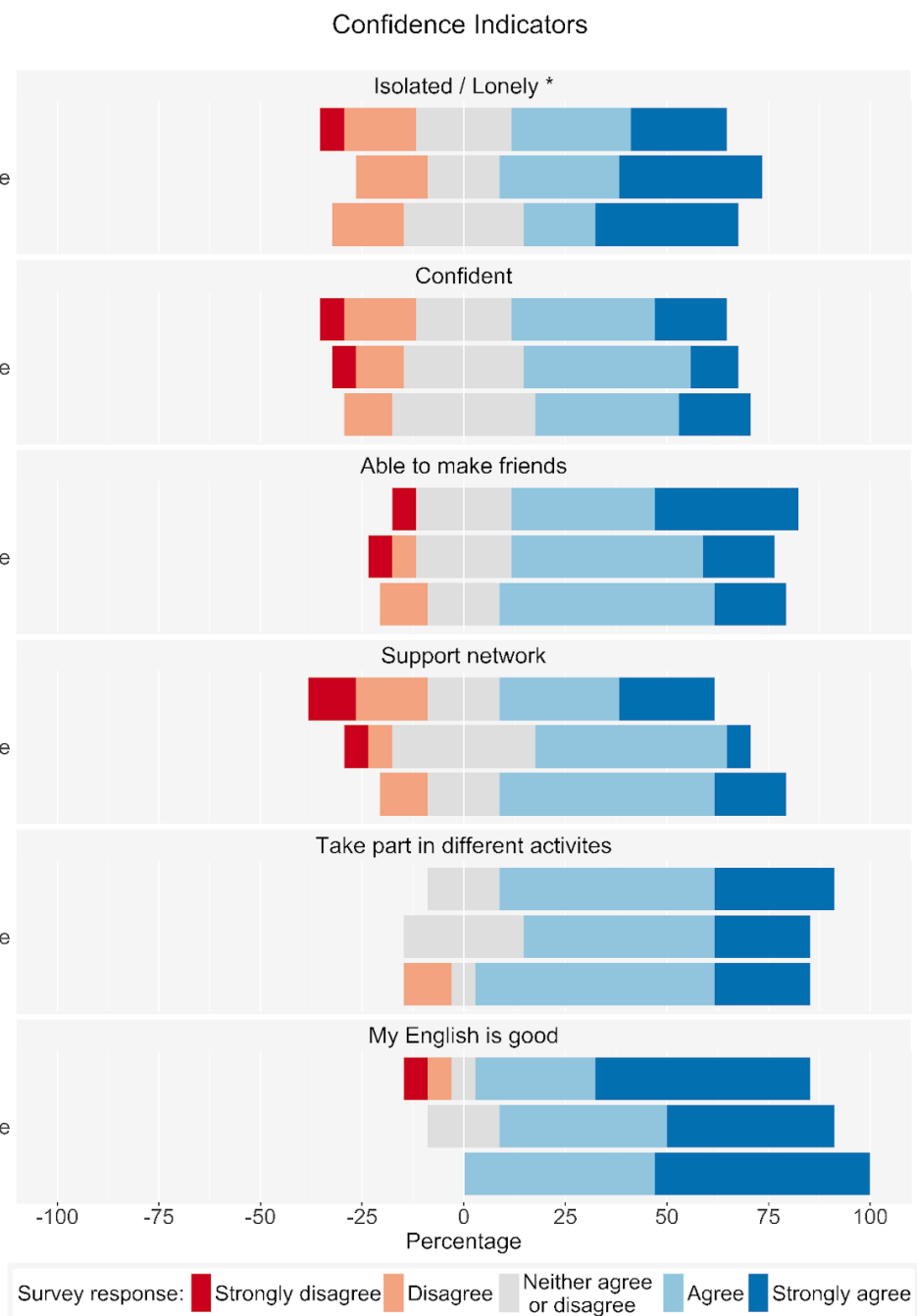
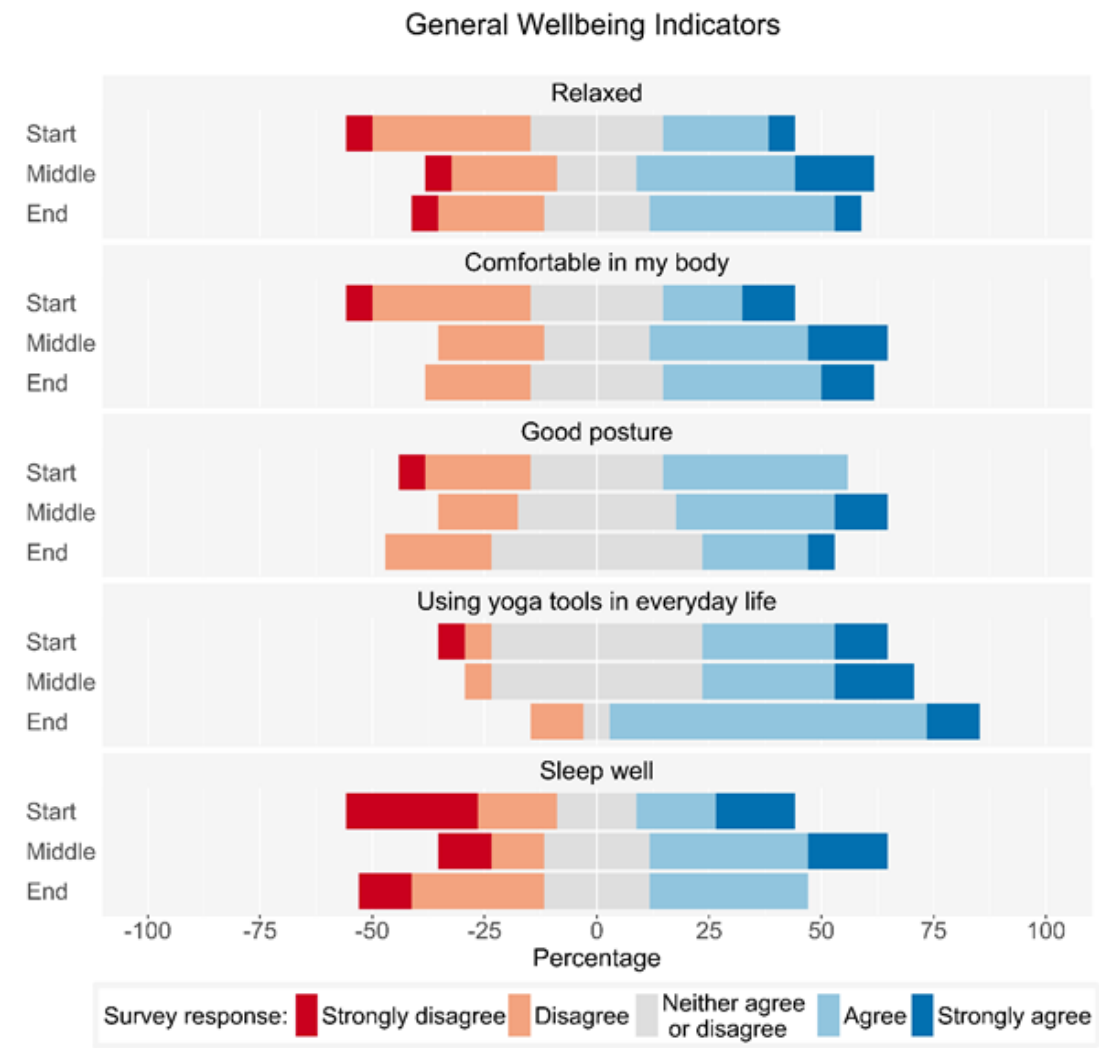


Figure 6



6. For statisticians: copy of results with statistical phrasing

How does an individual yoga class affect someone's mental health?

Testing if mental health scores were different in before vs after yoga class responses for each week individually.

The average mental health score before yoga at week 1 was 16 (14,18), this increased to 20 (18,22) after participating in the yoga class ($V=1007$, $p < 0.001$).

Week 1 –

Medians (LIQ, UIQ): 16(14,18), 20(18,22)

Test: Wilcoxon signed rank test (with continuity correction)

Result: $V = 1007$, $p\text{-value} = 8.795 \times 10^{-11}$

P-value is smaller than 0.05 so result is significant.

N=69

The average mental health score before yoga at week 4 was 19 (15.5,20.5), this increased to 21 (19.5,25.0) after participating in the yoga class ($V = 241$, $p\text{-value} = 0.0002067$)

Week 4 –

Medians (LIQ, UIQ): 19(15.5,20.5), 21(19.5,25.0)

Test: Wilcoxon signed rank test (with continuity correction)

Result: $V = 241$, $p\text{-value} = 0.0002067$

P-value is smaller than 0.05 so result is significant.

N=27

The average mental health score before yoga at week 6 was 19.00(17.25,21.75). This increased to 21.50(19.25,23.50) after participating in the yoga class ($V = 91$, $p\text{-value} = 0.001473$)

Week 6 –

Medians (LIQ, UIQ): 19.00(17.25,21.75), 21.50(19.25,23.50)

Test: Wilcoxon signed rank test (with continuity correction)

Result: $V = 91$, $p\text{-value} = 0.001473$

P-value is smaller than 0.05 so result is significant.

N=18

How does an individual yoga class affect someone's physical health?

Testing if physical health scores were different in before vs after yoga class responses for each week individually.

The average physical health score before yoga at week 1 was 12 (10,14), this increased to 14(12,16) after participating in the yoga class ($V = 1564$, $p\text{-value} = 3.836 \times 10^{-8}$)

Week 1 –

Medians (LIQ, UIQ): 12 (10,14), 14(12,16)

Test: Wilcoxon signed rank test (with continuity correction)

Result: $V = 1564$, $p\text{-value} = 3.836 \times 10^{-8}$

P-value is smaller than 0.05 so result is significant.

N=69

The average physical health score before yoga at week 4 was 14(11,15), this increased to 16(15,18) after participating in the yoga class ($V = 243$, $p\text{-value} = 0.001447$)

Week 4 –

Medians (LIQ, UIQ): 14(11,15), 16(15,18)

Test: Wilcoxon signed rank test (with continuity correction)

Result: $V = 243$, $p\text{-value} = 0.001447$

P-value is smaller than 0.05 so result is significant.

N=27

The average physical health score before yoga at week 6 was 13.5(11.0,15.0), this increased to 16.00(15.00,17.25) after participating in the yoga class ($V = 154$, $p\text{-value} = 0.002931$)

Week 6 –

Medians (LIQ, UIQ): 13.5(11.0,15.0), 16.00(15.00,17,25)

Test: Wilcoxon signed rank test (with continuity correction)

Result: $V = 154$, $p\text{-value} = 0.002931$

P-value is smaller than 0.05 so result is significant.

N=18

How does an individual yoga class affect someone's confidence and isolation?

Testing if confidence and isolation scores were different in before vs after yoga class responses for each week individually.

The average confidence/isolation score before yoga at week 1 was 23(20, 26), this increased to 24(22,27) after participating in the yoga class ($V = 1131$, $p\text{-value} = 0.0002126$)

Week 1 –

Medians (LIQ, UIQ): 23(20, 26), 24(22,27)

Test: Wilcoxon signed rank test (with continuity correction)

Result: $V = 1131$, $p\text{-value} = 0.0002126$

P-value is smaller than 0.05 so result is significant.

N=69

The average confidence/isolation score before yoga at week 4 was 23.0(21.0,25.5). This increased to 26.0(23.5, 27.0) after participating in the yoga class ($V = 227.5$, $p\text{-value} = 9.883 \times 10^{-5}$)

Week 4 –

Medians (LIQ, UIQ): 23.0(21.0,25.5), 26.0(23.5, 27.0)

Test: Wilcoxon signed rank test (with continuity correction)

Result: $V = 227.5$, $p\text{-value} = 9.883 \times 10^{-5}$

P-value is smaller than 0.05 so result is significant.

N=27

The average confidence/isolation score before yoga at week 6 was 24.00(21.25,26.00), this increased to 28.00(24.00,28.75) after participating in the yoga class ($V = 113.5$, $p\text{-value} = 0.002452$)

Week 6 –

Medians (LIQ, UIQ): 24.00(21.25,26.00), 28.00(24.00,28.75)

Test: Wilcoxon signed rank test (with continuity correction)

Result: $V = 113.5$, $p\text{-value} = 0.002452$

P-value is smaller than 0.05 so result is significant.

N=18

How does an individual yoga class affect someone's general wellbeing?

Testing if general wellbeing scores were different in before vs after yoga class responses for each week individually.

The average general wellbeing score before yoga at week 1 was 14(12,18), this increased to 19(16,21) after participating in the yoga class ($V = 1812$, $p\text{-value} = 4.479 \times 10^{-10}$)

Week 1 –

Medians (LIQ, UIQ): 14(12,18), 19(16,21)

Test: Wilcoxon signed rank test (with continuity correction)

Result: $V = 1812$, $p\text{-value} = 4.479 \times 10^{-10}$

P-value is smaller than 0.05 so result is significant.

N=69

The average general wellbeing score before yoga at week 4 was 17.0(14.0,19.5), this increased to 20(18,24) after participating in the yoga class ($V = 327.5$, $p\text{-value} = 0.000113$)

Week 4 –

Medians (LIQ, UIQ): 17.0(14.0,19.5), 20(18,24)

Test: Wilcoxon signed rank test (with continuity correction)

Result: $V = 327.5$, $p\text{-value} = 0.000113$

P-value is smaller than 0.05 so result is significant.

N=27

The average general wellbeing score before yoga at week 6 was 17.5(14.25,19.00), this increased to 21(19,23) after participating in the yoga class ($V = 120$, $p\text{-value} = 0.0007034$)

Week 6 –

Medians (LIQ, UIQ): 17.5(14.25,19.00), 21(19,23)

Test: Wilcoxon signed rank test (with continuity correction)

Result: $V = 120$, $p\text{-value} = 0.0007034$

P-value is smaller than 0.05 so result is significant.

N=18

How does a series of yoga classes (long-term) affect someone's mental health?

The average mental health score before yoga at participants' first week of yoga was 17(13,18). This increased to 19(14,21) in the middle of the programme and remained at 19(17,21) in the last week. Result: chi-squared = 4.3, df = 2, p-value = 0.1165

Testing the mental health score before yoga classes, at weeks 1 vs 4 vs 6

Medians (LIQ, UIQ): 17(13,18), 19(14,21), 19(17,21)

Test: Friedman rank sum test

Result: chi-squared = 4.3, df = 2, p-value = 0.1165

P-value greater than 0.05 so not significant.

N=17

How does a series of yoga classes (long-term) affect someone's physical health?

The average physical health score before yoga at participants' first week of yoga was 13(9,15). This increased to 14(11,15) in the middle of the programme and remained at 14(11,15) in the last week. Result: chi-squared = 2.6333, df = 2, p-value = 0.268

Testing the physical health score before yoga classes, at weeks 1 vs 4 vs 6

Medians (LIQ, UIQ): 13(9,15), 14(11,15), 14(11,15)

Test: Friedman rank sum test

Result: chi-squared = 2.6333, df = 2, p-value = 0.268

P-value greater than 0.05 so not significant.

N=17

How does a series of yoga classes (long-term) affect someone's confidence and isolation?

The average confidence score before yoga at participants' first week of yoga was 23(19,25). This remained at 23(21,26) in the middle of the programme and increased to 24(21,26) in the last week. Result: chi-squared = 0.7037, df = 2, p-value = 0.7034

Testing the confidence and isolation score before yoga classes, at weeks 1 vs 4 vs 6

Medians (LIQ, UIQ): 23(19,25), 23(21,26), 24(21,26)

Test: Friedman rank sum test

Result: chi-squared = 0.7037, df = 2, p-value = 0.7034

P-value greater than 0.05 so not significant.

N=17

How does a series of yoga classes (long-term) affect someone's general wellbeing?

The average general wellbeing score before yoga at participants' first week of yoga was 14(11,19). This increased to 18(14,21) in the middle of the programme and then decreased to 17(14,19) in the last week. Result: chi-squared = 2.381, df = 2, p-value = 0.3041

Testing the general wellbeing score before yoga classes, at weeks 1 vs 4 vs 6

Medians (LIQ, UIQ): 14(11,19), 18(14,21), 17(14,19)

Test: Friedman rank sum test

Result: chi-squared = 2.381, df = 2, p-value = 0.3041

P-value greater than 0.05 so not significant.

N=17

Percentage data on participants' first questionnaires, before vs after the class

No statistical analyses went in to calculating these percentages, they were calculated using the frequency of positive changes only.

Mental health:

93% had an improvement in at least one MH indicator.

Q1. I feel stressed/ anxious / nervous: 68%

Q2. I feel depressed: 57%

Q8. I find it hard to concentrate: 57%

Q10. I am hopeful: 28%

Q11. I am happy: 43%

Physical health:

88% had an improvement in at least one PH indicator.

Q3. I feel strong: 46%
Q4. I am tired: 61%
Q6. I have pain in my body: 52%
Q7. I have a headache: 41%

Confidence and Isolation:

77% had an improvement in at least one CI indicator.

Q5. I feel isolated / lonely: 42%
Q9. I feel confident: 41%
Q15. I am able to make friends: 17%
Q17. I have a support network: 22%
Q18. I can take part in different activities: 19%
Q19. My English is good: 9%

General Wellbeing:

88% had an improvement in at least one GW indicator.

Q12. I feel relaxed: 68%
Q13. I am comfortable in my body: 49%
Q14. I have a good posture: 46%
Q16. I understand how to use yoga tools, such as the breath in everyday life to feel better: 43%
Q20. I sleep well: 28%

7. Questionnaire used

Yoga programme evaluation 2019

ALL INFORMATION CONTAINED IN THIS QUESTIONNAIRE IS STRICTLY CONFIDENTIAL
AND WILL BE PROTECTED TO THE HIGHEST STANDARDS.

Below are a series of statements describing feelings you may have about yourself. To the right of each statement, please tick the box that indicates how much you agree or disagree with each statement right now.

ID NUMBER : _____ Date: _____ Time period: _____

<i>Please use the 1 to 5 scale on the right – the numbers indicate how much you agree</i>	1 Strongly disagree	2 Disagree	3 Neither agree or disagree	4 Agree	5 Strongly agree
How do you feel BEFORE YOGA ?					
1. I feel stressed/ anxious / nervous					
2. I feel depressed					
3. I feel strong					
4. I am tired					
5. I feel isolated / lonely					
6. I often have pain in my body					
7. I often have headache					
8. I find it hard to concentrate					
9. I feel confident					
10. I am hopeful					
11. I am happy					
12. I feel relaxed					
13. I am comfortable in my body					
14. I have good posture					
15. I'm able to make friends					

16. I understand how to use yoga tools, such as the breath in everyday life to feel better					
17. I have a support network					
18. I can take part in different activities					
19. My English is good					
20. I sleep well					
<i>Please use the 1 to 5 scale on the right – the numbers indicate how much you agree</i>	<i>1</i> <i>Strongly disagree</i>	<i>2</i> <i>Disagree</i>	<i>3</i> <i>Neither agree or disagree</i>	<i>4</i> <i>Agree</i>	<i>5</i> <i>Strongly agree</i>
How do you feel AFTER yoga?					
Stressed / Anxious / Nervous					
Depressed					
Strong					
Tired					
Isolated / Lonely					
Pain in body					
Headache					

Hard to concentrate					
Confident					
Hopeful					
Happy					
Relaxed					
Comfortable in my body					
Good posture					
Able to make friends					
Understand how to use yoga tools, such as the breath in everyday life to feel better					
Have a support network					
Can take part in different activities					
My English is good					

ID NUMBER : _____ Date: _____

Personal Information

1. Please tell us your age group

15-19		50-54	
20-24		55-59	
25-29		60-64	
30-34		65-69	
35-39		70-74	
40-44		75+	

45-49		Prefer not to say	
-------	--	-------------------	--

2. What is your gender identity?

3. Would you describe yourself as having a disability?

Yes
No
Prefer not to say

4. How would you describe your ethnicity? [What is your ethnic group?]

5. If you are religious, which do you follow? If you are not, please confirm.

6. If you have any comments or feedback, please note them down here with today's date

8. Focus group plan

North Kensington Focus Group Plan 1hr 30mins – 2 hours.

Opening 15 Mins

- How are you?
- How would we like to sit today? On chairs, on floor, in circle, in a clump?
- Explain the purpose of the focus group and M&E research as a whole, method, which will have access and how it will be written up. Encourage participants to feel free to be honest. Give info on anonymity. Remind participants that the focus group will be audio recorded and offer an alternative for those who do not consent to being audio recorded.
- Any questions?

Ice Breaker – meditative breath exercise (5 mins)

Reflective Questions (30-40 mins)

- How has Ourmala Yoga impacted upon your mental and physical health?
- If you've attended more than one class, have you noticed any more long-term changes that have occurred over time some practicing yoga?
- Have things you find challenging in the first class become more accessible or easier over time, or visa versa?
- If you were to describe the impact of your first ever yoga class, and your most recent yoga class with Ourmala, are they at all different, and if so, how?
- How do you feel after Yoga?
- Has yoga had any impact on your sleep?
- How often do you access other activities or support for your health and wellbeing and if you do, what are they? How much of your responses in the questionnaires would you say could be attributed to the yoga alone, and how much did attending other activities impact the responses you gave?
- Do you think the yoga course has affected how often you visit the GP?
- Has anyone felt their body changing because of the yoga?
- Does anyone practice yoga outside of the classes provided by Ourmala? If so how is it similar and how is it different e.g. a home practice versus a group class.
- Do you use tools or skills from yoga in everyday life, for example breathing to reduce stress?
- What would each of you consider the most important skill that you've learnt from Ourmala Yoga?
- If you were to describe yoga to someone who has never done yoga or never heard of yoga, how would you describe yoga?
- Is there anything Ourmala could do better?

Hypothetical Questions – If OURMALA were able to secure funding to run yoga classes in the long term. (10 mins)

- Would you like to continue doing yoga if classes were available?
- If we did more yoga, what days and times would work for you best?
- Would you prefer it to be a drop-in class or a course?
- Are there any other centres or location in North Kensington where you think it would be good to host more yoga classes?
- Single gender, mixed yoga, chair yoga, older people, child yoga?
- Do you like the teachers? Would you prefer teachers already working or living in local area?
- Is there anything else that people want with yoga?
- Do you think there would be demand for learning more about yoga, maybe getting involved by volunteering at classes, or attending workshops etc?
- Does anyone have anything else they would like to say or any questions they want to ask?

Post-it Activity (5 mins)

On the post-it note please write down the impact of yoga for you, or what yoga has meant to you. It can be one word or a few sentences, whatever you feel you want to put down. You can write it in your language, and we will translate it. If you are happy for your writing to be photographed please stick it on this piece of paper (a), and if you do not want your writing photographed please stick it on this piece of paper (b).

Our hopes and ideas for the future... (10 mins)

Our funding for the past six weeks came from the NHS. Our hope is that we are able to continue running yoga classes in North Kensington but it is a matter of securing funding. Nothing is confirmed with the NHS yet and we cannot guarantee anything, but we wanted to run our hopes and ideas for the future by you, to see what you think.

OURMALA is a charity which works to make yoga accessible to communities and specialises in working with people who haven't had the easiest of times. If we are able to run classes in North Kensington the future, our idea is that people could contribute a small amount. Maybe one pound or a few pounds per class. Having said that, we would not want there to be any barriers to accessing our classes so if paying £1 is not possible for some people that will not stop them from being able to come to our classes.

Those contributions will be held by OURMALA in a special fund for this specific class. We would be able to say every three or six months we have £x in our class pot. At the end of the year the class as a group would decide how this money is spent. It could go towards running more classes in the future. It could be donated to a chosen charity. It could be used to put on a community event or a meal. That decision would be up to the group, the people who have been coming to the classes.

The reason that we would ask for a small contribution is that having contributed towards something tends to result in people committing to attending more regularly. It also enables those who come to class to have a sense of collaboration and shared ownership of the classes and would give you a choice of what to do with that pot of contributions at the end of the year. What are your thoughts on this?

Wind Down (10-15 Mins)

Do you have any questions for me?

- Does anyone have anything to add, to anything we've covered in the focus group?
- Allow participants another formalised opportunity to ask me any questions
- Thank all participants

Closing breath exercise

Feedback? THANK YOU!

- If anyone has any feedback on how the focus group itself, the researcher's facilitation of it, the questions she asked – anything, please write them down on a post-it and stick it on a designated sheet of paper
- Any questions please ask
- Thank all participants

[End]