FINAL REPORT - YOGA ON SOCIAL PRESCRIPTION IN METHIL, LEVEN– OCTOBER 2024

Since April 2024 we have been running a weekly chair yoga class on social prescription in Methil Fife at the Community Education Centre. This class aims to reduce social isolation and improve mental and physical health issues. The class focuses on chair-based movement and time for social connection.

The chair yoga social prescribing project has been an immense success and one we are proud of at Edinburgh Community Yoga. We estimate we have funds for a further 17 classes which will take us up to Christmas and perhaps beyond, showing it to be a cost-effective intervention that has supported a number of people in the community.

To date we have run 26 weekly classes at the Methil Community Education Centre.
We have established a clear and simple referral pathway and have received 23 referrals from Airlie Medical Practice NHS Fife and Link Life Fife; details can be seen below:

Reasons for referral

- 6 referrals - Mental Health issues (including C-PTSD with no addiction issues)
- 16 referrals - Physical health issues
- 1 referral - Previous alcohol use
- Average attendance is 7.38 per class (highest attendance registered was 11)
- Currently 17 people registered and attending regularly (as at 15/10)
- 9 places cancelled (i.e., never attended or only attended once)

The class has created a great sense of community, with requests for more classes and referrals continuing to come in. We currently have a waitlist of people waiting to join.

The outcomes of the class are as follows (from evaluation)

1. **Reduced Social Isolation**

> "Because we have bonded as a group, I can see a real difference in people before and after the class. The group as several core members and we are building a trusted friendship helping each other open up to each other, so it's not just the physical benefit".
>
> "I am very isolated because of agoraphobia and anxiety. This group is my only social activity and I feel comfortable in the group. I am not yet comfortable to go to a public class.
>
> "I look forward to yoga so much and it is changing my lifestyle in such a good way. I love it and need it".
>
> "I'm glad to get out of the house as it is just me and my husband unless I go for a paper it's something to look forward to."
>
> "Since I lost my husband just having something arranged makes such a difference."

"I enjoy the added social aspect of the group"

2. **Improved Mental Health**

"My mood has lifted since I started the class".

"My mood has immensely since I started the class and with each week it gets more stable".

"When I am anxious, I do my breathing".

"My mood gets worse in winter so we will see".

"If you're not well it's really good to have a group of people that you know and not a bunch of strangers."

3. **Improved Physical Health**

"Pain in my shoulder eases after the class and lasts a couple of days"

"I walk much taller and stand more straight"

"I have had lower back pain, which is much improved, I don't need my crutches now"

"Learning how to breathe properly and the ability to relax. When I leave yoga, I feel so good and strong, and I am coping better with stressful situations"

"My hip feels better by the time the next week comes I can't wait for yoga, as it is not so bad when I do the exercises"

"My right knee and ankle feel better".