

Showcasing ECYs project of trauma-informed yoga on social prescription in Dalkeith, Midlothian.

Funded by the Communities Mental Health and Wellbeing Fund for Adults.

Laura Wilson, Founding Director.



NOT-FOR-PROFIT  
SOCIAL ENTERPRISE

WORKING IN  
COMMUNITIES SINCE  
2011





## Our Mission

We empower people and communities by improving access to the therapeutic benefits of yoga by working across cultural, economic and health barriers that inhibit people from taking part.



# Our strategy for success - overcoming barriers

- Making classes free at the point of service and focusing on areas of social and economic deprivation
- Having the resources and knowledge to access available grants and funds
- Developing trusted relationships with key organisations and professionals embedded in each community to allow for trust in the service

# Practicalities we prioritise

- Fairly paid, highly skilled, and qualified teaching team with lived experience at its core.
- Prioritising safe supportive spaces with a minimum of two teachers and often a volunteer peer support worker.
- Including tea and refreshments as part of the service and paying teachers for that additional time and space holding.
- Clear communication and processes to make access easy for the referrers and referees.





# Practicalities we prioritise

- Professional teacher support – CPD training, peer mentor support, regular team meetings, one to one supervision.
- Core team support – professional advisory panel support.
- Centering the voices of the students – lived experience panel, evaluation and feedback opportunities.
- Comprehensive evaluations and monitoring processes to document impact and improve services.



# TRAUMA-INFORMED YOGA IN DALKEITH SINCE APRIL 2024

In the first 11 months we received 63 referrals across two classes resulting in 37 separate attendees. (22 for the women's class and 15 for the chair class). This has resulted in an average of 6 attendees per class per week.



# Referrals come from various sources

- GP's
- CPN's
- Link Workers
- Third sector orgs
- Addiction services
- Womens services
- Council - social work





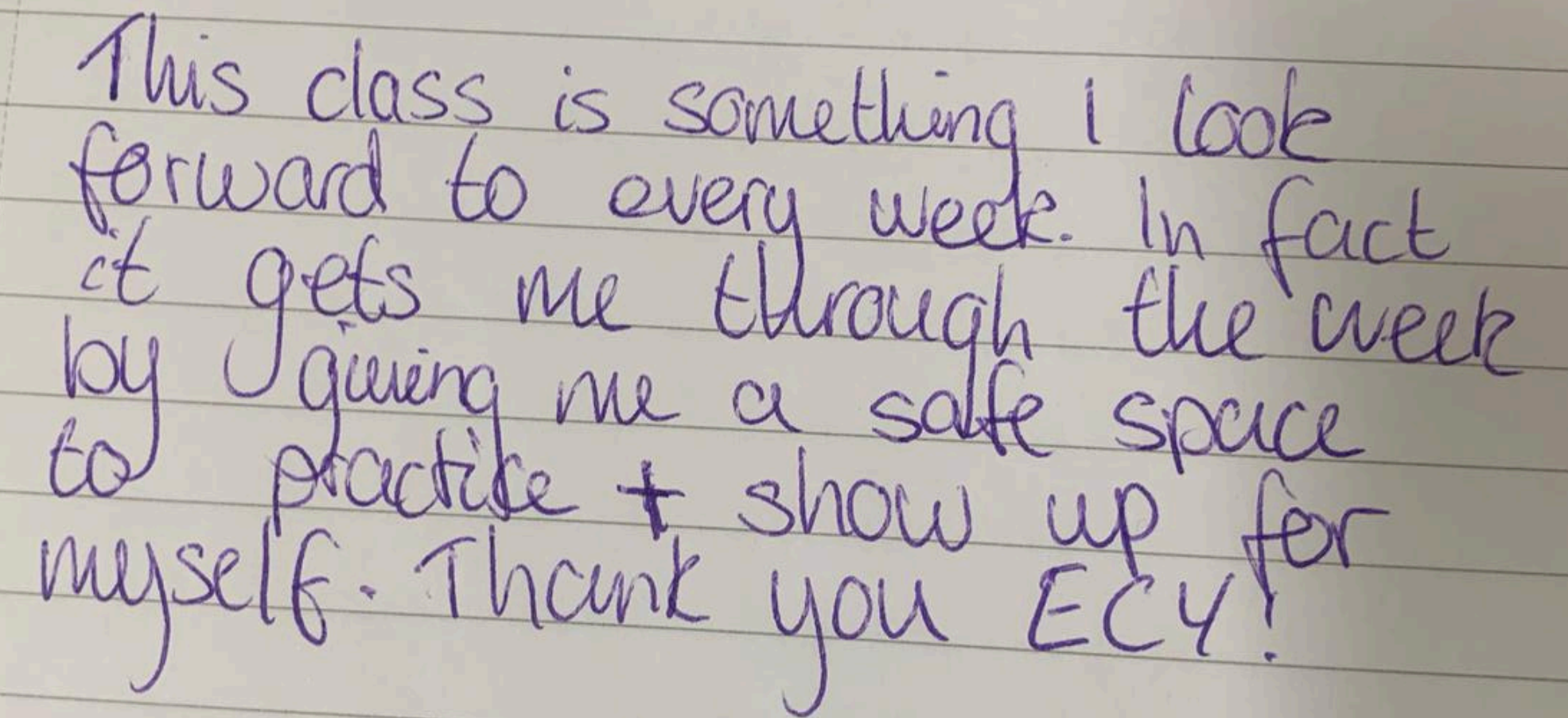
# The primary reason for referrals across the two classes

- Mental health issues including CPTSD (34)
- Physical health issues (12)
- Previous substance use (drugs) (7)
- Previous substance use (alcohol) (6)
- Affected by a family members substance use (4)



# OUR IMPACT

How can we demonstrate the return on investment for our project?

A photograph of a handwritten note on lined paper. The text is written in blue ink and reads: "This class is something I look forward to every week. In fact it gets me through the week by giving me a safe space to practice + show up for myself. Thank you EC4!" The paper is slightly aged and has a spiral binding on the left side.

This class is something I look forward to every week. In fact it gets me through the week by giving me a safe space to practice + show up for myself. Thank you EC4!

- 80% of those who completed a feedback form said they had never tried yoga before.
- 80% reported an improvement in mood, confidence and sense of self
- 60% reported improved emotional stability
- 50% reported improved quality of life
- 80% reported reduced isolation or loneliness
- 80% reported improved mental health
- 40% reported improved physical health or reduced pain
- 80% reported having learned useful skills for managing stress outside of the yoga class



Lets hear from the participants  
themselves...hands up if you love the  
yoga!!





# Evidence of improved self-compassion and ability or desire to self-care

“I am learning to self care for me. I have learned belly breathing when I panic. Chatting with people I feel care. I enjoy the guided meditation. Helps me relaxation tools.”

“Im learning to like myself and appreciate kindness to me. Self care, enjoy myself. Breathing helps me relax.”





# Evidence of improved mood

“My mood is better when I leave, I am much calmer. Thinking, overthinking much calmer. I have learned to BREATHE through my stress. Sometimes I feel happier, mentally when I leave. I feel supported, and people do care.”

The importance and healing nature of relaxation

“I really enjoy the CALM atmosphere in the yoga life. This helps me so much to calm and get through my weeks.”

“I think the relaxation was important. I felt relaxed and blessed. It was nice to end with positivity and I found it healing.”

# Evidence of feeling cared for and a sense of community and support

“This class has been amazing. I suffer from rheumatoid and osteoarthritis, also depression and anxiety. I have been able to feel more calm and a bit more flexible also I feel more stable and included. Ali and Lucy are amazing. Very approachable friendly and easy to talk to - just lovely human beings.”



“We can have a chat and a cuppa, restoring my hope in life again. Feel comfortable to chat.”

“Hannah and Vanessa are very friendly and kind, nice to work with.”



# Evidence of reduced mental health symptoms

“I feel full of anxiety and nerves and my whole body is tense, but as soon as the class gets going, all these things leave my body and I relax. Very very grateful.”



# Feedback from some of our referrers

“I am grateful to have a service to support patients with trauma, both physically and mentally, as the benefits of movement and meditation are profound. I particularly like that they will be able to engage with other patients who have experienced trauma and may find some solace in one another alongside the support they are getting from Edinburgh Community Yoga. I intend to continue referring patients to this excellent community resource.”

GP at Newbattle Medical Practice

# Feedback from some of our referrers

“From a recovery worker perspective, I find the yoga classes a useful resource to refer people to, especially the Trauma informed classes for women, as the trauma counselling has a long waiting list and this is a great step in-between. It’s good to have a variety of classes for people to do, especially ones that don’t require much physical fitness but get people moving. Great to have a choice of weekly or monthly, or to do both, to help people keeping busy while trying to maintain their abstinence.”

Recovery worker – MELD



# Year 4 funding

We were grateful to receive a second year of funding to continue our work in Midlothian. In addition to the two classes offered via the year three fund, we have also added some chair yoga classes for the Grassy Riggs community in Woodburn.



Thank you for funding our yoga  
classes in Dalkieth!