



HMP LOW NEWTON SPORT OUTREACH YOGA PROJECT



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Engage, support, inspire
through Sport & Physical Activity

BACKGROUND

True You provide holistic health and wealth coaching for businesses and individuals to help them discover their purpose and reach their highest potential.

The Panacea Yoga Project was designed by True You as an eight week Yoga course for inactive young female prisoners. This project was delivered to young female prisoners within HMP Low Newton in County Durham as they had previously never had access to this type of activity. Consultations with the prison staff confirmed that the Panacea Yoga Project would have huge benefits for the young women in the prison with senior prison officers and the prison doctor helping to identify the most vulnerable young women who would benefit the most from taking part in these sessions and encouraging them to engage in the project.

After the initial eight sessions with the Yoga instructor, the aim of the project was to keep the young women engaged in the activity and offer them the opportunity to undertake a certified Sports Leaders UK: Award.

IMPACT & SUSTAINABILITY

Fourteen young women aged between 18 and 25 were engaged in the project (with a minimum of twelve women attending each session), all of whom had previously suffered from mental health issues and were classified as inactive before starting the weekly Yoga sessions.

A number of the young women commented that the weekly sessions and the Women, Get Set, Go! Award helped to develop their communication skills as well as giving them the confidence to be able to lead and advise small groups within the prison. In order to allow the women to build on what they had learnt and continue with the activity, the course was designed in a way that enabled them to take part in the weekly sessions with the Yoga instructor then take what they'd learnt back to their cells to practice by themselves with long term sustainable benefits, long after the course had finished.

Additionally, eight of the young women, along with two prison officers, completed the Sports Leaders UK: Women Get Set Go! Award which was accompanied by a mentoring programme with the Yoga instructor throughout the duration of the weekly sessions. Delivery of the Women, Get Set, Go! Award and purchasing the necessary Yoga equipment also contributed to the sustainability of the activity as the young women had the choice to either continue with their participation on their own or join in with the small Yoga group which was set up within the prison, with those who had completed the Women, Get Set, Go! Award helping to lead and encourage and rest of the group.

Kelly Brearley, True You Founder & Yoga Instructor

"The whole project and especially the Women Get Set Go! Award was incredible! All girls were fully engaged and were really focused for the two full days. This is a rarity for their personality as many suffer with ADHD and some have learning difficulties. The education manager was pleasantly surprised too. A brilliant two days were had by all!"