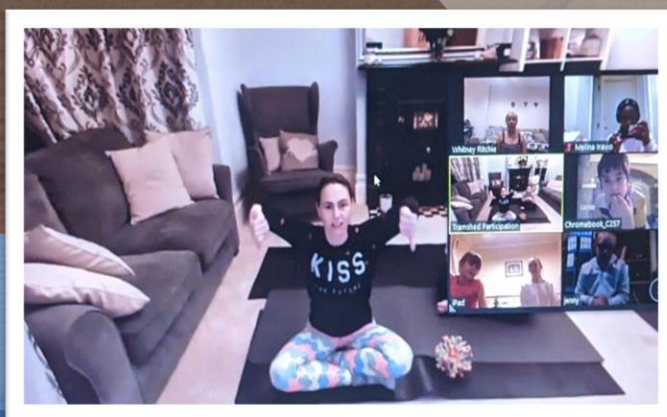


“It has been a wonderful privilege to teach and watch the children’s confidence on and off the yoga mat grow with every session”.



79 combined hours of yoga have been completed by the young children that have engaged in sessions so far.

Inclusive Yoga Woolwich

Woolwich Inclusive Yoga sessions launched at The Tramshed in February 2020, bringing together a diverse group of children ranging from 9 to 16 years of age, with a range of disabilities and abilities. Kelly, our fantastic yoga instructor provided children the opportunity to relax and focus the body and mind whilst socially connecting with other young people regardless of their background and ability. Yoga proved popular as a new inclusive activity and saw familiar faces returning each week to participate.

However, the unprecedented impact of Covid-19 saw sessions come to a halt after the national lockdown was imposed in March earlier this year. Supporting mental wellbeing and physical health became a priority during this time and so sessions were quickly adapted to continue at the same time each week online via Zoom, with a primary focus on mindfulness to ensure children still had the opportunity to be active and interact with others whilst at home.

Woolwich Inclusive Yoga has continued to support disabled young people throughout the various lockdowns and when restrictions eased. Access Sport worked with Kelly to deliver sessions online, create wellbeing and mindful resources, and resume in person at The Tramshed when we can. Each young person now has their own yoga mat too, and so can participate at home, bring it along to the sessions, as well as be active beyond their weekly sessions with Kelly.

Over the past year, despite it being difficult for all, Kelly has worked hard to support the young people and their families who take part in the weekly inclusive yoga sessions. Each week, the young people check in with each other and chat with their friends, and then Kelly uses yoga to help them concentrate on themselves and how they are feeling. The young people attending have really benefitted, with many leaving the sessions feeling happier in themselves, as well as their families noticing changes in confidence, and esteem, on and off of the mat. Woolwich Inclusive Yoga is developing their mindfulness, finding strategies which can help them cope in other aspects of their life; improving their overall mental wellbeing.

fact

78%

Of families with a disabled child reported that lockdown has had a negative impact on their child's mental health and wellbeing*.

*Disabled Children's Partnership - #LeftinLockdown

"My daughter has been to a number of physical and online sessions and really enjoys them. She has cerebral palsy and the sessions have really helped her work all the muscles that need working. Kelly has been amazing and is so good with the children. My daughter loves the adventures Kelly has taken them on through yoga."

