

Mind Body Bootcamp for Chronic Pain Sportivate 2016 – *Physical & Mental Wellbeing*



Brokered by Active Sussex, [Live Love Yoga](#) delivered an 8 week yoga and wellbeing course targeting predominantly inactive young people who suffered with chronic pain, from the Chichester and Worthing Hospital's Paediatric Pain team.

As a result of their conditions the young people (aged between 11 and 18 years) lacked confidence when it came to engaging with any forms of exercise.

Through discussions with the Pain Team, who liaised with the young people, it was apparent that there was a desire to engage in exercise but an obvious resistance to going to a gym or exercise class where other participants were 'fit and well'. This was due to a fear of not being able to fully take part like the other participations.

With this in mind instructor Nathalie Bennett, working closely with Specialist Paediatric Physiotherapist Rhiannon Joslin, ensured sessions gradually built in intensity.

Emphasis was placed on adapting movements and postures in response to the individual needs of the group. This was delivered through a gentle and encouraging approach.

Motivations for the young people to attend were to feel in a position where they could spend more time at school, move more easily, socialise with friends and family and exercise. In more extreme cases motivations included being able to sit/ stand for longer periods of time and getting up and dressed for the day ahead.

At the end of the course improved scores from all project participants, from pre project questionnaires across a range of motivations in terms of performance and satisfaction were recorded.

100% of the young people found the course useful and enjoyable, with 50% able to manage their pain more effectively with the techniques they had learnt.

In total, three 8 week projects ran with 20 young people attending. Sessions have since been maintained.

What did participants have to say?

"I sometimes use the relaxation when I'm feeling stressed, it reminds me to calm down."

"I have been less worried and more relaxed and I'm able to cope with my episodes and breathe through it."

"I have found that I have been able to calm myself down in stressful situations, also I am able to stretch through the pain."