



Energise Me

Investing in Communities





Energise Me is a charitable incorporated organisation serving Hampshire and the Isle of Wight - including the unitary authorities of Portsmouth and Southampton.

OUR PURPOSE



Energise Me tackles the things that prevent active lifestyles, so everyone can improve their health and happiness by moving more.

Investing in Communities

Tackling Inequalities

Part of a
bigger
movement

Covid-19

Supporting
groups &
people

Cost of Living

Adapting to
changing
situation

Priority Audiences

Helping those
who need it
most

<https://www.energiseme.org/funding-support/support-for-the-sector-during-covid-19/investing-in-communities/>

INVESTING IN COMMUNITIES

2020 - 2022

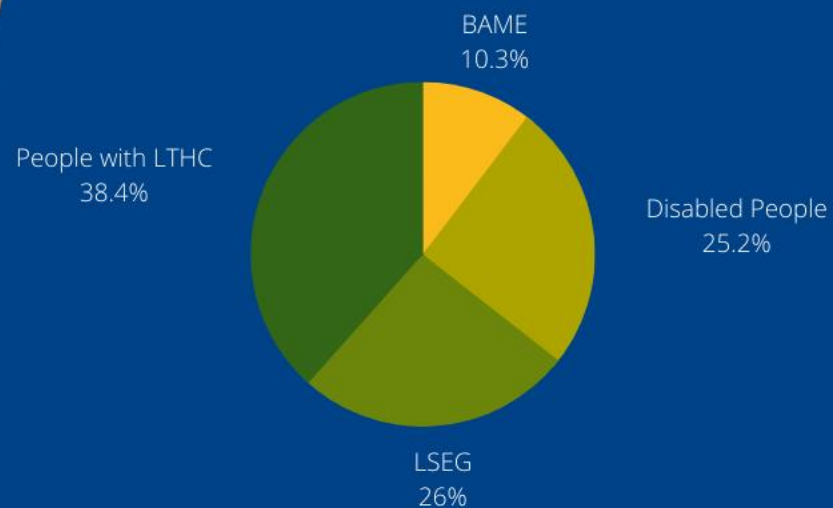
54 PROJECTS FUNDED

44 ORGANISATIONS

AVERAGE (MEAN) GRANT AWARDED: £4,481

TOTAL FUNDING AWARDED: £241,993

Amount Awarded by Primary Audience



Projects by District



THE PROJECT

The project was organised thanks to a partnership between Energise Me, Community First and Minded Yoga Winchester, using Sport England 'Tackling Inequalities' funding to provide a pathway for adults aged 18-55 to receive the following support to tackle their stress, anxiety, isolation and physical inactivity:



10-week Yoga4Health course, including mindfulness & breathing.




Online resources to encourage continued yoga practice at home.



Emotional and behaviour support through phone calls and doorstep conversations.



Access to exercise classes through YouTube, also offered to all NHS staff.



What was key
to making the
project a success?

- 1 Providing the participants with **extra support** through **phone calls** and **door step conversations**. Taking into account the **motivation** and **emotional support** required to take part in the classes.
- 2 Having the **right teacher** with the **personality, passion, knowledge** and **commitment**. Being able to support and show empathy to the participants.
- 3 **Attending partner meetings**, this project began by bringing together Community First (social prescribers) with the Active Partnership and various community groups.
- 4 Organising a **presentation by Minded Yoga Winchester to GPs** at the Winchester Central PCN, facilitated by the social prescriber. This was vital to **promote the benefits** of Yoga4Health and consequently **increase referrals** with an ever growing waiting list.



IMPACT & OUTCOMES

**Improved
physical
health.**

**Reduced
pain &
stiffness.**

**Increased
confidence &
self-
awareness.**

**Improved
wellbeing;
reduction in
feelings of
isolation.**

“

[I'm] now able to switch off or prevent intrusive thoughts e.g. thinking of things that make me feel embarrassed or guilty when trying to sleep, less worry about my shape and size... more of a rational mind during anxious situations e.g. able to recognize that what I'm thinking isn't rational and then asking for help or practice breathing to calm down.

”

“

It has given me the confidence to keep going, to allow myself time to do the exercises, to find more strength and resilience when things are tough. I need a routine and this has helped me begin the journey of creating my own. There is still a very long way to go... but it is the journey that matters, not the 'destination'

”

“

I feel stronger emotionally/mentally and more grounded and balanced. No longer feel panicky. Also enjoyed the group and the couple of meet ups was a good feeling of connection.

”



Thank you
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Active Partnerships