**Hampshire Learns (ACL) Case Study**

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| **Name of provider** | |
| Hampshire Achieves | |
| **Name of course** | **Date/s of course** |
| Seated Yoga - 6 Week course delivered at an Age Concern Wellbeing Centre. | Autumn Term 2023 |
| **Summary – details of when the course was established, how the course is being funded, and the aims and objectives of the course** | |
| Aims: This course is aimed at over 50’s to support wellbeing, community inclusion and promote physical strength and mobility.  Objectives:  LO1- Have an increased sense of calm and wellbeing  LO2- Recognise a feeling of community and participation  LO3- Observe an increase in strength and flexibility in their own body | |
| Age and background of learner (including situation before enrolling) | |
| Learners are all aged 50+ retired, with varying degrees of dementia / health conditions. | |
| What barriers did the learners face? | |
| Learners faced several barriers including physical and mental health issues, including but not limited to, dementia, strokes, asthma. Learners are at risk of social isolation due to age and health issues. | |
| How has this course made a difference to the learners – outcomes and impact? | |
| Feedback from learners:  *“I have really enjoyed the gentle movement and learning more about the benefits of yoga. I feel better for it.”*  *“Every part of the course has been great. I always feel so good and relaxed afterwards, thank you.”*  *“I have enjoyed moving my body in new ways. It’s been a lovely experience.”*  *“I really enjoyed the whole course - especially the deep relaxation at the end. Victoria has a lovely way about her.”*  *“I enjoy the breathing I have been doing at home to be calm and it helps my asthma.”* | |
| What do the learners plan to do following this course? - destinations | |
| Learners are not progressing onto any other courses but have gained significant positive impacts from taking part, as described in the learner comments above. | |
| All information will be processed in line with Hampshire County Council’s Data Protection guidelines and information will be kept for seven years.  By completing and submitting this form you are agreeing   * to the information being shared on a wider platform including Hampshire Achieves VLE and newsletters. * you have permission to share in relation to learners work and quotes by learners, use of learner's names | |
| **Name of person completing form** | **Date** |
| V Passee | 21/12/23 |





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A group of people sitting in chairs

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