

Breaking Barriers in Housing and Wellbeing

Southside Housing Association - *Southside, Glasgow*



Overview

Southside Housing Association (SHA) is a registered social landlord based in Glasgow's Southside with a vision to "impact and improve people's lives in a positive way." Beyond the support SHA offers for housing, they also help support their customers in connecting with themselves and their community.

Challenge

SHA approached The Wee Retreat looking for a way to help their customers prioritise their wellness, specifically with outdoor movement. As their customers are of all age ranges and abilities, there needed to be a focus on practice that could be modified based on ability and experience.

Support Offered

Working with SHA, The Wee Retreat put together three-weeks of one-hour workshops together for their service users to attend. In order to cater to a spectrum of abilities, the modalities that were chosen were yoga, dance, and Qi-Gong, with adaptations being made such as incorporating chair yoga. In order to incorporate the benefits of nature, The Wee Retreat team met SHA customers in Queensland Community Gardens, mats and equipment in hand, ready to get moving.

The sessions concluded with participants having the opportunity and space to talk with one another, sharing their experiences of the practice and related experiences from their personal lives. By offering these sessions to their customers, SHA allowed participants to try out a new modality of movement - some expressed that they had not known previously or had not tried before. The participants were supported to try new things for the betterment of their personal wellbeing.

The Impact

At the end of the three weeks, participants were able to take their experiences in their chosen form of movement and utilise this in a personal practice or to seek classes in their local area.

SHA Outdoor Activities and Wellbeing Officer, Maria, said ***"All of our residents also said the classes 'helped them feel less stressed and more relaxed'; and that 'classes helped improve their well-being'"***.

Practices Incorporated

Yoga - an ancient Indian practice that utilises the mind and body together in order to reach harmony. Yoga can improve strength, flexibility, mental clarity, awareness in the body, and stress.

Dance - serves as an avenue of movement that can help improve physical fitness, mobility, and decrease stress and anxiety.

Qi-Gong - involves the coordination of body posture with movement, breathing, and meditation in order to optimise energy.