

RECONOMICS PLUS

Case
Study

Free Your Instinct Parkour for Mental Health

Aim: To enable people living with long-term mental health difficulties to participate in parkour.

Project summary

Free Your Instinct (FYI) offers parkour coaching for participants living with long-term mental health difficulties. Courses are 12 sessions long and classes last between one and one and a half hours.

FYI works in partnership with

- East London Foundation Trust to offer FYI's services to their participants with the support of their care team, as part of service users care pathways.
- Parkour UK, which helps promote and develop the charity.
- Motivate East and APAP, which provide funding.

Impact

- An evaluation of the programme found that participants rated their wellbeing more positively after each session. Before each class, a quarter (25%) of the responses made by participants were negative with 72% offering a positive answer. But after the classes had finished, only 8% of responses were negative while the number of positive responses went up to 92%.



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- Results of questionnaires before and after the class showed a decrease in responses of “anxious” “tense” and “tired” and an increase in “happy” “healthy” “motivated” “stimulated” and “relaxed” responses. Over the duration of the course there was a directional increase in overall positive responses.

Key learnings

- The results of the project emphasise how parkour can be beneficial to the mental wellbeing of participants; improving perceptions of feeling happy, motivated, relaxed, healthy and interested.
- Perceptions of feeling healthy, motivated and stimulated all increased over the course, suggesting that perception of participating in parkour as physical activity also improved over the course.

Future plans

- FYI hopes to continue offering these services to the East London Foundation Trust. It has previously offered courses in Bristol and hopes to get these running again in 2017. It is also looking at offering courses in other areas.

Further information

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www.instagram.com/freeyourinstinct

www.facebook.com/freeyourinstinct

Key facts

Target audience	Adults known to mental health services
Setting	London Parks
Length of the project	12 sessions from March-June 2016
Funding	Active People Active Parks (APAP), Motivate East and London Legacy Development Corporation / Sport England via Parkour UK
Number of participants	17 participants

