

# Parkour and Freerunning for Mental Health



**"... it was nice to develop friendships with people I knew had similar experiences to me and would understand if I was having a bad day."**

Participant

**"The classes help you to forget the voices."**

Participant



**Parkour UK launched their Mental Health Charter for Sport and Recreation action plan to make their activities welcoming and inclusive for everyone.**

In 2016, Parkour UK, Motivate East and Active People Active Park supported Free Your Instinct to fund three parkour courses in partnership with East London Foundation Trust across the Queen Elizabeth Olympic Park.

The courses were run by qualified coaches and aimed to use the philosophy of parkour to assist in the management and recovery of mental health through being active outdoors and having a support network.

#### **People who attended the courses reported:**

- Increase from 75% - 92% in positive mental affect
- Decrease in anxiety 6.9% - 1.5%
- Increase in happiness 18.8% - 23%
- Increase in motivation 11.2% - 13.4%

To join the Charter contact:  
[policy@sportandrecreation.org.uk](mailto:policy@sportandrecreation.org.uk)

**#SportMinds**

