

“A Way Forward”

Pilot Project

Helping women in Tower Hamlets, suffering from chronic pain and illness, who have exhausted available NHS treatment options.

Analysis & Presentation of Monitoring Data

December 2023 to February 2024

Stage 2:

- 4 additional 1:1 Complementary health treatments for 8 people
- 4 additional group health coaching sessions for 10 people

Funded by



**PATHWAYS
TRUST**

Registered Charity:1051845



green space
coaching & mindfulness

**Cranbrook
Community
Centre**

Our participants

We supported 11 people in this stage of the program:

- 10 women were suffering from chronic pain & illness whose ages ranged from 38 to 80 years.
- A 79-year-old man, who is very active in our local community and on a low income, who suffers the after effects of a stroke, requested the healing effects of deep massage. We decided to support him in this instance.

6/11	recruited via social prescribers/community connectors.
4/11	Disabled (one preferred not to say)
6/11	unpaid carers and/or single mothers

Ethnicity

Bangladeshi	2
White	4
African	1
Vietnamese	1
Caribbean	1
Polish	2

The data in this report shows changes in:

- **physical wellbeing**
- **mental wellbeing**
- **confidence in meeting health and wellbeing goals**

Attendance and retention

We recruited 11 people for this Stage 2 of the program. 8 women continued on from stage 1 and there were 3 new enrolments (2 women and 1 man)

Health coaching fortnightly group sessions

10 women attended the 4 additional group coaching sessions in this Stage.

Attendance was 70%, which was lower than attendance in Stage 1, which took place in the summer months.

This lower rate of attendance could be due to the colder weather and the prevalence of seasonal illness of participants & those they care for.

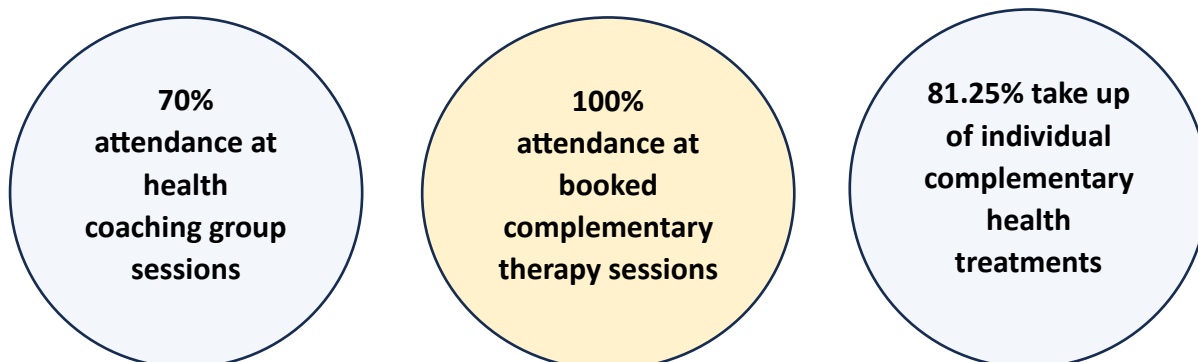
Women stayed in touch and expressed genuine sadness and disappointment when they were unable to attend sessions.

Complementary Therapy sessions

Of the 8 women offered 4 additional complementary therapy treatments:

- 5 women took up this offer and attended all additional treatments.
- 1 woman felt she no longer needed the individual treatments. We offered her sessions to our 1 enrolled man.
- 1 woman took up 2 additional treatments and asked the remaining 2 sessions to be gifted to someone who needed them more.
- 1 woman could not take up the 4 treatments due to a family emergency.

We are using the 6 unclaimed complementary therapy sessions to give taster therapy sessions to new recruits on the next phase of the program.



Impact Measures

All participants completed post-program questionnaires.

In line with the measures required by our previous funders, we asked participants at baseline and after the intervention to rate themselves from 1 (lowest) to 5 (highest) across 3 statements:

“I play an active part in my community”

“I have a good level of happiness”

“I have a good level of physical wellbeing”

We found that since the beginning of the program:

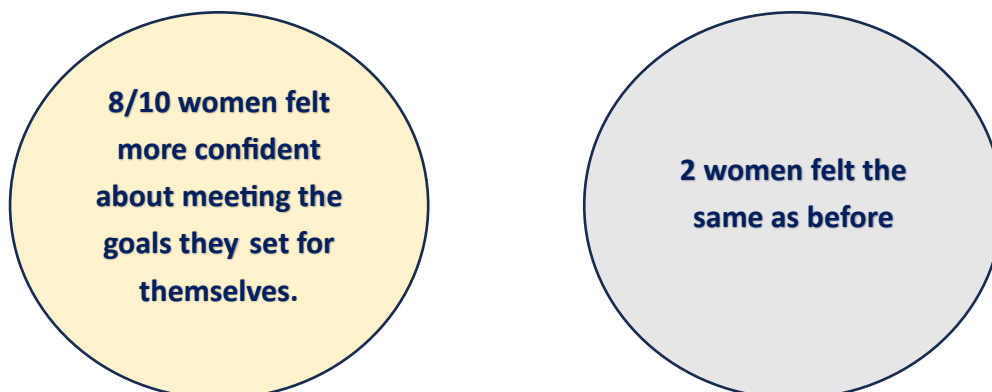
- **7/10 people felt more engaged with their community.**
- **8/10 people felt happier.**
- **8/10 people felt their physical wellbeing had improved.**

10/10 participants said they would recommend the program to a friend.

Confidence in Meeting Health & Wellbeing Goals

We asked participants to rate how confident they felt in meeting the health & wellbeing goals they set in their initial visioning session. We used the same scale as the WHO-5 for simplicity, from 0 (at no time) to 5 (all of the time).

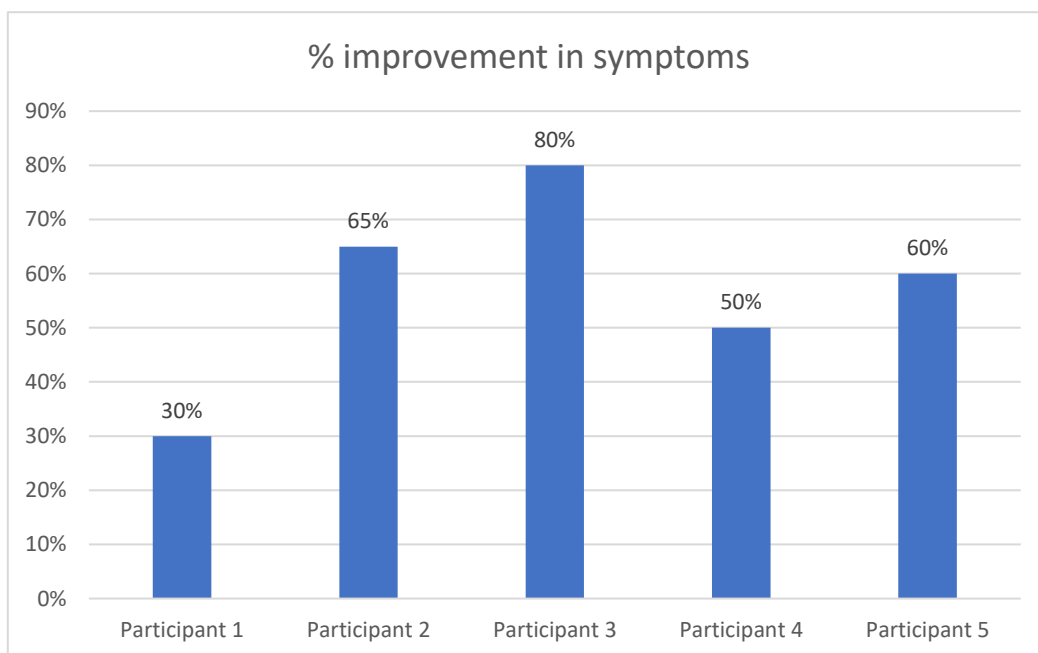
After the end of phase 2:



Improvements in Physical Symptoms

We asked participants to rate their change in physical health symptoms on a scale ranging from 100% worse to 100% better. No change (0%) was located in the middle.

- 1 person did not give a numerical answer for this as stated her pain comes and goes.
- Of the remaining 9 women, 5 had 4 complementary therapy treatments. And all 5 reported improvements in physical symptoms.
- The median (average) improvement in physical symptoms for this group of 5, was 65% better since the beginning of the program. The minimum was 30% and the maximum was 80% better.



Improvements in wellbeing

After stage 2 of this program:

- 8 women felt more cheerful and in good spirits than when they first started the program. 2 stayed the same.
- 6 women felt calmer and more relaxed. 2 Stayed the same. 2 felt less calm and relaxed due to family emergencies and health flare ups.
- 5 women felt more active and vigorous than before they started the program. 3 stayed the same. 2 felt less active due to family emergencies and health flare ups.
- 5 women woke up feeling fresher and more rested than before starting the program. 5 stayed the same.
- 6 women felt daily life had been filled with more things that interest them since starting the course. 4 stayed the same.



Participant quotes

I'm a carer for multiple people
in my family.

Since I join the program,
I feel better mentally and
physically.

I have given up smoking.
My daughter is so happy!

The therapy treatments have helped
me manage the pain.

And I've taken the time to do
something for me and not feel bad
about it. It's taught me it's ok to
invest in my own well-being and
not selfish.

Being the best, I can be will help me
to help my family going forward.

70% improvement in
my pain;

80% improvement in
my fatigue

90% better mood.

The group sessions make
you stop and think and
become more aware of what I
do and don't do. It is good
being in a group achieving
together. ...Understanding
many go through challenges
as I do!

The coaching
means I've been
better able to
organise my
thoughts and
therefore my life

Case Study 1 - BW

BW is a 69-year-old British white woman. She is a full-time unpaid carer for her husband, who suffers from chronic pain and illness after a stroke a number of years ago.

BW has regularly attended the program since its inception. She has attended 9 plus group coaching sessions and a total of 9 complementary health sessions.

BW Says "I now have:

- ✓ 70% improvement in my pain
- ✓ 80% improvement in fatigue
- ✓ 90% improvement in mood"

The group is supportive; kind; non-judgemental. It's helped me to get perspective in my life.

The coaching means I've been better able to organise my thoughts and therefore my life.

The treatments have helped me manage the pain. I've taken the time to do something for me and not feel bad about it. It's taught me it's ok to invest in my own well-being and not selfish. Being the best I can be, will help me to help my family going forward. It hasn't taken away my pain or my worries but I'm managing my situation so much better. I feel more motivated to sort things out rather than just let them run on and on and judging my failure to get a grip. I've made more of an effort with old friends and I've learnt to be kinder to myself. "

She says that the group has helped with her mental health and gaining perspective and managing the difficult life circumstances she finds herself in.

"I just want to say the group has done such a lot for me mentally. I'm concerned but not frantic. I'm keeping perspective and able to deal with what's in front of me rather than rushing into a flat spin and letting the anxiety build. I'm not sure how I'll feel if the scan is bad news but at this stage, I've got some perspective that I never had before."

Case Study 2 - LA - male - 78 years old

Laurie describes himself as a local historian and poet. He plays an active part in the community and attends activities in many local Tower Hamlets Community Centres. Before she died, Laurie cared for his wife and since that time, he has needed care himself.

Due to the stroke LA suffered 3 ½ years ago, the right side of his body has been affected. His main symptom is “tensing up “in the whole of his body.

Apart from his physical impairment, his speech was also affected and he had to relearn to talk.

LA received counselling and that helped him to come to terms with the condition and helped with the depression he experienced after the stroke.

We offered LA four one-hour deep-tissue treatments, with an emphasis on the back (upper, lower), hips and legs. Also, regular lymphatic drainage movements were performed as part of the treatment. LA was also shown some gentle exercises to stretch and strengthen the muscles to alleviate his muscle tension.

All in all, LA was very happy with the treatments he received. After each session, he reported visible benefits in his physical and mental well-being. He noticed a relief in the muscle tension and overall, an uplifting mood.

LA said that he benefited from the treatments tremendously:

“The treatments were high quality and professional. I enjoyed the firm pressure and noticed an immediate release of tension.”

In the long run, LA would like to receive regular massage treatments to continuously look after his body and mind.