



# BREATHWORKS

Impact Report 2021

*Mindfulness for pain, illness & stress since 2001.*



## ABOUT

Breathworks has been teaching mindfulness-based approaches for managing pain, illness and stress since 2001. Founded by Vidyamala Burch OBE, Breathworks developed the first Mindfulness-based Pain Management (MBPM) programme which has been supported by research and health organisations around the world.

## OUR IMPACT

Today, Breathworks has taught more than 100,000 individuals and has trained over 600 mindfulness teachers across 35 countries. We are a UK-based charity who are committed to making mindfulness accessible and inclusive through funding and support for those with financial (or other) barriers.

### ORGANISATIONAL OBJECTIVES

- To provide mindfulness-based tools to reduce the suffering of living with a long-term health condition
- To advance the education of the public in mindfulness-based activities
- To undertake research into mindfulness-based activities and to publish useful results



# 2021: OUR YEAR IN NUMBERS

Another year of great transformation saw us adapt our operations to deliver greater reach and impact. Some key highlights included:



## Mindfulness Education



over **7,000** people accessed our trainings, courses, events & community

**419**

people benefited from our 8-week mindfulness for Health & Stress courses

**47**

organisations equipped with Mindfulness in the Workplace

**80%**

reported an increase in quality of life following the course

**4,000**

people reached with Workplace Programmes

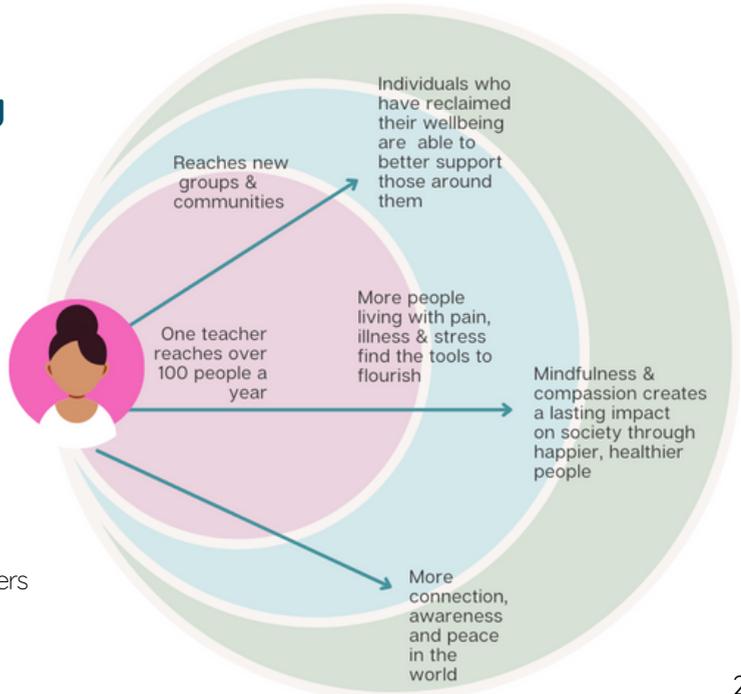
## Teacher Training Impact

**212**

people trained to become Breathworks teachers in 2021

**25,000**

people reached with Breathworks resources taught by its trained teachers



# 2021: OUR YEAR IN NUMBERS



## Bursaries Given

**95** people received bursaries for Mindfulness for Health & Stress courses

**72** people received bursaries to become Breathworks Mindfulness Teachers

over **70k** awarded in bursary funding in 2021.

The Mindfulness for long COVID course has been rolled out in:

**27** NHS Trusts and **35+** clinics (in the form of 'Living With COVID Recovery

Programme developed with UCL) and our Community of Practice where it has reached over **500** people.



**Nurturing Community** we reached **1,800** members with

**90** hours of activities and live events. Providing space for peer support.

## Fundraising in 2021



**£7,628** raised through donations

**£24,981** for project funding to reach people across Manchester who had been hardest hit by covid.

# OUR CLIENTS STORIES



**Donna-Marie**  
**Mindful Movement Course Attendee**

For Donna-Marie, who lives with a long-term spinal condition and chronic pain, mindful movement has improved her life in ways that her health professionals would not have deemed possible. From helping her get out of bed in the mornings to allowing her to complete daily activities. She has found that the practice has made her life fuller and brighter.



**Peter**  
**Teacher Training Bursary Recipient**

Peter was left feeling burnt out after losing his job in the pandemic. He was relieved to hear he was accepted onto the Breathworks Bursary Programme so that he could start a new, more fulfilling path. He plans to use his training to deliver programmes that support men struggling with mental health.



**Elsa**  
**Mindfulness for Health Course Bursary Recipient**

Aged 26, Elsa developed severe chronic back pain following a failed surgery. After taking the Mindfulness for Health course, she learnt to truly relax for the first time in her life, allowing her to finally rest and experience less pain at night. She had hoped the course might help her sleep better, but received so much more.



*Looking ahead*

# PLANS FOR THE FUTURE



With 1 in 4 people living with a long term health condition, we know that there is so much need for our services. In the year ahead we will be continuing to grow our reach and make it as easy as possible for people who live with pain, illness and stress to access a Breathworks programme. We will be training more practitioners, developing partnerships and growing commissioned services to ensure ease and affordability of access for the people who need our support most.

We are currently in an exciting period of innovation and development and working on the launch of a number of new programmes:

To help people living with chronic pain to take a mindfulness-based approach to holistic health; focusing on sleep, diet, exercise, awareness and social connection.

'Next step' courses for people who have completed a Breathworks 8-week course, helping people to sustain a mindfulness practice and unlock further wellbeing benefits.

A blended learning (self-paced, online training and in person) Teacher Training model for health professionals to help embed brief mindfulness interventions in their work with patients and clients.

Get in touch to hear more or support our work.

Helen Sullivan, Chief Executive