

## 4.6 Tarner Yoga Group

*“They’re all lovely people up there. Whenever you have a problem they always help. We hope it’s always there for us because I wouldn’t know where to start otherwise.”*

**The group:** Tarner Yoga Group provides subsidised Yoga for people of all ages living in Phoenix, Tarner and Eastern Road. The group aims to improve people’s health and wellbeing both inside and out and provides relaxation, suppleness and fitness. Everyone has individual reasons for attending including the social side of being part of a group.

**The situation:** Maria joined the group in 2008 to get fitter and because the group is affordable. She soon found that the woman who had been looking after the money, hadn’t had a book keeping method in place and they had run into financial difficulty. She promptly left and Maria volunteered to step in, not really knowing what was involved or what a vulnerable situation the group was in.

**Support received:** The Resource Centre worked with Maria and another group member to set up a book keeping system that would help them easily account for their funds – both charges and grants that they had received to that point. They have also received regular support to fundraise. Resource Centre staff have completed funding applications for and with them, including applications to Brighton & Hove City Council, Sussex Community Foundation. The Resource Centre also regularly design and print their publicity so that they are able to promote the group to residents in the Tarner area.

**Benefits:** It is likely that the group would have closed without the initial support they received to establish their financial position and to set up a proper bookkeeping system. But that was just the start, because without the support to successfully fundraise when they were in financial difficulty, they would not have been able to pay the instructor, and none of the members of the group would have been able to continue to participate. They also have help to report back to the funders about the benefits of what they are funding, and they have had repeat funding too. Help with their publicity keeps their numbers at a reasonable level and enables all residents to access yoga if they want to. The value of the activities to the regular group members is significant.