



brighton
natural
health
foundation



PILATES AT THE CREW CLUB 2025

An evaluation of a
community Pilates
Course June 2025



Healthy Communities, Healthy City, Healthy Planet



The Midcounties
Co-operative



Background

This was a collaboration between the Brighton Natural Health Foundation (BNHF) and the Crew Club in Whitehawk.

Whitehawk is an area in the East of Brighton that experiences high levels of health inequality and inactivity. Conditions such as COPD, chronic pain, cardiovascular disease and anxiety place a heavy burden on residents.

BNHF provided a free Pilates taster session at the club as part of the city-wide Take Part event run by the Healthy Lifestyles team at the council in the summer of 2024. The class proved popular and feedback indicated that people would like to try a regular group.

Funding from the East Brighton Trust, Cash for Clubs and the Coop has made this possible. We have run 3 x 6 week courses which have gradually built up momentum. Class sizes vary from 6 to 14.

Who are we?

The Crew Club is a community led centre that is committed to improving the health and wellbeing of people in the area.

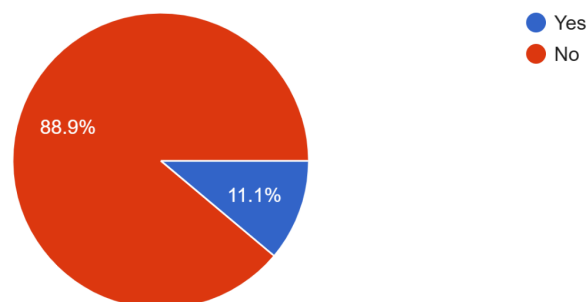
The Brighton Natural Health Foundation is a charity committed to reducing health inequalities by providing free and accessible mindful movement classes.

Julia Murray Logue is a local Pilates and fitness instructor passionate about getting people active.

The feedback below was based on a class survey in June 2025. There were nine respondents.

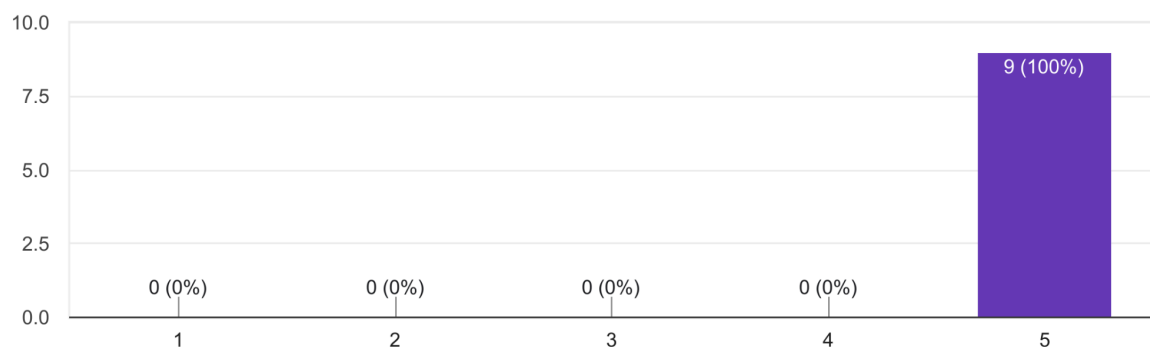
Had you ever done a regular Pilates class before this course started?

9 responses



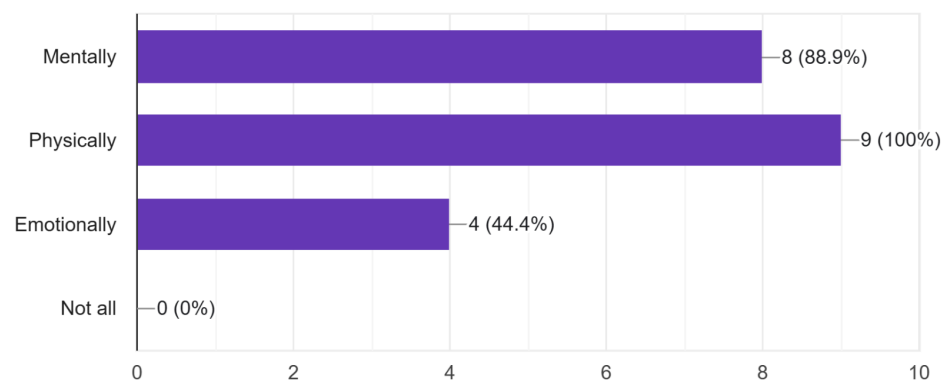
Overall - how was your experience of this course? (5 is excellent and 1 is very poor)

9 responses



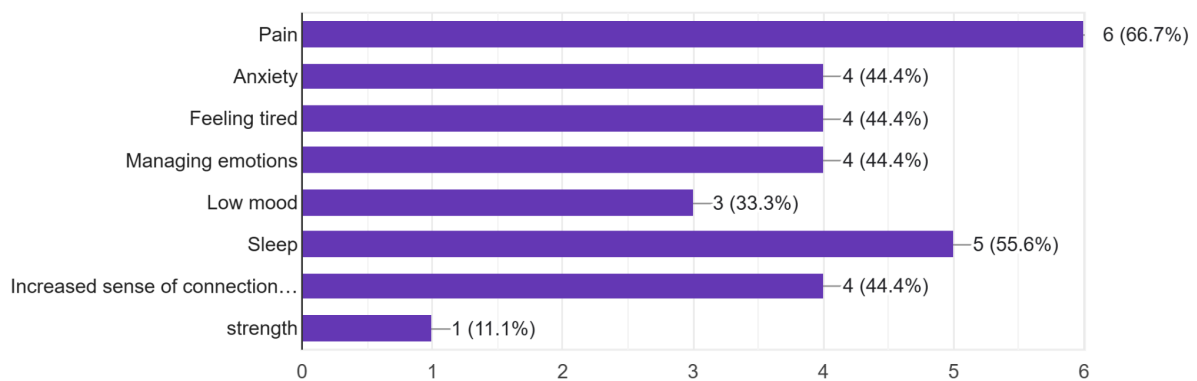
In which ways did you benefit from the sessions? Please tick the ones that apply

9 responses



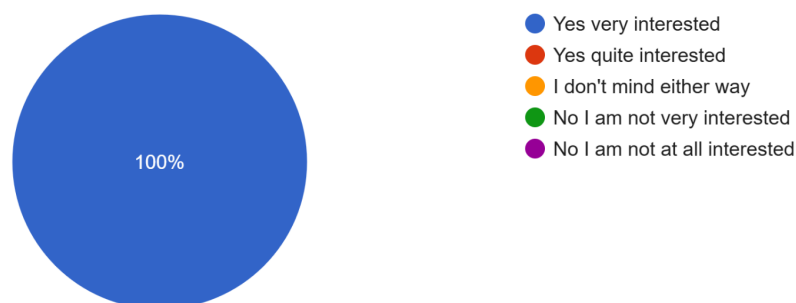
Did the course help with any of the following? (tick the ones that apply to you)

9 responses



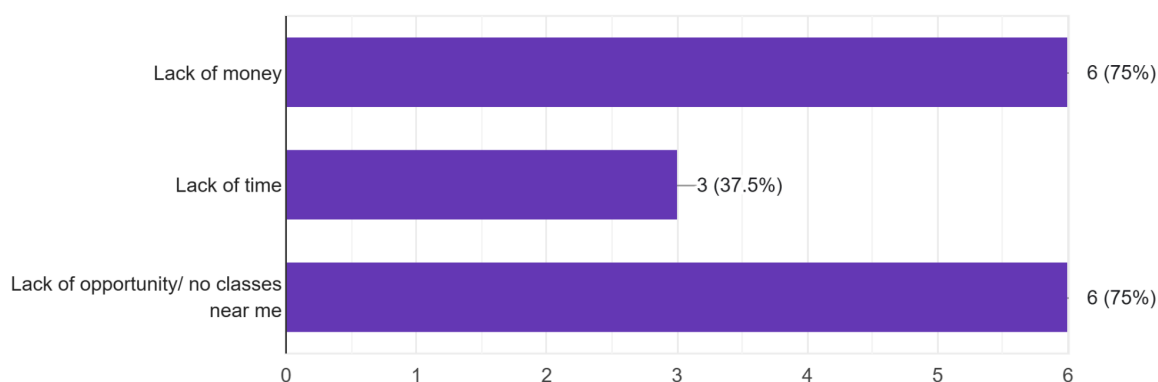
Would you be interested in taking part in future mindful movement sessions?

9 responses



Which of these reasons might prevent you from taking part in future sessions?

8 responses



Other comments

- I found I was struggling with ITH pressure in my head and I was bedbound. I started attending the Pilate class at the Crew Club and found I could get out of bed, I wasn't so depressed, enjoyed coming to the classes and as a result started the couch to 5k. It has saved my life and given me back a life with my children. I really hope this course continues as the improvements in my physical, emotional and mental health have been immeasurable and invaluable. Thank you to Julia and BNF for providing me with this opportunity as if it wasn't for the course I could still have been in bed with extreme pain and incredibly depressed.
- Helped open up my spine and shoulders
- Great for mindset
- Relaxing

- Improved flexibility.
- Really enjoyed it - would love the class to continue
- Very good course - beneficial to mental and physical wellbeing
- Julia is great
- Reset and refreshed my mind for the week. Physically I really feel the benefit.
- I attended regularly even when in pain which is 80% better
- Julia is an understanding non-judgemental Pilates teacher who lets you go at your own pace.
- I feel more positive in posture and mood.
- It helped my body relax and get stronger. It helped my mind. Relieved my anxiety and depression. Was very good to ease any pain I carry from EDS
- Julia is an excellent teacher. She explains all the moves and looks to the abilities of each person.
- Please keep funding

Conclusion

The class is clearly of benefit to the local community and people benefit both physically and mentally and for at least one person, attending has been truly life-changing.

For most people this was their first experience of Pilates and some had expressed nerves about attending. The course facilitator explained that for one person in particular, this had been a very big step as they were very anxious about trying new things.

The ability of the teacher to create a non-judgemental space for people was obviously appreciated, as was her capacity for clear explanation and helping people to explore their own boundaries.

The fact that it is so close to where people live is a clear advantage as is the fact that the venue is familiar, welcoming and flexible (children have been accommodated when parents have had childcare difficulties).

It was particularly welcome that all participants said they practised the stretching at home meaning that the course is having an effect beyond the hour they are in the class.

Numbers have built steadily over the 12 weeks to the point where they are now often at capacity.

The positive feedback backed by the fact that 100% of participants would like to do more mindful movement but faced barriers to accessing mainstream classes gives a strong impetus to continuing with the classes if funding allows.