



Evaluation of Qigong Classes at the Downsman Wellbeing Space

Healthy Communities, Healthy City, Healthy Planet



Report October
2024



“I couldn’t believe how balanced and calm I felt after just one QiGong session!”

Background

This feedback relates to a six-week free yoga course funded by the Brighton Natural Health Foundation and run at the Downsman Wellbeing Space, running from September - October 2024. The course was funded by the Sussex Community Foundation and run in conjunction with the Hangleton and Knoll Project. It followed extensive consultation with the local community, including a taster day.

We worked with Sophie Gibson, an established local qigong teacher with significant experience in community work.

Who we are

Brighton Natural Health Foundation (BNHF)

A charity that is passionate about empowering people and communities to embrace mindful movement for a happier, healthier lifestyle. We offer accessible classes, events, and training, especially for people facing health inequalities.

Hangleton and Knoll Project (HKP)

A Community Development charity based in the Hangleton and Knoll ward of Brighton and Hove in South East England. A part of the community since 1983 we are a project working for the community with the community and managed by the community.

Why Qigong?

During a taster day in spring 2024, qigong was one of the most popular classes. It is a gentle and accessible exercise developed in China that has been proven to improve psychological and physical wellbeing.

Class demographics:

How people described their gender: 10 x female and one x male.

How people described their ethnicity: 1 x Asian, 1 x Turkish/British, 2 x White Other, the rest identified as White British

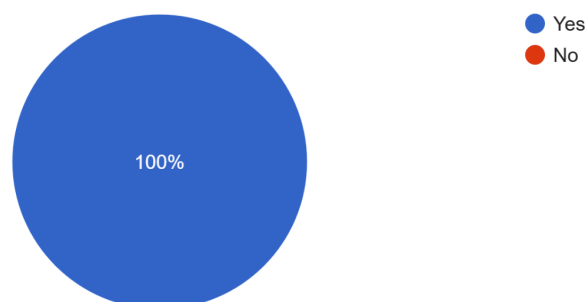
Class attendance ranged from 7-11.

Evaluation

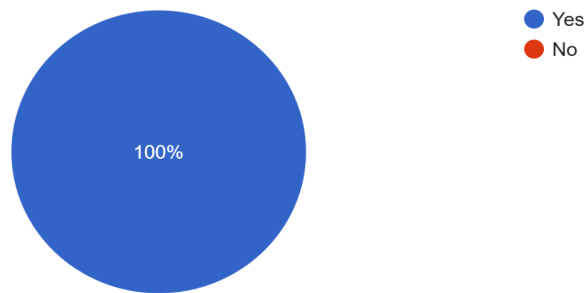
The responses below were collected from nine participants on the last day of the course.

100 per cent of participants learned something new and enjoyed the course whilst the majority felt that the course had given them more confidence.

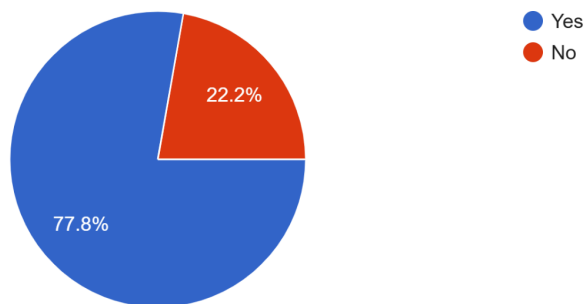
Did you learn something new?



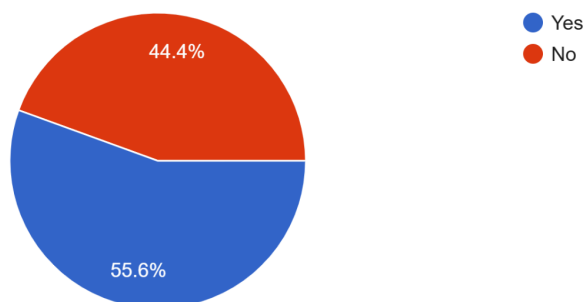
Did you enjoy the sessions?



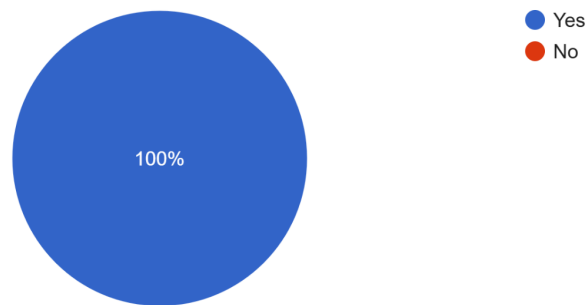
Did the session help you feel more confident?



Are you a member of a community group or a volunteer?



Did you feel better after the session?



Other Comments

- Being over 70 any activity to improve my health is extremely useful
- New Ideas to keep flexible
- Very helpful sessions and workshop. Thanks
- I couldn't believe how balanced and calm I felt after just one Qi Gong session! The classes have really helped me feel more grounded and relaxed. Plus, they've done wonders for my neck, shoulder, and back pain. I find that I am better at handling everyday stress. Sophie is an amazing teacher and a true inspiration! I am sad that it is ending soon.
- This is the first time I have used HKP but I am extremely grateful for this opportunity to do Qigong.
- It was a wonderful, amazing class. Many thanks to the teacher and all of you!
- It was good to have the opportunity to do this class, which was beneficial to physical and mental well-being.
- Exercise/Creativity/Relaxation
- Thank you for the opportunity to try something new, I've enjoyed it.

Conclusion

The classes were clearly beneficial both physically and mentally with 100% of people saying they felt better after the sessions and most people saying that their confidence had improved. The teacher reported positive feedback after each class.

Students were also asking for exercises to do at home which is very encouraging as we know that regular practice is key to gaining benefits from mindful movement practices.

Going forward, we would like to find out if the students have carried on with qigong or any other form of mindful movement and a more robust evaluation into health benefits might also be beneficial. BNHF are in conversation with a local university about this for future courses.

HKP and BNHF are currently in conversation about how to take mindful movement forwards in the area in 2025.