



brighton
natural
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Community Trainer Mindful Movement Course Evaluation

September 2026



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Background

This course was delivered by the Brighton Natural Health Foundation (BNHF)- a charity that tackles health inequalities by providing free, accessible mindful movement to support better health.

BNHF created the course in 2025 in response to a request from a group of refugees from Sanctuary (an Eastbourne-based charity) who wanted to be able to share simple mindful movement practices with each other to help reduce anxiety. It is certified by the CPD certification service.

Course Details

This course ran over four weeks in September 2026 with a cohort of 10 people from the community, the charitable sector and the health service.

Participants learned the skills and knowledge to plan and deliver a simple mindful movement course. This included: how mindful movement can help to soothe the nervous system, reduce pain and manage mental and physical health. They also learned how to work safely with vulnerable groups in a trauma sensitive way.

Participants were offered mentoring and support after the course finished to set up their own classes.

Executive Summary

Reception to the course was overwhelmingly positive with people particularly valuing the course materials, content and delivery. All participants felt confident, and intended to deliver mindful movement training in their communities.

Course retention and attendance was 100%

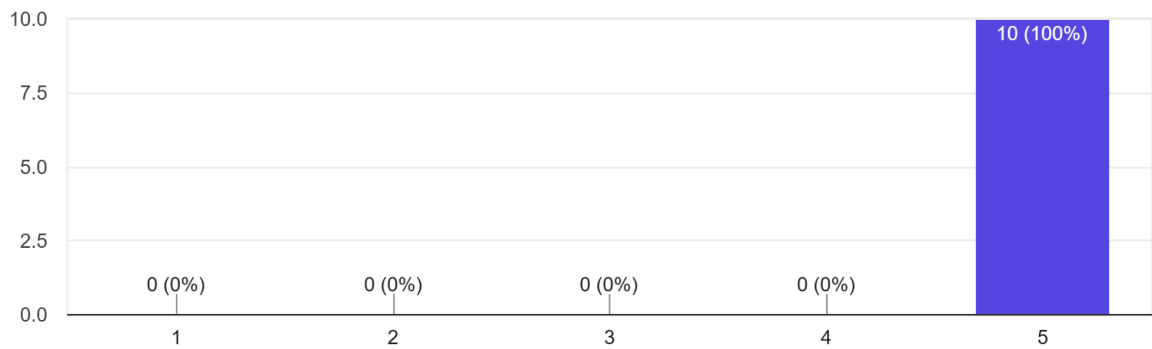
We are pleased to have built a community of kind, committed people who are able to share their knowledge of these life-changing practices in communities.

Feedback

Participants were given a questionnaire to complete at the end of the course.

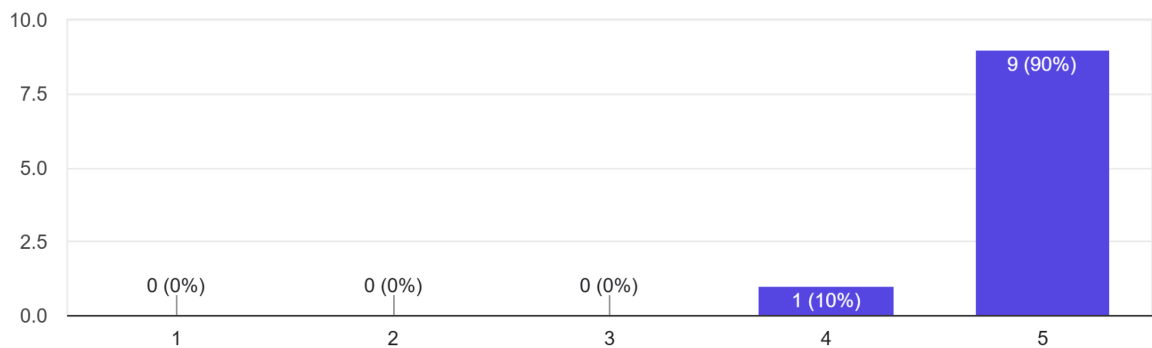
How satisfied were you with the course overall on a scale of 1-5 (where 5 is very good)

10 responses



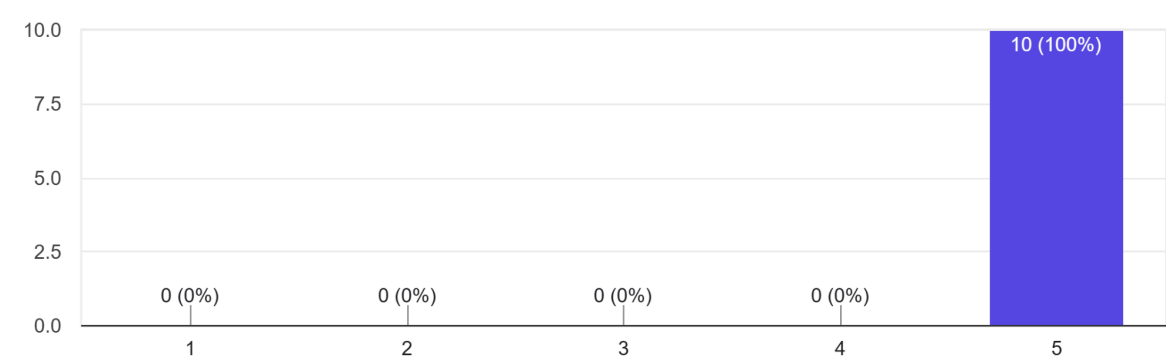
How satisfied were you with the course content?

10 responses



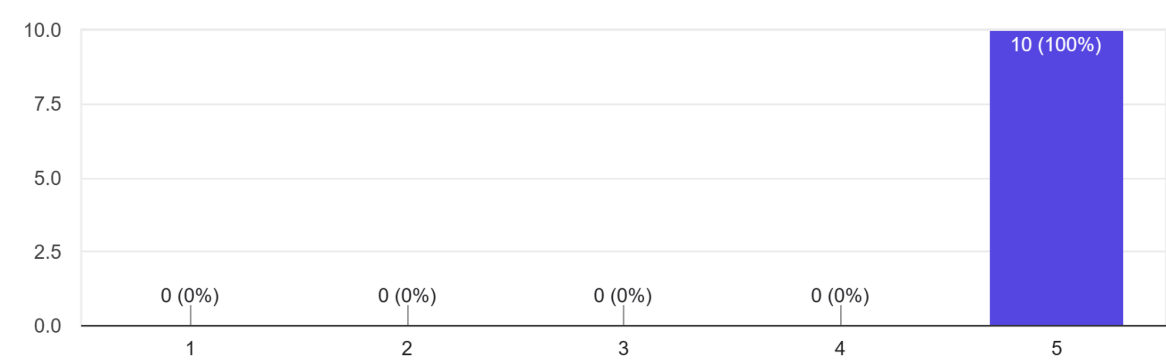
How satisfied were you with the teaching (where 5 is very good)

10 responses



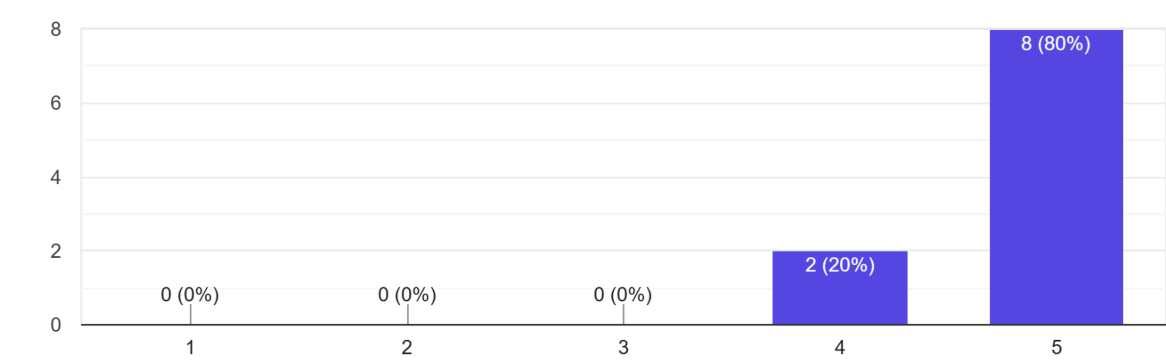
How satisfied were you with the course materials?

10 responses



How likely are you to use what you have learned on the course in your life/ career?

10 responses



Commentary

"Thank you to Sam and Tammy for creating such a safe environment and for all of your time and energy, sharing your invaluable knowledge and experience."

The feedback highlights an overwhelmingly positive reception of the course, with participants praising its structure, delivery, and reporting a profound personal impact.

Attendees appreciated the collaborative and engaging teaching approach and the breadth of experience it brought. The course was described as well-structured and well-paced. It was also noted that the facilitators created a safe and comfortable learning environment.

The resources were highly valued, with participants praising Padlet (the learning platform) as highly beneficial, user-friendly, and packed with valuable materials.

In terms of content, learners appreciated digging deeper into the science of mindful movement and noting that these practical tools will help diversify their current offerings.

Attendees valued the opportunity to build up their practice gradually throughout the course but it was noted that they would have liked more opportunities to practice and would have valued being able to see a full class from beginning to end. It was also noted that online learning materials did not always match what was covered in class.

For several participants, the experience was empowering—boosting their confidence, supporting their mental health, and connecting them to a new community. Attendees left the course feeling inspired, loving the overall experience, and expressing a strong desire to continue learning and practising. Importantly, all participants were likely or very likely to use the learnings from the course in their communities.

Appendix

Qualitative Feedback

What Went Well

- I liked the way Tammy and Sam provided different input. I liked the resources on the Padlet - very user friendly and lots of resources provided. Well structured and paced. I loved it.
- I really appreciated the way that the course Tutors supported my individual learning needs in a safe way.
- The course was paced well in terms of the content, especially as much of the information was new for me. The pace of gradually increasing our facilitation of movements really helped to build confidence.
- The materials, Padlet and videos are excellent resources.
- Thank you to Sam and Tammy for creating such a safe environment and for all of your time and energy, sharing your invaluable knowledge and experience.
- Very informative, clear and well-structured. Brilliantly led - both tutors were very knowledgeable and listened to all ideas and perspectives. Felt listened to and valued throughout
- This course has helped my confidence, brought me into a new community, benefitted my mental health and empowered me to make change in the wider community. thank you
- Learning about chair based movement and functional breath - this could help diversity what we offer. Great to recap and delve deeper into some of the science
- Everything and I would like to continue learning and enhancing proficiency in this field
- Well structured and proper material The padlet was very beneficial and friendly
- Engaging, interactive, comfortable, varied, fun, safe. Huge amount of content
- The atmosphere and teaching style
- Practice

Things that could be improved

- Personally, I had a few health issues so my brain wasn't functioning but also a good space to be in given the understanding around pain
- Some of the information on the padlet didn't always 100% match what we learned in class
- We experienced each element of a Mindful Movement session, but I haven't experienced a whole Mindful Movement session from start to finish. The handout about Structuring a Mindful Movement class was helpful in terms of structuring; the elements to include; and the timings.
- I realise 40 - 60mins would be a lot of time out of the course day for participants to experience a whole session so perhaps a video of a whole session would be useful?
- It feels intensive but good that we have all the materials to look through
- Less homework or some mandatory and some optional
- Showing stories of training challenges
- More small group practices
- Nothing - all fantastic
- Nothing. Perfect
- Nothing