

**ABOUT US**

**B&D ONE**  
**MINDSET**

**COMMUNITY INTEREST COMPANY**

# BEYOND MINDSET

Cohort 1 & 2 **Impact Report**

GLOSSOP WELLNESS SESSIONS  
In support from



Cohort 1 & 2

# GLOSSOP WELLNESS SESSIONS



We are proud to have provided

# 284 Hours

of wellness to Glossop

Applications

# 63

Sessions

# 56

Attended  
Sessions

# 284

Hours of  
Delivery

# 56



Felt their wellbeing was better for attending sessions. (with the remaining 10% being the same)



Felt it was important to them personally that these sessions were funded/ free to attend



Of people said that they would recommend sessions to others.



Of those attending said they would continue sessions if they remained available.



7%



93%

93% of people rated our sessions as excellent and very good relating to our suitable sessions were for their needs, ability and comfort level?

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# GLOSSOP WELLNESS SESSIONS



With Yoga and Mindfulness sessions attracting the highest attendance rate, it is worth mentioning that the fitness/ physical training sessions have a restriction due to the ratio of people that can use the equipment and personal development/ mindset workshops being limited to smaller groups to ensure an inclusive and effective environment.

76%

Female Fitness/  
Physical Training

81%

Male Fitness/  
Physical Training

100%

Personal Development /  
Mindset Workshops

82%

Yoga / Mindfulness

We have also made available, access to the MEDS model audio journeys in addition to sessions. To support those with both the wellness activities and the means to work on their mindset and personal development between sessions.

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# GLOSSOP WELLNESS SESSIONS



Much of our optional feedback is positive and shows the value felt from each person who commented.

## “NOTHING PERFECT”

“I absolutely love coming. I look forward to it. I’d never been to anything like this before.”

## “JUST TO THANK WHOEVER ORGANISED THEM”

“I enjoyed the course and Ben delivered the information in an open, warm and honest manner. I also found the communication from Christine helpful and encouraging. Podcast and website content helpful for support in between sessions. “

## “THE SESSIONS ARE INFORMATIVE AND PROVIDE USEFUL INFORMATION.”

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# GLOSSOP WELLNESS SESSIONS



“I think as the course develops and be one mindset becomes more established, it would be a great resource for people and I look forward to seeing more and will be interested in attending future events and classes. Thank you.”

**“I HAVE REALLY VALUED THE SESSIONS. INSTRUCTOR IS VERY GOOD”**

“I go into the session often feeling quite stressed and leave feeling relaxed and ready to take in I like that there is no judgement of ability and always feel welcome. To get more interest in the next sessions needs more promotingthe week. I look forward to the sessions, thank you.”

**“EVERYONE IS REALLY FRIENDLY AND NON JUDGEMENTAL”**

“I like that there is no judgement of ability and always feel welcome. To get more interest in the next sessions needs more promoting”

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# GLOSSOP WELLNESS SESSIONS



“At the start of the session, I felt stressed and tired, it felt like a real effort getting there. On leaving I felt relaxed and in a positive mood. I also had better quality sleep after attending the session. Thank you “

**“I HAVE FOUND IT A VERY POSITIVE EXPERIENCE. VERY WELCOMING AND INSTRUCTOR IS VERY SOOTHING AND EXCELLENT AT ADAPTING FOR DIFFERENT ABILITY LEVELS”**

“I think these sessions are brilliant and are something to look forward to every week. I feel happier when I’ve been. Stronger both physically and mentally. Paris is really lovely and it’s just such a positive environment to be in. Always grateful for the opportunity to attend.”

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# GLOSSOP WELLNESS SESSIONS



**“I HAVE REALLY ENJOYED THESE SESSIONS. THEY HAVE BEEN SO RELAXING AND I’VE GOT A LOT OUT OF THEM. WILL REALLY MISS THEM WHEN THEY STOP!”**

“I think these sessions are brilliant and are something to look forward to every week. I feel happier when I’ve been. Stronger both physically and mentally. Paris is really lovely and it’s just such a positive environment to be in. Always grateful for the opportunity to attend.”

**“THIS HAS BEEN EXCELLENT FOR MY FITNESS AND MENTAL WELLBEING”**

“This has been really helpful for me as I have long term medical conditions. I have felt an improvement in my mental and physical health after attending these sessions. I would love for these sessions to continue to be available for myself and others like me.”

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# GLOSSOP WELLNESS SESSIONS



“On one of the sessions I was stressed at getting my son to another location and perimenopause mind just went blank and I forgot the time of the class so was 15 mins late I was so embarrassed and out of my comfort zone but the trainer (Paris) was so calm and welcoming and not making any attention out of it I coped with the situation, anything else I would have just driven away and missed it. After the class I have felt more positive in my mind than I can ever remember, I feel like there is a glimpse of my old self. By Wednesday, I feel like I wish I could do the class again. It's the positive feelings I have the day after that make me want to do well and help to come of the perimenopause drugs.”

“Paris is welcoming and engaging. She ensures all who attend understand the exercises set and can safely complete them. She constantly monitors and helps make adjustments so that no one injures themselves. You definitely feel the benefit of the exercises a few days after!”

“Paris is lovely, so welcoming and helps you during class with form and encourages you. The setting is not overwhelming like in a gym and with a small class of women you feel very comfortable. “

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# GLOSSOP WELLNESS SESSIONS



Constructive Feedback

## INTERACTION

“I do feel that the sessions really could do with more interaction between Ben and the attendees. I understand time is limited and too much conversation would likely make the class overrun, but during the sessions the attendees spoke very little. I came away feeling I didn’t have much of a rapport, which made me a little uncomfortable talking.”

With personal development sessions, we offer an open, judgment free and inclusive space, but will work on how to improve the environment in future.

## ENGAGEMENT

“Perhaps some activities encouraging more engagement would make the class more enjoyable and memorable and less lecture like. We were also told about a group chat but due to not having that connection, I didn’t feel comfortable contributing to it. I did have a look but at the time couldn’t see any comments.”

We recognise that people may feel anxious contributing, so will ensure there is a welcome message to help with reassuring people that they are in a safe space.

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Constructive Feedback

## FACILITIES

“My minor and silly gripe would be that the lighting is very bright in the classroom and the seats not so comfortable so quite difficult to relax, especially when feeling anxious and nervous.”

We are investing in alternative seating options, but have some limitations with respect to lighting – but will take this under consideration for potential developments we can make.

## DURATION

“However, I feel it would be beneficial to have two sessions for each part of the meds model. To give more time to focus on the personal development and learn the techniques spoken about. One session is not enough”

We appreciate that everyone has a different expectation and processes information in their own way, this is why we offered additional resources and ability to interact away from the sessions, we will review the schedule and the content to ensure that our offer meets the needs of the sessions.