

MOVEMENT. NOT MEDS 4 ALL

Removing barriers.
Unlocking movement.
Improving lives.

A community-based pilot for
adults with disabilities.



MnM4All: Evaluation of a Movement-Led Health

Evaluation of a Movement-Led Health Pilot for Adults with Disabilities (Jan-Apr 2026)



THE CHALLENGE

Adults with learning and physical disabilities face persistent health inequalities and structural barriers to being active: cost, accessibility, confidence and limited inclusive provision.



Can removing those
barriers unlock participation
— and improve health?

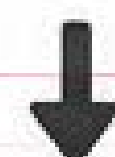


FROM ACCESS TO IMPACT: WHAT WE ACHIEVED



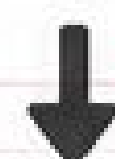
1. ACCESS 100%

identified the programme being **FREE** as the primary reason for participating.



2. ENGAGEMENT 33 / 36

participants completed baseline and post-intervention assessments.
92% RETENTION



3. IMPACT 100%

reported meaningful improvements in their daily functioning and experience of disability.

Effective
Inactivity
Reduction



Inactivity



Transition



Sometimes
Active

Participants shifted away from inactivity toward regular "sometimes active" status.

BUT DID ENGAGEMENT = HEALTH GAIN?

Not equally.

The health response was different for women and men.



WOMEN

Health risk
REDUCED
Cardiometabolic risk improved



MEN

Health risk
ELEVATED or REMAINED HIGH
Risk markers remained higher or increased

Gender-Specific Physiological Changes (Mean Change: Baseline to End-of-Pilot)

Metric	Women (Mean Change)	Men (Mean Change)
Waist Circumference	-5.14 cm (Reduced Risk)	+3.54 cm (Increased Risk)
BMI	-0.14 kg/m ² (Reduced Risk)	+0.33 kg/m ² (Increased Risk)
Waist-to-Hip Ratio	-0.04 (Lower Risk)	+0.02 (Elevated Risk)



Enhanced Nutritional Literacy

Decline in "diet healthiness" ratings reflects increased awareness and more accurate self-assessment.



Sleep & Wellbeing Stabilization

100% achieved optimal sleep duration (6-8 hours) and reported positive wellbeing.



THE PROGRAMME WE DELIVERED (WHAT WE DID)

MnM4All is a free, inclusive, community-based programme at Cyclopark, Gravesend, Kent. Multi-component sessions delivered Mon-Fri in a fully accessible environment, with carer support.



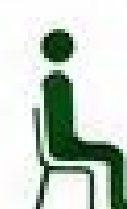
Cyclo4All

Adaptive cycling on specialist cycles



Spin 4 All

Inclusive group cycling using static bikes



Chair Fit 4 All

Seated exercise for strength, mobility & flexibility



Gardening 4 All

Activities to build motor skills, coordination & functional movement



We focus on building confidence, creating routine and social connection to support long-term behaviour change.



WHAT WE LEARNED

Removing barriers unlocked participation and perceived benefit.



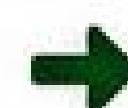
BUT access alone
was not enough to
produce equitable
health gain.

THE NEXT CHAPTER:

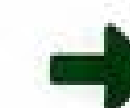
FROM PARTICIPATION TO EQUITABLE HEALTH



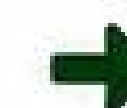
1. ACCESS
Remove barriers and enable entry



2. PROGRESSION
Structured progression and skills development



3. PERSONALISATION
Gender-responsive, individualised support



4. SUSTAINED IMPACT
Better health, better lives, together



ACCESS UNLOCKS THE DOOR.
PROGRESSION, PERSONALISATION AND PARTNERSHIP
KEEP IT OPEN.

Professor Kristy Howells
Canterbury Christ Church University

Jonny Hamp
CEO

Claire Graves
Programme Lead

Dr Vanessa King
VK Consultancy

Participants
36 offered
33 completed

Pilot Period
January – April 2026

Location
Cyclopark,
Gravesend, Kent

*Movement changes health.
Community changes everything.*

PARTNERSHIP IN ACTION:

