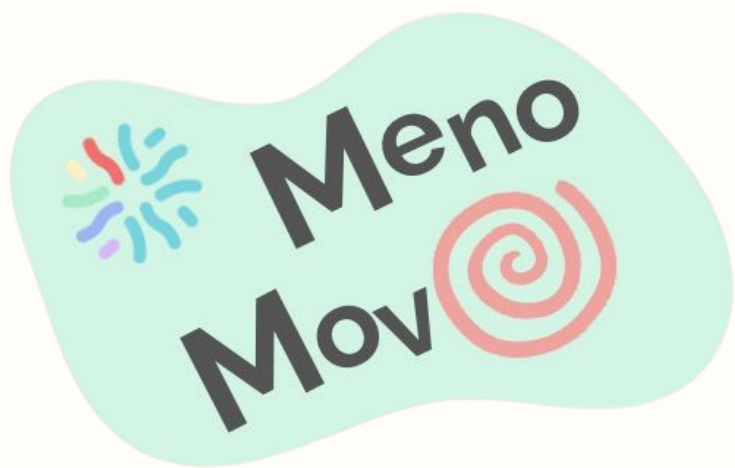


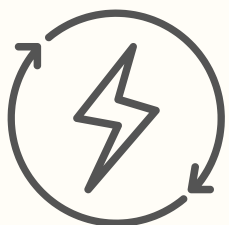


MenoMove UK Evaluation Report

The key findings include increases in:



Vitality



Renewed energy
Emotional regulation
Social engagement
Compassion
Bodily Awareness



Symptom Management



Bodily understanding
Breathwork tools
A shift towards self
acceptance



Solidarity

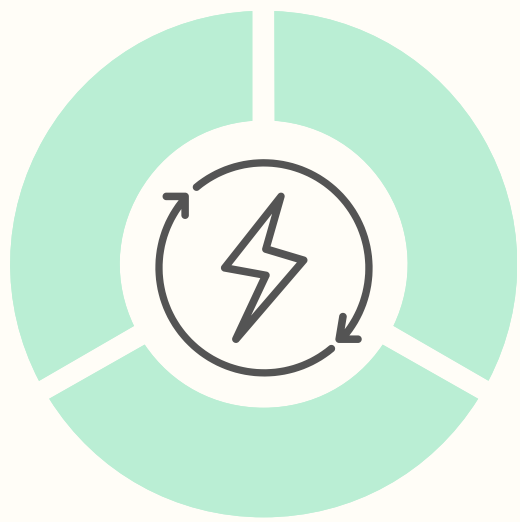


Trust in others
Humour facilitation
Group connection
Reduced isolation



Format

Hybrid model of online and in-person
sessions exceeded expectations

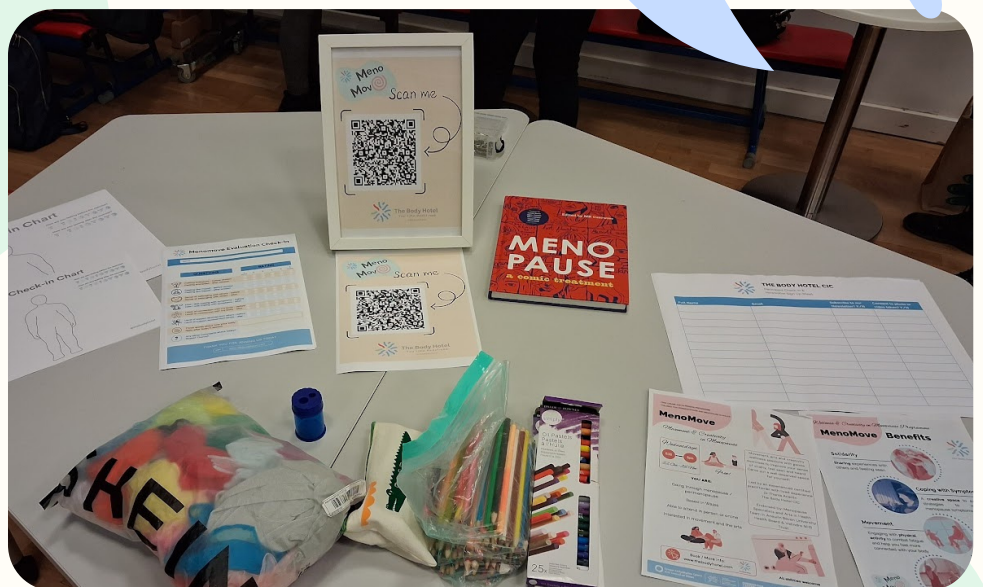


Vitality

Participants described the movement as:

- A source of **renewed** energy
- An emotional **reset**
- A way to **regulate** stress

"I didn't think I had enough left in the tank... but I always felt better afterwards."

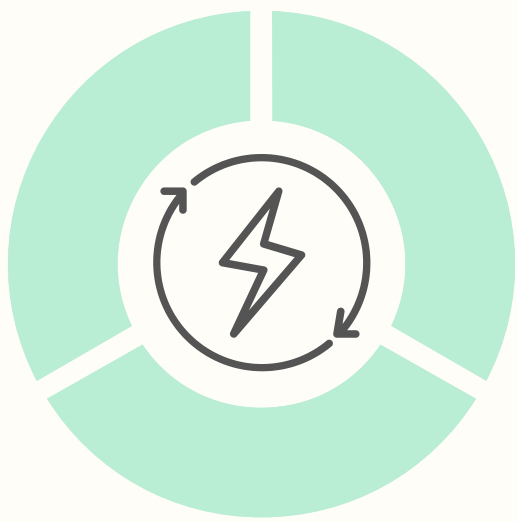


"Movement helped me reset and respond to stress differently"

Movement helped participants feel more energised, grounded, and like themselves again.



Evaluator: Hannah
Rigley (2026)



Vitality

From fatigue to **flow**.

Increased **energy** & emotional **regulation**

Reconnecting with the body as a source of **strength**



“It felt open, dynamic, welcoming and free.”

Indicators of Change:

- Self-reported energy levels,
- Body Check In Charts
- Pre-Post Questionnaires
- Expressing energy & purpose

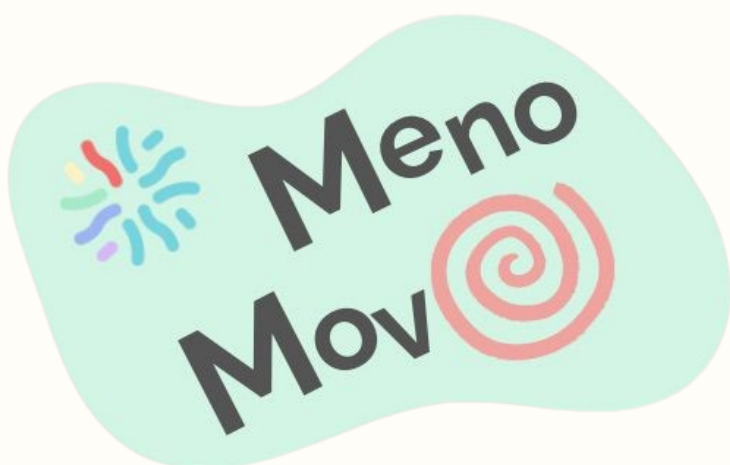




Symptom Management

Creative movement and **breathwork** became practical tools for managing menopause symptoms.

“It gave me more tools for the journey.”



Reduced anxiety & stress
Relief from physical discomfort
Supporting better daily self-care habits

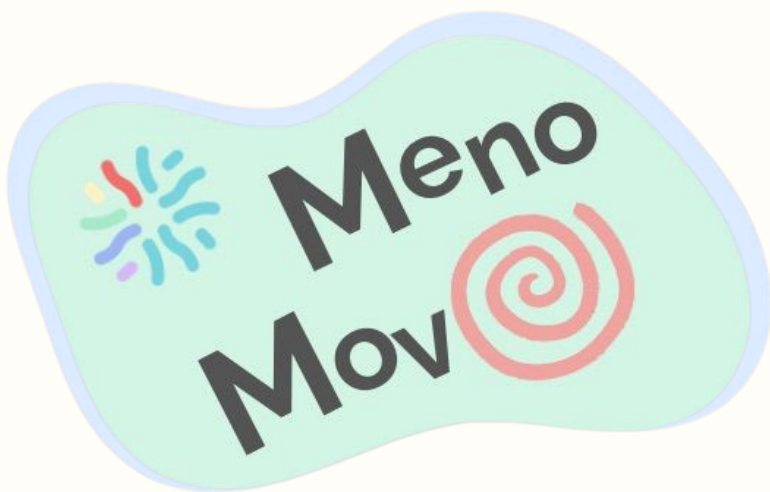


Symptom Management

A powerful mindset shift emerged:

From resisting symptoms → to listening, responding, and adapting with care:

- **Integrating movement** into daily routines (even while the kettle boils)
- **Using breath** to regulate stress in the moment
- Building **personalised self-care habits**

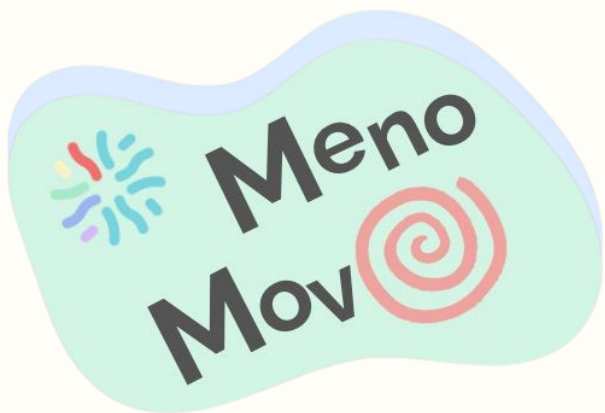


Indicators of Change:

- Self-assessment scores
- Qualitative reflections
- Body check-in data



Symptom Management



"I'm looking after myself better and noticing what my body needs."

"I'm learning to be kind to myself and my body."

"I'm noticing more about my body and accepting it as part of the process."

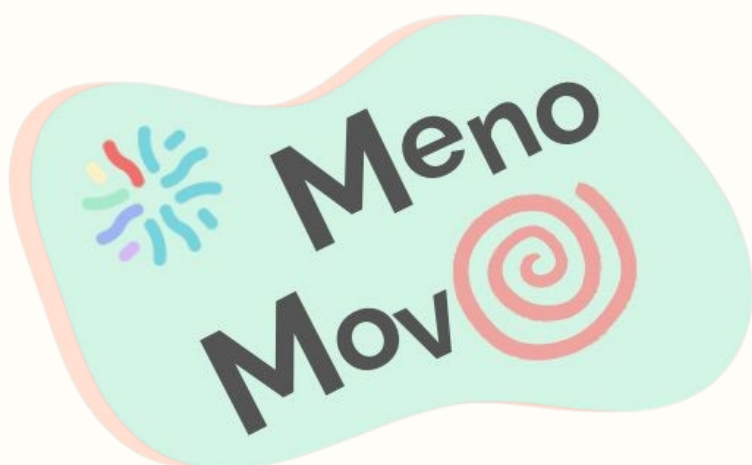
"It's been nice to express things through movement, even serious things feel lighter."



Solidarity

A strong sense of **belonging**, **reduced isolation**, and fostered **meaningful peer support** that participants wanted to continue beyond the programme.

"We had so many similarities... we were all attuned."



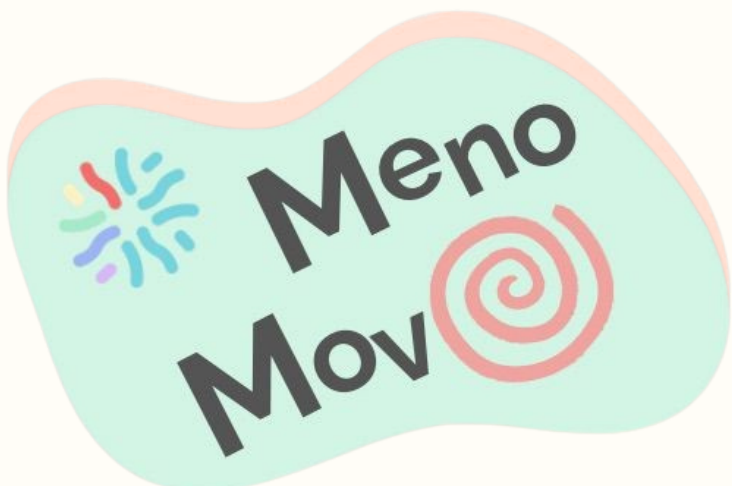


Solidarity

**Movement deepened connection
in unique ways:**

- Mirroring and witnessing built **empathy without words**
- Shared movement created **emotional resonance**
- **Connection** was felt, not just spoken

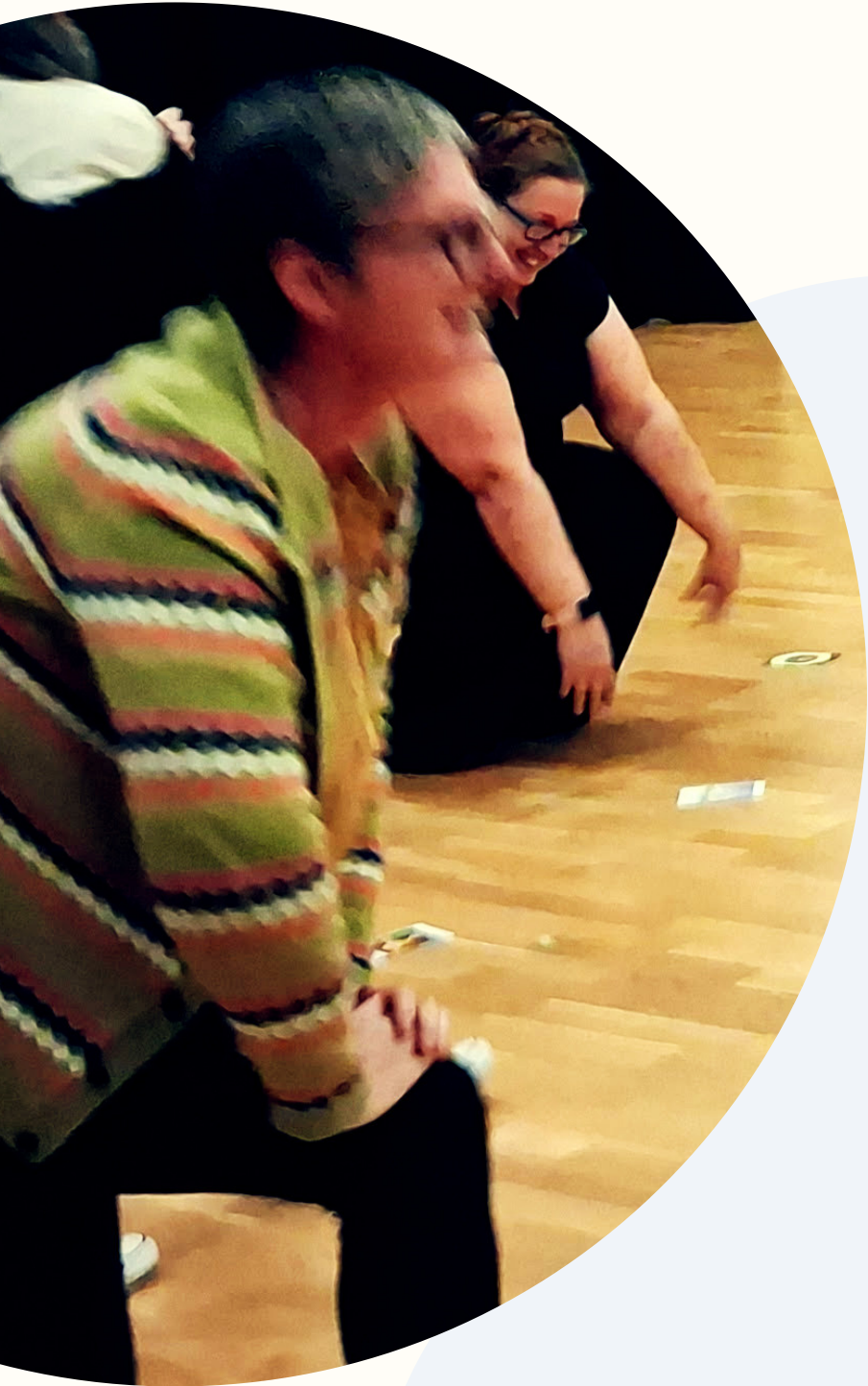
*“Knowing everyone here
is going through
similar things is so special.”*





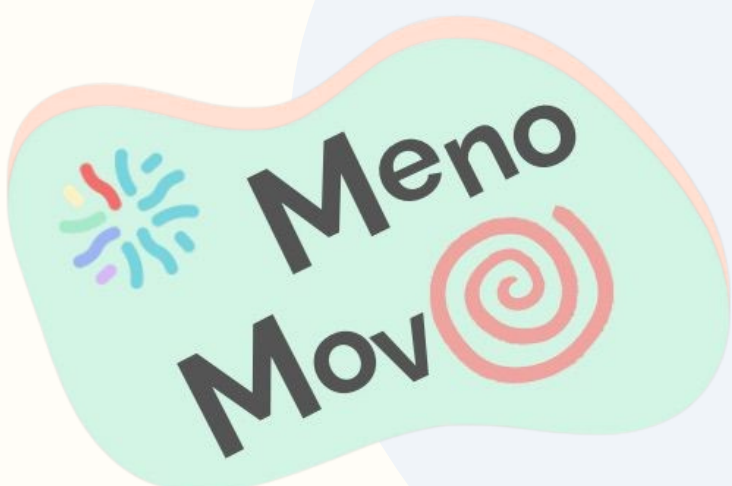
Solidarity

“It brings joy into the space you’re in.”



A safe, non-judgemental space enabled:

- **Honest conversations** and emotional expression
- **Being seen, heard, and valued** without pressure
- **Letting go** of self-criticism





Solidarity

Participants connected through lived experience:

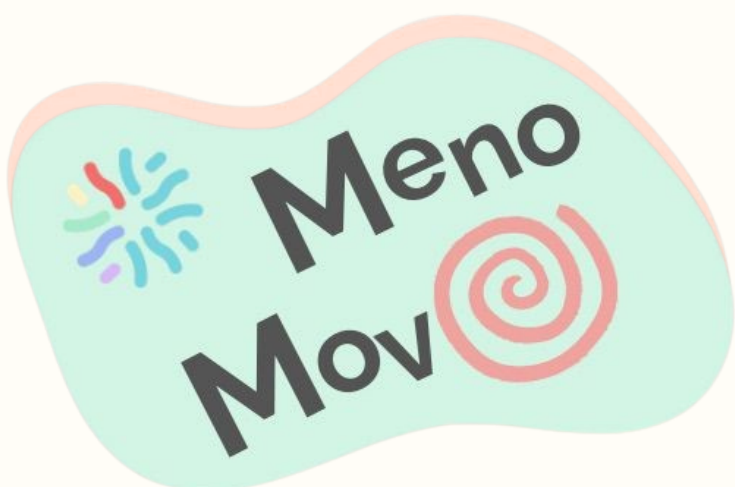
- **“Everyone gets it”** a shared language of menopause
- **Feeling less alone** in what can be an isolating journey
- **Immediate trust**, even among strangers

“I didn’t realise how much I needed this space.”



Indicators of Change:

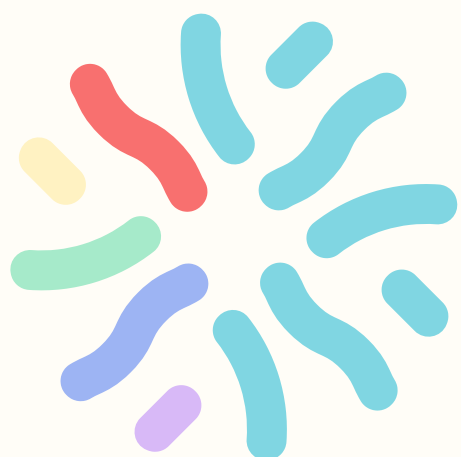
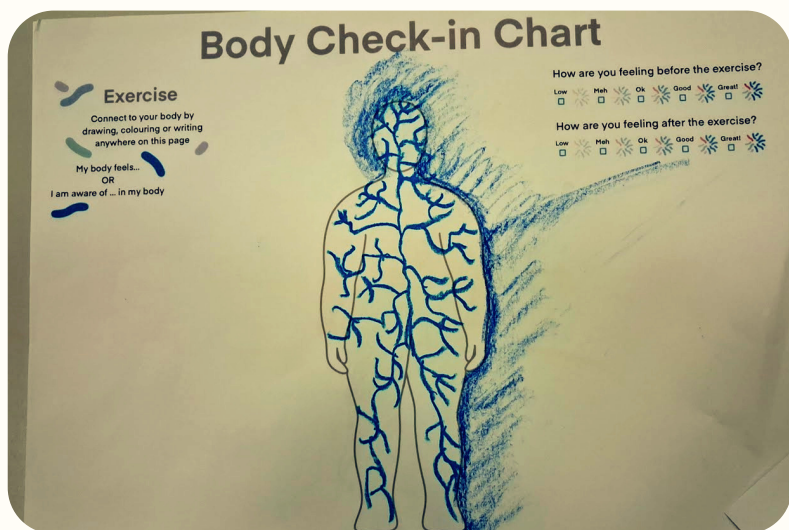
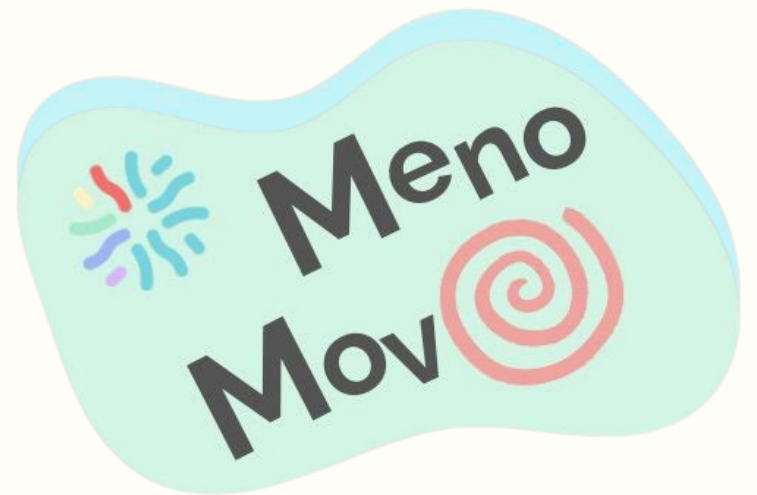
- NPSS-C score changes,
- Expressions of solidarity,
- testimonial reflections,
- visual outputs



Contributions of dance/movement

Indicators of Change:

- Participant narratives,
- verbal and creative reflections
- Body Check-In Chart



The Body Hotel

Inclusion and Access

Indicators of Change:

- Participation across
- demographics,
- session attendance,
- barriers noted