



UNIVERSITY OF
BIRMINGHAM

Centre for Movement and Wellbeing - MoveWell

Annual Report 2025
(01/08/2024 - 31/07/2025)

We rehabilitate
We activate

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Foreword from our Director

I am pleased to present the annual report of the Centre for Movement and Wellbeing (MoveWell) at the University of Birmingham. MoveWell is a unique centre which provides research-informed and student-led services to support recovery from injury or illness, and also support people living healthy, independent lives as they age.

As you will see from this report, in the last year MoveWell has continued to grow activities in all areas, including service delivery, education programmes, and research activities. For example, our science-driven concussion clinical service supports the health and wellbeing of community-level athletes, and our dementia café provides research-informed exercise classes for people with dementia and their carers to support their wellbeing. We support many interdisciplinary research projects at MoveWell, including exercise for muscle health in older adults, group-based exercise for people with neurological conditions, and programmes for people with liver disease.

We deliver student-led physiotherapy clinics. In September 2025, we welcomed the first cohort of students on the Clinical Exercise Physiology Masters programme. We provide joint health classes and exercise for health classes for people with long-term conditions, as well as innovative student-led rehabilitation. These are examples of combining excellent patient care with outstanding clinical education for our physiotherapy and clinical exercise physiology students. As a result, the health professionals educated at MoveWell have first-hand experience in seeing how interdisciplinary research directly informs their clinical practice.

Looking ahead, we are developing and evaluating referral pathways with healthcare providers and community organisations to enhance our support for diverse communities within the local area. Taking full advantage of the state-of-the-art facilities at MoveWell, we will continue to work with our collaborative networks to support exciting and impactful research.

Please do not hesitate to get in contact if you would like to hear more about the activities and opportunities at MoveWell.

Professor Jet Veldhuijzen van Zanten
Director of the Centre of Movement and Wellbeing – MoveWell



Centre for Movement and Wellbeing (MoveWell)

MoveWell is a multi-disciplinary centre for research and education into physical and mental health that has been in operation since March 2024.

The centre is unique for its scale and breadth with facilities for strength and conditioning and cardiorespiratory exercise, a physiotherapy clinic, spaces for movement rehabilitation and mental health assessment, and a clinical facility for biological sampling and storage. This setting enables researchers and practitioners to discover, and better understand, the rehabilitation and movement needs of those recovering from ill-health, injury or living with chronic disease.

MoveWell supports the training and education of the next generation of allied health professionals, providing students with unparalleled opportunities to apply theory to real-world practice.

Through our outreach and engagement activities we ensure the work we do reaches our underserved populations in the local community and patient groups to maximize impact and meet societal need.



Vision Statement

Our vision is to be internationally-recognised as a world-leading centre of excellence for research, knowledge exchange, engagement and impact in physical and mental health.

Mission Statement

Our mission is to support diverse communities to achieve their highest level of health and wellbeing through interdisciplinary research and education into the prevention, treatment and rehabilitation from illness, injury and disease.

Core Areas

MoveWell's operations focus on three core areas:

- Research
- Teaching
- Community Service Provision

Find out more

For more information about any of the services, facilities and expertise offered by MoveWell please visit our webpage



The MoveWell Team

Management Team



Carolyn Toney



James Watson

MSK Physiotherapy Team



Dan Walton



Judith Coe



Andy Morrissey

Stroke and Neuro Physiotherapy Team



Rachel Graves



Amira Hosny

Clinical Exercise Physiology Team



Katie Hesketh



Jo Richards



Richard Powell

Research in MoveWell

MoveWell is home to state-of-the art research facilities and equipment that are supported by experienced practitioners and professional service staff. Through active collaboration with healthcare providers, industry professionals and community and patient groups, our innovative environment supports the development and delivery of contemporary physical health and wellbeing research. The scale and breadth of activity at MoveWell enables research and education that makes a meaningful impact on globally relevant health issues. Our facilities include:

- **The Clinical Research Facility** is a dedicated space for high quality participant-focused studies in rehabilitation, exercise science and health outcomes.
- **The Movement Space** is an open area designed to host group exercise classes, functional movement sessions and circuit training. This space fosters community engagement and supporting diverse rehabilitation and fitness goals.
- **HUR Fitness and Rehabilitation Tools** are advance pneumatic strength training systems designed to delivery safe, smooth and highly customisable resistance training for clinical and rehabilitation populations.
- **Rehabilitation and Training/Testing Equipment** including a range of cycle ergometers, arm ergometers, treadmills and cardiovascular training equipment designed for functional assessment, cardiovascular conditioning, group and individual exercise programming and progressive rehabilitation.
- **VALD Health Assessments** which allow our clinicians to measure patients' progress and make more accurate diagnosis, tailored rehabilitation plans and data-informed treatment decisions.
- **Cardio-Pulmonary Exercise Testing (CPET)** enables precise evaluation of cardiovascular, respiratory, and metabolic function during exercise, while also offering diagnostic capabilities to identify patient limitations or underlying health conditions.
- **The Horibia Yumizen Complete Blood Cell Count (CBC)** is an advance automated haematology analyser, complete blood cell counter. This can be used to identify conditions such as infections and anaemia. It can also be used to determine and track inflammatory responses to help optimise recovery strategies and prevent overtraining.
- **Functional Rehabilitation Tools** such as the parallel bars, training stairs and the Air-Walk system which support the progressive recovery of walking, balance and lower limb strength in patients with mobility challenges.

Analysing how saliva could be used to inform clinical decisions around the diagnosis and treatment of concussion in athletes

Recognising and evaluating sport-related concussion (SRC) on the field is a challenging responsibility for the healthcare provider.

Side-line evaluations are currently based upon the recognition of injury and the assessment of typical concussion symptoms.

Repeated assessments may be necessary as SRC is often an evolving injury and so signs and symptoms can be delayed.

Due to this complex injury sequelae many SRCs go undetected, which can pose serious risk for second impact syndrome as well as other concerns related to long-term brain health outcomes linked to repeated concussions (e.g. impaired academic performance, depression, dementia risk).

Therefore, assessable and objective diagnostic tools for the accurate diagnosis and management of SRC are needed to protect player health and well-being, as well as providing coaches and support staff with clear guidance for when players can return to play safely.

This project provides a science-driven concussion clinical service to support the health and well-being of players at community level; providing empirical data to confirm and/or clarify recently published UK Concussion Guidelines for Non-Elite (Grassroots) sport (April, 2023).

This research will improve understanding of the mechanisms causing head injury in sport and the cumulative and maximal impact load for people participating in contact sports such as rugby.



Professor Sam Lucas

“
Ultimately, this project will test the feasibility of using the latest technology to identify concussion and what role biomarkers and technology can play in concussion management at a grass-roots level.

The overall purpose of this project is to investigate the capacity for new approaches to quantify and diagnose concussion and sub-concussive events within amateur sports. In doing so, we aim to answer the following research questions:

- Can saliva-based biomarkers be utilised to identify players with potential impact-related brain trauma, and how can this information be used to guide return to play decision making?
- Can instrumented mouthguards be utilised to detect and quantify sub-concussive and concussive head impacts in rugby, and how can this information be used to improve player safety through better training protocols?
- What are the cumulative effects of head impact across a season, and how do these relate to risk for concussion and/or other injuries in players?
- What are the differences between males and females in respect to injury risk and are there times in the menstrual cycle that pose greater risk?

We will combine unique clinical and applied research expertise to deliver a real-world solution for the detection and management of concussion in the grass-roots sporting community.

In addition to the academic outputs and furthering the University's reputation in this space, the outcomes of this work will have a direct impact on concussion identification and improved management in the community setting.



FAB (Fitness, Ageing and Bilingualism)

The FAB project investigates the benefits of regular physical activity, bilingualism for language and other cognitive abilities in healthy ageing.

Older age is often associated with a decrease in quality of life. Even those who age in a normal healthy manner can experience cognitive decline and language deterioration.

This project investigates two factors that might reduce cognitive decline in older adults: speaking a second language and regular exercise. Both have been shown to support some mental functions, but language function has received much less attention in ageing research. This is of particular importance for bilinguals who, across the life span, have shown better cognitive function compared to monolinguals but also have measurably slower and less fluent speech than monolinguals.

The research compares the cognitive function of young and older English monolinguals and Norwegian-English bilinguals which is related to key aspects of language use and language proficiency.

There is also physical activity intervention with the older adults to determine the benefits associated with increased fitness for monolinguals and bilinguals with any changes in brain structure and

function for monolinguals being measured.

The project aims to identify the key protective components of being bilingual and being fit. This will allow us to optimize our use of regular physical activity and language learning to combat cognitive decline in old age.

Screening included standard ECG and blood pressure testing along with a 30-minute MRI structural scan of the brain to assess blood and oxygen flow, gold standard testing using MoveWell's state-of-the-art exercise facilities to establish a participant's aerobic fitness levels, a vascular test to assess arterial stiffness and three cognitive tests looking at memory, reaction and information processing.



Dr. Jack Feron

I enjoyed my participation in the FAB study very much. It motivated me to get back into exercise. My fitness improved due to the FAB exercise programme, which made me feel like I got my mojo back. I have continued on with the exercise program even though I finished my participation in the study one year ago.

Jennifer, 64 – United Kingdom

The FAB study made me feel more energetic and lively, and I noticed an improvement in my concentration at work. I have proven to myself that I can achieve results if I set my mind to it, and I was impressed by what I was able to accomplish during the study.

Anne-Grethe, 61 – Norway

I have learned more about what I can do to improve my fitness and strengthen my muscles. I have felt a very positive effect on my well-being through my participation in the study.

Unni, 73 – Norway



Physiotherapy for Stroke Survivors

This project focuses on stroke, the leading cause of chronic and complex disability.

In Birmingham alone, over 1500 people suffer a stroke every year. The National Institute for Health and Care Excellence (NICE) recommends stroke survivors receive “needs-based rehabilitation...for at least 3 hours a day, on at least 5 days of the week”.

Stroke rehabilitation services provided by the National Health Service (NHS) fall dramatically short of delivering this level of care, creating a devastating gap between what stroke survivors need for recovery and what they receive.

Taking the current unmet clinical need for stroke rehabilitation as a starting point, this project offers an innovative student-led rehabilitation service for stroke survivors, combining excellent patient care with outstanding clinical education for our work placement students.

Physio for Stroke is part of collaborative research across the University of Birmingham with neuroscientists, psychologists and engineers interested in sensorimotor control and cognitive rehabilitation, and the development of virtual reality and exoskeletons to enhance rehabilitation.

As stroke research potential is so big across the university, an award from the Institute of Advanced Studies has been granted to build a stroke research network that will include the transformative work we do here in MoveWell.



Dr. David Punt



Amira Hosny

This clinic offers a unique person centred approach and I made great progress made in a few weeks. The sessions also helped me build confidence and the professionalism of the students was excellent.

I really liked the patience and understanding shown by the team. I liked the clarity they used and the way they explained things.

This clinic is everything I hoped it would be. My physical assessment was spot-on! Amira and the students are so knowledgeable in identifying the areas which need improving. I'm really enjoying the experience.



Group based arm-crank exercise

People with neurological conditions or limited lower-limb mobility often live highly sedentary lives due to mobility challenges, lack of accessible exercise opportunities and a fear of falling. This inactivity contributes to poorer physical health, secondary complications such as pain, constipation, sleep disturbance and skin issues, and social isolation. Over time, these issues increase healthcare needs, reduce independence and lower quality of life.

For those of working age, it can also limit participation in employment and community life leading to broader social and economic impact.

These group-based arm crank exercise (arm-spin) classes are delivered from the excellent movement rehabilitation space in MoveWell, improving upper-body endurance and overall activity levels in a safe and accessible environment.

These motivational and strength building classes encourage social connection, helping participants to feel part of a supportive community whilst reducing isolation. By improving upper body strength, endurance and overall activity levels, participants gain energy for daily tasks, experience fewer secondary health problems and enjoy enhanced wellbeing.

This project has the potential to transform access to rehabilitation and physical activity for individuals with mobility limitations.

By providing scalable, community-based exercise options, it can reduce hospital visits and secondary complications, improving long-term health outcomes and independence.

At a societal level, this contributes to lower healthcare costs, greater participation in work and community life, and enhanced social inclusion for people living with disability.



Dr. Shin-Yi (Chloe) Chiou

Arm Cycling Class video:

<https://www.youtube.com/watch?v=8rjXBsXopj8>

Ultimately, our goal is for the arm-spin classes to be adopted by gyms and leisure centres, helping to create inclusive environments where people with mobility limitations can participate fully in physical activity and sport alongside others.



REPOWER

Can protein and exercise maintain muscle health during weight loss in older adults?

The REPOWER project investigates the role of protein and exercise to maintain muscle mass and function during weight loss in older adults.

Accompanying an ageing population is an increasing prevalence of older adults (>65 years) who are overweight or obese. Despite weight loss being recommended to treat obesity, weight loss can accelerate muscle deterioration in older adults, typically accounting for 25% of weight lost.

Without appropriate intervention, older adults with obesity pursuing weight loss display reductions in muscle mass, accelerating the decline in muscle function and independence, and increasing the risk of co-morbidities. Exercise training is important for slowing the decline in muscle mass during weight loss, but a reduction in muscle mass still occurs.

This project aims to determine the effect of a higher protein intake combined with exercise training on muscle mass and skeletal muscle protein turnover during a 4-week period of weight loss in older adults with obesity.

This project involves: supervised exercise in MoveWell, meal planning, food provision, blood, muscle, urine and saliva sampling, body composition and metabolic profile assessment.

A follow-up study has also now been designed in collaboration with participants, reflecting a shared



Archie Belfield

Archie's passion and knowledge base were inspiring and I soon found myself committing to the diet and exercise regime, determined to make best use of the opportunity.

view that lifestyle strategies should aim not just for short-term change but for lasting health and independence in an ageing population.

Additional funding has made it possible to pursue a more comprehensive understanding of the project's longer-term effects — something that would not be achievable without the BSRA's support.

Running from June 2025 to summer 2026, this follow-up study will form a key part of Archie's PhD research.

The results from the REPOWER project will be disseminated through local community events, scientific journals, and international conferences, adding valuable knowledge to the field and guiding future strategies to combat age-related muscle and metabolic decline.



Dementia Prevention

Rates of dementia are projected to increase to over 1.4 million by 2040, with one in two of us expected to be affected in our lifetime, either by developing dementia or caring for someone with it, or both.

This study focuses on dementia prevention, with a particular interest in translating mechanistic, lab-based findings into real-world exercise interventions.

Earlier research examined how physical activity influences brain health and dementia risk and what impact exercise has on the biomarkers associated with neurodegeneration and cognitive decline.

As part of this study personalised exercise interventions are being developed that are tailored to individuals based on their physiological and functional responses to exercise, with the goal of identifying 'optimal' activity profiles to support brain health.

Alongside this accessible and scalable exercise programmes are being designed to be both effective and achievable for people living with dementia.

A key part of this work involves the collection of objective physical activity data — using

wearable sensors to better understand how people move in their daily lives, and how this relates to cognitive outcomes over time.

MoveWell will play a central role in the next phase of this research because we provide the best platform to deliver these tailored interventions in a supportive, real-world setting, while also enabling the collection of high-quality behavioural data.



Dr. Richard Elsworth

We integrate laboratory research with community-based physical activity programmes. Through MoveWell, we study how different types and intensities of exercise influence brain health, using accessible measures such as blood-based biomarkers linked to Alzheimer's disease alongside physical and functional assessments.

Understanding how exercise and nutrition can improve function and quality of life in adults living with Muscular Dystrophy (MD).

The research group led by Dr. Nathan Hodson has recently joined us at the University of Birmingham and has a major focus on understanding how exercise and nutrition can be utilised to improve function and quality of life in adults living with muscular dystrophy (MD).

To date their research projects have been conducted to characterise habitual diets in those living with various forms of MD and understand how dietary factors may be associated with function and quality of life.

This data has provided a foundation for future dietary interventions, displaying how those who habitually consume more protein exhibit higher lean mass, muscular strength, subjective function and quality of life.

Building off this work, with funding from MDUK – the largest dystrophy-related charity in the UK, the group are now beginning to conduct long-term protein supplementation studies to investigate whether this simple intervention can improve the vital outcomes listed above.

The research team have partnered with the Muscular Dystrophy Support Centre (MDSC) who deliver physiotherapy clinics from MoveWell. This provides an ideal environment for co-produced, impactful research that will also benefit MDSC service users.



Dr. Nathan Hodson

MoveWell's facilities are essential for bridging the gap between lab-based findings and practical application, helping to embed research into community-based models of care and prevention.

Education and Training

MoveWell provides cutting-edge interdisciplinary education and placement opportunities across SportExR undergraduate and postgraduate programmes.

This ensures exposure to a wide variety of placement specialities and settings, providing breadth of experience upon graduation when many of them will enter healthcare careers which may include working for the NHS, private practice or academia.

A placement in MoveWell is highly anticipated by students who welcome the opportunity to apply theory to practice within our practice-based clinical outpatient environment.

Practice Based Placements

We are the host site for pre-registration physiotherapy placement students who are studying the following degree programmes:

- MSc Physiotherapy (pre-registration)
- MSci Physiotherapy

Our students are required to complete six practice-based education placements covering 1000 hours whilst studying for their Physiotherapy degree.

The placements should cover the four pillars of practice (acute, non-acute, outpatient, non-clinical).

MoveWell offers placements in the following areas:

- Musculoskeletal (MSK) Physiotherapy
- Physiotherapy for Stroke survivors
- Neuro Physiotherapy
- Sports (including pitchside, injury and concussion)

Our placements provide the opportunity for students to treat a range of conditions requiring physiotherapy care, under the supervision and guidance of our resident team of highly qualified and experienced physiotherapists (HCPC).

The placement experience also encourages our students to find out more about their personal strengths, values, motivations, interests and will help develop soft skills, such as teamwork and problem solving.



MSc Clinical Exercise Physiology (CEP)

MoveWell is the host site for the new MSc programme in Clinical Exercise Physiology (CEP) which is a rapidly growing discipline in the allied health professions that allows a regulated approach to exercise prescription for health and wellbeing.

The Clinical Exercise Physiology MSc is one of only six programmes accredited by the Academy for Healthcare Science (AHCS). The programme is aligned to the curriculum framework of CEP-UK, preparing students through practical, evidence based learning to become AHCS registered Clinical Exercise Physiologists upon graduation.

Our accredited MSc CEP programme will provide a career pathway for home and international undergraduate students to progress into this new, accredited allied health profession and is anticipated to quickly become a leading programme in the UK.

This one year degree will enable students to gain hands-on clinical skills to prevent and manage chronic conditions; improving patient outcomes and transforming lives through the combination of exercise science and healthcare.

MoveWell provides Clinical Exercise Physiology student placements during the academic year and their main focus will be to help manage the delivery of the Exercise for Health programme. More information about this programme can be found in the Exercise and Wellbeing section.

For more information about this degree programme:



Community Service Provision

Working to improve the physical and mental health of people within our diverse local communities.

MoveWell's excellent facilities and expertise enable us to provide physiological, metabolic, psychological and cognitive assessments through self-referral, and engagement with local and national charities to deliver impactful low-cost interventions to the people that they support. We also partner with local NHS trusts to support patient health and wellbeing referral schemes.

By harnessing the power of clinical exercise, physiotherapy and mental health we support the prevention, treatment and management of conditions across a broad spectrum of non-communicable diseases and acute conditions.

We also place emphasis on the importance of patient education, ensuring that individuals are well-informed about their conditions and the best strategies for managing them so that they feel empowered to take an active role in their recovery; enhancing their understanding of their conditions and the importance of adherence to treatment plans to aid in recovery and prevent future injuries.

This holistic approach ensures that patients receive the highest standard of care by addressing immediate physical issues, as well as fostering both physical recovery and overall long-term health and wellbeing.

Our resident team of highly experienced, HCPC qualified physiotherapists and clinical exercise physiologists provide supervision and support throughout our programmes of treatment and exercise.

Some of our clinics and classes are led by students who are undertaking supervised work placements as part of their physiotherapy or clinical exercise physiology degree. So, as well as receiving a high level of care and support as part of a student-led clinic or class, our patients will be supporting the personal and professional development of these students.



Physiotherapy Clinics

MoveWell's suite of physiotherapy clinics offer a comprehensive and high-quality approach to physiotherapy treatment, incorporating the latest research and evidence-based practices to aid recovery and rehabilitation following a variety of musculoskeletal, neurological and complex health conditions.

Private Musculoskeletal (MSK) Clinic

A part-time private clinic started 1 March 2025 offering integrated and complementary one-to-one MSK consultations for the treatment and care for conditions such as chronic back pain, osteoarthritis and sports injuries.

Since its launch in March 2025 this clinic has built an excellent reputation as a professional, efficient and competitively priced clinic that addresses immediate physical issues via a thorough health assessment, physical examination, diagnosis and personalised treatment plan.



Andy Morrissey HCPC



Student-led Musculoskeletal (MSK) Clinic

MSK physiotherapy placement students undertaking pre-registration work lead this term-time clinic as part of their physiotherapy degree programme under the supervision of our highly skilled and experienced resident physiotherapists.

Following a successful pilot we starting charging for this service in February 2025. Consultations include an initial assessment and a hands-on treatment plan combined with a tailored programme of exercise to prevent, treat and manage a broad range of MSK conditions.



Dan Walton HCPC



Judith Coe HCPC

“
The students are very professional and made me feel very comfortable in each consultation. Already been recommending to everyone. Thank you very much.
”

“
My student physios were brilliant and the exercises seem to have helped enormously as I've not had any recurrence of the injury when returning to previous activity levels.
”

For more information about the Physiotherapy Clinics:



Physiotherapy for Stroke Clinic

This innovative service is staffed by the University's physiotherapy students who are undertaking a clinical placement as a core part of their physiotherapy degree. Consultations take place under the supervision and direction of qualified physiotherapists who specialise in stroke rehabilitation.

This intensive programme aims to help stroke survivors achieve improved function and greater independence. We encourage them to self-manage simple day-to-day activities by providing a better understanding of their condition.

Since commencing in September 2024, this clinic has rapidly become established as a highly valued service for stroke survivors across Birmingham.



Dr. Dave Punt HCPC



Amira Hosny HCPC

“

This clinic provides a person-centred approach that helped with the progress of my recovery. The staff understood my needs and worked really well with me.

Neuro Physiotherapy

In this **new** out-patient clinic that launched in June 2025, students who are undertaking a clinical placement as part of their physiotherapy degree assess and treat patients with neurological conditions including Parkinson's disease, Multiple Sclerosis and brain injury.

Following an initial assessment under the supervision of a qualified and experienced neuro-physiotherapist, a personalised rehabilitation programme is developed for each patient and they are encouraged to attend regular on-site appointments where they can take advantage of the broad range of equipment and rehabilitation aids available.

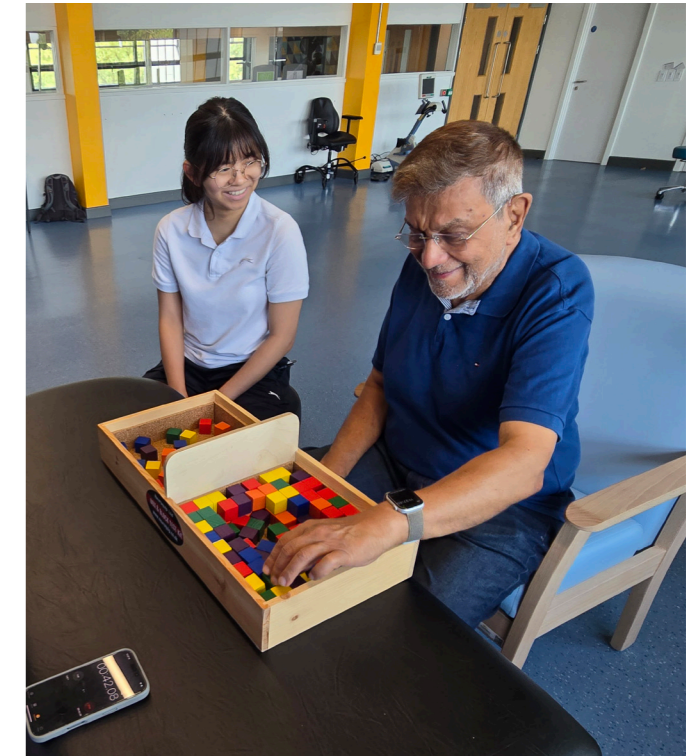
“

I really liked the patience and understanding shown by the students and staff. I liked the clarity they used and the way they explained things.

For more information about our Neuro Physiotherapy service:



Rachel Graves HCPC



Concussion and Sport Injury Clinic

MoveWell provides a free term-time student-led service on Mondays and Thursdays for any student athlete who has sustained a suspected sport-related concussion or sport-related injury.

As part of this service we run innovative concussion biomarker studies and are exploring the potential of using saliva tests versus blood tests to identify markers of brain injury.

More information about this study can be found in the Reserach section of this report.



Dan Walton HCPC



For more information about this clinic:



Exercise and Wellbeing Classes

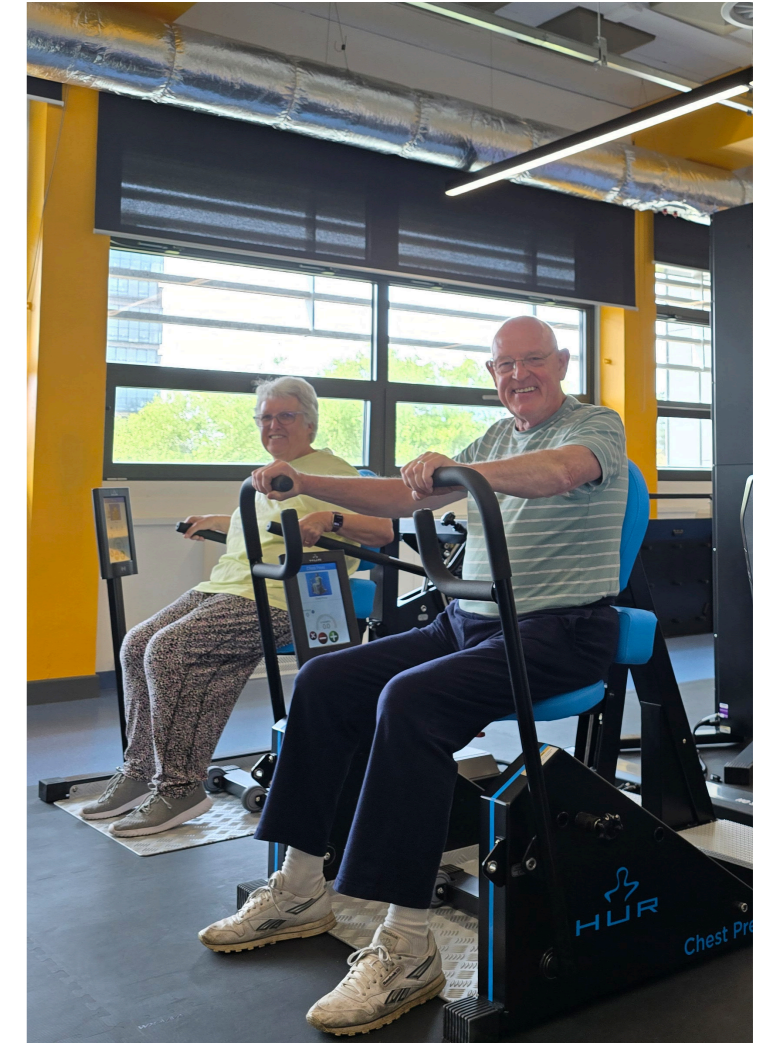
Attending exercise and wellbeing classes in MoveWell offers a great way to improve both physical health and mental wellbeing in a supportive and motivating environment.

Regular participation in exercise helps to build strength, flexibility, balance, and cardiovascular fitness, while also helping to manage or reduce the risk of long-term health conditions such as heart disease, diabetes, and obesity.

Structured classes in MoveWell provide guidance from fully qualified AHCS Clinical Exercise Physiologists and HCPC Physiotherapists ensuring exercises are performed safely and effectively, which can be especially beneficial for people who may feel unsure about exercising on their own.

Beyond the physical benefits, MoveWell classes also create valuable opportunities for social connection and stress relief. Taking part in group sessions can boost confidence, reduce feelings of isolation, and improve overall mood through the release of endorphins.

MoveWell helps individuals develop healthier habits that are easier to maintain long term and we currently offer two exercise and wellbeing classes. Both classes initially ran as very successful pilots and now form a more fixed part of the Centre's excellent service offering.



Exercise for Health Programme

This is a 10-week programme of education and exercise led by Clinical Exercise Physiologists (CEP) for those living with chronic health conditions and want to exercise to improve their health and quality of life.

Participants undergo a comprehensive, two stage health assessment with a CEP where medical history and personal goals are discussed. During this assessment, a series of physical and psychological measures relating to health and exercise are performed. This information is then used to develop a personalised exercise programme which is underpinned by the latest evidence-based research and will be based on individual's needs, goals and fitness levels.

These supervised exercise sessions are led by MSc Clinical Exercise Physiology students who are undertaking a student placement in MoveWell as part of their degree programme under the supervision of the CEP's who will be on hand to instruct, support and advise to ensure participants get the most out of their exercise programme and achieve their personal goals.

On completion of the exercise programme there is a follow-up health assessment to measure improvements and discuss strategies to ensure long-term adoption to an active lifestyle.

Participants will also be encouraged to continue using MoveWell's gym facilities as part of our Open Gym Sessions.

For more information about the Exercise for Health Programme:



Dr. Katie Hesketh



Dr. Jo Richards



Dr. Richard Powell



This programme has quite literally changed my life. I am exercising regularly in my local gym which I was too scared to use before and I am also sticking to a diet of predominantly whole foods. I don't really weight myself but generally feel a lot more healthy, lean and energetic – it's all really paying off and I'm very grateful to the team for kickstarting this new active lifestyle!

Joint Health Programme

The Joint Health programme is a six-week student-led programme of exercise and activity to help participants manage and improve lower body joint health pain.

An initial assessment measures joint health and personal lifestyle aims are discussed before a personalised programme of exercise and education is devised. Our team of physiotherapists and placement students then supervise structured classes providing guidance and advice to ensure exercises are performed safely and effectively.

A final assessment at the end of the programme reviews progress and improvements to joint strength and flexibility and a plan of activity to maintain fitness levels is discussed that can include continued access to our gym facilities as part of our Open Gym sessions.



Andy Morrissey HCPC

For more information about this Programme:



“

Exercising as part of a group was really encouraging and inclusive. My programme of exercise was tailored to me and my needs.

“

This was a great opportunity to improve my joint health. The staff were excellent - Andy was so supportive and the students were motivational and great!



Dementia Support Group

New for 25/26 this group will support those living with dementia and their caregivers by providing a safe and welcoming space for them to enjoy:

- Social activities in a relaxed and friendly environment
- Cognitive stimulation activities
- Movement and wellbeing support from trained physiotherapists
- Opportunities to contribute to future research design

Research and data studies show that in-person support groups make a huge difference to those affected by dementia. Unfortunately, access to support like this can be extremely limited or in some cases, not available at all.

MoveWell are therefore collaborating with the Royal Voluntary Service and Alzheimer's Research UK Midlands Network to offer this movement and wellbeing service to support those in the local community.

For more information about the Dementia Support Group:



Partnerships and Collaborations

Muscular Dystrophy Service Centre (MDSC)

MDSC have been working from MoveWell since Feb 2025 and are currently based here 2 to 3 days per week.

They provide specialist therapy for their services users in Birmingham and the surrounding areas and take full advantage of our state-of-the-art exercise facilities and HUR gym equipment.

MoveWell is an additional satellite site for MDSC that enables them to reach and support even more individuals who need them.

NHS Foundation Trust Birmingham

We currently have two NHS services operating from MoveWell:

- Cardiac Rehabilitation Clinic
- Liver Transplant Rehabilitation service

The respective NHS teams are working with patients who are recovering from illness and major surgical procedures with weekly sessions that help build strength and resilience so that they are able to return to fully functional lives. On completion of this stage of their recovery process they are invited to join our Open Gym sessions.

Holland & Barrett

As part of the University's 'Let's Talk' sessions with Holland and Barrett, we have hosted two lunchtime Biometric scanning sessions that provide a detailed picture of body health to empower our staff to take charge of their fitness levels.

This is a growing partnership that will bring an increasing number of combined education and health activities to MoveWell during 2025/26. and will include a joint health talk in January and a Wellbeing Festival in March 2026.

Alzheimer's Research and Royal Voluntary Service

MoveWell is working in collaboration with Alzheimer's Research UK and the Royal Voluntary Service to provide a stimulating, fun and inclusive space for people living with dementia (and their carers) to join in with social activities in a relaxed and friendly environment. Cognitive stimulation activities will be fully supported by trained physiotherapists and participants will also be able to contribute to future research design led by Assistant Professor Richard Elsworthy. Please see our Exercise and Wellbeing Classes section for more information.

West Midlands Fire Service

Providing student-led physiotherapy consultations for WMFS staff to aid in the prevention, treatment and recovery of a range of musculo-skeletal (MSK) conditions enhancing the importance of physical health and wellbeing.



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