

ENHANCED ACCESS LANGPORT REPORT JULY - SEPTEMBER 2025



Summer 2025 - Two 12-week Langport wellbeing courses ran side by side:

Menofit - supporting women through menopause

Men on Mats - a gentle, low-impact class for men, particularly beginners or those with health conditions



Course Outcomes

12 Week Course, Langport July - Sept 2025	MenoFit		Men On Mats	
Signed Up	16		17	
Completed	6	38%	13	76%
Dis-Continued	5	31%	2	12%
Non-Starter	5	31%	2	12%
Overall Rating	5/5 4/5	71% 29%	5/5	100%

Top Cited Reasons for Non-Starter / Dis-Continuing

Feedback shows women often cited caregiving and scheduling challenges as reasons to dis-continue, while men mentioned injuries and clashes with other activities.

Both groups noted 'time of year' as a factor, suggesting that tailored programme design and seasonal scheduling could improve accessibility.

Participant Feedback:

Everyone who took part in the Langport courses was invited to complete a feedback survey. Alongside the participation data, their responses give us direct insight into the impact of these sessions, showing how they have supported confidence, wellbeing, and connection, while also highlighting some of the challenges participants experienced in staying involved.

NIKKI - MENOFIT

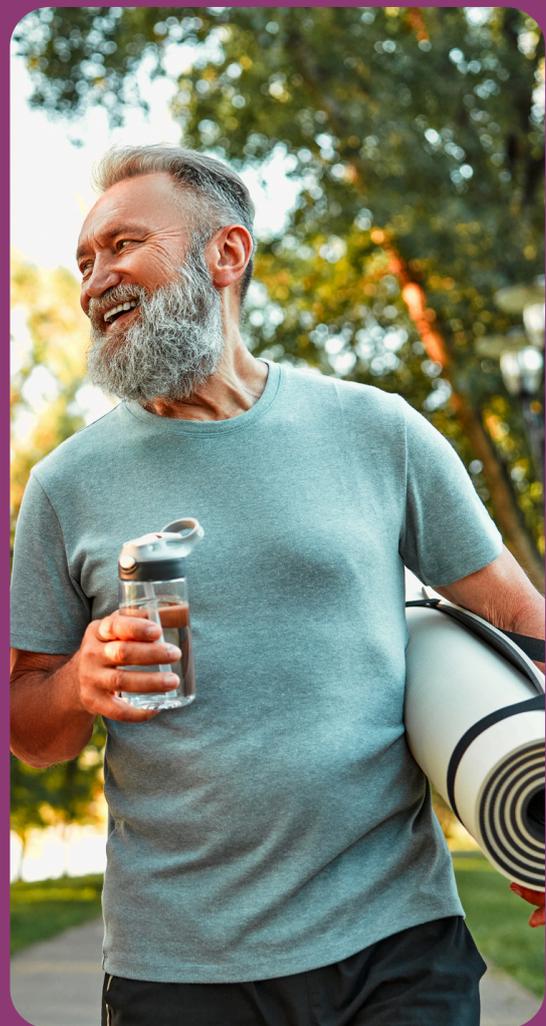
I learned and tried new things, which got me doing more and harder exercise than if I hadn't come to a class.

SARAH - MENOFIT

It was great, but difficult timing and family and weekend commitments got in the way. An evening class in the week would be better.

RON - MEN ON MATS

The instruction from Sharla was excellent and easy to follow, giving adequate time between exercises for recovery.



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