



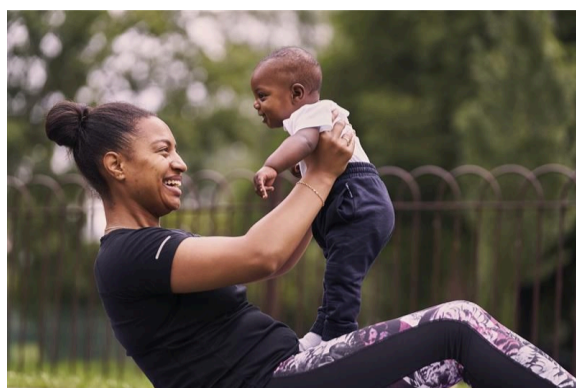
# This Mum Moves Ambassador Evaluation

2024/2025



## Highlights

- 57** individuals trained, with **79%** bookings taken by Bucks workforces
- 16** workforces trained across the **57** individuals



## Workforces

- 55%** Healthcare
- 27%** Leisure & Community Lifestyle Services
- 5%** Early Years/Children's

**100%**

of delegates reported a positive overall score for the programme.

**95%**

completed post training evaluations

## Participant Feedback

"This session has been very informative and has given me a good base line understanding to now do more research and use the tools with our female clients."

"I never knew that pregnant mothers can carry on with their usual routine if they're physically able to. It was good to learn about pelvic floor and abdominal wall dysfunction and the risks of exercise there and referring on to a pelvic specialist or a physio (or to the GP)."

"Really well structured, great presenters and advocates. I enjoyed meeting healthcare professional."

## Case Studies

**A local charity (Food Bank Trust)** had 2 staff members trained who now highlight the benefits of physical activity and provide pelvic floor health information on a newly developed pregnancy support programme in Wycombe.

**A local community provider** developed two programmes of activity by seeking external funding to deliver a pregnancy class and a post-natal/mum and baby class.

Bespoke Active Medicine Training to the **Oxford Health Perinatal team** to support conversations with patients on their Antenatal wellbeing programme.

Developed a Maternal Mental Health campaign in collaboration with **Sport in Mind**, Midwifery and **LEAP**.

## Development of a Network

The training has resulted in development of a **Buckinghamshire This Mum Moves Ambassador Network** which consists of the trained professionals, sharing learnings, providing peer support, identifying gaps in provision, providing updates on local services and contributing to a quarterly updates newsletter that's been co-designed as a network. The network has then led to the commissioning of a digital wellness platform **Lemonade Life**.

## Next Steps

- Gather further case studies from This Mum Moves Ambassadors
- We have been approached by the Women's Health Lead for BOB and will explore training for each location for Pelvic Floor Physios