



Norfolk and Suffolk Health and Care Awards 2026

Treatment to Prevention Award

Move Your Mind Project

Everyone Active

Move Your Mind, delivered by Everyone Active under the leadership of Anselm Gurney, is an innovative 10-week programme focused on early mental health intervention and prevention. Rather than treating illness, it supports people to improve their wellbeing before reaching crisis point. Designed in partnership with Suffolk Mind, the programme combines chair-based yoga, mental health education, supported by a workbook, and peer discussion to promote both physical and emotional wellbeing. The sessions create a safe, inclusive environment where participants can build confidence, resilience and meaningful social connections.

A key strength of Move Your Mind is its thoughtful, inclusive design, aimed at people who may not typically engage with leisure services. Anselm ensured the programme was accessible to all ages and abilities by incorporating chair-based yoga, while also recognising the importance of unhurried, supportive spaces. Each 90-minute session allows time for reflection, conversation and relationship-building, with the 10-week duration enabling trust and peer support to develop. The programme also equips participants with practical skills, such as breathing techniques to manage anxiety and reduce stress.

The programme has had a significant impact, with 75 participants reporting improved wellbeing scores—one increasing from -3 to +41. Many have continued engaging in physical activity, joined other classes, and built lasting social connections. Feedback highlights life-changing outcomes, including increased confidence, reduced isolation and improved mental health. By combining physical activity, education and community support, Move Your Mind demonstrates a powerful, preventative approach that empowers individuals to take control of their wellbeing and sustain healthier, more connected lives.