

1.5 YEARS ON...

82% UPTAKE IN PROGRAMME

503 PARTICIPANTS

1337 FACE TO FACE APPOINTMENTS

WITH OVER A 60% COMPLETION RATE!



HEADLINE DATA FROM: MARCH 2024-SEPTEMBER 2025

EMPOWERING INDIVIDUALS TO RECOVER WELL AT HOME AFTER HOSPITAL DISCHARGE BY OFFERING GUIDANCE, RESOURCES AND MOVEMENT SESSIONS IN THE HOME AND LOCAL COMMUNITY WITH A FOCUS ON FUNCTIONAL GOALS, WELLBEING, AND PREVENTING FALLS-RELATED READMISSIONS.

TOP REFERRERS:

MUSGROVE
PARK HOSPITAL

39%

DISCHARGE
TO ASSESS

34%

FEEDBACK



100% RATE THE SERVICE AS EXCELLENT (68%) OR GOOD (29%)

97% RECOMMEND M2I TO OTHERS RECENTLY DISCHARGED FROM HOSPITAL

87% HAVE HAD NO FALLS WITHIN THE M2I SERVICE PERIOD

HEALTH OUTCOMES

97% EITHER COMPLETED OR MADE PROGRESS TOWARDS THEIR GOALS

61% INCREASE IN FEELINGS OF USEFULNESS AGAIN

53% ARE NO LONGER DEEMED INACTIVE (<30MINS/WEEK), WITH 81% ON REFERRAL TO 28% ON COMPLETION

49% INCREASE IN ABILITY (KNOWLEDGE, SKILLS AND CONFIDENCE) TO MANAGE THEIR OWN HEALTH AND WELLBEING

40% NOW MEETING THE 150MINS RECOMMENDED WEEKLY PHYSICAL ACTIVITY LEVELS

37% INCREASE IN WELLBEING SCORES

7.4/10 AVERAGE CONFIDENCE SCORE IN ACCESSING PHYSICAL ACTIVITY (INCREASED FROM 3.5/10)

FALLS PREVENTION

96% ARE AWARE OF THE TYPES OF STRENGTH AND BALANCE EXERCISES TO PREVENT FALLS

93% ARE DOING REGULAR STRENGTH AND BALANCE EXERCISES (UP FROM 19%)

92% ARE AWARE OF THE BENEFITS OF STRENGTH AND BALANCE FOR PREVENTING A FALL (UP FROM 22%)

32% REDUCTION IN FEAR OF FALLING (FROM 81%-49%)



FEEDBACK & STORIES

ANN'S STORY

Ann was referred to M2I after a hip operation and shoulder injury left her struggling with mobility and daily activities like climbing stairs and washing her hair. These challenges caused her emotional distress and fear about coping independently.



M2I offered personalised support that worked alongside her physiotherapy to provide practical, positive solutions.

"The first time I met you, you were just so practical and positive. Instead of saying 'we might try this', you had a perfect answer. You recommended a simple movement for my shoulder, and that changed everything."

M2I offered:

- **Tailored exercises** to strengthen her legs, improving her walking and ability to climb stairs.
- **Simple, effective movements** to ease the shoulder injury.
- **Encouragement and confidence building**, helping Ann feel more capable and independent.

"Even though I had physio support, there were gaps, and you [M2I] were there in the middle doing something really practical to help me live independently."

MICK'S STORY

After an extended hospital stay, Mick found the transition back to independent living daunting. He relied on a walking frame or sticks for mobility and struggled with daily tasks like standing from a chair or managing personal care. The uncertainty left him anxious about how he would cope without constant support. Joining the Move 2 Independence (M2I) programme marked a turning point.

M2I focussed on:

- **Mobility:** He now walks unaided at home and outdoors, no longer needing a frame or sticks.
- **Independence:** He manages personal care and dressing without help — and has even returned to driving.
- **Confidence:** Mick feels capable of handling daily life again.

Mick successfully met his goals and told us how his quality of life improved, crediting the support helped him regain his independence by overcoming his fears and physical limitations.

He now feels confident in his ability to perform daily activities without assistance, stating, "I don't really need assistance to do anything!"

JOHN'S STORY

After a long hospital stay, John struggled with mobility and spent most of his time in a chair. Cooking, his passion, felt out of reach. Motivated to get back in the kitchen for his family, he joined Move 2 Independence.

"Their support gave me the motivation to strengthen my legs," he said. Now, John cooks again, feels more confident, and enjoys life at home. He's moving more easily, no longer afraid of falling, and only needs a walking stick.

Reflecting on his progress, John credits M2I for providing the encouragement he needed. "Their support gave me the motivation to keep pushing forward and strengthening my legs," he said. "I never imagined I'd be able to sit in my garden or visit the shed again."

Simple pleasures, like enjoying his garden or joining his family for Sunday lunch at his mother-in-law's, were once daunting due to difficult steps and awkward transitions in and out of the car. Now, John navigates these activities with ease, relying only on a walking stick instead of a walker. "I never imagined I'd be able to sit in my garden or visit the shed again".

