

# WOMEN, HORMONES AND HEALTH: TAI CHI & GROUP WALK IN SUTTON PARK

Women Hormones and Health has developed a supportive wellbeing programme that includes a monthly indoor session alongside weekly outdoor Tai Chi and Walk in the Park sessions held every Tuesday. The indoor sessions focus on sharing both clinical and non-clinical knowledge around hormonal transitions, exploring their physical, emotional, and psychological impact, and supporting women in understanding how to navigate these changes with greater confidence and awareness. The outdoor sessions complement this learning by encouraging gentle movement, social connection, and nervous system regulation through Tai Chi and guided walks, supporting overall physical and mental wellbeing. The programme brings together gentle movement, walking, mindfulness, and accessible health education to support women's physical, emotional, and hormonal wellbeing. Led by Baljeet Baba (Founder and Director) with support from Dr Rano Bhadoria and Satpal Singh, the weekly sessions in Sutton Park offer a calm, welcoming space to move, reflect, and connect. Regular attendees describe feeling mentally stronger, more confident, and less isolated, with many highlighting the companionship, nature, and steady rhythm of the sessions as deeply restorative. The programme has built a trusted, supportive community where women feel informed, heard, and better equipped to navigate life's transitions. Recruitment continues to grow through personal and community networks, and feedback remains consistently warm, grateful, and free of suggested changes.

*Participants  
Feedback 20th  
January 2026*

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## Background: Women, Hormones and Health and Tai Chi & Group Walk in the Park

Women, Hormones and Health and Tai Chi & Group Walk in the Park are community projects created and led by Baljeet Baba, supported by Dr Rano Bhadoria, Consultant Psychiatrist and Therapist, and Satpal Singh, who leads the Tai Chi sessions to encourage gentle movement and mind–body alignment. The sessions take place every Tuesday morning in Sutton Park and are open to anyone who wishes to join. Men and women are welcome, including those who do not attend the Women, Hormones and Health group. As part of her weekly outreach, Baljeet uses a pavement chalkboard to let park visitors know about the session and invite them in.

Each Tuesday morning in Sutton Park, a group of men and women gather with a shared purpose: to move, to breathe, to learn, and to reconnect with themselves. These mornings sit at the heart of the Women, Hormones & Health project — a space that helps women understand their bodies more deeply and feel supported through the many transitions that shape their lives.

The session begins quietly. Satpal Singh guides the group through slow, grounding Tai Chi movements, easing tension and inviting calm. For many women, this is the first moment in the week when they can simply arrive — without pressure or expectation — and feel held by the rhythm of their own breath.

The group then sets off on a gentle walk through the park. Denise, a long-standing volunteer who knows every path, leads the way. The pace is unhurried. Conversations rise and fall naturally: stories shared, worries voiced, laughter exchanged. For women who often feel unheard or overlooked, walking side by side becomes a powerful reminder that they are not alone.

The morning ends in stillness. Dr Rano Bhadoria or Baljeet Baba lead a moment of mindfulness beside one of the park's quiet pools, where the water reflects the sky and the trees lean in like old friends. Here, the senses awaken — cool

air, rustling leaves, damp earth — and the group settles into a deeper awareness of their bodies and emotions. Many describe this moment as a reset before returning to daily life.

These gatherings form part of a wider journey to help women understand how hormones influence energy, mood, sleep, and stress, and how these patterns shift across different life stages. Through accessible workshops and open conversations, the project encourages women to recognise early signs of imbalance, burnout, or overwhelm, and to feel confident seeking support. Practical tools — from nutrition and movement to sleep routines and stress regulation — are shared in ways that feel achievable and culturally sensitive.



Above all, the project nurtures connection. In a world where many women navigate hormonal changes in silence, this space allows experiences to be spoken aloud, questions to be welcomed, and peer support to become a source of strength. Over time, participants feel more resilient, more informed, and more able to meet life transitions — whether menstruation changes, perimenopause, or menopause — with steadiness and self-trust.

The long-term hope is simple: that these mornings, these conversations, and these shared breaths ripple outward. That women leave feeling better equipped to care for themselves, to engage confidently with healthcare services, and to support the wellbeing of their families and communities. That a healthier, more connected, and more informed community continues to grow.





## Balwinder's experience of Tai Chi, Group Walking and Mindfulness

Each Tuesday, the group gathers — no charge, no barriers, just an open invitation. They walk, they breathe, they learn, and they remind one another that wellbeing is not a destination but a shared journey, strengthened by nature, knowledge, and community.

The session begins with gentle Tai Chi, a simple yet powerful practice that brings together mind, body, and spirit. Standing in a welcoming circle with soft music in the background, Satpal guides us through warm-ups and slow, flowing movements that ease the body into calm mobility. By the end, we feel centred, relaxed, and uplifted, which serves the main purpose of the session - connection and supporting women going through hormone transition.



We then move into a group walk through Sutton Park’s green open spaces. With supportive facilitators like Denise, walking becomes a social, energising activity that boosts heart health, strengthens bones, lifts mood, and improves sleep. Even a short, brisk walk increases blood flow and releases endorphins, helping us feel brighter and more alive.

The session closes with mindfulness. With our bodies already relaxed, Rano Bhadoria or Baljeet Baba gently guide us into stillness beside one of the park’s pools. We move through each of the senses — sight, sound, taste, smell, and touch — anchoring ourselves in the present moment. Our senses heighten, and we begin to notice our surroundings more fully. Watching a swan glide across the water or listening to the soft sounds around us deepens our sense of calm.



As we finish, there is a shared feeling of being refreshed, grounded, and ready to continue the day with more ease and positivity.

# Tai Chi, Group Walking and Mindfulness – Participant Feedback Report

## Introduction

This report summarises feedback from five regular participants of the Tai Chi & Walk in the Park project, offering insight into how the sessions are experienced and the impact they are having on members wellbeing. The responses highlight why participants attend, how they access the sessions, and the personal benefits they have noticed over time. The findings also explore feelings of companionship, isolation, and inclusion, providing a deeper understanding of the group's social and emotional value. Together, the data paints a picture of a programme that strengthens physical health, nurtures confidence, and fosters meaningful community connections.

## Questionnaire

The questionnaire was designed to capture women's experiences of the support they received through the Women, Hormones and Health Project. One strand of this project helped inspire the "Tai Chi and Group Walk in the Park" programme. Guidance from Neighbourhood Network Scheme, Sutton Coldfield (NNS) and Birmingham Community Matters (BCM) organisations informed which measurable data should be collected so that the positive impact of members spending time in open, green and blue spaces could be clearly demonstrated.

## Sample size

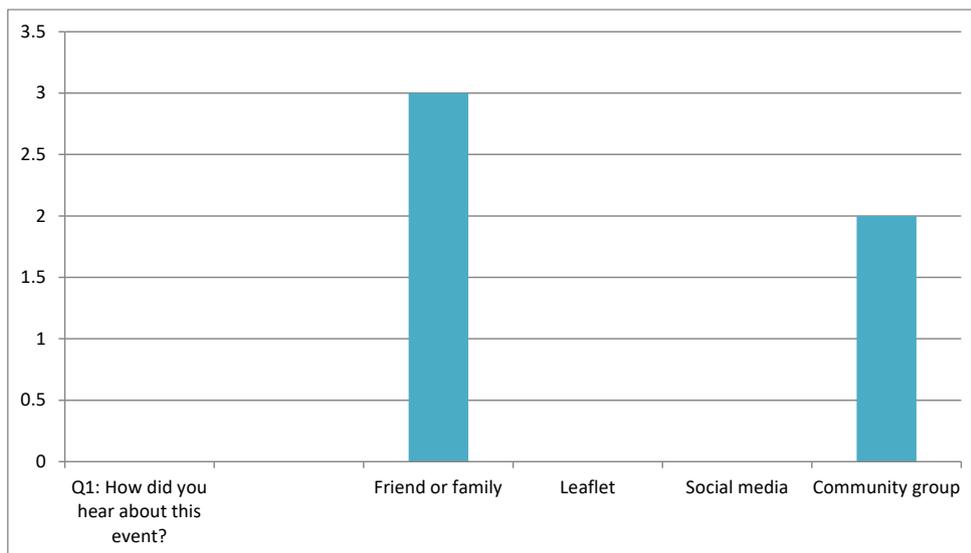
Five participants volunteered and completed the short questionnaire out of the eight who attended on Tuesday, January 2026 (R1, R2, R3, R4, R5). Three facilitators were present.

# Results

## Q1. How participants heard about the event

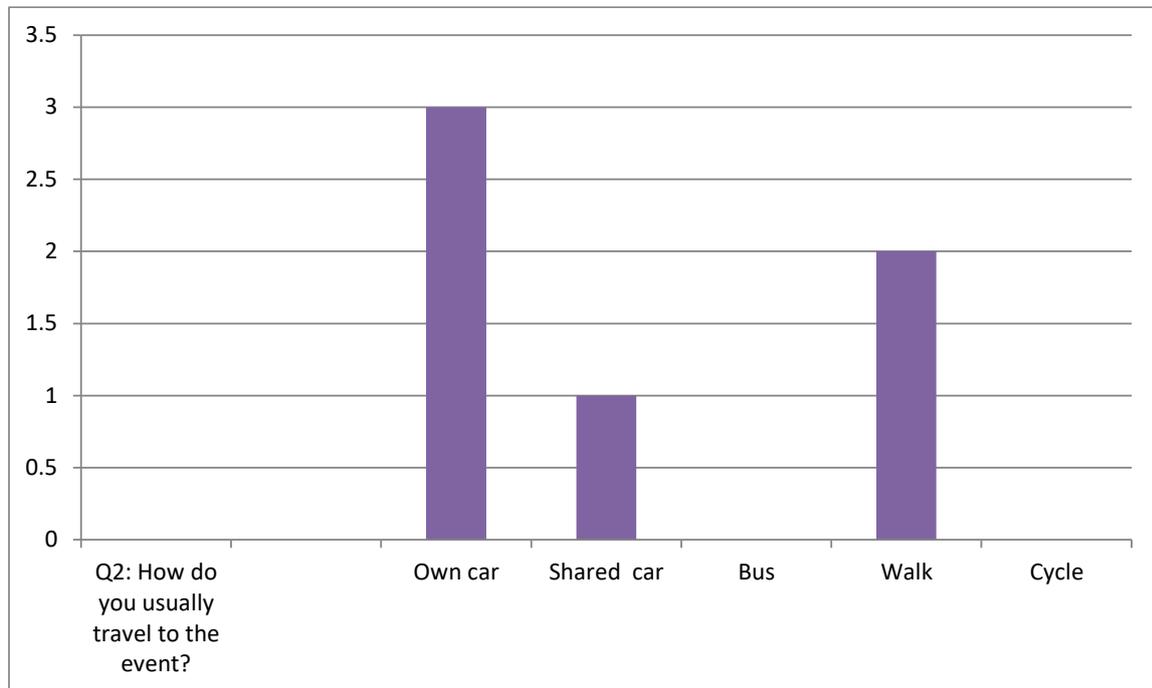
### Key Findings

- Friend or family referrals: 3
- Community groups: 2
- Leaflets, social media, other: 0



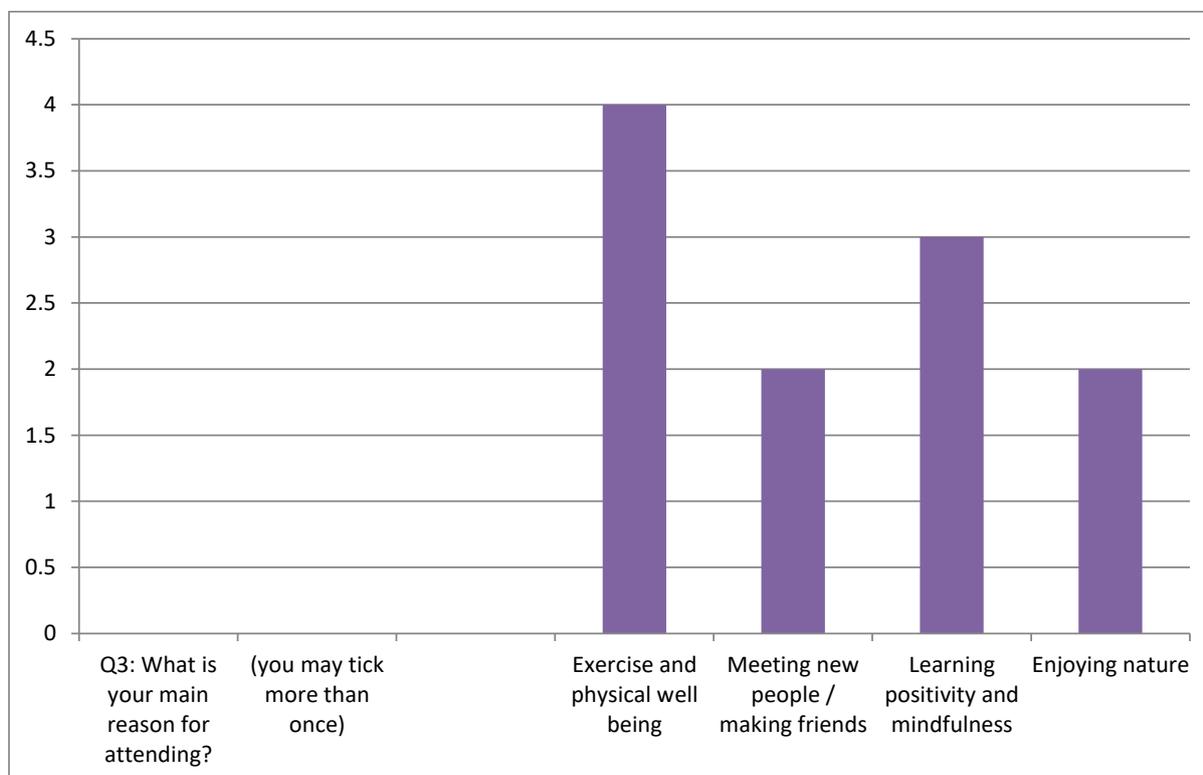
Word of mouth is the strongest recruitment route. Community groups also play a meaningful role. There is no evidence of reach through leaflets or social media, suggesting potential areas for future outreach if desired.

## Q2. Usual mode of travel to the venue



Most participants rely on personal or shared vehicles, though walking is also common. This suggests the event is accessible both locally and by car.

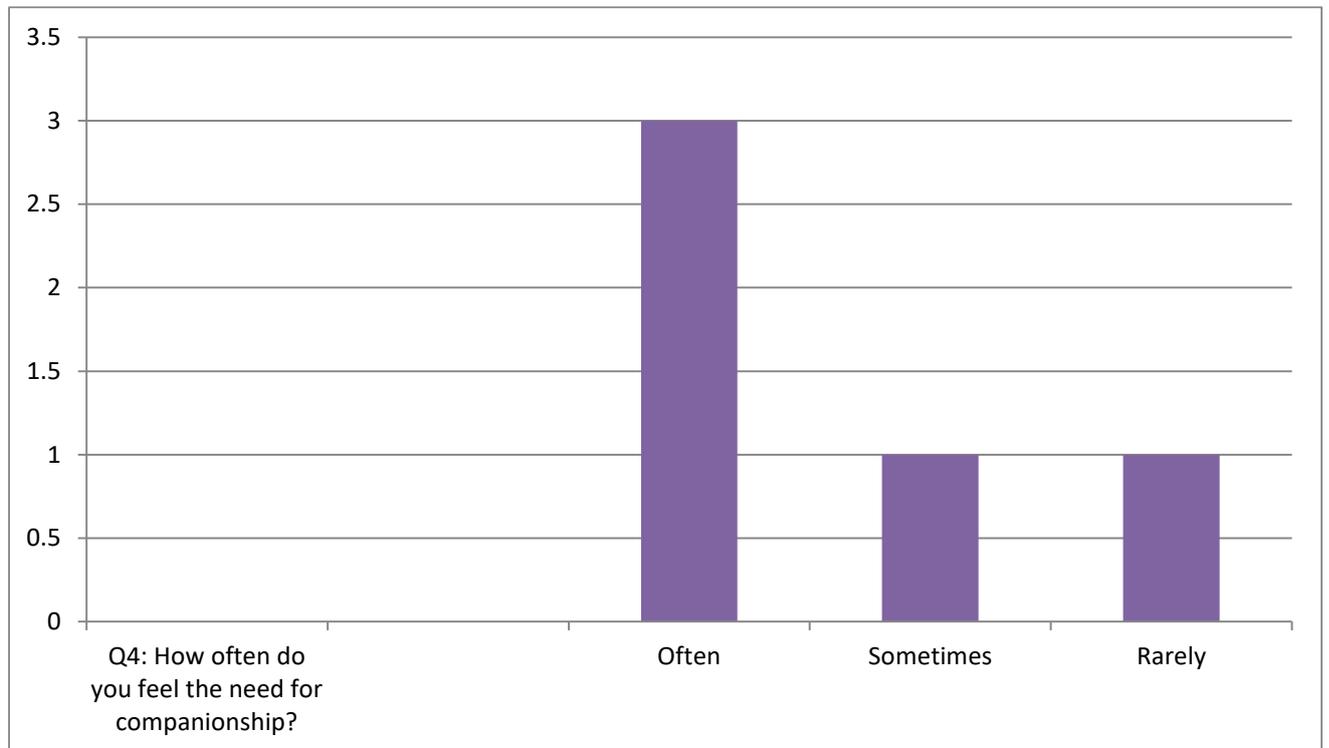
### Q3. Main reasons for attending



(Multiple selections allowed)

Physical wellbeing is the strongest motivator, followed closely by mindfulness and emotional wellbeing. Social connection and nature also play important roles.

## Q4. Need for companionship



Most participants experience a frequent need for companionship, highlighting the importance of community-based activities like this one.

## Q5. Length of attendance

- More than 3 months: 5 (100%)

One Participant commented:

- “I have found these sessions incredibly beneficial & very rarely miss a session.”

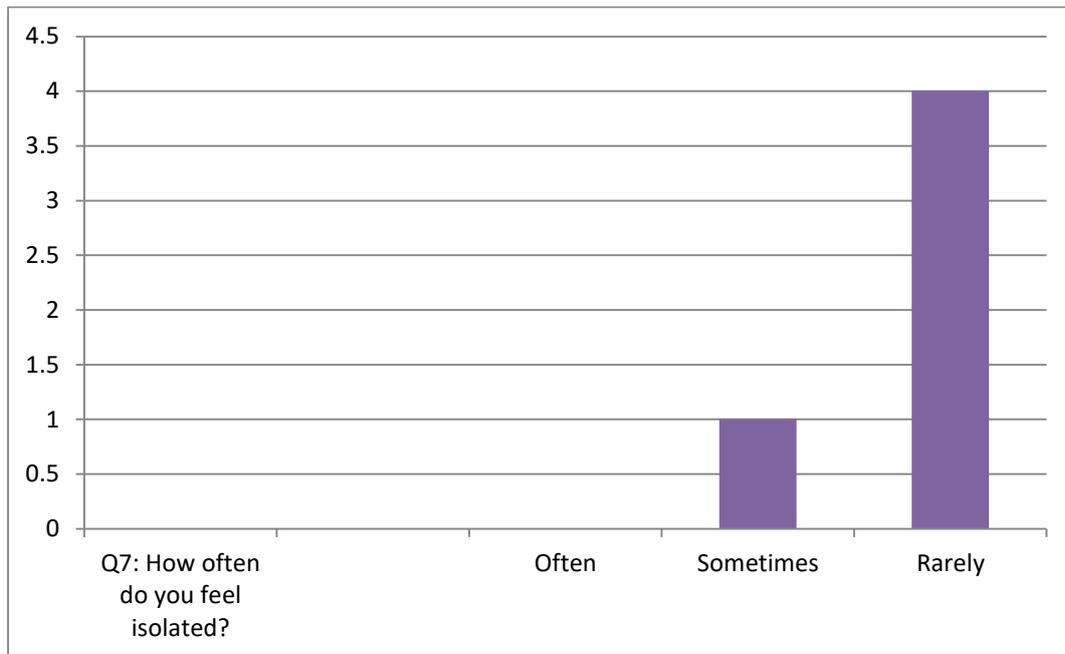
All respondents are long-term attendees, indicating strong programme retention and satisfaction.

## Q6. Feeling left out

- Rarely: 5
- Sometimes / Often: 0

Participants overwhelmingly report not feeling left out, suggesting a highly inclusive environment.

## Q7. Feeling isolated



Most participants rarely feel isolated, though one respondent experiences occasional isolation. The group appears to provide meaningful social support.

## Q8. Positive changes since joining

- Yes: 5
- No: 0

Participant comments are:

- “Mental health better.”
- “I feel I have grown in so many ways.”
- “No, I’m enjoying it very much.” (interpreted as positive engagement)

All participants report positive personal change, particularly in mental health, confidence, and personal growth.

## Q9. Suggestions for improvement

Participant comments are:

- “I am very happy at the moment.”
- “Keep doing what you are doing & keep spreading the magic ...”

No improvements were requested. Participants express strong satisfaction and emotional appreciation for the sessions.

## Conclusion

Feedback from participants shows that Tai Chi & Walk in the Park is making a significant positive impact on physical, emotional, and social wellbeing. Every respondent has been attending for more than three months, demonstrating exceptional programme loyalty and trust. Participants consistently report improvements in mental health, increased confidence, and a stronger sense of connection with others. Feelings of isolation and exclusion are rare, reflecting the group's inclusive and welcoming atmosphere.

Motivations for attending — from physical wellbeing to mindfulness, social connection, and enjoyment of nature — are being fully met. The overwhelmingly positive comments and absence of improvement suggestions highlight a programme that is not only effective but deeply valued. Word-of-mouth referrals further reinforce the sense of community ownership and shared benefit.

Overall, the sessions are delivering meaningful, sustained wellbeing outcomes and fostering a supportive environment where women feel seen, connected, and empowered. The programme is clearly a vital resource within the community.

## Recommendations:

### Support community-led outreach

Word-of-mouth is the strongest recruitment route. Light investment in park-based signage, and occasional taster sessions with local groups would strengthen reach without changing the programme's character.

### Protect the core session model

The current blend of Tai Chi, walking, conversation, and mindfulness is delivering strong wellbeing outcomes. Continued funding for facilitation and basic materials will help maintain this proven structure.

### Enhance inclusion and peer support

Although isolation is rare, small investments in volunteer training or a gentle buddy system would help sustain the group's welcoming, supportive atmosphere.

### Build partnerships with local organisations

Strengthening links with groups, carers' networks, and cultural associations would widen access and deepen community engagement.

### Offer optional wellbeing resources

Funding for simple, culturally sensitive handouts or occasional guest facilitators would enrich learning for participants who want additional support.

### Ensure long-term sustainability

Maintaining the free, barrier-free nature of the project is essential. Support with facilitator costs, volunteer coordination, and seasonal equipment would secure stability and continued impact.

## References:

Wings be transformational website:

<https://wingsbetransformational.co.uk/women-hormone-and-health/>

Library of Birmingham: Exhibition on:

“WHAT ARE THE ODDS?

IKON CREATIVE HEALTH. AT THE LIBRARY OF BIRMINGHAM.”

Open from 21 Jan 2026 - 11:00 AM to 27 Jun 2026 - 5:00 PM

<https://www.ikon-gallery.org/exhibition/ikon-creative-health-at-the-library-of-birmingham>

In particular: Jaskirt Dhaliwal-Boora in *Green Spaces (2024)*:

The following text on the importance of good-quality green open spaces is provided by Birmingham City Council’s Public Health Mental Health and Wellbeing Team as part of the exhibition.

Access to high quality green spaces is shown to have positive impacts on health, mental health and wellbeing:

- Research in Wales shows a lower risk of depression and anxiety for people living within and/ or with access to green and blue spaces. 1
- Green spaces also provide opportunity for factors such as physical activity, which is shown to have positive effects on mental health and wellbeing. 2
- Neighbourhoods with greater access to green spaces tend to have a higher life expectancy. 3

Green space plays a vital role in supporting mental health and wellbeing. The collaboration between Ikon Gallery and Living Well Consortium highlights how connecting with nature can nurture reflection, reduce stress and build a sense of community.

1. National Institute for Health and Care Research, Local green spaces are linked with better mental health (2024). Available at: <https://evidence.nihr.ac.uk/alert/local-green-spaces-are-linked-with-better-mental-health/>
2. Lee, A., Jordan, H., & Horsley, J. (2015). Value of urban green spaces in promoting healthy living and wellbeing: prospects for planning. *Risk Manag Health Policy.*, 131-137.
3. The Health Foundation, Relationship between access to green space and health (2024). Available at <https://www.health.org.uk/evidence-hub/our-surroundings/green-space/relationship-between-access-to-green-space-and-health>

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Mrs Balvinder Atwal