

# Mind and Body Wellness (MBW) Project

## Project lead - **Dr Manmeet Kaur**

- GP partner at Pengam Health Centre, Caerphilly  
(*Aneurin Bevan Health Board*)
- Director at Thriving Communities CIC  
([www.thrivingcommunitescic.org](http://www.thrivingcommunitescic.org))
- Yoga Instructor, Breath & Meditation trainer  
(*The Art of Living | United Kingdom*)

## Supporting lead- **Esther Apoussidis**

- Director at Thriving Communities
- Qualified Reflexologist running her own business



## Problem statement

- **Rising stress & lifestyle-related illnesses**
- **Preventable issues adding pressure to the NHS**
- **Limited access to holistic support in deprived areas**



**Medication dependency &  
Increased GP visits**

**Greater strain on NHS**

**Health inequalities**

## Aims

- **Develop sustainable, scalable & preventative social prescribing model**
- **NHS cost avoidance by reducing preventable NHS demand**
  - Empowering people to take ownership of their own health
  - Delivering measurable reductions in GP attendance & medication use
- **Supporting Welsh Government climate commitments by**
  - Carbon reduction for better environment sustainability

# Mind & Body Wellness (MBW) Project (Caerphilly, Blaenau Gwent & Newport)

**Started in 2023**

**Collaboration with Swansea University**

- **5 weekly cohort - 90 min session each week**  
*(Nutrition, Yoga, Breathing exercises, Mindfulness & Group activities)*
- **SKY breathing( Breath to Health) workshop**  
**(3 hours on 3 consecutive days)**  
*(SKY breathing - Rhythmic breathing meditation technique which harmonises Mind and Body)*

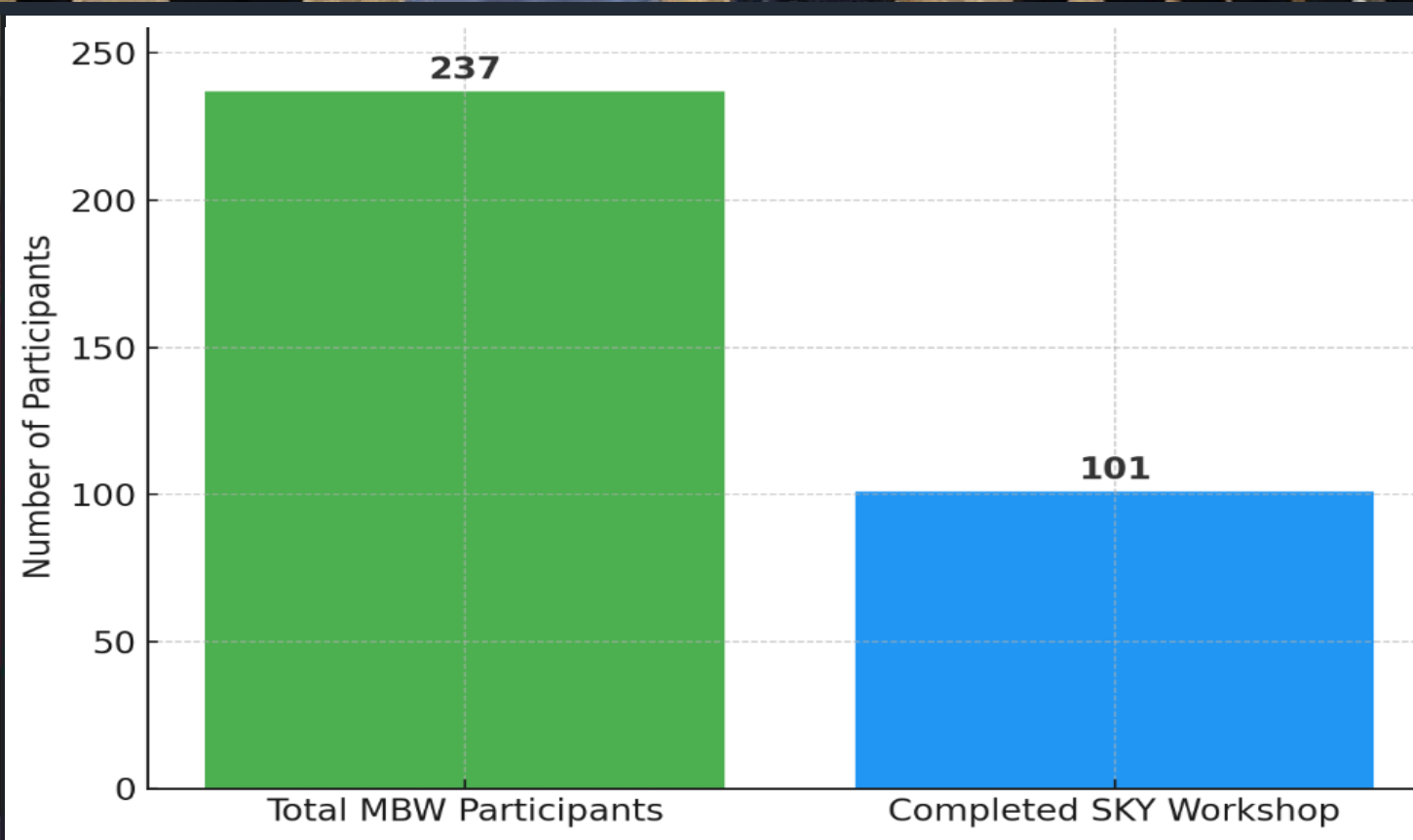


# Key Achievements

-  **NHS Wales Sustainability Award (June 2025)**  
**(Wellbeing of Future Generations category)**
-  **Aneurin Bevan Health Board Staff Recognition Award (July 2024)**
-  **Mental Health Wales Award (Oct 2024)**
-  **Winner of EMMWA award (2021)**
-  **Welsh Charity Awards Finalist (Oct 2025)**

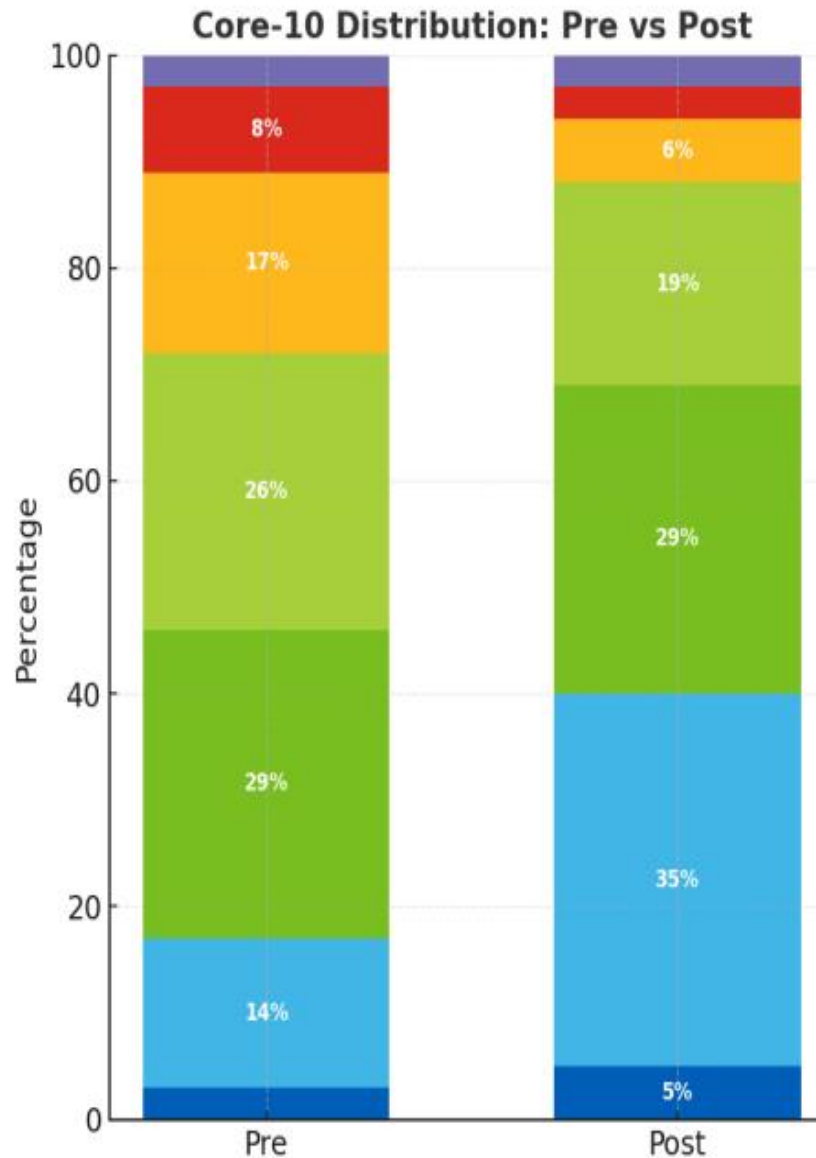


# Reach & Impact (2023-25) Mind & Body Wellness (MBW) Project



## Core-10 Wellbeing Outcomes:

Pre vs Post  
Mind & Body  
Wellness  
Programme



**Severe distress 8% → 3%**  
**Moderately severe distress 17% → 6%**  
**Moderate psychological distress 26% → 19%**  
**Mild psychological distress Stable at 29%**  
**Low-level psychological distress 14% → 35% (positive movement)**  
**Healthy 3% → 5%**

# Holistic Health Care (HHC) Programme with Cardiff Medical School

*Research & Evaluation with  
Swansea University*

*Piloted on Nov 24*

Extremely positive feedback - improved  
wellbeing & deeper understanding of holistic  
health care

*1<sup>st</sup> HHC cohort completed - May 25 &  
Next HHC cohorts - Nov 25 & Apr 26*





*Thank you for the session yesterday, it was very successful. The feedback is very positive..!*

Education Centre Manager  
at Ysbyty Ystrad Fawr

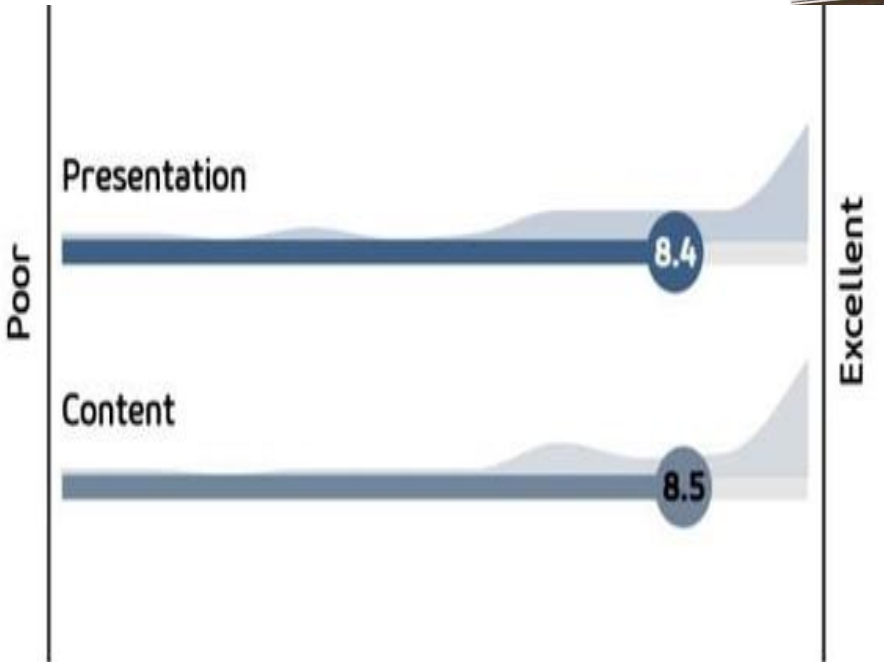


## Mind & Body Wellness sessions (Ystrad Mynach Hospital)

Sessions delivered = **18**

Participants engaged = **110**

- Cardiff GP trainees' wellbeing session 2024



# Mind & Body Wellness- Leadership Training Programme (MBW-LTP)

*(Train-the-Trainer Approach)*

Motivated through  
*Spread & Scale Academy*

-Piloted in Nov,2025  
( Ebbvale institute)

-First cohort in Jan,2026  
(Caerphilly) funded through  
*Welsh Government*

**15 NEW FACILITATORS**



- Build internal capacity by training a staff within different organisations



- These staff become certified facilitators



- They deliver wellbeing sessions /MBW Programme within their teams & communities



- Reduces long-term cost and increases sustainability



- Promotes a culture of ongoing wellbeing and resilience across the organization

# Key Barriers to Implementation and Scale

- **Sustainable funding & commissioning pathways**
- **Evaluation, data collection & impact measurement**
- **Communications, engagement and programme visibility**
- **Awareness, education and clinical buy-in across the NHS**

# What We Need to Progress

- **Sustainable commissioning & multi-year funding**
- **Clear referral routes & alignment with social prescribing**
- **Embedded evaluation and health-economic analysis**
- **Integration into workforce wellbeing & medical training**
- **System wide partnerships across Health Boards, Universities & third sector organisations**

# Testimonials

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[Holistic Health Care \(HHC\) Programme including SKY breathing workshop with Cardiff Medical Students \(Nov 2024\)](#)

[Ystrad Menach staff](#)

<https://youtu.be/TTI-5P0V5qo?si=54iB6gZljc7JeD4W>

[GP trainees' wellbeing day](#)

<https://youtu.be/QPBeKxvMSeo?si=Vvf6E70UqIDohICU>

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[3 Days of SKY WORKSHOP \(BREATH TO HEALTH WORKSHOP\) in Community](#)