

Mini Movers Impact Report

September 2026

Mini Movers is a programme of activities delivering sessions across St Ann's, Sneinton and Clifton. They take place during term time, with some holiday specials. Sessions are aimed at children from 0 to 4 years old. Each session delivers a different theme and can include soft play, physical activities, games, stories, movement to music and song time.

The sessions are designed to:

- Develop children's physical development
- Increase social interaction and communication skills
- Assist to develop children's language skills
- Increase hand and eye coordination
- Allow activities to take place in an outdoor setting
- Increase parents and carers' wellbeing
- Building connection and cohesion



"Mini Movers is a lovely little session that really gets the children (and adults) joining in. I would highly recommend it to other parents and carers."

September 2025 to August 2026

This year saw new Mini sessions added to the programme, including Mini Movers on Wheels, a roll and stroll session and music and movement sessions at venues in St Ann's, Sneinton and Clifton.

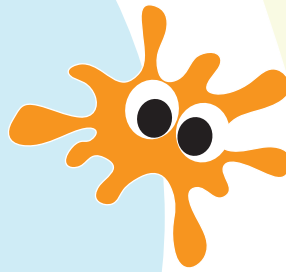
The seven weekly Mini Movers sessions, include Active Play, Outdoor Play, Toddles, Mini Movers on Wheels, Roll and Stroll and Boogie Beats.

Mini Movers Specials took place during the school holidays in the summer and autumn and we had a Mini Movers Teddy Toddle in November to raise money for children in Need.



"It's relaxed and children can run around and have heaps of fun."





September 2025 to August 2026 in numbers

1,730

Attendees
(plus parents/carers)

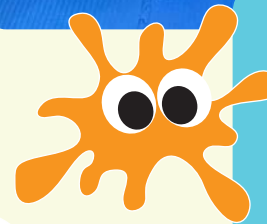
193

Sessions



83

Play sessions



"It's an amazing program for my little ones."

69

Music and movement sessions

18

Balance bike sessions
(from March 2026)

18

Balance bike sessions
(from March 2026)

5

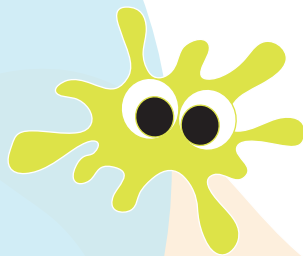
Toddles

5

Volunteers and
Parent Champions



"The staff are so welcoming and supportive and not just to children, to the parents too."



We asked parents and carers how they thought Mini Movers helped their children and here's what they said:

80%

said Mini Movers helped their child increase their physical activity.

90%

said Mini Movers helped their children make friends.

90%

said Mini Movers improved their child's ability to learn language and vocabulary.

97%

said Mini Movers improved their child's gross motor skills.

The most mentioned improvements were in running, jumping, balance, coordination, scooter and bike riding, throwing and catching skills, and confidence in physical activity.

90%

saw an improvement with fine motor skills.

98%

said Mini Movers improved their child's social interactions.

Taking part in Mini Movers helped children become more confident, sociable and engaged, with improved communication, and increased willingness to participate in group activities.

64%

said Mini Movers improved their child's social interactions.

100%

said Mini Movers improved their child's social interactions.

Many parents highlighted the value of having a regular, accessible activity that helps establish routine and structure and where they can spend quality time together.



"I like that it's fun, musical and all combined with play. There's story time. There is dancing. It makes it fun and enjoyable for the kids and they don't get bored."





Mini Movers Active Play, Brendon Lawrence Sports Centre

Sessions give children the opportunity to explore their physical development through play. They include soft play, physical activity, stories and are often themed using obstacle courses, jumping skills, throwing and catching skills, construction and seasonal themes.

Mini Movers Outdoor Play, Cherry Lodge

Sessions have a different theme each week which help to enhance sensory exploration and imagination using sand, water and mud.

Mini Movers Toddler, Cherry Lodge

Sessions are aimed at children and families, engaging children in craft activity followed by a structured and inclusive group walk. Music is used to encourage movement and being outdoors promotes social connection, wellbeing, and early exposure to outdoor environments. We finish with a group story and singing time. Ending with refreshments.

Mini Movers Roll and Stroll, Walk Bike Run Hub

Sessions are aimed at parents/carers of babies and toddlers in pushchairs and strollers. It provides a structured outdoor physical activity and promotes social connections, mental health and wellbeing.

Mini Movers on Wheels – Cherry Lodge

Sessions help young children develop early cycling skills, including mounting, dismounting, manoeuvring, controlling, and stopping a bike. The programme also supports balance, coordination, and fine motor skill development, providing a fun introduction to cycling in a safe outdoor environment. While engaging Parents in the opportunity to learn too.

Mini Movers Boogie Beats – Dales Library, Clifton Leisure Centre, St Ann's Library

Sessions support children with movement to music, storytelling and rhymes. They also support social, emotional development and assist with improving a child's language acquisition and motor skills.

"My child wasn't interested in walking until they started Mini Movers and now they walk, run, jump, climb and dance."

"We love having the Mini Movers as part of our library sessions, you all bring so much energy and the families really enjoy taking part; it is the most attended session here."

Mini Movers sessions spark curiosity, imagination and fun."

We have new sessions of Boogie Beats, Roll and Stroll coming to Clifton in September 2026.

If you would like to book or find out more about the sessions go to bookwhen.com/renewaltrust

The sessions are funded by Children in Need, The Jones 1986 Charitable Trust, The Chetwode, Foundation, The Williamson Benevolent Trust, Nottingham City Council and Travel Well. Thank you to all the funders.

