



Fit 4 U 2 Engagement Events

Nov 2023



We believe the best people to tell us how we are performing are those who have experienced our care and services and so we ask participants, relatives and carer's to tell us how we are doing.

Our staff are always happy to receive feedback and here are some of the comments from engagement events.

"Fit 4 U 2 is great. A great variety of things to do. Staff are very helpful and explain everything well."

"I really love coming to Fit 4 U 2 because it helps me physically move, it helps my balance and I sleep well at night, after my day at Fit 4 U 2"

"Great programme, great benefits for our autistic granddaughter. Keep up the good work."

"Also good for co-ordination. Look forward to coming, gives me a sense of achievement. It's one day, but makes a difference to me"

"It's fantastic. At my age I need it more than I ever needed it. It's incredible – the whole thing."

"Participant loves coming along on Wednesday mornings, not only is it exercises that he is taking part in, but it's the social side of it as well. The staff has welcomed him from day one and gives him so much respect."

"I love coming each Tuesday to get out and about, to see all the wonderful coaches. I love all the activities that I take part in. It gets me out of the house. I enjoy talking to friends, I really look forward to it each week."

"My aunt loves coming. It gives her structure and routine. She enjoys being given choice."