

Fit 4 U 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.

"Excellent service. Everybody is so helpful. The exercises are very worthwhile and help tremendously"

"Fit 4 U has given me a great chance to meet many new friends and keep fit. The staff are so helpful and pleasant, it is a pleasure to attend every Wednesday"

"Has helped to get me out and moving more. The biggest benefit has been to help with co-ordination"

"Exercise classes are really good and well presented. The online class is also great"

"Really good service for disabled adults. Staff are really good and friendly."

"Good to meet people and have fun and get fit."

"It's lovely to get out on a Wednesday morning and exercise while meeting friends and new people too."

"Always relevant and good for meeting others who also need companionship."