



Fit 4 U 2 Engagement Events

December 2024



Carer Feedback

“As a carer, you receive support, advice and are included, both by the Fit 4 U team, other carers and other clients.”

“Attending Fit 4 U 2 with my daughter has enabled me to meet with other carers, talk to professionals and support her in the activities.”

“Yes, as a parent, I have benefited by watching my daughter find a place where she belongs. That makes me, as a mother, feel good about myself and also her. That gives me peace of mind.”

“The staff/coaches are helpful, supportive and patient.”

“I'm very happy that my daughter's needs are being met to a very high standard. She just loves looking forward every Wednesday.”

“Participant is encouraged to remain active and enjoys the praise when she achieves an activity.”

“While it does give a short break from caring, the main benefit is to see the activity being enjoyed.”

“Great opportunity for adults with learning disabilities to participate in activities with their peers and offers a chance for caregivers to have a break.”