



# Fit 4 U 2 Engagement Events - Nov 2025

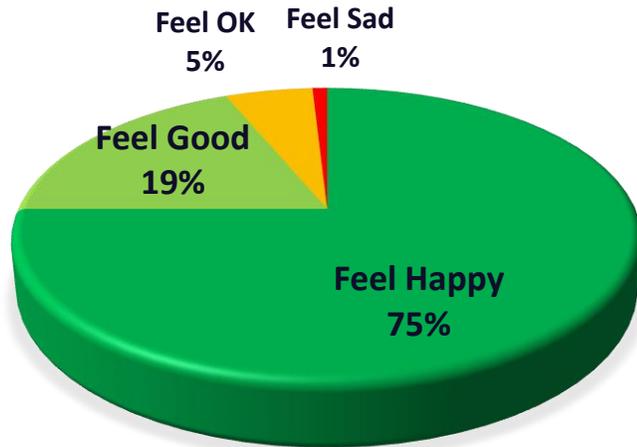
5 Events  
209 Attendees

145	Service Users
56	Carers
4	Volunteers
4	Other Stakeholders

Information Sharing	New Suggestion Boxes	Feedback Summary

We asked

How does Fit 4 U 2 make you feel?



When I feel down, Fit 4 U makes me feel better.

I can always talk to the staff, they make me feel safe.

Very good for my mental health. Love It.

Helps me with my social skills, talking to people.

Your Response

Overall, 94% indicate Fit 4 U 2 makes them feel HAPPY or GOOD.