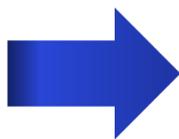


5 Events
115 Attendees



97	Service Users
7	Carers
4	Volunteers
7	Other Stakeholders



Information
Sharing



New
Suggestion
Boxes



Feedback
Summary

**We
asked**

**How effective is Fit 4 U at IMPROVING
your MENTAL and EMOTIONAL wellbeing?**

Fit 4 U is OFTEN or ALWAYS effective in

**Your
Response**

96%

Helping you connect with other people

92%

Helping you feel positive

89%

Helping you to relax



**Fit 4 U is positively impacting and improving
participants mental & emotional wellbeing.**

