

The Impact our services have..... keeping people active, happy, healthy and connected with each other and their community.



**Member Quote:** "Whilst we are here enjoying the kurling and each other's company we aren't in the doctors surgeries are we?"



**Member Quote:** "I had a stroke 12 months ago at the age of 84. The class has helped me improve my balance, which means that I can now attend a gym twice a week. This regular exercise will help with my recovery."



**Member Quote:** "This has been a great eye opener for me in terms of how my body can become stronger providing I follow the schedule and don't skip sessions."

**Member Quote:** "Once I got through the first 4 weeks I have not had anywhere near as much pain from my arthritis. So much so that I am often completely pain free."



**Member Quote** "I don't think that you realise what a difference these activities make to people's lives"