

Forces Fitness Education CIC St Nicholas and Bonvilston Community Council Funded Session Report

This report is an overview from the Forces Fitness Education CIC Funded session who were consulted after attending the free to attend Health, Well-being and Building resilience session that was run in Easter Half Term at Amelia Trust Farm and funded by St Nicholas and Bonvilston Community Council.

We did have 70 Booked on to the day via our online booking form with 25 Children attending and 5 Adults were also present during the sessions, a total of 30 attendees during the day. (This is still a good number as we always allow for a drop off as people do book and not attend when offering free days)

From all the people who attended our sessions the people rated the sessions Between Very Good and Excellent sat at **4.71** out of 5. **Scale 1 = Poor, 2=OK, 3=Good, 4= Very Good, 5 = Excellent**

We had a 100% response from the 30 people engaged that they would like to take part in similar activities again.

The Attendees of our sessions the people rated the Instructors Between Very Good and Excellent sat at **4.86** of 5. **Scale 1 = Poor, 2=OK, 3=Good, 4= Very Good, 5 = Excellent**

100% of attendees said they had fun on the session we delivered.

Some comments from the consultation below:

1. "I had fun!"
2. "Very good, our children really enjoyed the day"
3. "It was great fun I would love to do it again"
4. "Loved it. Would definitely do it again"
5. "Yes this was very fun and I was nervous at the start but by the end I felt happy and I would like to go again."

Photos Below (Permission has been given to use these on social media) –















