

Quarterly Report for the period 1st April 2026 to 30th June 2026

Title:	Fit Club
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Description:	Seated exercise for mobility, strength, balance, coordination and general well-being
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Task leader:	Sue Jackson
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Frequency:	Weekly	Twice-monthly	Monthly	Annually	Ad-hoc
	X				

Current Total Numbers:	Participants	20	Volunteers and Professionals	4
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Breakdown:	Carers	Cared-for	Others	Regular	Occasional	Professional
	3	5	12	2	0	2

General 3-month Assessment:	Not so Good	OK	Good	V Good	Special	
				X		
	Continuing to be a longstanding very successful activity. The group are very supportive of one another with two excellent instructors.					

Highlights:	Lots of laughter & looking forward to the garden party.
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Problems or Concerns:	We have a waiting list of 5 but can't take any more at this time in order for people to have room to move safely.
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**Participant
Feedback:**

As well as being good exercise, as the exercises are well planned and effective, it's good fun and a good social event. I always look forward to seeing everyone and exchanging news. It does me good to get out amongst other people, especially now that I am on my own. The Debenham Project has definitely been a great help and support to me. I have made good friends through coming to the sessions, and I would be very much worse off without it.

Shelagh Allen