

CARERS' EVALUATION COMMENTS

28 April 2017

BEST THING ABOUT THE DAY

"Time away from the daily responsibilities"

"Meeting other carers who have different and more intense problems."

"Time out for myself."

"All of it."

"Everything was fantastic. I felt totally relaxed after my massage."

"Total relaxation"

"Massage"

"Realising I'm not alone"

"Having quality time for myself"

"Time for myself"

"All excellent"

"Enjoying wonderful therapies and meeting new people"

"I enjoyed every session"

"Everything. Treatment was so relaxing and feet feel so light now after reflexology."

THERAPY SESSIONS

"Helped to relax me. Found some of my old confidence, smiling and happier than I've felt in a long time."

"My feet now feel beautiful. Relaxing."

"I feel less stressed and better about myself and my situation."

"Felt so much more relaxed. Time for myself."

"Relieved stress"

"Released tension"

"Gave me less pain within my body"

"Totally relaxing"

"Less stressed. Feel good all over."

"Reflexology was very good for my ankle"

"Deep tissue helped alleviate stress and knots in my body."

"So relaxing !"

CARERS' EVALUATION COMMENTS (asked to sum up in a word or two)

MAY 2017

Not alone	Humbling (net others with more Feeling loved
Fantastic	difficult situations)
De-stressing	Healing
Wonderful	Friendly
Sharing	Happier (than when I came in)
Uplifting	Enlightening
Inspiring	Invigorating
Relaxing	Like Christmas !
Meeting lovely people	Fantastic
Amazing	Being able to talk about feelings
Excellent	Meeting people
Informative	I'm not the only one