

2025 Member Evaluation

Stats and feedback from 161 Community Activities Programme anonymised survey responses and 22 creche parents survey responses

Social connectedness

91% said Abbey helps feel more connected with their local community



91% creche parents said attending creche had helped their child with socialising



It's a relief to have a supportive environment where Child X feels safe to practice his communication and be himself around others.

94% said Abbey helps people from different backgrounds to mix and get on well together

96% said Abbey helps them to meet people and make new friends



It gets me out of the house rain or shine. Therefore helps with my mental struggles. Socialising is also important as I live on my own. Thanks Abbey Centre.



90% said 'friendly people and feeling welcome' was something important they get from Abbey



Attending the London Children's Flower Society awards with you was a deeply memorable occasion for us. Child V seemed to really enjoy going out with everyone.



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Physical health

98% said Abbey fitness classes help them with strength, fitness, coordination or balance

93% attendees reported relief from chronic pain conditions



Since starting fitness activities at Abbey I have greatly improved my strength, stamina and overall fitness.



The friendly and relaxed atmosphere encourages me to come out, meet new people and get fitter. For me exercise is really important as I have osteoporosis and other medical conditions that are helped by staying active.



90% said Abbey fitness classes help them remain independent in their own home

Skills and confidence

92% said Abbey helps them feel better about themselves and their abilities



Child X has a speech delay and is still finding his voice, but we've seen some really heart-warming progress. We can now sometimes make out specific words. It's a big step forward for his confidence.

I'm feeling like I'm contributing & supporting the local community



100% creche parents said advice from our staff has been helpful with children at home



85% said Abbey helps give them a sense of achievement

She (tutor) inspires, motivates and encourages us all to participate whatever our disabilities are.



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Mental health



90% said Abbey makes them feel 'much better' - and a further 9% said 'a bit better'

I feel better when I do the activities and feel happier and stronger. I feel less anxious and more positive.



Being at Abbey gives a sense of calm + tranquility whatever your worries in the world

84% said coming to Abbey relieves symptoms of a mental health difficulty



97% said Abbey makes them feel more motivated

Identifying Child Y's needs helped start the process of getting him the right support. It has been a huge emotional help for me, especially when I was feeling very upset and worried about him.



90% said attending classes at Abbey makes them feel calmer, more resilient and better able to sleep

About Abbey

This centre made me stronger, happier and more confident. Very very welcoming centre and staff are really excellent.



I feel safer knowing I can come in anytime

100% creche parents were satisfied with the quality of the creche support (**91%** 'very satisfied')



The reception team are very welcoming and the hospitality is very good. There's always tea and coffee and a chance to have a chat. The garden is a relaxing space and I very much enjoy the classes and the routine it offers me.

96% said attending Abbey makes them more likely to try out other community events/activities

