

| | | | If the event you attended required you to book in advance, how did you find the process? |
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| Which event(s) did you attend? Please select all | What went well? Please answer for all events you attended | It would be even better if... (Please answer for all events you attended) | (If no booking was required please type N/A) |
| Half Term Crafts - Monday 12 February | Great craft ideas, variety to chose from | N/a | |
| Half Term Crafts - Monday 12 February | It was all great. Lots of lovely activities to suit all ages. | Nothing | |
| Half Term Crafts - Monday 12 February | Kids loved the crafts | Not improvement needed. Great fun for kids | |
| Half Term Crafts - Monday 12 February | Loads of craft activities, people are lovely. | Longer time | |
| Holocaust Memorial Day Commemorations - Monday 29 January;Half Term Crafts - Monday 12 February;Check Your Health Day - Saturday 2 March;An event in 2023 -please specify in your comments what event you attended | All are good and professional staff | Everything is good and well organized | |
| Half Term Crafts - Monday 12 February | Variety of crafts for my children. Lovely calm adults ready to help. | Maybe a slightly longer session. | |
| Half Term Crafts - Monday 12 February | Excellent event, very well run with many different craft activities suitable for all abilities. | Nothing | |
| Half Term Crafts - Monday 12 February | Great range of crafts with really attentive helpers on hand to guide the children . | The event was slightly longer. | |
| Half Term Crafts - Monday 12 February | We loved the variety of crafts available <small>session was brilliant.</small> | A slightly long session | |
| Half Term Crafts - Monday 12 February | My daughter really enjoyed the bracelet weaving. It was lovely that there was an activity aimed at slightly older children. I really liked that the staff gave the children a 5 min warning that the session was coming to an end. | It was really good, can't think of anything that could improved <small>the event was longer, 45 minutes was not enough time to do all the crafts my child would have liked to do. Maybe an hour?</small> | |
| Half Term Crafts - Monday 12 February | Really well organised. Great choice of craft activities. Very friendly volunteers. My kids had a great time. | Slightly more chairs available at each craft. More sessions! This was the first one we have managed to get booked onto having missed out the last 2 times these events have been organised. They are | |
| Treat for Carers Day -Monday 26 February | The advisors around the room | The room was warmer and treatments were shared equally if possible. | |
| Treat for Carers Day -Monday 26 February | The food was lovely and everyone was really nice. | With the doors open I got really cold and shivery, because I was sitting down. Maybe people could book their first treatment, then go back an hour later to book their 2nd one, as all the lovely treatments had gone when I arrived | |

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| Treat for Carers Day -Monday 26 February | The involvement of the girls from the school. | No problems | |
| Treat for Carers Day -Monday 26 February | Very relaxing and enjoyable day. | Bit chilly! | |
| Treat for Carers Day -Monday 26 February | Very nice event and did well with the half hour Breathing session and a Reflexology with Lila. Potted some daffodils and made a card and enjoyed the very nice ploughmans lunch. The girls at Burgess Hill school who 'assisted' me were super friendly and helpful. | Unfortunately, I missed out on the Indian Head Massage. Booking for some of the treatments was a little messy. However, I do realise there were a lot of people. | |
| Treat for Carers Day -Monday 26 February | we had a magic day- we felt like royalty from the moment we arrived to the moment we left, the young ladies Bella and Daisy that escorted us were both caring and polite, a credit to the school and their Parents, we really enjoyed the experience and thank you for organise it, looking forward to attending the next one, | Its perfect, | |
| Treat for Carers Day -Monday 26 February | A thoroughly enjoyable day, lots of things to do and enjoy and tasty lunch | All of it was excellent | |
| Treat for Carers Day -Monday 26 February | I was made to feel very welcome (at the Carer's Day event) by two pupils from the school (Amelia & Georgie). They were very polite, attentive and patient with me. The selection of information stalls was good / helpful. Amelia & Georgie facilitated my involvement in the wide range of craft activities available. There was also a good range of therapeutic / treat | It was a wonderful event. Couldn't have been better! | |
| Treat for Carers Day -Monday 26 February | Well organised. Students from the school were very friendly and attentive. Lovely treatments and good food. Good array of services available | There was a neck/shoulder massage available. Biscuits available for with cup of tea in arrival | |
| Treat for Carers Day -Monday 26 February | Well organised, wonderful Carers Treat day with various activities and sources of information. I really enjoyed the day. | ! if I had known where to book a session/treatment when I first arrived was quite a few of the sessions were fully booked by the time I got round to the booking table. I would also have LOVED a neck/ shoulder and upper back massage, maybe next time? | |
| Treat for Carers Day -Monday 26 February | As usual lovely range of activities, lovely food and music. Especially liked the diamond painting and the well-being check. Planting daffodils was lovely too. Speaking to maximus was helpful. | I think I have attended 3 or 4 of these now and I have yet to get a treatment. I have to arrive 45 mins after starting and all the treatments are fully booked through the day already so I can't yet to try one of those. | |
| Treat for Carers Day -Monday 26 February | My limited chosen of 2 treatments were actually nice & appreciated 1)The manicure/ nail painting 2) The yoga relaxation breathing session.The included lunch was also nice.,as was the open daffodil bulb event particularly. | of availability of the different treatments were very limited & it would be necessary to get there early on to book .when I arrived shortly after the advised time of 10.15 onwards I found the popular treatments were already booked up & I was given a limited choice of 2 or 3 options. | |
| Treat for Carers Day -Monday 26 February | Lovely day. Well organised | Room was very cold, treatments went very quickly. | |
| Treat for Carers Day -Monday 26 February | This well organised event provided a relaxing and caring environment. The school girls were so attentive and the treats and lunch were just what was needed to give me respite in such a busy life. | None | |
| Treat for Carers Day -Monday 26 February | I had a haircut , the lady asked a little about who I cared for. | I was looking forward to having a back massage , but the lady was not there. | |
| Treat for Carers Day -Monday 26 February | Lovely day as always, so nice to be able to switch off for abit and put ourself first as we so often forget about our own needs. Lovely bit of pampering and speaking with people in the same boat. | No improvements nessesary | |

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| Treat for Carers Day -Monday 26 February | The girls from Burgess Hill School for Girls showing me everything really helped,they were lovely as I hadn't been before. I enjoyed doing the activity I did and the therapies were lovely thank you. | I don't go out and attend social things usually and it was all a bit busy and overwhelming for me so after a couple of hours so I had to go home. | |
| Treat for Carers Day -Monday 26 February | Really enjoyed the treat day but as a vegetarian i was given ham | If everyone had been allowed to book ar least ona treat before others had booked a second . I arrived just after 10 and hardly any treatments were still available as multiple bookings had already been made by some carers | |
| Check Your Health Day - Saturday 2 March | Great welcome. Very efficient and very informative. | Couldn't be better. | |
| Check Your Health Day - Saturday 2 March | Very efficient and welcoming staff | N/A | |
| Check Your Health Day - Saturday 2 March | Really well organised, lovely staff, great information offered | More stands of local community service and groups? | |
| Half Term Crafts - Monday 12 February;Check Your Health Day - Saturday 2 March | All the events organised | Craft sessions, tennis sessions, basketball sessions for kids and BP and blood sugar tests | |
| Check Your Health Day - Saturday 2 March | Seen immediately and was listened to | Nothing needs improving | |
| Check Your Health Day - Saturday 2 March | No queue. Got seen straightaway as pre booked. Very friendly and informative atmosphere | No issues. Thank you for arranging . I would attend again | |
| Check Your Health Day - Saturday 2 March | Organisation was very efficient and we were seen quickly. | The weather was terrible. | |
| Check Your Health Day - Saturday 2 March | Everything was very good. The teams were very helpful taking the blood pressure and blood glucose tests. Also the Mid Sussex Wellbeing and Places for People Leisure (both of which I access at the Triangle) were very informative too. | N/A | |
| Check Your Health Day - Saturday 2 March | Very smooth checking in and quick to be seen. It was a very good event, it was good that we could book for it and it was useful to also have the Places Leisure and Wellbeing teams there. | Nothing, it was a really good event. Thank you. | |
| Check Your Health Day - Saturday 2 March | excellent staff | everyone had an appointment. | |
| Check Your Health Day - Saturday 2 March | Both the blood sugar test and the blood pressure test were executed proficiently by pleasant staff. Their explanations of the procedures and results were clear; they were both timely yet took time to provide any extra desired information. | ... I didn't have to wait outside for 5 minutes before being allowed to enter. (I arrived precisely on time). This is however a minor point - it was not raining very hard. | |
| Treat for Carers Day -Monday 26 February | The girls from the school were very friendly . The lunch was good. There was plenty to do. I enjoyed a haircut and a hand massage. The entertainment was excellent and the information stations were helpful. | I did miss the back massage this year. | |

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| Treat for Carers Day -Monday 26 February | The girls from the school were very friendly . The lunch was good. There was plenty to do. I enjoyed a haircut and a hand massage. The entertainment was excellent and the information stations were helpful . | I did miss the back massage this year. | |
| Gymnastics tasters - 2 and 5 April | Daughter really enjoyed the gymnastics. Well supervised and variety of elements. | The triangle staff had been aware of the event.the email said go to reception who didn't know anything, they sent us to membership services who also knew nothing about the event. No signs indicating where to go and the queried if we were in the right place! | Very easy and straightforward |
| Badminton tasters - 2 and 5 April | The session was fun and encouraging | None | Very easy |
| Gymnastics tasters - 2 and 5 April | My daughter enjoyed the small group | No | easy |
| Gymnastics tasters - 2 and 5 April | Daughter really enjoyed. Very well organised. | Priority on waiting list for club | Great |
| Badminton tasters - 2 and 5 April | The coach, Wendy, was amazing. She made the children feel comfortable and they learnt so much in the session. | Can't think how it could be improved. | Easy |
| Tennis tasters - 3 and 10 April | Staff were friendly and kids loved it | it was longer | easy |
| Family Fun Sessions -Thursday 4 April | The entire session was greag | If there were more information stands | Easy |
| Family Fun Sessions -Thursday 4 April | accessible activities for the children | More accessible activities for those with low mobility or unable to walk | Easy to book |
| Family Fun Sessions -Thursday 4 April | 10am | If activity's could change like adding different things | Fine |
| Family Fun Sessions -Thursday 4 April | Everything - excellent organisation, great activities that kept children occupied, provided lots of enjoyment and fun. Very safe space. Good to network | Can't think of anything | Smooth and easy |
| Family Fun Sessions -Thursday 4 April | All the events are good and my kids enjoyed them | Dance for kids | N/A |
| Gymnastics tasters - 2 and 5 April | Daughter enjoyed the session, well run by the two triangle staff, children got to use all equipment. | Space for adults to sit, due to also having a buggy and newborn we were unable to sit on the balcony due to the lift not working. Space in the hall used, the kids club were very rough on the otherside of the curtain. | Easy to book |
| Family Fun Sessions -Thursday 4 April | Activities were excellent | Perhaps if the volunteers were briefed on SEN before hand. I'm not sure they all understood it. | Yes but was a simple process |

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| Badminton tasters - 2 and 5 April;Gymnastics tasters - 2 and 5 April | Very attentive staff in both sessions and not crowded | Signage for events, and staff to scan QR codes | All okay when booking |
| Family Fun Sessions -Thursday 4 April | My son loved the sand art table (very sensory) and decorated a plant pot. | By the time we got to the table to paint bird boxes there were none left! | Quite straight forward but I did have to ring the office with a few questions before booking. |
| Family Fun Sessions -Thursday 4 April | My daughter particularly enjoyed taking part in circus skills, I found it useful seeing what support is available for us as a family. | My daughter struggled with the noise of the event. | It was easy |
| Family Fun Sessions -Thursday 4 April | The selection of activities available for the children, the calming venue and ambience. And also the different organisations available to speak to for advice, services, connections, etc which was invaluable for me. | It just wasn't long enough for us, we only got round half of the activities. Another suggestion would be for representatives from local support groups to be there such as Umbrellas and HEARD as it would be great to know where to meet other parents/adults with late diagnosis as well. | Very easy and straightforward. The waitlist was very useful. |
| Gymnastics tasters - 2 and 5 April | Instructors were great | A little more free play at the end or start | Good |
| Gymnastics tasters - 2 and 5 April | The activity was engaging and kept my child interested for the full hour. He wanted to come back again the following day! It helped us to decide whether our son like gymnastics and wanted to do more. | More events - perhaps trampolining! | Great - the people I phone to book with were kind and very helpful |
| An event in 2023 - please specify in your comments which event you attended;Badminton tasters - 2 and 5 April | Our boys were really engaged, facilities/equipment were great, group size felt spot-on. Wendy and Stuart lead the session through really well - 100% prepared with a great structure well timed. Really pleasantly surprised! Grateful my boys had this opportunity, for free, to have a go at a new thing. Really impressed. | The seats at the Triangle weren't so broken! But seriously - couldn't fall the organisation and the running of the session. | Very straight forward. |
| Family Fun Sessions -Thursday 4 April | Lots of space Not too busy Friendly staff on the whole Good range of activities | Circus man was more friendly | Easy |
| Rock up and Ride - Monday 8 April | My daughter learnt so much - the coach was amazing | Nothing | Easy |
| Rock up and Ride - Monday 8 April | The staff are really nice and polite | The track was bigger | It was a very fun experience |
| Easter Trail 2 - 12 April;Family Fun Sessions -Thursday 4 April | Loved that these engaged a mix of ages the trail had books for older children too which was great loved there were 2 trails too so you could choose which was best to take part in . Family fun session we loved them lots for a mix of ages | Maybe another craft for older children 10 plus | Process was great |
| Rock up and Ride - Monday 8 April | Kids had great fun! The squash and snacks were particularly well received and the coach was absolutely lovely and really encouraging. | N/a | Easy |
| Rock up and Ride - Monday 8 April | Don't know as no email confirmation. Just | If Someone confirmed the session by email !! | Yes I confirmed in advance but got no confirmation back ! |

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| Rock up and Ride - Monday 8 April | Warm and welcoming with a nice balance of on bike coaching and letting the kids just ride and have fun. The free snacks were a lovely touch | It's hard to cater for all abilities and there were a few hold ups on the track with slower riders setting off before quicker ones. But this was a minor point and it generally flowed well | Straightforward |
| Rock up and Ride - Monday 8 April | It was a nice event and the kids enjoyed it. We are very grateful for it being put on | Our kids said there wasn't any coaching happening. They enjoyed riding the track but they didn't get any tips on what to do. | very easy |
| Rock up and Ride - Monday 8 April | Coaches were great and members of Lion's club who organised it were really helpful and friendly. | There was seating! But that's not really an issue and I'm only trying to think of something! | N/A |
| Tennis tasters - 3 and 10 April | Great session! Great instructor | None | Easy |