

ID #	What does coming to Care Share Eat mean to you?	Code/s?
1	It's the only time I get a break from caring responsibilities and having a few hours to breathe in a welcoming space means everything. I've made friends here I never would have met otherwise.	
2	It helps me feel less alone.	
3	It's been a lifeline for my mental health, and it helps me make better decisions about the food I eat.	
4	I've noticed the fresh air makes such a difference to how I feel. I never used to get much time outside. We don't have a garden and I love it here.	
5	I like being outside and growing food in the raised beds. Coming here has improved my mental health.	
6	It's helped me eat more balanced meals and I've re-discovered a love for cooking – I'm really grateful for that.	
7	I've learned how to cook cheap meals that actually taste good and my kids will eat them too!	
8	It's the highlight of my week. It gives me a break from worrying about everything else. It's one of the few places I feel truly understood as lots of people here are carers.	
9	I feel calmer and happier after every session	
10	I come for the company – I've made lots of new friends and I've discovered new things I actually enjoy doing.	
11	Before joining, I barely left the house and struggled with my confidence. Gardening outside each week has gently built up my strength and mobility, and my mood has lifted too. I feel more capable in myself.	