

Here are a few quotes from some of the members of the
Sailors Rest Woman's Group

"Time-out"

"Comforting"

"Comfortable environment"

"Very trusting atmosphere"

"Get to listen to yourself think"

"A problem shared is a problem halved"

"Come along to meet and be with friends"

"I find it a very safe place, lots of safety here"

"It's not a counselling session, it's a friendship session"

"Everyone gets along fine and everyone is really lovely"

"You get to try and find out what you want to do for yourself"