

What Matters To You?

We need your help! Working together, we can improve the health and wellbeing of residents in our community, and to do this we really need your help.

Please answer 10 short questions about how you manage your health and what you do to stay happy and well. Our partners will explore responses and opportunities to strengthen services within the community.

At the end of the survey, we ask for your postcode and age range. This is to help us spot any local trends affecting your community.

This survey is coordinated by HEY Smile Foundation on behalf of East Riding of Yorkshire Council and NHS partners. Non identifiable information will be used for research to improve services. For a copy of our privacy policy please call 01482 590270 or visit www.heysmilefoundation.org

A little about your lifestyle:

1. How would you mostly spend your week with others? *Please tick one option*

- Visiting friends
- Spend time with family
- Try to meet up with both friends and family
- Spend time mainly with work colleagues
- Spend time on your own

2. How often do you worry about money?

Please tick one option

- Everyday
- End of the month
- Rarely
- Never

3. Which best describes your family relationship? *Please tick one option*

- Very supportive
- We are close
- We are growing apart
- No family or no contact

4. Which best describes your network of friends? *Please tick one option*

- Very supportive
- We are close
- We are growing apart
- No friends or no contact

5. Does your community give you...

You can select more than one answer if appropriate

- A sense of feeling safe
- Services you need
- Activities to enjoy
- A clean environment
- None of these options

A little about how you manage your health:

6. Which statement best reflects your level of weekly activity?

You can select more than one answer if appropriate

- I have a structured exercise routine
- I often play sports or go for a cycle/swim
- I enjoy long walks
- None of these options

7. How often do you check your own

health / body changes? Please tick one option

- Each week
- Monthly
- Annually
- Never

8. How would you describe your emotional health within a typical week?

Please tick one option

- Very good
- Good
- Not great
- Poor

9. Have you accessed the following type of support within the last 12 months?

You can select more than one answer if appropriate

- Hospital services
- GP Appointment
- Guidance for money/employment
- Personal wellbeing support
- Accessed no support

10. Which statement(s) best describe how you look after yourself?

You can select more than one answer if appropriate

- I know where to find support if needed
- I recognise change in my body
- I talk with friends and family about my health
- I don't tend to ask for help

Postcode:

Age:

Email (optional):

Telephone: 01482 590270

Email: community@heysmilefoundation.org

Website: www.heysmilefoundation.org

 The Hey Smile Foundation

 heysmilefoundation

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Charity number: 1125856 | Company number: 06455490 | A: HEY Smile Foundation, 61 Queens Gardens, Dock Street Hull, HU1 3AE

