



# Big Health Check Day Looking After Yourself Questions



**Please answer the questions as best you can.**

**If you need help contact Sarah at Healthwatch Bexley on 07506 910968.**

**Once completed e-mail the form back to:**

**[admin@healthwatchbexley.co.uk](mailto:admin@healthwatchbexley.co.uk)**

# Looking After Your Body



Do you eat a healthy diet with 5 fresh fruit and vegetables a day?



Yes



Some-time



No



Do you drink plenty of water?



Yes



I don't like it



No



Do you have 6-9 hours sleep a night?



Yes



Some-times



No



What exercise do you do?



How often do you exercise?



Do you take time to rest and relax?



Yes

Some-  
times

No



What do you do to relax?



Do you normally have a yearly health check?



Yes

Not  
Sure

No



Have you had a health check this year?



Yes

Not  
Sure

No



Do you have a flu jab every year?



Yes



Not Sure



No



Have you had a flu jab this year?



Yes



Not Sure



No

## Looking After Your Mind



What makes you happy at the moment?



Are you able to keep in contact with friends and family



Yes



Sometimes



No



How do you keep in contact?



Do you ever feel lonely?



Yes



Some-  
times



No



What makes you feel lonely?



Do you ever feel worried or sad?



Yes



Some-  
times



No



What makes you feel sad?



If you feel sad lonely or worried what do you do to help you feel better?



Do you have someone you can talk to if you need to?



Yes



Some-times



No



Who would you talk to if you feel sad lonely or worried?

## Looking after yourself from Coronavirus



Do you understand the Government rules about looking after yourself from coronavirus?



Yes



Not Sure



No





If you don't understand the rules what don't you understand?



Are you able to wear a face mask if you go out?



Yes



Some-times



No



If you can wear a face mask when you go out, do you?



Yes



Some-times



No



Do you wash your hands often?



Yes



Some-times



No



Do you use hand gel if you can't wash your hands?



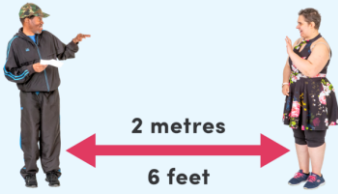
Yes



Some-times



No



Do you know how far 2 metres is?



Yes



Not  
Sure



No

## Looking after yourself in the future

Is there a new activity you would like to try?

What do you plan to do to look after yourself in the future?

## About You

All your answers are private and will not be shared with anyone else.



Your Name:

How Old Are You:

Are you:

MALE

FEMALE

OTHER

Where in Bexley borough do you live (town name only)

Do you normally work?

Yes

No

Have you ever been a volunteer?.

Yes

Can't  
remember

No

**THANK YOU FOR ANSWERING OUR QUESTIONS. DON'T  
FORGET TO EMAIL YOUR ANSWERS BACK TO US:**

**[admin@healthwatchbexley.co.uk](mailto:admin@healthwatchbexley.co.uk)**