Logo, company name

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**Living a healthier lifestyle in Surrey**

**Have your say.**

Surrey County Council is looking at the help people get to live a healthier lifestyle.

Shape, rectangle

Description automatically generated**Text

Description automatically generated**

The contract for Surrey Healthy Lifestyles Service runs out on 31 March 2024.

A picture containing graphical user interface

Description automatically generated

Lots of things have changed since we agreed our contract.

We want to make sure our plans for the new contract are what people in Surrey need.



**What the Healthy Lifestyles Service does now.**

Help to stop smoking.

Help to be a healthier weight.

Help to do more exercise.

Help to understand heart health.

Help people get health checks.

A picture containing person, person, indoor

Description automatically generated

We have already listened to lots of different people about what is important to them.

**What we think the new healthy lifestyles service could offer.**



One place for people to get help to change their lifestyle.

Special help for people who want to stop smoking.

Help to be a healthy weight for people who find it hardest to have a healthy lifestyle.

Information and other things about healthier lifestyles.

Advice and help to find other ways of getting support.

Graphical user interface, text, application

Description automatically generated

We want to hear what you think about our plans.

What you tell us will help us agree what the new Healthy Lifestyles Service will be for Surrey.

Text, whiteboard

Description automatically generatedShape

Description automatically generatedPlease send your answers back by

Calendar

Description automatically generated with medium confidenceFriday 28th April 2023

Healthy Lifestyles Consultation

Public Health

Surrey County Council

Cockshot Hill

A person with his hand on his chin

Description automatically generated with low confidenceReigate

RH2 8EF

We will keep the information you give us confidential.

A person holding a sign

Description automatically generated with medium confidencePlease do not share any personal information in your answers.

Thank You for helping us with our survey.

|  |  |  |
| --- | --- | --- |
| 1 |  | **Are you answering for yourself or for a local organisation or group?**  For myself  For an organisation or group  What is the name of your organisation or group? |

|  |  |  |
| --- | --- | --- |
| 2 |  | **Please tick next to the answer that best says why you are answering the survey.**  I have used Healthy Lifestyles before  or might use the new service.  My friend or relative might use  healthy lifestyles.  Not saying.  Something else.  Please say more if you ticked something else. |

|  |  |  |
| --- | --- | --- |
| 3 |  | **Please tick where you live.**  Elmbridge  Epsom and Ewell  Guildford  Mole valley  Reigate and Banstead  Surrey Heath  Tandridge  Waverley  Woking |

|  |  |  |
| --- | --- | --- |
| 4 | Icon  Description automatically generated | **If you or the person you are supporting has used the Healthy Lifestyles Service, please tick the ones used.**  Support to stop smoking.  Support to lose weight for adults.  Support to lose weight for children and families  NHS Health Checks  None of the above  Something else |

|  |  |  |
| --- | --- | --- |
|  | A picture containing person, person  Description automatically generated | **If you have used any of the services in the last question, can you say how it was?** |

|  |  |  |
| --- | --- | --- |
| 5 | A picture containing person, person  Description automatically generated | **What services might you or the person you support use in the future?**  One to one support to stop smoking.  One to one support to lose weight.  One to one support to do more exercise.  One to one support to cut down alcohol.  Group support to stop smoking.  Group support to lose weight.  Group support to do more exercise.  Group support to cut down alcohol.  Support online.  Information and advice.  Asking someone like a GP about support.  I wouldn’t contact healthy lifestyles.  Something else.  If you said something else, can you say what here? |

|  |  |  |
| --- | --- | --- |
| 6 |  | **Do you agree this service should support people who find it hardest to have a healthy lifestyle?**  Don’t agree a lot  Agree a lot  Agree a bit  In the middle  Don’t agree |
|  | A picture containing person, person  Description automatically generated | **Can you say why you think this?** |
| 7 |  | **If you or the person you are supporting needed help about being healthier, how would you find out more?**  **Tick the answers you think you might try.**  The internet or google.  NHS or Council website.  GP  Another health person.  Pharmacy.  A friend or family member.  A group in the community.  Something else  If you said something else, can you say where? |

|  |  |  |
| --- | --- | --- |
| 8 |  | **How would you or the person you are supporting want to get healthy lifestyle support?**  Drop in advice and support.  Arranged one to one support face to face.  Arranged support in a group.  Arranged support online.  Support by phone.  Support by text.  Support by e-mail.  Information to support yourself.  Support from other people like you.  Something else.  If you said something else, can you say what? |

|  |  |  |
| --- | --- | --- |
| 9 |  | **Do you think it is important for support to be available at times like evenings and weekends as well as during weekdays?**  Yes  No  Not Sure  Yes very |
|  | A picture containing person, person  Description automatically generated | **Can you say what times or days would be good.** |

|  |  |  |
| --- | --- | --- |
| 10 |  | **If you or the person you are supporting wanted to change their lifestyle, is there anything that would get in the way?** |

|  |  |  |
| --- | --- | --- |
| 11 | A close-up of hands shaking  Description automatically generated with medium confidence | **If you or the person you are supporting wanted to change their lifestyle, is there anything that would help?** |

|  |  |  |
| --- | --- | --- |
| 12 | A picture containing person, person  Description automatically generated | **Is there anything else you want to say to help us with our plans?** |

**About You.**

The next questions are about you.

You don’t have to answer them but if you can it will help us make sure we have information from lots of people with different experiences.

A group of people posing for a photo

Description automatically generated

1. **Please tick or colour the box that best describes your gender.**

Male

Female

Not saying

Something else

If you said something else can you say how you describe yourself here?

A picture containing person, person

Description automatically generated

1. **Is this the same gender as when you were born?**

**Icon

Description automatically generated**

Yes

No

Not saying

1. **How old are you?**

Under 16

16-17

18-24 44-54

25-34 55-64

35-44 65-74

Not saying Over 75

A picture containing text

Description automatically generated

1. A group of people posing for a photo

   Description automatically generated**Please tell us which in this list best describes you.**

Not saying

Arab

Arab British

Asian or Asian British - Indian

Asian or Asian British - Pakistani

Asian or Asian British - Bangladeshi

Asian or Asian British - Chinese

Asian or Asian British - Any other Asian background

Black or Black British - Caribbean

Black or Black British - African

Black or Black British -Any other Black background

Mixed - White and Black Caribbean

Mixed - White and Black African

Mixed - White and Asian

Any other Mixed background

White British

White Irish

Any other White background

Something else

If you chose something else, can you tell us how you describe yourself here?

A picture containing person, person

Description automatically generated

1. A group of men posing for a photo

   Description automatically generated with medium confidence**Do you have a disability or have a long term illness or health condition?**

Yes

No

Not saying

A person holding a sign

Description automatically generated with medium confidence

**Thank You for your help with our survey**