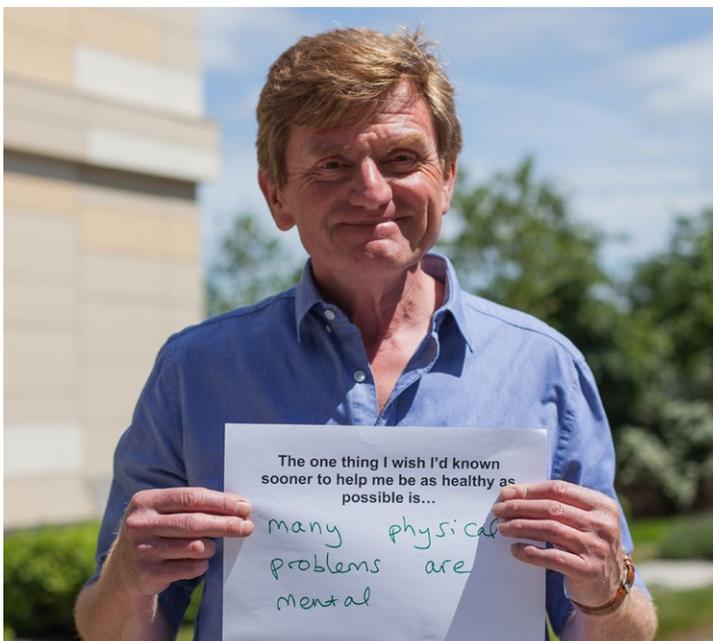
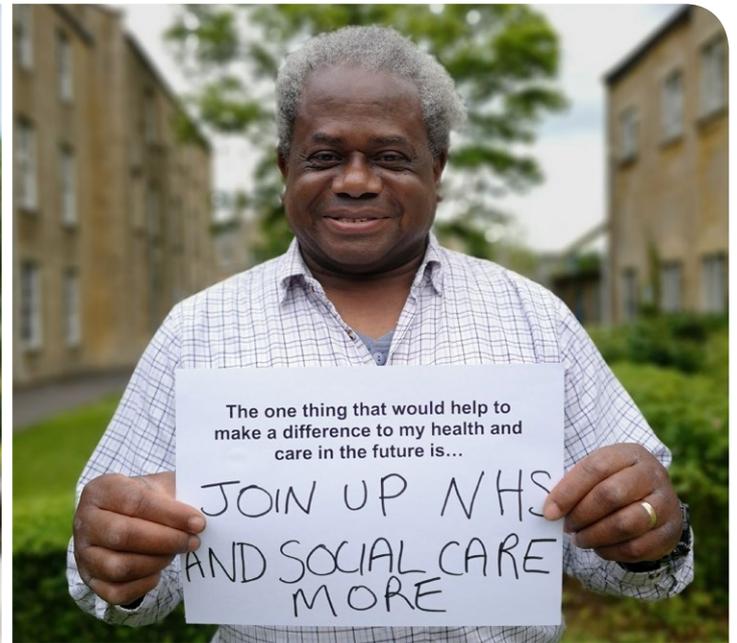




Our Health
Our Future



What would you change?



Help to shape the future of health and care services in Bath and North East Somerset, Swindon and Wiltshire

What would you change?

What would help you to live a healthier and happier life?

We're putting a plan together to make sure you and your loved ones are able to get the support you need with your health and care, now and in the future. And we need your help!

Complete our survey to have your say and help shape the future. Find out more at: www.ourhealthfuture.org

We'd like to ask you three questions:

What's the one thing...



you wish you'd known sooner to help you be as healthy as possible?



that would help you to find and use health and care services more easily?



that would help to make a difference to your health and care in the future?

Staying healthy and happy



People are generally living longer, but we still see a lot of people who are ill for a large part of their lives, sometimes with conditions that could have been prevented or managed better along the way.

We know there are lots of things that can be done to help us stay well and to stop us getting ill in the first place – things like exercising regularly, stopping smoking and taking time for ourselves when life gets stressful.

There may also be things you know now about your health that you wish you'd been aware of earlier. Prevention is better than cure – and we would like you to share your useful advice about how to look after yourself and stay healthy.

What's the one thing you wish you'd known sooner to help you be as healthy as possible?

Making it easier to find and use local health and care services



Local health and care services are working more closely together to offer a wider range of support in your community. This is great news, but it's important that you know the right place to go for help and support when you need it.

There are a wide range of services in our local area, including GP surgeries, hospitals, maternity services, physiotherapy services, community care, NHS 111, emergency care and mental health services. This means it's sometimes difficult to know which one to use or where to find the right information to help you decide.

What's the one thing that would help you to find and use health and care services more easily?

Helping people to live well in the future



We want to support people to be healthy, happy, active and independent at all stages of their lives. For you, that could mean enjoying your teenage years, bringing up a family, managing a long-term health condition or staying independent and healthy as you get older.

We want you to tell us what could be done differently to make things better for you in the future.

What's the one thing that would help to make a difference to your health and care in the future?

Share your answers...

- By filling in the survey opposite and sending it to – Our Health, Our Future, BSW STP, Midford House, St Martin's Hospital, Clara Cross Lane, Bath, BA2 5RP
- By completing our online survey – visit www.ourhealthourfuture.org
- By recording your answers in a video and sharing with us by email or social media
- By getting someone to take a photo of you holding your answers on a piece of paper – share with us by email or on social media.

Please send your photos and videos to ourhealth.ourfuture@nhs.net or share them with us on:

Facebook: [@BSWourhealthourfuture](https://www.facebook.com/BSWourhealthourfuture) | Twitter: [@BSW_STP](https://twitter.com/BSW_STP) | Instagram: [@banescgg](https://www.instagram.com/banescgg)



Health and care organisations across Bath and North East Somerset, Swindon and Wiltshire are working in partnership to improve everyone's health and wellbeing. Visit www.bswstp.nhs.uk for more information.



1. Please tell us which local area you live in (e.g. Batheaston, Blunsdon, Castle Combe):

2. Are you responding as:

- A member of the public
- A representative of a community or voluntary group
- A health or social care professional
- Other (please specify below):

3. What's the one thing you wish you'd known sooner to help you be as healthy as possible?

4. What's the one thing that would help you to find and use health and care services more easily?

5. What's the one thing that would help to make a difference to your health and care in the future?

Part 2: About You

It's really important that we ask a diverse group of people for their views.

To check we are aware of particular issues and needs of different groups in the community, we ask people to give us some information about themselves. This information is completely anonymous.

1. Are you...

- Male
- Female
- Prefer to use my own term
- Prefer not to say

2. Is your gender different to the gender that you were assigned at birth?

- Yes
- No
- Prefer not to say

3. Do you have a religion or belief?

- Buddhism
- Christianity
- Hinduism
- Islam
- Judaism
- Sikhism
- No religion
- Prefer not to say
- Other (*please specify here*):

4. What is your age?

- | | |
|-----------------------------------|--|
| <input type="checkbox"/> Under 18 | <input type="checkbox"/> 55-64 |
| <input type="checkbox"/> 18-24 | <input type="checkbox"/> 65-74 |
| <input type="checkbox"/> 25-34 | <input type="checkbox"/> 75-84 |
| <input type="checkbox"/> 35-44 | <input type="checkbox"/> 85+ |
| <input type="checkbox"/> 45-54 | <input type="checkbox"/> Prefer not to say |

5. Are you...

- Bisexual
- Gay / lesbian
- Heterosexual / straight
- Asexual
- Pansexual
- Prefer to use my own term
- Prefer not to say

6. Do you care for, or look after, a family member, friend or neighbour who needs extra support day-to-day?

- Yes
- No

7. Do you consider yourself to have a disability or health condition?

- No
- Mental health condition
- Visual impairment
- Hearing impairment
- Learning disability
- Long-term condition
- Physical or mobility disability
- Prefer not to say

8. How would you describe your ethnic group?

Ethnic origin is not about nationality, place of birth or citizenship. It is about the group to which you perceive you belong. Please tick the appropriate box:

Asian or Asian British:

- Indian
- Pakistani
- Bangladeshi
- Chinese
- Any other Asian background:

Please specify:

Black or Black British:

- Caribbean
- African
- Any other Black background:

Please specify:

Mixed or multiple ethnic groups:

- White and Black Caribbean
- White and Black African
- White and Asian
- Any other mixed background:

Please specify:

White:

- English
- Welsh
- Scottish
- Northern Irish
- British
- Irish
- Gypsy or Irish Traveller
- Any other White background:

Please specify:

Other ethnic groups:

- Arab
- Any other ethnic group:

Please specify:

Thank you very much for sharing your views and experiences with us.

We will review all of the feedback we get and use this to shape our five year plan.

Please return this survey to:
Our Health, Our Future, BSW STP,
Midford House, St Martin's Hospital,
Clara Cross Lane, Bath, BA2 5RP.



If you have any questions or if you'd like to receive additional information about future plans for health and care services across B&NES, Swindon and Wiltshire, please email ourhealth.ourfuture@nhs.net or call 03333 219464. The survey closes on 31 July and we'll share the results and next steps in autumn 2019.