

Eat Smart, Move



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What is Eat Smart, Move Smart?

Eat Smart, Move Smart is a Swale-wide health campaign that encourages women to eat healthily and be physically active wherever they live, learn, earn and play.

Our campaign promotes the following elements:

- Creating and maintaining an exercise regime
- Creating and maintaining a healthy balanced diet on a budget
- The benefits of drinking water
- The benefits of breastfeeding your baby
- Maintaining a healthy lifestyle for your children



This health pack has been specially made to give advice and to help you kick-start a healthy lifestyle, and includes note pages that will help you to keep track of your progress.

We have also included feedback forms for this pack, along with a survey which we would be grateful if you could fill and return to Diversity House (contact details to follow).

If you would like to receive further copies of this publication or have enquiries about what we do as a charity, or you have completed forms to return to us, please contact Diversity House using the following contact details.

Telephone: 01795 420455

Email: info@diversityhouse.org.uk

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Phoenix House,
Central Avenue,
Sittingbourne,
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Re-Think Your Drink

Did you know that your body is made up of nearly 60% water and water weight? And that if you lost just 1% of that you would be considered to be in a state of dehydration?

As well as this, most of the chemical reactions that happen in our cells need water in order to take place. This includes our blood, which needs the water so that it can carry nutrients around the body and get rid of waste.

If you have any of the following symptoms, these mean that you must consider increasing your water intake, as you are very likely to be dehydrated:

- dark coloured urine
- dry mouth, lips and eyes
- headache
- tiredness

Prolonged dehydration can lead to long-term damage to your kidney's functions, as well as limb and muscle damage. With this in mind it is extremely important to ensure that you maintain your fluids.

The average person should aim to drink 8 glasses a day. It is recommended that your primary intake of fluid should be water; your daily intake also includes milk, juice and hot beverages such as coffee and tea.



It is not only important to consider how much you drink, but also what you drink. For example, many fizzy drinks or milkshakes can result in damage to your teeth. Unfortunately in recent times it has also been discovered that drinks we would normally consider healthy, such as smoothies and flavoured milk, contain a lot more sugar and artificial ingredients than we realise. With this in mind, we advise that you drink such products in moderation.

Alcohol does not count towards water consumption as it increases urine output dramatically. In some cases it even causes the body to eliminate more water than the drink contains, leading to dehydration. Alcohol in large consumptions can also cause problems for your organs.

It is highly recommended that you drink no more than 2-3 units of alcohol daily, and to avoid consumption during pregnancy to prevent damage to yourself or your baby.



Eat Smart, Eat Right

A healthy diet is achieved through balance. Our bodies need a specific amount of carbohydrates, protein, fat, vitamins and minerals to keep it functioning efficiently, on top of consuming plenty of water. It is all too easy to neglect



balancing our diet, but if you take the time to plan it, you will find you have increased energy and will be facing fewer health problems in the long-run.

All the food we eat can be divided into five groups. They are:

- Fruit and vegetables
- Starchy foods, such as bread, rice, potatoes and pasta
- Meat, fish, eggs and beans
- Milk and dairy foods
- Foods containing fat and sugar (such as chocolate and fizzy drinks, which should only be consumed in moderation)

You should always try to put as much variety into each food group as possible, as each food packs its own benefits - some foods have more antioxidants, minerals and vitamins than others.

Here are some tips on maintaining a balanced diet:



- Base your meals on starchy foods

Starchy foods include potatoes, cereals, pasta, rice and bread and should consist of about one third of your total intake of food. It is recommended that you have one starchy food with each main meal. Choose wholegrain varieties (or eat potatoes with their skins on) when you can as they contain more fibre and can make you feel full for longer, and help you pass stools. Some people think starchy foods are fattening, but gram for gram they contain fewer than half the calories of fat.

- Eat lots of fruit and veg

It is recommended that we eat at least five portions of different types of fruit and vegetables a day in order to get the vitamins, minerals and fibre that we need. Eating this can even help to regain some of your body's water. This can be done in the form of juice, canned, frozen or dried portions.

Food ideas include chopping a banana over your breakfast cereal, or swap your usual mid-morning snack for some dried fruit. You could even drink a glass of 100% unsweetened juice which would count towards your 5 a day.

Some fruits, such as avocado, can help increase your metabolism, which is the rate at which your body burns calories.



- Eat more fish

Fish is a very good source of protein, containing many vitamins and minerals. Oily fish such as mackerel, pilchards and salmon are especially beneficial as they contain Omega-3 fats that can help to prevent heart disease. You can also buy cod, haddock and plaice as canned, frozen or fresh products, but remember that these can sometimes be high in salt. It is recommended that you try to eat two portions of fish per week, including one portion of oily fish.

- Cut down on saturated fat and sugar

Fat is needed in our diets, as it contains acids that help promote body growth, healthy skin and even metabolism. However, these fats should still be eaten in moderation. It is important to remember that there are two forms of fat - one of them is saturated fat, which is found in cheese, cakes and pies. The saturated fat is dangerous if eaten in large amounts, as it can cause high cholesterol and heart disease.

Unsaturated fat is found in oily fish and vegetable oils and is a healthier choice for you, as they are high in antioxidants and can help to reduce your cholesterol.

Sugar is also another part of our diet that needs to be consumed in moderation. It is prominent in many foods that we eat, such as cakes, fizzy drinks and even fruit. Sugar can provide energy but this is usually burned quickly, leading to sugar crashes. It can also help cause weight gain and cause bad teeth. Such products should be eaten on occasion as part of an established balanced diet.

Food labels can be used to determine how much sugar foods can contain. More than 22.5g of sugar per 100g of food indicates that it is best to eat that food on occasion.



- Eat less salt

A lot of foods contain salt added by manufacturers, so even if you do not add salt to your meal, you may still consume it; about three-quarters of the salt we eat is already there. This is included in foods such as bread, sauces and cereals. Eating too much salt can raise your blood pressure, making you more likely to develop heart disease or have a stroke.

Again, food labels are useful in helping you cut down on your salt intake. More than 1.5g of salt per 100g means the food is high in salt. Adults and children over 11 should eat no more than 6g of salt a day. Younger children should have even less.



- Don't skip breakfast

Some people skip breakfast because they think it will help them lose weight. In fact, research shows that eating breakfast can help people control their weight. A healthy breakfast is an important part of a balanced diet, and provides some of the vitamins and minerals we need for good health. Wholemeal cereal, with fruit sliced over the top is a tasty and nutritious breakfast.



(Source: NHS Choices <http://www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx>)

Right Size Your Portion

Portion control is vital to ensure that you keep your weight well managed. The



recommended daily intake for men is 2,500 calories, while for women it is 2,000; children between 5-10 should also only take in 1800 calories daily.

It is important to note that there is a difference between 'serving size' and 'portion size'; the serving size explains how many people a food product might provide for. For example, a family-size chicken pie will be able to serve 4 people. However, a 'portion size' is how much you should eat of something. With the chicken pie example, it would be advised that you eat a slice that is no wider than your hand.

The following portion sizes are recommended, depending on the food group and the nutrients that are provided within that food group:

- **Fruits and vegetables** - a minimum of five 80g portions per day is recommended, with a variety of colours. The portions can come as:
 - A handful of small fruits, such as grapes or strawberries
 - Three tablespoons of cooked vegetables
 - A small bowl of salad
 - One piece of fruit about the size of a tennis ball.
- **Starchy foods** - these should form the basis of each meal. Portions come as:
 - One large potato
 - One third of a soup bowl of cereal
 - 75g of dried pasta (about a mugful)
 - 75g of dried rice (about a third of mugful)
- **Milk and dairy products** - It is advised that you consume three dairy portions a day in order to provide your body with calcium. It is best to use reduced or low fat products, and to drink skimmed or semi-skimmed milk. One portion is:
 - 30g cheese (the size of a small matchbox)
 - 200ml milk (a small glass)
 - A small pot of yoghurt (150g)
- **Meat, fish, eggs, beans and other non-dairy proteins** - It is suggested that we eat two portions of fish each week, one of which is oily. It is also advised that no more than 500g red meat is to be consumed in a week.
 - One portion of fish is 140g (a steak the size of a computer mouse)
 - A portion of meat is equal to 80g raw meat (about the size of a pack of cards)
- **Other portioning suggestions** -The following are what is considered to be a portion for miscellaneous foods, including:
 - Chilled desserts: one serving spoon
 - Loaf cakes: make the slices the width of a postage stamp
 - Round cakes: a slice no wider than the length of your thumb
 - Crisps: one small bag
 - Pizza: no more than one third of a plate, (or one to two slices)



(Source: http://www.waitrose.com/home/inspiration/health_and_nutrition/weight_loss/portion_sizes.html)



Prepare Your Meals At Home

When you prepare your own home-made meals, you will find that you will have a lot more control over what goes into your meal in terms of the ingredients and therefore, nutrients. On top of this you will also

save money and be able to make bigger quantities of that meal in comparison to how much you spend getting ready-made ones.

Here are some suggestions to help you get on your way to making more balanced meals:

- Use 'choice' or 'select' grades of beef rather than 'prime', and remove the fat from the meat before cooking it.
- Use cuts of red meat and pork labelled as 'lean' or 'round' as these usually contain the least fat.
- With poultry use the lighter meat (breast) rather than darker meat (legs and thighs), and be sure to remove the skin before cooking.
- Use reduced or fat-free items in your cooking; this includes salad dressing, cream cheese and yoghurts.
- Use and prepare foods that contain little or no salt.
- Try to use a variety of vegetables with the meal, and try cooking the vegetables via microwaving or sautéing as this will retain the nutrients that the veg contains.



As the pace of life has quickened and you may find yourself very busy during the day-to-day tasks, it is understandable that you may feel as though you do not have much time or energy to make your meal, whether that is lunch, dinner or even breakfast.

You can reduce your cooking time with the following suggestions:

- Use pre-cooked meats bought from supermarket delicatessens; often the meat provided there is lean and cooked by grilling.
- Have a salad-based meal. This is especially recommended for summertime meals as they are light, cool and quick to make. All you would need to do is get a bag of salad leaves, pour into a bowl and toss in ingredients like cherry tomatoes, cucumber and grilled chicken.
- If you know what you plan to cook in the evening, you can get the meat out of the freezer before you leave the home for the day. When

you return the meat will be defrosted and ready to cook.

- Cook in large amounts and freeze or store the leftovers to be used within the next few days. Any spare meat and vegetables can be implemented into a different meal.
- If you have children, encourage them to cook with you on tasks. They can help you focus on your meal and ensure it is done in good time. On top of this you are also benefitting your children by increasing their self-esteem, getting them to learn the importance of a good meal and being given the opportunity to be practical and creative.
- Consider using a slow cooker for dishes such as stews and casseroles; the ingredients can be placed inside the pot and left to cook during the day, and then it will be ready for when you come home.





Breastfeed Your Baby

Breastfeeding your child is and always will be the best source of nutrients for your baby. As well as helping your child build up their immune system, it is freely available, does not contain synthetic ingredients and can encourage a closer bond between the mother and child. The longer you partake in breastfeeding, the longer and better the benefits will be for both involved.

Breast milk is a living product, containing antibodies, living cells, enzymes and hormones that protect your baby from infections and diseases later in life.

Its benefits include a somewhat lowered risk of Sudden Infant Death Syndrome (SIDS), increased intelligence, and flu resistance, lower risk of childhood onset diabetes, and a decreased risk of asthma and

eczema.

Breastfeeding also provides health benefits for the mother. It assists the uterus in returning to its pre-pregnancy size and reduces post-partum bleeding, as well as assisting the mother in returning to her pre-pregnancy weight. Breastfeeding also reduces the risk of breast cancer later in life.

Breastfeeding can also help you save money as you do not need to buy sterilising equipment and formula milk. It is more convenient in that you do not need to worry about the temperature and storage too, as your body provides all of this.



It is advised that exclusive breastfeeding is given for the first six months of life, with solids gradually being introduced around this age when signs of readiness are shown. Supplemented breastfeeding is recommended until at least age two and then for as long as the mother and child wish.

If you would like to try breastfeeding, it is also important to remember that you will have to do so in public places as well as just in the home. The first thing to do would be to find out from relatives or nurses which places are breastfeeding-friendly. Then you can consider asking someone to go with you, whether that is your partner or someone who is already breastfeeding.

Always remember that you shouldn't ever be made to feel uncomfortable about breastfeeding in public. In fact, the Equality Act 2010 has made it illegal for anyone to ask a breastfeeding woman to leave a public place such as a cafe, shop or public transport.

If you are feeling self-conscious of your skin being exposed while feeding, you can take a blanket or muslin scarf out with you to cover yourself up while feeding.

It is also important to consider what clothes to wear. Non-wired bras can easily be pulled up or down when you want to feed, and loose tops can be pulled down for easier access and comfort while feeding.



Keeping Your Kids Healthy: The Food

Your children need good nourishment and exercise to grow and develop their body and brain, and they will look to you to ensure that happens.

Children need a healthy, balanced diet that gives them enough energy to grow and develop. This means that children usually need to take in more energy than they use and this extra energy forms new tissues as they grow. However, if children regularly take in too much energy, this is stored as fat and they will put on excess weight, which can lead to further health problems in later life. Therefore, it is important to remember the Guideline Daily Amount of nutrition for your child.



The following guide is for children ages between 5-10:

Calories - 1800kcal
Protein - 24g
Carbohydrate - 220g
Sugars - 85g
Fat - 70g
Saturates - 20g
Fibre - 15g
Salt - 4g

Ways you can encourage your children to eat

healthily and engage in more sports include:

- Swap sugary foods such as sweets and biscuits for fruit or unsalted nuts.
- Swap fizzy drinks and squash for water, semi-skimmed milk or diluted fresh fruit juice.
- Ensure that your child has the three main meals - breakfast, lunch and dinner, and eat together whenever possible.
- When making meals for your children give them a smaller portion of food, and let them tell you when they would like more of the meal. Don't force them to eat more than they can handle.
- Keep count of the snacks your family goes through in a day as it will help you see where you can cut down, helping you save money.
- Consider healthier snack alternatives such as carrot or celery sticks, or fruit. Or, if the snack is usually a reward, try an alternative reward such as stickers or a trip to the park.
- Make sure your kids get their 5 a day. Try giving them a wide variety of fruits and encourage them to have different types of food, such as a portion of peas, carrot sticks, orange juice, etc. Integrate this into their three main meals as well as snacks.
- Encourage the whole family to grow their own food such as tomatoes and carrots. Not only is it healthy, but it is also extremely rewarding for the children to be able to grow and look after their own food.



Keeping Your Kids Healthy: The Exercise



Lifestyles these days usually involve a lot of sitting down thanks to the development of technology. Today you will find many a child playing on games consoles, computers or tablets. However, this does not change the fact that children need to exercise daily in order to grow and develop. The lack of physical activity means that fat that is stored is not being used up, which could lead to your child becoming obese.

Kids need to be active for at least 60 minutes a day in order to help their muscles and bones develop and to burn off energy. It also helps to build their immune system and to prevent them developing diabetes and heart disease and cancer. It can even help your child to sleep better, and increases their metabolism.

The 60 minute exercise does not have to be completed in one go and it does not have to be purely sport - running around and walking to places counts as part of their exercise. This is very good news for families who have a very busy lifestyle!

Ways of encouraging your children to do more exercise include:

- Getting your children to walk or cycle instead of taking the bus or the car.
- Encourage your children to join after school clubs such as for football or tennis. When taking part in matches they will find it rewarding to work towards winning them!
- Clock up the times after school and on the weekend by going to the park or running around.
- Exercise together as a family; children are more likely to exercise if older siblings or the parents do it too.
- Take your children swimming. Not only does it provide full-body exercises but it also encourages them to learn to swim.
- Limit your child's play time on consoles and computers. Two hours maximum is recommended on these, and makes sure kids get up and play or become more physical after.
- Encourage your children to get up and about out of school hours, and to do so after a meal.



- Take them out on day trips to places such as nearby woodland or nature reserve, or even the seaside.
- Giving praise to your children when they participate in an activity, particularly if they are learning something new, gets them excited and motivated to continue on with it. Don't push them too hard and keep the feedback positive, and if they enjoy the experience they will continue with it.
- Ensure that there is a box of equipment provided for your kids - this can include anything from skipping ropes to footballs to roller skates. Having these available immediately to use for however long they wish will keep children interested.



Move More - Don't be a Couch Potato

Physical activity is an absolute must in order to keep healthy - it's what we have arms and legs for! It may surprise you but it can also increase your brain activity, as intensive workouts encourage better blood circulation, and it has also been proven that it can help build up your immune system and prevent obesity.

Many other benefits of physical activity include increased happiness and self-esteem, lower blood pressure and getting better sleep. However, modern life and the advance of technology involves a lot of sitting down for most people, especially for those working in office jobs. The pace of life has also quickened and can often leave people for little time for a lot of exercise. But while you don't move around that much, inactivity can be a silent killer, leading to chronic illnesses such as heart disease, diabetes and strokes. Therefore, it is important that we at least achieve the moderate amount of exercise that is recommended daily.

First of all, what is moderate intensive activity? It is defined by doing activities that are enough to get your heart rate up and make you break into a sweat. You can tell if you have done this if you are able to talk, but cannot sing words to a song due to your changed breathing. This is called aerobic activity as it encourages you to breathe more deeply. Achieving this can be done by:

- Walking fast
- Cycling on level or slightly hilly ground
- Water aerobics
- Even activities such as vacuuming, pushing a lawnmower, walking your dog can count! It is important to note that chores such as cooking and homework do not count as they do not get your heart rate up.



It is important to note that there are three types of activities that you can also do that will further benefit you aside from aerobic activity. These are:

- **Strength activities** - This is where you make specific muscles and bones in your body work harder, in order to maintain their power. It can also improve your balance, posture and shape; as well as this it can even help you burn more calories as extra muscle begins to get built. This can be achieved through using weights, walking upstairs or carrying shopping.



- **Flexibility activities** - This is where you stretch and bend parts of your body. This is important for keeping your muscles supple and to improve the range and motion of your joints. It is recommended that you do these as small warm-ups for heavier activities to prevent muscle strain. Examples of activities that can help you with this include yoga and Pilates.

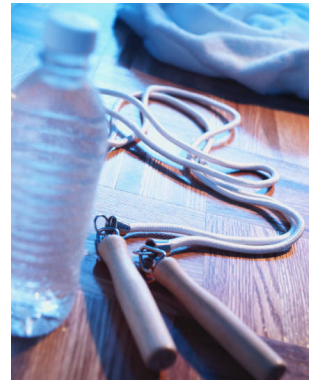
- **Balance activities** - This is when you challenge and maintain your poise and stability. Activities that would help you achieve this include Tai Chi, Pilates and yoga.

You need to be aware that with any form of exercise comes the risk of injury - common injuries include muscle strain and cramps. Try and do a variety of activities so that you don't over-work one particular muscle and to build up all your muscles evenly. It can also reduce your boredom!

Move Smart - Get Moving

With exercising, you also need to ensure that you can enjoy it and that it is safe to partake in what you plan to do. Please consider the following points before and during your physical activities.

- If you have any medical condition, or are taking any medication, or you have concerns about your health and fitness, check with your GP before embarking on any new physical activity.
- Always do warm-ups before your intended activity, such as gentle stretches.
- Start slowly at a level that suits you. Gradually build up the time you spend on the physical activity and the intensity you do it at.
- Don't take part in physical activity if you have a high temperature or feel unwell.
- Don't exercise if you are very hungry or after you have just eaten a large meal.
- Always make sure you are well hydrated before you start to exercise (and during the exercise if it is intense or lasts an hour or more). Carry a bottle of water with you while you do your activity.
- Stop exercising if you feel pain, discomfort or dizziness.
- If you decide to partake in HIT (High Intensity Training, where you work very hard for seconds rather than minutes), check with your doctor if it is safe to do so as it is not suitable for those with an underlying medical condition or those who are not very active.



So how do you become more active? Well you would be relieved to know that you don't have to go mad with the exercise. Even if you are inactive and only do moderate exercise, you will already feel the benefits, so you can go at your own pace with becoming more active.



The questions you need to ask yourself are:

- What activities do you do already? Can you do more of it?
- Are there local clubs, friends or relatives that already participate in exercises that you could join?
- Which activities would fit into my current lifestyle in terms of cost, time and facilities?
- Would you accept the temporary discomfort that increased activity might bring, for the sake of the health benefits that you will receive?

The hardest part of doing the activities is getting started. Here are some other tips to help you increase and maintain your activity.

- Do activities that you will enjoy and fit in with your personal preferences.
- Book your physical activities and make them a part of your timetable.
- You may find it beneficial to join local clubs or groups to do the exercise, as it can help you with your motivation and you will receive support.
- You could purchase a fitness DVD or invest in a pedometer to start logging your steps.
- Get an exercise buddy and share with them your goals. You can both work together toward your goals and help each other keep going and participating in your exercises.





- Keep record of what you've done and what you have achieved - you could use the notes at the back of this guide!

Water Consumption Chart

Use the charts below to keep track of how much you drink - it is recommended that you have 8 glasses of water per day. Fluid intake is very important as we expel what we take in through sweating, breathing and urinating.

Tick each box every time you consume a glass of water. Your daily intake also includes milk, juice and hot beverages such as coffee and tea. It is best to avoid alcohol, fizzy drinks and milkshakes as part of the intake as they contain lots of sugar and artificial ingredients.

WEEK 1	Glasses of Water Consumed							
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

WEEK 2	Glasses of Water Consumed							
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

WEEK 3	Glasses of Water Consumed							
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								



Food Chart

Keeping track of what you eat and how much of it can help you determine what you may need to reduce or increase your intake of. Use this food chart to help you work out if you are eating a balanced diet.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							



Snack							
Dinner							
Snack							

Walk and Run Chart

You may be relieved to know that walking is just as good for you as running, as the total energy spent is more important than the intensity of the exercise. The only con with that is that you'd have to walk for a lot longer to feel the same benefits as you would from running.

Use the chart below to keep track of how long you have been walking and/or running for, and with this you can find a way to balance between the two activities.



[illegible]

Favourite Exercise Activities Chart

Everyone wants to be able to lose weight while doing the things that they enjoy. With this in mind this chart requires that you put down the exercise that you have chosen to do, and for how long you have done it. It is recommended that we do 30 minutes of moderate cardiovascular exercises 3-5 times a week.

Tick the SMTWTFSS boxes for every day that you complete the exercise during the week.

[illegible]

Weight Loss Chart

Supporting Women & Girls (SWAG) Survey

SWAG aims to help disadvantaged women to tackle isolation, improve their life chances by providing opportunities for enterprise, self-employment, employability, new skills, community participation and improved lifestyle choices. This survey is to help us ensure that we are reaching the right people. Please could you take a few minutes to complete the questions and return it to us?

Name	
Contact details phone or email	
Ethnicity	<input type="checkbox"/> White British <input type="checkbox"/> White Irish Other White Background (please state) _____ <input type="checkbox"/> White and Black Caribbean <input type="checkbox"/> White and Black African <input type="checkbox"/> White and Asian Other Mixed Background (please state) _____ <input type="checkbox"/> Indian <input type="checkbox"/> Pakistani <input type="checkbox"/> Bangladeshi Other Asian Background (please state) _____ <input type="checkbox"/> Black Caribbean <input type="checkbox"/> Black African Other Black Background (please state) _____ <input type="checkbox"/> Chinese Other Background (please state) _____
Employment Status	<input type="checkbox"/> Unemployed <input type="checkbox"/> Employed <input type="checkbox"/> Volunteer <input type="checkbox"/> Self-employed <input type="checkbox"/> Student <input type="checkbox"/> Retired <input type="checkbox"/> Other (please state) _____
What is your highest level of education?	<input type="checkbox"/> GCSEs or similar <input type="checkbox"/> NVQ or similar <input type="checkbox"/> 'A' Levels or similar <input type="checkbox"/> Degree or similar <input type="checkbox"/> None <input type="checkbox"/> Other (please state) _____ _____
Would you consider yourself to be in good health?	Yes / No

Age (please select one)	Under 18,	18 - 25,	25 - 60,	over 60
Do you have a disability?	Yes / No			

Please turn the sheet over to fill in the other side of this survey.

What is your involvement with the SWAG Project? (please mark all that apply)				
<input type="checkbox"/> Peer Support Event	<input type="checkbox"/> Professional	<input type="checkbox"/> Attended		
<input type="checkbox"/> Volunteer	<input type="checkbox"/> User of the Service	<input type="checkbox"/> None		
Other: Please state _____				
If you have selected 'None', would you like to become a member? <input type="checkbox"/> Yes <input type="checkbox"/> No				
How did you find out about the project?				
Leaflet <input type="checkbox"/>	Radio <input type="checkbox"/>	Presentation <input type="checkbox"/>	Internet <input type="checkbox"/>	
Poster <input type="checkbox"/>	Newspaper <input type="checkbox"/>	Networking event <input type="checkbox"/>	Newsletter <input type="checkbox"/>	
Friend <input type="checkbox"/>	School <input type="checkbox"/>	Volunteer Centre <input type="checkbox"/>	Word of mouth <input type="checkbox"/>	
How easy was it to get involved?			Difficult / Fairly Easy / Very Easy	
If you are a user of SWAG project, which services do you / would you like to access?				
Advice <input type="checkbox"/>	Information <input type="checkbox"/>	Advocacy <input type="checkbox"/>	Training <input type="checkbox"/>	
Housing <input type="checkbox"/>	Employment <input type="checkbox"/>	Volunteering <input type="checkbox"/>	Education <input type="checkbox"/>	
Health <input type="checkbox"/>	Other <input type="checkbox"/>	Please state _____		
If you are a volunteer or professional, which area of service do you / would you support or mentor?				
Advice <input type="checkbox"/>	Information <input type="checkbox"/>	Advocacy <input type="checkbox"/>	Training <input type="checkbox"/>	
Housing <input type="checkbox"/>	Employment <input type="checkbox"/>	Volunteering <input type="checkbox"/>	Education <input type="checkbox"/>	
Health <input type="checkbox"/>	Other <input type="checkbox"/>	Please state _____		
Would you be interested in attending:				
Business Briefing and Networking Meetings			Yes / No	
Training Workshops (for example, CV writing) Please state what area _____			Yes / No	
Volunteering			Yes / No	

Healthy Living Choices (for example, healthy eating / exercise etc)	Yes / No
Further Education	Yes / No
As a user of SWAG, what are the restrictions which would prevent you receiving support? (For example, childcare, language barriers, low self-confidence etc.)	
If you have further comments regarding SWAG, please use this box to detail them	

We are very grateful to you for completing this questionnaire. Please could you return it to:

Diversity House, Phoenix House, Central Avenue, Sittingbourne, ME10 4BX

If you would prefer to do this by telephone, please call 01795 473828 and ask to speak to Emma Taylor or Jessica Finn. We would be happy to complete the form for you over the telephone.

Health Pack Feedback Form

1) What is your overall assessment of the “Eat Smart, Move Smart” Health Pack?

Satisfied ☐ Dis-Satisfied ☐

2) Which aspects of the Health Pack did you find most interesting or useful?

3) Have you gained anything from the Health Pack?

Yes ☐ No ☐

If Yes, please state.

5) How do you think the Health Pack could have been made more effective? What more could have been added?

6) Please comment on the organization of the Health Pack (i.e. layout, structure)

7) Suggestions (including topics you think would be useful, for the future)

Name (optional):

Are you Male ☐ Female ☐

Age range: 18-25 ☐ 26-35 ☐ 36-45 ☐ 46- 55 ☐ 56-65 ☐ 66+ ☐

Where do you live (e.g. Sittingbourne?)

Thank you for your participation