

Seeking the views of older people in Waterside

Over 75? Are you happy with your life? Do you think your life could be better? Feel as if no one is listening to you? Here is your chance to Have Your Say.

If 10 is the best, please tick the box that you feel is right for you.	1	2	3	4	5	6	7	8	9	10	
How happy are you with your life today?											
Do you live alone?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>							
Are you lonely?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>							
How often each week do you go out for social occasions?											
Would you like to go out socially more often?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>							
Would you like to meet friends for shopping/coffee?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>							
Would you be interested in attending a weekly social group if based in Waterside?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>							
Would you like someone to phone for a chat once a week?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>							
What would you like to do?											
Do you eat 3 meals a day?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>							
If not, why not?											
Do you exercise?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>							
Would you like to do some gentle exercise with a group of friendly people?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>							
Would you like to go on an easy walk with friendly people?	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>							
What would you like to do that could make you happier?											
Do you have any transport issues that prevent you from going out as much as you would like to?											

Name

Telephone Email

Address

Please hand your completed form to any WCA committee member at the next public meeting (24th January 2013, 7.30pm Christ Church) or send to the WCA c/o 282, Waterside, Chesham, HP5 1PY. All replies will be treated in the strictest of confidence.