



## **Healthy North Belfast Community Conversation**

**Healthy North Belfast is about working together to make North Belfast a healthier and happier place to live.**

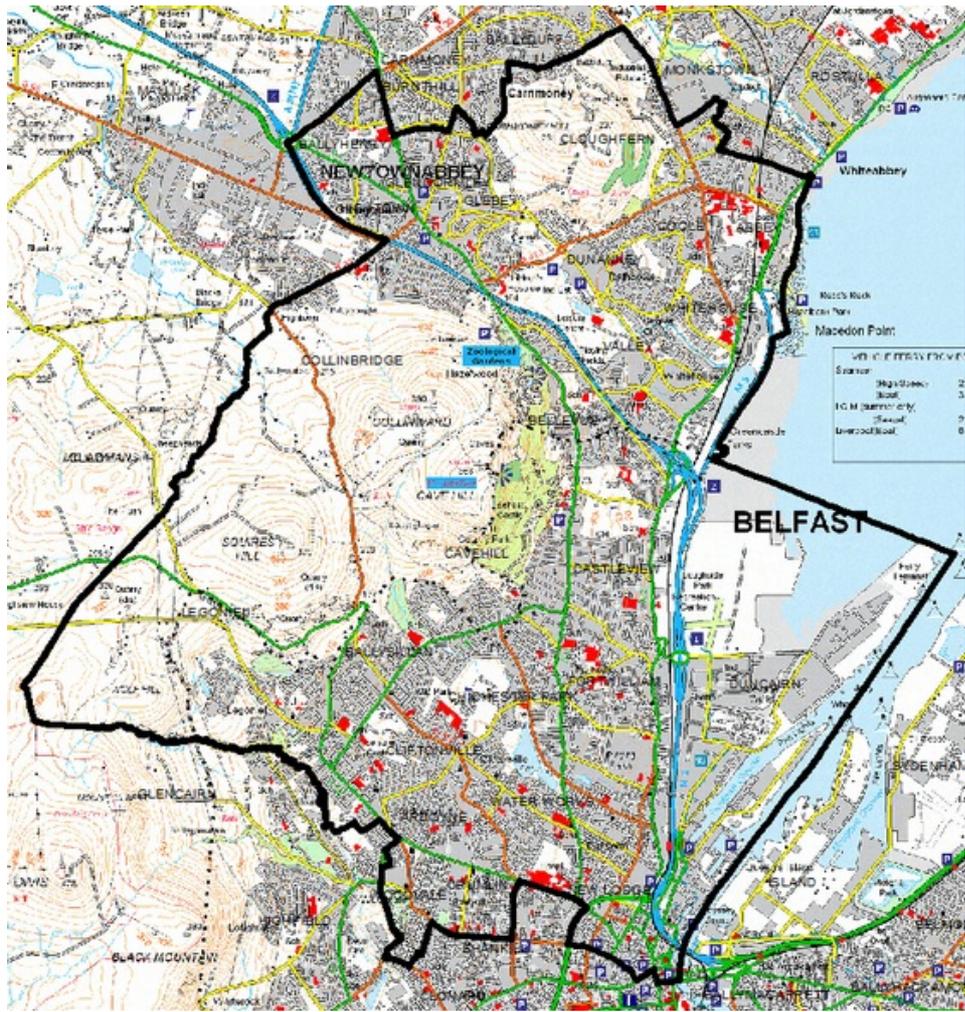
**It is a partnership project between local charities, healthcare providers and government. Now we want to hear from our local experts – the people who live in North Belfast.**

**The survey is open to anyone aged 16 and over who lives in North Belfast and parts of Newtownabbey including Rathcoole, Cloughfern and Glengormley. We have included a map over the page.**

**We will not ask for your name or any information that could identify you personally during this survey, and all results will be anonymised.**

**We will share the anonymised results of the survey with our partners, and we will also publish a summary of the results. If you do provide any personal data, it will be processed securely and in compliance with the General Data Protection Regulation. For full information on how we will process your information, please visit [www.ashtoncentre.com/ashton-privacy-notice](http://www.ashtoncentre.com/ashton-privacy-notice).**

**The survey will probably take about 15 minutes of your time.**





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**1. First things first, we want to know how you feel about where you live. What are the good things you like about living in North Belfast?**

**2. Now we would like to ask you a few questions about your own health and wellbeing. What does having good health mean to you? You might want to think about both physical health and mental health.**

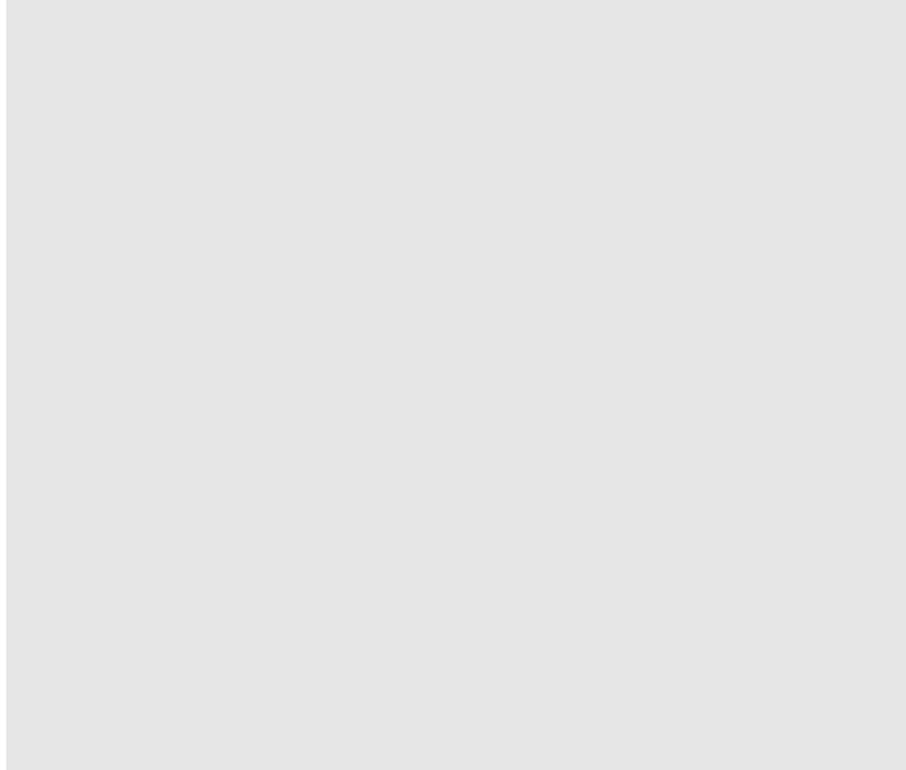


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**3. Can you describe something you do that makes you feel healthy or happy? This could be anything from going to a gym to visiting your local library to talking to a friend.**

**4. Can you describe a time you or someone close to you was unwell and got really good help? This could be from your GP or the hospital, a therapist or even a friend or loved one.**

**You might want to think about how you felt. And was there one thing in particular that really made a difference to your experience?**





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**5. This is one where we want you to use your imagination! You have been selected to travel to the future in a time machine. When you open the doors of the time machine, you have landed in North Belfast. What do you see?**

**6. Thinking about the future, what do you think we need to do now so that more people experience good health for longer?**

You might want to think about what we should do more of or do differently. Is there one thing in particular that would really make a difference?



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Finally, just a couple of questions about you. You do not have to answer these questions, but they help us understand more about the people who live in North Belfast.

**7. What is your postcode?**

**8. What age are you?**

- 16-24
- 25-44
- 45-64
- 65-84
- 85+
- Prefer not to say

**9. I am ...**

- Male
- Female
- Other
- Prefer not to say



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**10. On a scale of 1 to five, where 1 is "not very good at all" and five is "very good", how would you rate your physical health?**

- 1
- 2
- 3
- 4
- 5

**11. My mental health is ...**

- 1
- 2
- 3
- 4
- 5



**Thank you for your time today.**

**We will look at all the responses we get back from this survey and carefully consider what we have been told.**

**By June this year, we will publish a summary of what we have heard. And by the end of the year, we will publish a plan that will tell you what we hope to do about it.**

**You can keep up-to-date:**

- in the local press**
- by following us on Facebook (@healthynorthbelfast)**
- by following us on Twitter (@healthynbelfast, #healthynorthbelfast)**



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