

## Director of Public Health Report 2017



Public Health Directorate | Director: Julia Burrows

Tuesday



Hello

I am the Director of Public Health in Barnsley and I need your help. Every year I am required, by law, to produce a report about the health of people who live in our town. This report helps me, my team and our wider partners to identify any key issues, flag up any problems and describe how we are helping you, your family and your friends live healthier lives.

My 2017 report will be called 'A Day in The Life Of'. It will not only provide us all with an invaluable and unique insight into the daily challenges that affect our physical and mental health and a better understanding of what you think makes it better or worse, but will also form an important piece of social history by providing generations to come with a record of everyday life in Barnsley.

I am asking everyone who wants to take part to tell me about their physical and mental health on Tuesday 7 November 2017 by completing the attached diary sheet.

What you choose to share will be used in my annual report to be published in early 2018. I promise you complete anonymity. I do hope you are able to help me.

Please return your diary sheet to us by Tuesday 21 November 2017.

You can complete your diary sheet online by visiting [www.barnsley.gov.uk](http://www.barnsley.gov.uk). Alternatively, please feel free to email your diary sheet to me at [dphbarnsley@barnsley.gov.uk](mailto:dphbarnsley@barnsley.gov.uk). You can post your diary sheet to us using FREEPOST to the following address: **FreePost – A DAY IN THE LIFE OF**

Finally, post boxes will be available in Barnsley Family Centres and libraries

Yours faithfully

Julia Burrows  
Director of Public Health



**BARNSLEY**  
Metropolitan Borough Council

## Thinking about the following might help...

How do you feel today?

Why do you think that might be?

How did you feel when you woke up this morning?

What do you think you could have done today that might have made a difference to how you feel?

Have you done anything today that you think has made you feel well?

What were the low points of your day?

What were the high points of your day?

What are you worried about?

What do you look forward to?

What would improve the way you feel?

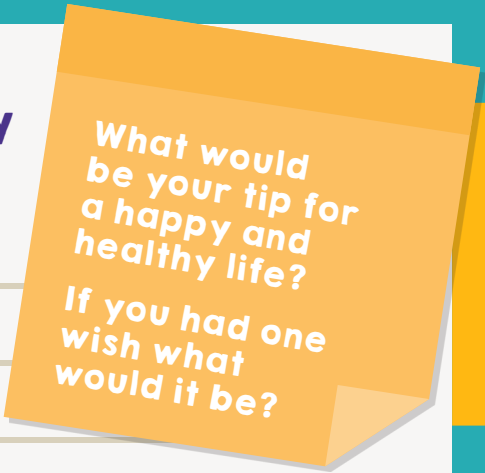
**Tuesday**



**My Diary Entry**

Please write as much or as little as you like and feel free to use extra pages.

Two horizontal lines are provided for a short entry. Below these, the page is filled with numerous horizontal lines for writing a longer diary entry.



Please continue over the page if needed



**A day in the life of...**

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First 3 digits of your postcode:

What best describes your gender?

Female

Male

Prefer not to say

What is your age?  Years

Do you consider yourself to be a disabled person?

Yes

No

Are your day-to-day activities limited because of a health problem or disability which has lasted or may last, at least 12 months?

Yes, limited a lot

Yes, limited a little

No

Prefer not to say