



This booklet is to help you and your family think about your health. You may wish to spend some time looking at it, and thinking about each member of the family in turn. Your health visitor can help you to decide what issues affect your family. You may then be able to think of some changes you might like to make. The booklet is for you to keep.

Family names

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Health visitor's name

Telephone number

Appointments

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This booklet was developed by local parents and health visitors in Sheffield. The project was managed by Mary Garside, health visitor, North Sheffield, Primary Care Trust. Funding was provided through a National Health Action Zone Fellowship, with support from Sheffield Health Action Zone and the Institute of General Practice and Primary Care, University of Sheffield.



Your Family's Health

Many things may affect your family's health. Do you have any worries about any of the following that you would like to share?

- | Work or lack of it
- | Relationships (partners, children, others)
- | Stress
- | What you eat
- | Smoking
- | Relaxing
- | Illness
- | Money
- | Contraception
- | Disability
- | Housing
- | Drugs
- | Alcohol
- | Domestic violence/abuse
- | Depression
- | Caring for others
- | Anything else?

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Forward Plan – To be completed by you and the Health Visitor

If there are any family health issues you would like to change or improve, you or your health visitor may wish to write them down here. You could decide what action you might take, and whether you would like to look at the issues again another time.

Family health issue	Action to be taken

