(A) If you need someone to help you in the following areas, would you be able to obtain this help from anyone within one week?

Please answer all these questions, even if you have never needed to ask for it before. If 'yes', you may tick more than one box.

Do you currently personally know anyone who could ?	No	Yes	Immediate Family	Wider Family	Friend	Neighbour	Colleague	Acquaintance	Health or social care practitioner
1 1 11 11									e e
1 give you sound advice on problems with your health?									
2 encourage you to eat healthily									
3 encourage you to stay physically fit									
4 collect your prescription from the chemist									
5 ring the GP to make an appointment for you when you're too unwell to call yourself									
6 do physical exercise with you									
7 do a hobby or interest group with you									
8 go to appointments with you									
9 help you feel calmer when you're anxious									
10 help you feel up when you are down									
11 visit you if you were in hospital									
12 help you find a new dentist									
13 speak to health professionals on your behalf when you don't feel able to									
14 visit you if you are unwell at home									
15 go on a trip or holiday with you									
16 go for a drink or meal with you									