



# Health Theme

## The Bridge NDC Foot Care Project for Older People

Dear Resident,

The NDC is aware of the local need for affordable and accessible basic foot care (nail cutting) in the area. The issue has been highlighted to our Health Theme Group on several occasions. We would appreciate if you would take a few minutes to print off and complete this questionnaire to assist the Bridge NDC develop a foot care service for older people in the NDC area.

*If you would like your name to be entered in a free prize draw to win a £20 Marks and Spencer Voucher, please complete the whole questionnaire and return a hard copy to the address overleaf before 5<sup>pm</sup> on 20<sup>th</sup> June 2009.*

1. What is your postcode?

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2. Are you

Under 50 yrs  50-59 yrs  over 60yrs

3. Are you able to cut your toenails?

a) comfortably  b) with difficulty  c) not at all

4. Who cuts your toenails?

a) you  b) family  c) carer  d) friend  e) professional  f) other

(Please specify)

\_\_\_\_\_

5. How often do you cut or have your toenails cut?

a) At least monthly  b) 1-3 months  c) rarely  d) never

6. Do you pay anybody to cut your toenails?

If so who and how much? £\_\_\_\_\_

7. Would you pay somebody trained to cut toenails if available?

Yes  No

8. Where would you like to access such a service?

a) At a medical Centre near you  b) at home  c) GP Surgery  d) other  (please specify)

9. How much would you be willing to pay for a twenty minute nail cutting appointment every two months?

a) £5  b) £10  c) other  d) Not willing to pay

THE Bridge



BUILDING  
Seven Sisters

New Deal for Communities





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### GENDER

MALE  FEMALE

### What is your ethnic group?

Choose ONE Section from A to E, Please tick the appropriate box to indicate your cultural background

#### A. White

- British
- Irish
- White & Asian

Any other White background  
(please write below)

#### B. Mixed

- White & Black Caribbean
- White & Black African
- Bangladeshi

Any other Mixed background  
(please write below)

#### C. Asian or Asian

- Indian
- Pakistani

Any other Asian background  
(please write below)

#### D. Black & Black British

- Caribbean
- African

Any other Black background  
(please write below)

#### E. Chinese or Other Ethnic Group

- Chinese

Any other background  
(please write below)

### DISABILITY

Do you consider yourself to have a disability?

YES  NO

Please complete the questionnaire and return marked for the attention of:

**Jo Basra the Laurels Healthy Living Centre Programme Manager, to the following address;  
The Bridge NDC, 379 Seven Sisters Road, Tottenham, London N15 6RD**

Full Name:

.....

Address:

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*The draw will take place on 30<sup>th</sup> June 2009, and the winner will be notified in writing shortly thereafter.  
The NDC decision in relation to the prize draw shall be final.*