* PIP screen
* Suggested text for text messaging
* A4 poster
* A5 leaflet
* Suggested social media posts
* A few approved images (a 30, a 50, a 64)

**Text Message (318 & 500 character options)**

318 character

If you have a health concern, please take this short survey on how it impacts on your physical activity levels. Your voice can help shape how future services are designed, plus you’ll be in with the chance to win some great prizes! Survey closes 30 Sept. <https://www.smartsurvey.co.uk/s/ltc-consultation/>

500 character

If you have a health concern or a long-term condition, please share your views on how it impacts on your physical activity levels. Your voice can help shape how future services are designed for others living with a heath condition in Norfolk, plus you’ll be in with the chance to win some great prizes! Survey closes Monday 30 Sept. <https://www.smartsurvey.co.uk/s/ltc-consultation/>

**Social Media** (to be posted between 5 Aug – 30 Sept)

Facebook

Are you living with a health concern or long-term condition? If you are, Active Norfolk needs your help to better understand how health concerns impact on physical activity levels. It doesn’t matter how active you are or aren’t!

By sharing your experiences and views you will be helping to inform the design of future policies and services that support others in Norfolk living with a health condition. Plus, you’ll be in with a chance to win some great prizes!

Survey closes on Mon 30 September, and takes 10-15 minutes to complete.

#ActiveNorfolk

LINK: <http://bit.ly/ltc-consult>

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Do you have a health condition that is stopping you from being as active as you think you should be, or would like to be?

It doesn’t matter how active you are. Share your thoughts and experiences on physical activity by Mon 30 Sept, and you’ll be in with a chance to win some great prizes, including a FitBit and restaurant and shopping vouchers!

#ActiveNorfolk

LINK: <http://bit.ly/ltc-consult>

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If you’re living with a health concern, what would help you be more active?

Active Norfolk are doing a county-wide survey to grow understanding of how people living a long-term condition view physical activity. Your input now can help shape future services for others living with a health concern in Norfolk.

Share your experiences and thoughts before the survey closes on 30 September and be in with a chance to win some great prizes too!

#ActiveNorfolk

LINK: <http://bit.ly/ltc-consult>

Twitter

Is your health stopping you from being active? Take part in this #Norfolk survey from @ActiveNorfolk to understand how physical activity can support people living with health concerns & you’ll be in with a chance to win some great #prizes! #ActiveNorfolk

LINK: <http://bit.ly/ltc-consult>

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Fancy winning some food & shopping vouchers, and other great #prizes? Take part in this @ActiveNorfolk #survey before 30 Sept which looks at how #health concerns impact on physical activity levels, and be in with your chance to win! #ActiveNorfolk <http://bit.ly/ltc-consult>

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Living with a health concern? What would help you be more active? Share your views on this @ActiveNorfolk #survey on physical activity and health, and help shape future service design. You’ll be in with a chance to win some great #prizes! #ActiveNorfolk <http://bit.ly/ltc-consult>

**News Item**

**Consultation to help shape local support services for those living with a health concern**

*Are you an adult with a health concern, or long-term health condition?*

*If the answer is yes, then Active Norfolk would like to hear from you.*

We want everyone to be able to benefit from being active, regardless of health or ability. So we have developed a short questionnaire to help us understand the physical activity levels of people in Norfolk living with a health concern or long-term health condition.

Using a short 10-15 minute online survey that we have designed with partners in health and social care, we want to hear your views around physical activity. Are you satisfied with your activity levels, or does your health concern stop you from being as active as you would like to be? Would anything help you to be more active?

By sharing your views, you will be helping us to better understand how physical activity can support Norfolk residents living with a long-term health condition. And your contribution can help shape how future services are designed and delivered, so others living with health concerns in Norfolk can benefit, too.

Plus if you complete the survey, you can be entered into a prize draw to win some great prizes, including a family day pass to Thetford High Lodge, a Fitbit, restaurant and shopping vouchers, and more!

The survey link is <https://www.smartsurvey.co.uk/s/ltc-consultation/>, it is mobile friendly and will be open from Mon 5 August – Monday 30 September.

To find out more information, please visit <https://www.activenorfolk.org/ltc-consultation>