

The community garden gives away free vegetables.

Have another turn.

The physiotherapist asks you what your goals are.

Move ahead 3 steps.

The podiatrist shows you how to choose good shoes.

Go ahead 1 step.

A new walking group starts in your area.

Have another turn.

A new doctor comes to your centre and is easy to talk with.

Roll again.

Your best friend wins a holiday and takes you.

Throw again.

The local centre starts using more visual signs and it's easier to read things.

Skip ahead 2 spots.

The form you're given is in plain language.

Go ahead 5 spots.

A friend shows you how to read food labels.

Go ahead 7 steps.

You're given a link to a great health website which is easy to look around.

Go ahead 4 steps.

The chemist does free medicine reviews.

Have another turn.

The healthcare person checks you know what they are talking about.

Have two more turns.

The reception was busy and unwelcoming. You didn't know what to do next.

Go back 4 steps.

Your appointment is running late and you're worried about your parking meter.

Go back 1 step.

You're given a big information pack – too much and too hard to read.

Go back 3 steps

You don't have a 'MyGov' account.

Go back to the start.

You don't know who anyone is, what they do or why.

Miss a turn.

No-one explained the costs for the extra tests.

Go back 7 spots.

Everyone at the local centre says hello and introduces themselves.

Go ahead
3 spots.

You're asked what matters to you.

Have
another go.

You get a text/sms reminder for an appointment.

Go ahead
1 step.

A health care professional asks you what you already know and what you want to know more about.

Roll again.

You can't find a park and are late for an appointment.

Miss a go.

You're rushed through an appointment and don't have time to ask questions.

Go back
5 steps.

The information from the chemist is gobbledegook and they say that's all they have.

Miss a turn.

The council newsletter is sent out via email but you don't have a computer.

Go back 1 step.

The form you need to do is hard to understand so takes a long time to do.

Miss a turn.

You're given a 9 o'clock appointment but the bus gets there at 9.20.

Go back
3 places.

You're told about a place that can help but not given the contact details.

Go back
2 steps.

You get lost looking for the right room.

Go back
2 steps.