

# Frome Wellbeing survey

Thursday, November 21, 2019

Powered by  SurveyMonkey®

# 135

**Total Responses**

Date Created: Wednesday, October 23, 2019

Complete Responses: 135

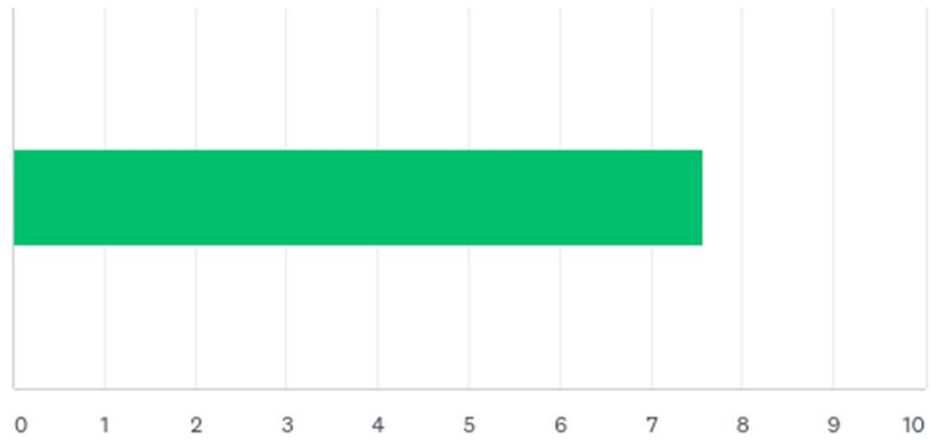
# ONS4

4 questions to assess wellbeing

Backed by local and national data going back to  
2011/12

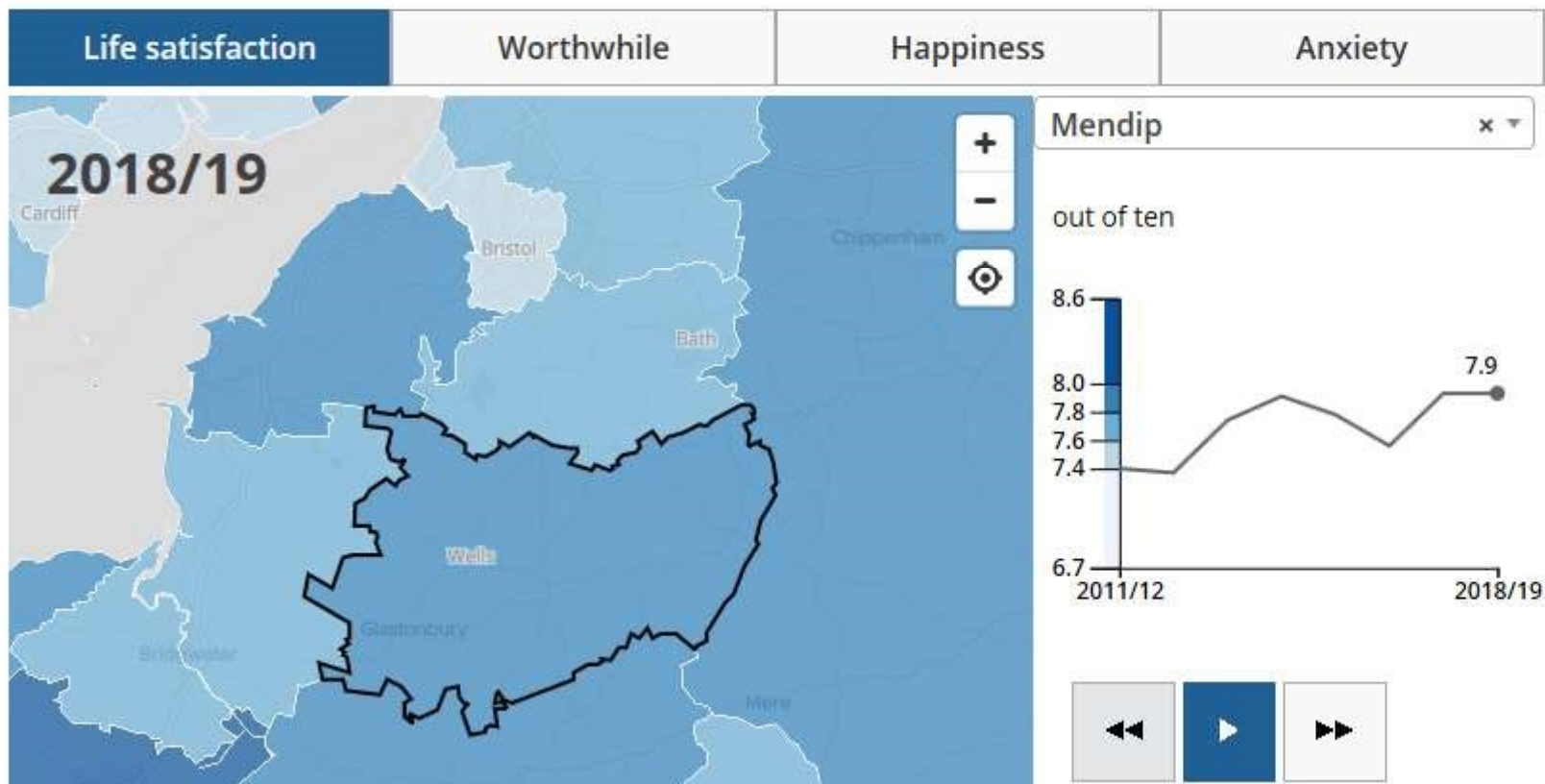
## Q1: Overall, how satisfied are you with your life nowadays?

Answered: 134 Skipped: 1



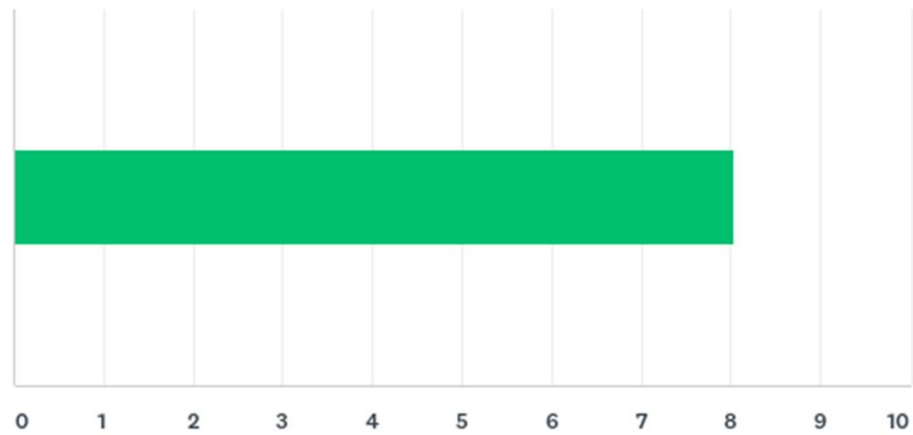
#### 4: Personal well-being interactive maps

Life satisfaction ratings, UK, years ending March 2012 to March 2019

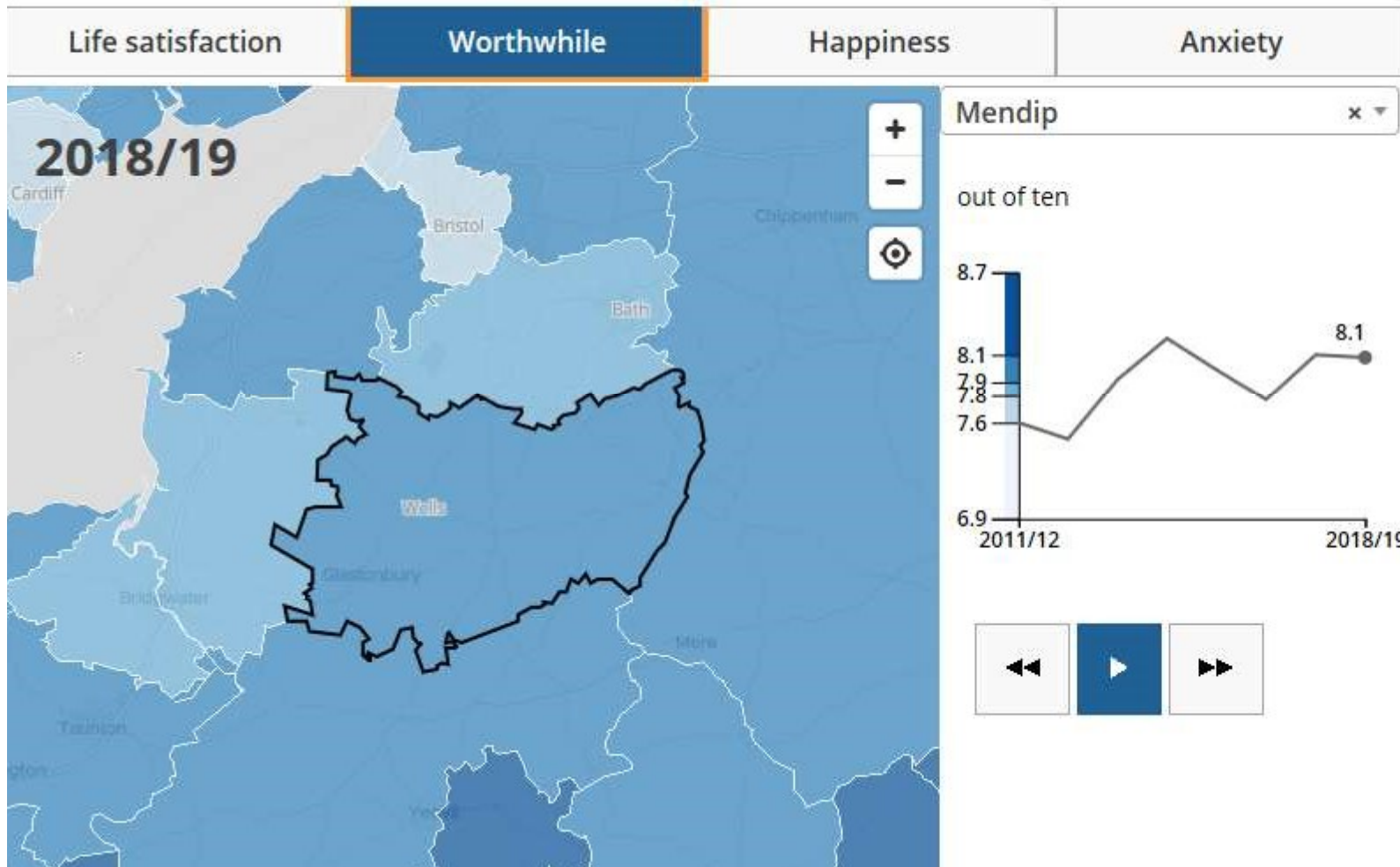


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Q2 Overall, to what extent do you feel the things you do in your life are worthwhile?

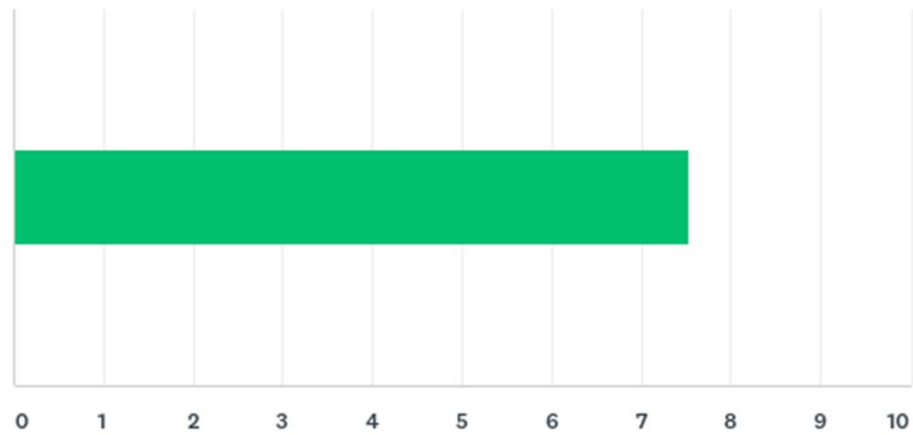


ratings, UK, years ending March 2012 to March 2019



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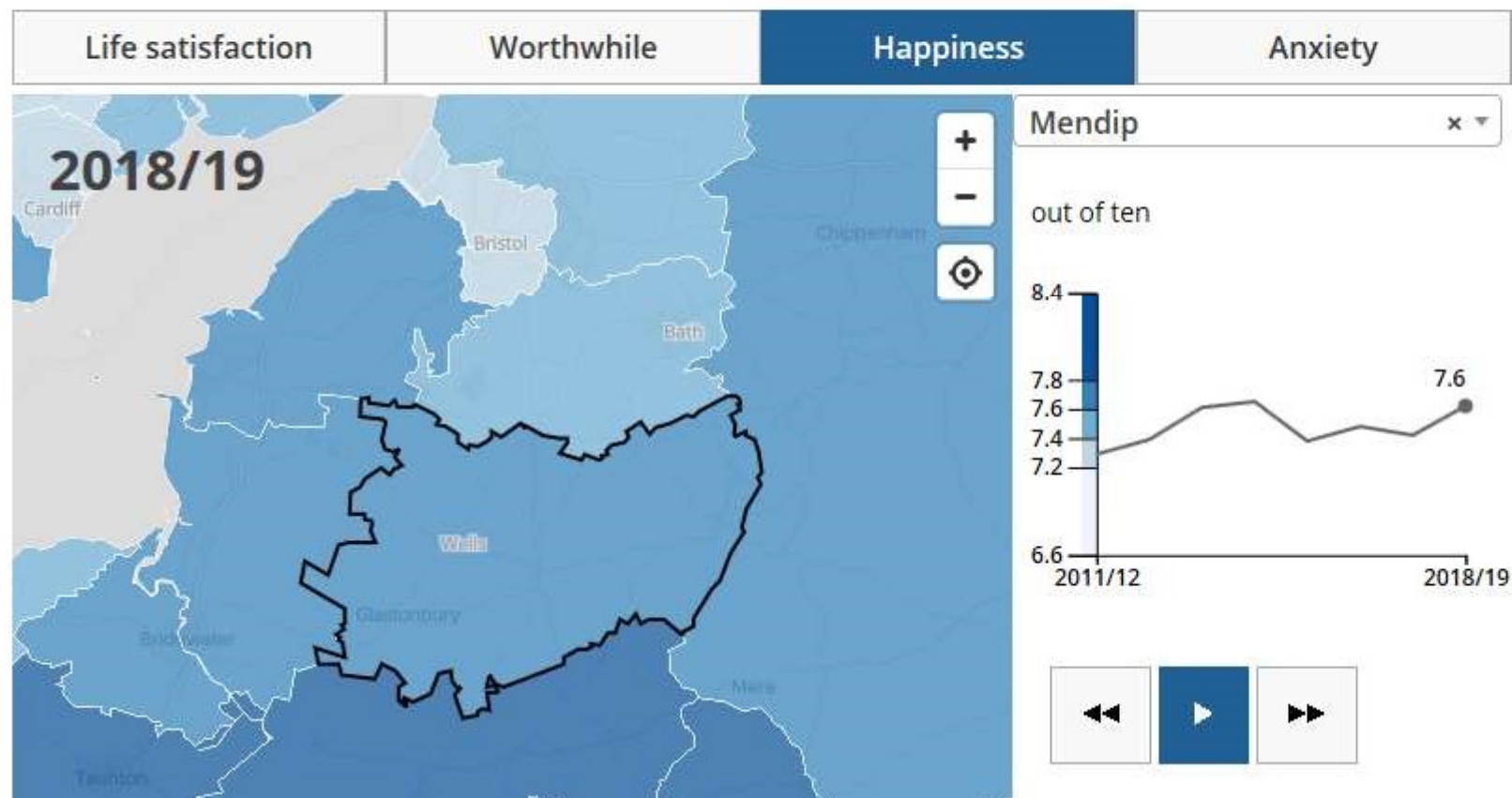
Q3 Overall, how happy did you feel yesterday?





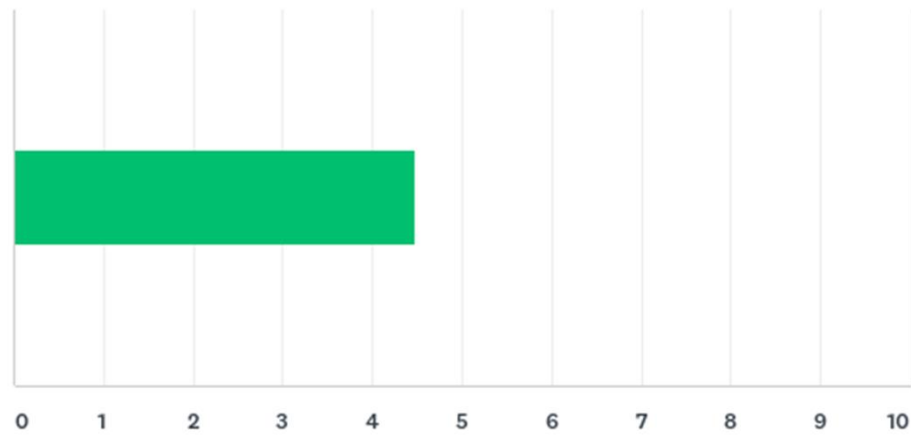
## Figure 4: Personal well-being interactive maps

Average ratings, UK, years ending March 2012 to March 2019



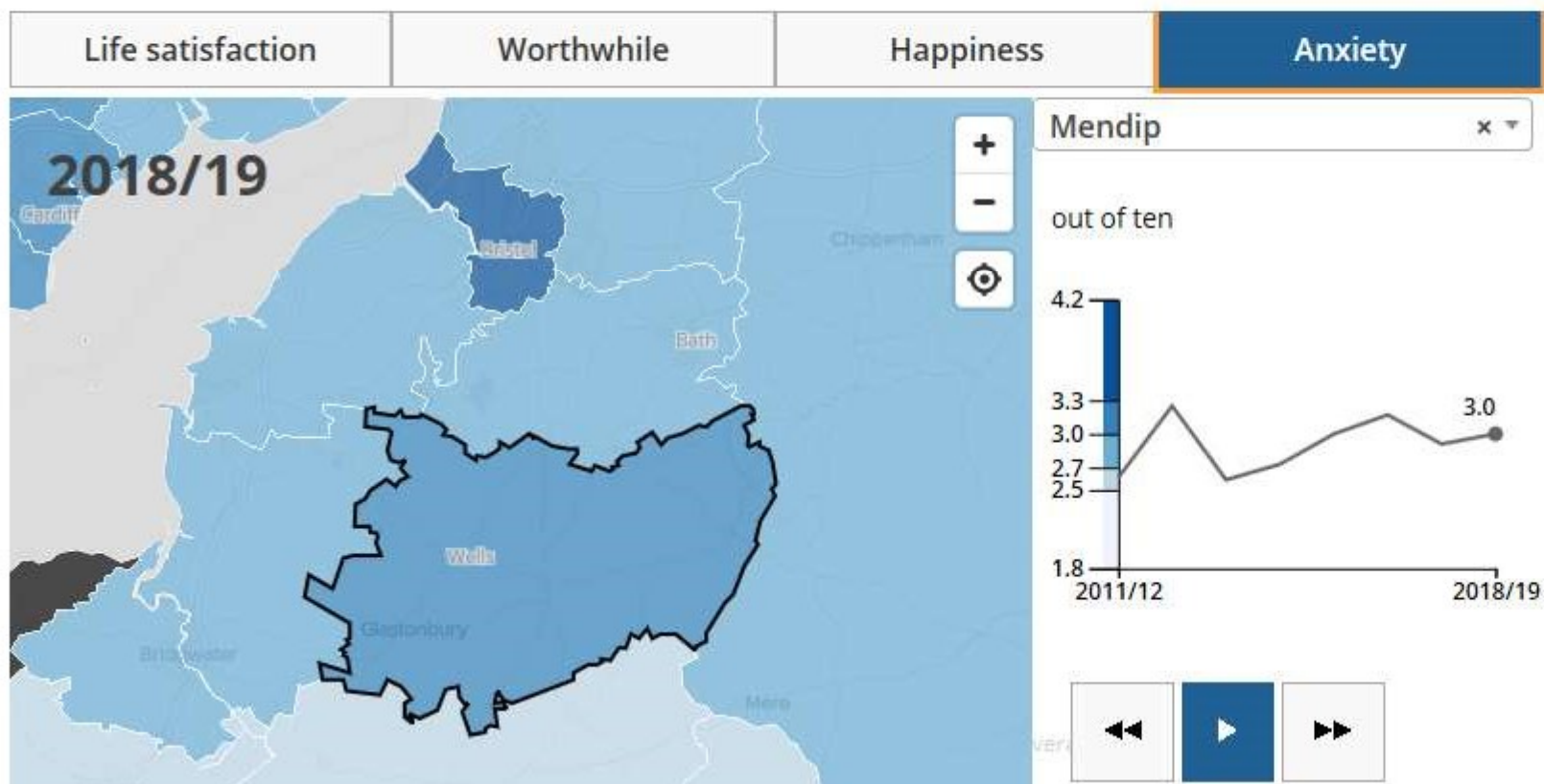
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Q4 On a scale where 0 is 'not at all' anxious and 10 is 'completely' anxious how anxious did you feel yesterday?



## Personal well-being interactive maps

ratings, UK, years ending March 2012 to March 2019



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Q5 Who and what contribute most to your sense of wellbeing?

walking pets health son wife home friends husband  
family friends garden family dog work job  
exercise going children nature

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Q6 What might help you most to feel a greater sense of wellbeing?

happy stress health life **less** feeling **family** less work **time** helping  
**better** know work things better health money

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Q7 If 3 other people were willing to help what would you love to do to make your community a better place?

opportunities sure shopping live project friendly help exercise meet outside  
talking children make safe group new people go  
community help people better volunteer support  
people feel teenagers yes places social frome know free mental health etc  
activities less

**Identification of those willing to help make our community a better place**

**21 individuals approached  
feel strongly enough to offer  
their skills to our community**