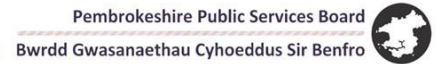


Easy Read



# Wellbeing survey 2021

We want to know what makes you feel good about living in your county



This survey was written by the **Carmarthenshire Public Services Board**. It is an easy read version of 'Well-being Survey 2021'.

August 2021

# Introduction



This is an easy read document. But you may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. Hard words are in bold the first time they are used.

Where the document says **we**, this means **Carmarthenshire Public Services Board**. For more information contact:

**Website:**

<https://www.thecarmarthenshirewewant.wales/>

**E-mail:**

[info@thecarmarthenshirewewant.wales](mailto:info@thecarmarthenshirewewant.wales)

**Phone:** 01267 234567



**Please email your answers to:**

[info@thecarmarthenshirewewant.wales](mailto:info@thecarmarthenshirewewant.wales)



### Or post them to:

Public Services Board Support Team,  
County Hall,  
Carmarthen,  
SA31 1JP



This document was made into easy read by **Easy Read Wales** using **Photosymbols**. To tell us what you think about this easy read version, [click here](#).

# About this survey



We want to know about your **well-being**. **Well-being** means a person is happy, healthy and is comfortable with their life and what they do.



Questions in this survey are based on the **7 National Well-being Goals of the Well-being of Future Generations (Wales) Act 2015**.

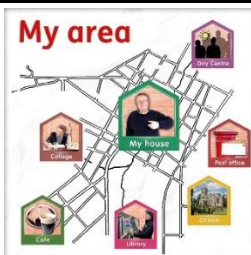


The **well-being goals** come from the Well-being of Future Generations Act. The **well-being goals** are a list of things that will help make Wales a better place to live in the future.



We want to know what is important to you and your community.

# How we use your information



We will use your postcode to find out where you live.



This will help us to improve services in your area.



It will also help us to prepare for The Future Generations Well-being **Assessment**.

**Assessment** is a way of finding out if someone needs help and support



We will only use your information for this survey. We will not share it without your permission.



We follow a law called the **General Data Protection Regulation (GDPR)** to keep your information safe.



We will keep your personal information for 1 year.



For more information about how we keep your information please read privacy policy here: [www.carmarthenshire.gov.wales/home/council-democracy/data-protection/](http://www.carmarthenshire.gov.wales/home/council-democracy/data-protection/)

# About you

## Questions

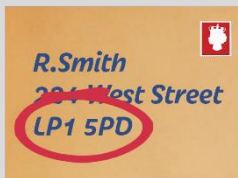


1. Where do you live?

Ceredigion

Carmarthenshire

Pembrokeshire



2. Please write your postcode here with no spaces. For example SA154EA

### 3. How old are you?



- Under 16 years old
- 17 to 24 years old
- 25 to 34 years old
- 35 to 44 years old
- 45 to 54 years old
- 55 to 64 years old
- 65 to 74 years old
- 75 to 84 years old
- 85 years and over
- I do not want to say



### 4. Tell us if any of the below apply to you?

You can tick more than 1 box.

- I am pregnant
- I had a baby in the last 6 months
- I am on maternity leave

I am on paternity leave

None of the above

I do not want to say

**5. How do you describe yourself?**



Female



Male



Other or I want to use my own word.



I do not want to say

If you said other, please tell us how you describe yourself:



**6. Do you find every day activities difficult because of:**

- a health condition
- an illness
- or disability

**that has lasted or will last for 1 year or more?**



Yes. I find everyday activities very difficult. I am limited a lot.



Yes. I find everyday activities quite difficult. I am limited a little.



No



I do not want to say

## 7. When you were born were you described as



Male



Female



Intersex



Other or I want to use my own word.

If you said other, please tell us how you describe yourself:

---



I do not want to say



**8. Are you an unpaid carer for a family, friend or neighbour?** Please tick 1 box.

Yes

No

I do not want to say

**9. Which of these words best describes how you think of yourself?**



Bisexual - I love and fancy men and women



Gay - I am a man and I love and fancy other men



Heterosexual - I love and fancy people of the opposite sex



Lesbian - I am a woman and I love and fancy other women



I would rather not say



Other

If you ticked other please tell us what:

---

**10. How do you describe your ethnic group or background?**



**White**

White English, Welsh, Scottish, Northern Irish or British

White Irish

White Gypsy or White Irish Traveller

Any other White background. Please tell us what this is:

---



### Mixed or multiple ethnic groups

White and Black Caribbean

White and Black African

White and Asian

Any other mixed or multiple ethnic background. Please tell us what this is:

---



### Asian or Asian British

Indian

Pakistani

Bangladeshi

Chinese

Any other Asian background. Please tell us what this is:

---



## Black, African or Caribbean or Black British

Black African

Black Caribbean

Any other Black, African or Caribbean background. Please tell us what this is:

---



## Other ethnic group

Arab

Any other ethnic group



**I do not want to say**

## 11. Please tell us about your marital status



I am single. I have never been married or had a civil partnership.



I am married and I live with my husband or wife.



I am separated, but still married by law.



I am divorced.



I am widowed.



I am in a same sex civil partnership. And I live with my partner.



I am separated, but I am still in a same sex civil partnership by law.



I was in a civil partnership. But this has been ended by law.



My civil partner died



I would rather not say

## 12. What is your religion?



I do not have a religion



I am Christian (all types)



I am a Buddhist



I am Hindu



I am Jewish



I am Muslim



I am Sikh



I would rather not say



Other

If you ticked **Other** please tell us what:



**13. What is your total income in the house each year?**



Under 15 thousand

15 to 30 thousand

30 to 45 thousand

More than 45 thousand

I do not want to say



**14. Can you understand, speak or write Welsh?**

Please tick 1 box.

I understand spoken Welsh

I speak Welsh

I read Welsh

I write Welsh



**15. What language do you speak?**  
Please tick 1 box.

Welsh

English

Other

If you ticked **Other** please tell us what:

---



**16. Do you Volunteer?**  
Please tick 1 box.

Yes

No

**If you answered Yes. Where do you volunteer and how many hours to you volunteer for?**

# A prosperous Carmarthenshire

A community that works to develop people's skills and provide job opportunities.

## 17. Which 3 things do you value the most in your community?

- A steady income
- Good wage
- Permanent work
- Job opportunities
- Childcare
- A good transport network
- Housing you can afford
- Training and further education
- A greener economy
- Digital Connectivity



**18. What are the things that can affect the success of your community?**

You can tick more than 1 box.

Poor **economy**.

The **economy** is how much money a country has.

Less job opportunities

Very little training opportunities to develop skills for jobs

Houses I cannot afford

Childcare that I may not be able to afford

No proper transport

Poor digital infrastructure

Having to pay a lot of taxes



**19. What would you do to improve your own or your community's economy?** You can tick more than 1 box.

Take up training

Improve my basic skills like Maths, Welsh, English

Start a new job

Support local business

Make jobs for local people

Start a new business



**20. What support would you need?** You can tick more than 1 box.

Funding or support from your workplace to attend training

Programmes to improve basic skills like English, Welsh, Maths

Childcare that I can afford

Better local transport

Help for local businesses

More jobs for local people

Help to start a new business

**21. Is there anything else you would like to tell us?**

# Healthy ecosystem

Ecosystem is an area where all the plants and animals depend on each other and the environment. Such as a river has fish with plants they eat and both need clean water.



## 22. Which 3 things do you value the most about your local **environment**?

Nature and green spaces

Wildlife

Clean water

Landscape and views

Clean air

Outdoor activities that everyone can take part in

Beaches

Food production that protects the **environment**

The **environment** is where we live. It includes the land, the sea, the air, and everything that lives in and on it. For example: plants, animals and fish.



### 23. What are the things that can affect your local environment?

Loss of green spaces

Poor air quality

Adapting to **climate change**

Waste and recycling

Flooding affecting wildlife

Littering

How to protect natural resources

Poor water quality

Not enough water supply

Soil and land pollution

Loss of biodiversity

Weather conditions

**Climate change** is the change to longer term weather patterns. It causes things like flooding.





**24. What would you do to improve your local environment?**

- |                                       |                          |   |                          |
|---------------------------------------|--------------------------|---|--------------------------|
| Reduce waste                          | <input type="checkbox"/> | Use vehicle less  | <input type="checkbox"/> |
| Recycle more                          | <input type="checkbox"/> | Use public transport                                    | <input type="checkbox"/> |
| Help to maintain a green space        | <input type="checkbox"/> | Use renewable energy                                    | <input type="checkbox"/> |
| Help to maintain a play space         | <input type="checkbox"/> | Help use local green spaces for wildlife                | <input type="checkbox"/> |
| Use locally produced food             | <input type="checkbox"/> | Grow your own fruit and vegetables                      | <input type="checkbox"/> |
| Buy environmentally friendly products | <input type="checkbox"/> | Make a wildflower garden                                | <input type="checkbox"/> |
| Walk more                             | <input type="checkbox"/> | Volunteer for activities to save the <b>environment</b> | <input type="checkbox"/> |
| Cycle more                            | <input type="checkbox"/> |   |                          |



**25. What support would you need to improve your local **environment**?**

- |  |                          |  |                          |
|--|--------------------------|--|--------------------------|
| Cheap transport                                | <input type="checkbox"/> | Promote local food businesses                | <input type="checkbox"/> |
| Make recycling easy                            | <input type="checkbox"/> | Litter-pick schemes in the community         | <input type="checkbox"/> |
| Talk to people about <b>environment</b> issues | <input type="checkbox"/> | Talk to people about using low energy        | <input type="checkbox"/> |
| Low cost bicycle services                      | <input type="checkbox"/> | Spaces to grow your own fruit and vegetables | <input type="checkbox"/> |
| More roads to connect towns and villages       | <input type="checkbox"/> | More information about volunteering          | <input type="checkbox"/> |

**26. Is there anything else you would like to tell us?**

# Promoting equality

A community where everyone has equal chances regardless of their background. You can find out more about these on the Equalities and Human Rights Commission website:

[www.equalityhumanrights.com/en/equality-act/protected-characteristics](http://www.equalityhumanrights.com/en/equality-act/protected-characteristics)

## 27. Which 3 things do you value the most about equality?



**Equality** means treating people fairly and making sure they have the same chances in life.

Accept me for who I am

Get **equal** pay

To be able to talk freely

**Equal** chances to use public services

To do things and not being treated differently

Feeling safe living in a community

Have **equal** rights

Dealing with unfair treatment of people

More roads to connect towns and villages

More information about how to volunteer



## 28. What do you think needs to change to make your community equal and fair to everyone?

People being treated unfairly because they are different

Less public services

Thinking that people who are different do not matter

Public transport with high cost

Looking at disability as a medical problem

Not enough housing to meet different needs

Workplaces and education providers not being fair and equal

Living in a community where people feel unsafe

Workplaces and education providers not prepared to make **reasonable adjustments**

Complaints about unfair treatment not being dealt with



## 29. What would you do to help treat everyone fairly and **equally**?

Talk to people from a different background, belief or who are disabled

Report about any unfair treatment, hate, crime

Know more about people from different backgrounds, beliefs or are disabled

Campaign for **equality, diversity** and **inclusion**

Help an organisation, which supports people from different backgrounds, beliefs or are disabled

**Diversity** means people are not all the same. For example, people come from different backgrounds, make different choices or are good at different things.

**Inclusion** means everyone can take part, and everyone has a fair chance.



### 30. What support would you need?

- |  |                          |   |                          |
|--|--------------------------|---|--------------------------|
| Give equal chances for everyone                                    | <input type="checkbox"/> | Help and support to set up a new organisation         | <input type="checkbox"/> |
| Have the right information   | <input type="checkbox"/> | How to report any unfair treatment, hate crime        | <input type="checkbox"/> |
| Knowing how to find difference between right and wrong information | <input type="checkbox"/> | Confidence to report any unfair treatment, hate crime | <input type="checkbox"/> |
| Information about organisations and how to get involved            | <input type="checkbox"/> | Help to set up or support a campaign                  | <input type="checkbox"/> |

### 31. Is there anything else you would like to tell us?

# A healthy Carmarthenshire

A community where people's physical and mental well-being is looked after.



**32. Which 3 things do you value the most about your physical and mental well-being?** You can tick more than 1 box.

Feeling healthy and happy

Keep myself active and happy

Support to live my life with a long term health condition

To be able to meet family and friends

Have enough money to buy the things

Take part in exercise activities

To be able to use health and care services as close as possible to home or online

To be able to afford transport

Have a nice place to live

- Living in an area which makes me feel safe
- Be able to enjoy nature
- Feel part of my community
- To be able to help others around me
- Have a job and a source of income
- Have chances to attend education and training
- Get the support I need when I don't feel well
- Be able to make the changes I want in my life
- Have a healthy work and life balance





**33. What are the things that can affect your physical and mental well-being?** You can tick more than 1 box.

To not be able to live in my own home

No healthcare or other support close to home or online

Not knowing where to get support when I cannot look after myself

No support to help me take part in exercises

No support to help me care for a family member

Not having a place to live

Living in place that does not feel safe

Not knowing people in my community and feeling lonely

To not be able to take part in groups or clubs for my hobbies and interests

To not be able to spend time outdoors

**34. Tell us what you could do to improve your physical or mental well-being?**

**35. What support would you need?**

**36. Is there anything else you would like to tell us?**

# Making the place safe and happy

Communities working together to make the place safe and happy for everyone.



37. **Which 3 things do you value the most about your community?** You can tick more than 1 box.

Feeling part of my community

Treating everyone with respect

Getting on well with everyone in my neighbourhood

Feeling safe in my home

More chances to take part in making local decisions



**38. What are the things that can affect communities working together?** You can tick more than 1 box.

No respect for each other

People feeling unsafe and afraid of hate crime

Local communities not being heard

Not enough money spent in our community

Community **resources** being closed down

**Resources** are useful things we have or things we own. For example buildings, vehicles, information, money and staff.



**39. What would you do to make sure communities can work together?** You can tick more than 1 box.

Join a community or volunteer group

Take part in community events

Look after your neighbours

Accept and appreciate everyone from different backgrounds

Challenge and report wrong things

Take part in local councils

Use my skills and experience to help others in my community

Work and do things to improve my community



**40. What support would you need?** You can tick more than 1 box.

More information on community groups

More information on how to report any hate crime

More information on well-being services

More funding for local groups

Help to set up a local community group

Take part in local events

Online activities to help people stay connected in communities

Information and support to get involved in town and community councils

**41. Is there anything else you would like to tell us?**

A large, empty rectangular box with a thin black border, intended for the user to provide their answer to question 41.

## Promoting culture and Welsh language

A community that promotes and protects culture, heritage and the Welsh language.



**42. Which 3 things do you value the most about the community culture and Welsh language?** You can tick more than 1 box.

Using the Welsh language

Traditional food

Locally produced food

Arts, theatres, cinemas

Heritage and history

Sports

Social and community clubs

Traditions



Faith

Local festivals and events



**43. What are the things that could affect the community culture and Welsh language?**  
You can tick more than 1 box.

Funding

Developing skills

Respect for each other's cultures and heritage

Not enough Welsh education schools and colleges

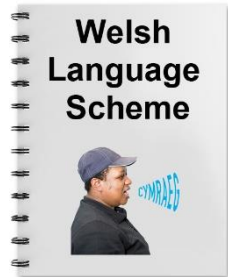
Not enough support for people to take part in the language of their choice

Not be able to use the language of my choice

Loss of traditions

Young people moving out of Wales to study or work

House costs rising



**44. What would you do to help to promote community culture and Welsh language?**

You can tick more than 1 box.

Learn or improve your Welsh language skills

Take part in different projects

Support your children through Welsh medium education

Listen to podcasts in the Welsh language

Take part in cultural events

Visit local museum or other heritage places

Join or volunteer at a local sport or community club

Watch Welsh TV programmes

Schemes to support young people to live and work locally



**45. What support would you need?** You can tick more than 1 box.

More chances to learn and improve my skills

More chances to use Welsh language

More chances to use Welsh in my workplace

More information on the benefits of Welsh medium education

Good transport to go to Arts and Culture venues

More information on local community groups

More opportunities to volunteer



**46. Is there anything else you would like to tell us?**

# Making a positive difference in the world

A community that makes sure any changes we do, will also help make the world a better place to live in.



**47. Which 3 things do you value the most about making the world a better place to live in?**  
You can tick more than 1 box.

- |   |                          |  |                          |
|---|--------------------------|--|--------------------------|
| Buying things that our fair and <b>environment</b> friendly | <input type="checkbox"/> | Help and support to set up a new organisation                      | <input type="checkbox"/> |
| Working to protect the <b>environment</b>                   | <input type="checkbox"/> | How to report any unfair treatment, hate crime                     | <input type="checkbox"/> |
| More homes that use less energy                             | <input type="checkbox"/> | Confidence to report any unfair treatment, hate crime              | <input type="checkbox"/> |
| Using less energy   | <input type="checkbox"/> | Help to set up or support a campaign                               | <input type="checkbox"/> |
| Education is <b>inclusive</b> and <b>equal</b>              | <input type="checkbox"/> | Teaching children in schools about <b>equality</b> at an early age | <input type="checkbox"/> |

Schools are preparing children to be leaders of change

Support given to asylum seekers and refugees

Wales has three world heritage sites

Managing our land and water to deal with changing climate

Sharing our learning with other countries



**48. What are the things that could affect our community's work?** You can tick more than 1 box.

Not knowing how to make a positive difference in the world

Economy and jobs

Natural **resources** becoming less

Changes in nature

**Climate changes**

Not enough done to deal with **climate change**

Food cost. Families not being able to afford food

Misusing people for personal gain. Like forced labour or sexual abuse.



**49. What could you do to make the world a better place?** You can tick more than 1 box.

Take part in events like Go Green Day or Earth Hour

Reduce waste, reuse things and recycle waste

Support local schools in their Eco-school awards

Travel less

Buy Fairtrade products

Volunteer in environment or community projects

Talk about the work done to make a positive impact in the world

Find ways to use less energy

Support local producers and suppliers

50. Tell us if you know of any environmental or community project?



51. **What support would need?** You can tick more than 1 box.

Information on businesses that are fair and environment friendly

Celebrating our **diverse** communities

Information on local food and resources

How to find ways to use less carbon or no carbon.

Finding ways to use less energy or green energy

Volunteer in environment or community projects

Workplace projects and training

Find ways to use less energy



Ideas on more greener ways to travel

**52. Is there anything else you would like to tell us?**



**Thank you for taking part in this survey.  
Please return to:**

**Rhadpost/Freepost  
CSC-CCC**