

SOUTH WALES SOCIAL WELL-BEING SCALE (SWSWBS)

Below are some statements about your 'social world' and what you have been able to do for yourself and have been able to do with or for others.

Please tick the box that best describes your experience of each over the last two weeks.

	None of the time	Rarely	Some of the time	Often	All of the time
I've been living in a safe and healthy home environment	1	2	3	4	5
I've been able to enjoy a safe and healthy environment outside my home	1	2	3	4	5
I've been financially secure and so have had enough income to meet my needs	1	2	3	4	5
I've been doing worthwhile activities (paid/unpaid) when I've wanted	1	2	3	4	5
I've been able to carry out what I've set out to do when I've wanted	1	2	3	4	5
I've met up with family and friends and we have done things together when I've wanted	1	2	3	4	5
I've been free from harassment and discrimination	1	2	3	4	5
I've been able to use local services and facilities when I've needed	1	2	3	4	5
I've felt useful when I help and support other people	1	2	3	4	5
I've had my opinions taken seriously	1	2	3	4	5
I've interacted with others in person when I've wanted	1	2	3	4	5
I've interacted with others digitally, online and/or using a phone when I've wanted	1	2	3	4	5
I've been involved with community groups and/or activities when I've wanted	1	2	3	4	5
I've learnt about the world	1	2	3	4	5