

## Councillor Wellbeing Survey

An action from personnel committee was for full council to consider undertaking a councillor wellbeing survey PC25/016 10.

Below is a proposed anonymous survey to be carried out on Microsoft Forms for councillors to access.

The findings can then be reported back to November Full Council to consider any actions and note the baseline position which can be monitored annually.

### **Recommendations:**

1. Agree the proposed survey, process, and timelines
2. Agree to monitor annually

# Saxilby with Ingleby Parish Council

## Councillor Wellbeing Survey

### Introduction:

This survey aims to understand councillor wellbeing to ensure that all councillors feel supported, valued, and able to carry out their role effectively. For the purposes of this survey, wellbeing is defined in line with the World Health Organization as: “A state in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”<sup>1</sup>

Councillor wellbeing supports council objective 5 to improve the well-being of residents – and enables delivery across other council priorities, including community engagement, facilities management, and environmental stewardship. Your responses will help the council identify areas where additional support or improvements may be needed and determine a baseline position to monitor against.

---

### 1. General Wellbeing

1. I feel that my overall wellbeing is good.  
☐ Strongly Agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly Disagree
2. I am able to maintain a healthy balance between council duties, work, and personal life.  
☐ Strongly Agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly Disagree
3. I feel comfortable raising wellbeing concerns if needed.  
☐ Strongly Agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly Disagree

### 2. Support and Training

4. I have the right level of information and training to carry out my councillor role confidently.  
☐ Strongly Agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly Disagree
5. I receive sufficient support from officers.  
☐ Strongly Agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly Disagree
6. I receive sufficient support from other councillors.  
☐ Strongly Agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly Disagree
7. What types of training or development would help you in your role?  
(Open text box)

### 3. Culture and Workload

8. The time commitment of council meetings and responsibilities is manageable.  
☐ Strongly Agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly Disagree

---

<sup>1</sup> [www.who.int/data/gho/data/major-themes/health-and-well-being](http://www.who.int/data/gho/data/major-themes/health-and-well-being)

9. I feel respected and valued within the council.  
☐ Strongly Agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly Disagree
10. Council meetings are conducted in a way that supports positive wellbeing (e.g., respectful tone, reasonable finish times).  
☐ Strongly Agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly Disagree

#### **4. Personal Safety and Stress**

11. I feel safe and free from harassment or undue pressure in my role as councillor (e.g., from the public, online, or within meetings).  
☐ Strongly Agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly Disagree
12. I know where to go for help or advice if experiencing stress, conflict, or abuse in my councillor role.  
☐ Strongly Agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly Disagree

#### **5. Looking Forward**

13. I feel the council takes wellbeing seriously and is committed to supporting councillors.  
☐ Strongly Agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly Disagree
14. What would help improve your wellbeing as a councillor?  
(Open text box)
15. Any additional comments or suggestions?  
(Open text box)