

Key contributors to

Creative and Cultural Activities

for wellbeing in older people

Transport

to get to activities is important for **Wellbeing**

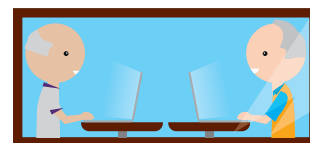


Men tend to **engage less**, they may benefit from activities geared specifically for them.

Creative & Cultural activities include **knitting & woodcrafts**



People in the bottom 20% of wellbeing rely on their **public library**



It's important for people to have **friends** to do activities with