



CALL FOR PARTICIPANTS

Are you aged 55 or over? Interested in joining a research project about leisure activities, and how they may support wellbeing?

The WE-EngAGE project would like to hear from people aged 55+ and living in the UK to explore if and how you may engage with leisure activities. This includes people who do and do not engage with leisure activities.

What are leisure activities?

Leisure activities include a wide range of activities, such as baking and DIY, participating in social clubs, community and exercise groups, volunteering, and arts and cultural engagement, such as painting, being in a local music group, attending concerts, or visiting museums or heritage sites.

What happens if I take part?

Stage 1:

- You will be offered a short survey to complete that asks questions about you and if and how you take part in leisure activities.

Stage 2:

- If eligible, you will be invited to join a focus group to explore your engagement in leisure activities further.

FIND OUT MORE

Contact the team:
WeEngAGE@ed.ac.uk
or scan the QR code



<https://tinyurl.com/WeEngAGE-survey>