

# Social participation



We asked respondents what activities they regularly participate in.

- **69%** see their friends and family.
- **51%** take part in sports or physical activity.
- **32%** visit pubs and clubs.
- **29%** visit libraries.
- **28%** take part in social groups such as coffee mornings.
- **26%** visit museums.
- **19%** are part of community groups.
- **16%** visit a place of worship.
- **13%** take part in arts and crafts clubs.
- **10%** take part in lunch clubs.

Other activities included: bingo, knit and natter, gardening, allotments, walking and/or walking groups, dog walking, dancing, volunteering, and church.

**8%** of respondents said they don't participate in any activities.

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We asked respondents if anything stops them participating in social activities.

- **32%** said nothing stops them.
- **27%** said costs stop them from participating.
- **24%** were not aware of the activities available.
- **19%** have no one to go with.
- **17%** lack transport.
- **17%** have mobility issues preventing them from participating.
- **15%** could not participate due to caring responsibilities.
- **15%** say there is a lack of provision in their area.
- **14%** do not have the confidence.

Other reasons included: personal preference to not participate, difficulty with finding out what is happening across the borough (particularly for those not online), lack of time (paid employment, caring responsibilities, grandchildren), activities taking place during working hours, unpredictable health/mobility (e.g. fibromyalgia, dementia), accessibility issues (e.g. deaf, visually impaired, refreshments/food not suitable for diabetics), travel issues including lack of suitable parking and unreliable public transport, feeling unsafe outside particularly in the dark, and being too busy.

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We asked respondents if they have enough contact with family and friends who do not live with them.

- **67%** said yes.
- **14%** said no.
- **19%** said partly.

When asked to tell us more, many respondents said that family/friends live in other parts of country/world so it's hard to see them. Sometimes travel costs (e.g. trains) are prohibitive and poor transport makes it difficult. Family members may also be busy with paid work. Some respondents said they did not have much free time.

However many said that they see family and friends who are close by, staying in touch regularly online and by phone. Many mentioned that they look after young grandchildren regularly.

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When asked if there was anything that could be done differently to ensure opportunities to meet with people who are important to them, to make new friends or participate in activities, suggestions included:

- **Better transport.** Public transport needs to be more affordable, reliable, and safer with visible policing/security. Cheaper/more accessible parking or door to door transport.
- **Information.** Not sure where to find out what's happening, needs to be hard copy not just online, need someone to help find out what's available.
- **Activities.** A range of activities, at different times to include those still working, affordable, accessible by transport.
- **Inclusivity.** Ensure everyone has opportunities and feels welcome regardless of gender, disability, attending alone or with friends.
- **Connecting isolated people to appropriate activities.** Concern about people withdrawing as they get older or have mobility problems.