

Care to Create?

When we create,
we feel better.

Having a go at a creative activity – like cooking or crafting, going to a gig or gallery – can be good fun, and great for your health.



We want to hear how people across Salford get creative.

- Show us what you do – whether it's singing or sketching, nail art or needlework.
- Tell us how it makes you feel – maybe it lifts or your mood or just gets you out the house.

To get involved, send us a photo – it could be a picture of something you've made, a group you go to, a performance, or place you visit. Please also tell us in a few sentences how being creative makes you feel.

Tell us how being creative makes you feel

Tag or DM us on Instagram or Facebook.

Instagram: @SalfordCreativeHealth

Facebook: @SalfordCreativeHealth

Email: SalfordCreativeHealth@scll.co.uk

All entries will be put in a prize draw for a **£50 voucher** you can use at any Salford Community Leisure shop or café.

The stories and images that you share will help to shape future community plans for creativity and wellbeing in Salford.

We believe a more creative Salford is a healthier Salford.



Salford
**CREATIVE
HEALTH**
Network



Scan here to find out more about the Salford Creative Health Network.