

Historic Environment and Cultural Landscape Evidence Review

Introduction

The Lake District was designated a national park in 1951. A number of its Special Qualities are relevant to this evidence paper including: a world-class cultural landscape; complex geology and geomorphology; rich archaeology and historic landscape; unique farming heritage and concentration of common land; distinctive buildings and settlement character; opportunities for quiet enjoyment; and a model for protecting cultural landscapes.

In 2017 the English Lake District was also designated a World Heritage Site cultural landscape, with three themes which summarise its Outstanding Universal Value:

1. A landscape of exceptional beauty, shaped by persistent and distinctive agro-pastoral traditions and local industry which gives it special character.
2. A landscape which has inspired artistic and literary movements and generated ideas about landscapes which has inspired artistic and literary movements and generated ideas about landscapes that have had global influence and left their physical mark.
3. A landscape which has been the catalyst for key developments in the national and international protection of landscapes.

Relevant outcomes in the Partnership Plan 2020-2025

1. We will protect and conserve the extraordinary beauty and harmony of the Lake District landscape and attributes of Outstanding Universal Value and Special Qualities.
2. We will sustain a distinctive and well maintained built and historic environment and landscape.
3. We will ensure the Lake District continues as a source of artistic, literary and cultural inspiration.
4. We will engender a sense of pride and ownership of the local environment and its distinctive character.

Facts, figures, trends

1. Introduction

- 1.1. The term 'Historic Environment' includes elements of the cultural landscape including the historic and designed landscape, the rich archaeology and the distinctive buildings and settlement character.

2. Cultural Landscape

- 2.1. The English Lake District World Heritage Site cultural landscape was designated in 2017, with its Statement of Outstanding Universal Value explaining its global significance (see link in References and policy context section below). The World Heritage Site covers most of the national park, with the exception of its eastern extension.
- 2.2. The English Lake District World Heritage Site Interpretation Strategy and Action Plan (agreed by the Lake District National Park Partnership in April 2025), provides a tool for consistent messaging about why the World Heritage Site is special and to inform visitors and others about the World Heritage Site.
- 2.3. The Lake District has the largest concentration of common land in Britain (66,219ha and 254 graziers).¹
- 2.4. The total farmed area has decreased from 152,777ha in (2016) to 146,443ha (2022), which indicates a greater proportion of land is being used for other uses. There are serious concerns over the condition of the traditional farming system.² (See also the Farming evidence paper.)
- 2.5. UNESCO's World Heritage Committee has also expressed concern about the future of the World Heritage Site's traditional farming system and the lack of a clear strategy nationally to address this; the Lake District National Park Partnership is actively responding on this issue.³
- 2.6. The last five years has seen notable increases in small farms (under five hectares) increasing from 65 to 151, and a decline in farms over 100 hectares in size, from 408 to 375.⁴ (See also the Farming evidence paper.)
- 2.7. The total number of hefted Herdwick flocks is decreasing, with 127 flocks in 2020 down to 96 in 2022. The total number of hefts, of all breeds, was 313 in 2017 and had reduced to 286 (2022)⁵ with hefting concentrated onto fewer commons with fewer hefts per common. There is a data gap here for Herdwick, Rough Fell and Swaledale registrations and we are missing figures for the total number of flocks, all breeds, and whether commons or inbye flocks.

¹ State of the Park Report 2023 [State of the Park Report: Lake District National Park](#)

² Periodic reporting 2023 <https://whc.unesco.org/document/218045>

³ State of Conservation Report 2024 <https://whc.unesco.org/document/218382>

⁴ State of Conservation Report 2024 <https://whc.unesco.org/document/218382>

⁵ State of Conservation Report 2024 <https://whc.unesco.org/document/218382>

- 2.8. The National Trust has a significant influence on land management by owning around 20% (50,000ha) of the Lake District including 90 tenanted farms and 55 Herdwick flocks.⁶
- 2.9. The National Trust has produced [a position statement on its Landlord's Flocks](#), indicating its ambition is to retain all existing Landlord's Flocks and consider acquisition of new Landlord's Flocks on its tenanted fell farms where the hefted flocks are not currently in the ownership of the National Trust, if the hefted flocks are at risk.⁷
- 2.10. In 2021, the total number of cattle in the Lake District was 61,297, total sheep numbers were 676,685 and there were 400 breeding Fell ponies.⁸
- 2.11. There are 27 local shows and Shepherds Meets on the 2023 show list, with a fairly equal geographical spread.⁹
- 2.12. There are significant numbers of volunteers in the Lake District, working with organisations such as the National Trust, Cumbria Wildlife Trust and Friends of the Lake District (see also below for archaeology volunteers working with the Lake District National Park Authority) who, through giving up their time to help look after and share information about the cultural landscape, support one of the themes of WHS inscription by contributing to the conservation movement. However, this data is incomplete.
- 2.13. Villas are an important contributor to the cultural landscape, reflecting the early thinking of developers on the inter-relationship between the designed and natural landscape. Many were identified in the World Heritage Site's nomination document, but further research on them is needed.
- 2.14. According to Cumbria Tourism's 2022 visitor survey, 45% of visitors to the Lake District visited a heritage attraction. 31% of visitors took part in activities which involved experiencing the landscape and environment, with 90% of visitors feeling mentally better after visiting and 72% feeling physically better.¹⁰
- 2.15. The UK's National Commission for UNESCO found that the UNESCO brand is an important marketing tool, boosting tourist numbers and expenditure and local employment. UNESCO designations added £151 million per year in financial benefits to the UK economy.¹¹
- 2.16. The Landscape comprises several National Character Areas¹² with more detailed Local Landscape Character Areas analysed in the Lake District

⁶ National Trust website [a position statement on its Landlord's Flocks](#)

⁷ National Trust website [a position statement on its Landlord's Flocks](#)

⁸ DEFRA farming statistics published 2022) <https://www.gov.uk/government/statistics/agriculture-in-the-united-kingdom-2022>.

⁹ State of Conservation Report 2024 <https://whc.unesco.org/document/218382>

¹⁰ Cumbria Tourism visitor survey 2022 [Cumbria Visitor Survey 2022 \(Downloadable PDF\) | Cumbria Tourism](#)

¹¹ [National Value of UNESCO to the United Kingdom](#)

¹² Cumbria High Fells Character Area 8; South Cumbria Low Fells Character Area 19; West Cumbria Coastal Plain Character Area 7; Morecambe Bay Limestones Character Area 20; Orton Fells Character Area 17
[Natural England - National Character Area Profiles - National Character Area Profiles](#)

Landscape Character Assessment (LCA).¹³ The LCA explains the physical and non-physical characteristics (such as tranquillity, wildness or cultural associations) of the 71 distinct character areas in the Lake District which, combined, make-up the 13 Valleys of the cultural landscape. The LCA provides an essential baseline for understanding the impacts of landscape change, whether positive, negative or neutral. However, at present there is no resource to further develop a programme to use this tool to monitor change at a landscape scale.

- 2.17. There is a data gap in evidence on light pollution./Dark Skies/tranquillity and we are awaiting data from Friends of the Lake District.

3. Geology

- 3.1. There are 161 geological Sites of Special Scientific Interest (SSSIs), with the majority (93%) in favourable condition¹⁴ (see Nature paper for more detail). There is a data gap for the total area of geological SSSIs.
- 3.2. There are four aggregate quarries with planning permission and ten stone and slate quarries with planning permission. This has remained constant since 2012, with Broughton Moor the only active quarry in terms of the large scale of material being regularly extracted.
- 3.3. The vernacular building stock of the Lake District is defined by the use of local building materials, with Lake District slate being the most important feature characterising them, with diminishing coursed slate roofs and the later 19th/20th century exposed slate buildings. Some historic slate quarries are being reworked on a very small scale for walling and roofing slate.
- 3.4. Although further research is required to assess the overall risk, level of harm and geographic spread there appears to be an increasing trend in the use of imported slate. There are examples that demonstrate that, through permitted development, unauthorised development and 'variation of conditions' planning applications, this is happening including recent ones in conservation areas.
- 3.5. The level of skills and people to 'work' minerals is falling, with hand riven slate on the Endangered Crafts list in 2023.¹⁵ There are only 3 professionals (main income) working as slate masons in Cumbria, with between 21-50 professionals working in Welsh slate.

4. Historic Environment

- 4.1. The Historic Environment Record (HER) for the Lake District contains 19,845 entries (as of May 2025) of historical and archaeological sites or features (up from 17,798 in the 2023 State of Park Report). The Levelling Up and

¹³ [Landscape Character Assessment](#)

¹⁴ State of the Park report 2023 [State of the Park Report : Lake District National Park](#)

¹⁵ [Categories of risk - Heritage Crafts](#)

Regeneration Act 2023 gave HERs statutory status in recognition of their significance, but this has not yet been enacted.

- 4.2. As well as the English Lake District World Heritage Site designation, part of the 'Frontiers of the Roman Empire' World Heritage Site can be found in the south-west of the park at Ravenglass. This comprises Ravenglass Roman Fort and bathhouse.
- 4.3. There are 287 Scheduled Monuments of which 20 are on the Heritage at Risk register. This is a considerable reduction from 118 in 2015.
- 4.4. Although the number of scheduled monuments at risk is decreasing, those left on the list are large, complex sites with multiple issues which require considerable investment in resources (time and money) to remove them from the Register.
- 4.5. There are 11 Registered Parks and Gardens of Historic Interest (5 Grade II* and 6 Grade II), none of which are on the Heritage at Risk Register.
- 4.6. Of the Registered Park and Gardens of Historic Interest, only 3 have been formally assessed by Historic England. The assessment was carried out to identify risks and vulnerabilities associated with the management, ownership and other aspects of the historic designed landscapes.
- 4.7. There are 1,807 listed buildings in the Lake District. 32 are grade I, 122 are grade II* and 1,653 are grade II. Of those listed buildings, 1 grade I, 6 grade II* and 70 grade II are on the Heritage at Risk Register.¹⁶
- 4.8. The last Buildings at Risk survey (a thorough survey of the condition of listed buildings) was carried out in 2010. Therefore, the data is now out of date and not a reliable evidence base.
- 4.9. There are 23 conservation areas across the National Park, 74% are in 'good' condition. All 23 have character appraisals and management plans, however, 83% (19 out of 23) are older than 10 years.
- 4.10. There is currently one Article 4 direction (which withdraws or restricts permitted development rights within an area) in Keswick. While Article 4 directions can help to reverse the decline in condition of conservation areas, they are resource-heavy to introduce.
- 4.11. A Historic Landscape Characterisation assessment for the Lake District has been undertaken. This has subsequently been used to create a Cultural Landscape GIS layer for the World Heritage Site.
- 4.12. There is a Historic England Countryside Stewardship service scheme, which provides grants for Heritage at Risk through Countryside Stewardship. It is available until March 2026.
- 4.13. Development pressure is an issue affecting individual buildings, settlements and the wider cultural landscape: these range from small scale works carried out under permitted development rights to full demolition and replacement dwellings. (There were 17 planning applications for demolition/replacement dwellings in 2023-24).

¹⁶ State of Park report 2023 [State of the Park Report: Lake District National Park](#)

- 4.14. The Lake District Design Code, adopted in 2023, as well as Local Plan policies and guidance (existing and emerging, including a new Windermere Conservation Area) can assist in addressing development pressures and ensuring high quality design.
- 4.15. The recent Good Lighting Technical Advice Note¹⁷ for Cumbria, Yorkshire Dales National Park and the Arnsdale and Silverdale national landscapes can be used to assess the impact of lighting, incentivise good quality design and reduce the negative impact of lighting on the landscape and wildlife.
- 4.16. A large percentage of the Lake District's housing stock is solid wall (traditional construction) and not suited to off-the-shelf retrofit solutions. Historic England has published an advice note on adapting historic buildings for energy and carbon efficiency.¹⁸ Energy Performance Certificate (EPC) and Minimum Energy Efficiency Standards (MEES) targets will drive more retrofit work, but the knowledge, awareness and skills needed to improve energy efficiency of traditional buildings without causing harm to them is lacking.
- 4.17. National statistics show that 20% of contractors working on traditional buildings report skills gaps, and 40% have reported that it has become more difficult to recruit in the last 3 years.¹⁹ Only 39% of organisations say they have received training specifically in relation to work on pre-1919 buildings in the last 5 years.²⁰ 76% of surveyed organisations that experience skills shortages believe they will get worse over the next three years due to low levels of entrants, lack of training opportunities and loss of older workforce.²¹
- 4.18. There is also a loss of traditional skills and land management skills, including shard fencing repairs, swill basket-making and charcoal burning. For example, only two contractors were available to complete the recent Farming in Protected Landscapes-funded shard fencing project in Hawkshead. There are only two people in the Lake District whose main work is traditional swill basket making. There is a data gap at present on the numbers of those involved in hedge laying and dry-stone walling, although we understand Friends of the Lake District may hold this data.
- 4.19. The percentage of the National Park that has basic/level 1 archaeological survey is 35% (2022).
- 4.20. The Defra-funded Farming in Protected Landscapes programme provides grant opportunities for the conservation of historic features including farm buildings; shard fencing; stone walls and others relating to the traditional farming landscape. However, funding will cease at the end of March 2026. In

¹⁷ Good Lighting Technical Advice Note (TAN) https://issuu.com/friendsofthelakedistrictpublic/docs/cumbria_-_good_lighting_tan

¹⁸ [Adapting Historic Buildings for Energy and Carbon Efficiency | Historic England](#)

¹⁹ [Written evidence from Historic England on Skills for the Future Enquiry 2024](#)

²⁰ [Skills Needs Analysis for the Repair, Maintenance and Retrofit of Traditional \(Pre-1919\) Buildings in England, 2024 | Historic England](#)

²¹ [Skills Needs Analysis for the Repair, Maintenance and Retrofit of Traditional \(Pre-1919\) Buildings in England, 2024 | Historic England](#)

2024-25 an additional £2.2m was spent on capital works to traditional barns funded by DEFRA's Historic Building Restoration Grant scheme.

- 4.21. Visiting heritage sites was estimated to save over £193.2m to the NHS nationally from the reduction in GP visits and use of mental health services.²²
- 4.22. 87% of volunteers working with Heritage at Risk nationally reported feeling more physically fit; more than 90% felt more connected to others; and 96% and 98% respectively felt enthusiastic and inspired.²³
- 4.23. The Inspiring Futures project reported 75% of volunteers feeling a significant increase in wellbeing after a year, and 60% feeling sustained wellbeing for 2-3 years afterwards. 30% of volunteers soon found employment as a result of skills gained.²⁴
- 4.24. There are 69 Lake District Archaeology Volunteer Network members who actively participate in activities including field survey and conservation work, completing at least 5 activities a year each. This equates to at least 345 volunteer days a year, but many of the volunteers do considerably more.
- 4.25. During the Romans in Ravenglass archaeology project, volunteers were actively recruited through Copeland Social Prescribing. Feedback from volunteers demonstrated that participating in the excavation improved their well-being. All feedback forms either agreed or strongly agreed that the excavation experience contributed to their overall sense of wellbeing.
- 4.26. 86% of visitors nationally reported that Heritage Open Days made them prouder of their local area, and 75% reported that it made them feel more connected to their local community.²⁵ (Further evidence on visitors to the national park can be found in the Lake District for Everyone evidence paper.)
- 4.27. National research has demonstrated that people who stop visiting heritage sites report significant declines in their physical health, mental health, and life satisfaction.²⁶
- 4.28. For every £1 of gross valued added that the historic environment sector directly generates an additional £1.93 is added into the wider economy. This is driven by indirect and induced spending impacts (from the supply chain), which occur when sector employees, visitors and businesses spend in the wider economy.²⁷
- 4.29. Nationally, annual spending on domestic heritage-related trips has been increasing. Domestic tourists are estimated to have spent £4.8 billion on overnight heritage-related trips in 2022, which is the highest value ever

²² [Further analysis to value the health and educational benefits of sport and culture | Department for Culture, Media and Sport](#)

²³ [Wellbeing in Volunteers on Heritage at Risk Projects | Historic England](#) pg. 87

²⁴ [Heritage, Health and Wellbeing: A Heritage Alliance Report | The Heritage Alliance](#)

²⁵ [Wellbeing and the Historic Environment | Historic England](#) pg. 46

²⁶ <https://historicengland.org.uk/research/heritage-counts/heritage-and-economy/wellbeing/>

²⁷ <https://historicengland.org.uk/research/heritage-counts/heritage-and-economy/economic-value/>

recorded. In 2023, there was a slight decrease to £4.5 billion, which is still more than double the pre-pandemic levels.²⁸

- 4.30. The report 'Building Value: Public benefits of historic farm building repair in the Lake District' demonstrated the benefits of maintaining and conserving historic buildings through the Environmentally Sensitive Area scheme, including that between 25 and 30 full-time jobs were created and with every £1 expenditure on repair work resulting in a total spend in the community of £2.49.²⁹
- 4.31. Evidence suggests that visiting heritage can have a positive impact on mental health and wellbeing which translates to positive economic outcomes. A 2015 study found evidence that visiting historic houses and gardens improved social connectivity, education and learning, physical activity and health, the physical environment, the economy, employment levels, and viability of the local areas.³⁰
- 4.32. National research shows how engagement with heritage can contribute to social cohesion, creating the basis for healthy communities that can further pursue local growth. The results suggest that certain groups derive higher wellbeing benefits from heritage participation.³¹
- 4.33. Observational studies found evidence of significant associations between museum visiting and living in proximity to heritage places/features and higher levels of happiness and self-reported health and higher likelihood of reporting being in good health.³²

What does this mean?

- 5.1. The Lake District is a cultural landscape of international importance given its English Lake District World Heritage Site designation (with part of a second World Heritage Site - the Frontiers of the Roman Empire - also being located at Ravenglass).
- 5.2. The Lake District is also a significant UK landscape, designated as a National Park and containing numerous national designations for its listed buildings, conservation areas, scheduled monuments and Registered Parks and Gardens.
- 5.3. The traditional farming way of life, and associated communities and activities, is experiencing considerable challenge (see also the Farming evidence paper), which is of concern for the maintenance of this socio-economic aspect of the cultural landscape.

²⁸ <https://historicensland.org.uk/research/heritage-counts/heritage-and-economy/visitor-economy/>

²⁹ Building Value: Public benefits of historic farm building repair in the Lake District [Building Value | Historic England](#)

³⁰ <https://historicensland.org.uk/research/heritage-counts/heritage-and-economy/wellbeing/>

³¹ <https://historicensland.org.uk/research/heritage-counts/heritage-and-economy/wellbeing/>

³² <https://historicensland.org.uk/research/heritage-counts/heritage-and-economy/wellbeing/>

- 5.4. Public engagement with, and enjoyment of, the cultural landscape and historic environment is significant as evidenced by, for example, volunteering hours and the number of Lake District Archaeology Volunteers. National studies and local evaluation demonstrate the health and economic benefits of such engagement, as well as increasing a 'culture of care'. (See also the Lake District for Everyone evidence paper).
- 5.5. Positive action has led to a falling number of buildings and archaeological sites which are at risk, but considerable resources will be required to resolve the issues with the remaining sites on the Heritage at Risk Register, and time and resource is required to keep other sites from falling into a deteriorating condition.
- 5.6. Our understanding of the condition, and therefore management needs, of our listed buildings and conservation areas is largely out of date.
- 5.7. Of the Registered Park and Gardens of Historic Interest, only 3 have been formally assessed by Historic England. Further work is required to assess the significance of the remaining 8 Registered Park and Gardens of Historic Interest, identifying risks and vulnerabilities associated with the management, ownership and other aspects of the historic designed landscapes.
- 5.8. While the Lake District Landscape Character Assessment provides an important baseline of understanding of the individual character areas that make up the Lake District, resources would be needed to use this to monitor the impacts of landscape-scale change over time.
- 5.9. There is a paucity of skilled craftspeople to work on traditional buildings and archaeological site conservation and restoration. Traditional skills are also in decline.
- 5.10. Some of our traditional historic building stock is under threat through inappropriate development proposals (including demolition), the lack of skilled craftspeople mentioned above, limited availability of appropriate materials for repair, and energy efficiency/retrofit requirements.
- 5.11. Permitted development, unauthorised development and 'variation of conditions' planning applications for the use of imported slate can harm the historic environment and integrity of the World Heritage Site and has been identified as a risk to the Lake District's Special Qualities and Outstanding Universal Value. Further research is required to assess the overall risk, level of harm and geographic spread of the use of imported slate.
- 5.12. The historic environment and cultural landscape is a vital component in a positive economic outcome and offers great potential to play a greater role supporting people's health and well-being, as evidenced elsewhere in the country and locally through the Romans in Ravenglass project.

References and policy context

Some of the key international, national, regional and local strategies that provide important context for updating the Management Plan include:

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World Heritage

- [UNESCO World Heritage Centre - The Operational Guidelines for the Implementation of the World Heritage Convention](#) are a series of instructions to signatory nations regarding the proper implementation of the 1972 Convention Concerning the Protection of the World Cultural and Natural Heritage.
- The Lake District Nomination documents <https://whc.unesco.org/document/155906>
- The Statement of Outstanding Universal Value as adopted by the World Heritage Committee in 2017. [UNESCO World Heritage Centre - Decision - 41 COM 8B.30](#) explains what makes the English Lake District Special.
- [State of Conservation Report 2024](#)
- [Protection and Management of World Heritage Sites | Historic England](#)
- Protection for World Heritage in England is provided by a combination of the spatial planning system and national designations
- UNESCO and the Advisory Bodies have issued [World Heritage Centre - Guidance and Toolkit for Impact Assessments in a World Heritage Context](#) for assessing impacts from projects that could potentially affect World Heritage Sites.
- [World Heritage and Climate Change | Historic England](#) guidance and UNESCO [Policy Document on Climate Action for World Heritage](#) offers high-level guidance on enhancing the protection and conservation of heritage of Outstanding Universal Value through comprehensive adoption of climate action measures.
- National Trust position statement on Landlord's Flock in the Lake District. [a position statement on its Landlord's Flocks](#)

Landscape

- [European Landscape Convention CM 8413](#) the aim of this Council of Europe document is the protection, management and planning of the landscape, promoting public awareness and participation.
- [Natural England - National Character Area Profiles - National Character Area Profiles](#) A national landscape character assessment which divides the county into landscape character areas, those covering the Lake District being: [Cumbria High Fells - National Character Area Profiles](#); [South Cumbria Low Fells - National Character Area Profiles](#); [West Cumbria Coastal Plain - National Character Area Profiles](#); [Morecambe Bay Limestones - National Character Area Profiles](#); [Orton Fells - National Character Area Profiles](#)

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- Landscape character areas are then further refined as a local level through the Lake District's [Landscape Character Assessment](#)
- DEFRA National Parks Circular [National Parks Circular](#) (with DEFRA's vision for national parks on page 5)

Historic Environment

- Historic England's Conservation Principles [Conservation Principles, Policies and Guidance | Historic England](#) provides guidance on best practice to support quality decision making.
- [Joint Statement between Natural England, Historic England, and the National Lottery Heritage Fund](#) Integrating the Management of the Natural and Historic Environment
- [Wellbeing and Heritage Advice | Historic England](#) explores the relationship between wellbeing and the historic environment.
- [Heritage and a Low Carbon Economy | Historic England](#) explores the potential for significant employment and wealth creation.
- [Skills Needs Analysis for the Repair, Maintenance and Retrofit of Traditional \(Pre-1919\) Buildings in England, 2024 | Historic England](#) examines the current state of the heritage construction sector from a contractor perspective.
- Evaluation of ESA Traditional Buildings Grant Scheme [Study of Traditional Farm Building Restoration in Agri-environment Schemes - MA01004](#)
- [Assessing the impacts of the Countryside Stewardship Historic Building Restoration Grant Pilot scheme - LM04141](#) provides evaluation of the Historic Buildings Restoration Grant Scheme
- [Lake District Historic Environment Strategy](#) sets the framework for how the LDNPA will deliver the vision and strategies.
- [Adapting Historic Buildings for Energy and Carbon Efficiency HEAN](#), our [Energy Efficiency & Retrofit technical advice](#), and [Nature Recovery and Heritage](#) pages.
- Building Value: Public benefits of historic farm building repair in the Lake District. English Heritage and DEFRA.

Further background information on Heritage Skills, not included in document above:

- [Skills gap/needs in the Heritage Sector | Cebr for Historic England](#)
- [Historic Environment Skills and Careers Action Plan for England](#)
- [Written evidence from National Trust on Skills for the Future Enquiry 2024](#)

- [Written evidence from English Heritage on Skills for the Future Enquiry 2024](#)
- [Written evidence from The Heritage Alliance on Skills for the Future Enquiry 2024](#)
- [Heritage and Carbon: Addressing the skills gap | Grosvenor](#)
- [Craft skills under threat with 17 additions to the Red List of Endangered Crafts | Heritage Crafts](#)

Further background Information on Health and Well-being not included above:

- [How Heritage Can Improve the Lives of Older People | Heritage Counts | Historic England](#)
- [Culture, sport and wellbeing: Findings from the Understanding Society youth survey | Nat Cen Social Research](#)